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Titolo	Integrative and Functional Medical Nutrition Therapy : Principles and Practices // edited by Diana Noland, Jeanne A. Drisko, Leigh Wagner
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Nota di contenuto	Part I: Principles -- Section 1: Global Healthcare Challenge of the 21st Century and the Future of Chronic Disease -- The History and Evolution of Medicine -- Influences of the Nutrition Transition on chronic Disease -- Nutritional and Metabolic Wellness -- Nutritional Ecology and Human Health -- The Radial: Integrative and Functional MNT -- The Power of Listening and the Patient's Voice: "Please Hear Me". Section 2: Metabolic Characteristics and Mechanism of Chronic Disease -- Metabolic Correction Therapy: A Biochemical-Physiological Mechanisitc Explanation of Functional Medicine -- The Nutrition Assessment of Metabolic and Nutritional Balance -- IFMNT NIBLETS Nutrition Assessment Differential -- Nutritional Role of Fatty Acids -- Lipidomics: Clinical Application -- Structure: From Organelle and Cell Membrane to Tissue -- Protective Mechanisms and Susceptibility to Xenobiotic and Load -- Detoxification and Biotransformation -- Drug-Nutrient Interactions -- The Enterohepatic Circulation -- A Nutritional Genomics Approach to Epigenetic Influences on Chronic Disease -- Nutritional Influences on Methylation -- The Immune System: Our Body's Homeland Security Against Disease -- Allergy, Intolerance, and Sensitivity -- Infection: A Stealth Underlying Pathology of Chronic Disease -- Body Composition -- The Therapeutic Ketogenic Diet:

Harnessing Glucose, Insulin, and Ketone Metabolism -- The GUT Immune System -- Centrality of the GI Tract to Overall Health and Functional Medicine Strategies for GERD, IBS, IBD -- The Microbiome and Brain Health -- The Role of Nutrition in Integrative Oncology -- The Microenvironment of Chronic Disease -- Chronic Pain -- Nutrition and Behavioral Health/Mental Health/Neurological Health -- Neurodevelopmental Disorders in Children -- Nutritional Influences on Hormonal Health -- Nutritional Influences on Reproduction: A Functional Approach -- Lifestyle Patterns of Chronic Disease -- Circadian Rhythm: Light-Dark Cycles -- Nutrition with Movement for Better Energy and Health. Mental, Emotional, and Spiritual Imbalances -- Part II: Practice -- The IFMNT Practitioner -- The Patient Story and Relationship-Centered Care -- The Nutrition-Focused Physical Exam -- Modifiable Lifestyle Factors: Exercise, Sleep, Stress, Relationships -- Developing Interventions to Address Priorities: Food, Dietary Supplements, Lifestyle, and Referrals -- Therapeutic Diets -- Dietary Supplements: Understanding the Complexity of Use and Applications to Health -- Clinical Approaches to Monitoring and Evaluations of the Chronic Disease Client -- Ayurvedic Approach in Chronic Disease Management -- Section 2: Cases & Grand Rounds -- Cardiometabolic Syndrome -- Revolutionary New Concepts in the Prevention and Treatment of Cardiovascular Disease -- Immune System Under Fire: The Rise of Food Immune Reaction and Autoimmunity -- Amyotrophic Lateral Sclerosis (ALS): The Application of Integrative & Functional Medical Nutrition Therapy (IFMNT) -- Gastroenterology -- Respiratory -- The Skin, Selected Dermatologic Conditions and Medical Nutrition Therapy -- Movement Issues with Chronic Ill or Chronic Pain Patients -- Section 3: Practitioner Practice Resources -- Systems Biology Resources -- Initial Nutrition Assessment Checklist -- Nutritional Diagnosis Resources -- Specialized Diets -- Motivational Interviewing -- Authorization for the Release of Information -- Patient Handouts. .

Sommario/riassunto

This textbook is a practical guide to the application of the philosophy and principles of Integrative and Functional Medical Nutrition Therapy (IFMNT) in the practice of medicine, and the key role nutrition plays in restoring and maintaining wellness. The textbook provides an overview of recent reviews and studies of physiological and biochemical contributions to IFMNT and address nutritional influences in human health overall, including poor nutrition, genomics, environmental toxicant exposures, fractured human interactions, limited physical movement, stress, sleep deprivation, and other lifestyle factors. Ultimately, this textbook serves to help practitioners, healthcare systems, and policy makers better understand this different and novel approach to complex chronic disorders. It provides the reader with real world examples of applications of the underlying principles and practices of integrative/functional nutrition therapies and presents the most up-to-date intervention strategies and clinical tools to help the reader keep abreast of developments in this emerging specialty field. Many chapters include comprehensive coverage of the topic and clinical applications with supplementary learning features such as case studies, take-home messages, patient and practitioner handouts, algorithms, and suggested readings. Integrative and Functional Medical Nutrition Therapy: Principles and Practices will serve as an invaluable guide for healthcare professionals in their clinical application of nutrition, lifestyle assessment, and intervention for each unique, individual patient.
