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Nota di contenuto	Chapter 1. Micronutrients and Neurogenesis -- Chapter 2. Vit-E and Cognitive functions: What is the Interplay? -- Chapter 3. Microbiome and micronutrients -- Chapter 4. Iodine and Brain -- Chapter 5. Tocotrienol and Brain -- Chapter 6. Micronutrients and Depression -- Chapter 7. Micronutrients and Epilepsy -- Chapter 8. Iron Deficiency and brain cognitive functions -- Chapter 9. Micronutrients and PD -- Chapter 10. Malnutrition of Micronutrients and the brain disorders -- Chapter 11. Connections between micronutrients, cerebral monoamines and related brain disorders -- Chapter 12. Micronutrients and Autism -- Chapter 13. Edible Bird’s Nest as Brain Food -- Chapter 14. Phytochemicals as Micronutrients: What is Their Therapeutic

Promise in the Management of Traumatic Brain Injury? -- Chapter 15. Phytochemicals as Micronutrients: What is Their Therapeutic Promise in the Management of Alzheimer’s Disease? -- Chapter 16. Nutrigenomics and Brain.

Sommario/riassunto

This book comprehensively reviews the relationship between micronutrients and brain in health and diseases. It explains the relationship between micronutrients and brain functions, neurogenesis, and cognitive functions. The book also explores the relationship between micronutrients and brain disorders including depression, epilepsy, PD, and Autism. It further explores the recent advancements in understanding the important role of micronutrients as therapeutics in various brain disorders like TBI and AD. Lastly, it presents an overview of micronutrients as neuroprotective agents along with the main principles of nutrigenomics.