General therapeutic approach to disease:

As a rule of thumb, every time when you approach therapeutically an imbalance or a disease, please keep in mind that, ideally, you should take into consideration the following:

• Assess the individual, not the imbalance or disease;

• When you design a nutritional protocol, take into consideration all the factors that may have contributed to the apparition of the imbalance/disease, not only the etiologic factors (for example, acne is a skin infection, etiologically speaking, but the condition will be much worse when the client is exposed to stress or when the liver does not function properly);

• Do your best to approach the condition from two points of view: apply the proper protocol for the given condition and support the body at the same time (of course that vitamin C in increased dosage is very beneficial for the immune system, but if your client goes through stress at the same time, you will do well to remember to take care of his/her nervous system as well);

• Always begin with a general cleanse: liver (to make sure that toxins are being eliminated from the body), digestive system (to ensure proper nutrient digestion and absorption) and blood (metabolized toxins are being released in the blood stream);

• If your client is going through stress and/or they are suffering from a chronic disease, keep in mind Adrenal support;

• Approach your client from three points of view: diet (after all, you are nutritionists… who knows better than you?), supplementation and other approaches (stress management, exercise, meditation, support groups, walks in the park, etc.);
Try to respect the Basic principles of nutritional protocols:

1. **Synergy** of nutrients (vitamin C benefits from the presence of bioflavonoids);
2. **Completeness** (apply the correct dosages according to your client’s needs);
3. **Biochemical individuality** (diabetes requires a certain nutritional protocol, that may be different from the one you apply for Rheumatoid Arthritis);
4. **Lifestyle dynamics** (you will need more antioxidants if you live in a polluted city as opposed to what you would need if you lived far away, where the air is very clean!);
5. **Precision** (apply the correct dosages taking into consideration toxicity and side effects);
6. **Physiological dynamics** (you will need a certain amount of proteins if you are a body builder that you would not need if you lead a sedentary life).

### TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Chapter</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preface:</td>
<td></td>
<td>(iii)</td>
</tr>
<tr>
<td>Foreword:</td>
<td></td>
<td>(v)</td>
</tr>
<tr>
<td>Legend of symbols</td>
<td></td>
<td>(viii)</td>
</tr>
<tr>
<td>Table of Contents:</td>
<td></td>
<td>(ix)</td>
</tr>
<tr>
<td><strong>CHAPTER 1</strong></td>
<td><strong>INTRODUCTION TO PATHOLOGY</strong></td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>The Cell and the cellular environment</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Definitions and terminology</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Cellular injury</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Nutrients for cell’s health</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Nutrients for tissue’s health</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>The water balance and edema</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>Acid base balance</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>Regulation of blood pH</td>
<td>7</td>
</tr>
<tr>
<td><strong>CHAPTER 2</strong></td>
<td><strong>ENVIRONMENTAL DISEASES</strong></td>
<td>8</td>
</tr>
<tr>
<td></td>
<td>Air pollution related diseases</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td>Chemical and drug related diseases</td>
<td>9</td>
</tr>
<tr>
<td></td>
<td>Physical injuries</td>
<td>10</td>
</tr>
</tbody>
</table>
CHAPTER 3   INTRODUCTION TO GENETIC (INHERITED) DISEASES  

