This book comprehensively discusses the physical processes of digestion. It has been written by 2 reputable New Zealand authors who have extensively researched the literature and produced a book composed of 2 main sections:

1. **The Digestion of Particle Suspensions.** In this section, the authors consider the physical aspects of carbohydrate, protein and lipid digestion within food particles, the physical factors that influence their subsequent transfer to the gut wall, notably the flow of liquid and solid matter, and permeability of digesta.

2. **The Effects of Contractile Activity of the Gut Wall and Its Structure on the Mixing and Absorption of Digesta.** In this section, the authors examine the effects of the alimentary, mechanical, and biophysical processes on mixing and bulk transfer (including individual chapters comprehensively reviewing contractile activity and local motility in segments of the gut that are involved in the flow, mixing, and absorption at the mucosa).

The purpose of the book is to provide an overview of the current state of knowledge regarding the physical processing of food and nutrients within the gastrointestinal tract. It is aimed at physiologists, pharmacologists, dietitians/nutritionists and food technologists. The authors state that a broad interdisciplinary view is given, with careful explanation of any specialist concepts notably in biophysics and rheology. Despite this attempt, the book uses an extensive amount of technical scientific terminology that may be a challenging read for non-medical/health professionals.

The book’s 2 parts comprise ten chapters, which are presented in a clear and consistent style. Somewhat frustrating, though, is that there is only a basic contents page at the beginning of the book, and then each chapter includes its own detailed contents table. A number of chapters are written by guest authors who are recognized experts in their field. Many chapters discuss future directions, which are provocative and allude to areas that may be of interest for further research. Both color and black-and-white illustrations are used throughout to illustrate complex concepts, and each chapter concludes with a comprehensive list of references.

I particularly enjoyed the second section of the book. It provides a fascinating description of the physical function of the gut wall to ensure that nutrients digested from whole food are absorbed. Importantly, it also discusses the various physical and morphological components of the ‘unstirred water layer’ on the process of absorption.

**Bottom Line:** *The Physical Processes of Digestion* is an excellent overview of digestive processes. It is technical in its terminology, however, it should act as a useful reference for its intended audience of physiologists, pharmacologists, and dietitians/nutritionists. This book is recommended for those with a strong interest in digestion and those looking for areas for future study in this field.

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**Correction**


In the above article, the name of the first author (Giovanni Musso) of reference number 7 is missing. Reference number 7 should be correctly cited as: