

1. Record Nr.	UNINA9910864181003321
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Titolo	Molecular Mechanisms in Nutritional Epigenetics // edited by Luis M. Vaschetto
Pubbl/distr/stampa	Cham : , : Springer Nature Switzerland : , : Imprint : Springer, , 2024
ISBN	3-031-54215-0
Edizione	[1st ed. 2024.]
Descrizione fisica	1 online resource (300 pages)
Collana	Epigenetics and Human Health, , 2191-2270 ; ; 12
Disciplina	572,865
Soggetti	Epigenetics Nutrition Medical genetics Molecular biology Medical Genetics Molecular Biology
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Chapter 1. A Brief Introduction to Diet and DNA Methylation -- Chapter 2. Diet Induced-Histone Modifications: Implications for Human Health and Diseases -- Chapter 3. Diet and Non-coding RNAs -- Chapter 4. Epigenetics and Nutrition: Molecular Mechanisms and Tissue Adaptation in Developmental Programming -- Chapter 5. Nutrition and Epigenetic Modifications During Pregnancy -- Chapter 6. Nutrition, Epigenetics, and Stem Cells -- Chapter 7. Nutritional Epigenetics and Gut Microbiome -- Chapter 8. Nutrition, Epigenetics, and Circadian Rhythms -- Chapter 9. Exercise and Nutrition: Metabolic Partners in Epigenetic Regulation -- Chapter 10. Epigenetic Control and Obesity -- Chapter 11. Diet, Epigenetics, and Cardiovascular Disease -- Chapter 12. Epigenetic Pathways from Dietary Fat to Psychopathology.
Sommario/riassunto	This volume in the Epigenetics and Human Health series explores the intersection of diet and epigenetic modifications. It provides the reader with the latest research on how diet can influence our genetic and epigenetic profiles, thereby affecting our health and susceptibility to disease. In recent years, the field of nutritional epigenetics/nutri-epigenetics has expanded significantly, shedding light on how

environmentally-driven epigenetic pathways can be modulated through nutrition and eating habits. The book provides a comprehensive introduction to the various epigenetic mechanisms affected by dietary compounds and focuses on specific topics such as the relationship between diet and the gut microbiome, the impact of diet on cardiovascular disease and psychopathology and the role of diet in pregnancy. Written by an international team of experts, this book reveals the molecular mechanisms underlying the influence of diet on epigenetic modifications and discusses the prospect of personalized medicine using dietary strategies to promote well-being and protect against diseases. The book is aimed at researchers and students in the fields of human nutrition, genetics, and medicine.

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