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[Antioxidants and Functional Foods for Neurodegenerative Disorders 1st Edition](#)

"Antioxidants and Functional Foods for Neurodegenerative Disorders," authored by renowned experts in the field, provides a comprehensive exploration of the pivotal role that antioxidants and functional foods play in the management and prevention of neurodegenerative disorders. Published by Elsevier, this first edition serves as an essential resource for researchers, healthcare professionals, and students alike, delving into the intricate relationship between diet, oxidative stress, and neurodegenerative diseases such as Alzheimer's, Parkinson's, and Huntington's. Through a meticulous selection of evidence-based studies and practical insights, this book elucidates how dietary interventions can mitigate the effects of oxidative damage, enhance cognitive function, and promote overall brain health. Readers will find in-depth discussions on various antioxidants, including vitamins, minerals, flavonoids, and polyphenols, alongside the exploration of functional foods that are rich in these compounds. The authors not only present the scientific underpinnings of these nutrients but also highlight their potential therapeutic applications and implications for clinical practice. This invaluable text is fortified with a multitude of illustrations, tables, and references that make complex information accessible and engaging. With an ISBN of 978-0128154290, "Antioxidants and Functional Foods for Neurodegenerative Disorders" is poised to become a cornerstone in the field, bridging the gap between nutritional science and neurological health, and ensuring that readers are equipped with the latest knowledge to tackle these challenging conditions effectively. Whether you are a seasoned researcher or a curious reader, this book will empower you with actionable insights to promote brain health through diet and nutrition. Don't miss the opportunity to deepen your understanding of this crucial intersection of health and diet.