

Old Ebenezer

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nutrition and diet play a crucial role in sustaining good health throughout human lives food provides us with essential nutrients involved in many physiological activities and biological processes in the body including growth and development metabolism immune function and overall well being nutrition and diet in health principles and applications reviews and discusses the issues related to the roles of nutrition and diet in human health and diseases the book contains two sections one section features principles the other covers applications part i provides information on sustainable use of nutrition and diets in health and diseases advanced biotechnological approaches to improve nutritional content of food trace elements in nutrition drug and nutrient interactions functional foods and nutraceuticals in health maintenance and biomarkers of functional foods and nutraceuticals in health maintenance part ii discusses the significance of nutrition in selected human diseases including cardiovascular diseases cancer infection neurodegenerative diseases and metabolic co morbidities it also discusses optimal nutrition for wellness fitness pregnancy mental health aging and longevity features molecular and cellular based research findings on the principles and applications of nutrition and diet in health roles of nutritional agents in the pathogenesis of human diseases underlying mechanisms that govern activities and strategies to prevent pathological conditions using nutritional agents nutrition and diet in health principles and applications is suitable for academia and scientists enhances knowledge of students in healthcare and areas of biological sciences

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