



Vegetables, Fruits, and Herbs in Health Promotion (Modern Nutrition)

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The use of dietary vegetables and medicinal herbs to improve health is a phenomenon that is taking society by storm. Herbal products are now a multi-billion dollar business. Even more important, this business is built upon extremely little research data. The FDA is pushing the industry-with Congress' help- to base their claims and products on scientific phenomena.

Vegetables, Fruits, and Herbs in Health Promotion discusses the most effective ways of conducting research geared toward deriving maximum nutritional benefit from vegetables, fruits, and herbs. The book addresses such questions as:

- o How much vegetables and herbs should be consumed?
- o Can extracts or components be useful replacements for vegetable consumption?
- o Does red wine reduce the risk of heart disease, and if so, what are the active agents and mechanisms?

Increased consumption of vegetables and herbs promotes health, increases longevity, and reduces the risk of cancer and heart disease. Vegetables, Fruits, and Herbs in Health Promotion is an invaluable reference for providing you with the knowledge necessary for fostering positive changes in dietary habits.

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