Are food and nutrients on your prescription pad?

Advancing Medicine with Food and Nutrients Second Edition

Edited by **Ingrid Kohlstadt, MD, MPH**Johns Hopkins University, Baltimore, Maryland, USA



Food and nutrients are the original medicine and the shoulders on which modern medicine stands. But in recent decades, food and medicine have taken divergent paths and the natural healing properties of food have been diminished in the wake of modern technical progress. With contributions from highly regarded experts who work on the frontlines of disease management, the bestselling first edition of **Advancing Medicine with Food and Nutrients**, Food and Nutrients in Disease Management effectively brought food back into the clinical arena, helping physicians put food and nutrients back on the prescription pad.

Board-certified in General Preventive Medicine, Ingrid Kohlstadt, MD, MPH has been elected a Fellow of the American College of Nutrition and a Fellow of the American College of Preventive Medicine. Guided by Dr. Kohlstadt, this authoritative reference equips clinicians with the information they need to fully utilize nutritional medicine in their practice.

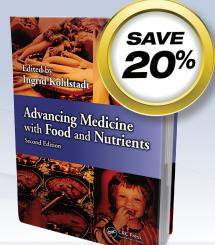
Written by doctors for doctors, Advancing Medicine with Food and Nutrients, Second Edition reunites food and medicine. Buttressed with new evidence, leading physicians on the frontlines of disease management apply the latest scientific advances to the clinical practice of medicine. Each chapter offers adjuncts to standard care, fewer side effects, improved risk reduction, or added quality of life.

New in the Second Edition

- Toxic exposures such as molds, microbial infections, xenoestrogens, heavy metals, and inert nanoparticles
- Food safety issues: precautions for patients with preexisting medical conditions, adequate labeling of food allergens such as gluten, potential adverse effects of artificial sweeteners, consequences of applying ionizing radiation to food, food-borne mycotoxins, critical food restrictions following bariatric surgery, and precautions for preparing food in the home
- Consumer advocacy issues on navigating claims of medical foods and dietary supplements
- Physical forces on nutritional needs, such as ultraviolet light initiating vitamin
 D synthesis, non-ionizing radiation's effects on brain glucose metabolism and
 excess body fat's effects on inflammation and hydration
- Preventive medicine and how to preserve resiliency at the individual and public health levels

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"an extraordinary evidence-based information source for the treatment and prevention of disease. ... essential to the library of any clinician who wants to optimize their patients' health."

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"an excellent in-depth review of the evidence to support the role of nutrition in health promotion and disease prevention. ... Dr. Kohlstadt has pulled together a wonderful array of scientists and clinicians who have brought the science and practice of medicine into one compendium."

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Reviews

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—Michael D. McDonald, Ph.D., President, Global Health Initiatives, Inc.

"When we walk into a grocery store, we are really entering a pharmacy with precious nutrients and potentially dangerous toxins. ... This text reminds us of the strong scientific foundation for arguing that healing starts with our diet."

—Mehmet Oz, MD, Professor and Vice-Chair of Surgery, New York Presbyterian/Columbia Hospital

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