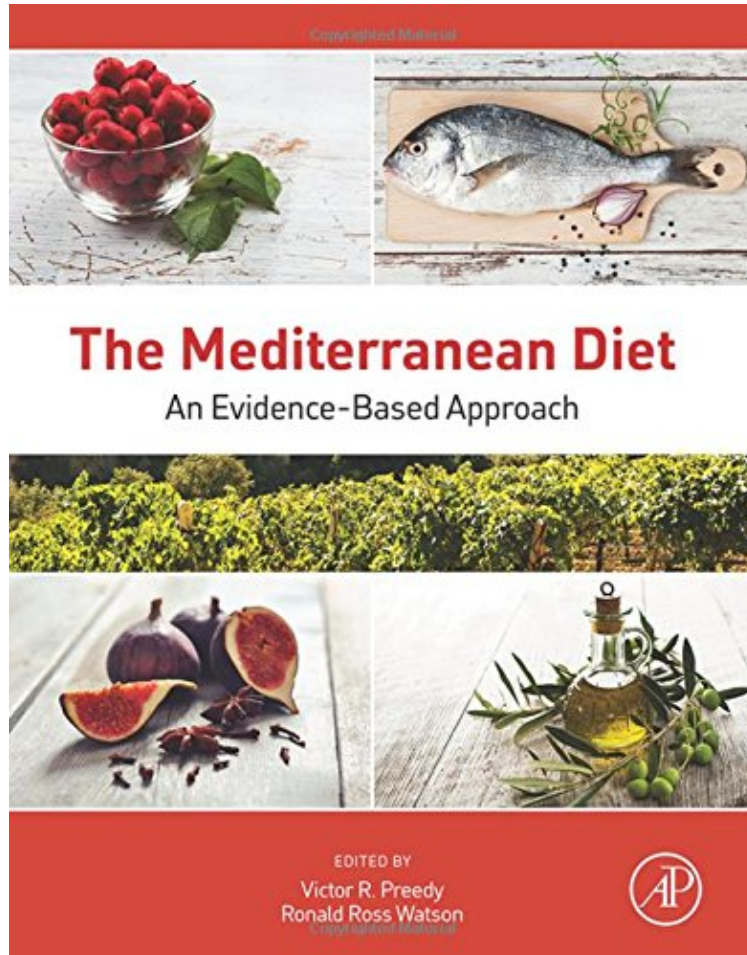


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# The Mediterranean Diet: An Evidence-Based Approach

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**From PaperPost : The Mediterranean Diet: An Evidence-Based Approach** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Mediterranean Diet: An Evidence-Based Approach:

The Mediterranean Diet offers researchers and clinicians a single authoritative source which outlines many of the complex features of the Mediterranean diet: ranging from supportive evidence and epidemiological studies, to the antioxidant properties of individual components. This book embraces a holistic approach and effectively investigates the Mediterranean diet from the cell to the nutritional well-being of geographical populations. This book represents essential reading for researchers and practicing clinicians in nutrition, dietetics, endocrinology, and public health, as

well as researchers, such as molecular or cellular biochemists, interested in lipids, metabolism, and obesity. Presents one comprehensive, translational source for all aspects of how the Mediterranean diet plays a role in disease prevention and health. Experts in nutrition, diet, and endocrinology (from all areas of academic and medical research) take readers from the bench research (cellular and biochemical mechanisms of vitamins and nutrients) to new preventive and therapeutic approaches. Features a unique section on novel nutraceuticals and edible plants used in the Mediterranean region.

**About the Author**  
Victor R. Preedy BSc, PhD, DSc, FRSB, FRSPH, FRCPath, FRSC is a senior member of King's College London. He is also Director of the Genomics Centre and a member of the Faculty of Life Sciences and Medicine. Professor Preedy has longstanding academic interests in substance misuse especially in relation to health and well being. He is a member of the Editorial Board of Drug and Alcohol Dependence and a founding member of the Editorial Board of Addiction Biology. In his career Professor Preedy was Reader at the Addictive Behaviour Centre at The University of Roehampton, and also Reader at the School of Pharmacy (now part of University College London; UCL). Professor Preedy is Editor of the influential works *The Handbook Of Alcohol Related Pathology*, *The Neuropathology of Drug Addictions and Substance Misuse* and *The Handbook of Cannabis and Related Pathologies* (all published by Academic Press-Elsevier). Professor Preedy graduated in 1974 with an Honours Degree in Biology and Physiology with Pharmacology. He gained his University of London PhD in 1981. In 1992, he received his Membership of the Royal College of Pathologists and in 1993 he gained his second doctoral degree (DSc). Professor Preedy was elected as a Fellow of the Institute of Biology in 1995 and also as a Fellow to the Royal College of Pathologists in 2000. He was then elected as a Fellow of the Royal Society for the Promotion of Health (2004) and The Royal Institute of Public Health and Hygiene (2004). In 2009, Professor Preedy became a Fellow of the Royal Society for Public Health and in 2012 a Fellow of the Royal Society of Chemistry. To his credit, Professor Preedy has published over 600 articles, which includes peer-reviewed manuscripts based on original research, abstracts and symposium presentations, reviews and numerous books and volumes.

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' 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.