

Book Review

Review by Alan L. Miller, N.D.

Asthma: Clinical Pearls in Nutrition and Complementary Therapies

by Kirk Hamilton, PA-C, with Kristine Roberson, B.A.

I.T. Services; ISBN 1-890302-02-3

1997, Soft cover, Large format, \$12.95, 67 pages

916-483-1085

Asthma affects over nine million American adults, almost five million children, and is the fourth leading cause of disability among children. Despite advances in knowledge about the pathophysiology of this disease and new drug treatments, the incidence and mortality of asthma is increasing. Kirk Hamilton, the publisher of Clinical Pearls, along with Kristine Roberson, have compiled and written a concise, comprehensive, and well-referenced resource for the practitioner and for patients who wish to be more educated about the etiology, triggers, and allopathic and complementary treatments of asthma. By presenting these treatment approaches, along with lifestyle and environmental information, clinicians unfamiliar with alternative approaches can comfortably advance their knowledge of the scientific foundation of the nutritional and botanical treatments of asthma. This enables them to try these therapies and/or be able to better work in conjunction with complementary medicine practitioners. For the alternative clinician, the book allows a greater comprehension of allopathic therapies, while providing a broader understanding of environmental, nutritional, and botanical treatments, and fostering better communication with conventional physicians who may also be treating the asthma patient. And for the motivated patient, this book provides important information which can give them questions and topics to discuss with their doctor, enabling them to be an active participant in their treatment.

This book includes informative lists and patient handouts which may be photocopied and given to patients, including:

- Asthma symptom diary
- Elimination diet food list
- Diet symptom diary

Also included are single-page summaries which are easily shared with patients, including:

- Therapy goals
- Triggers
- How to Use a Peak Flow Meter
- Common asthma medications

In a section titled, "Asthma- The Research," the authors present research information on therapeutics and asthma in a topical fashion, with information on allergy, amino acids, botanicals, environment, epidemiology, essential fatty acids, homeopathy, hormones, infection, metabolism, minerals, miscellaneous therapies, pharmacology, psychologic/psychosomatic factors, risk factors, and vitamins. Following this section are the full reference citations, 623 in all.

This is an extremely well-referenced text, of value to anyone treating individuals with asthma.