Maximizing our nutritional intake to increase the quality of our lives is something that we should all be interested in. *Super Nutrition After 50* explores many of the problems that we can experience as a result of the physical process of aging. It offers suggestions that might just make a difference, for the better, in our lives.

In the introduction we are reminded that about a century ago most people didn’t reach what we call middle age today. Thanks to modern science and technology many people are living active and vibrant lives well into their eighties. There are many factors that influence how we age, and we can make positive changes that will help us to live longer, healthier, more fulfilling lives.

Webb and Ward have covered topics of aging, how to meet our individual changing nutrition needs as we reach middle age, nutrition defenses against common diseases of aging, botanicals, phytonutrients, hormones, and supplements; all with helpful money saving tips. These authors have experience translating health and nutrition information for the consumer.

Aging is universal, but each of us experiences the process in a unique way. *Super Nutrition After 50* gives a myriad of information for planning defenses against the effects of time, environment and heredity on our bodies. This is truly a nutrition resource that educates and empowers. If you are in the 50 or over category, and trying to cope with physiological changes brought on by aging and trying to eat
healthfully for the rest of your life, this is the book for you. The excellent comprehensive index puts all the information provided at the reader’s fingertips.

Sister Catherine Atkins, CSJ, RD, CDN
Clinical Dietitian
Maria Regina Residence
Brentwood, NY

WOMEN’S NUTRITION: PATIENT EDUCATION RESOURCE MANUAL. D. A. Krummel and P. M. Kris-Etherton (consulting editors), Gaithersburg, MD: Aspen Publishers, Inc., 2000. Looseleaf binder, Pp. 420, Price $169.

Patient education can be far more successful if information is taken home to read, study, form questions about, and hopefully follow. The practitioner is faced with the dilemma of using time to speak to patients or using it to assess, order, and/or develop educational materials to give to patients. The problem is addressed by this manual which contains a wide range of nutrition handouts in black and white which can be reproduced and given to patients and clients in a variety of settings ranging from in-patient to clinics, community health facilities, private practice, health fairs, and corporate health programs.

A suggestion to use the Manual for in-service staff development is worth considering. To facilitate this, the first section, entitled Effective Patient Education, deals with such issues as literacy, cultural diversity, and motivational strategies. It includes an Educational Needs Assessment Guide handout which can be the focus of the staff development presentation and a text which can either be read by the individuals doing staff development to use as an outline or used by the staff as a reading reference. A tracking form found in the introduction can be used to document patient education given, and keep track of the handouts the patient/client needs.

The remaining six sections focus on: General Nutrition; Prevention of Cardiovascular Disease; Prevention and Treatment of Cancer; Pregnancy and Lactation; Endocrine Disorders; and Nutrition for the Older...
Woman. The latter includes a diet assessment sheet, a Food Guide Pyramid for the 70+ adult, and information sheets on menopause and osteoporosis at various reading levels.

Some handouts have been translated into Spanish, and a few, like the one entitled Nutrition for the Older Woman, are also found in Vietnamese, Japanese, Russian, and Hindi. A number of low-literacy handouts on key nutritional concerns are included in the manual and on a computer diskette found inside the front cover. These text-only versions of the handouts can be personalized with the name of the facility and/or practitioner, modified to add comments and instructions, and illustrated with clip art.

This user friendly manual also contains an appendix of resources to contact and an index for easy location of materials. If a patient/client has a question, the practitioner can easily ascertain if there is an appropriate handout and reproduce it on the spot.

Elaine Kris Ludman, EdD, RD
Department of Family, Nutrition and Exercise Sciences
Queens College,
City University of NY

DIGESTIVE DISEASES AND DISORDERS SOURCE BOOK. Karen Bellenir (editor). Detroit, MI: Omnigraphics, 2000. Hardcover, Pp. 323, Price $48.00.

