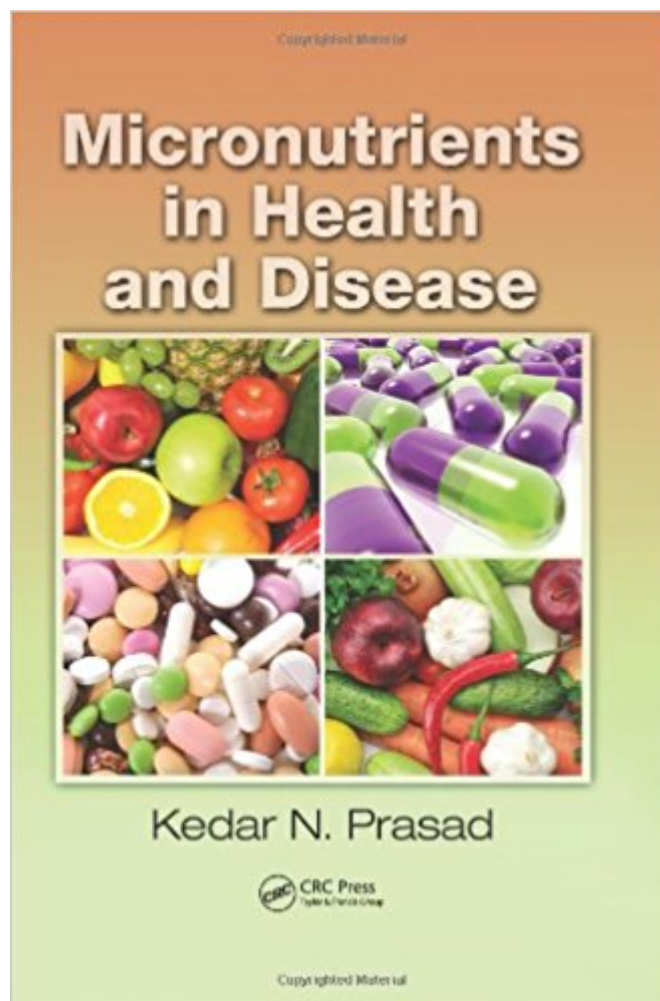


The book was found

Micronutrients In Health And Disease



Synopsis

Increased oxidative stress due to the production of excessive amounts of free radicals along with the effects of chronic inflammation play a major role in the initiation and progression of a host of disease states, ranging from cancer to posttraumatic stress disorder. In varying doses, micronutrients, including antioxidants, B vitamins, and minerals have shown to help ameliorate these effects. However, clinical studies using isolated micronutrients to combat these illnesses have proven that such limited therapy has produced inconsistent results. Assembling a plethora of rational and scientific evidence, *Micronutrients in Health and Disease* makes the case that the use of not one but multiple micronutrients working together synergistically in combination with a low-fat, high-fiber diet can prove successful in the prevention and management of these chronic conditions. Following an overview of basic facts about micronutrients, oxidative stress, inflammation, the immune system, and the results of various clinical studies, the book explores the use of micronutrients in prevention and improvement of standard therapy in a number of disease states, including: Coronary artery disease Diabetes Cancer Alzheimer's disease Parkinson's disease Hearing disorders Posttraumatic stress disorder Traumatic brain injury HIV/AIDS Adverse effects of radiation Arthritis Steeped in research and heavily referenced, this volume concludes with a list of common myths and misconceptions about micronutrient use and a chart with dietary reference intakes (DRIs) of all the major products, making this a solid resource for those seeking to promote healthy aging and prevent and manage disease.

Book Information

Hardcover: 391 pages

Publisher: CRC Press; 1 edition (October 13, 2010)

Language: English

ISBN-10: 1439821062

ISBN-13: 978-1439821060

Product Dimensions: 1 x 7 x 10.2 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #672,976 in Books (See Top 100 in Books) #55 in Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals #370 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Nutrition #610 in Books > Textbooks > Medicine & Health Sciences > Alternative Medicine

Customer Reviews

Filled with research, Micronutrients in Health and Disease is a solid resource for those seeking to promote healthy aging and prevent and manage disease. The book will serve as a reference volume for graduate students in nutrition, instructors teaching courses in nutrition and health, researchers involved in prevention and improving treatments of diseases using micronutrients, primary care and academic physicians interested in complimentary medicine, and health professionals in complimentary medicine and the nutrition industry. -- SIRREADALOT.ORG

