



# Diet and Exercise in Cognitive Function and Neurological Diseases

*Akhlaq A. Farooqui, Tahira Farooqui*

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Diet and exercise have long been recognized as important components of a healthy lifestyle, as they have a great impact on improving cardiovascular and cerebrovascular functions, lowering the risk of metabolic disorders, and contributing to healthy aging. As a greater proportion of the world's population is living longer, there has been increased interest in understanding the role of nutrition and exercise in long-term neurological health and cognitive function.

*Diet and Exercise in Cognitive Function and Neurological Diseases* discusses the role and impact that nutrition and activity have on cognitive function and neurological health. The book is divided into two sections. The first section focuses on diet and its impact on neurobiological processes. Chapters focus on the impacts of specific diets, such as the Mediterranean, ketogenic and vegan diets, as well as the role of specific nutrients, fats, fatty acids, and calorie restriction on neurological health and cognitive function. The second section of the book focuses on exercise, and its role in maintaining cognitive function, reducing neuroinflammatory responses, regulating adult neurogenesis, and healthy brain aging. Other chapters look at the impact of exercise in the management of specific neurological disorders such Multiple Sclerosis and Parkinson's Disease.

*Diet and Exercise in Cognitive Function and Neurological Diseases* is a timely reference on the neurobiological interplay between diet and exercise on long-term brain health and cognitive function.

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