It is estimated that 62 million Americans are diagnosed with digestive disorders every year. Some of these are sudden and self-limiting while others are chronic, debilitating, and even life-threatening. This book, a new volume in the Health Reference Series, provides basic information for the layperson about common disorders of the upper and lower digestive tract. Material includes documents and excerpts from government publications such as the National Digestive Diseases Information Clearinghouse (NDIC) and the U.S. Food and Drug Administration (FDA). There are also copyrighted articles from organizations such as the American College of Surgeons and the United Ostomy Association. Full citations are provided.
The book’s 40 chapters are arranged in three parts. The first, Part I, Maintaining a Healthy Digestive Tract includes basic information about the digestive system and digestive diseases, information about tests and treatments, and maintaining a healthy digestive system. A complete discussion of the digestive system is given in easy to follow language. Statistics and facts and fallacies about digestive diseases plus descriptions of diagnostic tests are provided as well as information about remedies for upset stomachs.

Part II, Digestive Diseases and Functional Disorders gives information on various diseases of the digestive system and other disorders of digestive functioning. Included are chapters, 28 in all, arranged alphabetically, on everything from appendicitis, irritable bowel and constipation to Zollinger-Ellison Syndrome, a rare disorder.

Part III, Additional Help and Information provides a 39 page glossary of terms related to digestive diseases along with a directory of digestive diseases organizations that provides easy access to them.

This book provides a ready reference of material about a broad range of medical concerns that is easy for the layperson to access and understand. It is not intended to serve as a tool for diagnosing illness, in prescribing treatments, or as a substitute for the physician/patient relationship.

Irene E. Rosenberg, MD
Woodmere, NY

MEDICINAL PLANTS, CULTURE, UTILIZATION AND PHYTOPHARMACOLOGY, Thomas S. C. Li, PhD, Lancaster, PA: Technomic Publishing Company, Inc., 2000. Hardcover, Pp. 517, Price $134.95.

The increasing numbers of herbs and supplements found in health food stores and, more recently, also in supermarkets is evidence of the increasing interest in the health promoting and curative powers of medicinal plants. They are now a multibillion dollar industry in both North America and Europe. Information about these plants is widely available on the Internet and from other media sources but what is
available is often superficial, while some is incorrect, misleading, and even harmful.

Dr. Thomas S. C. Li, the author of ‘Medicinal Plants’ is one of the world’s most knowledgeable and well-known researchers in this area. After many years of study in widely scattered sources, Dr. Li has compiled a comprehensive text that provides researchers, manufacturers and others interested in medicinal herbs with easy access to reliable information not readily available elsewhere.

The book is comprised of several, well referenced tables giving both the scientific and common names of the plants. The first lists the major constituents and medicinal values of medicinal plants. The second table gives toxicity of medicinal plants. Others list essential oils, as well as value-added products, helpful information about cultivation and harvesting, diseases and insects found in these plants, as well as a forty-two page index so that users can easily locate specific plants.

This book would be a useful addition to the book shelf of anyone concerned with the content of medicinal plants that are increasingly available in supplements and added to foods and drinks. It is noted that the information in this book is primarily for reference and education and not intended to be a substitute for a physician’s advice.

Karen J. Heslin, MEd
Doctoral Candidate
Department of Kinesiology
University of Toledo, OH

FOOD SAFETY SOURCEBOOK, D. D. Matthews, editor, Detroit, MI: Omnigraphics, Inc., 1999. Hardcover, Pp. 327, $48.00.

This book is one of several in the Health Reference Series, and as the series name implies, it is a reference book that contains basic information on food safety for the consumer. This sourcebook can also be a resource for the nutrition professional. It covers a broad range of topics on food safety; from the safe handling of meat, poultry, eggs and other food items to descriptions of various types of foodborne illnesses and their symptoms. Facts on pesticides, drinking water, and
the role of the consumer, the food handler, and the federal government in food safety are additional topics covered. There is also a comprehensive glossary and a section on resources, i.e., federal agencies involved in food safety. The editor and chapter authors do an impressive job, writing an easy-to-read, yet comprehensive work on food safety. For example, the section on eleven common foodborne pathogens is written in a very clear style. Each chapter on these pathogens follows the same format with standard subheadings. This allows the reader to quickly find information, since similar information will be found under the same heading for each pathogen. Although the book is focused on the consumer, not a nutrition professional, the information can certainly be used by either group. This book would be an excellent resource for anyone who deals with an older adult population, because the information in it can be used to create educational materials or to form topics for discussion. It could also be used by students and food service staff because of its clearly written, informative style.

Marilyn M. Abernethy, DrPH, RD
Framingham State College
Framingham, MA