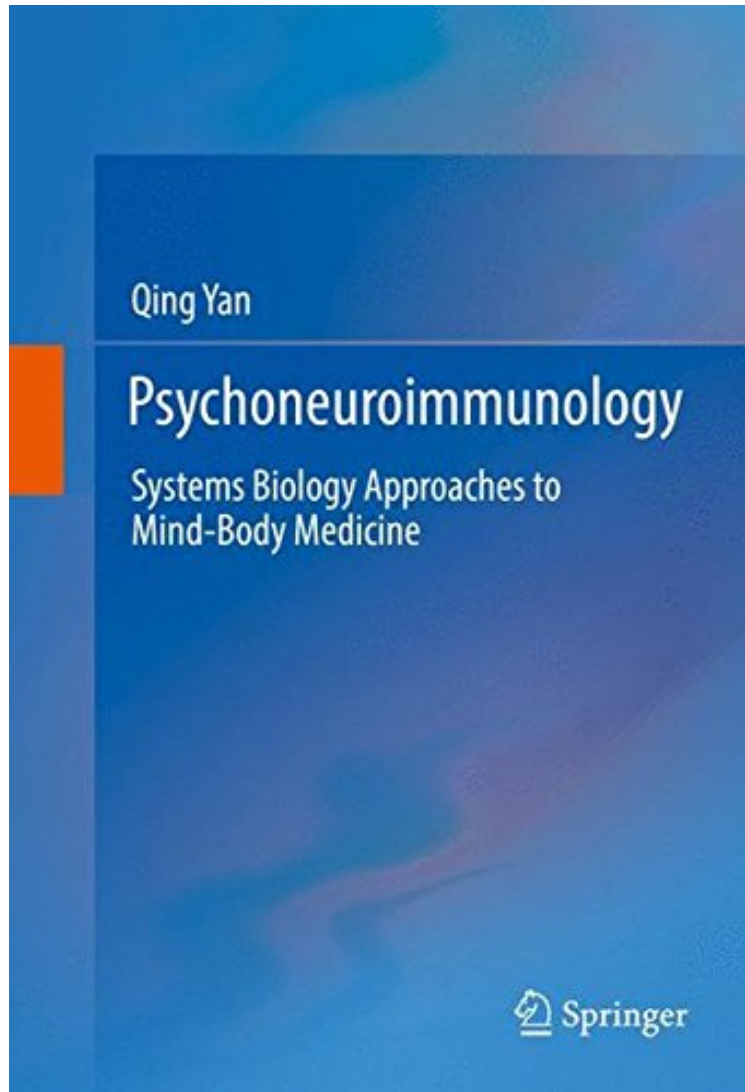


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Psychoneuroimmunology: Systems Biology Approaches to Mind-Body Medicine

Qing Yan

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Qing Yan : Psychoneuroimmunology: Systems Biology Approaches to Mind-Body Medicine before purchasing it in order to gage whether or not it would be worth my time, and all praised Psychoneuroimmunology: Systems Biology Approaches to Mind-Body Medicine:

This book provides a comprehensive overview of the cutting-edge discoveries and the systems approaches related to

the multi-disciplinary field of psychoneuroimmunology (PNI), which may provide the scientific basis for mind-body relationships, and aid in the development of personalized medicine. Specifically, the book focuses on the systems biology studies of complex mechanisms, such as stress and inflammation. There is strong evidence supporting the close relationship between stress, inflammation, and disorders including obesity, cardiovascular disease, diabetes, skin diseases, and sleep disorders. As inflammation is a critical connection among different diseases, further elucidating this connection may contribute to the findings of systemic therapeutic targets. Translational medicine is also addressed, by applying PNI approaches in clinical practice. A major challenge in current bioscience is the translation of basic scientific discoveries into better clinical outcomes. With the understanding of the translational implications of PNI, integrative interventions can be applied to modulate stress responses and to promote healthier behaviors. As an important feature of this book, a broad overview of the PNI-associated integrative interventions is provided. These interventions include nutritional supplements, meditation, and other mind-body strategies. From basic concepts to systems methodologies, from theoretical sources to clinical applications, Psychoneuroimmunology contributes to the understanding and development of PNI toward the establishment of personalized and mind-body medicine.

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