



Lifestyle Medicine: A Manual for Clinical Practice

From Springer



Lifestyle Medicine: A Manual for Clinical Practice From Springer

Lifestyle – the manner in which people live – is fundamental to health, wellness, and prevention of disease. It follows that attention to lifestyle is critically important to effective and successful health care. But here's the challenge: health care professionals receive very little, if any, formal training about lifestyle counseling and therefore are ill equipped to incorporate lifestyle issues into clinical practice. In response, "*Lifestyle Medicine*" is evolving as a means to fill this knowledge gap. Lifestyle medicine approaches health and wellness by harnessing the power of lifestyle-related behaviors and influencing the environment we live in. It is a formal approach that promises to enhance and strengthen a re-invigorated health care system that is still outpaced by the epidemic proportions and complexity of chronic diseases like obesity, diabetes, depression, hypertension, and cancer, among others. *Lifestyle Medicine: A Manual for Clinical Practice* presents this formal approach in a pragmatic context. This unique and practical manual provides clear and succinct guidance on nearly all aspects of lifestyle medicine. The approach is both explanatory and pragmatic, providing case studies and bulleted translation of academic information into clinical practice recommendations. There is an emphasis on scientific evidence wherever possible as well as opinions by the expert chapter authors who practice lifestyle medicine. There is a "how-to" rationality to the book, consistent with a premise that any and all health care professionals should, and perhaps must, incorporate lifestyle medicine. A valuable checklist is included at the close of the book that summarizes key points and provides a practical tool for routine patient encounters.

 [Download Lifestyle Medicine: A Manual for Clinical Practice ...pdf](#)

 [Read Online Lifestyle Medicine: A Manual for Clinical Practi ...pdf](#)

Lifestyle Medicine: A Manual for Clinical Practice

From Springer

Lifestyle Medicine: A Manual for Clinical Practice From Springer

Lifestyle – the manner in which people live – is fundamental to health, wellness, and prevention of disease. It follows that attention to lifestyle is critically important to effective and successful health care. But here's the challenge: health care professionals receive very little, if any, formal training about lifestyle counseling and therefore are ill equipped to incorporate lifestyle issues into clinical practice. In response, "*Lifestyle Medicine*" is evolving as a means to fill this knowledge gap. Lifestyle medicine approaches health and wellness by harnessing the power of lifestyle-related behaviors and influencing the environment we live in. It is a formal approach that promises to enhance and strengthen a re-invigorated health care system that is still outpaced by the epidemic proportions and complexity of chronic diseases like obesity, diabetes, depression, hypertension, and cancer, among others. *Lifestyle Medicine: A Manual for Clinical Practice* presents this formal approach in a pragmatic context. This unique and practical manual provides clear and succinct guidance on nearly all aspects of lifestyle medicine. The approach is both explanatory and pragmatic, providing case studies and bulleted translation of academic information into clinical practice recommendations. There is an emphasis on scientific evidence wherever possible as well as opinions by the expert chapter authors who practice lifestyle medicine. There is a "how-to" rationality to the book, consistent with a premise that any and all health care professionals should, and perhaps must, incorporate lifestyle medicine. A valuable checklist is included at the close of the book that summarizes key points and provides a practical tool for routine patient encounters.

Lifestyle Medicine: A Manual for Clinical Practice From Springer Bibliography

- Sales Rank: #734386 in Books
- Published on: 2016-03-18
- Original language: English
- Number of items: 1
- Dimensions: 11.51" h x 1.03" w x 8.42" l, .0 pounds
- Binding: Hardcover
- 363 pages



[Download Lifestyle Medicine: A Manual for Clinical Practice ...pdf](#)



[Read Online Lifestyle Medicine: A Manual for Clinical Practi ...pdf](#)

Editorial Review

Review

“In 32 chapters the authors review the influence of lifestyle on medical conditions, but more important is how changes in lifestyle may improve these diseases. An interesting approach which has led to formation of the American College of Lifestyle Medicine. For clinical practitioners.” (Pediatric Endocrinology Reviews (PER), Vol. 14 (2), December, 2016)

“Each chapter is a standalone monograph with an introduction, very short vignettes of a case history, followed by the psychological aspects, physical impact, some evidence-based management thoughts, resources, and references. ... This book takes a comprehensive approach, covering many of areas that the single-issue monographs on this topic do not. As such this is a valuable overview that has tremendous value to primary care or specialist clinicians, and for supporting medical professionals such as nutritionists, physical therapists, and pharmacists.” (Vincent F. Carr, Doody's Book Reviews, July, 2016)

