- Metabolic syndrome and resulting elevations in insulin are strongly associated with prostate cancer risk and progression. Geovanni Espinosa, ND; Scott Quarrier, MPH; and Aaron E. Katz, MD present several nutritional approaches.
- The chapter by Leah Hechtman, MSciMed (RHHG), BHSc (Nat), ND, and Roger Billica, MD, on male infertility includes the strong and modifiable association with obesity. It also infuses the chapter with bipartisan strategies to minimize exposure to chemicals which reduce fertility and improve host resilience following these exposures.

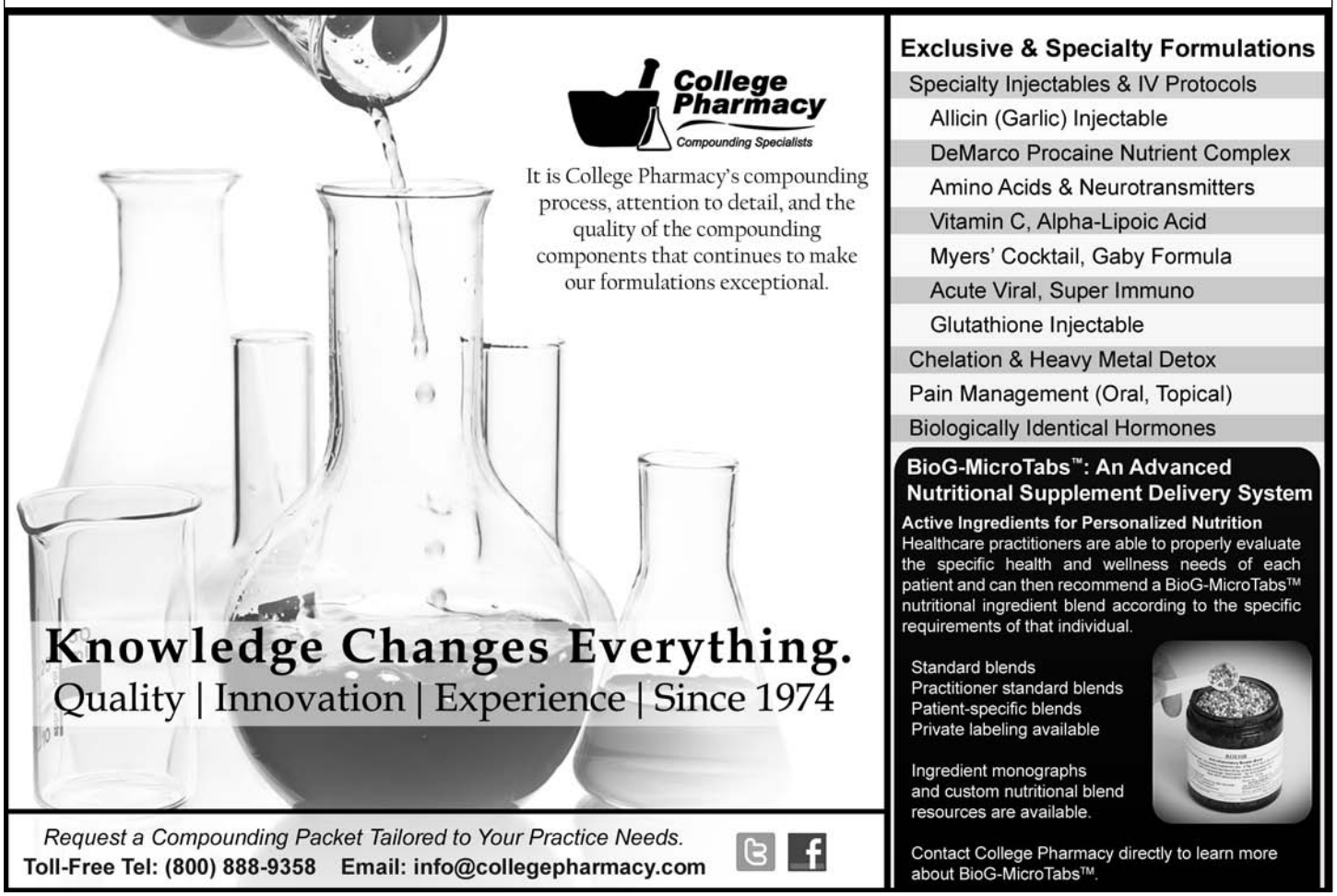
From my perspective as the book's editor, several of its features were shaped by the commitment to achieving a platform for both allopathic and naturopathic physicians.

For example, the book is edited with many authors to cultivate luscious clinical "pears." However, the more diverse the authorship of a book, the more work it is for the authors to get along between its covers. Some of the concurrence was achieved through informal discussions taking place during meeting venues, forums, conference calls, and virtual space.

The chapters are highly cross-referenced. The table of contents helps an edited book be greater than the sum of its chapters. For example, improving blood viscosity, treating biotoxins, and reducing exposure to electromagnetic radiation merited their own chapters even though they are not disease entities commonly considered in allopathic medicine. By cross-referencing the material with chapters conventional to allopathic medicine, practitioners can expand their therapeutic options. Stay tuned, because future editions may make use of advances in library science and consequently look less like a book and more like an "app" download.

Teaching textbooks tend not to be cross-specialty due to tradition, knowledge gaps, and perceived threat of clinical territory. *Advancing Medicine with Food and Nutrients, Second Edition* is becoming an exception. As the medical reference book is recognized for its clinical merits, it is increasingly being adopted as a text for both allopathic and naturopathic practitioners.

Townsend Letter and its readers represent the best of naturopathic, allopathic, holistic, preventive, lifestyle, and integrated medicine. Cast your vote on this discussion on medical bipartisanship whichever degree or office you hold. Welcoming your questions and comments, I can be reached via kohlstadt@outlook.com and 813-966-8746.

Ingrid Kohlstadt, MD, MPH, FACN, FACPM, is the founder of INGRIDients Inc., where she has edited *Advancing Medicine with Food and Nutrients*, 2nd edition (CRC Press; December 2012). On the faculty of Johns Hopkins Bloomberg School of Public Health, Dr. Kohlstadt is researching an approach to leverage nutrition more fully in disease prevention.

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