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## Neuronutrition - Food for neurological disorders

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"You are what you eat." Nutrients taken from diet are essential for the maintenance of life and health, in some ways, they also influence on one's personality as well. Recently, there is growing interest in so-called 'functional foods' or 'nutraceuticals', which are helpful in preventing or treating diseases. They become more and more popular because they exert at least mild health benefits with less side effects than pharmaceuticals, are easily purchasable without prescription. In terms of nutrition, neurologists have focused on the deficiency of vitamins or nutrients such as Wernicke's encephalopathy, subacute combined degeneration, or copper deficiency. However, recent research has raised the importance of daily intake of food in prevention (e.g., migraine attack, stroke, Alzheimer's disease, Parkinson's disease) or treatment (e.g., epilepsy, amyotrophic lateral sclerosis, hereditary myopathies). This lecture will briefly review "neuronutraceuticals", the foods or nutrients that are reported to have potential scientific evidence in preventing or treating neurological disorders.

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