



Encyclopedia of Mind Enhancing Foods, Drugs and Nutritional Substances

By David Group

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This encyclopedia of foods and drugs that are believed to improve mental health contains information on nearly 400 nutrients, herbs and drugs, ranging from ancient plant compounds to the latest pharmaceuticals. Entries are arranged by type of substance, such as foods and vitamins.

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Editorial Review

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Even the most casual reader of contemporary mental health news will be familiar with substances such as ginkgo biloba, St. John's wort, and estrogen. But Satan's testicle? Thunder Nectar? Colorado River toad? In searching for the magic bullet that will restore memory, grant serenity, or stave off debilitating senility, consumers spend millions of dollars on pills, potions, elixirs, and foodstuffs. In the largely unregulated world of nutrients, herbs, and supplements, this source can help sort beneficial foods or supplements from those that may be not only ineffective but dangerous, even lethal, when misused.

Organized into chapters covering such topics as "Foods," "Herbs," "Vitamins, Minerals, and Related Nutrients," "Hormones," and "Essential Oils," the entries cover a wide scope from foods of relative safety like honey or seaweed to synthetic drugs and additives associated with much greater risk. Within the chapters, the more than 400 entries are arranged by each substance's popular name and provide alternate names, food sources (if relevant), and information on effects, precautions, and dosage. Length ranges from a few lines to several pages for *Vitamin C* and *Vitamin E*. The effect on the human brain, not the body, is the focus. For example, although *Horsemint*, described as a possible aid in minimizing the symptoms of Alzheimer's disease, is an entry, its in-store shelf-mate horse chestnut, a natural extract that may enhance circulation, is not. The encyclopedia does, however, describe the effects on the body that many of these substances can have. The peppermint taken to alleviate headaches can, in overdose, cause heart problems; the germanium found in aloe, barley, and ginseng and taken to improve brain function can cause kidney failure; and the wormwood ingested as a sedative can be a powerful poison.

Many of the same substances are given more in-depth treatment in sources such as *Medicinal Plants of the World* (Humana, 1998-2001) and *PDR for Nutritional Supplements* [see p.2172], but with its concentration on the effects of nootropic substances on the brain, *Encyclopedia of Mind Enhancing Foods, Drugs and Nutritional Substances* has a unique focus. It should be noted that medical citations are not always provided and that the index is not thorough. But health-conscious consumers should find the volume useful and even fascinating, and it would be quite at home, well-thumbed and dog-eared, if displayed on physicians' office coffee tables as well as in public libraries of any size. REVWR

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About the Author

David W. Group is a writer and researcher living in Buffalo, New York.

Users Review

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Gary Lane:

Now a day individuals who Living in the era wherever everything reachable by interact with the internet and the resources inside can be true or not require people to be aware of each data they get. How people have to be smart in obtaining any information nowadays? Of course the answer then is reading a book. Studying a book can help people out of this uncertainty Information specially this Encyclopedia of Mind Enhancing Foods, Drugs and Nutritional Substances book since this book offers you rich information and knowledge. Of course the information in this book hundred pct guarantees there is no doubt in it as you know.

Phillip Patten:

The reason why? Because this Encyclopedia of Mind Enhancing Foods, Drugs and Nutritional Substances is an unordinary book that the inside of the e-book waiting for you to snap that but latter it will surprise you with the secret it inside. Reading this book alongside it was fantastic author who write the book in such amazing way makes the content interior easier to understand, entertaining technique but still convey the meaning totally. So , it is good for you for not hesitating having this ever again or you going to regret it. This amazing book will give you a lot of gains than the other book possess such as help improving your expertise and your critical thinking means. So , still want to hold off having that book? If I ended up you I will go to the e-book store hurriedly.

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