From the Back Cover

Lifestyle – the manner in which people live – is fundamental to health, wellness, and prevention of disease. It follows that attention to lifestyle is critically important to effective and successful health care. But here's the challenge: health care professionals receive very little, if any, formal training about lifestyle counseling and therefore are ill equipped to incorporate lifestyle issues into clinical practice. In response, “*Lifestyle Medicine*” is evolving as a means to fill this knowledge gap. Lifestyle medicine approaches health and wellness by harnessing the power of lifestyle-related behaviors and influencing the environment we live in. It is a formal approach that promises to enhance and strengthen a re-invigorated health care system that is still outpaced by the epidemic proportions and complexity of chronic diseases like obesity, diabetes, depression, hypertension, and cancer, among others. *Lifestyle Medicine: A Manual for Clinical Practice* presents this formal approach in a pragmatic context. This unique and practical manual provides clear and succinct guidance on nearly all aspects of lifestyle medicine. The approach is both explanatory and pragmatic, providing case studies and bulleted translation of academic information into clinical practice recommendations. There is an emphasis on scientific evidence wherever possible as well as opinions by the expert chapter authors who practice lifestyle medicine. There is a “how-to” rationality to the book, consistent with a premise that any and all health care professionals should, and perhaps must, incorporate lifestyle medicine. A valuable checklist is included at the close of the book that summarizes key points and provides a practical tool for routine patient encounters.

About the Author

Jeffrey I. Mechanick, M.D.
Clinical Professor of Medicine
Director, Metabolic Support
Division of Endocrinology, Diabetes, and Bone Disease
Icahn School of Medicine at Mount Sinai, New York NY

Robert F. Kushner, MD
Professor of Medicine
Northwestern University Feinberg School of Medicine
Northwestern Comprehensive Center on Obesity
Chicago, IL, USA

Users Review

From reader reviews:

Edward Gilbert:

Have you spare time to get a day? What do you do when you have a lot more or little spare time? Yep, you can choose the suitable activity to get spend your time. Any person spent all their spare time to take a stroll, shopping, or went to the actual Mall. How about open as well as read a book allowed Lifestyle Medicine: A Manual for Clinical Practice? Maybe it is to become best activity for you. You know beside you can spend your time using your favorite's book, you can better than before. Do you agree with it is opinion or you have additional opinion?

Marcus Casale:

This Lifestyle Medicine: A Manual for Clinical Practice book is not really ordinary book, you have it then the world is in your hands. The benefit you have by reading this book is information inside this reserve incredible fresh, you will get info which is getting deeper an individual read a lot of information you will get. This specific Lifestyle Medicine: A Manual for Clinical Practice without we know teach the one who examining it become critical in pondering and analyzing. Don't possibly be worry Lifestyle Medicine: A Manual for Clinical Practice can bring when you are and not make your bag space or bookshelves' turn into full because you can have it with your lovely laptop even phone. This Lifestyle Medicine: A Manual for Clinical Practice having good arrangement in word and also layout, so you will not really feel uninterested in reading.

Omar Hinojosa:

Reading can called brain hangout, why? Because when you find yourself reading a book particularly book entitled Lifestyle Medicine: A Manual for Clinical Practice your head will drift away trough every dimension, wandering in every aspect that maybe unidentified for but surely can be your mind friends. Imaging each word written in a guide then become one application form conclusion and explanation in which maybe you never get prior to. The Lifestyle Medicine: A Manual for Clinical Practice giving you one more experience more than blown away your mind but also giving you useful info for your better life in this particular era. So now let us show you the relaxing pattern here is your body and mind are going to be pleased when you are finished reading through it, like winning a. Do you want to try this extraordinary investing spare time activity?

Maria Blanco:

A lot of e-book has printed but it is unique. You can get it by world wide web on social media. You can choose the best book for you, science, witty, novel, or whatever by searching from it. It is called of book Lifestyle Medicine: A Manual for Clinical Practice. You can include your knowledge by it. Without causing the printed book, it could add your knowledge and make anyone happier to read. It is most important that, you must aware about e-book. It can bring you from one destination for a other place.

Download and Read Online Lifestyle Medicine: A Manual for Clinical Practice From Springer #L4AJPNDI31C

Read Lifestyle Medicine: A Manual for Clinical Practice From Springer for online ebook

Lifestyle Medicine: A Manual for Clinical Practice From Springer Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Lifestyle Medicine: A Manual for Clinical Practice From Springer books to read online.

Online Lifestyle Medicine: A Manual for Clinical Practice From Springer ebook PDF download

Lifestyle Medicine: A Manual for Clinical Practice From Springer Doc

Lifestyle Medicine: A Manual for Clinical Practice From Springer Mobipocket

Lifestyle Medicine: A Manual for Clinical Practice From Springer EPub

L4AJPNDI31C: Lifestyle Medicine: A Manual for Clinical Practice From Springer