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NUTRITIONAL MEDICINE

Alan R. Gaby, M.D.

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Nutritional Medicine is a comprehensive textbook on the use of dietary modifications, nutritional supplements, and other natural substances for the prevention and treatment of more than 400 health conditions. Written by one of the worlds foremost authorities on nutritional therapy, this book has been widely acclaimed as the leading textbook in its field. Meticulously documented and clearly written, Nutritional Medicine combines an exhaustive review of the medical literature with Dr. Gaby's extensive clinical experience. While written for healthcare practitioners, Nutritional Medicine is also a valuable reference book for educated laypeople who are interested in viable alternatives to conventional medicine. "A landmark, a milestone in the history of 21st century medicine." - Jonathan V. Wright, M.D. "I recommend that Nutritional Medicine be on the desk of every healthcare practitioner." - William Manahan, M.D. "A formidable display of medical scholarship The essence of this fine book is that it is pragmatic, based on clinical experience, and supported by extensive literature." - Victor Sierpina, M.D. "Dr. Gaby's understanding of the clinical application of nutrition is unparalleled." - Joseph Pizzorno, N.D. "This is the single most valuable reference book on natural remedies I've ever come across." - Julian Whitaker, M.D.

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Fabulous academically referenced work

By RBMD

Gaby presents a life's work of carefully researched and clinically grounded data on the use of OTC and other nutriceutical agents in this tour de force. Published in 2011 this up-to-date and accurately referenced text cites empirical studies on the use of supplements and non-prescription herbs and medications to treat a vast array of medical problems. This is no "here's what I have seen be helpful" text - Gaby presents the published empirical data from legitimate medical journals and then carefully distinguishes his anecdotal clinical experience from these and makes reasonable suggestions that devolve from both. Gaby provides an amazing compendium of references that parallels Harrison's or Cecil's Textbooks of Internal Medicine. I have found it immensely helpful in my practice (I graduated AOA from U-Michigan Med School and was in academic medicine for 10 years after fellowship training. .). Well done - brilliant work and without equal that I am aware of.

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WOW!

By Juan R.

So far this could be the most complete book on nutritional medicine. Everything cleanly organized for reference. Wide range of documented information on some of the most important imbalances and disorders. I absolutely LOVE this book. I want to share it with a couple of my closest doctors and although it is a bit expensive it is totally worth it. I have been buying short books on specific vitamins, minerals, antioxidants; but this is like a bible to them. Anyone willing to benefit from it can do it, even if you don't understand a couple of terms here and there, they are all googable! I have found that nutritional medicine is of great use when you are barely starting to develop a condition, rather than when you have to see a doctor ASAP, in any case combining it with conventional medicine can work wonders. Though it is always advisable to consult your doctor before starting a nutritional program, but you will most likely get a thumb up. Good luck on your healing journey!

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