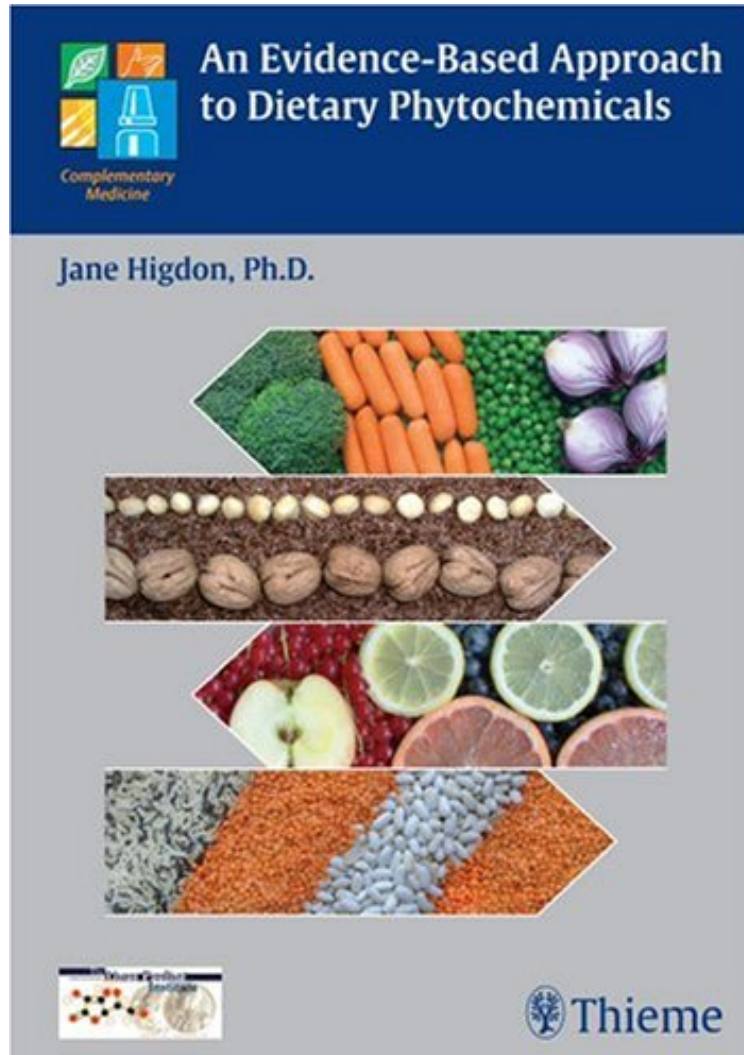


(Pdf free) An Evidence-Based Approach to Dietary Phytochemicals

An Evidence-Based Approach to Dietary Phytochemicals

Jane Higdon

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Jane Higdon : An Evidence-Based Approach to Dietary Phytochemicals before purchasing it in order to gage whether or not it would be worth my time, and all praised An Evidence-Based Approach to Dietary Phytochemicals:

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it and digest it in the literary/scientific fashion that it is intended - there are some big words and ideas herein. If you want a quick review of the latest research of phytochemicals (anti-oxidants) - (albeit written 5 years ago) then this is your book. Share it with colleagues and students and use it as reference as it is a beautifully simple compilation. Learn, grow and heal! Angie

This book provides a critical analysis of the current scientific, epidemiological, and clinical research on the health benefits of plant-based foods and dietary phytochemicals. Designed to aid the health professional in the clinical setting, the book provides highly practical information for understanding the sources of dietary and supplementary phytochemicals, as well as their nutrient interactions, drug interactions, and possible adverse effects. Features: An overview of the health benefits of plant foods and beverages, including fruits, vegetables, legumes, nuts, whole grains, coffee, and tea Current clinical and scientific evidence of the health benefits of individual dietary phytochemicals and classes of phytochemicals, including carotenoids, flavonoids, fiber, and more Concise bullet-point summaries at the end of each chapter for rapid review of important concepts Peer-reviewed by experts in the field to ensure material is both accurate and up-to-date Easy-to-read appendices with key information on the dietary glycemic index of foods, diseases, drug interactions, nutrient interactions, and phytochemical-rich foods Evidence-based information with extensive lists of references in each chapter With an emphasis on the importance of consuming phytochemical-rich foods, rather than dietary supplements, this book answers the needs of nutritionists, dietitians, nurses, and other health care professionals for a comprehensive text that will help them educate patients about healthy diets. Students in graduate programs in nutrition, food science, pharmacy, and allied health fields will also benefit from the wealth of information provided in this book.

The benefits of dietary phytochemicals receive almost daily mention in the media. In this unique book, the late Jane Higdon has compiled the available studies and evidence for the actual effects... I know of no other such reference that allows the practitioner to so quickly scan the published evidence for so many therapeutically active food chemicals. I highly recommend this book to any clinician that works with diet or supplements. It will enhance your protocols and help to improve patient outcomes.--David Winston, www.herbalstudies.org, www.herbaltherapeutics.net Provides a readable and concise analysis...thorough review of the current evidence base...emphasis on foods rather than supplements...carefully written...will aid healthcare professionals in educating patients on dietary choices.--Doody's Book sI would recommend this book to anyone in the medical field, especially in nutrition. - Doody's