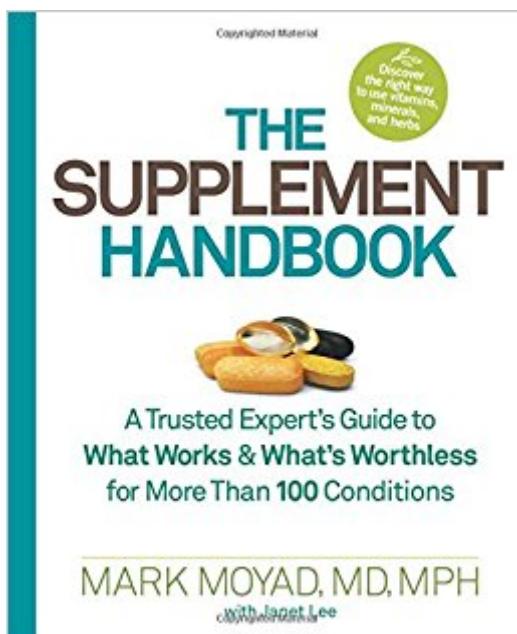


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The Supplement Handbook: A Trusted Expert's Guide To What Works & What's Worthless For More Than 100 Conditions



Synopsis

Nearly half of Americans use supplements—and many more are curious about them—yet questions abound. Will feverfew help my migraines? Are there any vitamins that will keep my skin clear? Does lysine really prevent cold sores? Are there herbs I can take to boost my mood? Are any of these things safe? Mark Moyad, MD, MPH is the only physician in the United States who has an endowed position to study vitamins, minerals, herbs, and other supplements. For the past 25 years, he's been researching supplements, using them in his practice, and traveling the country giving lectures to laypeople and physicians about what works and what's worthless in the world of drugs and supplements. Based on the latest research as well as Dr. Moyad's clinical experience, *The Supplement Handbook* guide you through the proven (or debunked) treatment options for more than 100 common conditions—everything from arthritis, heartburn, and high cholesterol to fibromyalgia, migraines, and psoriasis. Dr. Moyad provides clear guidelines, sifting through conflicting information for a definitive answer you can use today. He does not hesitate to point out which remedies are overhyped, useless, and even harmful. He even ranks the most effective options so you know which remedies to try first, and he's honest about when over-the-counter or prescription drugs are the better option. More than an overview, *The Supplement Handbook* delivers prescriptive, reliable advice. Whether you're an alternative medicine convert or an interested-but-confused supplement novice, this comprehensive, evidence-based guide is sure to become a must-have reference in your home.

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Customer Reviews

MARK A. MOYAD, MD, MPH, is the Jenkins/Pokemper director of complementary and alternative medicine at the University of Michigan Medical Center. He is the primary author of more than 130 medical journal articles on the subjects of lifestyle changes and supplements (more than any other expert) and has given more than 5,000 medical lectures to consumers and health care professionals. He lives in Ann Arbor, Michigan. JANET LEE, LAc, has been writing about fitness, health, and nutrition for the last 20 years. She is also a licensed acupuncturist with a private practice in Los Angeles.

Incredible book and incredible speaker. This book put me back in touch with my self being. Not using prescription meds anymore after slowly weening off (with doctors approval) and using vitamins. Migraines have greatly diminished, energy has much improved and over all feeling Healthy!

The older I get, the more I resist running to my doctor for prescriptions, and yet, too often my body is sending me signals that one thing or another needs correction or tweaking. If I can solve it naturally, I try to do so-- though I do have a good doctor, and he helps to keep me healthy. He's not particularly well-versed in dietary supplements, however, so I have had to do much investigation on my own. I live 2 blocks from a wonderful natural foods store, and I can spend hours reading the labels on the various supplements-- and it can be enormously confusing. The info gleaned from Google searching is mind-numbing, and as soon as I get convinced of one thing, I will immediately find three articles to refute the same information. Author Mark Moyad is a "real" doctor, and has a great deal of experience and research under his belt. Each ailment is handled separately in a chapter, and he methodically rates supplements as to effectiveness. He then tells you what lifestyle changes could also address the malady, and he tells you what supplements don't work at all. He tells you not just what, but WHY.... without lapsing into long-winded scientific jargon that I can't understand. I bought the Kindle version so I can have his info in my bag when I'm out shopping. Currently, I'm following his advice for migraines, high cholesterol, and insomnia---- good results, so far!

Super interesting: I work with cancer clients and others with medical issues in the field of fitness. This book is not "over the top", but addresses a lot of supplement areas with honesty. Makes no "super pill" claims but backs up products with research. ALL of my clients want one!

This book breaks the information down into various different diseases/conditions and what works and what doesn't work in terms of supplements. Unfortunately there is no summary broken down into the different supplements and what they are useful for, but still a fair effort in pulling together a lot of research and studies on various vitamins and supplements. Additionally Mark Moyd correctly promotes healthy diet and lifestyle as first preference over supplementing. Were this the full picture I would have given his book 4.5 stars, however there are a couple of serious mistakes from someone who promotes themselves as a supplement guru. Mark keeps referring to vitamin B9 as Folic Acid, which is the synthetic form of the vitamin B9 (the natural form is folate). Many people cannot process the synthetic version in their bodies and it can build up to toxic levels. This should never be promoted in any vitamin book. Secondly, he appears to be a believer in statins for treating high cholesterol. Anyone spending half an hour on the internet can find out how damaging and useless statins are in treating anything. For reference, research the names: Duane Graveline M.D. Dr malcolm Kendrick, Johnny Bowden PH.D. C.N.S. & Stephen Sinatra MD F.A.C.C.

Very unusual to find a scholarly review and a practical guide for actual use wrapped up in one book. In a field where research is limited to just those products that can potentially produce large profits, the off-the-shelf nutritional supplement gets short shrift. Finally a recognition and a serious classification. Neat job! More to come, I hope.

I have been reading Dr Moyad's columns about health in the Prostate Cancer Research Institute's newsletters for years and so I was delighted to learn about this new book. If I were to rate the five best books about health I've read in the past three years, this would certainly be included. The format he uses is great and very simple. He identifies a problem, such as irritable bowel syndrome. He tells what he thinks works. What doesn't. I like that he is specific. He doesn't leave you guessing about what brands or types of supplements to buy or how much to take. He has already caused me to re-open a dialogue with my internist and cardiologist about my lipid panel. I bought this as a Kindle book but I intend to also buy a printed copy so I can mark it up and more easily share it with my doctors and friends. I would give it ten stars if they were available! Thanks, Dr Moyad!!!!

Love this book. My doctor had put me on Crestor and I was afraid to take it after reading some horror stories and bad feedback. I saw the author on TV and I liked him so I got the book and I read what he said about the medication as well as others I am on. Excellent source book. Well worth the money.

This is my goto book. It's keyed by ailment so it may not be an optimal reference for general health and supplements. Dr. Moyad has a common sense and evidence based approach. Based on his research, I actually cut supplements. I am trying another that my Integrative MD recommended but, only after researching it and putting weight on Moyad's discussion. One nit ... Given Dr. Moyad's background, I had hoped to see something new on Pomi-T.

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