

# *FOOD THERAPY*

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## *EXCERPTS*

### **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	<b>Macronutrients</b>	<b>Micronutrients</b>
	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;
<b>Health information</b>		
<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)	<b>Macronutrients</b>	<b>Micronutrients</b>
	3.7 g carbohydrates; 1.6 g fiber; 2.3 g protein	Vitamins A, C, B2 ; folic acid, calcium, magnesium, zinc;
<b>Health information</b>		
<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>	<b>Macronutrients</b>	<b>Micronutrients</b>









**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;