

Current Books

Medical Nutrition from Marz, 2nd Edition

by Russell B. Marz, ND

Omni-Press, 2002 SE 50th Ave., Portland, OR, 97215. 800-424-OMNI

ISBN1-882550-28-5, 1997, Soft cover \$69.95/Hard cover \$87.50, 590 pages

This book provides a student or practitioner with a good introduction to clinical nutrition, outlining specific nutrients as well as nutritional approaches to approximately 60 diseases and conditions. This second edition includes some interesting graphics and expands on the information in the first edition. Of particular value to the practitioner is a section on how to do a nutritional physical exam.

Clinical Applications of Ayurvedic and Chinese Herbs: Monographs for the Western Herbal Practitioners

by Kerry Bone

Phytotherapy Press, 42 Myall Ave., Warwick, Queensland, 4370, Australia

ISBN 0 646 295020, 1996, Soft cover, 152 pages.

This book consists of concise, well-constructed monographs of 32 commonly prescribed Chinese or Ayurvedic botanicals. Information on each includes properties, active constituents, pharmacology, clinical studies, action, medicinal uses, contraindications, and dosages. Each monograph is well-referenced.

Depression: Cured at Last.

by Sherry Rogers, MD

SK Publishing, PO Box 40101, Sarasota, FL 34242

1997, Hard cover, \$24.95, 707 pages

This book comprehensively explores all possible etiologies for depression and outlines non-toxic approaches for addressing the various causes. While the author draws extensively from her background in environmental medicine, she also includes significant information on endocrine-system-balancing, as well as nutritional, botanical, and spiritual approaches.

Healing Arthritis The Natural Way: The Breakthrough Program for Reversing Arthritis Using Nutrition and Supplements

by Luke Bucci, PhD

The Summit Publishing Group; ISBN 1-56530-277-x

1997, Soft cover, \$16.99, 288 pages

In this book, Dr. Luke Bucci presents information about the various forms of arthritic diseases, their locations and possible causative factors, and treatments utilizing natural therapies including glucosamine, chondroitin sulfate, antioxidants, vitamins, and minerals. The material is presented in a format which is suited to the layperson or practitioners unfamiliar with nutritional therapies for arthritis.