



Handbook of Lipids in Human Function: Fatty Acids

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Handbook of Lipids in Human Function: Fatty Acids presents current research relating to health issues whose impact may be modified by adopting personalized diets and lifestyle interventions of the consumption of fatty acids. Addressing cardiovascular and neurological diseases as well as cancer, obesity, inflammatory conditions, and lung disease, the authors correlate lipid sources with specific conditions, providing important insights into preventative as well as response-based actions designed to positively impact health outcomes.

The material is presented in 29 chapters and brings together the research and work of an international team of experts. designed to bridge the gap between traditional approaches to dietary interventions and leading edge integrated health strategies, *Handbook of Lipids in Human Function: Fatty Acids* is a valuable resource for researchers and clinicians.

- Discusses the importance of essential fatty acids in maintaining cardio- and cerebro-vascular health
- Explains the metabolic risks associated with deficiencies and/or imbalance of essential fatty acids
- Explores the promise of essential fatty acids as adjuvants to pharmacopoeia
- Suggests interventions with personalized lipid diets

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Bibliography

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Editorial Review

About the Author

Ronald Ross Watson PhD is a professor of Health Promotion Sciences in the University of Arizona Mel and Enid Zuckerman College of Public Health. He was one of the founding members of this school serving the mountain west of the USA. He is a professor of Family and Community Medicine in the School of Medicine at the University of Arizona. He began his research in public health at the Harvard School of Public Health as a fellow in 1971 doing field work on vaccines in Saudi Arabia. He has done clinical studies in Colombia, Iran, Egypt, Saudi Arabia, and USA which provides a broad international view of public health. He has served in the military reserve hospital for 17 years with extensive training in medical responses to disasters as the chief biochemistry officer of a general hospital, retiring at a Lt. Colonel. He published 450 papers, and presently directs or has directed several NIH funded biomedical grants relating to alcohol and disease particularly immune function and cardiovascular effects including studying complementary and alternative medicines. Professor Ronald Ross Watson was Director of a National Institutes of Health funded Alcohol Research Center for 5 years. The main goal of the Center was to understand the role of ethanol-induced immunosuppression on immune function and disease resistance in animals. He is an internationally recognized alcohol-researcher, nutritionist and immunologist. He also initiated and directed other NIH-associated work at The University of Arizona, College of Medicine. Dr. Watson has funding from companies and non-profit foundations to study bioactive foods' components in health promotion. Professor Watson attended the University of Idaho, but graduated from Brigham Young University in Provo, Utah, with a degree in Chemistry in 1966. He completed his Ph.D. degree in 1971 in Biochemistry from Michigan State University. His postdoctoral schooling was completed at the Harvard School of Public Health in Nutrition and Microbiology, including a two-year postdoctoral research experience in immunology. Professor Watson is a distinguished member of several national and international nutrition, immunology, and cancer societies. Overall his career has involved studying many foods for their uses in health promotion. He has edited 120 biomedical reference books, particularly in health and 450 papers and chapters. His teaching and research in foods, nutrition and bacterial disease also prepare him to edit this book. He has 4 edited works on nutrition in aging. He has extensive experience working with natural products, alcohol, exercise, functional foods and dietary extracts for health benefits and safety issues, including getting 12 patents. Dr. Watson has done laboratory studies in mice on immune functions that decline with aging and the role of supplements in delaying this process as modified by alcohol and drugs of abuse.

Fabien De Meester PhD is a biochemist, owner and managing director of DMF, a company invested in the promotion of body/mind health at people management levels. His long expertise in protein and lipid chemistry derives from his day-to-day consulting activities within enterprises around the world. It provides him with the visionary approach needed to implement changes in use and importance of fatty acids.

Users Review

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