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Progress in Nutrition has generously accepted to publish these abbreviated Proceedings of the 4th International Symposium on Functional Foods 'New Horizons in Chinese Medicines & Health Foods' that took place on October 29-30, 2009 at the Hong Kong Polytechnic University.

This Symposium had many incarnations, and this very 4th edition even more. After 3 large programs devoted mostly to Functional Foods, we wanted to focus on 'Genomics of Chinese Medicine' but we were told that such a theme would result in the Seminar of the Society of Mutual Admiration; besides 'Functional Foods' - a still undefined term - was and should remain prominently dis-

played. Therefore we incubated and worked on a program that brought much more to the plate of hunger for knowledge. And instead of functional foods, we switched to the PRC term of Health Foods, being well defined by the SFDA.

This 4th edition was focusing on new developments in diverse aspects of Modern Chinese Medicine, and Nutraceuticals. A large Poster session allowed young [<40 years] researchers to present very exciting novel results and ideas.

We hope that you will enjoy reading these Proceedings as much as we did attending the presentations!

Hong Kong, November 2009