



## Diet and Exercise in Cystic Fibrosis

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# Diet and Exercise in Cystic Fibrosis

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*Diet and Exercise in Cystic Fibrosis*, a unique reference edited by distinguished and internationally recognized nutritionist and immunologist Ronald Ross Watson, fills the gap in the current dietary modalities aimed at controlling cystic fibrosis. Using expert evaluation on the latest studies of the role of food and exercise in lifelong management of cystic fibrosis, this valuable resource shows how to maintain intestinal, hepatic, and pulmonary high quality function for improving quality of life for those with cystic fibrosis. A helpful tool for researchers and clinicians alike, this reference helps refine research targets, and provides the beginning of a structured dietary management scheme for those with cystic fibrosis.

- Provides a detailed resource that reviews the health problems occurring in Cystic Fibrosis relative to dietary, complementary, and alternative therapies
- Contains expert evaluation on the role of foods and exercise for lifelong management of Cystic Fibrosis to maintain intestinal, hepatic, and pulmonary high quality function for improved quality of life
- Defines and evaluates various nutritional and dietary approaches to the unique problems of those with Cystic Fibrosis

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