
Nutrition for Healthy Skin

Jean Krutmann • Philippe Humbert
(Editors)

Nutrition for Healthy Skin

Strategies for Clinical
and Cosmetic Practice

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Foreword

The intimate relationship between dermal demand of nutrients and adequate supply from the blood circulation seems to have been understudied. In fact, the title of this book can be read in two ways; balanced nutrition is necessary for maintaining healthy skin, and there are nutritive aspects to restore healthy conditions after a disease state has developed. Skin care has an important metabolic and nutritive component. Maintenance and restoration are integral processes in skin health.

It is satisfying to see that the two editors, Professors Jean Krutmann from Düsseldorf, Germany, and Phillippe Humbert from Besancon, France, have been able to compile the pertinent aspects by attracting contributions from the world leaders in this subject area. Three major sections make up the treatise: Nutrition and Skin, and its scientific basis; Functional Food, addressing botanicals and other micronutrients as well as probiotics and; thirdly, Aspects of Clinical Dermatology, culminating in the topic of beauty from inside.

The need for scientifically sound information on this subject area is particularly urgent, since the general public is being supplied with suggestions from the news media and, increasingly, from the Internet with material which is not always based on sufficient scientific evidence. The present treatise will also be good for delineating the problems and limitations in current knowledge. The authors, the editors, and the publisher can be congratulated to a timely opus!

Duesseldorf, Germany

Helmut Sies

Preface

The relationship between nutrition and skin has become a “hot” topic that is exciting researchers and clinicians worldwide. New insights into the effects of orally applied, biologically active molecules on skin functions have stimulated a continuously growing interest in the development of nutritional supplements and, most importantly, functional food products to benefit human skin. This monograph attempts to provide an up-to-date overview regarding all aspects of nutrition and skin. It includes in-depth, critical discussions of the molecular basis as well as current concepts propagated for nutrition-based cosmetic, preventive, and therapeutic dermatological strategies. The explosion of knowledge in this field over even the last few years is remarkable with consequences for practicing dermatologists, patients, cosmetic and nutritional industry, and consumers in general. To capture the depth and breadth of this learning, we have recruited leading experts from multiple subdisciplines. All authors are internationally recognized, and we are very grateful for their excellent contributions. We hope that this book will serve you as a state-of-the-art reference and will further stimulate your interest in this fascinating area.

Duesseldorf, Germany
Besançon, France
March 2010

Jean Krutmann
Philippe Humbert

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