Stress, Immune Function, and Health: The Connection

Bruce S. Rabin
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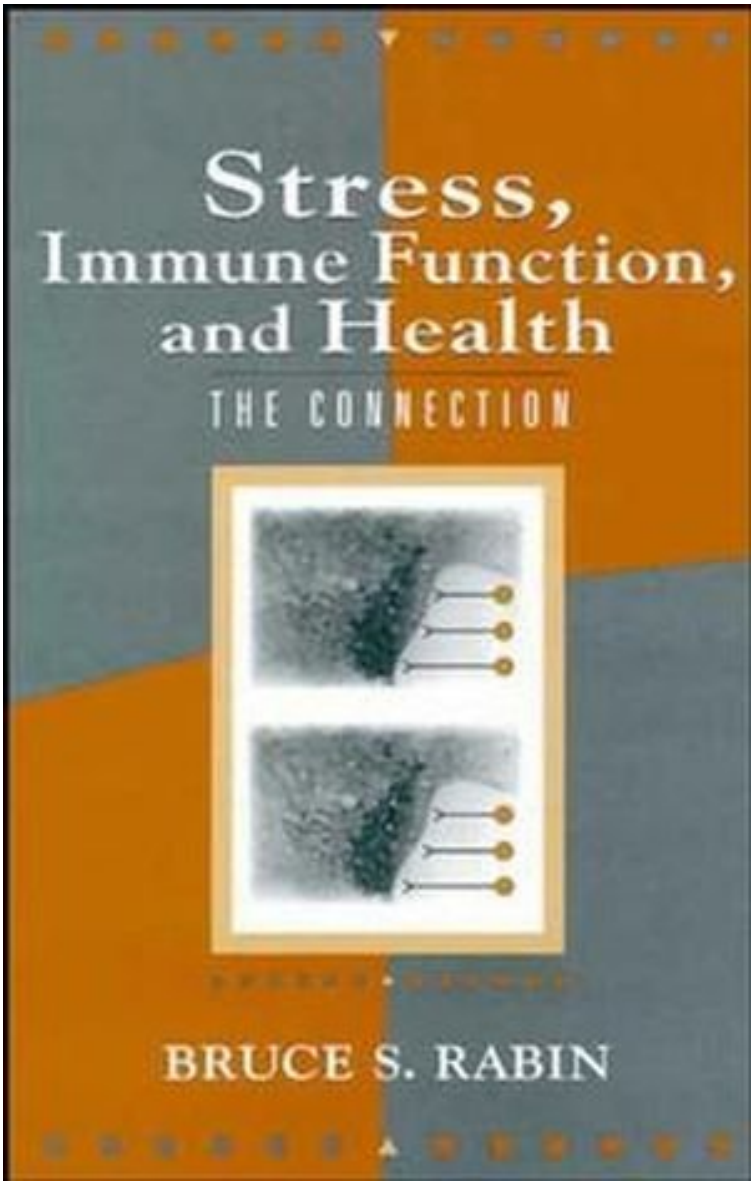

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Bruce S. Rabin : Stress, Immune Function, and Health: The Connection before purchasing it in order to gage whether or not it would be worth my time, and all praised Stress, Immune Function, and Health: The Connection:

20 of 20 people found the following review helpful. At last! A useful textbook for psychoneuroimmunology.By Kurious JorgeAs someone who teaches psychoneuroimmunology, I have to face a sea of faces that are understandably perplexed and frustrated at having to synthesize information from neuroscience, endocrinology, behavior and the

