



The New Nutrition: From Antioxidants to Zucchini

Felicia Busch

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Satisfies the huge demand for authoritative information on diet, dietary supplements, and nutritional therapies Americans have never been so attuned to the importance of diet and nutrition in maintaining good health. But due to the flood of often conflicting details we are exposed to on a daily basis, we've also never been more confused about what we should be eating. In this first truly comprehensive reference on the subject, nationally recognized dietitian Felicia Busch marshals the latest scientific research to dispel the confusion surrounding diet and nutrition. She gives the complete lowdown on the benefits and drawbacks of a vast variety of specific foods, vitamins and minerals, herbal supplements, and traditional and nontraditional diets. She also presents the latest wisdom concerning nutritional therapies for an array of ailments, including AIDS, Alzheimer's, cancer, migraines, PMS, and osteoporosis. Reports the latest scientific findings and recommended doses for all dietary supplements, including vitamins, minerals, and herbs Felicia Busch, MPH, RD (St. Paul, MN), is a noted nutrition expert who writes for numerous consumer and professional newsletters, magazines, and newspapers and has participated in more than 1,400 national and regional television, radio, and print interviews.

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