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Altri autori (Persone)	GargManohar L WoodLisa G
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Nota di contenuto	Contents; Preface; Contributors; PART 1: INTRODUCTION; 1 Inflammation: An Introduction; PART 2: NUTRITION AND INFLAMMATION; 2 Dietary Fats and Inflammation; 3 Carbohydrates and Inflammation; 4 Alcohol and Inflammation; 5 Vitamin D and Inflammation; 6 Vitamin E and Inflammation; 7 Vitamin C, B-Complex Vitamins and Inflammation; 8 Phytonutrients and Inflammation; 9 Trace Elements and Inflammation; PART 3: PHYSICAL ACTIVITY AND INFLAMMATION; 10 Resistance Exercise and Inflammation; 11 Endurance Exercise and Inflammation; PART 4: APPLICATIONS TO DISEASES AND CONDITIONS 12 Obesity and Inflammation 13 Type 2 Diabetes and Inflammation; 14 Cardiovascular Disease and Inflammation; 15 Stress and Inflammation: An Emerging Story; 16 Depressive Disorders and Inflammation; 17 Asthma and Inflammation; 18 Inflammatory Bowel Disease and Inflammation; 19 Ageing and Inflammation; 20 Bone Health and Inflammation; 21 Eye Health and Inflammation; Index; A; B; C; D; E; F; G; H; I; K; L; M; N; O; P; R; S; T; U; V; W
Sommario/riassunto	Certain nutrients and physical activity can significantly alter immune function and inflammation. Targeted interventions may be an effective and inexpensive means to improve the inflammation and immune

dysfunction associated with chronic diseases. This book defines the relevant underlying biological mechanisms and strengthens our understanding of how nutrients and physical activity impact inflammatory diseases. A useful reference for researchers and students of nutrition, physiology and sports science, it explores the unique aspects of inflammation induced by nutritional deficiencies or activi

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