

UNDERSTANDING

normal and clinical nutrition



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Sharon Rady Rolfes

Understanding Normal and Clinical Nutrition



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UNDERSTANDING NORMAL AND CLINICAL Diet, Ninth Edition, provides the most current and in depth coverage of the fundamentals of nutrition and diet therapy for an introductory training course. The early chapters focus on "normal" nutrition, including digestion and metabolism, minerals and vitamins, and life cycle diet. The text integrates practical details and valuable resources to greatly help students apply nourishment knowledge and skills with their daily lives and the clinical setting. The afterwards chapters cover "medical" nutrition--the pathophysiology and diet therapy for a wide range of medical conditions. Regardless of the students' history, the consistent level, approachable narrative, and cautious explanations in **UNDERSTANDING NORMAL AND CLINICAL Diet** will engage learners and enable them to end up being actively involved in the field of nourishment. Features, such as for example case studies, "HOW EXACTLY TO" boxes with real-world good examples, and study cards, help college students apply the material and build their conceptual understanding.



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A 3 star rating with reservations I had to give this book a 3 star ranking for the ease of information it contains concerning the enzymatic pathways used by each vitamin or mineral. Five Stars Publication was in great shape! With that said however, this publication is regular American Dietetic Association Clap Trap. I've both the 6th and 7th Editions of this book and with just small qualifications in the 7th edition, both books endorse aspartame and condemn stevia, regurgitate standard federal government misinformation about nourishment, knock dietary supplements, and actually list Steven Barrett's Quackwatch site as a trusted source of information on what's quackery and what's not really! The chapters on Cancer and HIV and Nutrition are virtually useless. In the event that you do purchase this book for the essential information it contains on metabolic pathways and co-enzyme structures, then be kind to yourself and in addition get "Clinical Nutrition, A Functional Approach", put out by the Institute for Useful Medicine, and "THE TRUE Vitamin and Mineral Book", by Shari Lieberman, among others. Wouldn't buy it unless we had too I had to buy this book for college. It was a good deal. The publication was very useful to my .. I cherished learning about nutrition beforehand which really gives me a good knowledge in a therefore many areas of this subject. Nice Book Exact book necessary for college nutrition class. The school was selling this book new for a little more than \$400, I found it fresh on Amazon for less than \$274. It was a great deal. The book was very helpful to my class. That is a great publication! It is the kind of book that you would like to keep forever since it has really useful information that you can connect with your everyday existence. It is an amazing direct on how to eat to live healthful as you learn how to choose food, snacks, beverages, etc wisely. I would recommend whoever is interesting in learning even more about having a healthy diet to buy this book. I bought this publication for my nutrition course for my Nursing system. It is a good choice for students, however, not people hoping to obtain a great reference and go-to reserve. It gets just a little dense on some topics, and has too much on a few clinical dietetic issues, so overall it could be lopsided. What's easy about it as well is that by the end of each chapter, there is a Highlights section that goes into further detail about the subject and applies it to real life. Has some good basic chemistry when it comes to nutrients. Good Choice for Learners, Has Limitations This book has very scientific explanations of all regions of human nutrition. But it was much more helpful to me personally 'cause it helped me learn how to choose my meals wisely.. I must say i benefit from the post chapter highlights that cover from clinical nutrition to common health issues associated with meals. That is a great buy and can definitely be a head to resource book for many years to come. I purchased this book as a requirement for one of my classes. Needlessly to say. Easy to return as well! Information is pretty updated and I learned a few brand-new things.. I wouldn't also consider buying this publication unless I got to for school. Does the job. I would not spend the amount of money for a fresh copy of this, egads!.. Discover out the Real Cutting Edge science of Diet and why regular American Dietetic Association Fare with their Corrupt Corporate sponsors contacting the shots in Government Nutrition information isn't reliable. It has alright information in it, nonetheless it seems like the FDA/ADA and the government supplied all the details. I am into holistic nourishment and this is not holistic. Plenty of contradictions about dieting especially dairy consumption and meats consumption. Awesome coverage of everything nutrition! Exactly what I wanted Five Stars Best for understanding science and nutrition Five Stars Loved using this book for class. As expected. For a cheap book for students, it is still a good choice. The book can be easy to read. GOOD READ This textbook is truly a really good read. Five Stars ? Bought it used. We like renting books as purchasing them on campus is certainly horribly expensive, especially if you almost certainly won't reference them again anyway. Does the work . What I did so like was the info presented seriously favored with FDA/USDA.. Bought it used. I have been enjoying what sort of authors put this book together. Overall it's good not great, I got it for a course but I really do refer to it every once in awhile. Needed for my nutrition class. Eh!! Pretty decent book Pretty decent book! Five Stars Fast shipping and good quality.



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