



# Handbook of Lipids in Human Function: Fatty Acids

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## Handbook of Lipids in Human Function: Fatty Acids

*Handbook of Lipids in Human Function: Fatty Acids* presents current research relating to health issues whose impact may be modified by adopting personalized diets and lifestyle interventions of the consumption of fatty acids. Addressing cardiovascular and neurological diseases as well as cancer, obesity, inflammatory conditions, and lung disease, the authors correlate lipid sources with specific conditions, providing important insights into preventative as well as response-based actions designed to positively impact health outcomes.

The material is presented in 29 chapters and brings together the research and work of an international team of experts. designed to bridge the gap between traditional approaches to dietary interventions and leading edge integrated health strategies, *Handbook of Lipids in Human Function: Fatty Acids* is a valuable resource for researchers and clinicians.

- Discusses the importance of essential fatty acids in maintaining cardio- and cerebro-vascular health
- Explains the metabolic risks associated with deficiencies and/or imbalance of essential fatty acids
- Explores the promise of essential fatty acids as adjuvants to pharmacopoeia
- Suggests interventions with personalized lipid diets

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