CHAPTER 4   THE IMMUNE SYSTEM AND BODY DEFENSE  

CHAPTER 5   INFECTION  

CHAPTER 6   NEOPLASIA  

CHAPTER 7   NUTRITIONAL DISORDERS
<table>
<thead>
<tr>
<th>Chapter 8: Gastro-Intestinal Disorders</th>
<th>41</th>
</tr>
</thead>
<tbody>
<tr>
<td>Important Nutrients</td>
<td>42</td>
</tr>
<tr>
<td>Assessment</td>
<td>44</td>
</tr>
<tr>
<td>Basic Mechanisms of</td>
<td></td>
</tr>
<tr>
<td>the Digestive Systems Pathology</td>
<td></td>
</tr>
<tr>
<td>Periodontal Disease</td>
<td>48</td>
</tr>
<tr>
<td>Esophageal disorders</td>
<td>49</td>
</tr>
<tr>
<td>Dysphagia</td>
<td>49</td>
</tr>
<tr>
<td>GERD</td>
<td>49</td>
</tr>
<tr>
<td>Esophagitis</td>
<td>51</td>
</tr>
<tr>
<td>Hiatus hernia</td>
<td>51</td>
</tr>
<tr>
<td>Stomach disorders</td>
<td>52</td>
</tr>
<tr>
<td>Hyperchlorhidria</td>
<td>52</td>
</tr>
<tr>
<td>Hypochlorhidria</td>
<td>52</td>
</tr>
<tr>
<td>Dyspepsia</td>
<td>53</td>
</tr>
<tr>
<td>Gastritis</td>
<td>55</td>
</tr>
<tr>
<td>Peptic Ulcer Disease</td>
<td>55</td>
</tr>
<tr>
<td>Pancreatitis</td>
<td>57</td>
</tr>
<tr>
<td>Bowel Movement Irregularities</td>
<td>59</td>
</tr>
<tr>
<td>Celiac disease</td>
<td>62</td>
</tr>
<tr>
<td>Functional bowel disorders:</td>
<td>63</td>
</tr>
<tr>
<td>Irritable Bowel Syndrome</td>
<td>63</td>
</tr>
<tr>
<td>Gas</td>
<td>65</td>
</tr>
<tr>
<td>Inflammatory Bowel Disease:</td>
<td>66</td>
</tr>
<tr>
<td>Crohn’s and Ulcerative Colitis</td>
<td>66</td>
</tr>
<tr>
<td>Diverticulitis</td>
<td>68</td>
</tr>
<tr>
<td>Dysbiosis</td>
<td>69</td>
</tr>
<tr>
<td>Candidiasis</td>
<td>73</td>
</tr>
<tr>
<td>Intestinal Parasitosis</td>
<td>75</td>
</tr>
<tr>
<td>Anorectal disorders</td>
<td>77</td>
</tr>
<tr>
<td>Hemorrhoids</td>
<td>77</td>
</tr>
<tr>
<td>Tumors</td>
<td>78</td>
</tr>
<tr>
<td>Esophageal cancer</td>
<td>78</td>
</tr>
<tr>
<td>Stomach cancer (Gastric)</td>
<td>79</td>
</tr>
<tr>
<td>Polyps</td>
<td>79</td>
</tr>
<tr>
<td>Colorectal Carcinoma</td>
<td>79</td>
</tr>
</tbody>
</table>
CHAPTER 9  THE LIVER AND THE BILIARY TRACT  79
Important Nutrients  82
Assessment  83
Liver Function  84
Assessment of Liver Toxicity  85
Detoxification  86
Liver diseases  90
Fatty liver  90
Cirrhosis  91
Hepatitis  93
Biliary Tract Diseases  93
  Cholelithiasis  93
  Cholecystitis  93

CHAPTER 10  MUSCULO-SKELETAL AND
CONNECTIVE TISSUE DISORDERS  94
Bone Composition  97
Important Nutrients  98
Assessment of musculo-skeletal conditions  99
Autoimmune and diffuse connective tissue disorders  100
  Rheumatoid arthritis  100
  Systemic Lupus Erythematos  102
  Ankylosing Spondylitis  104
Osteoarthritis  105
Infections of bones and joints  107
  Infectious arthritis  107
  Osteomyelitis  108
Crystal-induced conditions  108
  Gout  108
Deficiency diseases  110
  Rickets and Osteomalacia  110
  Osteoporosis  112
Nonarticular rheumatism  114
  Torticollis  114
  Low back pain  115
  Intervertebral Disc Herniation  116
  Strains and Sprains of Tendons  117
  Bursitis and tendonitis  117
  Fibromyalgia  118
Hand disorders: Carpal tunnel syndrome  120

CHAPTER 11  NERVOUS SYSTEM DISORDERS  120
Neurotransmitters  122
Important Nutrients  123
Assessment  124
Headache 125
Seizure disorders 129
  Epilepsy 129
Sleep disorders 131
  Insomnia 131
  Sleep apnea 132
  Parasomnias: restless leg syndrome 132
Cerebrovascular diseases 133
  Ischemic syndromes 133
    Transient Ischemic Attack 133
    Ischemic stroke 133
  Hemorrhagic syndromes 133
CNS infections 134
Cranial nerves disorders 135
  Trigeminal neuralgia 135
  Bell’s palsy 135
Disorders of the Peripheral Nervous System 135
  Neuralgia and nerve injury 135
  Peripheral neuropathies 136
    Guillain-Barre syndrome 136
Disorders of movement 137
  Huntington’s disease 137
  Parkinson disease 137
Demyelinating diseases: Multiple sclerosis 137

