

Comparing the role of edible nanoparticles versus their natural superfood source- a study in mitigating the complications of obesity

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Abstract

Though it has many etiologies, obesity is essentially attributed to disruptions in cellular homeostasis and an impeded normal biochemical response. The search for prevention and/or treatment options for obesity is still front and center as this multifactorial disease constitutes a huge strain on systems of healthcare provision, worldwide. In addition, with substantial evidence indicating that obese patients are more susceptible to the development of a myriad of complications that render most pharmacological treatments ungainly, the search has shifted towards naturally occurring phytochemical-rich medicinal plants, due to their remarkable characteristics and their potential to target multiple pathways. However, the use of plant-derived nutraceuticals is hurdled by considerable challenges, including: in-vivo instability, poor bioavailability/absorption and issues with target-specific delivery, or some forms of food intolerances and aversions. Therefore, new research should be focused on preparing derivatives of these nutraceuticals that retain their activities, while enhancing their physical properties, to make them more suitable for pharmaceutical formulations; through the use of edible, green, eco-friendly, nanoparticles.

Biography:

Ola M.S. Abdelnaby is a lecturer of Biochemistry and Nutrition, at the Faculty of Women for Science at Ain Shams University in Egypt. Both her MSc and PhD studies were centered on the role of our diet in our susceptibility to disease, while her future research interests revolve around the preventability of malnutrition related diseases through evidence based policy changes and efforts to combat the global nutritional illiteracy.

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