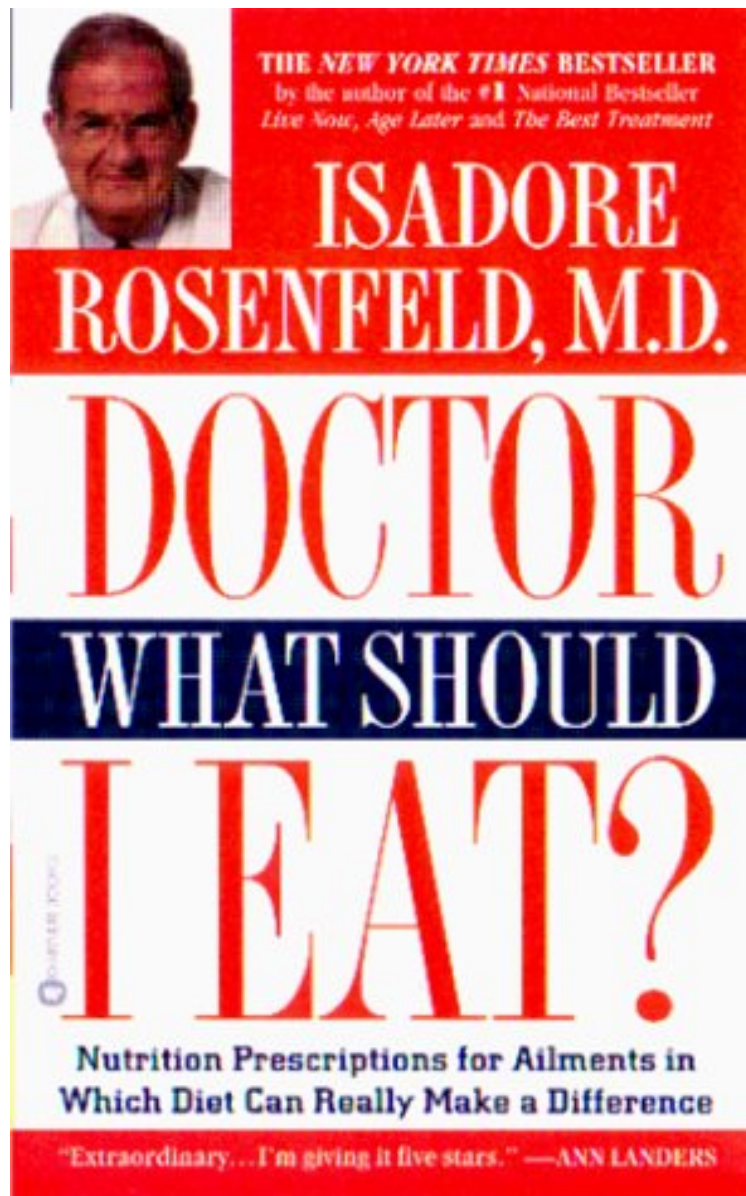


(Free) Doctor, what Should I Eat?: Nutrition Prescriptions for Ailments in Which Diet Can Really Make a Difference

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Isadore Rosenfeld

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This was my first time to read a book by Dr. Isadore Rosenfeld and I was pleasantly surprised! I found this book to be user-friendly and sensible in its approach to how one might use food as an added treatment for ailments, without negating the usefulness of modern medications and other treatment modalities. I think the best part is that Dr. Rosenfeld avoids outlandish promises. As a matter of fact, he offers his information as just that -- "food" for thought. He is consistent in advising readers to converse with one's own health care provider about the information he is suggesting. And Rosenfeld is careful to tell the reader when he has limited knowledge or available information, about a certain vitamin, mineral or food and its relationship to the particular ailment being discussed. The book is formatted in a way that allows one to flip around, not necessarily reading the chapters in order. The author also repeats information when it is relevant to several diseases, so as not to assume the reader has read any previous chapters where the data appeared. Thank you, Dr. Rosenfeld, for offering up some palatable information that is sound, moderate and sensible, in a non-judgmental forum.

Cutting through nutritional hype, myths, trends and complex information the author offers specific food recommendations to treat more than 50 common health problems and conditions.

From Publishers Weekly
Rosenfeld (The Best Treatment), a clinical professor of medicine at New York Hospital/Cornell Medical Center, calls on humor and a breezy style to help readers eliminate myth and fluff from the truth of what diet can and cannot do to alleviate symptoms or cure a variety of medical conditions. Rosenfeld emphasizes that diet can make a big difference for people battling various cancers, Parkinson's disease, heart disease, multiple sclerosis and chronic fatigue syndrome, even when "cures" may not be possible. He also describes the health-promoting and -preserving qualities of nutrients. Charts detail the fiber content of food, sources of vitamins and how to incorporate them into one's diet; the author also offers sample menus, including one designed to alleviate the discomforts of jet lag. Rosenfeld is quick to say that diet alone does not seem to influence some conditions, such as acne; he also informs us about dietary evidence that is rather new, sketchy or controversial. Unfortunately missing from this solid resource are chapter references and a list of resources readers could consult for additional information.
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From Library Journal
Rosenfeld, author of the best-selling *The Best Treatment* (LJ 12/91), offers nutritional advice for a variety of ailments, from acne to vaginal yeast infections. He provides sample menus, with portions and calories for each. He also gives the vitamin and/or mineral content for various foods. The medical advice given appears to be sound, but few sources (or medical research studies) are cited other than Rosenfeld's own experience. Vegetarians and many nutritionists will be disappointed to read, more than once, of the "low biological value" and "low quality" of plant foods, terms that became obsolete in the 1980s. Although some writers still use these terms, the American Dietetic Association (ADA) has agreed that plant foods have good-quality protein, enough for an adequate diet without animal products; moreover, it is beneficial to use these alternative proteins for optimum health. Though not as comprehensive on diseases as Rosenfeld's book, Joseph Beasley's *Food for Recovery* (LJ 2/1/94) is a preferred choice for more current nutrition information. Still, Rosenfeld's book is a good reference book for larger nutrition collections. (Index not seen.--Loraine F. Sweetland, Rebok Memorial Lib., Silver Spring, Md.)
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From the Inside Flap
One of America's most trusted physicians and the bestselling author of the blockbuster *The Best Treatment* prescribes the right foods to treat or prevent scores of health-care problems, from asthma, ulcers, and infertility to Alzheimer's, CFS, and Parkinson's disease. Nutrition tables throughout. Index.