

CONTENTS

Importance of the Ratio of Omega-6/Omega-3 Essential Fatty Acids: Evolutionary Aspects	1
The Importance of Omega-6/Omega-3 Fatty Acid Ratio in Cell Function.	23
Omega-6/Omega-3 Ratio and Brain-Related Functions	37
Dietary Prevention of Coronary Heart Disease: Focus on Omega-6/Omega-3 Essential Fatty Acid Balance	57
Effects of an Indo-Mediterranean Diet on the Omega-6/Omega-3 Ratio in Patients at High Risk of Coronary Artery Disease: The Indian Paradox	74
Omega-6/Omega-3 Fatty Acid Ratio: The Israeli Paradox	81
Linoleic Acid to Alpha-Linolenic Acid Ratio.	92
The Japan Society for Lipid Nutrition Recommends to Reduce the Intake of Linoleic Acid	109
Omega-6/Omega-3 Polyunsaturated Fatty Acid Ratio and Cancer	133
Omega-6/Omega-3 Fatty Acids and Arthritis	152
Author Index	169
Subject Index	170