CHAPTER 12  OPTHALMOLOGIC, EAR, NOSE AND THROAT DISORDERS 137
Eye disorders 141
  Nutritional Imbalances 141
  Assessment 142
  Inflammatory and infectious conditions 142
  Cataract 144
  Macular degeneration 145
  Glaucoma 145
Ear disorders 146
  Nutritional Imbalances 146
  Assessment 147
  Tinnitus 147
  Meniere’s disease 148
  Otitis 148
Nose and sinuses disorders 150
  Assessment and nutritional imbalances 150
  Epistaxis 150
  Rhinitis 151
  Sinusitis 152
Throat disorders 152
CHAPTER 13 ENDOCRINE AND METABOLIC DISORDERS 152
Major Endocrine Glands 155
Basic Nutrients 156
Assessment 157
Pituitary disorders 158
   Anterior lobe disorders 158
   Posterior lobe disorders 158
Thyroid disorders 158
   Hyperthyroidism 158
   Hypothyroidism 161
Adrenal disorders 161
   Adrenal cortical hypofunction: Addison disease 161
   Adrenal cortical hyperfunction: 162
   Adrenal hypofunction: adrenal fatigue 162
Disorders of carbohydrate metabolism 162
   Hyperglycemia/ Diabetes 162
   Hypoglycemia 163
Disorders of the Lipid Metabolism 163
   Hypercholesterolemia 163

CHAPTER 14 INTEGUMENTARY SYSTEM DISEASES 163
Types of skin lesions 177
Important nutrients for the skin 178
Assessment of skin disorders 178
Bacterial infections of the skin 179
   Cellulitis 179
   Cutaneous abscess 180
Fungal skin infections 180
   Athlete’s foot 180
   Pytiriasis versicolour 180
   Skin candidiasis 180
Parasitic skin infections 181
   Scabies 181
Viral skin infections 181
   Herpes simplex 181
   Herpes zoster (shingles) 182
Dermatitis (Eczema) 182
   Allergic contact dermatitis 182
   Irritant contact dermatitis 182
   Seborrheic dermatitis 182
   Atopic dermatitis 183
Disorders of hair follicles & sebaceous (oil) glands 183
Acne vulgaris 183
Acne rosacea 183
Scaling papular diseases 183
Psoriasis 184
Diseases of cornification 184
Corns and calluses 184
Bulous diseases 184
Pemphigus 184
Benign skin tumors 184
Skin tags 184
Seborrheic keratosis 185
Malignant skin tumors 185
Basal cell carcinoma 185
Squamous cell carcinoma 185
Malignant melanoma 185
Hair conditions: alopecia 185
Nail conditions 185

CHAPTER 15 PULMONARY DISORDERS 186
Important Nutrients 186
Assessment 186
Allergic conditions: 186
Allergic Asthma 186
Hay fever 187
Chronic obstructive respiratory disorders 187
Chronic Bronchitis 187
Emphysema 188
Common cold 188
Pneumonia 188
Bacterial pneumonia 189
Viral pneumonia 189
Bronchitis 190
Occupational Lung Diseases 191
Lung Cancer 191

