

1. Record Nr.	UNINA9910208955703321
Titolo	Anti-ageing nutrients : evidence-based prevention of age-associated diseases // edited by Delminda Neves ; contributors, Henrique Almeida [and nineteen others]
Pubbl/distr/stampa	West Sussex, England : , : Wiley Blackwell, , 2015 ©2015
ISBN	1-118-82340-0 1-118-82321-4
Descrizione fisica	1 online resource (581 pages) : color illustrations, photographs
Disciplina	613.2
Soggetti	Aging - Prevention Aging - Nutritional aspects
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di bibliografia	Includes bibliographical references and index at the end of each chapters.
Nota di contenuto	Human ageing, a biological view / Henrique de Almeida and Liliana Matos -- To eat or not to eat : anti-ageing effects of energy restriction / Delminda Neves, Maria Joao Martins, Emanuel dos Passos and Ines Tomada -- Nutrition, epigenetics and ageing / Jill McKay and Luisa A. Wakeling -- Nutritional intervention in age-related genetic and epigenetic instability and cancer / Thomas Ong and Ana Paula de Melo Loureiro -- Nutraceuticals in immunosenescence / Thea Magrone and Emilio Jirillo -- Cardiovascular ageing / Carmen Bras Silva and Delminda Neves -- Bone and muscle ageing / Joana Carvalho, Elisa Marques and Pedro Moreira -- Nutrition and the ageing eye / Angela Carneiro -- Nutrition modulation of skin ageing / Alessandra Marini and Jean Krutmann -- Retarding brain ageing and cognitive decline / Jose Paulo Andrade -- Science-based anti-ageing nutritional recommendations / Ines Tomada and Jose Paulo Andrade.