

Book Review

Review by Kathleen A. Head, N.D.

Medical Nutrition from Marz, 2nd Edition

by Russell Marz, ND, MAcOM

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Dr. Marz has updated his original book, *Medical Nutrition from Marz*, with new information and wonderful graphics, filling it with important nutritional information. He begins with sections on carbohydrates, protein, fats, amino acids, vitamins, and minerals. In each chapter is a well thought out and cogent discussion of the metabolism, food sources, deficiency, toxicity, mechanism of action, and clinical indications for each of the nutrients. Helpful and informative abstracts of relevant studies are included in the clinical therapeutics section for each substance.

The book also includes a recitation of almost 70 clinical conditions which may be impacted by a nutritional approach. A concise discussion of the condition, its etiology, signs and symptoms, diagnostic techniques (including less conventional means of diagnosis), and extensive nutritional therapeutics with references and abstracts, are included.

The author has made extensive use of great graphics to explain, for example, mechanisms of action, biochemical pathways, and the rationale for nutritionally-oriented laboratory tests. There are numerous tables and charts, many of which would make excellent patient handouts.

Because of the user-friendly manner in which the book has been written, illustrated and organized, it has application for a wide segment of the population. While it has many technical references suitable for the serious nutritional researcher and clinician, it is also organized in such a way as to provide an excellent textbook for students of clinical nutrition. And, because of the wonderful illustrations and potential patient handouts, the book is also a useful tool for a lay person, interested in furthering his or her understanding of nutrition or nutritionally-related illnesses.

And last, but certainly not least, the appendix has a plethora of valuable information for the clinician, student, and would-be student of nutrition. Some of the items of interest in the appendix include a description of a nutritionally-oriented physical exam; protocols for conditions or situations such as animal allergies, travel to foreign countries, caffeine withdrawal, and preparation for surgery; and lists of foods containing dairy and wheat, as well as possible substitutes. The book is an important addition to the library of any serious practitioner or student of clinical nutrition.