CHAPTER 16 CARDIOVASCULAR DISORDERS 192
Important Nutrients 192
Nutritional abnormalities 192
Assessment 193
Atherosclerosis 193
Syndrome X 193
Coronary Artery Disease 193
Angina 194
Myocardial infarction 194
Arrhythmias 195
Valvular heart disease 195
<table>
<thead>
<tr>
<th>Congestive Heart Failure</th>
<th>196</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood Pressure Abnormalities</td>
<td>197</td>
</tr>
<tr>
<td>Arterial hypertension</td>
<td>198</td>
</tr>
<tr>
<td>Hypotension</td>
<td>199</td>
</tr>
<tr>
<td>Aneurysm</td>
<td>200</td>
</tr>
<tr>
<td>Peripheral vascular disorders</td>
<td>202</td>
</tr>
<tr>
<td>Peripheral Arterial Oclusion</td>
<td>204</td>
</tr>
<tr>
<td>Raynaud’s disease</td>
<td>206</td>
</tr>
<tr>
<td>Varicose veins</td>
<td>209</td>
</tr>
<tr>
<td>Bruising</td>
<td>211</td>
</tr>
<tr>
<td>Venous thrombosis</td>
<td>213</td>
</tr>
<tr>
<td><strong>CHAPTER 17</strong></td>
<td></td>
</tr>
<tr>
<td><strong>HEMATOLOGY AND ONCOLOGY</strong></td>
<td>214</td>
</tr>
<tr>
<td>Blood Constituents</td>
<td>214</td>
</tr>
<tr>
<td>Hematopoiesis</td>
<td>215</td>
</tr>
<tr>
<td>Hemostasis</td>
<td>215</td>
</tr>
<tr>
<td>Important Nutrients</td>
<td>216</td>
</tr>
<tr>
<td>Assessment</td>
<td>216</td>
</tr>
<tr>
<td>Anemias</td>
<td>217</td>
</tr>
<tr>
<td>Post hemorrhagic anemia</td>
<td>217</td>
</tr>
<tr>
<td>Iron deficiency anemia</td>
<td>218</td>
</tr>
<tr>
<td>Megaloblastic (pernicious) anemia</td>
<td>218</td>
</tr>
<tr>
<td>Hemolytic anemia</td>
<td>219</td>
</tr>
<tr>
<td>Clinical Picture of Anemia</td>
<td>219</td>
</tr>
<tr>
<td>Nutritional Approaches for Anemia</td>
<td>220</td>
</tr>
<tr>
<td>Leukemia</td>
<td>221</td>
</tr>
<tr>
<td>Lymphomas</td>
<td>221</td>
</tr>
<tr>
<td><strong>CHAPTER 18</strong></td>
<td></td>
</tr>
<tr>
<td><strong>URINARY DISORDERS</strong></td>
<td>222</td>
</tr>
<tr>
<td>Important Nutrients</td>
<td>223</td>
</tr>
<tr>
<td>Assessment</td>
<td>224</td>
</tr>
<tr>
<td>Urinary tract infections</td>
<td>224</td>
</tr>
<tr>
<td>Urinary calculi (kidney stones)</td>
<td>226</td>
</tr>
<tr>
<td>Pyelonephritis</td>
<td>228</td>
</tr>
<tr>
<td>Glomerulonephritis</td>
<td>228</td>
</tr>
<tr>
<td><strong>CHAPTER 19</strong></td>
<td></td>
</tr>
<tr>
<td><strong>GYNECOLOGY AND OBSTETRICS</strong></td>
<td>228</td>
</tr>
<tr>
<td>Important Nutrients</td>
<td>228</td>
</tr>
<tr>
<td>Assessment</td>
<td>228</td>
</tr>
<tr>
<td>Reproductive endocrinology</td>
<td>229</td>
</tr>
<tr>
<td>Estrogen</td>
<td>229</td>
</tr>
<tr>
<td>Progesterone</td>
<td>230</td>
</tr>
<tr>
<td>Estrogen dominance</td>
<td>230</td>
</tr>
<tr>
<td>Menstrual abnormalities and abnormal uterine bleeding</td>
<td>231</td>
</tr>
</tbody>
</table>
Premenstrual syndrome 237
Dysmenorrhea 239
Amenorrhea 241
Gynecologic inflammations and infections 242
Pelvic Inflammatory Disease 244
Endometriosis 245
Ovarian Cysts 246
Uterine fibroids 247
Menopause 249
Gynecologic neoplasms 249
Breast disorders 250
Fibrocystic breast disease 250
Breast cancer 250

Infertility 250

CHAPTER 20 MALE REPRODUCTIVE SYSTEM 251
Important Nutrients 251
Assessment 252
Prostate diseases 252
Prostatitis 253
Benign Prostate Hypertrophy 253
Prostate cancer 254
Erectile dysfunction 255
Infertility 256

CHAPTER 21 SPECIAL SUBJECTS 257
Chronic fatigue syndrome 257

CHAPTER 22 PSYCHIATRIC DISORDERS 259
Important Nutrients 259
Assessment 260
Schizophrenia 260
Mood disorders 261
Depression 261
Mania 262
Bipolar disorder 262
Cognitive Mental Disorders 263
Dementia 263
Alzheimer’s 264
Anxiety disorders 264
Panic attacks and panic disorder 265
Social Anxiety Disorder 266
Generalized anxiety disorder 267
Post traumatic stress disorder 268
CHAPTER 1: THE CELL AND THE CELLULAR ENVIRONMENT

Pathology is the study (from the Greek word “logos”) of suffering (pathos). It is actually a science that links the human physiological processes with the clinical practice and with the changes responsible for various diseases that occur at cellular, tissue and organ level.

