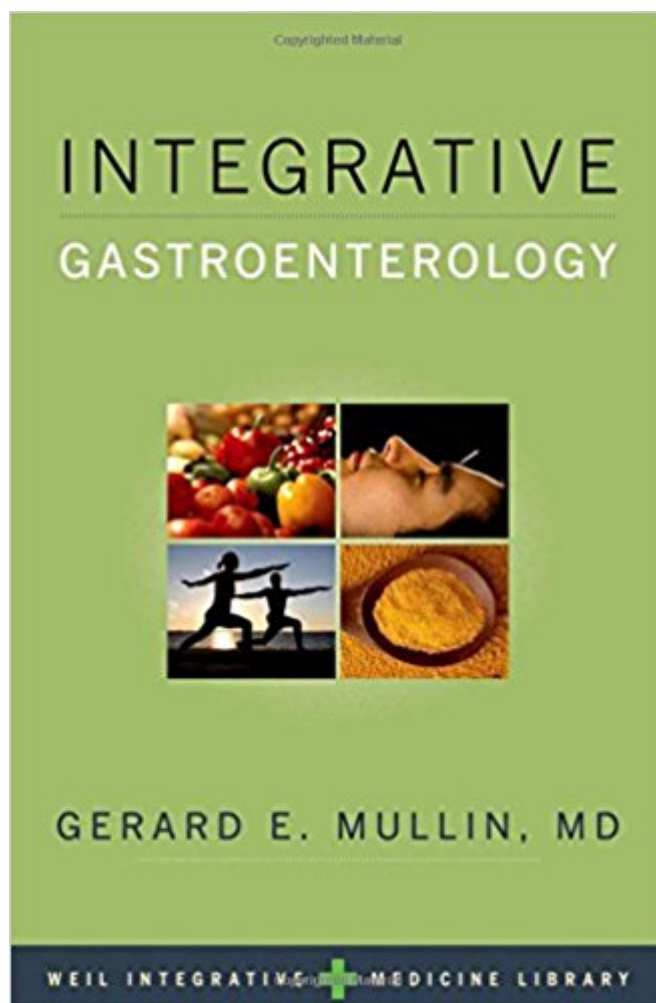


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# Integrative Gastroenterology (Weil Integrative Medicine Library)



## Synopsis

Digestive complaints have become increasingly common. Recent statistics show that gastrointestinal complaints account for nearly a third of all visits to primary care doctors and that nearly one in six Americans suffer from digestive disease. In this volume, an international panel of leading experts provides a wealth of information for health care practitioners and consumers on the rationale, methods, modalities, and efficacy of integrative solutions for gastrointestinal disorders. Coverage includes a diverse range of treatment methods, such as meditation, massage, yoga, supplements, special diets, energy medicine, homeopathy, and acupuncture, as well as a special section devoted to mind-body medicine in digestive health and disease. In discussing unconventional treatments, the authors address many of the controversies that surround the remedies.

## Book Information

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## Customer Reviews

Gerard E. Mullin, MD, is an associate professor in the department of medicine as well as director of integrative gastroenterology nutrition services at the Johns Hopkins Hospital. He is an internist, gastroenterologist, and nutritionist and the only physician in the United States who is boardcertified by the American Board of Internal Medicine for Gastroenterology, National Board of Nutrition Support Certification, American College of Nutrition, and the American Board of Nutrition Physician Specialists.

Wow, great book. I am a biomedical researcher struggling with some GI problems in the family. I've been to a couple of primary care physicians and a couple of gastroenterologists. I was concerned with the fact that all 4 of them seem to be trying to treat symptoms with pharmaceuticals and invasive procedures instead of trying to figure out what is going wrong in general and correcting the source of all the problems. So I looked it up the biomedical literature and I see that there are good data supporting dietary, gut flora, and stress etiologies for these symptoms. So I ask the doctors about that and they dismiss it, saying I could TRY those approaches but they couldn't help me with that because they only practice evidence-based medicine. WTF?! I just saw the evidence first hand in the biomedical literature! While I was at it, I also saw that the pharmaceuticals and procedures they prescribed are known to cause unacceptable iatrogenic problems. So I ask my insurance company if I can instead see someone who will address potential dietary, gut flora and stress etiologies for our GI symptoms. Turns out it's not covered! Looking around on the internet I realize that what I need is "Integrative Gastroenterology" that considers all potential causes of the problems and all evidence-based treatments, whether they are from conventional or "alternative" medicine. Hence buying this book. I just finished reading through the book and it is exactly what I needed. Its got everything spelled out. Now I just need to find a practitioner to help me implement and monitor the tests and treatments described in the book. I realize now that I may have to pay out of pocket to get a provider who actually has my best interests at heart instead of a provider who I'm suspicious is simply exploiting our insurance coverage for monetary gain, with blatant disregard for our health. Great book. Great field. Very much needed.

What an awesome book! This book is extremely comprehensive and includes all of the current research. I wish I would have had this book earlier

A MUST-READ for those who are interested in GUT health, working with those in the medical field or have gut issues yourself!

Great used book seller. Book quality was great and as described

This is an impressive book with a wide view of the issues related to gut function and health. The publisher left the figures and references out of the Kindle edition. As best I can tell, there is nothing in the book to explain this omission or tell the reader where to find the missing materials. Since the

Kindle edition is page images, it is not clear if these are included in the paper book. Figures and references are available on the Oxford University Press web site (OUP.COM). Look up Integrative Gastroenterology and click the link to the companion website. Also note that Chapter 5 was adapted from another book but includes cross references to other chapters in the original book.

Let me start with a Full Disclosure: I have contributed a chapter to this book and is titled, "Upper Gastrointestinal Disorders" Upon receiving the book after publication, I was pleasantly surprised to see that the Editor/book had surpassed even my highest expectations. At the risk of sounding like blowing my own horn, since I am one of the contributors, I must state that the editor has truly assembled a large and diverse team of experts who have given their best to the book. The specialties of the chapter authors vary from gastroenterology, nutrition, preventative medicine all the way to pain management and holistic medicine. The chapters in the book are equally diverse and include not just the well-described gastrointestinal disorders, but also various types of CAM therapies like Ayurveda, Homeopathy and Hypnosis etc. Each chapter is supported by numerous peer-reviewed scientific publications. The chapter on "Ethical Issues in Integrative Gastroenterology" rounds up this well-balanced treatise.

Great book if your are just getting your feet wet in integrative/natural therapies for gastroenterology. If you are looking for a more thorough book with cited research on natural therapies for gastrointestinal disease, order Eric Yarnell Natural Approaches to Gastroenterology.. It's about \$200 but well worth it. Comes in two large volumes.

Good info on physiology of digestive tract, geared toward the layman not the medical professional. Overall a good resource but rather redundant.

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