

THE HEALING POWER OF 8 SUGARS

ALLAN C SOMERSALL, PHD, MD, The Natural Wellness Group, Mississauga, Ontario, \$19.95, paperback, (322 p)
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Sugar. For those of us watching our waistlines, it's a dirty little word. It's the self-indulgent ingredient of cakes and candies, soda and sinful sweets. So it might surprise you to learn that sugar is also a crucial component in one of the newest frontiers in medicine: Nutritional Science. "The Healing Power of 8 Sugars" discusses the central role of nutrition and simple sugars (also called glyconutrients) in improving health and avoiding disease.

According to author Allan Somersall, MD, a group of scientists have devoted the last decade to studying glyconutrients. They have discovered that these simple sugars partner with proteins and lipids to enable cells to communicate. Cell-to-cell-communication is at the core of the body's ability to fight disease and maintain optimum health. Therefore, Dr. Somersall and his co-authors believe that the addition of necessary glyconutrients to an individual's diet could make a major difference in his or her health.

In "The Healing Power of 8 Sugars," 20 medical doctors from various fields join Somersall to share their collective perspectives and experiences with glyconutrients. They explain the existing clinical evidence to support glyconutrients and its far reaching potential for both disease prevention and treatment.

The authors share anecdotes concerning patients who did not respond to therapies endorsed by the medical profession, but who showed marked improvement when given a diet with proper balances of glyconutrients.

"The Healing Power of 8 Sugars" offers readers an easy-to-understand study of a fairly complicated medical topic. The book's preliminary research is well balanced by the diversity of the co-authors' backgrounds and perspectives.

Author and editor Allan C. Somersall is a physician and scientist. He holds a first class honors degree in chemistry from London University and earned doctorates in both science and medicine from the University of Toronto. He has been involved at the intersection of nutrition and medicine for more than two decades.

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