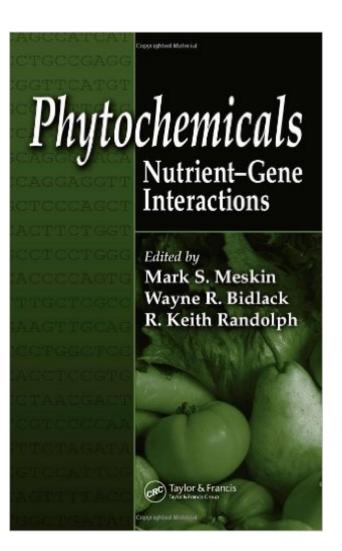
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# Phytochemicals: Nutrient-Gene Interactions





### Synopsis

Understanding phytochemicala "gene interactions provides the basis for individualized therapies to promote health as well as prevent and treat disease. The authors of Phytochemicals: Nutrientâ "Gene Interactions examine the interactions between phytochemicals and the human genome and discuss the impact these interactions have on health, aging, and chronic conditions such as inflammation, heart disease, obesity, type II diabetes mellitus, and cancer. Keeping pace with the most important trends in phytochemical research, the authors accentuate the latest understanding on the use of controlled clinical trials, new screening technologies, and the completed human genome project for researching the pharmacokinetics, safety, and efficacy of phytochemicals. The book covers a balanced range of topics beginning with experimental strategies and methodologies for identifying significant interactions between diet, genetic variants, and different markers of cardiovascular disease, inflammation, and obesity. Different authors explain the mechanisms of protective action that link diets rich in omega-3 fatty acids, unsaturated fats, fruits, vegetables, and whole grains with a decreased risk of chronic and degenerative diseases. They also review and summarize epidemiological research on plant-based foods and dietary patterns supporting the beneficial role of phytochemicals in health promotion and disease prevention. Phytochemicals: Nutrientâ "Gene Interactions illustrates the growing role of nutrigenomics and nutrigenetics in disease prevention and in the responsible development of safe and effective phytochemical products within the food, pharmaceutical, and supplement industries.

#### **Book Information**

Hardcover: 232 pages Publisher: CRC Press; 1 edition (February 22, 2006) Language: English ISBN-10: 0849341809 ISBN-13: 978-0849341809 Product Dimensions: 6.1 x 0.6 x 9.2 inches Shipping Weight: 15.2 ounces (View shipping rates and policies) Average Customer Review: Be the first to review this item Best Sellers Rank: #4,047,148 in Books (See Top 100 in Books) #93 in Books > Health, Fitness & Dieting > Nutrition > Genetically Engineered Food #363 in Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals #1395 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Nutrition

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