

SOFTWARE / HARDWARE

## Software Review

Peter Osborne, DC, DACBN

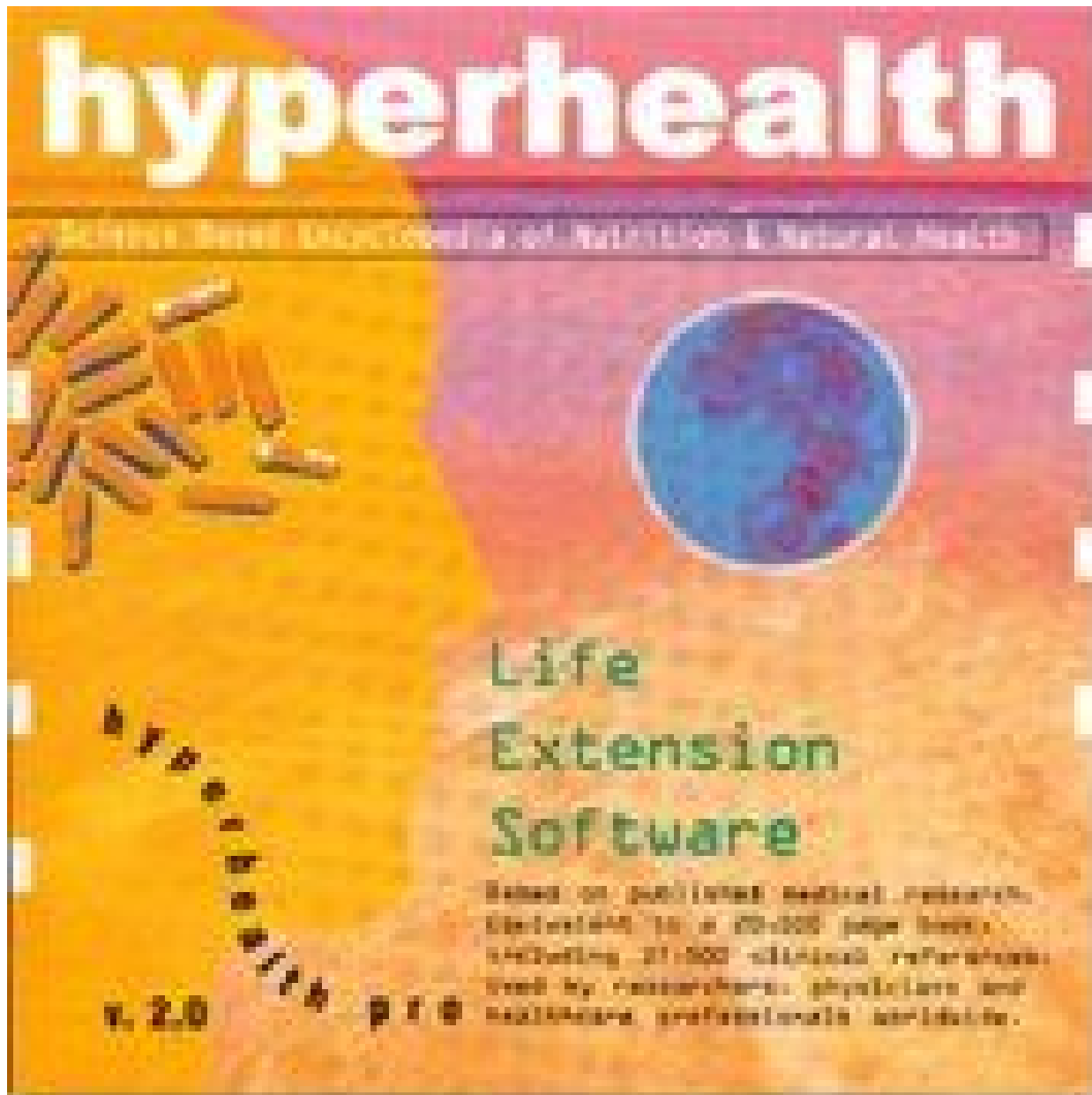
Title: Hyperhealth Life Extension Software: Science-Based Encyclopedia of Nutrition & Natural Health

Publisher: In-Tele-Health, 1995-2002

System Req: Windows 95, 98, Windows NT, 2000 or higher; 4 MB RAM; CD-ROM drive; mouse

Part #: CD-2

Price: \$59.95



Hyperhealth Life Extension Software is an encyclopedic-type program that provides information about numerous health and nutrition-related topics. The major categories discussed are: Ailments and Organs of the Human Body; Foods, Herbs and Beverages; Nutrients and Other Compounds; Toxic Substances and Toxic Foods; Physical & Complementary Therapies; Cosmetics and Cosmaceuticals; Orthodox Medical Procedures; Biochemical Pathway Maps; and Miscellaneous Health Subjects. The format of the software is very user-friendly and allows for quick and easy access to the topic of interest. Thousands of terms and topics are listed in the index in alphabetical order, facilitating easy browsing. The software also has a built-in search engine that allows the user to look up more specific information.

There are numerous peer-reviewed journal references cited for a good portion of the claims and

information in this software; however, I was disappointed that some of the claims cite layperson publications, as opposed to scientific evidence. I was also disappointed in the Biochemical Pathway Maps section - the standard biochemistry text pathways are all listed, but there is no mention of the nutrients serving as coenzymes for many of the reactions. As nutrition is the subject of applied biochemistry, I expected more. I was also disappointed that the software does not mention laboratory tests to aid in the determination of an individual's overall nutrient status. With so much information about health and nutrition circulating in the news, on the Internet and through other lay press resources, making the right decision on what nutrients to take can be difficult. Knowing how to obtain biochemical data to guide these decisions would be invaluable for clinicians, as well as people seeking to improve their health.

Despite these shortcomings, this product is a valiant effort to condense such a massive body of information into one program. A large amount of time and research was obviously spent in its creation. The program also offers future upgrades with additional information. I would like to see chiropractic added to the Physical and Complementary Therapies section, as its absence was disappointing. I would recommend this program to doctors who want to learn more about nutrition and other natural treatment alternatives, but have limited time in their schedules. I rate the overall quality of information in this product a 9 out of 10; in terms of the quantity of information, I give it a 10 out of 10.

Dr. Osborne' rating:



9.5 out of 10

To order a copy of this product, call MPA Provider Services at (800) 359-2289.

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