

Practitioner's Bookshelf

Digestion, Diet, and Disease: Irritable Bowel Syndrome and Gastrointestinal Function

By: Janice M. Vickerstaff Joneja, PhD; New Brunswick, NJ: Rutgers University Press; 2004; \$75.00; hardcover; 416 pp; ISBN: 0-8135-3387-2

Dr Janice Vickerstaff Joneja's *Digestion, Diet, and Disease: Irritable Bowel Syndrome and Gastrointestinal Function* applies current research data in all of the relevant sciences into a practical resource for the management of gastrointestinal disease, particularly irritable bowel syndrome (IBS). Joneja details the medical facts behind gastrointestinal disease by supplying complete scientific references and then applying data on a more practical level by providing specific dietary management strategies for IBS and related dysfunction in the gastrointestinal tract. Meal plans, recipes, and dietary advice for balanced nutrition that avoids foods most likely to trigger or exacerbate IBS are valuable for both doctors and patients.

The book is divided into 16 chapters covering various facets of IBS and gastrointestinal function, including a definition of IBS and an overview of its causes, as well as information on gastrointestinal motility, inflammation, microorganisms in the digestive tract, food allergy, psychological factors and stress as contributors to IBS, and dietary management of IBS. Four appendixes provide a guide to dietary management of disaccharide deficiency, a lactose-free diet, meal plans for an IBS diet, and a checklist that may be used to determine gastrointestinal reactions to a wide variety of foods. An extensive glossary and references are also included. Overall, *Digestion, Diet, and Disease: Irritable Bowel Syndrome and Gastrointestinal Function* provides a comprehensive guide to IBS and related problems for both health professionals and the general public.