Seaweed in Health and Disease Prevention

Description: Seaweed in Health and Disease Prevention presents the potential usage of seaweed, macroalgae, and their extracts for enhancing health and disease. The book explores the possibilities in a comprehensive way, including outlining how seaweed can be used as a source of macronutrients and micronutrients, as well as nutraceuticals. The commercial value of seaweed for human consumption is increasing year-over-year, and some countries harvest several million tons annually. This text lays out the properties and effects of seaweeds and their use in the food industry, offering a holistic view of the ability of seaweed to impact or effect angiogenesis, tumors, diabetes and glucose control, oxidative stress, fungal infections, inflammation and infection, the gut, and the liver.

- Combines foundational information and nutritional context, offering a holistic approach to the relationship between sea vegetables, diet, nutrition, and health
- Provides comprehensive coverage of health benefits, including sea vegetables as sources of nutraceuticals and their specific applications in disease prevention, such as angiogenesis, diabetes, fungal infections, and others
- Includes Dictionary of Terms, Key Facts, and Summary points in each chapter to enhance comprehension
- Includes information on toxic varieties and safe consumption guidelines to supplement basic coverage of health benefits

Contents:
1. Algae: A Way of Life and Health
2. Society and Seaweed: Understanding the past and present
3. Seaweed Biology
4. Macroalgae Systematics
5. Seaweed as a Food
6. Seaweeds and Alcoholic Beverages
7. Lipids, Fatty Acids, Glycolipids and Phospholipids
8. Carbohydrates from Seaweeds
9. Proteins and Pigments
10. Seaweed in Human Health
11. Medicinal Properties
12. Anti-Allergic Properties
13. Toxic and Harmful Seaweeds
14. Seaweed Application in Cosmetics

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