

# Preface

For centuries, East Asian people have used traditional functional foods or herbs as a folk medicine to treat or prevent diseases, long before the introduction of Western medicine. Western medicine is effective in curing acute diseases, it is not necessarily applicable to the prevention of diseases.

In order to use foods to improve health for prevention of diseases in advance, we first need to clarify scientifically the functions of the foods to give reasonable scientific answers to questions as How well does this work? How safe is it? For What type of conditions you want to improve for?

Biological functions included in foods or herbs are gradually recognizing as the second medicines by intervention into the diseases preventive fields. This idea is lately supporting by taking the genetically modified foods containing high active compounds.