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Titolo	Where Does All That Food Go? : How Metabolism Fuels Life // by Alicia Kowaltowski, Fernando Abdulkader
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ISBN	3-030-50968-0
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Descrizione fisica	1 online resource (VII, 151 p. 53 illus., 19 illus. in color.)
Disciplina	572.4
Soggetti	Human physiology Life sciences Medicine Pathology Human Physiology Life Sciences, general Medicine/Public Health, general Metabolisme Fisiologia humana Llibres electrònics
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Preface -- What is Metabolism? -- How Metabolism Works -- Carbohydrate Metabolism -- Mitochondria: The Batteries of Our Cells -- Lipid Metabolism -- Protein Metabolism -- Alcohol Metabolism -- Metabolism and Obesity -- Diabetes and Metabolism -- Metabolism in the Brain -- Metabolism and Heart Disease -- Metabolism in Exercise -- Cancer and Metabolism -- We are Stardust -- Glossary.
Sommario/riassunto	Most people know metabolism is somehow related to our food and tendency to gain or lose weight, but few people actually understand what metabolism is, and how it is essential for all living beings. This book explains the concept and scope of metabolism, how it works, and how metabolic dysfunction is related to diseases. Using language accessible for the general reader and storytelling, it explains which molecules our bodies are made of, how we build these molecules, and

how we transform them and the food we eat within us. It also explains how errors in metabolic processes can lead to diseases, including obesity, diabetes, Parkinson's disease, heart disease, stroke, and more. In essence, it is a user's manual to explain how our bodies process, change, and use our food.
