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[Dietary Polyphenols: Metabolism and Health Effects 1st Edition](#)

"Dietary Polyphenols: Metabolism and Health Effects, 1st Edition" by V. G. K. R. P. S. R. N. A. R. N. E. C. Suja is a comprehensive exploration of the role of polyphenols in human health and metabolism. Published by Wiley-Blackwell, this insightful book delves into the complex biochemical pathways and health implications of dietary polyphenols, which are abundant in fruits, vegetables, tea, and wine. With its ISBN 978-1119674866, the book offers a wealth of knowledge for both researchers and practitioners seeking to understand how these powerful compounds contribute to disease prevention, health promotion, and overall well-being. Readers will discover the latest research findings on polyphenol digestion, absorption, bioavailability, and their potential to modulate chronic diseases such as cardiovascular disorders, diabetes, and cancer. The author combines in-depth scientific analyses with practical recommendations, making it an essential resource for nutritionists, dietitians, healthcare professionals, and anyone interested in the science of food and health. This first edition not only serves as an academic reference but also encourages readers to consider the dietary choices they make every day. By emphasizing the importance of incorporating polyphenol-rich foods into daily diets, the book aims to inspire a deeper appreciation for the natural sources of these beneficial compounds. Whether you are an expert in the field or just beginning your journey into nutrition science, "Dietary Polyphenols: Metabolism and Health Effects" provides a thorough understanding of how these fascinating molecules can significantly impact health outcomes and lifestyle choices.