Book Review by Mario Roxas, ND

Integrated Medicine for Neurological Disorders
Herbs and Nutrients for: Alzheimer's Disease, Parkinson's Disease, Multiple Sclerosis, Stroke, Migraine, Seizures

Sidney Kurn, MD, and Sheryl Shook, PhD

The topic of integrative approaches to neurological conditions is a popular one. There is an increasing wealth of clinical evidence demonstrating the benefit of nutrition and botanical medicine in the management of neurodegenerative disorders such as Alzheimer's disease, multiple sclerosis, and Parkinson's disease.

Because hundreds of thousands of people are affected by stroke, migraine headaches, and seizures, it would be beneficial to have a single resource that compiles the most recent information on clinically effective nutritional and botanical considerations into one handy reference.

Luckily, Sidney Kurn, MD, and Sheryl Shook, PhD, have done the heavy lifting and authored Integrated Medicine for Neurological Disorders. Each chapter corresponds to a given condition – multiple sclerosis, for example. Starting with background information about the disorder, the authors then delve deeper into the clinical research of specific herbs and nutrients that have been shown to be effective. At the end of each chapter a summary table highlights the nutrient/herb/supplement with dosage information, allowing for quick and easy reference. By concentrating on six fundamental conditions, the authors are able to supply the reader with a wealth of information, while keeping the contents to an easily digestible size.

Drawing from their extensive experience in the areas of neurology, nutrition, and botanical medicine, Drs Kurn and Shook have produced a book that will benefit anyone interested in applying a clinical approach of nutrition and herbs to the management of the most common neurological disorders. The book is well-organized, easy to follow, well-referenced, and indexed. I am sure it will find its place on many a practitioner's desk.

Health Press NA, Inc.; PO Box 37470, Albuquerque, NM 87176; www.healthpress.com
ISBN: 978-0-929173-50-4; Softcover; 235 pages; $17.95