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Nota di contenuto	Chapter1. Introduction, Targets and Concepts -- Chapter2. Minerals, Natural Environment and Medical Geology -- Chapter3. Historical Evolution of the Use of Minerals in the Human Health -- Chapter4. Health Benefits and Risks of Minerals, Bioavailability, Bio-essentiality, Toxicity, and Pathologies -- Chapter5. Metals, Life and Health -- Chapter6. General Data on Clay Science, Crystallochemistry and Systematics of Clay Minerals, and Clay Typologies, Properties and Applications -- Chapter7. Interactions of Clay and Clay Minerals in the Human Health -- Chapter8. Minerals and the Origins of Life -- Chapter9. Minerals Utilized in Pharmacy and Cosmetics -- Chapter10. Nanominerals and Nanomaterials Utilized in Pharmacy and Therapeutics -- Chapter11. Biominerals and Biomaterials -- Chapter12. Psammotherapy or Arenotherapy -- Chatper13. Mineral Water: Essential to Life, Health and Wellness -- Chapter14. Natural Mineral Water Used in Health Resort Medicine -- Chapter15. Healing Sulfurous Thermal Waters Used in Health Resort Medicine: Therapies, Indications and Contraindications -- Chatper16. Natural Salt Mineral Water and Thalassotherapy.
Sommario/riassunto	This volume provides a comprehensive academic review of both positive and negative effects of minerals on human health and quality of life. The book adopts the concept of mineral latu sensu (mineral l.s.), which encompasses a broad spectrum of natural, inorganic, solid, and crystalline, of natural and inorganic chemical elements (metals and

metalloids), of modified natural minerals, of biominerals, and of syntetic minerals, all products that branch across the disciplines of earth, soil, environmental, materials, nutrition, and health sciences. Using this broad framework, the authors are able to provide a multidisciplinary assessment on many types of minerals which can be essential, beneficial and hazardous to human health, covering applications in medical geology, medical hydrology or balneotherapy, pharmacology, chemistry, nutrition, and biophysics. The book performs historical analyses of the uses of minerals for therapeutic and cosmetic purposes to better understand current trends and developments in mineral research and human health. The book will be of interest to students, public health officials, environmental agencies and researchers from various disciplines, as well as scientific societies and organizations focusing on medical geology, health resort medicine (crenotherapy, hydrotherapy and climatotherapy), and on pharmaceutical, cosmetic and biomedical applications.