immune system in a meaningful way. The biggest stumbling block is the immune system. Hence, my first superlative must go to the excellent introduction to the immune system that is provided by Dr. Rabin and allows non-immunologists to fully comprehend what comes later in this book. This "later" is an excellent synthesis of experimental and theoretical information on how the numerous functions of the immune system are modulated by experimental and natural stress. Since the literature is so vast and the information so varied, Dr Rabin expertly extracted the most important concepts and messages that make this area understandable not only to those not already engaged in it, but to those still grappling with it. The clinical implications of these findings in relation to infectious diseases and autoimmune disorders are fully revealed in a balanced and scholarly fashion. This book will make an excellent teaching tool in psychoneuroimmunology courses in the behavioral sciences, and also as part of the immunology curriculum in medical school. There is also plenty here for physicians, nurses, and the layman interested in what is presently understood about behavior and its implications to immunological health.5 of 5 people found the following review helpful. A fascinating, enlightening bookBy A CustomerThis is a fascinating book that describes the effects of stress on the immune system. I've never read a book before that so clearly describes the immune system and how it works in helping to protect people from viral infections and possibly cancer. Rabin carefully documents the research that has shown a connection between stress and immune function, and is especially clear in describing how stress does this. He carefully documents his statements with research performed in animals and humans. I thoroughly enjoyed this very readable book about a complex topic -- in fact, I know of no other source that describes these relationships in such a clear manner. Although the price of the book is high, it was worth every penny to me.8 of 8 people found the following review helpful. A terrific read, a great resource!By JKKBruce Rabin's book provides an excellent, highly readable overview of a fascinating topic-how thoughts and emotions get into the body to influence health. It's an enormously useful, enjoyable journey into the world of psychoneuroimmunology, based on the author's knowledge and skills as both a physician and a scientist. Up-to-date and open-minded, it covers a range of topics including the effects of maternal stress on the offspring, psychoneuroimmunology and the elderly, how exercise affects immunity, and how emotions influence immune-related diseases, drawing on the latest research. An outstanding volume by a prominent researcher, it is eloquent and authoritative. Highly recommended!

Written by a renowned figure in the field of immunology and compiling a wealth of scientific information, Stress, Immune Function, and Health: The Connection looks at the long-term effects of stress on human health from a psychoneuroimmunological approach. The recent changes in dietary modifications, clinical applications, and evolution in the field of immunology have created the need for a book which addresses the growing awareness of health benefits that can be achieved by buffering the effects of stress on the immune system. Emphasizing the importance of the interaction among the mind, the body, and physical health, this reference includes important developmental procedures that can be used to resist stress on the immune system. By examining components of the immune system, along with the effects of psychological stress and the capacity for hormonal response, author Bruce Rabin demonstrates, in a concise, accessible manner, the ability of an individual's immune system to alter susceptibility to immune-mediated diseases. In addition, the book examines several key issues in this rapidly expanding field, including: * Information and examples that illustrate how distinct areas of the brain that perceive the presence of a stressor are able to communicate with the cells of the immune system * The correlation between stress-related changes in health practices and stressor-induced risks of disease development * The effect on the immune system due to stress from an increased concentration of neuropeptides and hormones * Behaviors and beliefs that can reduce the harmful effects of stress on the immune system by interfering with the stress-responsive areas of the brain * The issue of stress during pregnancy and the early period of development on behaviors and immune functions in children An authoritative guide for all researchers and students in the fields of immunology, neuroscience, and psychology, Stress, Immune Function, and Health: The Connection is also an essential reference for physicians and nurses concerned with stress and immune-related diseases.

"...a significant contribution to this emerging trend...a very useful text for undergraduate and postgraduate courses on mind-body-health interactions." (European Journal of Allergy Clinical Immunology, January 2000)From the Back CoverWritten by a renowned figure in the field of immunology and compiling a wealth of scientific information, Stress, Immune Function, and Health: The Connection looks at the long-term effects of stress on human health from a psychoneuroimmunological approach. The recent changes in dietary modifications, clinical applications, and evolution in the field of immunology have created the need for a book which addresses the growing awareness of health benefits that can be achieved by buffering the effects of stress on the immune system. Emphasizing the importance of the interaction among the mind, the body, and physical health, this reference includes important developmental procedures that can be used to resist stress on the immune system. By examining components of the immune system, along with the effects of psychological stress and the capacity for hormonal response, author Bruce Rabin demonstrates, in a concise, accessible manner, the ability of an individual's immune system to alter susceptibility to immune-mediated diseases. In addition, the book examines several key issues in this rapidly expanding field, including: * Information

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