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Foods and Dietary Supplements in the Prevention and Treatment of Disease in Older Adults (Hardback)

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Elsevier Science Publishing Co Inc, United States, 2015. Hardback. Condition: New. Language: English . Brand New Book. Foods and Dietary Supplements in the Prevention and Treatment of Disease in Older Adults focuses on the ways in which food and dietary supplements affect the major health problems of aging adults. Researchers in nutrition, diet, epidemiology, and aging studies, as well as healthcare providers who work with elderly patients will use this comprehensive resource as a tool in their long-term goal of preventing and treating chronic disease within the elderly. This book brings together a broad range of experts working on the different aspects of foods and dietary supplements (vitamins, herbs, plant extracts, etc.) in health promotion and disease prevention. They have contributed chapters which define a range of ways in which foods, nutriceuticals, and dietary supplements prevent disease and promote health in older adults. They begin by reviewing the medicinal role of foods, herbal, and dietary supplements in health promotion in older adults, as well as some of the most commonly used supplements in elder self-medication. They review the most recent studies of how foods, herbal, and dietary supplements are effective in the prevention and treatment of cancer, cardiovascular disease, diabetes,...



Reviews

It is great and fantastic. Better then never, though i am quite late in start reading this one. Your life period will likely be transform once you comprehensive reading this book.

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