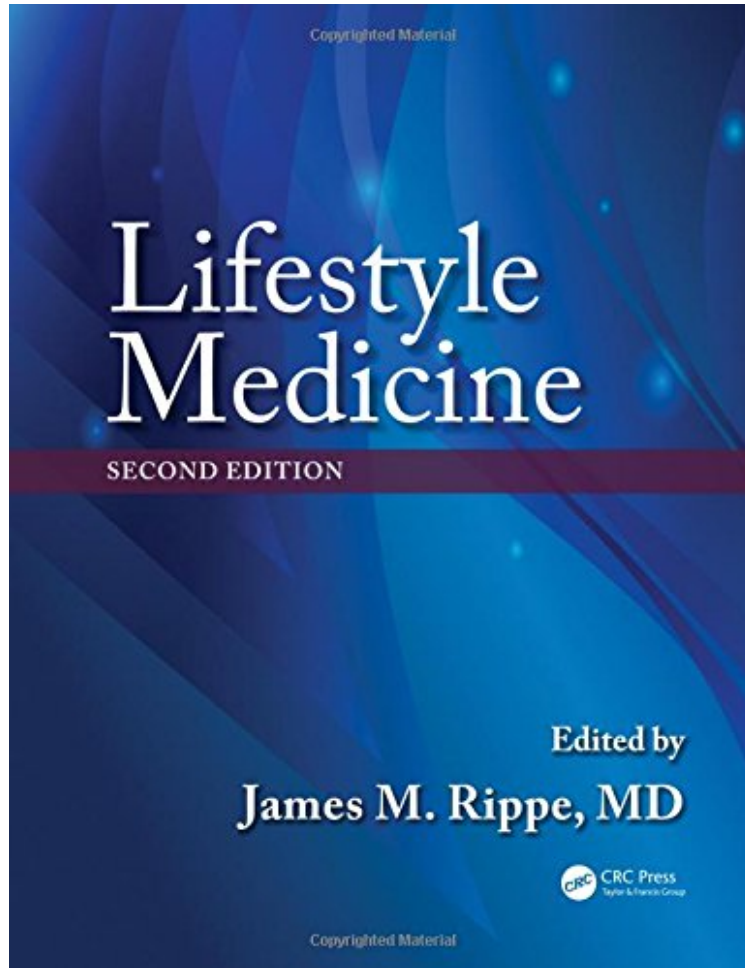


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Lifestyle Medicine, Second Edition

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3 of 3 people found the following review helpful. Up-to-date comprehensive By BookBugg I teach in the preventive health lifestyle area. This text is readable, up-to-date and comprehensive. I definitely recommend and believe it is worth the money! 1 of 1 people found the following review helpful. Glad I bought it. By Erin Leslee Dames Huge book, but packed with information on public health, preventive medicine and medical models as it pertains to lifestyle and its related ailments. 1 of 5 people found the following review helpful. Shy of Lifestyle issues in cancer By Salzin Lifestyle Medicine, 2nd edit., is not for the readers looking for cancer-related lifestyle issues. It deals with cancers in just 4+1 chapters out of 133 chapters, only 42+15 pages out of 1588 pages. You can see the sign from the editor of the book, Dr. Rippe. Many of the figures are funny too.

There is no doubt that daily habits and actions exert a profound health impact. The fact that nutritional practices, level of physical activity, weight management, and other behaviors play key roles both in the prevention and treatment of most metabolic diseases has been recognized by their incorporation into virtually every evidence-based medical guideline. Despite this widespread recognition, physicians and other healthcare workers often cannot find a definitive and comprehensive source of information on all of these areas. Designed for physicians and other health care workers, *Lifestyle Medicine, Second Edition* brings together evidence-based research in multiple health-related fields to assist practitioners both in treating disease and promoting good health. Sections cover nutrition and exercise, behavioral psychology, public policy, and management of a range of disorders, including cardiovascular disease, endocrine and metabolic dysfunction, obesity, cancer, immunology and infectious diseases, pulmonary disorders, and many more.

"James Rippe, MD has thoroughly catalogued the role of lifestyle in the modern practice of medicine, including both disease treatment and health promotion. Overall this book is extremely well organized. In this second edition, Dr. Rippe boldly takes on the challenge of summarizing this growth [in the field] and the current evidence for Lifestyle Medicine in one comprehensive text. This text is a massive contribution to the field of Lifestyle Medicine. There is nothing else that even comes close to documenting and summarizing the evidence behind Lifestyle Medicine. Because of that, this volume should be in the libraries of every policy maker and health care provider who is serious about offering Lifestyle Medicine as a core tool for their patients and communities." Wayne Dysinger, MD, MPH, Chair, Department of Preventive Medicine, Loma Linda University, in *American Journal of Lifestyle Medicine*, 2013 "This is a comprehensive book on some very common topics, allowing the healthcare professional or the lay person the opportunity to go right to the topic they are interested in. Weighted Numerical Score: 98 - 5 Stars!" Doodys