



Nutrition and Fitness: Metabolic Studies in Health and Disease: 4th International Conference on Nutrition and Fitness, Athens, May 2000 (World Review of Nutrition and Dietetics, Vol. 90)

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This is the second of two volumes presenting the proceedings of the Fourth International Conference on Nutrition and Fitness. The papers in this volume consist of reviews as well as new data recommending new approaches for the prevention of chronic disease, taking into consideration the essential features of ancestral human existence - particularly during the Paleolithic period - during which the human genome was programmed. Western diets and current patterns of physical activity lead to imbalances in essential fatty acids and physical inactivity that promote obesity, insulin resistance, and variation in mood and mental health. Data are presented on the different effects of fatty acids on human metabolism, on the regulation of lipid metabolism during exercise, on the metabolic effects of endurance exercise, on mood and its relationship to physical activity and nutrition, and on the immune system. Moreover, it is clear that physical activity ensures nutritional well-being in the elderly. The application of this knowledge is essential to both Western cultures and societies in transition. These proceedings will be of interest to geneticists, nutritionists and dietitians, exercise physiologists, anthropologists, psychologists and psychiatrists, pediatricians, internists, general practitioners, health care providers, scientists in government and industry, policymakers, and governmental organizations.

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