

[PDF] Staying Healthy With Nutrition, Rev: The Complete Guide To Diet And Nutritional Medicine

Elson M. Haas, Buck Levin - pdf download free book

Books Details:

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Author: Elson M. Haas, Buck Levin

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Description:

From Library Journal Designed as an introductory textbook to teach the basic principles of nutrition and their applications, this hefty volume brings together a wealth of information for the serious reader. Part 1 analyzes the building blocks of nutrition; Part 2 evaluates foods and diets; Part 3 discusses building a healthy diet; and Part 4 explains nutritional applications. But this book also examines topics not usually found in textbooks--herbal supplements, homeopathic medicines, environmental aspects of nutrition, and detoxification and healing programs, to name just a few.

Although this exhaustive study is accurate and up to date, it's formidable length (over 1000 pages!) will greatly limit its appeal. Most readers concerned about healthy eating will prefer Jane Brody's Nutrition Book (LJ 5/1/81) and/or Jean Carper's Total Nutrition Guide (LJ 3/15/87).

- Linda Chopra, Cleveland Heights-University Heights P.L., Ohio

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From the Publisher □ The much-anticipated revised and expanded edition of the classic, comprehensive guide to nutrition, covering the environment and health, diet, prevention, and detox. □ Features newly expanded chapters on special supplements, lifestyle programs, and medical treatment programs for fatigue, viral illnesses, weight management, and more.

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