

<b>Venue:</b>	Doody's Book Review Service
<b>Title:</b>	Book Review: Natural products and cardiovascular health, Catherina C. Caballero-George
<b>Date:</b>	2019
<b>Type:</b>	Book Review
<b>Author(s)/ Presenter(s):</b>	Paul Ratte
<b>Abstract (or Book Review):</b>	<p><b>Description</b></p> <p>This collection of nine monographs on natural substances with beneficial effects on cardiovascular disease is a standard pharmacognosy book.</p> <p><b>Purpose</b></p> <p>The purpose is to offer the research evidence to support the use of various natural substances in the treatment of cardiovascular disease. This book does an excellent job of summarizing research evidence for researchers, but clinicians may find it difficult to use in clinical practice. However, it offers a firm base for evidence-based practitioners to begin an inquiry into clinical applications.</p> <p><b>Audience</b></p> <p>This book is written for researchers and research-minded clinicians. The author suggests a broad target audience for this as an introduction to the pharmacognosy of natural products, but it is not written for clinicians looking for a brief introduction as it immediately pursues relevant pharmacology, biochemistry, and molecular biology. As such, it is an excellent starting point for researchers and biochemical-minded clinicians.</p> <p><b>Features</b></p> <p>In each of the nine monographs/chapters there is a discussion of the mechanisms of action and potential clinical application. The brevity of the text is welcome, but it is not a simple introduction to the material. Having a stronger consistent structure for each chapter would be helpful. For example, some chapters have a clear conclusion, whereas others do not. This makes it difficult to peruse the chapter contents. The quality of the diagrams is poor -- they are light and fuzzy. Also, abbreviations are inconsistent and sometimes missing.</p> <p><b>Assessment</b></p> <p>This is a valuable book for researchers and clinicians interested in exploring natural products to treat cardiovascular disease. The quality of the information is excellent. It is an</p>

	<p>admirable introduction for pharmacology-minded researchers and clinicians, but it does not easily translate to the clinical environment. It is an exemplary primer on the underlying mechanisms of function of natural products and their effects on relevant biomarkers of cardiovascular disease.</p>
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