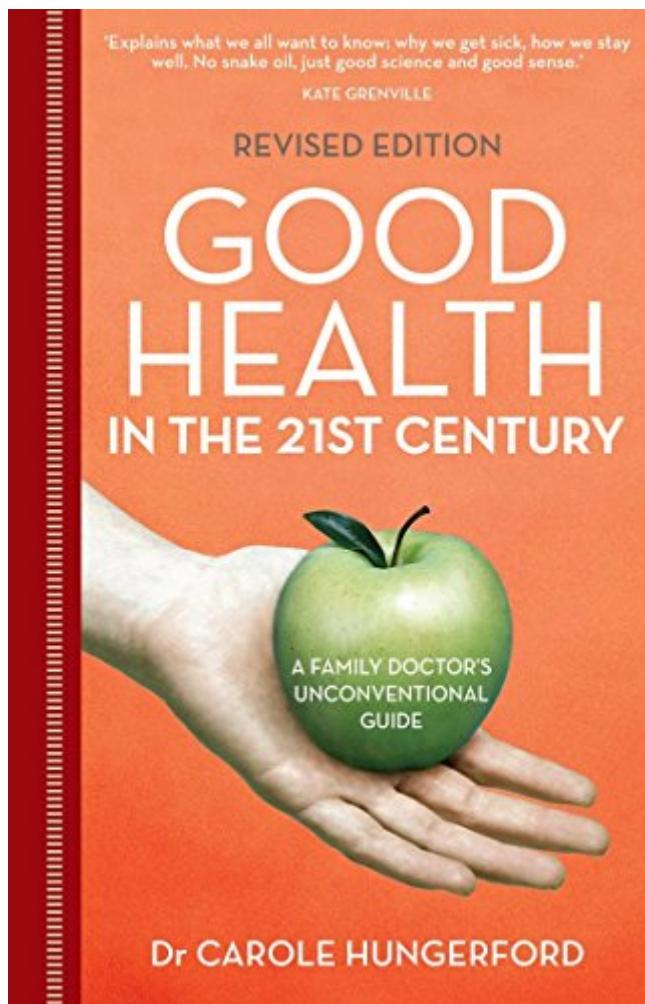


The book was found

Good Health In The 21st Century: A Family Doctor's Unconventional Guide



Synopsis

Western nations are worried about the problems of an ageing population. But if we take into account the health trends in younger generations, we arrive at a frightening prediction: for the first time in history, we have produced a generation that may not outlive its parents. Like a growing number of doctors throughout the developed world, general practitioner Carole Hungerford became concerned about these trends, and began to question a health industry based on a model of a "curing disease". The result is *Good Health in the 21st Century*, an encyclopaedic health guide that provides an extraordinary amount of easily understood information and a radically different way of maintaining well-being. Rejecting the routine cocktails of medication, with their complicated interactions and side effects, Dr Hungerford shows how to provide a chance for minerals, vitamins, and essential fatty acids to do their health-giving work. The subjects covered in *Good Health in the 21st Century* include asthma, arthritis, cancer, obesity, and cardiovascular disease; mental health and neurological disorders; hormone-replacement therapy and vaccination; and macronutrients and minerals, vitamins, and essential fatty acids. This monumental work will be used by parents, patients, and doctors for years to come.

Book Information

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Customer Reviews

An up to date reference book on nutrition as a preventative medicine. Dr Carol Hungerford presents nutrition in the context of healthy living and the prevention of disease. She discusses the effect of vitamins and minerals in considerable and insightful detail, yet does so with the untrained reader in mind; while she provides the medical terminology she immediately gives the everyday lay-speak terms. The metabolism and its inveteracy in the human body is traced emphasizing the importance of all the many ingredients in their pathways from their input to the receptors of the very cells that need them and what the cells do with them and why, and how they fail if certain vital ingredients are absent. I have read many books on nutrition ever since I was introduced to it in Biology classes when I was 13 years old, but none have brought it all together like this. Hungerford is using it in teaching young doctors to provide the missing link in their university studies; she admits that she has learnt much from veterinarians and their research. She warns of the over-prescription of antibiotics, especially during pregnancy, as it tends to destroy the vitally important gut-flora in the mother and the newly-born baby. I recommend this as a valuable reference book for medical practitioners as well as individuals who want to improve their health and that of their babies..

This book is not easy to read there is a lot of technical information which requires concentration (so not good for reading in bed), in spite of that it is worth it and I will read it again as first time round I skimmed a bit. By the end I decided to give my diet and health books away I realise I need to focus on whole healthy food and let the rest worry about itself. Thanks Doc

Carole has given us an insight into the scientific rationalisation of our dietary choices and also potential toxins contained in many products due to poor farming procedures or commercial shortcuts...or just poor and uninformed choices because of our busy lifestyle. Excellent information and advice within.

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