



Handbook of Diet, Nutrition and the Skin (Human Health Handbooks)

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Skin diseases can affect up to 80% of the population. These diseases range from blemishes to frank cancerous growth. Included in this are psoriasis and acne which affect literally millions of people. Some diseases such as skin cancer can be life threatening. Other diseases can however, lead to permanent scarring. Moreover, novel nutritional components have been used experimentally to treat skin conditions and their clinical application await confirmation. It is thus up to health care professionals to present new knowledge in order to provide advice or treatments for these skin problems. Studies have clearly shown that optimal diet and nutrition can prevent skin disease. Moreover, nutritional components can also be used for therapeutic treatments. This handbook provides, in a single volume, comprehensive coverage of skin, diet and nutrition in its broadest sense. The Handbook of diet, nutrition and the skin consists of sections on general aspects of skin, nutrition and diet, micronutrients, nutraceuticals, cancer and specific skin conditions. Unique features of each chapter in this volume include relevant and useful 'Key facts' which highlight interesting or important findings of the specific subjects and 'Summary points' that are designed to abstract each chapter in take home messages. This handbook will be of interest to a wide range of readers, such as dermatologists, doctors, nurses and those interested in, or working within the area of skin health. This will of course also include nutritionists and dieticians, scientific beauticians, health workers and practitioners, college and university lecturers and undergraduate and graduate students.

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