



Nutrients and Epigenetics

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Explores the Newly Discovered Link Between Nutrition and Epigenetics

Current research suggests that nutrients are more than just food components and that certain nutrients can impact the expression of genes that lead to the development of chronic diseases. With contributions from experts in both fields, **Nutrients and Epigenetics** examines the epigenetic phenomena and the fascinating implications of diet on this largely uncharted field.

Generously laden with tables and illustrations, many in color, this book addresses how nutrients alter physiologic and pathologic processes in the human body through epigenetic changes without affecting the DNA sequence. It also explains the detailed molecular structures of epigenetic phenomena and closely examines the current knowledge surrounding the biology of aging and embryonic growth regulation.

Assesses the Likelihood of Clinical Applicability

In one single compendium, this resource delineates the nutritional factors that further much-studied aberrant epigenetic patterns, such as DNA methylation, histone modifications, and chromatin remodeling. The book spotlights the influence of nutrition on epigenetic gene regulation, opening the way for counteracting future disease processes associated with epigenetic phenomena—a step that could potentially change the face of disease prevention and development.

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