The science of Pathology is divided into two main categories:

- General pathology, which studies the basic, general reactions of cells and tissues to various abnormal stimulations (i.e.: inflammation, cell death, free radical injury, etc.);
• **Special pathology**, which studies the reactions of specialized tissues and organs to various abnormal stimulations (specific disease processes: pneumonia, myocardial infarction, etc.).

A **disease process** will always be approached from four points of view:

1. **Etiology** (cause) of disease
   - Intrinsic (genetic)
   - Acquired (infectious, nutritional, mechanical, chemical, environmental, etc)
2. **Pathogenesis** (description of the pathological mechanisms responsible for the occurrence of disease)
3. **Morphologic changes** (the structural modifications at cellular, tissue and organ level)
4. **Clinical aspect** (the functional consequences of the structural modifications)

**Definitions and terminology:**
- **Homeostasis**: a tendency to balance, stability in the physiological processes;
- **Hypertrophy**: enlargement of an organ or part due to increase in size of its cells;
- **Atrophy**: decrease in size of cells;
- **Hyperplasia**: increase in cell number;
- **Dysplasia**: abnormal changes in the size and shape of cells;
- **Acute**: severe symptoms and a short course;
- **Chronic**: lasting for a long time (weeks, months);
- **Symptoms**: subjective evidence, as perceived by a person (headache, abdominal pain);
- **Sign**: objective, noticeable and/or measurable evidence pertaining to a person’s status (rash, fever);
- **Onset**: beginning, debut;
- **Syndrome**: a set of symptoms occurring together, co-existing;
- **Generalized (systemic)**: applied to the whole body;
- **Localized (organic)**: applied to a specific organ/part;
- **Prophylaxis**: prevention;
- **Maintenance**: preserving what has been achieved.

**CHAPTER 9: THE LIVER AND THE BILIARY TRACT**

**LIVER DETOXIFICATION: PRINCIPLES AND PROTOCOLS**

1. The first step in liver detoxification approach is to **remove dietary, environmental and lifestyle stressors** (as much as possible; by stressors we mean alcohol, coffee, smoking, environmental toxins, etc.); we can recommend the best foods and supplemental measures, but if the body continues to be bombarded with toxins, then there is not much that we can achieve.
2. The second step is to improve the diet; avoid all liver dietary stressors, and increase intake of fruits, vegetables, legumes, fish and nuts; do not forget increased water intake; do use the foods that have been listed above under Liver Support.

3. While you are working along with your client on steps number 1 and 2, employ a very simple and effective method: lemon water cleanse. Use a glass of pure, room temperature water in which you squeeze a few drops of fresh lemon juice (lime juice is as good). Drink it first thing in the morning. Wait for 30 minutes before you eat or drink anything else. Do not take any vitamins or other pills with your lemon water, and do not squeeze the lemon in fruit juice (as the liver will start working on that instead of detoxifying). The reason behind this cleanse is that the liver accumulates toxins in bile overnight, and the lemon juice stimulates gall bladder contractions, allowing the bile to flow into the duodenum. Do start your cleanse with only a few drops of lemon. If the liver is even slightly overloaded, you may end up having “side effects of detoxification”. If everything goes well for 3-4 days, you can add more lemon drops to your daily lemon water. The final quantity varies with the person’s tolerance.

4. Dandelion root tea greatly supports liver detoxification. Have a cup a tea everyday. Dandelion leaf tea will support the kidneys detoxification. Milk thistle tea is very helpful in regeneration of the liver tissue.

5. Supplements:

- Good multivitamin and mineral formula, as prescribed;
- Vitamin B complex, 50 mg/day;
- Vitamin C with bioflavonoids1-2 g/day;
- Vitamin E 400 IU/day.

6. Other measures:

- Fasts are frequently used by people who wish to detoxify; there are many types of fasts, from water fasts, to juice fasts, to combinations of juices and vegetables fasts, and so on; they are very helpful, but keep in mind that every client is different and apply your approach to the case (a hypoglycemia case should not fast, for example). Even short termed fasts are helpful (some people do it for a half a day only);
- Lymphatic drainage, by rubbing vigorously the outside of the thighs (helps drainage from the large intestine); rubbing the inside of the thigh will stimulate the drainage of small intestine;
- Epsom salts or sea salt and baking soda baths are helpful for detoxification.

