



Integrative Weight Management: A Guide for Clinicians (Nutrition and Health)

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Integrative Weight Management: A Guide for Clinicians intends to educate physicians and nutritionists about the wide ranges of approaches to weight control from non-traditional sources. The options for weight management in conventional practices are limited to a small number of medications, a confusing array of dietary approaches and surgical procedures with their inherent risks and complications. Unfortunately medical practitioners are not exposed to nutrition and weight control principles during training and thus are reluctant to manage their patients weight control issues. This volume is structured into 4 sections: Introduction to Weight Management Disorders; Morbidity and Mortality of Obesity; Therapy of Obesity; and Integrative Medicine and Obesity. Integrative Weight Management: A Guide for Clinicians represents a powerful collaboration of dozens of leading experts in the fields of nutrition, weight management and integrative medicine who have managed countless numbers of patients and summarized the research from thousands of articles to create an up-to- date state of the art guide for healthcare practitioners, allied health professionals and public health authorities who manage those who are overweight/obese along with the associated metabolic consequences.

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