



Food and Nutrients in Disease Management

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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, **Food and Nutrients in Disease Management** effectively brings food back into the clinical arena and helps physicians put food and nutrients back on the prescription pad.

Under the editorial guidance of Dr. Ingrid Kohlstadt, physician nutrition specialist, this authoritative reference equips clinicians with the information they need to fully utilize nutritional medicine by enabling them to adjust medication dosage with diet, diagnose and correct nutrient deficiencies, and counsel patients on food selection. An emerging recommendation may soon be, "take 2 cups of kale, and call me in the morning."

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