



Nutrition in Sickness & in Health

Jessica Schulman

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Does milk make mucus? Should I starve a fever? What is a functional food? How can you tell the difference between quality nutrition science and "pseudoscience"? How does nutrition affect my immune system? What is a probiotic? Should I be concerned if my child is not eating well? What are dietary needs of older adults? This book answers all of these questions and many more in a clear, concise, and fun to read way. Dr. Jessica Schulman has reviewed the scientific literature and worked with experts to translate cutting edge scientific findings into practical tips for everyday living. Each chapter provides information and up-to-date resources to help patients, caregivers, and the public maintain health and improve quality of life. Ask your doctor how you can use this information to complement your treatment plan and achieve your personal health goals.

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