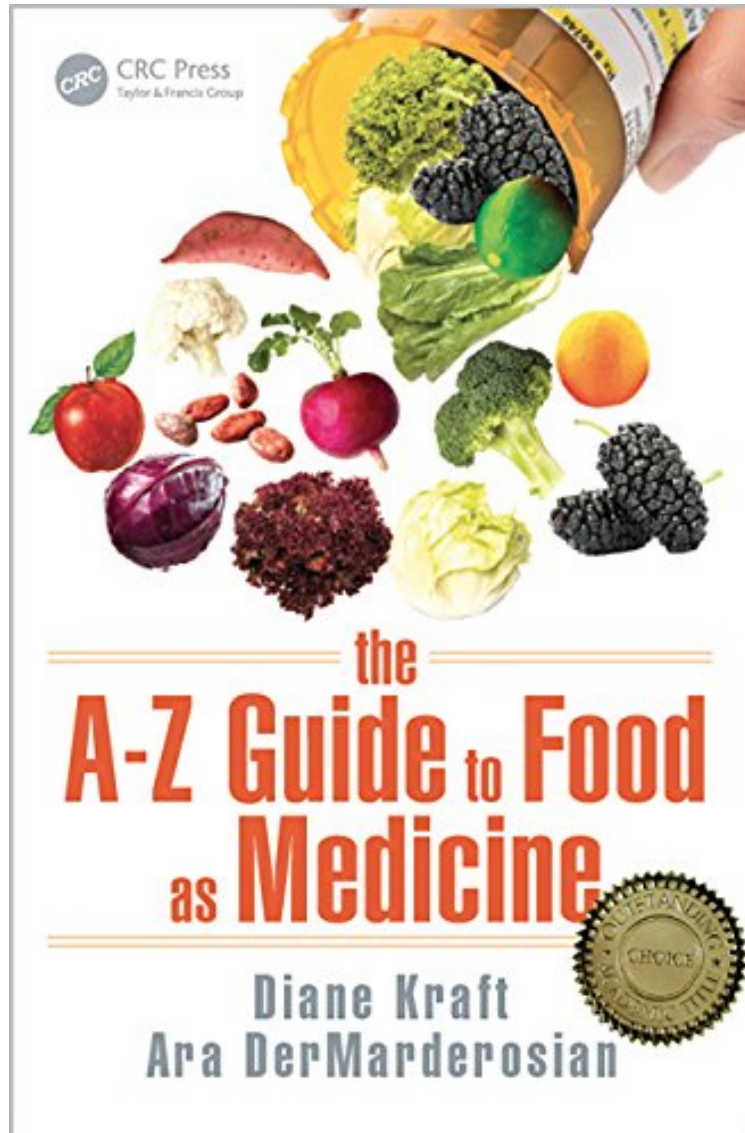


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## The Andash;Z Guide to Food as Medicine

*Diane Kraft, Ara DerMarderosian*

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**Diane Kraft, Ara DerMarderosian : The Andash;Z Guide to Food as Medicine** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Andash;Z Guide to Food as Medicine:

4 of 4 people found the following review helpful. Enjoy it in good health!By T. C, SmithThis volume, written by an expert nutritionist and a specialist in medicinal drugs obtained from natural sources, is an indispensable desk reference for physicians and dieticians as well as Dr. Mom, to find the health-building properties of foods and nutrients and to recommend them in planning diets to maintain good health, offset any deficiencies that may be created by prescription

drugs, and speed recovery from illness. The dictionary format is extremely fast and easy to use. Although this authoritative guide provides quick access to serious, evidence-based biochemical information about why foods, spices and other nutrients are good for us, it is not without its own humor: the casual reader will even find scientific reasons to drink beer and eat chocolate. Enjoy! I bought three copies.

0 of 0 people found the following review helpful. Five Stars  
By DLTS - HCCE  
Excellent. 1 of 1 people found the following review helpful. This thoroughly researched and neatly compiled book makes it easy to look up fruits

By DM Santos  
This thoroughly researched and neatly compiled book makes it easy to look up fruits, vegetables, herbs, and other foods. It is packed full of interesting research information and details about each item and its nutritional benefits.

As a nurse, I often get questions from my patients about their health and nutrition. This is a useful guide to refer to when answering their questions and it supports my teaching of healthy and nutritious eating. Also I can explain things like the benefits of ginger for morning sickness and encourage new moms to provide essential DHEA to their infants as they breastfeed their babies. I feel healthier just looking reading through it. Highly recommended!

Can an apple a day keep the doctor away? The A-Z Guide to Food As Medicine addresses food folklore by exploring the scientific findings about physiological effects of over 250 foods, food groups, nutrients, and phytochemicals. Today, health care providers are fielding more questions from patients on how to help improve their nutritional health, which in turn can help to prevent disease. The guide is a dictionary-style reference intended for use by health care professionals to quickly and easily access information about the bioactive components in the foods and how diet can be manipulated for health benefits.

About the Author  
Diane Woznicki Kraft, MS, RDN, LDN, is a biology instructor at Alvernia University in Reading, Pennsylvania and a clinical nutritionist. She holds a Master of Science degree in nutrition from New York University and a Bachelor of Science degree in Nutrition from Penn State University. She and her co-author created this handbook as a reference for health care professionals to access scientific findings on the health aspects of foods, food groups, nutrients, and phytochemicals to assist clients educationally on diet and nutrition. She has also authored consumer and professional articles on nutrition for The American Council on Science and Health and The American Academy of Nutrition and Dietetics. This is her first book.

Ara DerMarderosian, PhD, is an emeritus professor of pharmacognosy and medicinal chemistry at University of the Sciences in Philadelphia, Pennsylvania. Dr. DerMarderosian has authored several books on pharmacognosy topics, chapters in Remington's Pharmaceutical Sciences, and numerous scientific articles. He also served as editor and/or co-editor of The of Natural Products, a reference book on natural products addressing the botanical, historical, clinical, chemical, pharmacological, and toxicological aspects of natural products. He is the herbal and dietary supplement chapter author for several editions of The Merck Manual, and has spoken on nutrition and pharmacognosy topics to medical professionals for several decades.