

ABOUT THE AUTHORS



Dr. Tarvinder Jeet Kaur is a distinguished mentor and an enthusiastic academician. With a passion of promoting healthier life style, she has dedicated her career exploring the intricate relationship between diet, health and wellbeing. Her dynamic teaching style and her way of simplifying concepts leave an inedible mark on her students. She has prolific multi-dimensional career as a teacher, researcher and a resource generating spanning over 24 years. Under her superior supervision, 5 research scholars have completed their Ph.D. and currently mentoring 7 research scholars. She has number of research publications in several leading journals and is an embodiment of research excellence. Her scientific knowledge and enthusiasm has brought this book to life.



Ms. Ruhi Grewal is a mounting academician, working as an Assistant Professor and pursuing her Ph.D. in the field of metabolic disease. She is dominantly working on the management of disturbed dyslipidemic patterns among the population. Her career as a teacher and as a researcher, is assisting her to gain the knowledge and aiding her up to enlighten the minds of students to brilliance. She keenly works on therapeutic management of metabolic diseases through dietary life style modification. Her growing fineness in research field has made her win prizes in several research presentation competitions. She has published her research work in acknowledged journals. Her zeal and passion of writing the book has given this publication a novel significance.

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Significance of
Nutraceuticals as
Food Components**

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DYSLIPIDEMIA: SIGNIFICANCE OF NUTRACEUTICALS AS FOOD COMPONENTS



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