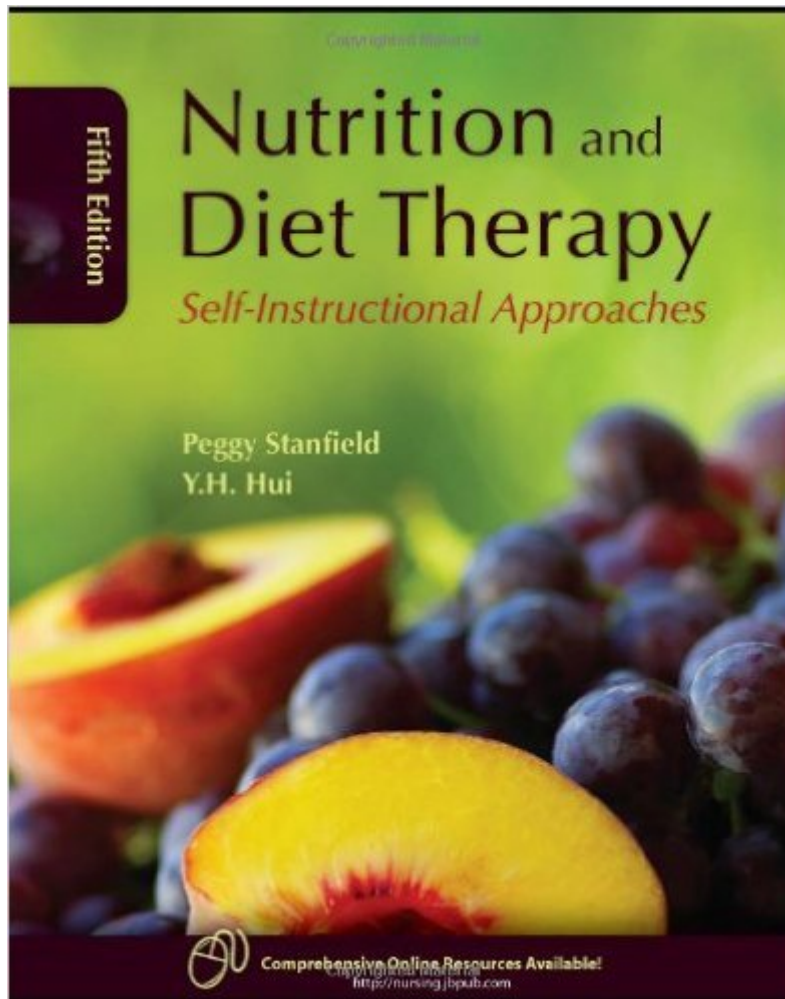


The book was found

# Nutrition And Diet Therapy: Self-Instructional Approaches



## Synopsis

Nutrition and Diet Therapy: Self-Instructional Approaches covers the fundamentals of basic nutrition, and then nutrition as therapy, in both adults and children. It is designed to work as a traditional text or a self-instructional text that allows for distance-learning and self-paced instruction. Progress checks throughout each chapter and chapter post-tests help students to evaluate their comprehension of key information. The Fifth Edition has been completely revised and updated to include My Pyramid and corresponding DRIs and all of the all figures and tables have been revised.

## Book Information

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## Customer Reviews

When reading a book about nutrition and therapy I can always tell if the author is unbiased, pro-nutrition, or 'general in the box' thinker. I don't know what the authors expected to achieve in this book but it looks to me that they are using scare tactics to ward off people from using nutrition as a therapy, which goes against their title, which is really mislabeled. When I read what they had to say about ginkgo biloba, I was petrified. They gave me an impression that using ginkgo was not effective for anything, that you will bleed, and have cancer. The 2 or 3 studies they presented and described in such a way that they were barely effective, and if they were a little bit effective then they were most likely distorted in the end and not effective in the conclusion! So basically they give a reader some hope and then take it piece by piece with the killing in the end. Then they say that ginkgo can be cancerous. They scare people that it will cause bleeding, major side effects, and all the rubbish. Nowhere did they mention that ginkgo is safe for people who do not take blood-thinning

medications and that ginkgo proved itself to be a very safe herb in those people, or that it has been studied since 1950's for over 60 years and has HUNDREDS of studies and superb results for angina, aging, Alzheimer's, Parkinson's, other nervous system disorders, vascular/peripheral problems, erectile dysfunction, diabetes, skin disorders, cancer, and the list goes on. They never mention the ginkgo nut, which can be consumed if boiled or roasted in high temp. in order to neutralize one bad compound that interferes with vitamin B6 (pyridoxine) utilization in the body.

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