

102960

Ernährungsbasics Egid Strehl
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für die gesundheit hat die ernährung eine hohe bedeutung falsche ernährung kann krankheiten oder adipositas begünstigen richtige ernährung dagegen die lebensqualität spürbar steigern auch wechselwirkungen zwischen arznei und nahrungsmitteln bedürfen immer wieder der erklärung bei derpatientenberatung in der apotheke dieses buch vermittelt das wissen um als ernährungsexperte in der apotheke auftreten zu können mit einer zusätzlichen ernährungsberatung kann die gesundheit der patienten über die medikamentenabgabe hinaus positiv beeinflusst werden die beiden autoren erklären die physiologischen grundlagen die bedeutung des mikrobioms und die optimale lebensmittel zusammensetzung aus makround mikronährstoffen es werden diäten zur behandlung von adipositas vorgestellt sowie die vegetarische und vegane ernährung beleuchtet besonderheiten der ernährung bei erkrankungen wie diabetes osteoporose reizdarmsyndrom oder bei tumoren werden ebenso berücksichtigt wie die von schwangeren und stillenden kindern sportlern und senioren ein eigenes kapitel widmet sich dennahrungsmittelunverträglichkeiten und lebensmittelallergien auch die wechselwirkungen mit arzneimitteln werden ausführlich besprochen für die heimversorgung vermittelt das werk spezialkenntnisse zur enteralen und parenteralen ernährung apotheker und pta erhalten durch dieses buch ein wissensgrundgerüst um ihre kunden in allen ernährungsfragen zu beraten und so deren gesundheit allumfassend unterstützen zu können

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