

FOOD THERAPY

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The Science of Food Therapy

“Part of the secret of success in life is to eat what you like and let the food fight it out inside. “

~Mark Twain~

FOR ANY TERM, CHECK THE GLOSSARY!!

Introduction

Definitions

Nutrient: a substance used by the human body for growth, maintenance and repair; a nutritious substance, or a food component;

Nutrition: the sum of the processes involved in taking in nutrients, absorbing, assimilating and utilizing them.

Nutrition processes:

Digestion: the act or process of converting food into chemical substances that could be absorbed and assimilated;

Absorption: the uptake of substances into or across tissues;

Elimination: the act of expulsion from the body;

Building: creating new structures;

Cleansing: achieving optimal function by eliminating stressors;

Maintenance: preserving what has been achieved;

Metabolism: all chemical reactions that take place inside cells.

NUTRIENTS:

Macronutrients: water, proteins, carbohydrates, lipids;

Food Therapeutics

I ARTICHOKES		
<i>Nutritional value:</i> One large artichoke	Macronutrients	Micronutrients
	8.8 g dietary fiber; 5 g of protein	152 mg sodium; 110 mcg folic acid; 146 mg phosphorus; 599mg potassium; 80 mg magnesium; 15 mg vitamin C;
<p>Health information</p> <p><i>Active component: Cynarin</i> –substance with choleric* action; all parts contain <i>cynaropicrin</i> (bitter substance with digestive stimulant properties) and <i>inulin</i> (see Appendix D);</p> <p><i>Uses:</i> stimulate digestive secretions, especially bile; supports liver’s detoxification process; may help lower cholesterol levels.</p> <p><i>Comments:</i> fresh artichokes are low in calories, because their main carbohydrate is <i>inulin</i>; a single artichoke is actually an unopened flower bud from a thistle-like plant, <i>Cynara scolymus</i>.</p> <p><i>*Choleric: stimulating bile production by the liver</i></p>		

ARUGULA		
<i>Nutritional Information</i> 100 g, raw (3.5 ounces)	Macronutrients	Micronutrients
	3.7 g carbohydrates; 1.6 g fiber; 2.3 g protein	Vitamins A, C, B2 ; folic acid, calcium, magnesium, zinc;
<p>Health information</p> <p>High <i>calcium</i> content ; belongs to the <i>Cruciferous</i> family, along with broccoli, cabbage, Brussels sprouts and cauliflower;</p> <p>Contains <i>indoles</i>-powerful cancer-fighting phytochemicals.</p> <p>Higher amount of <i>vitamin C</i> and <i>beta-carotenes</i> than other salad greens;</p>		

O P ASPARAGUS		
<i>Nutritional</i>	Macronutrients	Micronutrients

EENT: Eye, ear, nose, and throat;

EFA: Essential fatty acids;

Ellagic acid: compound found in raspberries, strawberries, cranberries, walnuts, pecans, pomegranates, and other plant foods; anti-cancer properties;

Embolus: “traveling” obstacle which can lodge in a blood vessel;

Emmenagogue: an agent that induces or regulates menstruation;

Emetic: a substance that induces vomiting;

Enteric-coated: a tablet or capsule can be coated with a substance intended to prevent it from dissolving until it reaches the small intestine, thus bypassing the acidic stomach environment;

Enuresis: bed wetting;

Eosinophils: white blood cells involved in allergies and reactions to parasites;

EPA: eicosapentanoic acid; form of essential fatty acid found in cold water fish;

Epinephrine: adrenal medulla hormone involved in stress reactions; also known as *Adrenaline*;

Epistaxis: nose bleed;

EPO: evening primrose oil;

Erythema: skin redness, due to capillary congestion;

Erythropoiesis: blood cells formation;

Etiology: cause of disease;

Excoriation: superficial skin lesion, as in scratching;

Expectorant: an agent that promotes the discharge of mucus and phlegm;