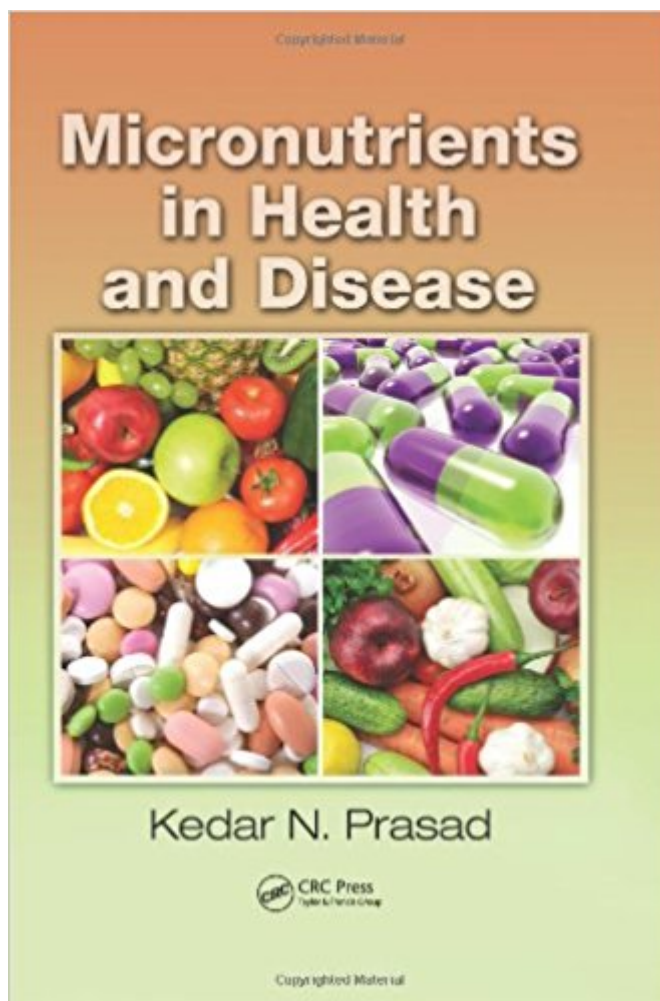


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# Micronutrients In Health And Disease



## 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

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## 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.

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