



## Staying Healthy with Nutrition, rev: The Complete Guide to Diet and Nutritional Medicine

By *Elson M. Haas, Buck Levin*

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### Staying Healthy with Nutrition, rev: The Complete Guide to Diet and Nutritional Medicine By Elson M. Haas, Buck Levin

The 21st-century edition of this groundbreaking work by Dr. Elson Haas with Dr. Buck Levin presents the most current health and nutrition information available in an easy-to-use format with a friendly, engaging tone. Decades of practical experience and scientific research are compiled into one encyclopedic volume that features newly expanded chapters on special supplements, lifestage programs, and breakthrough medical treatment protocols for conditions including fatigue, viral illnesses, weight management, and mental and mood disorders such as anxiety, ADHD, and depression. PART ONE gives a detailed analysis of The Building Blocks of nutrition: water, carbohydrates, proteins, fats and oils, vitamins, minerals, and other nutrients. PART TWO evaluates Foods and Diets, discussing every food group and most diets around the world. A special chapter on the environment and nutrition raises awareness and offers guidance about food additives, industrial chemicals, food irradiation, electropollution, and other health and ecological issues. PART THREE brings all of this nutritional information together, showing readers how to make wise and commonsense choices while Building a Healthy Diet. A personalized eating plan for the year, The Ideal Diet is both seasonally and naturally based, and a healthy lifelong diet. PART FOUR contains specific nutritional and lifestyle therapies for enhancing all stages of life and suggests treatments for common conditions and diseases such as aging, menopause, bone loss, weight loss, and cancer by focusing on Nutritional Applications: 32 Special Diet and Supplement Programs. Anyone interested in enhancing wellness, eating right, treating illness naturally, and living in harmony with nature will find Staying Healthy with Nutrition to be the ultimate handbook for optimal health and vitality. “For more than thirty years my colleague Dr. Elson Haas has contributed to the field of nutritional education to the benefit of both the public and health practitioners. This new edition of his classic guide is user friendly and filled with current scientific studies, making it possible for everyone to be up to date in this most important are of knowledge about health. In my opinion, Staying Healthy with Nutrition is an excellent guide for those wishing to make smarter dietary choices.”—Andrew Weil, MD, author of 8 Weeks to Optimum Health and Healthy Aging “The comprehensiveness of Dr. Haas's Staying Healthy with Nutrition makes it a great desk reference for physicians and other healthcare

practitioners or professionals. The more controversial topics are handled with considerable fairness and insight.”—T. Colin Campbell, PhD, Professor Emeritus of Nutritional Biochemistry at Cornell University, and author of The China Study

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- Sales Rank: #61437 in Books
- Published on: 2006-09-01
- Released on: 2006-09-01
- Original language: English
- Number of items: 1
- Dimensions: 10.87" h x 1.90" w x 8.42" l, 4.55 pounds
- Binding: Paperback
- 944 pages

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### **Editorial Review**

From Library Journal

Designed as an introductory textbook to teach the basic principles of nutrition and their applications, this hefty volume brings together a wealth of information for the serious reader. Part 1 analyzes the building blocks of nutrition; Part 2 evaluates foods and diets; Part 3 discusses building a healthy diet; and Part 4 explains nutritional applications. But this book also examines topics not usually found in textbooks--herbal supplements, homeopathic medicines, environmental aspects of nutrition, and detoxification and healing programs, to name just a few. Although this exhaustive study is accurate and up to date, its formidable length (over 1000 pages!) will greatly limit its appeal. Most readers concerned about healthy eating will prefer Jane Brody's Nutrition Book ( LJ 5/1/81) and/or Jean Carper's Total Nutrition Guide ( LJ 3/15/87).  
- Linda Chopra, *Cleveland Heights-University Heights P.L., Ohio*  
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From the Publisher

A revised and expanded edition of the classic, comprehensive guide to nutrition, covering the environment and health, diet, prevention, and detox.

About the Author

Elson M. Haas, MD, is an integrative family medicine practitioner with 40 years of healthcare experience. He is the founder and director of Preventive Medical Center of Marin, a multidisciplinary clinic in San Rafael, California. Dr. Haas is the author of ten popular books on health, nutrition, and detoxification, including *Staying Healthy with the Seasons*, *Staying Healthy with Nutrition*, and *The Detox Diet*, 3rd Edition (June 2012), updated for people of various ages, including a new chapter on teens and detox. He has also written *The False Fat Diet* about food reactions and weight issues, plus *More Vegetables, Please!*, a family cookbook with chef Patty James. Dr. Haas, as Dr. Sun, has also created entertaining health education products for children and families, including *The Anatomix Comix CD* and *Songbook and Count Broccula*. Visit [www.haashealthonline.com](http://www.haashealthonline.com), [www.pmcmarin.com](http://www.pmcmarin.com), and [www.seasonsstudios.com](http://www.seasonsstudios.com).

### **Users Review**

**From reader reviews:**

**Madeline Williams:**

The book *Staying Healthy with Nutrition, rev: The Complete Guide to Diet and Nutritional Medicine* can give more knowledge and also the precise product information about everything you want. Exactly why must we leave the good thing like a book *Staying Healthy with Nutrition, rev: The Complete Guide to Diet and Nutritional Medicine*? Several of you have a different opinion about reserve. But one aim that book can give many information for us. It is absolutely correct. Right now, try to closer using your book. Knowledge or information that you take for that, you may give for each other; you are able to share all of these. Book *Staying Healthy with Nutrition, rev: The Complete Guide to Diet and Nutritional Medicine* has simple shape but you know: it has great and big function for you. You can search the enormous world by wide open and read a book. So it is very wonderful.

**Thelma Price:**

People live in this new day time of lifestyle always aim to and must have the time or they will get wide range of stress from both daily life and work. So , once we ask do people have spare time, we will say absolutely of course. People is human not really a huge robot. Then we request again, what kind of activity do you have when the spare time coming to a person of course your answer will certainly unlimited right. Then do you try this one, reading guides. It can be your alternative with spending your spare time, the actual book you have read is usually Staying Healthy with Nutrition, rev: The Complete Guide to Diet and Nutritional Medicine.

**Joseph Singleton:**

Playing with family in a park, coming to see the water world or hanging out with friends is thing that usually you may have done when you have spare time, in that case why you don't try thing that really opposite from that. One activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Staying Healthy with Nutrition, rev: The Complete Guide to Diet and Nutritional Medicine, you may enjoy both. It is great combination right, you still would like to miss it? What kind of hang type is it? Oh seriously its mind hangout people. What? Still don't obtain it, oh come on its called reading friends.

**Charles Smith:**

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