

Nutritional Influences on Illness

by David S. Katz, MD

Over the past decade, the medical community has begun to take a more holistic approach to patient care. This approach recognizes the importance of the patient's overall health and well-being, including their diet and nutrition. This article explores the relationship between diet and illness, and how nutritional influences can affect a person's health.



The relationship between diet and illness is complex and multifaceted. While a healthy diet is essential for overall health, it is not the only factor that determines a person's susceptibility to illness. Other factors, such as genetics, lifestyle, and environmental influences, also play a role in a person's health.

Nutritional Influences On Illness A Sourcebook Of Clinical Research

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