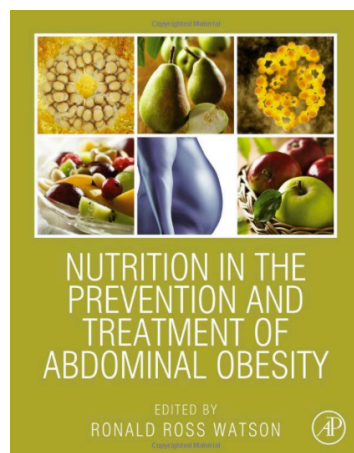


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Nutrition in the Prevention and Treatment of Abdominal Obesity, 1st Edition, by Ronald Ross Watson

Reviewed by: Okezie I Aruoma



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Nutrition in the Prevention and Treatment of Abdominal Obesity focuses on the important roles that exercise, dietary changes, and foods play in promoting as well as reducing visceral fat. This book is invaluable to nutritionists, dieticians, and healthcare providers in understanding abdominal obesity and providing a comprehensive resource as a tool in their long-term goal of preventing chronic diseases, especially heart, vascular, and diabetic diseases. The book is divided into two sections: *Epidemiology and Clinical Management of Visceral Obesity* (blended with epidemiology and pathophysiology of abdominal obesity; abdominal obesity and metabolic syndrome and nutrition, abdominal obesity, and type 2 diabetes) and *Diet, Supplements, and Foods in the Management of Visceral Obesity* (focused on mechanisms of altering abdominal obesity; dietary foods and visceral fat accumulation and removal; dietary supplements and visceral obesity; micromolecules and nutrients as modulators of visceral fat; activity of adipocytes: role in growth and accumulation of fat; macromolecules in foods and diets and abdominal obesity; and fiber and visceral obesity). The varied chapters cover “diet and irritable bowel syndrome, with a focus on appetite-regulating gut hormones”, “work and abdominal obesity risk”, “effects of dietary patterns and physical activity on the establishment of abdominal obesity in adolescents”, “lifestyle factors affecting abdominal obesity in children and adolescents: risks and benefits”, “female cancer survivorship and obesity”, “evaluation of visceral fat in massive obesity”, “beyond nutrition and the role for physical activity in nonalcoholic fatty liver disease therapy”.

The eminent coverage in the book continues with reviews on “abdominal fat and African-Americans: incidence and relationship to disease”, “visceral fat and hypertension: sex differences”,

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“remission of metabolic syndrome after sleeve gastrectomy”, “serum magnesium and abdominal obesity and its consequences”, “abdominal adipose tissue and insulin resistance: the role of ethnicity”, “visceral fat predicts ectopic fat accumulation mechanisms and health consequences”, “blood pressure regulation in abdominal obesity”, “effect of glucagon-like peptide 1 receptor agonists on visceral fat adiposity, appetite, and food preference”, “effects of sleeve gastrectomy on calcium metabolism”, “intermittent versus daily calorie restriction in visceral fat loss”, “stress-induced eating dampens physiological and behavioral stress responses”, “fructose-induced hypertriglyceridemia”, “impact of sex and lifestyle of adolescents and their parents on obesity”, “physical activity, inflammatory cytokines, endothelial dysfunction, and risk of coronary artery diseases in visceral obesity”, “the effects of fermented soy pastes, doenjang and cheonggukjang on obesity”, “alcohol intake and hormonal dysregulation of food intake in visceral fat accumulation”, “coffee intake and obesity”, “bread intake and abdominal fat”, “role of the immune system in obesity-associated inflammation and insulin resistance”, “metabolic effects of abdominal fats in animal models and humans”, “appetite and reward signals in the brain: sugar intake effects on brain activity as measured by functional magnetic resonance imaging”, “flaxseed secoisolariciresinol diglucoside and visceral obesity that examines the chemical properties, absorption, metabolism, bioavailability of the compound as well as discussing its effects on visceral fat, lipid profile, systemic

inflammation, and hypertension”, “carotenoids as a nutraceutical therapy for visceral obesity”, “nutritional deficiencies in obese sleeve gastrectomy patients”, “dairy whey proteins and obesity”, “probiotics to treat visceral obesity and related liver disease”, “beta-cryptoxanthin, a novel carotenoid derived from satsuma mandarin, prevents abdominal obesity”, “a diet with carbohydrates eaten primarily at dinner: an innovative, nutritional approach to end the vicious cycle of abdominal obesity”, “effects of different dietary fatty acids on human energy balance, body weight, fat mass, and abdominal fat”, “conjugated linoleic acid in human health effects on weight control”, “essential amino acid supplementation for the prevention and treatment of obesity”, “fibroblast growth factor 21 is a regulator of energy metabolism in the liver and adipose tissue”, “genetics of abdominal obesity”, “the role of site-specific adipose tissue fatty acid composition in obesity”, “using psyllium to prevent and treat obesity comorbidities”, “whole grains in the prevention and treatment of abdominal obesity”.

Consumer wellness is of paramount importance to any economy, thus a tool that helps nutritionists, dieticians, and healthcare providers to educate consumers and patients in making decision about nutritional therapies and clinical treatments for abdominal obesity, from an evidence-based perspective, is a significant contribution.

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