

Diet — Brain Connections: Impact on Memory, Mood, Aging and Disease

By Mark P. Mattson

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Diet-Brain Connections fills a void between the fields of nutrition, behavior and cellular and molecular neurosciences by providing an integrated collection of articles that critically dissect the link between what we eat and how the brain develops and functions in health and disease.
Key topics covered in depth include:

-caloric restriction benefit the brain and retard aging;
-effects of dietary antioxidants on brain function and aging;
-developmental and function consequences of different dietary fatty acids;
-biochemical links between dietary folic acid and psychiatric and neurodegenerative disorders;
-effects of nutritional deficit during early development and behavior disorders later in life; -neurochemical basis of the benefits of widely used dietary supplements including creatine and Gingko biloba;
-contribution of dietary toxins such as metals and pesticides to neurological disorders.

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Editorial Review

About the Author
Mark P. Mattson is Chief of the Laboratory of Neurosciences, National Institute of Aging Gerontology Research Center and a Professor in the Department of Neuroscience, Johns Hopkins University School of Medicine.

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