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**Sinopsis**

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The Japanese Ministry of Health, Labor and Welfare, officially recognizing that various risk factors for disease are present in our environment, has proposed the concept of lifestyle-related diseases. These include those diseases that are tied to such lifestyle choices as excessive alcohol consumption, cigarette smoking, exposure to stress, and poor diet.

Ongoing attention to this issue led to an International Symposium on Free Radicals and Health: Molecular Interventions and Protection of Lifestyle-Related Diseases bringing together the top experts in that area. With the belief that the recognition of the occurrence of risk factors and their identification are important to overcoming lifestyle-related diseases, three of those experts invited prominent participants at the symposium to contribute to a book. Molecular Interventions in Lifestyle-Related Diseases is the result of that effort.