

# Doctor's Bookshelf

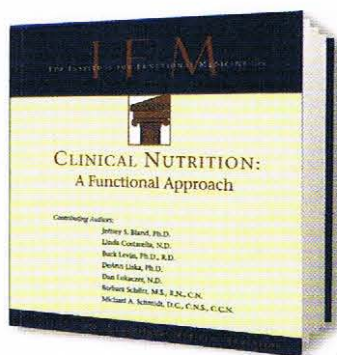
## *Clinical Nutrition: a Functional Approach*

By Jeffrey S. Bland, Ph.D., et al. 1999. Reviewed by T. Michael Culp, N.D.

For those of you who had a clinically relevant, function-oriented biochemistry course in medical school, skip this review and don't buy this book. For the other 99.9% of you, this book should be required reading.

Dr. Bland outlines compelling reasons for making nutrition the cornerstone of healthcare today. Nutrition, he argues, is an environmental factor that significantly influences individual gene expression and phenotype.

Throughout this book, there is a concerted effort to present information that has bear-



ing on understanding nutrition from a clinical perspective. In the "functional" chapters of the book's second half, Bland addresses critical issues in nutrition, such as the effects of digestion, absorption, and gut ecology on nutritional status. An important chapter on toxicity and its effects on nutriture rounds out the second half with an in-depth discussion of detoxification mechanisms and therapeutics.

As a comprehensive introduction to molecular and functional nutrition, I believe this is the most useful and readable book on the market today.

## Book Review

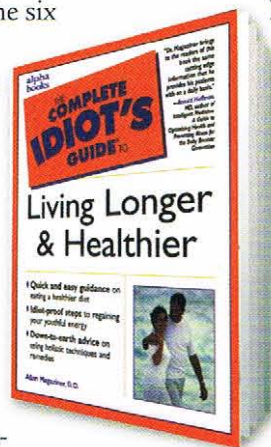
To order *Clinical Nutrition: A Functional Approach*, call the Institute of Functional Medicine at 800-843-9660 (253-851-3943).

## *The Complete Idiot's Guide to Living Longer and Healthier*

By Allan Magaziner, D.O. Reviewed by T. Michael Culp, N.D.

The word "doctor" comes from the Latin *docere* and means, simply, teacher. And "physician as teacher" is one of the six principles I was taught which guide good medicine. However, it happens to be the most difficult principle for many of us to embody, given the demands of a busy clinical practice.

One way to achieve this goal is by using educational materials that explain complex medical issues clearly and simply, giving the patient the necessary information to make truly informed decisions about their health – materials such as Dr. Magaziner's new book.



healthy from middle age onwards - prevention in its fullest sense. There is an even-handed, concise discussion of several of the popular diets out there, along with many common sense dietary recommendations. The book then zeros in on the many frank disease processes associated with aging before concluding with an extended meditation on Whole Body Fitness. This readable, patient-friendly book contains many sidebars throughout which are used to emphasize themes of special importance, to issue valuable warnings about potential toxicities, healthy hints, and to explain complex or confusing terms. With the help of a book like this, maybe there's hope for me being a better teacher of patients after all.

## Book Review

To order *The Complete Idiot's Guide to Living Longer & Healthier*, call MacMillan Publishing at 800-716-0044 (317-228-4366). ISBN 0-02862934-5

The *Complete Idiot's Guide* opens with a focus on increasing the chances of staying