

## ***Book Review***

### **Food as Medicine**

**Editors:** M. Mohamed Essa (Sultan Qaboos University, Oman, and Mushtaq A. Memon, Washington State University, Pullman, WA, USA)

We live in an age where medicine has made many great advances. Scientific pursuit gives us new theories to research and the rewards for such work are new drugs, surgery techniques and powerful medical devices. But no matter how far we advance, it seems that we cannot escape the importance of food, whether for nutritional sustenance or for its healing effects.

Since ancient times, gifted, pioneering people like Shen Nong, the emperor who inspired the *Divine Farmer's Classic on Materia Medica* have naturally understood food's role in healing and health. In China, as Traditional Chinese Medicine (TCM) and in India, as Ayurveda, indigenous healing systems developed around the use of food, herbs and minerals. Today, Complementary and Alternative Medicine strongly emphasizes such entities and through close association and scientific investigation leading to new breakthroughs in understanding both chemical constituents and their ability to act singly and in synergy, modern medicine is beginning to rediscover food as medicine. In many ways, much of the developing field of integrative medicine is rooted in such investigation and resultant applications as researchers, physicians, veterinarians and the general public clamor for such information.

Essa and Memon are well qualified editors and this text is an excellent, well-referenced collection of papers assembled to introduce and answer basic science and research questions on the topic. Essa obtained his PhD in Biochemistry and has ten years of teaching and research experience. Publishing nearly 55 research papers, he is an active researcher in pharmacological approaches in natural medicines and neurology. Memon, a board certified Theriogenologist and certified veterinary acupuncturist, is a professor and Fulbright scholar at Washington State University. He has taught for 30 years, published over 130 papers and lectured in more than 20 countries. He is involved in the developing CAVM curriculum at WSU and heads up a multidisciplinary committee developing professional standards for board certification in the subject.

The book covers a wide variety of topics about natural disease prevention and treatment using food as medicine. Potential applications and suggestions for further research in diabetes, cancer, and cardiovascular disease are helpful for researchers, professionals and interested stakeholders who desire to improve health, reduce disease and even affect health care costs. Food As Medicine is a global topic. We all eat. It is wise to understand what we put into the mouths of our spouses, children and pets. This book would be welcome on many bookshelves and serves as a fundamental text on the subject. It is nearly certain that more volumes will follow.

*Review provided by Richard E. Palmquist, DVM, President, American Holistic Veterinary Medical Foundation*