

From the

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Dr. Cohen's book is solidly based in public health with an emphasis on health promotion and disease prevention. The book is written for the general public as well as for health educators and others involved in community health. The straight-forward and explanatory style make it a valuable teaching tool. Nutrition is a core concept and Dr. Cohen reviews valuable information about the body's requirements for promoting optimal health. In particular, the issue of systemic inflammation is addressed in a variety of ways, including important nutrients to minimize it, the physiology of inflammation, assessing the level of inflammation through various laboratory tests, and food additives and ingredients that are best avoided. The book includes a clear discussion about risk factors that contribute to inflammation and stresses the practices that can be modified in order to reduce the risk of inflammation as well as the risk of contracting Covid-19. Dr. Cohen includes a reliable and valuable set of references in his book and very readable explanations of physiology.

This book is a valuable contribution to empowering the public with knowledge for self-care.

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