

1. Record Nr.	UNINA9910812981003321
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Titolo	Membrane lipidomics for personalized health // Carla Ferreri, Chryssostomos Chatgijialoglu
Pubbl/distr/stampa	West Sussex, England : , : Wiley, , 2015 ©2015
ISBN	1-118-68275-0 1-118-68368-4 1-118-68346-3
Descrizione fisica	1 online resource (207 p.)
Disciplina	612.3/97
Soggetti	Fatty acids - Metabolism Membrane lipids - Metabolism Precision medicine
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Part I. Molecular and nutritional basis of cell membranes and lipidomics -- Part II. Membrane lipidomics for personalized health.
Sommario/riassunto	Lipidomics is an important aspect of personalized medicine in relation to nutrition and metabolism. This approach has become important due to the substantial presence of nutraceuticals in the market, since it gives personalized criteria on how to choose the right nutraceutical strategy for both prevention and for quality of life. This multi-disciplinary textbook uses a simple and practical approach to provide a comprehensive overview of lipidomics and their connection with health and nutrition. The text is divided into two parts: Part 1 outlines the basics of lipidomics and focuses on