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1.1. Arthritis -- 1.1.1. Overview -- 1.1.2. Prevalence -- 1.1.3. Disability -- 1.1.4. Treatment -- 1.2. Beef -- 1.2.1. Overview -- 1.2.2. Nutrients -- 1.2.2.1.1. Polyunsaturated Fatty Acids -- 1.2.2.1.2. Monounsaturated Fatty Acids -- 1.2.2.1.3. Saturated Fatty Acids -- 1.2.2.1.4. Cholesterol -- 2. Arthritis and Diet -- 2.1. Osteoarthritis -- 2.1.1. Overview -- 2.1.2. Prevention -- 2.1.3. Treatment -- 2.1.4. Discussion -- 2.2. Rheumatoid Arthritis -- 2.2.1. Overview -- 2.2.2. Nutrition status -- 2.2.3. Prevention -- 2.2.4. Foods associated with symptom aggravation -- 2.2.5. Treatment -- 2.2.5.2.1. PUFAs -- 2.2.5.2.2. MUFAs -- 2.2.5.2.3. Protein. 2.2.6. Discussion -- 2.3. Gout -- 2.3.1. Overview -- 2.3.2. Prevention -- 2.3.3. Treatment -- 2.3.4. Discussion -- 3. Contraindications of Beef -- 3.1. Cancer -- 3.2. Heart Disease -- 4. Dietary Recommendations of Beef -- 5. Conclusions -- Definitions -- References -- Further Reading -- Chapter 4: Contribution of Bioactive Foods and Their Emerging Role in Immunomodulation, Inflammation, and Arthritis -- Abbreviations -- 1. Bioactive Food Components -- 2. Immunomodulation -- 2.1. Flavan-3-ols -- 2.2. Isoflavones -- 2.3. Flavones, Flavonols, and Relevant Nonflavonoid Polyphenols -- 2.4. Chalcones -- 3. Arthritis -- 3.1. Flavan-3-ols -- 3.2. Flavones, Flavanones, Isoflavones, and Flavonols -- 3.3. Anthocyanins -- 4. Inflammation -- 4.1. Flavan-3-ols -- 4.2. Isoflavones -- 4.3. Flavones, Flavanones, and Flavonols -- 4.4. Anthocyanins -- References -- Chapter 5: Curcumin and Joint Health: From Traditional Knowledge to Clinical Validation -- Abbreviations -- 1. Introduction -- 2. Clinical Relevance of Osteoarthritis -- 3. Prevalence and Causes of OA -- 4. Current OA Treatments -- 5. Preclinical and Clinical Evidence of Activity for Curcumin in the Treatment of OA -- 6. The Bioavailability Issue -- 7. The Development of a Novel Curcumin-Phospholipid Complex (Meriva) -- 8. Clinical Efficacy of Curcumin and of Meriva in the Management of Osteoarthrosis -- 9. Conclusions -- References -- Chapter 6: Dried Plum and Bone Health -- Abbreviations -- 1. Introduction -- 2. Plant-Based Foods and Bone Health -- 3. Bone Remodeling -- 4. Role of Inflammation in Bone Loss -- 5. Oxidative Stress and Bone -- 6. Dried Plums -- 7. Dried Plums Prevent Bone Loss -- 8. Dried Plum Restores Bone -- 9. Clinical Studies, Dried Plum and Bone -- 10. Dried Plum, Bone and Inflammation -- 11. Conclusions -- Glossary -- References -- Further Reading -- Relevant Websites. Chapter 7: The Alkaline Way: Integrative Management of Rheumatoid Arthritis and Other Autoimmune Conditions -- 1. An Integrative Approach -- 1.1. Evaluating Markers of Inflammation, Detoxification, and Immune Function -- 1.2. Testing for Delayed Antigen Reactions to Food and Chemicals -- 1.2.1. Antibody assays -- 1.2.2. Immune complexes -- 1.2.3. Lymphocyte response assays -- 1.2.4. Comparative methodology -- 1.2.5. Accuracy of functional immunology tests -- 2. Restoring Alkaline Balance -- 2.1. The Alkaline Diet -- 2.1.1. The importance of reducing acidity in the body -- 2.1.2. Reducing inflammation -- 2.1.3. Increasing nutrient levels -- 2.1.4. Improving health, functionality, and symptoms -- 2.1.5. Enhancing immune defenses -- 2.2. Alkaline Nutrients -- 2.3. Self-Testing for Alkaline Status -- 3. Self-Care -- 3.1. Physical Fitness and Immune Competence -- 3.2. Mindfulness Practice and Immunity -- 4. Discussion -- 5. Conclusions -- References -- Relevant Websites -- Chapter 8: Marine Omega-3 Polyunsaturated Fatty Acids and Rheumatoid Arthritis -- Abbreviations -- 1. Introduction -- 2. Rheumatoid Arthritis -- 3. Arachidonic Acid, Eicosanoids and the Links with Inflammation and RA -- 4. Fatty Acid Modification of Immune Cell Fatty Acid Composition and of Eicosanoid Profiles -- 5. Resolvins:

Novel Anti-Inflammatory and Inflammation-Resolving Mediators Produced from EPA and DHA -- 6. Influence of Marine n-3 Fatty Acids on Inflammatory Cytokines -- 6.1. Transcription Factors Involved in Regulating Inflammatory Gene Expression -- 6.2. Fatty Acid Modulation of Transcription Factor Activation and Inflammatory Cytokine Production -- 7. Influence of Marine n-3 Fatty Acids on T Cells -- 8. Influence of Marine n-3 Fatty Acids on Antigen Presentation -- 9. Marine n-3 PUFAs and Animal Models of RA -- 10. Trials of Marine n-3 PUFAs in RA.