(page 80)
CHAPTER 16: CARDIO-VASCULAR DISORDERS

Common symptoms/signs:
- pallor (pale skin and mucus membranes);
- cyanosis (blue colour of the mucus membranes);
- shortness of breath;
- tachycardia (fast heart beat);
- bradycardia (low heart rhythm);
- heart palpitations;
- chest pain;
- claudication (leg pain because of lack of oxygen supply to the leg muscles).

ASSESSMENT OF THE CARDIO-VASCULAR FUNCTION

<table>
<thead>
<tr>
<th>MEDICAL ASSESSMENT</th>
<th>NUTRITIONAL ASSESSMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Clinical aspect: based on symptoms/signs;</td>
<td>1. Nutritional status assessment based on the symptoms/signs mentioned above;</td>
</tr>
<tr>
<td>2. Physical examination: will include heart assessment from the heart sounds point of view; manually palpated pulse; also measures heart dimensions;</td>
<td>2. Liver function, as liver is responsible for lipid metabolism and transport;</td>
</tr>
<tr>
<td>3. Laboratory testing: of cholesterol, LDL, HDL, Lipoprotein (a), Fibrinogen (coagulation factor), homocysteine;</td>
<td>3. Digestive system assessment: to identify possible causes of malnutrition/maldigestion, which will greatly impede the cardiovascular health, by depletion;</td>
</tr>
<tr>
<td>4. X-ray: to asses heart’s dimensions;</td>
<td>4. Free radical status assessment (as in exposure and antioxidant status);</td>
</tr>
<tr>
<td>5. Phonocardiogram: to assess heart sounds;</td>
<td>5. Immune system assessment, as a weak immune system will not be able to deal with circulating toxins and harmful substances, rendering the possibility of free radical damage;</td>
</tr>
<tr>
<td>6. EKG (Electrocardiogram): registers the electrical activity of the heart;</td>
<td>6. Stress levels assessment, as stress is a leading risk factor of cardiovascular diseases;</td>
</tr>
<tr>
<td>7. Echocardiogram: assessment of the strength of heart contraction (ejection fraction); assessment of heart chambers;</td>
<td>7. Adrenal gland assessment, as the adrenal gland is the one that reacts in stressful situations;</td>
</tr>
<tr>
<td>8. Stress testing: assessment of cardiac activity upon stress/exercise;</td>
<td></td>
</tr>
</tbody>
</table>
MEDICAL ASSESSMENT

9. Doppler studies (echogram of the blood vessels): to assess the health of the blood vessels and eventual presence of obstacles in the vascular tree;

10. Angiography: introduces a contrast substance intravenously, then an X-ray is being taken that allows the view of all blood vessels already filled with the contrast substance.

NUTRITIONAL ASSESSMENT

8. Chronic diseases presence; which constitutes a risk factor in themselves, because of the stress level that accompanies them;


10. Assessment of physical activity level, as physical inactivity is a risk factor for cardiovascular disease.

CHAPTER 19: GYNECOLOGY

ENDOMETRIOSIS
* endometrial tissue migration outside of the uterus; usually located in the pelvic cavity, along abdominal organs, on the pelvic floor and on the ovaries

Etiology: much discussed, but still in theory form:
- Weak immune system with a tendency towards autoimmunity (do assess food sensitivity in this context);
- Retrograde bleeding from vagina into the fallopian tubes and then in the pelvic cavity (the “Retrograde menstruation theory”);
- Embryonic defect;
- Environmental toxins exposure;
- Emotional aspect.

Clinical aspect:
- Pelvic pain, severe, may be cyclic or constant;
- Dyspareunia; (pain with intercourse)
- Dysmenorrhea; (pain with menstruation)
- Pain with bowel movement;
- Pain with urination;
- Pain on movement.

Diagnosis: these cases undergo multiple diagnosis procedures, starting with physical examination, ultrasound, which is not very helpful and ultimately, laparascopy (the surgical opening of the abdomino-pelvic cavity) which proves the presence of endometriosis, often as “chocolate cysts” (dark cysts with blood).
Nutrition and holistic approach:
- Employ all measures under estrogen dominance, as it seems that endometriosis is one of the conditions that mirrors it;
- Increase fish and nuts intake for their anti-inflammatory effect;
- Seafoods and sea vegetables are rich in iodine, which seems to protect against endometriosis.

