

# Preface

For many years I have witnessed those in my community and clinics being victimized by socioeconomic forces ultimately resulting in obesity and its untoward manifestations. As a teen in the mid-1970s, I found myself severely overweight, but back then I was a rarity and was quite easily stigmatized by society. My personal experience with Eastern principles through martial arts coupled with diet and lifestyle modifications was highly successful. This “integrative” approach toward achieving effective weight loss motivated me to help others flourish. As a practitioner of integrative medicine for many years, I have witnessed an ever expanding literature which supports the application of principles I experienced as a young man to manage weight disorders and its adverse consequences; however, a comprehensive resource guide for healthcare practitioners was lacking.

As a contributing editor and complementary medicine expert for the journal *Nutrition in Clinical Practice*, I was asked to team up with weight management experts who were working on a review paper on complementary herbs and nutritional supplements for obesity. The authors were from the Johns Hopkins Weight Management Center headed by Dr. Larry Cheskin. The manuscript piqued the interest of Dr. Adrienne Bendich who is a “Nutrition and Health” Series Editor for over 15 years overseeing the 60+ well-respected and highly recommended volumes. Dr. Bendich spoke with Dr. Cheskin about the paper and its potential to serve as the foundation for a textbook for her series and he recommended that I be consulted as a first measure. Dr. Bendich then approached me at the annual meeting of the American College of Nutrition in 2009 to discuss this idea. After a period of intense investigation of textbooks and original research papers on weight management matters, the evidence supporting the need for this textbook was compelling. We began to move forward outlining the project but realized that a critical member was missing, an academic nutritionist with experience in the field with impeccable credentials who is a team player—Dr. Laura E. Matarese. This unique alliance and blend of expertise and chemistry led to the definitive textbook for healthcare practitioners who oversee or manage the well-being for the two-thirds of Americans who are overweight or obese—now labeled as a disease by the American Medical Association. The 32 chapters of *Integrative Weight Management* is organized into four sections: epidemiology and pathophysiology of adults and children, manifestations and complications of disease, major therapies, and integrative approaches. *Integrative Weight Management* is the work product of a powerful collaboration of dozens of leading experts in the fields of nutrition, weight management, and integrative medicine who have managed countless numbers of patients and summarized the research from 1,000 of articles to create an up-to-date state-of-the-art guide for healthcare practitioners, allied health professionals, and public health authorities who manage those who are overweight/obese along with the associated metabolic consequences. We hope that our encyclopedic work provides guidance and ultimately improves the quality of life for those all of those who suffer from weight and eating disorders.

My sincere thanks to my coeditors Drs. Larry Cheskin and Laura E. Matarese for their friendship, fortitude, support, and outstanding editorial management. I big thank you to Dr. Adrienne Bendich for choosing me to coedit this first textbook on integrative weight management. My deepest appreciation to Mr. Michael Wilt from Springer publishing for his tireless efforts and keeping us on track. I would like to express my gratitude to the many experts whose exceptional contributions made this book possible. There are many individuals I would like to recognize who have guided my career and sparked my interest in nutrition, integrative medicine, and weight management. To my mentors who have guided my career over the years, in particular, Drs. Anthony Kalloo, Andrew Weil, Victoria Maizes, and Ben Caballero. To the nutritionists whose collaborations have fostered career development and friendships over the years: Drs. Laura E. Matarese, Carol Irenton-Jones, Mark DeLegge, Steve McClave, Kelly Tappenden, Jeanette Hasse, Deborah Rubin, Alan Buchmann, Tim Lipman, Ron Koretz, and Amy Brown. A special thank you to those who have supported my clinical practice at Johns Hopkins: my medical office assistants Julie McKenna-Thorpe, Ms. Erin O'Keefe, and Ms. Abena Carr-Walker; nurse clinician Kimberly Kidd-Watkins; administrators Ms. Lisa Bach-Burdsall and Mr. Nathan Smith; administrative director of the Johns Hopkins Division of Gastroenterology and Hepatology Ms. Tiffany Boldin and Dr. Myron L. Weisfeldt; chairman of medicine at Johns Hopkins and Dr. Linda A. Lee; and clinical director of the Johns Hopkins Division of Gastroenterology and Hepatology.

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