

Venue:	Doody's Book Review Service
Title:	Book Review: Treatments, nutraceuticals, supplements and herbal medicine in neurological disorders, Colin R. Martin, et al.
Date:	2023
Type:	Book Review
Author(s)/ Presenter(s):	Tolu Oyelowo
Abstract (or Book Review):	<p>Description</p> <p>This book covers a host of neurological conditions, and provides insights, research and commentary on the conditions described and the nutraceuticals or herbs that either have been used, or may provide utility for the management of the condition.</p> <p>Purpose</p> <p>The book's purpose is to provide a reference for the potential of nutraceuticals and herbal medicine for treating neurological disorders. This is a worthy objective as this is a largely unexplored field. The book meets the objectives by providing an evidence informed overview of herbal medicines and nutraceuticals that may benefit a wide variety of neurological disorders.</p> <p>Audience</p> <p>The book's primary audience is practitioners but would also benefit educators and students. The editors describe the book as a platform for further research and intend the book for research and teaching. The book also serves as a quick reference for practitioners, describing why an herbal medicine or nutraceutical may benefit a patient. Based on their credentials, the authors are credible authorities on the subject.</p> <p>Features</p> <p>The pertinent structural elements of the book are the overview of the condition or disorder, the rationale for use of nutraceuticals or herbs for treating the disorder, and the science that might elucidate why a particular substance might be helpful for the disorder. Following each chapter is a summary of key points and a dictionary of terms. There is also mention given to commonly used supplements, nutraceuticals, and herbs where the evidence may not warrant continued utility. Where a condition might have different clinical presentations, this book identifies approaches that vary dependent on the clinical presentation, for example, migraines and headaches before, during, and after</p>

an attack. The best aspects of the book are the host of conditions covered, the fact that there is a scientific explanation provided for why an herb or supplement might have utility, and the summary points at the end of each chapter. This is a lengthy book so having the summary points is a value add for the busy reader. One shortcoming of the book is that the rationale for chapter layout is not always clear. For example, Part IV addresses dietary neurotoxins. As this is a book on potential benefits of herbs and supplements, the placement of this chapter between a chapter on brain injury and another on epilepsy, both of which discuss potential treatments, is confusing. Perhaps labelling this chapter Neurotoxicity would make it clear to readers that the intent is to first discuss chemicals that are causing neurotoxicity and follow this with nutraceuticals and herbal medicines to treat neurotoxicity. Further, neurotoxins are not solely dietary, some are environmental, while others are used as treatments for ageing.

Assessment

For practitioners, clinicians, or teachers this book provides a comprehensive overview for the potential utility of herbal medicine and nutraceuticals in the treatment of neurological disorders. This book further enables researchers to identify areas of further study. This book is a comprehensive read, and as such, is best considered a necessary reference. While there are other books on neurological disorders and treatments, this book combines a substantial number of disorders with research that discusses both the mechanism of action and the research supporting utility. The visuals like those addressing the impact of hypomagnesemia or functional phenotypes of microglia are a value-add that enable synthesis of the information. Another book on this topic is ***Herbs and Nutrients for Neurologic Disorders: Treatment Strategies for Alzheimer's, Parkinson's, Stroke, Multiple Sclerosis, Migraine, and Seizures***, Kurn and Shook (Healing Arts Press, 2016). This book is written primarily for patients and provides valuable information on the more common neurological disorders and the potential for management with herbal medicines and nutraceuticals.