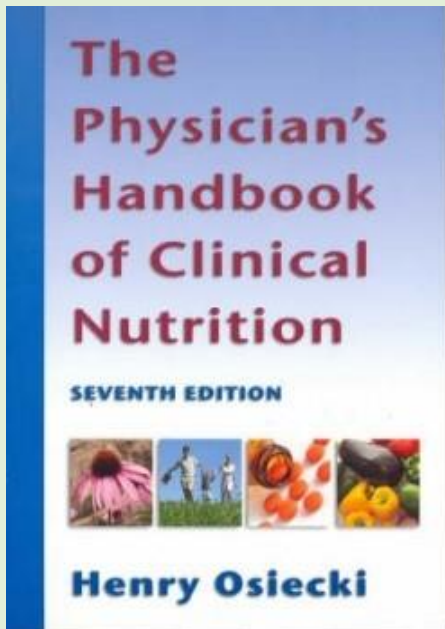


“The Physician’s Handbook of Clinical Nutrition” by Henry Osiecki (7th Edition)



Perhaps the most significant change in the new edition is the vastly expanded section on cancer. This topic was dealt with in some 50 pages in the 6th edition, but in this edition it takes up 6 chapters, over 275 pages. The result is a thorough, at times in depth, and impressive discussion of cancer.

After discussing in detail cancer and how it may arise, Mr Osiecki sets out strategies to prevent cancer from developing. He does so with the hope that each major cancer may be largely avoidable. He then goes on to discuss metastasis how it occurs within the body and how it may be prevented.

Mr Osiecki emphasises that the nutritional and biochemical approaches he suggests are synergistic with other therapies. Accordingly the adjunctive role nutritional medicine may effectively play in the mainstream treatments of cancer, including chemotherapy, surgery and radiotherapy, is presented. Another chapter discusses the nutritional treatment of the symptoms of cancer ie. cachexia, pain (including pain from surgery) and depression. Twenty-three specific cancers are individually presented, where Mr Osiecki discusses their prevalence, risk factors and medical treatment, while also including, of course, nutritional supplement treatment options.

Readers wishing for a 'magic bullet' to attack and defeat cancer will likely to be disappointed. Quite correctly Mr Osiecki notes that the nutritional suggestions he makes will not necessarily kill or even shrink tumours. The focus is on those objectives most appropriate to the nutritional/biochemical approach, such as increasing quality of life and survival time, and/or delaying disease progression.

The remainder of the book addresses other health concerns. This format is quite similar to that of the 6th edition whereby individual health conditions are generally discussed by body system. Though some sections from the 6th edition are missing, new sections include a chapter on wound healing and a more detailed look at addictions and detoxification.

Many tables and figures highlight and summarise key facts, including the key nutritional supplement options presented in each chapter. Mr Osiecki has not ignored dietary and lifestyle recommendations, and these are presented for each disease condition.

It does need to be mentioned that supplement treatment options are generally those of Bio Concepts, the company founded by Osiecki. However Mr Osiecki does make the point that synergism between nutrients results in lower dose requirements, and he claims that the selected brands provide that synergism at approximate therapeutic doses.

The book is a detailed text on utilising clinical nutrition in providing complementary health care. This new edition is said to have 300 pages of new material and research, and the overall breadth and depth of this text is impressive. Mr Osiecki and his team are to be congratulated.

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