



Health Defence: How you can combine the most protective nutrients form the world's healthiest diets to slow aging and achieve optimum health

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I very nearly didn't get to read this book, but I am glad I changed my mind and fished the flyer I had been sent back out of the bin.

Paul Clayton is to be congratulated on filling an important niche in the nutritional medicine literature. This is a book that goes beyond the level of popular nutritional writing. It draws on the thousands of scientific papers published in recent years around the world on the protective nature of some of the worlds healthier diets and attempts to unravel why, for example, so comparatively few Japanese women and men get breast or prostate cancer or which nutrients best cut the risk of osteoporosis? (It's not calcium!)

Cytokins, lectins, homocysteine, anti-oxidants, free radicals, angiostats, if you are familiar with such terms of nutritional science but perhaps are a bit hazy on some of their real meanings Clayton is you guide through the dense scientific undergrowth and neither over simplifies a complex subject nor leaves you stewing in a series of impenetrable biochemical pathways. His key idea is the interlocking nature of nutritional defence.

Envisioned as an interlocking jigsaw, any one on its own has value, but comprehensive protection comes only when all the pieces are securely in place.

Divided into four parts, the first four chapters look at why when we might be living to 120 years 99.9% of us die decades before and the key role of malnutrition plays in that.

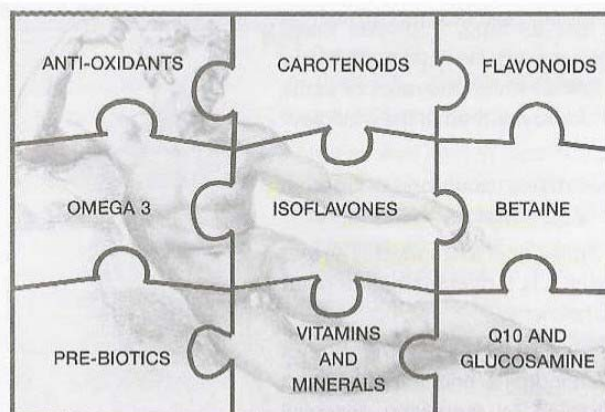
Part 2 looks in detail at the eight key nutritional factors of his jigsaw.

Part 3 takes a chapter each to explore the primary role of nutrition in the bodies fight against cancer, heart disease, osteoporosis, diabetes, Alzheimer's and Skin damage.

Part 4 explores the diets that promote health and looks at functional foods, countering aging, and finally how to judge and select supplements wisely.

Along the way are many interesting facts to tickle your curiosity, such as the deadly role of powdered egg in the war, or why there is no English paradox even though we drink tea and the role of melatonin in the yogic practice of urine drinking!

The book is well laid out with plenty of user-friendly side boxes, as you would expect from these publishers. If at times he seems to come across too excited by the possibilities of future functional food development or the role of supplements he makes up for this by including in the price an extra Health Defence Cookbook.



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So, if you want to get up to speed with patients' nutritional advice *and* you would like to have some scientific proof to support your dark chocolate and red wine habit, read this book.

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