

# CHOICE

CURRENT REVIEWS FOR ACADEMIC LIBRARIES

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March 2005 Vol. 42 No. 07

SCIENCE & TECHNOLOGY

Health Sciences

*The following review appeared in the March 2005 issue of CHOICE:*

42-4061

RC862

2003-18865 CIP

Joneja, Janice M. Vickerstaff. **Digestion, diet, and disease: irritable bowel syndrome and gastrointestinal function.** Rutgers, 2004. 393p bibl index afp ISBN 0813533872, \$75.00

Those who suffer from irritable bowel syndrome, a frequently misunderstood and often marginalized gastrointestinal disorder, will find this monograph a very helpful guide to the current thinking about the syndrome's causes and management. Joneja (Univ. of British Columbia) appears to have written this book with both laypersons and health professionals in mind. Although her book is well designed, with very accessible diagrams of the intestinal tract and an extensive glossary, some chapters are likely to be beyond the reach of readers who are not medically trained. However, all readers will appreciate the description of diets, lists of recipes, and food allergy checklists; and professionals will benefit from the 35 pages of scholarly references and the technical discussions of infection, toxicity, and immunity. **Summing Up:** Recommended. Library collections serving medically savvy patients and upper-level undergraduate health care students through professionals/practitioners. -- *C. Brown, University of Oklahoma*