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Looking at nutrition and nutritional therapy from the nurse's perspective, *Nutritional Foundations and Clinical Applications: A Nursing Approach* takes a wellness approach based on health promotion and primary prevention. It offers guidelines with a human, personal touch, using first-hand accounts to show how nutrition principles apply to patients in real-world practice. This edition includes new chapters on the effects of stress on nutrient metabolism and on nutrition for neurodegenerative disorders such as Alzheimer's and Parkinson's disease. Written by educators Michele Grodner, Sylvia Escott-Stump, and Suzie Dorner, this leading nutrition text promotes healthy diets and shows how nutrition may be used in treating and controlling diseases and disorders. Applying Content Knowledge and Critical Thinking/Clinical Applications case studies help you apply nutrition principles to real-world practice situations. Health Debate and Social Issue boxes explore controversial health issues and emphasize ethical, social, and community concerns, so that you can develop your own opinions. Cultural Considerations boxes highlight health issues and eating patterns related to specific ethnic groups to help you approach, interview, and assess patients from diverse populations. Teaching Tool boxes include strategies for providing nutrition counseling to patients. Personal Perspective boxes offer first-hand accounts of interactions with patients and their families, demonstrating the personal touch for which this book is known. Key terms and a glossary make it easy to learn key vocabulary and concepts. Website listings at the end of every chapter refer you to related sites for additional research and study. NEW! Nutrition for Neuro-Psychiatric Disorders chapter covers neurodegenerative disorders such as Alzheimer's and Parkinson's disease and psychiatric disorders such as depression and bipolar disorders. NEW! Nutrition in Metabolic Stress: Burns, Trauma, and Surgery chapter examines the effects of stress on nutrient metabolism and starvation along with severe stress due to surgery and trauma. NEW organization for the clinical chapters includes: 1) Disorder: background and implications, 2) Food and nutrition therapies, 3) Education: Teaching Tool boxes. UPDATED content reflects changes to Healthy People 2020 and the Dietary Guidelines for Americans 2010. UPDATED! The Nursing Approach box analyzes a realistic nutrition case study in terms of the nursing process, demonstrating practical ways nurses can use nutrition in practice and process.

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to apply nutrition principles to real-world practice situations. Social Issue boxes emphasize ethical, social, and community concerns on local, national international levels to reveal the various influences on health and wellness. Teaching Tool boxes include strategies for providing nutrition counseling to patients. Health Debate boxes prepare you for encountering differing opinions or controversies about food, nutrition, and health concerns. Key terms and a glossary make it easy to learn key vocabulary and concepts. NEW! Completely updated content throughout incorporates the latest dietary guidelines and most current information on topics such as good vs. bad fats, nutrition during pregnancy, microbiota/probiotics/prebiotics, and more. NEW! Cultural Diversity and Nutrition sections in each chapter highlight health issues and eating patterns related to specific ethnic groups to help you approach, interview, and assess patients from diverse populations. NEW! Enhanced coverage of health literacy equips you with strategies for enhancing patient education for those with low literacy skills. NEW! Additional Nursing Approach boxes analyze realistic nutrition case studies from the perspective of the nursing process. NEW! Expanded coverage of inflammation highlights its pivotal role in conditions such as obesity, cancer, heart disease, and diabetes.

Master the nurse's role in therapeutic nutrition and in teaching dietary health! Nutritional Foundations and Clinical Applications: A Nursing Approach, 8th Edition describes nutritional healing and wellness from the nurse's perspective. It covers dietary guidelines with a humanistic, personal touch, using first-hand accounts to show how nutrition principles apply to patients in real-world practice. This edition is updated with the most current guidelines and the latest research on nutrition. Written by noted educators Michele Grodner, Sylvia Escott-Stump, and Suzie Dorner, this leading nutrition text promotes healthy diets and shows how nutrition may be used in treating and controlling diseases and disorders. Applying Content Knowledge and Critical Thinking: Clinical Applications case studies help you apply nutrition principles to real-world practice situations. Personal Perspective box in each chapter offers a firsthand account of the ways in which nutrition affects patients' lives, demonstrating the personal touch for which this book is known. Teaching Tool boxes include strategies for providing nutrition counseling to patients. The Nursing Approach boxes analyze a realistic nutritional case study according to the nursing process. Social Issue boxes show how ethical, social, and community concerns can influence health and wellness. Health Debate boxes address the nurse's response to differing opinions or controversies about food, nutrition, and health concerns. Cultural Considerations boxes show how to understand and respect the food and health customs of specific ethnic groups. Key terms and a glossary make it easy to learn key vocabulary and concepts. NEW! Nursing Approach sections include Next Generation NCLEX® terminology as well as single-episode cases and questions, with answers on the Evolve website.

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The culmination of more than ten years of research by the authors, this book describes for the first time ever the scientific basis and clinical applications of medical biochemistry, a fundamental paradigm shift in medicine. This paradigm shift is so revolutionary that it has been called the Neustadt-Piecznik Paradigm, which is the fusion and clinical applications of biochemistry, thermodynamics, physiology, fractal enzymology, nutritional medicine and laboratory testing to identify and correct the underlying causes of many diseases that are considered genetic in nature (eg, Phenylketonuria) and those that are not considered genetic (eg, mature onset asthma, depression, fatigue). In this new medicine, doctors must reject the failed, purely symptomatic treatments they learned in medical school and focus on learning and treating the underlying biochemical causes of disease. From the first documented clinical observations of biochemical individuality in the early 1900s to the development of sophisticated biochemical tests,

the authors provide a detailed and stunning analysis of a new medical model to help millions and cure our ailing healthcare system. They uniquely contrast the conventional medical approach with the functional biochemical approach through extensive case studies on depression, arthritis, migraine headaches, seizures, rashes and more. This book is a must-read for physicians, medical students, nutritionists, and anyone looking to take charge of their health.

FOUNDATIONS AND CLINICAL APPLICATIONS OF NUTRITION: A NURSING APPROACH, second edition, approaches the study of nutrition and diet therapy from the personal and professional perspective of nursing students. The text emphasizes the role of nursing in health promotion and primary prevention as well as in illness. Includes life-span coverage, nursing process and cultural considerations throughout in a full-color design. The second edition includes expanded content on allergies, complementary therapies, and telenursing. (Includes FREE Nutritrac CD-ROM, biannual nutrition newsletter, and MERLIN website at:www.harcourthealth.com/MERLIN/Grodner/)

Health Promotion Throughout the Life Span - E-Book

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