

HEALTH

# Chemistry for Health

Dr. Sanjeev M. Reddy

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**Chemistry for Health**

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**Dr. Sanjeev M. Reddy**

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# Chemistry for Health

## Author's Profile



Dr. Sanjeev M. Reddy is working as Professor in Chemistry at Gramin (Arts, Commerce and Science) Mahavidyalaya, Vasantnagar, Mukhed. He obtained his Ph.D. from Swami Ramanand Teerth Marathwada University, Nanded. He has completed the research projects sanctioned by University Grants Commission, Delhi and Swami Ramanand Teerth Marathwada University, Nanded. He is recognized P.G. teacher and research guide in chemistry. He has authored a book, "Elements of physical

Chemistry" for U.G. Students. He has organized and presented papers in National and International conferences. He is member of SENATE, Swami Ramanand Teerth Marathwada University, Nanded.

## About the Book

The Present Book 'Chemistry for Health' is all about the relevance of the Chemical science in human life. Chemistry had played a vital role in day to day life since the begining of human race. Our health is closely associated with Chemistry which proved as a part of everything that we experience in our Lives. In the present book the importance of Chemistry in health with some prominent chronic degenerative diseases and their prevention by the use of nutritional supplements is illustrated. The book will help everyone in the awareness of health challenges and maintaining a good health as well.

## Contents

History of Chemistry; Mysteries and Marvels of Some Organic Compounds; Temperature Scales; Energy, Atoms, Elements, Ions and their Charges; Living Too Short : Dying Too Long; The War Within Everybody; Our Autoimmune System; Some Health Tips - I; Some Health Tips-II; The Cardiovascular System; Cholesterol; Heart Disease : An Inflammatory Disease; Homocysteine : The Major Killer of Heart; Cardiomyopathy : New Hope for Cure; Diabetes; Cancer and Chemoprevention; Arthritis and Osteoporosis; Lung Disease; Neurodegenerative Disease; Powerful Proteins and Energetic Enzymes; Craving Carbohydrates; Baffling by Fats; Indispensable Essential Fatty Acids (EFAs); Vital Vitamins; Mighty Minerals; Phenomenol Phytonutrients; Find The Supplements; Nutritional Supplements : Physicians Bias; Cellular Nutrition.

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