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# The Role of Nutraceuticals in Chronic Disease Prevention



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Call for Chapters

# The Role of Nutraceuticals in Chronic Disease Prevention

#### Aims and Scope:

The book aims to explore the therapeutic potential of nutraceuticals in preventing and managing chronic diseases such as cardiovascular disorders, diabetes, cancer, neurodegenerative diseases, and other long-term health conditions. It delves into how bioactive compounds found in food and supplements can positively influence human health, reduce disease risks, and promote well-being. Nutraceutical Classification and Sources: Details the types of nutraceuticals, including vitamins, minerals, herbal products, probiotics, and omega fatty acids. Mechanisms of Action: Discusses the biochemical and physiological mechanisms through which nutraceuticals exert preventive and therapeutic effects. Chronic Disease Focus: Examines specific chronic diseases and how nutraceuticals contribute to reducing their incidence or improving prognosis. Clinical Evidence: Reviews scientific research and clinical trials supporting the efficacy and safety of nutraceuticals. Practical Applications: Provides strategies for integrating nutraceuticals into healthcare practices, nutrition plans, and public health policies. Challenges and Future Directions: Discusses potential risks, regulatory issues, and the future scope of nutraceuticals in medicine

#### **List of Topics:**

#### I. Introduction and Fundamentals:

- 1. Defining Nutraceuticals: Bridging the Gap Between Food and Medicine
- 2. The Rise of Chronic Diseases and the Promise of Prevention
- 3. Unveiling the Mechanisms: How Nutraceuticals Can Impact Chronic Disease

#### II. Nutraceuticals Targeting Specific Chronic Diseases:

- 4. Nutraceutical Strategies for Cardiovascular Health
- 5. Combating Metabolic Syndrome with Functional Foods and Nutraceuticals
- 6. Enhancing Cognitive Function and Brain Health through Diet
- 7. Nutraceuticals in the Fight Against Cancer: From Prevention to Adjuvant Therapy
- 8. Managing Inflammation and Autoimmune Diseases with Dietary Interventions
- 9. Bone Health and Osteoporosis: The Role of Nutraceuticals

#### III. Safety, Regulation, and Future Directions:

- 10. Ensuring Safety and Efficacy: Regulatory Landscape of Nutraceuticals
- 11. Personalized Nutrition and Nutraceuticals: Tailoring Strategies for Individual Needs
- 12. The Future of Nutraceuticals: Research Trends and Emerging Technologies
- 13. Nutraceutical Interactions with Medications
- 14. Gut Microbiome and Nutraceuticals: A Symbiotic Relationship for Health
- 15. Ethical Considerations in Nutraceutical Marketing and Consumer Education

#### **Author Benefits:**

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