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Nota di contenuto	Front Cover; Bioactive Food as Dietary Interventions for Liver and Gastrointestinal Disease; Copyright; Contents; Preface: Liver and Gastrointestinal Health; Contributors; Chapter 1: The Alkaline Way in Digestive Health; 1. Dietary Factors in Metabolism; 1.1. Profile: Metabolic Acidosis as a Major Cause of Chronic Disease; 1.1.1. Associated signs and symptoms; 1.1.1.1 Fatigue; 1.1.1.2 Osteopenia and osteoporosis; 1.1.2. Relevant evaluations; 1.1.2.1 Self-evaluation: Testing for pH; 1.1.2.2 Laboratory evaluation: Reducing immune reactivity; 1.1.3. Clinical interventions: the alkaline way 1.1.3.1 Alkaline diet1.1.3.1.1. Enhancing immune defenses; 1.1.3.1.2. Buffering cellular chemistry; 1.1.3.2 Alkaline nutrients; 1.1.3.2.1. Buffering minerals; 1.1.3.2.2. Buffering fats; 1.1.4. Individual essential nutritional supplementation; 1.1.4.1 Antioxidants: Ascorbate to zinc; 1.1.4.2 B-complex vitamins to support methylation; 2. Glycemic Load as a Tool for Better Digestive andCardiovascular Management; 2.1. Associated Signs and Symptoms; 2.2. Self-evaluation; 2.2.1. Glycemic index: Older and less useful; 2.2.2. Glycemic load: Newer and more

useful

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6. Conclusion; References; Relevant Websites;
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Sommario/riassunto

Bioactive Food as Dietary Interventions for Liver and Gastrointestinal Disease provides valuable insights for those seeking nutritional treatment options for those suffering from liver and/or related gastrointestinal disease including Crohn's, allergies, and colitis among others. Information is presented on a variety of foods including herbs, fruits, soy and olive oil. This book serves as a valuable resource for researchers in nutrition, nephrology, and gastroenterology. *
Addresses the most positive results from dietary interventions using bioactive foods to impact dis
