## **Contents**

1	Nutritional Epigenetics and Aging	1
2	Dietary Restriction, Dietary Design and the Epigenetics of Aging and Longevity	29
3	Anti-inflammatory Action of Calorie Restriction Underlies the Retardation of Aging and Age-Related Diseases Dae Hyun Kim, Eun Kyeong Lee, Min Hi Park, Byoung Chul Kim, Ki Wung Chung, Byung Pal Yu and Hae Young Chung	49
4	Hormonal Influence and Modulation in Aging	69
5	Epigenetic Modulation of Gene Expression by Exercise Sataro Goto, Kyojiro Kawakami, Hisashi Naito, Shizuo Katamoto and Zsolt Radak	85
6	Metabolic and Antioxidant Adaptation to Exercise: Role of Redox Signaling	101
7	Sarcopenia and Its Intervention.  Kunihiro Sakuma and Akihiko Yamaguchi	127
8	The Role of Functional Foods and Their Bioactive Components in Bone Health Bahram H. Arjmandi and Sarah A. Johnson	153

9	Nutritional Interventions for Cardiovascular Aging and Age-Related Cardiovascular Diseases	179
10	Calorie Restriction Mimetics: Progress and Potential	211
11	History of the Study of Calorie Restriction in Nonhuman Primates Conducted by the National Institute on Aging: The First Decade  Donald K. Ingram, Julie A. Mattison, Rafael de Cabo and George S. Roth	245
Ind	ex	277