Dr. Kedar N. Prasad obtained a Masters degree in Zoology from the University of Bihar, Ranchi, India, and a Ph.D. degree in Radiation Biology from the University of Iowa, Iowa City, in 1963. He received Post-doctoral training at the Brookhaven National Laboratory, Long Island, New York, and joined the Department of Radiology at the University of Colorado Health Sciences Center where he became Professor and Director for the Center for Vitamins and Cancer Research. He has received several awards, published over 200 articles in peer-reviewed journals, and authored and edited 15 books in the area of radiation biology, nutrition and cancer, and nutrition and neurological diseases. He is a Fellow of the American College of Nutrition, and served as a President of the International Society of Nutrition and Cancer from 1992-2000. Currently, he is Chief Scientific Officer of the Premier Micronutrient Corporation.

[Download to continue reading...](#)

Micronutrients in Health and Disease
Drugs and Human Lactation: A comprehensive guide to the content and consequences of drugs, micronutrients, radiopharmaceuticals and environmental and occupational chemicals in human milk
Kidney Disease: for beginners - What You Need to Know
About Chronic Kidney Disease: Diet, Treatment, Prevention, and Detection (Chronic Kidney Disease - Kidney Stones - Kidney Disease 101)
Gum Disease Cure (Gum Disease Cure, Periodontal Disease, Gum Disease, Gum Infection, Gingivitis treatment, Tooth Decay)
The Gum Disease Cure: How I cured Periodontal Disease in 2 months (Gum Disease Periodontal Disease Periodontitis Receding Gums)
The Ultimate Guide to Crohn's Disease and Ulcerative Colitis: How To Cure Crohn's Disease and Colitis Through Diet and Exercise (Health, IBD, Irritable Bowel Syndrome, Colitis, Crohn's Disease)
Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications
Health Promotion and Disease Prevention in Clinical Practice (Health Promotion & Disease Prevention in Clin Practice)
Essential Kidney Disease Cookbook: 130

Delicious, Kidney-Friendly Meals To Manage Your Kidney Disease (CKD) (The Kidney Diet & Kidney Disease Cookbook Series) Chronic Kidney Disease: The Essential Guide To CKD - Learn Everything You Need To Know About Chronic Kidney Disease (Chronic Kidney Disease, Kidney Stones, CKD) Mitochondrial Signaling in Health and Disease (Oxidative Stress and Disease) Cindy & Erica's Obsession to Solve Today's Health Care Crisis: Autism, Alzheimer's Disease, Cardiovascular Disease, ALS and More Anti Inflammatory Diet: Autoimmune Dinner Recipes: 30+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Disease, Anti-Inflammatory Diet, Cookbook) Disease Markers in Exhaled Breath (Lung Biology in Health and Disease) REVERSE HEART DISEASE - HEART ATTACK CURE & STROKE CURE - LOWER HIGH BLOOD PRESSURE TO NORMAL & RESTORE YOUTHFUL CARDIAC HEALTH WITH NO SURGERY OR DRUGS ... Pressure Cure, The End Of Heart Disease) Mayo Clinic on Digestive Health - Enjoy Better Digestion with Answers to More Than 12 Common Conditions- Gerd, Ulcers, IBS, Crohn's Disease, Celiac, Diverticular, Gallstones, Pancreatitis, Liver Disease - Paperback - First Edition, 1st Printing 2000 Introduction To Human Disease: Pathophysiology For Health Professionals (Introduction to Human Disease (Hart)) Bone Health: Treatment for beginners - Basics about Bone Health, Bone density, Osteoporosis and Osteopenia (Osteoporosis and Bone Health - Healthy Bones Tips - Bone Health 101) Colon Health and Wellness: The Ultimate Guide to Colon Health the Natural Way (Colon Health, Colon Cleanse, Colon Cancer, Colon Health Guide, Colon Diet, Colorectal cancer, Colon Cleansing) Public Health Nursing - Revised Reprint: Population-Centered Health Care in the Community, 8e (Public Health Nursing: Population-Centered Health Care in the Community)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)