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Quantities and Units Foods and Dietary Supplements in the Prevention and Treatment of Disease in Older Adults Michael Krystek Ronald Ross Watson
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precision and uniformity are indispensable when working with physical quantities units and formula symbols only through unambiguous and authoritative notation is interdisciplinary cooperation possible the book gives an overview of all common quantities and units which are needed in studies and teaching as well as in everyday work all printed quantities and units are currently valid and standardized in iso iec the book includes brief introduction to the development of the system of units overview on the system of quantities and units calculating with quantity values units international system of units si notation of numbers mathematical symbols standardized symbols for quantities mechanics space and time radiation solid state physics etc elements nuclides particles and quantum states appendix conversion to the u s customary system of units

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 nutraceuticals 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 and other obesity associated diseases in older adults then they consider alcohol other drugs and plant based drugs of abuse which can adversely affect the health of older adults lastly they consider foods and dietary supplements in gene regulation in older adults investigates the important nutritional requirements of the aging population in health and in relation to various acute and chronic diseases explores the nutritional effects of botanical extracts and components that can have important health promotion benefits and risks to ensure safe consumption reviews studies of common diseases within the aging population including cancer cardiovascular metabolic and infectious diseases that can alter the intake of foods supplements and or requirements for various nutrients investigates the mechanisms of action of components of foods and dietary supplements in particular gene activation and epigenetics

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