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Grey House Publishing Announces the First Edition of *Nutrition, Obesity, Eating Disorders Handbook & Resource Guide*

Grey House Publishing is pleased to announce *Nutrition, Obesity & Eating Disorders Handbook & Resource Guide*—the fourth volume in a health series that supports our long-standing consumer health titles on such topics as mental health, older Americans, chronic illness, pediatric disorders, and people with disabilities. This title follows *Dementia Handbook & Resource Guide* and *Cardiovascular Disease Handbook & Resource Guide* and *Autoimmune Diseases Handbook & Resource Guide*.

This volume is designed to bring together necessary and valuable information for those who are struggling with obesity or eating disorders, and for anyone who wants to learn more about nutrition and a healthy lifestyle. The goal of this volume is to connect readers interested in a healthy lifestyle with solid information about how to help them achieve their healthy living goals. *Nutrition, Obesity & Eating Disorders Handbook & Resource Guide* combines valuable educational material with up-to-date resources. It offers statistics, both national and state, as well as discussions about healthy living, obesity prevention, and how to identify and treat eating disorders.

Nutrition, Obesity & Eating Disorders Handbook & Resource Guide combines valuable, easy-to-understand educational information for consumers, and patients and their families, with official guidelines about good nutrition, healthy life styles and how to prevent and treatment related conditions. This new volume is arranged in the following sections:

Section One: Studies & Statistics About Nutrition, Obesity, & Eating Disorders

This robust, colorful section of 315 pages includes detailed reports, fact sheets, graphs and statistics from a number of sources, including the Centers for Disease Control and the National Institutes of Health. It begins with a detailed report on dietary guidelines, followed by various diet plans that are known to prevent or manage specific conditions and support a healthy lifestyle. Following this general information are helpful facts and treatment plans about specific

conditions related to nutrition issues that are covered in Section Two, including food allergies, type 2 diabetes, eating disorders, kidney disease, bone health, and obesity.

Section Two: Conditions Directly Related to Nutrition

This section includes 11 chapters, each covering a specific condition that has a direct relation to the foods that we eat from allergies to ulcerative colitis. Each chapter starts with a clear, concise description of the condition, followed by a variety of resources for patients, families, and caregivers, including Agencies & Associations, Libraries & Resource Centers, Foundations & Research Centers, Support Groups & Hotlines, Journals, and Digital Resources.

Section Three: Conditions Indirectly Related to Nutrition

This section includes seven conditions that have a nutritional element to them, although not as significant as is thought for the conditions in Section Two. These chapters do include a description of the condition and how nutrition plays a role, followed by resources — national associations and websites —so users know where to go for further information. A **General Resources** section is also included for easy reference.

Free Online Access

In addition to the print directory, *Nutrition, Obesity, & Eating Disorders Handbook & Resource Guide* includes free online access on the Salem Online Platform. This gives your patrons immediate access to the most valuable in-depth information on the many causes of these conditions, early warning signs, diagnosis, treatment options, advice for caretakers, preventative therapy, and support. Call 800-562-2139 for a free trial or visit <https://online.salempress.com/> for more information.

The *Nutrition, Obesity & Eating Disorders Handbook & Resource Guide* is a necessary reference for public and academic libraries, as well as health care and senior center collections, providing information crucial to sufferers of conditions that are related to nutrition, heir broader support network, caseworkers, social workers, and other health care providers.

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