

## Book Review: Food and Brain Health

### Bibliographic information:

**Book Title**—Food and Brain Health

**Publisher:** Nova Science Publishers, NY

**Year of publication:** 2014

**Book Link:** <https://novapublishers.com/shop/food-and-brain-health/>

**Book Cover:** Image inserted

### Editors:

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**Total Number of Chapters:** 27 chapters

In 2014, a book entitled “**Food and Brain Health**” was published by a reputable US-based publisher Nova Science Publishers, Inc, New York. The book is authored and edited by a group of scientists, Dr Musthafa Mohamed Essa of Sultan Qaboos University, Dr Mushtaq A. Memon of Washington State University, and Dr Mohammed Akbar of US NIH-NIAAA. This book is unique as it addresses the role of food bioactive ingredients in the prevention and potential cure of various brain-related or neurodegenerative diseases, such as Alzheimer disease (AD), Parkinson disease (PD), aging, and other neuronal dysfunctions. Accumulated evidence suggests that naturally occurring phytochemicals, such as polyphenolic antioxidants found in fruits, vegetables, herbs, and nuts, may protect against neurodegeneration and improve memory, cognition, and other brain functions.<sup>[1]</sup>

The book is intended for a diverse group of mainstream readers. The book is informative, insightful, and holistic. The authors have carefully selected the themes and topics to cover highly relevant brain health subjects. The book is composed of 27 chapters. The book chapters discuss specific foods or their bioactive phytochemicals. In a typical narrative, authors introduce the food or its pharmacologically active molecules. Then they proceed to discuss its brain health benefits, providing evidence-based research for their functionality. Finally, they offer a discourse

on the molecular mechanisms behind the ameliorating or protective effects of the compounds, which rely mainly on the action of phytonutrients on distinct signaling pathways associated with protein folding and neuroinflammation. Examples of food discussed include nuts and seeds (such as almond, hazelnut black seed, and flaxseeds); herbs (such as ginkgo, roselle, saffron, and za’atar); fruits (such as pomegranate and dates); and bioactive molecules (omega-3 fatty acids, resveratrol plus its derivatives, flavonoids, alpha-lipoic acid, and dietary supplements such as amino acids/polyphenols).<sup>[2,3]</sup>

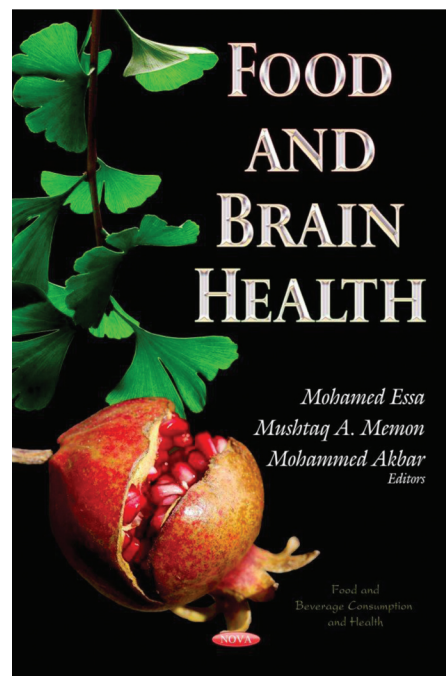
Lastly, this book is a comprehensive collection of research studies that will benefit students at various levels, researchers in several disciplines (such as alternative medicine, nutrition, neuroscience, agriculture, food science, and medicine), and many others interested in this discipline. This book also can be recommended as a reference book for related streams at university level. (Fig. 1)

### Financial support and sponsorship

Nil.

### Conflicts of interest

There are no conflicts of interest.



**Figure 1:** Book cover Food And Brain Health.

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