Supplements:
- Vitamin C 2-4 g/day, as it improves the vessel wall and protects against environmental toxins;
- Beta carotenes 25000-50000 IU/day, as they are vitamin A precursors and support the health of the mucus membranes;
- Vitamin E, 400 IU/day, as it inhibits the arachidonic acid formation;
- Evening Primrose Oil, 500 mg three times a day or flax seed oil, 1-2 tablespoons/day, for their anti-inflammatory effects;
- Vitamin B complex, 50 mg/day, as it benefits hormone balancing and supports the liver;
- Bromelain and papain, as they are anti-inflammatory and break down scar tissue (being enzymes);

Other measures:
- Cramp bark diminishes the pain; Chaste tree helps balancing hormones;
- Valerian is relaxing and antispasmodic; so is motherwort;
- Shepherd’s purse may help diminish the bleeding; Dandelion root is a very good liver detoxifier;
- Natural progesterone cream, as prescribed;
- Castor oil packs may help diminish the pain.

(page 241)

CHAPTER 13: THE ENDOCRINE SYSTEM

♦ ADRENAL GLAND DISORDERS

Let us take a look at the pathophysiology of the adrenal gland. Whereas the adrenal medulla and the adrenal cortex secrete different hormones, certain conditions will over stimulate the entire gland.
(page 150)

**APENDIX C**

**VITAMINS DEFICIENCIES, CONTRAINDICATIONS, INTERACTIONS**

<table>
<thead>
<tr>
<th>NUTRIENT</th>
<th>DEFICIENCY</th>
<th>CONTRAINDICATIONS/TOXICITY</th>
<th>MISCELLANEOUS/INTERACTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>VITAMIN C</td>
<td>Scurvy, delayed wound healing, reduced resistance to infections</td>
<td>High doses can cause diarrhea and abdominal pain</td>
<td>Caution when administered along with blood thinners Alcohol and smoking may decrease levels</td>
</tr>
<tr>
<td>THIAMIN(B1)</td>
<td>Beriberi</td>
<td></td>
<td></td>
</tr>
<tr>
<td>RIBOFLAVIN (B2)</td>
<td>Associated with red and burning eyes, glossitis and decreased neurotransmitters function</td>
<td>Alcohol intake decreases absorption; use of antidepressants may increase riboflavin requirements</td>
<td></td>
</tr>
<tr>
<td>NIACIN(B3)</td>
<td>Pellagra</td>
<td>Flushing, itching; not present with Niacinamide form; may increase liver enzymes</td>
<td>May increase vasodilatation</td>
</tr>
<tr>
<td>VITAMIN B5</td>
<td>Possible diarrhea in large</td>
<td></td>
<td></td>
</tr>
<tr>
<td>NUTRIENT</td>
<td>DEFICIENCY</td>
<td>CONTRAINDICATIONS/ TOXICITY</td>
<td>MISCELLANEOUS/ INTERACTIONS</td>
</tr>
<tr>
<td>-----------------------</td>
<td>------------------------------------------------</td>
<td>------------------------------------------------------------------------</td>
<td>------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>VITAMIN B6 (Pyridoxine)</td>
<td>Deficiency contributes to anemia</td>
<td>Doses over 500mg/day can cause peripheral neuropathy!</td>
<td>Large doses will decrease effectiveness of Levodopa; oral contraceptives may increase the need for B6</td>
</tr>
<tr>
<td>VITAMIN B12</td>
<td>Pernicious anemia</td>
<td></td>
<td>Colchicines, alcohol, aspirin, may decrease absorption</td>
</tr>
<tr>
<td>FOLIC ACID</td>
<td>Megaloblastic anemia</td>
<td>Large doses may promote seizures in epileptics</td>
<td>Large doses impair Phenobarbital absorption; oral contraceptive may affect metabolism</td>
</tr>
<tr>
<td>VITAMIN A</td>
<td>Immune impairment, dry skin and hair, eye disorders, impaired growth</td>
<td>Liver damage, bone pain, fissures at mouth corners</td>
<td>BCP may increase absorption</td>
</tr>
<tr>
<td>VITAMIN D</td>
<td>Rickets; osteomalacia</td>
<td>Very high doses: hypercalcemia, anorexia, nausea, H/A, depression, calcification of soft tissue, renal failure</td>
<td>BCP may increase absorption; barbiturates may decrease effectiveness</td>
</tr>
<tr>
<td>VITAMIN E</td>
<td>Muscle weakness</td>
<td>Nausea, diarrhea</td>
<td>Can potentiate action of blood thinners</td>
</tr>
<tr>
<td>VITAMIN K</td>
<td>Osteoporosis, coagulation problems</td>
<td>High doses may produce jaundice in infants</td>
<td>Antagonist of blood thinners</td>
</tr>
</tbody>
</table>

