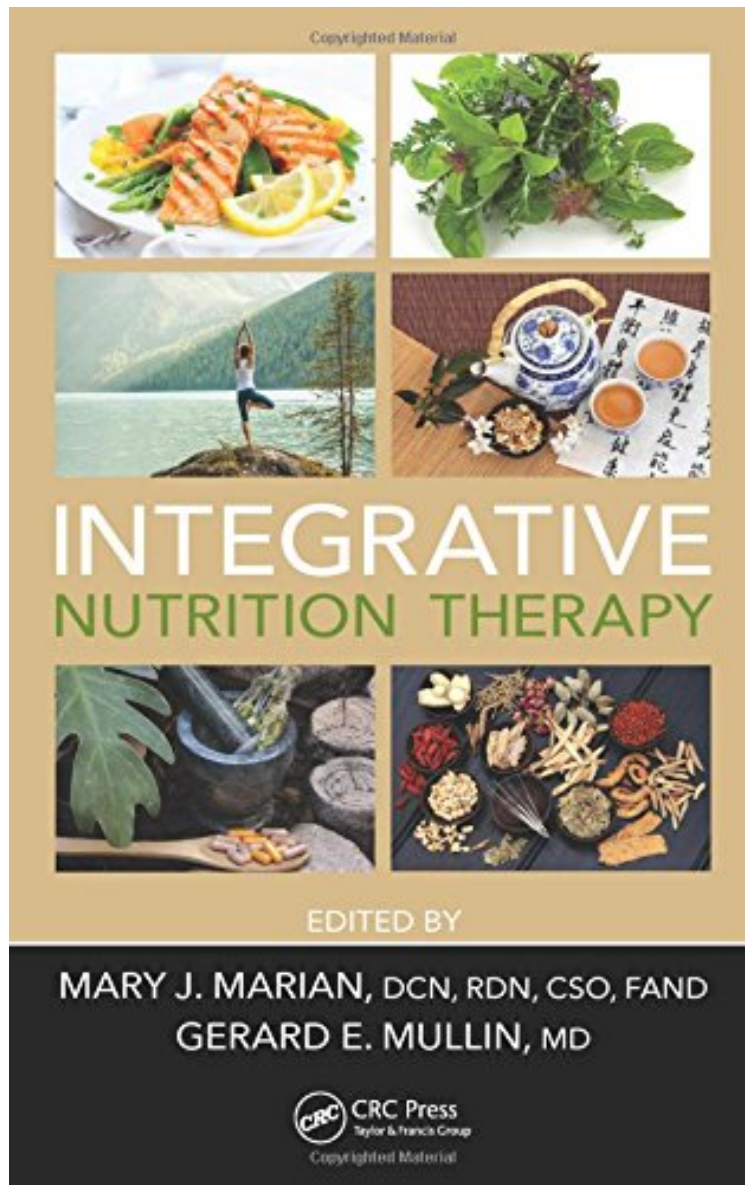


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# Integrative Nutrition Therapy

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Integrative medicine is an approach to wellness that makes use of both conventional and alternative therapies to achieve optimal health and healing. Nutrition-based therapies are consistently among the highest used alternative therapies to treat a wide variety of illnesses. This book provides consumers and health care professionals with practical guidance on integrating nutrition therapies into disease prevention and management. It provides reliable and accurate information from experts in the nutrition field including dietitians, nutritionists, physicians, researchers, and academic professionals. Integrating Nutrition into Practice includes up-to-date information on dietary supplements, popular diets, physical activity, and food allergies. The book covers disease prevention for cancer, cardiovascular disease, diabetes, and obesity. Additional topics include liver/pancreatic conditions and musculoskeletal disorders as well as nutrigenomics, epigenetics, and metabolomics. The book provides evidence-based recommendations for which therapies might be appropriate for various conditions and discusses the possible adverse effects that may develop. It also includes guidelines and suggestions for creating individualized, integrative care plans. Integrating Nutrition into Practice is organized in a systematic manner that presents the scientific data using an evidence-based, how-to approach. An overview of integrative medicine is written by Dr. Roberta Lee, a leading authority in the field. Award-winning nutrition experts provide practical knowledge for the integrative practitioner, covering topics such as: Nutrition screening and assessment Search for the optimum diet Functional foods and nutritional supplements Nutritional recommendations for womens health Health benefits of physical activity Diet and mental health Although unanswered questions still exist, this resource gives you a much-needed guide to the information currently available on nutrition and lifestyle-based therapies.

About the Author Dr. Mary J. Marian is an assistant professor of practice and director of the Didactic Program in Dietetics in the Department of Nutritional Sciences at the University of Arizona. Dr. Marian is also the nutritionist and dietitian for Arizona Oncology Associates. She is a faculty member with the Integrative Medicine Program at the University of Arizona. Mary is widely published and has given numerous presentations both nationally and internationally. She has also served on numerous committees for the Academy of Nutrition and Dietetics as well as the American Society for Parenteral and Enteral Nutrition (ASPEN). She has been the chair for Dietitians in Nutrition Support and served on the board of directors for ASPEN. Dr. Gerard E. Mullin is an associate professor in the Department of Medicine at The Johns Hopkins Hospital where he chairs the hospitals Nutrition Advisory Committee. He is an internist, gastroenterologist, and nutritionist. Dr. Mullin is nationally and internationally renowned for his work in integrative gastroenterology and nutrition. He has accumulated more than 20 years of clinical experience in the field of integrative gastroenterology and earned his masters degree in nutrition while in practice.