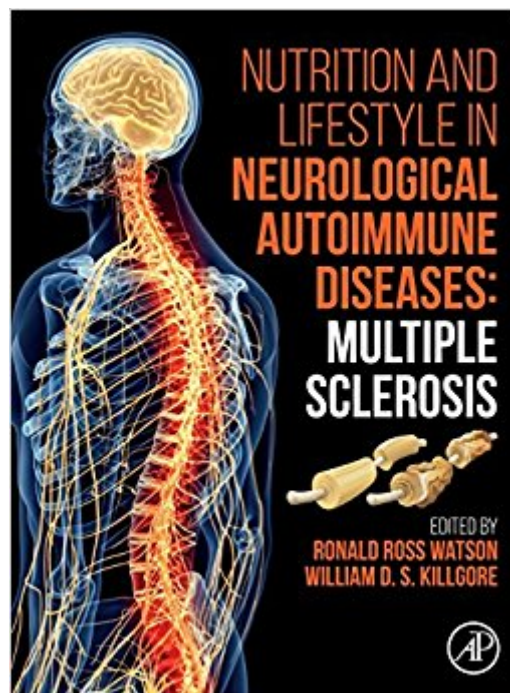




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# Nutrition And Lifestyle In Neurological Autoimmune Diseases: Multiple Sclerosis



## Synopsis

Nutrition and Lifestyle in Neurological Autoimmune Diseases: Multiple Sclerosis discusses important discoveries relating to the types of, and efficacy of, nutritional and lifestyle responses to symptoms and reoccurrence of MS. Each chapter defines a new approach to use in foods, dietary supplements, exercise, behavior, and/or lifestyle in health promotion and symptoms management for MS. This book presents the role of non-pharmaceutical approaches and is essential reading for neurologists, physicians, nurses, nutritionists, dietitians, healthcare professionals, research scientists, biochemists, and general practitioners. Presents a comprehensive overview that details the role of nutrition and exercise in Multiple Sclerosis Written for researchers and clinicians in neurology, neuroscience, and exercise and nutrition Defines a new approach that focuses on foods, dietary supplements, exercise, behavior, and lifestyle in health promotion and symptoms management for MS

## Book Information

Hardcover: 302 pages

Publisher: Academic Press; 1 edition (February 1, 2017)

Language: English

ISBN-10: 0128052988

ISBN-13: 978-0128052983

Product Dimensions: 8.5 x 0.7 x 11 inches

Shipping Weight: 2.3 pounds (View shipping rates and policies)

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## Customer Reviews

Multiple Sclerosis (MS) is a neuroinflammatory disease with no effective pharmaceutical therapy without major side effects. Consequently patients and medical personnel often resort to their own therapies including life style and dietary changes. Therapies include behavior modification, depression treatment and gait therapy. There is growing interest in physical exercise and activities to reduce fatigue. In addition, new research is showing the benefits of nutrition, such as vitamin D and food, as factors that can reduce symptoms. Nutrition and Lifestyle in Neurological Autoimmune

Diseases: Multiple Sclerosis discusses important discoveries relating to types and efficacy of nutritional and lifestyle responses to symptoms and reoccurrence of MS. Each chapter defines a new approach to use in foods, dietary supplements, exercise, behavior and/or lifestyle in health promotion and symptoms management for MS. This book relating to the role of non-pharmaceutical approaches will be essential reading for neurologists, physicians, nurses, nutritionists, dietitians, health care professionals, research scientists, biochemists, and general practitioners.

Ronald Ross Watson PhD is a professor of Health Promotion Sciences in the University of Arizona Mel and Enid Zuckerman College of Public Health. He was one of the founding members of this school serving the mountain west of the USA. He is a professor of Family and Community Medicine in the School of Medicine at the University of Arizona. He began his research in public health at the Harvard School of Public Health as a fellow in 1971 doing field work on vaccines in Saudi Arabia. He has done clinical studies in Colombia, Iran, Egypt, Saudi Arabia, and USA which provides a broad international view of public health. He has served in the military reserve hospital for 17 years with extensive training in medical responses to disasters as the chief biochemistry officer of a general hospital, retiring at a Lt. Colonel. He published 450 papers, and presently directs or has directed several NIH funded biomedical grants relating to alcohol and disease particularly immune function and cardiovascular effects including studying complementary and alternative medicines. Professor Ronald Ross Watson was Director of a National Institutes of Health funded Alcohol Research Center for 5 years. The main goal of the Center was to understand the role of ethanol-induced immunosuppression on immune function and disease resistance in animals. He is an internationally recognized alcohol-researcher, nutritionist and immunologist. He also initiated and directed other NIH-associated work at The University of Arizona, College of Medicine. Dr. Watson has funding from companies and non-profit foundations to study bioactive foods and their components in health promotion. Professor Watson attended the University of Idaho, but graduated from Brigham Young University in Provo, Utah, with a degree in Chemistry in 1966. He completed his Ph.D. degree in 1971 in Biochemistry from Michigan State University. His postdoctoral schooling was completed at the Harvard School of Public Health in Nutrition and Microbiology, including a two-year postdoctoral research experience in immunology. Professor Watson is a distinguished member of several national and international nutrition, immunology, and cancer societies. Overall his career has involved studying many foods for their uses in health promotion. He has edited 120 biomedical reference books, particularly in health and 450 papers and chapters. His teaching and research in foods, nutrition and bacterial disease also prepare him to edit this book. He has 4 edited

works on nutrition in aging. He has extensive experience working with natural products, alcohol, exercise, functional foods and dietary extracts for health benefits and safety issues, including getting 12 patents. Dr. Watson has done laboratory studies in mice on immune functions that decline with aging and the role of supplements in delaying this process as modified by alcohol and drugs of abuse.

William D. Scott; Killgore, Ph.D., Professor of Psychiatry, Psychology, and Medical Imaging at the University of Arizona (UA). He recently joined the faculty at UA from his previous position as an Associate Professor of Psychology at Harvard Medical School and Research Psychologist at McLean Hospital. Dr. Killgore is Director of the Social, Cognitive, and Affective Neuroscience (SCAN) Laboratory at UA where he leads a large team of researchers focusing on using functional and structural neuroimaging techniques to understanding the brain systems involved in emotional processes and cognitive performance and how these brain-behavior systems may be affected by environmental and lifestyle factors such as insufficient sleep, nutrition, light exposure, physical activity, and stimulants such as caffeine. His current research is funded by several grants from the Department of Defense with the aim of addressing critical performance and mental health needs of active military personnel and returning combat veterans. He is also funded to conduct research into the development and application of novel on-line training and therapy programs reducing psychological problems such as depression and enhancing emotional intelligence skills. In addition to his civilian job, Dr. Killgore is also a Research Psychologist in the U.S. Army Reserve, with over 15 years of military experience, and served five years on active duty at the Walter Reed Army Institute of Research where he studied the effects of sleep deprivation on cognition, mood, judgment, and decision-making.

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