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The fastest growing demographic in both developed and developing societies around the world, the elderly bring unique medical and financial health-care burdens. In response to this phenomenon, a large and growing body of research is directed toward the science of healthy aging. A substantial amount of observational data points to the consumption of a plant-based diet as a factor in lowering the risk of multiple chronic degenerative age-related diseases.

The 6th International Phytochemical Conference, Phytochemicals: Aging and Health, focused on the particular concerns of nutrition in the aging population, as well as new aspects of research methodology, real-world applications, and updates or expansions of previously introduced topics. Drawn from the illustrious panel of scientists and researchers who spoke at the conference, Phytochemicals: Aging and Health begins by highlighting the prevailing theories on aging, including dietary manipulation and the role of phytochemical medicinals or supplements in health. Contributions present state-of-the-art methodologies for polyphenolic analysis, bioavailability, and metabolism_crucial tools that answer pressing questions such as "are there age related changes in flavonoid bioavailability?"

The following chapters provide research results on botanicals and inflammation, green tea formulations and skin health, and the effects of phytochemicals on vision, brain function, and cardiovascular disease. The book concludes with forward-looking discussions on applying nutrient-gene interaction research findings to individual dietary recommendations, along with the step-by-step process to commercialize botanical products for allergy relief.

Continuing to introduce the highest-quality, groundbreaking research, Phytochemicals: Aging and Health provides pragmatic information for food companies, supplement manufacturers, and researchers interested in developing functional foods and nutraceuticals for the aging population.