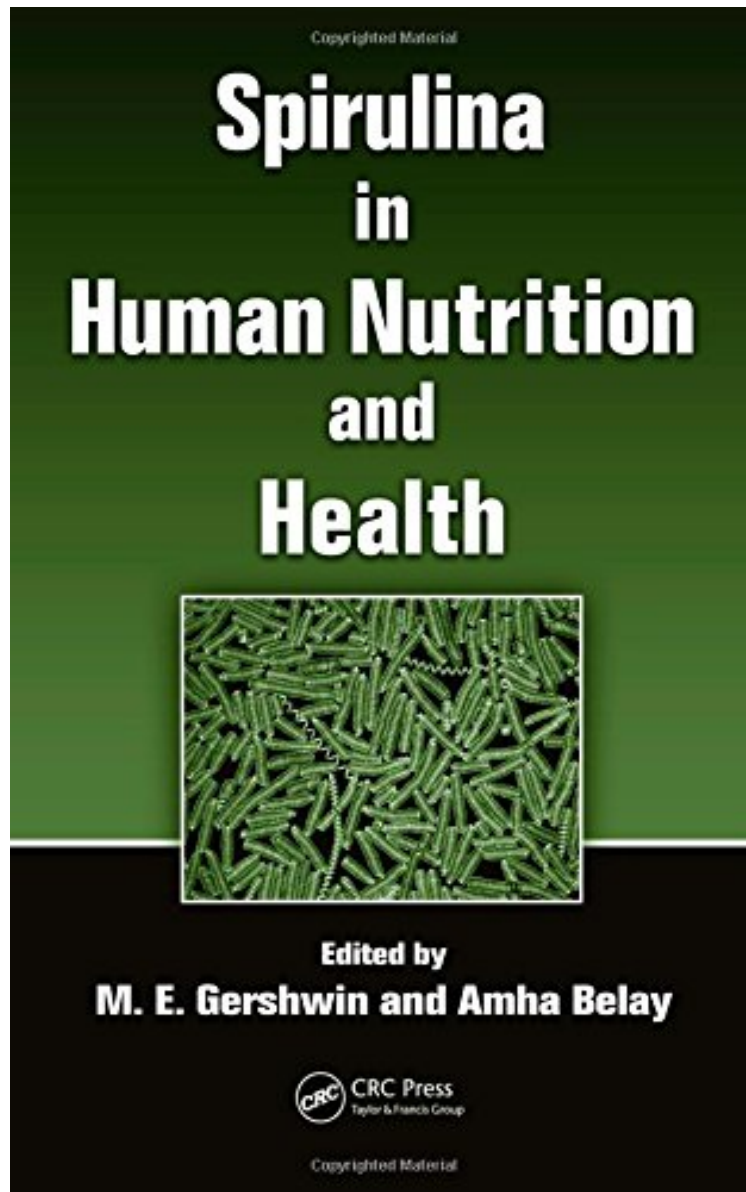


Spirulina in Human Nutrition and Health

From CRC Press

*audiobook / *ebooks / Download PDF / ePub / DOC*



[Download](#)

[Read Online](#)

#4106508 in Books 2007-10-08 Original language: English PDF # 1 .87 x 6.38 x 9.54l, 1.16 #File Name: 142005256X328 pages | File size: 46.Mb

From CRC Press : Spirulina in Human Nutrition and Health before purchasing it in order to gage whether or not it would be worth my time, and all praised Spirulina in Human Nutrition and Health:

3 of 4 people found the following review helpful. Excellent Review of Current Scientific and Medical Research By Alyria Sails For any Lover's of the superfood Spirulina, this is a must have. Great information and edited by leading edge researchers, who know the potential of this truly great food and the profound physical/medical benefits that are in

store for any who eat it.

Astonishingly rich in nutrients, Spirulina is one of the most popular and well researched functional foods in the multi-billion dollar global food supplement market. This ancient species provides readily bioavailable protein along with carotenoids, essential fatty acids, vitamins, and minerals and has therapeutic applications in non-communicable disease such as diabetes mellitus, hyperlipidemia, oxidative stress-induced diseases, inflammations, allergies, and even cancer. Growing scientific and market interests demand a high-quality, comprehensive, peer-reviewed volume on all aspects of this tiny aquatic plant. Drawing from the editors' expertise in nutrition and immunology as well as a prestigious panel of premier international researchers, *Spirulina in Human Nutrition and Health* provides the first complete compilation of the wealth of experimental data in a single accessible resource. Beginning with an introduction to the history and features of the plant itself, the book goes into great detail regarding its cultivation, handling, storage, and packaging, as well as applicable regulatory acts and organizations. It supplies explanations and reviews of studies involving Spirulina's use as a therapeutic food product and discusses its anti-oxidant profile and antioxidative and hepatoprotective properties. The book considers peer-reviewed studies on spirulina's effects on immunity, NK activation, and antibody production and highlights its role as an antibacterial and antiviral agent. The final chapters look at neurobiology and spirulina's effect on aging as well as potential interactions with pharmaceuticals or other bioavailable compounds. Extensively detailed and heavily referenced, *Spirulina in Human Nutrition and Health* is the definitive work on this highly nutritious food source.

"Impeccably researched and written with a true eye for detail, this text will no doubt be regarded as the 'voice in the field' and the ultimate go-to reference for researcher, librarian, and instructor alike." --The Electric Blue Book
Author: University of California, Davis, USA
Earthrise Nutritionals, Calipatria, California, USA