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this guide to nutritional assessment and intervention in wellness and in a wide variety of diseases and disorders from infancy through adulthood documents current research behind the nutrition practices presented and assists health care practitioners in providing appropriate individualized care a wide range of medical nursing paramedical personnel involved in nutrition and dietitians find the mayo clinic diet manual an invaluable reference in their day to day work

dr young s medical expertise combined with an asthma sufferers day to day strategies to help ease discomfort make this book the most comprehensive up to date and readable information on asthma control available

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