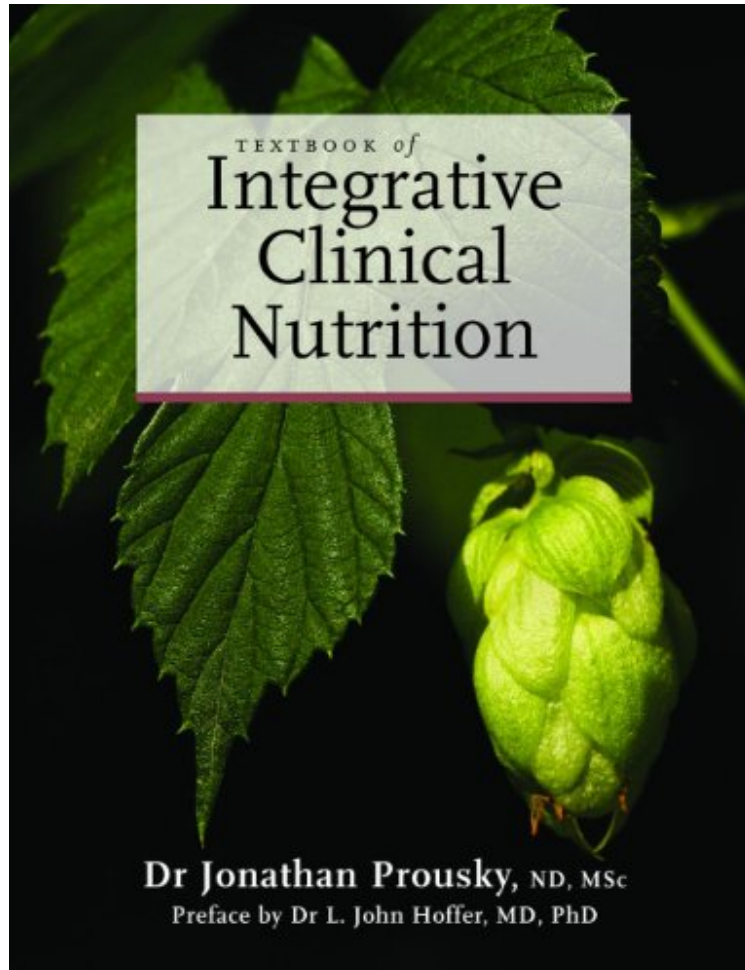


Textbook of Integrative Clinical Nutrition

Dr. Jonathan Prousky
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Dr. Jonathan Prousky : Textbook of Integrative Clinical Nutrition before purchasing it in order to gage whether or not it would be worth my time, and all praised Textbook of Integrative Clinical Nutrition:

0 of 0 people found the following review helpful. Three StarsBy Grady S. Smith, Jr.Bought for a class. Not as user friendly as my other books.0 of 0 people found the following review helpful. Five StarsBy CustomerDr. Prousky was my professor when I was in medical school. Genius.

Integrative Clinical Nutrition is at once a college textbook and a clinical reference, designed for students and practitioners of family medicine. This is the first text to provide a full, systematic course of instruction in clinical nutrition from a naturopathic medical perspective that develops clinical reasoning skills and complements other related health science courses, including nursing, chiropractic, dietician, and osteopath programs, where clinical nutrition is an integral or adjunctive part of the curriculum. Allied healthcare professionals will find this book to be practical as a

clinical reference for evaluating patients from a nutritional perspective and for providing reliable treatment information. The long list of references at the end of each chapter make this book the most comprehensive and authoritative text available for the study of clinical nutrition.

As Dr Prousky explains in the introduction to this excellent textbook, the premise of naturopathic medicine is that we all possess a natural or inherent physiological capacity for self healing. -- Dr John Hoffer
About the Author
Dr. Jonathan E. Prousky, ND, MSc, is the Chief Naturopathic Medical Officer at the Canadian College of Naturopathic Medicine, a position he has held since 2003. He graduated from Bastyr University (Kenmore, WA) with a Doctorate in Naturopathic Medicine. Following graduation, he furthered his clinical training by completing a Family Practice Residency sponsored by the National College of Naturopathic Medicine. He has a Master of Science degree in International Primary Health Care from the University of London.
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Introduction
Integrative medicine is a relatively new practice of medicine, combining complementary and alternative medical (CAM) approaches with conventional pharmaceutical and surgical approaches in the effort to prevent disease and manage disorders. Integrative clinical nutrition can be defined as the therapeutic use of nutrient-rich foods and nutritional supplements, in combination with (or as a substitute for) conventional medical treatments, notably pharmaceutical drugs or surgery, to improve health and prevent disease. Among the various CAM disciplines, naturopathic medicine is perhaps most readily integrated with conventional medicine.

[Frame] Integrative Clinical Nutrition Protocol
Integrative clinical nutrition follows a basic protocol in improving health and managing diseases and disorders:
1. First, the diet is modified to achieve optimum health.
2. Second, nutritional supplements are used for a variety of therapeutic reasons:
* Correction of dietary insufficiencies that remain even after the diet is modified
* Correction or optimization of unique biochemical needs for particular nutrients
* Mitigation of symptoms or the amelioration of a disease process via the use of therapeutic doses of nutrients for their presumed or known pharmacological actions

Integrative clinical nutrition involves more than the correction of nutrient deficiency states, recognizing the value that nutrients have when they are provided in doses far beyond those found in foods, in their ability to address the unique biochemical needs of patients, and in their powerful pharmacological properties, which can also augment or improve outcomes from pharmaceutical treatments. Using nutrition to treat deficiency states is sound practice, but it is not sufficient when treating patients wanting options other than standard pharmaceutical drug interventions or basic dietary advice and guidance. Patients with serious diseases, such as inflammatory bowel disease, multiple sclerosis, Parkinson's disease, and schizophrenia, require nutrient supplementation in amounts that far exceed those achieved from diet alone to reduce symptoms of their illness, to mitigate side effects from their medications, to promote health and wellbeing, and to alleviate suffering. The Textbook of Integrative Clinical Nutrition provides the means for the treatment of disease through optimal nutrient supplementation.