10.1. Summary of Trials -- 10.2. Meta-Analyses -- 11. Overall Conclusions -- References -- Chapter 9: Diet Modulated Inflammation in Chronic Disease: An Overview -- 1. Introduction -- 2. Measuring Metaflammation -- 3. Nutrition and Metaflammation -- 3.1. Total Energy Intake -- 3.2. Dietary Patterns -- 3.3. Macronutrients -- 3.3.1. Dietary fats -- 3.3.2. Carbohydrates -- 3.4. Micronutrients -- 3.5. Beverages -- 4. Summary -- References -- Chapter 10: Food Supplements and Immune Function in Humans -- Abbreviations -- 1. Introduction: Nutrition and Immunity -- 1.1. The Immune System -- 1.2. Immune-Related Diseases -- 1.3. Relationships Between Nutrition and Immunity -- 2. Food Supplementation and Disease -- 2.1. Respiratory Diseases: Bronchitis, Asthma, Rhinitis -- 2.2. Food Allergies -- 2.3. Celiac Disease -- 2.4. Inflammatory Bowel Disease/Crohn's Disease -- 2.5. Atopic Dermatitis and Eczema -- 2.6. Psoriasis -- 2.7. Systemic Lupus Erythematosus -- 2.8. Rheumatoid Arthritis -- 2.9. Multiple Sclerosis -- 2.10. Cognitive Degeneration and Alzheimer's Disease -- 3. Conclusion -- Glossary -- References -- Further reading -- Chapter 11: Natural Antioxidants and Resistance to Infection -- Abbreviations -- 1. Introduction -- 2. Oxidative Stress and Antioxidant Protection -- 3. Vitamins and Host Resistance to Infection -- 3.1. Vitamin A and -Carotene -- 3.2. Vitamin C -- 3.3. Vitamin E -- 4. Trace Elements and Host Resistance to Infection -- 4.1. Selenium -- 4.2. Iron -- 4.3. Zinc -- 4.4. Copper -- 5. Summary Points -- References -- Chapter 12: The Effects of Flavonoids on the Immune System -- Abbreviations -- 1. Introduction -- 2. Acquired Immunity: The Tailored Response Against Antigen -- 3. Flavonoids in the Immune System -- 3.1. In Vitro Studies of Flavonoids in the Immune System. 3.2. The Effect of Flavonoid Intake on the Functionality of the Immune System -- 3.2.1. Preclinical studies with single flavonoids administered orally -- 3.2.2. Preclinical studies using food extracts rich in flavonoids -- 3.2.3. Clinical studies using food or extracts rich in flavonoids -- 4. Concluding Remarks -- Glossary -- References -- Further Reading -- Chapter 13: Wheat Allergy -- Abbreviations -- 1. Allergy to Wheat and Related Diseases -- 2. Changes in Allergenic Properties of Wheat Induced by Heat and Industrial Processing -- 3. Allergen Cross-Reactivity Among Cereals, Pollen, and Other Vegetal Foods -- 4. Why Patients with Baker's Asthma Due to Wheat Tolerate Wheat Flour Ingestion? -- 5. Relationship Between Diet and Allergic Asthma -- 6. The Role of Wheat in Diabetic's Diet -- 7. Cereal Tolerance Mechanism and Treatment Possibilities -- References -- Chapter 14: Tomato Food Allergy -- Abbreviations -- 1. Food Allergy: Mechanisms, Symptoms, and Prevalence -- 2. Tomato Allergy: Prevalence and Symptoms -- 3. Tomato Allergens -- 3.1. Lyc e 1 -- 3.2. Lyc e 2 -- 3.3. Lyc e 3 -- 3.4. Lyc e 4 -- 4. Cross-reactions Among Tomato and Other Allergens -- 4.1. Pollen-Tomato Cross-reactivity -- 4.2. Latex-Pollen-Tomato Cross-reactivity -- 5. Conclusions -- Glossary -- References -- Further Reading -- Relevant Websites -- Chapter 15: Indian Medicinal Plants as Immunomodulators: Scientific Validation of the Ethnomedicinal Beliefs -- Abbreviations -- 1. Introduction -- 2. Plants as Immunomodulators

-- 2.1. *Ocimum sanctum* Linn. or *Ocimum tenuiflorum* L. (Family Lamiaceae) -- 2.2. *Phyllanthus emblica* L. or *Emblica officinalis* Gaertn. (Family Phyllanthaceae) -- 2.3. *Withania somnifera* (L.) Dunal (Family Solanaceae) -- 2.4. *Tinospora cordifolia* (Thunb.) Miers (Family Menispermaceae) -- 2.5. *Semecarpus anacardium* Linn. (Family: Anacardiaceae).
2.6. *Azadirachta indica* A. Juss (Family Meliaceae).

Sommario/riassunto

While diet has long been recognized as having potential to alleviate symptoms of inflammatory diseases including arthritis, lupus and fibromyalgia, research indicates that specific foods offer particular benefits in preventing or mitigating specific symptoms. *Bioactive Food as Dietary Interventions for Arthritis and Inflammatory Diseases* is the only available resource focused on exploring the latest advances in bioactive food research written for the scientist or professional audience. The only single-volume resource for scientists and professionals seeking information on how bioactive foods may assist in the treatment of inflammatory disease. Includes coverage of probiotics, prebiotics, and polyphenols. Convenient, efficient and effective source that allows reader to identify potential uses of compounds - or indicate those compounds whose use may in fact be of little or no health benefit. Documents foods that can affect inflammatory disease and ways the associated information could be used to understand other diseases, which share common etiological pathways --
