

Challenging Obesity

The science behind the issues

Edited by *Heather McLannahan, and Pete Clifton, both of The Open University*

Challenging Obesity provides a balanced, objective account of this often emotive but increasingly important field, weaving together contributions from the broad range of disciplines, which together are helping us to understand, live with, and respond to the issues that obesity presents.

CONTENTS

A Global Challenge; Energy: Intake and Needs; Food: Digestion and Absorption; Metabolism:

The Body's Internal Balancing Act; Brain and Behaviour; Individual Differences: Genes and Environment; The Consequences of Obesity; Treating Obesity: Diet, Exercise and Lifestyle; Treating Obesity: Drugs and Surgery; Challenging Obesity: The Future; Answers and Comments; References and Further Reading

Readership: Health science, biomedical science, and nutrition students at all levels, who need a clear introduction to this field. Also of interest to healthcare professionals who need a broad overview of the subject.

272 pages 2008 978-0-19-956337-1 Paperback £26.99

“ Good material, highly appropriate, and well-focused. A good contribution to the subject area, written by well-qualified authors.
Professor Kevin Sykes, University of Chester ”

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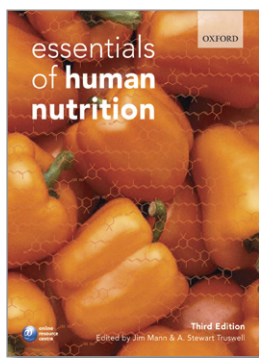
For registered adopters of the book:

- Many figures from the book in electronic format, ready to download

For students:

- Access to ROUTES, a searchable internet database of online resources compiled by academic staff and subject-specialist librarians

www.oxfordtextbooks.co.uk/orc/mclannahan_clifton/



Essentials of Human Nutrition

Third Edition

Edited by *Jim Mann, University of Otago, New Zealand, and Stewart Truswell, University of Sydney, Australia*

Essentials of Human Nutrition is the established starting point for those embarking on courses in nutrition and related fields. It has proven to be an invaluable textbook for students requiring a broad, quality survey of the subject. Coverage of topical subjects, such as functional foods, along with the spectre of chronic disease, and nutritional crises in the world, fuels study for assignments and essays.

CONTENTS

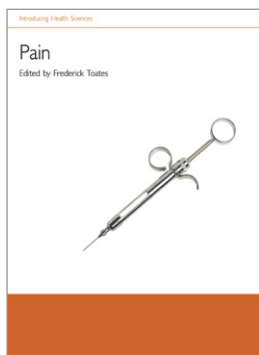
Introduction; Energy and Macronutrients; Organic and inorganic essential nutrients; Nutrition-related disorders; Foods; Food groups; Nutritional assessment; Life stages; Clinical and public health; Case studies

Online Resource Centre: www.oxfordtextbooks.co.uk/orc/mann3e/

Readership: Health and food science students: nutrition, dietetics, food, medicine, dentistry and nursing. Biological science students, particularly biochemistry. Human performance science students: sports science, sports medicine and physical activity.

640 pages 2007 978-0-19-929097-0 Paperback £38.99

“ Overall, this is a comprehensive but eminently readable book, which will provide an ideal companion for students of nutritional science and its affiliated healthcare disciplines. Its competitive price represents excellent value for money, further reason why I shall be recommending it highly to both my postgraduate and particularly my undergraduate students of nutrition and dietetics.
British Journal of Nutrition ”



Pain

Edited by *Frederick Toates, Open University*

The central argument of *Pain* is that only an integrated understanding of biology and psychology can explain the roots of pain in the nervous system and the relationship with mental events in modifying the experience of pain.

CONTENTS

Pain: a global health problem; Describing and classifying pain; How to explain pain: The basic principles; How the body works; The nervous system; A focus on pain and the nervous system Treating pain; Placebo effects; Final word.

For a more detailed list of contents, see www.oxfordtextbooks.co.uk

Readership: Undergraduates studying biomedical science, human biology, and health science, particularly those with an interest in public health. Also a valuable reference for health professionals requiring a straightforward introduction to the subject.

Introducing Health Science

104 pages 2007 978-0-19-923736-4 Paperback £22.99

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- Access to ROUTES - a searchable internet database of online resources compiled by academic staff and subject-specialist librarians

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