Reviews

The Nutraceutical Revolution


The Nutraceutical Revolution is a valuable book for any medical student or physician's library. It is an essential guide to the most frequently prescribed and widely applicable nutrients. Dr Firshein discusses 20 cutting-edge nutrients that can be used in the care of our patients. Each chapter focuses on one nutrient and a review of its clinical uses, in a very practical and easy-to-understand way.

This is not a medical textbook, but it acts as an excellent referral guide, providing a bibliography for each chapter, so the reader can pursue additional reading when necessary.

At the end of the book, there is an index of ailments, with a list of the helpful nutrients for each. This listing covers a large variety of common disorders and enhances the user friendliness of the book.

The book is filled with interesting and enjoyable caveats, which enhance its practical value. I believe that the most important value of this book is that it acts as an excellent introduction to the topic of nutritional therapy.

On the downside, I would have liked to see more specific referencing for the multiple claims that are made in each chapter concerning the value of nutritional intervention for various diseases and disorders. Dosages are provided for the various nutrients that are discussed, but I am unsure as to the scientific validity of these recommendations, because no referencing is included in these sections. Despite these weaknesses, I believe that The Nutraceutical Revolution is a valuable addition to any healthcare professional's library.

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