

# Book Reviews

**Nutritional Influences on Illness**, Second Edition by *Melvyn R. Werbach*, Third Line Press, 4751 Viviana Dr., #102, Tarzana, CA 91356. Hard cover, 700 pages, US \$64.95.

In his first edition Dr. Werbach published 506 pages of very valuable information. The second edition has grown to 700 pages, illustrating how fast the field has expanded from 1987. Many conditions, from symptoms to diseases, are covered, from A to W, from acne to wound healing. Each condition is covered in a systematic fashion. The reports from the medical literature which deal with the nutritional aspects are abstracted, both those with positive and those with negative findings. After one has read these abstracts in the order in which they are described, a systematic treatment appears. Thus, in dealing with acute alcoholism the three main objectives are to decrease toxicity of the alcohol, to decrease the craving, and finally to decrease the severity of the withdrawal. Treatment factors abstracted include dietary factors, the use of the vitamins, especially vitamin B<sub>3</sub> and thiamin, the use of mineral, amino acids and other factors such as the essential fatty acids. These Orthomolecular factors combined with the optimum psychosocial factors must form the basis for any successful treatment of alcoholism. Recent Orthomolecular books on alcoholism support this conclusion.

This volume also contains seven valuable appendices: 1. Common Nutritional Deficiencies; 2. Dangers of Nutritional Supplementation; 3. Laboratory Methods for Evaluation; 4. Nutrient Bioavailability and Interaction; 5. Symptoms and Signs of Abnormal Tissue Nutrient Levels; 6. Symptoms and Signs of Heavy Metal Toxicity; and 7. How to Rule Out Food Sensitivities.

Dr. Werbach's newest book will be valuable to every physician who realizes that drugs alone will provide few therapeutic answers for his/her patients. To provide the best possible medical care I suggest that

every physician should have this volume in their office for ready reference. There will be an amazing turnaround in the level of satisfaction, not only for patients but also for the physician who enters the new era of medical practice, called Orthomolecular.

**Handbook of Preventive and Therapeutic Nutrition** by *James M. Gerber*, Aspen Publishers, Inc., Gaithersburg, Maryland. Paperback, 415 pages, US \$34.00, 1993.

This book is advertised as The Chiropractor's Quick Reference Guide to Nutrition Therapy, but it is equally valuable for medical physicians, nutritionists and dietitians. Part I describes a few clinical syndromes ranging from anemia to the subject of weight loss and weight control. Part II describes how to assess patients clinically including dietary analysis, with a discussion of the modified four food guide. Part III describes the macronutrients, carbohydrates, fiber, fats, and protein. The final part, IV, goes into adequate detail for the micronutrients, i.e. the vitamins and minerals.

I think this is a very good book, which compresses an immense amount of material into a reasonably small volume. This makes it a valuable reference book. There are a few points that I think should have been amplified, for example in the discussion of fluoride. The addition of fluoride to drinking water has become much more controversial, with some countries ordering that this practice cease. This could have been given more prominence, but this is a minor matter.

I do suggest that this book will help chiropractors become even more successful at practicing their art and science. If MDs pay no heed to this type of information, there is no doubt they are going to send a substantial portion of their practices to the chiropractors, especially those who are practicing Orthomolecular medicine.

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