

Book review

Nutrition and Fitness: Cultural, Genetic and Metabolic Aspects

Selected Proceedings of the International Congress and Exhibition on Nutrition, Fitness and Health, Shanghai, November 30 to December 2, 2006

Editor: Artemis P. Simopoulos

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Subjects: physiology, nutrition, metabolism, fitness and relevant pathologies

DESCRIPTION: The book presents selected papers from the International Congress and Exhibition on Nutrition, Fitness and Health held in Shanghai, China from November 30 to December 2, 2006.

PURPOSE: This volume is designed to update interested parties on the nutrition and fitness issues from the cultural, genetic and metabolic point of views.

FEATURES: The book starts with a keynote presentation on nutrition, fitness and the concept of positive health from ancient times to the present. Subsequently papers focusing on the role of omega-3 and omega-6 fatty acids in health and disease follow. Other topics addressed are non-conventional genetic risk factors for cardiovascular

nutrition and fitness; nutrition in the prevention of chronic disease; and, the connection between exercise and obesity. The formation is concluded by the papers on nutritional risk factors for gastrointestinal cancers, Mediterranean diets as a global resource in health and disease, and the role of politics and politicians on the relevant issues.

AUDIENCE: Obviously; dieticians, nutritionists, geneticists and exercise physiologists will be interested in these proceedings since the book covers broadly their field. Then again; health care providers, historians, general practitioners and scientists in industry and government might benefit as well.

ASSESSMENT: It is safe to say that this volume represent a helpful source for anybody who is involved with Nutrition, Fitness and Health in one way or another.

Reviewed by: *Fadıl Özyener MD, PhD, Uludag University School of Medicine, Bursa, Turkey*

disease; the impact of the APO E genotype on health,