The overview portion of the book begins with a chapter on general immunology, which is followed by chapters on assessing immune responses in humans, the effects of infection on nutrition and immune status, and overviews of the effects of nutrition on immunity in neonatal and elderly populations. The introductory immunology chapter is targeted to nonimmunologists. However, those readers who are not familiar with immunology may be overwhelmed when they read the remaining chapters of the book, even after reading this brief introduction to the field. The first chapter should be used as a reference when something in the text is not familiar to the reader.

The coverage of individual micronutrients includes vitamins and minerals—vitamins A, C, and E and carotenoids, multivitamin supplements, iron, selenium, and zinc—which have been the focus of much nutrition and immunology articles. These chapters are detailed and not only discuss the beneficial effects of the nutrients but also the possible negative effects of the nutrients.

The fourth section of the book includes chapters on rheumatoid arthritis, osteoporosis, HIV, the effects of dietary lipids on cancer, and probiotics. These chapters discuss the influence of nutrition on particular diseases and cover some aspects of preventive nutrition. Health practitioners will undoubtedly wish that chapters covering other disease states had been included. However, research on the use of nutrition in disease management is really not at the point of practical application for most disorders.

The section entitled “Environmental Stressors” covers nutrition and immune function in the following situations: exercise, stress in military personnel, air pollution and asthma, and drug metabolism. The inclusion of these topics increases the breadth of the book. Of particular relevance to health professionals is the discussion of the effect of nutrition on drug metabolism in various health conditions as well as the nutritional effects of drugs used to treat certain immunologic conditions.

**Diet and Human Immune Function** will complement other nutrition and immunity texts in a reference library. The succinct readable text provides an update for health professionals as well as an appreciation of the research still needed in this area. The information contained in the chapters and the large number of references included with each is a wonderful resource for those doing research, either in the clinic or at the bench.

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As described in the preface to the text, the aim of this book is to review the knowledge base and scientific evidence relating to the eating disorders (ie, anorexia nervosa, bulimia nervosa, and binge-eating disorder) that are relevant to the clinical practitioner. An additional goal is that the book have appeal or usefulness for students, scholars, and researchers. Overall, the material is reasonably up-to-date and generally focused on areas of current interest and productive research.

The 23 chapters that make up this volume are grouped into sections entitled diagnosis, epidemiology, and course; risk factors, etiology, and comorbidity; psychobiology; and treatment. The individual chapters are a somewhat heterogeneous mix of comprehensive reviews of the scientific literature, a few lightly referenced descriptions of various aspects of practice or research interest, and detailed descriptions of some treatment modalities. Some of the chapters are well referenced and research-based, and others seem to be based on clinical experience or opinions rather than on rigorous research efforts.

The section that covers diagnosis includes an interesting chapter on the evolution of the diagnostic criteria for the eating disorders, which have undergone substantial revisions during recent decades as a result of evidence found to be useful in defining and distinguishing these disorders. Because of the plethora of instruments used in research studies, the chapter on psychometric assessment would be very useful for students and new investigators who are selecting tools for use and interpreting these data. Some chapters in this first section seem less useful for clinicians; for example, the discussion of risk factors addresses important concepts that are more relevant for scientists whose efforts are focused in this area than for clinicians. In the section on risk factors and comorbidity, the chapter on the role of genetics successfully meets the goal of being both aimed toward clinicians and also well-referenced and inclusive of key scientific and methodologic issues that are the focus of current research. In the psychobiology section, the chapters on neurotransmitter and neuroendocrine dysregulation provide comprehensive reviews. Although much of the evidence in these areas is inconsistent, it is highly relevant to treatment and long-term management, and thus, these areas are of great relevance and interest to clinicians.

Several of the chapters in the section on treatment are presented in the format of “how to” implement a treatment approach, and the strategies and activities described are based on standard (or a specific) practice rather than on well-tested, evidence-based interventions. This approach can sometimes be useful for clinicians; however, it also can promulgate treatment strategies that may not be the most effective or even necessary. An exceptional chapter in this section provides an overview of cognitive-behavioral approaches and includes a comprehensive review of research evidence to date and illustrative examples that are useful for translating the concepts to practice. The chapter on psychopharmacology also provides a thorough review of the literature, as well as summarized, practical guidance for the clinician.

The chapter on future directions nicely concludes this volume by providing a glimpse into the possible future evolution of the scientific research efforts in eating disorders, as well as new technologies and strategies for management. Covering a wide scope of relevant topics, this book contributes to the available texts and resources for training and updating clinicians who provide care for patients with eating disorders.
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This is the first edition of a review on nutrition and heart disease and includes contributions from 35 authors, who represent both geographically and content-wise a wide area. The book contains 18 chapters and is divided into 4 sections. The first section focuses on heart disease prevention, the second section is devoted to nutrients and heart disease, a short third section addresses age and heart disease, and the fourth section is devoted to foods and macronutrients in heart disease. The focus of the text varies considerably, possibly because of the many topics covered and the many contributing authors. Thus, although some chapters focus on detailed experimental findings in animal models, other chapters deal with more generalized overviews and, in some cases, with recently conducted human diet studies. These variable approaches, while bringing different themes to the attention of the reader, also result in a somewhat uneven quality and focus of the text.

The first section has a nice overview of the role of the dietitian in reducing cardiovascular risk. This chapter is focused on evidence-based data from diet intervention studies and also provides useful contact information. Other chapters in this section are devoted to cardiovascular disease in China and sub-Saharan Africa and an overview of the Mediterranean diet. Some of the information on fish oils in the latter chapter overlaps information provided in a previous chapter. The section ends with a short summary of the Dutch MARGARIN Study, comparing different approaches to nutrition education.

The second section contains a comprehensive and rather brief overview of the role of micronutrients, including homocysteine, in heart disease; an entire chapter in this section is devoted to the role of folate and homocysteine in heart disease. The latter chapter is quite comprehensive, covering topics ranging from biochemistry to public health issues. The chapter on micronutrients has a very ambitious reference list, which is helpful for further reading. Other areas covered in this section include the relation between leptin and blood pressure and the contributions of retinol, β-carotene, and α-tocopherol to heart disease. The latter chapter provides a balanced overview of this controversial area and contains useful tables that summarize the results from both observational studies and randomized clinical trials.

The major thrust of the book is devoted to foods and macronutrients in heart disease, and initially, the role of flavonoids in hypertension is reviewed in a thorough fashion. This review is followed by a brief but focused chapter summarizing our current understanding of the interaction between carbohydrate intake and lipid metabolism, a very timely issue. The Mediterranean diet is then revisited, with a rather specific focus on endothelial activation and in vitro cell studies. The section also contains 3 comprehensive overviews of current controversies related to dietary soy, malnutrition, and the heart from a pediatric perspective and a chapter on plant sterols and stanols. The final chapter in this section contains an ambitious attempt to cover nonnutrient food factors and concludes with the insightful statement that “these factors function best when consumed as foods rather than supplements.” Nevertheless, although the text is informative, it would have been helpful if some illustrations had been included. The last section of the book is devoted to aging and contains 2 chapters addressing cardiac dysfunction and the relation between inducible nitric oxide synthase and heart failure. These chapters are heavily focused on experimental data, and the link to nutrition is not entirely convincing.

Overall, the book is easy to read, but the text quality is somewhat uneven because of the book’s variable approach, with some chapters largely focused on experimental findings and others taking broader overviews. Although the subject area covered is extensive, it might be helpful in future revisions to ensure a more homogeneous format. On the whole, the book can be recommended to any reader interested in a broad overview of diet-related factors and heart disease.

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