**INDEX OF TABLES**

Chapter 1: Introduction to Pathology; the cell

Table 1.1- Frequently used prefixes and suffixes 2
Table 1.2- Important nutrients for the cellular health 3

Chapter 4: The Immune system and body defence

Table 4.1- Classes of antibodies 18
Table 4.2- Allergic reactions 20

Chapter 6: Neoplasia

Table 6.1- Neoplasia: definitions 30

Chapter 8: Gastro-intestinal disorders
Chapter 9: The Liver and the biliary tract

Table 9.1- Important nutrients for the liver 66
Table 9.2- Assessment of liver functions 68
Table 9.3-Overview of detoxification systems 70
Table 9.4-Phases of liver detoxification: nutrients needed 78
Table 9.5- Maintaining good liver health: foods and supplements 87
Table 9.6-Acute hepatitis 89

Chapter 10: Musculo-skeletal and connective tissue disorders

Table 10.1- Important nutrients for the musculo-skeletal system 91
Table 10.2-Assessment of the musculo-skeletal function 93
Table 10.3- Clinical aspect of Rickets and Osteomalacia 98
Table 10.4-Fibromyalgia: clinical presentation 105

Chapter 11: Nervous system disorders

Table 11.1-Neurotransmitters 113
Table 11.2-Important nutrients for the nervous system 118
Table 11.3- Assessment of nervous system function 123

Chapter 12: Ophthalmologic, ear, nose and throat disorders

Table 12.1- The eye: nutritional abnormalities 132
Table 12.2- Assessment of the eye function 134
Table 12.3- The ear: nutritional abnormalities 135
Table 12.4-Assessment of ear function 137
Table 12.5- The nose and sinuses: nutritional abnormalities 139
Table 12.6- Assessment of the nose and sinuses 141

Chapter 13: Endocrine and metabolic disorders

Table 13.1- The major endocrine glands and their hormones 143
Table 13.2-Important nutrients for the endocrine system 145
Table 13.3-Assessment of the endocrine system 147
Table 13.4-Pituitary gland: anterior lobe disorders 150
Table 13.5 –Comparison of type 1 and type 2 diabetes 158
Table 13.6-Diabetes complications

Chapter 14: Integumentary system diseases

Table 14.1- Types of skin lesions 163
Table 14.2- Important nutrients for the integumentary system 164
Table 14.3- Assessment of the integumentary system 165

Chapter 15: Pulmonary disorders

Table 15.1-Important nutrients for the respiratory system 183
Table 15.2-Assessment of the respiratory system 183

Chapter 16: Cardiovascular disorders

Table 16.1- Important nutrients for the cardiovascular system 192
Table 16.2-Nutritional abnormalities of the cardiovascular system 193
Table 16.3-Assessment of the cardiovascular function 194
Table 16.4 –High blood pressure classification 205

Chapter 17: Haematology and oncology

Table 17.1- Blood constituents 214
Table 17.2-Important nutrients for the blood 214
Table 17.3- Assessment of blood and blood elements 215
Table 17.4-Major types of anemias 217
Table 17.5- Clinical aspect of anemias 219
Table 17.6-Terminology in haematology 219

Chapter 18: Urinary disorders

Table 18.1-Important nutrients for the urinary system 223
Table 18.2- Assessment of the urinary system 224

Chapter 19: Gynaecology and obstetrics

Table 19.1-Important nutrients for the female reproductive system 228
Table 19.2- Assessment of the female reproductive system 230
Table 19.3- Reproductive endocrinology 236
Table 19.4- The menstrual cycle 239
Table 19.5- Sources of phytoestrogens 246
Table 19.6-PMS presentation 249
Table 19.7- Gynaecologic cancer 250
Table 19.8- Lifestyle factors that increase the risk of infertility 251
Chapter 20: The male reproductive system

Table 20.1- Important nutrients for the male reproductive system  251
Table 20.2-Assessment of the male reproductive system  252

Chapter 22: Psychiatric disorders

Table 22.1-Important nutrients for brain function  259
Table 22.2-Assessment of the mental function  260
Table 22.3 – Description of eating disorders  262
Table 22.4-ADD-etiology  266