

追録 ; この本の内部構成です

## **SUPER FOODS Armed with Multi Bio-Functions Superiority Story of Regional Products in Japan**

### **Author(s) Information**

For centuries, East Asian people have used traditional functional foods or herbs as a folkmedicine to treat or prevent diseases, long before the introduction of Western medicine. Western medicine is effective in curing acute diseases, it is not necessarily applicable to the In order to use foods to improve prevention of diseases health for prevention of diseases in advance, we first need to clarify scientifically the functions of the foods to give reasonable scientific answers to questions as How well does this work? How safe is it? For What type of conditions you want to improve for?

Biological functions included in foods or herbs are gradually recognizing as the second medicines by intervention into the diseases preventive fields. This idea is lately supporting by taking the genetically modified foods containing high active compounds.

### **Sample Chapter(s)**

#### **Components of the Book:**

- Head Page
- Copyright
- Preface
- Food=食
  
- Contents
- Chapter 1. Functional Foods
- Chapter 2. Revolutionary Vegetable Black Garlic
- Chapter 3. Heat Treated Corbicula japonica Shell Powder Improved Liver Function
- Chapter 4. New Substance Found in Squid Fish Ink to Fight Cancer Cells
- Chapter 5. Vegetable and Plant Smell Are Weapon to Protect Their Species and Contribute for Human Health Too

#### **Acknowledgment**

#### **References**

#### **About Author**

**Readership:** Students, academics, teachers, and other people attending or interested in SUPER FOODS.