

Functional FOODS FOR CHRONIC DISEASES



MERLY FISCAL-ARJONA, M.A.T.



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Functional Foods for Chronic Diseases

Diseases such as cancer, cardiovascular, diabetes, obesity and heart disease are referred to as Chronic because they tend to last for a period of 3 months or more according to the United States National Center for Health Statistics. These are diseases which cannot be cured through medication and cannot be prevented through vaccination. They have become a global epidemic in many developed nations of the world and this field of research has an unprecedented interest level. This book will tackle selected reviews on the current strategies in the treatment and prevention of chronic diseases by the use of the latest improvements in the nontraditional plants, herbal remedies and food additives. This book is composed of contribution from different scientist of various parts of the world in addition to the participants of the Essential Foods for the prevention and treatment of chronic diseases international conference. Essential Foods Center was the organizer of this conference and it was held on November 14th -15th 2005 in USA, Texas. The Main objective of this book is to present the contribution of various types of foods which we refer to as Essential foods in the treatment and prevention of chronic diseases by bringing together experts in the food industry, biology and medicine. This book will cover many articles which are intended to give the practical usage of food supplements and botanicals by experts in medicine globally in the case of hypertension, cancer etc.



Merly F. Arjona, M.A.T, is a full time Professor at Laguna State Polytechnic University, Siniloan, Laguna, Philippines. She graduated from the Laguna State Polytechnic University, Siniloan, Campus, with the degree of Master of Arts in Teaching, Major in Technology and Home Economics. Her Professional experience includes an assessor in different Hotel and Restaurant Competency in TESDA. She is an active member of Association of Administrators in Hospitality Hotel and Restaurant Management Educational Institution(AAHRMEI) and has attended seminars and trainings in Hotel and Restaurant Management. At present, she is the Associate Professor II at the LSPU. Her greatest joy at the moment is to share her knowledge, expertise and give prestige to her students.