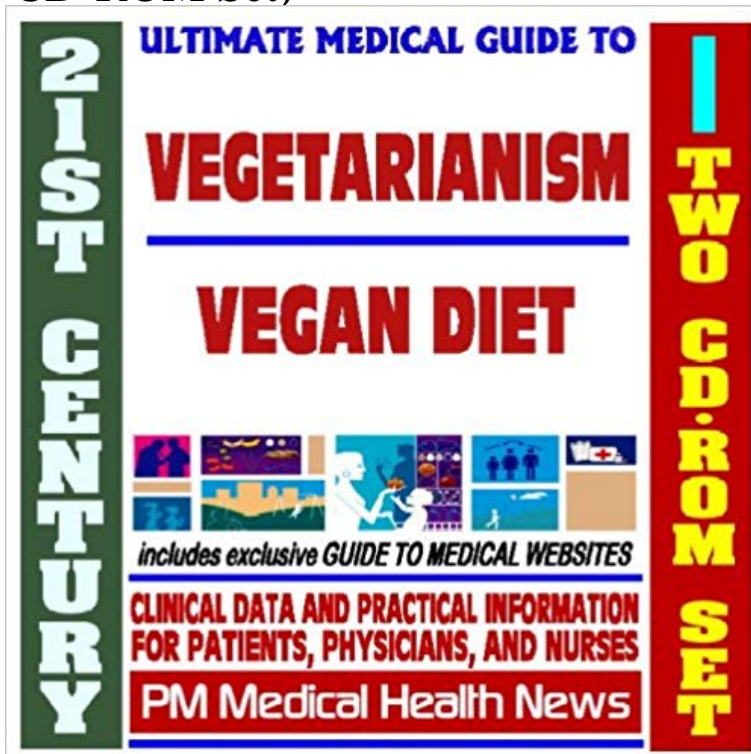


21st Century Ultimate Medical Guide to Vegetarianism and Vegan Diet - Authoritative Clinical Information for Physicians and Patients (Two CD-ROM Set)



This up-to-date and comprehensive set of two CD-ROM discs provides a superb collection of authoritative documents on the subject of vegetarianism and vegan diet. A vegetarian diet focuses on plants for food. These include fruits, vegetables, dried beans and peas, grains, seeds and nuts. There is no single type of vegetarian diet. Instead, vegetarian eating patterns usually fall into the following groups: The vegan diet, which excludes all meat and animal products; the lacto vegetarian diet, which includes plant foods plus dairy products; the lacto-ovo vegetarian diet, which includes both dairy products and eggs. People who follow vegetarian diets can get all the nutrients they need. However, they must be careful to eat a wide variety of foods to meet their nutritional needs. Nutrients vegetarians may need to focus on include protein, iron, calcium, zinc and vitamin B12. For patients, practical information is provided in clearly written patient education documents. For medical professionals, doctor reference tools and texts have detailed technical information and clinical background material. There is no other reference that is as fast, convenient, and portable - everything you need to know, from the federal sources you trust. This thoroughly researched collection presents vital information from many authoritative sources: Food and Drug Administration (FDA), Centers for Disease Control (CDC), National Institutes of Health (NIH) and others. In addition to the comprehensive disease-specific coverage, this disc set also includes our Medical Encyclopedia, a \$19.95 value! The Encyclopedia presents a collection of official documents about a wide range of medical topics, diseases, illnesses, health and wellness. There is vital information from the National Institutes of Health (NIH), the Centers for Disease Control (CDC), National Cancer Institute, and

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