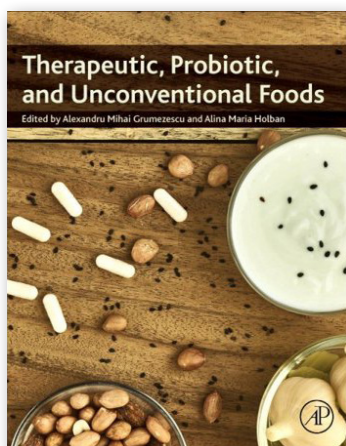




## Book Review

Sirilak Sanpa



**Book name:** Therapeutic, Probiotic and Unconventional Foods (1<sup>st</sup> Edition)  
**Authors:** Alexandru M. Grumezescu and Alina M. Holban  
**Published:** Elsevier, Academic Press, USA, 2018  
**Paperback:** 484 pages  
**Language:** English  
**ISBN:** 978-0-12-814625-5

Eating habits have a great impact on humans' health, environment, industry, and economy. Numerous diseases have arisen as endemic to modern society, such as obesity, osteoporosis, cancer, diabetes, allergies, and dental problems, which can occur at an early age and could be related to eating habits and preferences.

Alternative medical practices often include food-related products and currently there are numerous scientific proves to demonstrate the efficiency of some dietary components in preventing and even treating diseases. The food industry has also changed to fulfill consumers' requirements, and modern technologies allowed the production of differently processed foods, with improved aspects, such as flavor and lower costs.

Therapeutic, Probiotic and Unconventional Foods, first edition was aimed to bring together the most recent progress in the field of food dietary supplements and food products with therapeutic value, empathizing their bioactive components and trends in obtaining unconventional products. This volume was edited by Alexandru M. Grumezescu and Alina M. Holban. The

book focuses on probiotic foods, addressing the benefits and challenges associated with probiotic and prebiotic use. This book has 3 sections with 21 chapters, and was written by researchers from around the world.

Section 1 : Probiotics and Prebiotics

Section 2 : Therapeutic Foods and Ingredients

Section 3 : Unconventional Foods and Food Ingredients

This book is recommended to scientists, food researchers, students, and industrial companies who seek scientific evidence on recent tools and perspectives in functional and unconventional foods. This book is a resourceful, interesting, and updated reference for any the reader interested in learning about trends and progress in Therapeutic, Probiotic, and Unconventional Foods.

### Reviewer

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