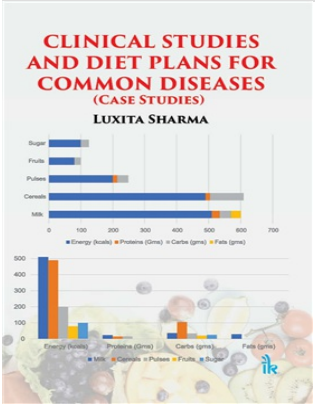
Book Information Sheet



Clinical Studies and Diet Plans for Common Diseases: (Case Studies), 1/e

Luxita Sharma

2019	6.5 x 9	158 pp	Paperback	ISBN: 9789386768711	Price: 225.00

About the Book

This book enlightens the readers about the practical aspects of Nutritional Science and its applicability for management of diseases. The case studies are elaborated in such a manner giving examples of rare and common combinations of two or three disorders that occur simultaneously in people and as the consequence the availability of food options is scarce. Such cases are a challenge for a nutritionist / dietician to handle and manage. This book will help the readers in such a manner that they can opt for food options available freely and seasonally. This book guides the readers to prepare and planning of combination diets.

Salient Features

The readers will get a detailed version of diet charts and the foods included/excluded in therapeutic diseases.
Comprehensive diet charts with cases discussed in detailed manner.
Innovative knowledge of diseases managed by nutritional modifications and alterations.

Case studies with Prescribed diet are covered for following diseases:

Diabetes Mellitus
Liver Disorders
Gastro-intestinal Disorders
Cardio Vascular Disorders
Renal Disorders
Obesity

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About the Author

Luxita Sharma :- is Associate Professor and Head of Department, Dietetics and Applied Nutrition, Amity University, Haryana, India. She has 15 plus experience as researcher and an academician. She is PhD in food and nutrition. She has received International Award in the category of Contribution to Education Community by Asian Education Award. She has also been conferred upon National Nutrition Health Education Award and Society Development award by Nutrition and Natural Health Science Association. She is also recipient of Excellence in Outstanding Accomplishments Award by IAPEN. She has filed nine patents and four patents published with seventy-five research papers in national and international journals. She has published ten books with national and international publishers.