

1. Record Nr.	UNINA9910964053903321
Titolo	Biochemical imbalances in disease : a practitioner's handbook / / edited by Lorraine Nicolle and Ann Woodriff Beirne ; foreword by David S. Jones
Pubbl/distr/stampa	London, : Singing Dragon, 2010
ISBN	9781283905053 1283905051 9780857010285 085701028X
Edizione	[1st ed.]
Descrizione fisica	1 online resource (396 p.)
Altri autori (Persone)	BeirneAnn Woodriff NicolleLorraine
Disciplina	615.854
Soggetti	Diseases - Etiology Holistic medicine
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and indexes.
Nota di contenuto	FRONT COVER; A Practitioner's Handbook:Biochemical Imbalances in Disease; CONTENTS; Foreword; Chapter 1The Healthcare Futurescape: How Did We Get Here and Where Are We Going?; 1. Some key shapers of medicine; 1.1 Hippocrates, Galen and humorism; 1.2 The nineteenth century medical revolution; 1.3 The twentieth century; 2. Homeostasis and allostasis; 2.1 Homeostasis; 2.2 Allostasis; 3. Functional medicine (FM); 3.1 The adoption and usage of the FM model among UK nutritional therapists; 4. The chapters; Chapter 2 Gastro-Intestinal Imbalances; Part 1 The gastro-intestinal tract - Use and abuse 1. Gastro-intestinal imbalances and disease2. Physiological imbalances of the human digestive system; 2.1 Oral cavity and oesophagus; 2.2 The stomach; 2.3 The small intestine; 2.4 The colon; 3. Microflora supplementation and the human gut; 4. Diagnostic testing; Part 2 Functional disorders of the gastro-intestinal tract; 5. Functional gastro-intestinal tract disorders; 5.1 Irritable bowel syndrome (IBS); 5.2 Functional abdominal pain (FAP); 5.3 Functional bloating (FB); 5.4 Functional constipation (FC); Chapter 3Compromised Detoxification; 1.

## Introduction

7.2 Considerations for the detoxification programme8. The dietary management of detoxification; 8.1 Aims of a dietary detoxification programme; 8.2 Protein; 8.3 Carbohydrates; 8.4 Fats; 8.5 Dairy; 8.6 Herbs and spices; 8.7 Fasting and dietary restriction; 8.8 Food preparation; 9. Lifestyle interventions; 9.1 Exercise; 9.2 Sauna; 9.3 Hydrotherapy; 10. Supplement treatment regimes; 11. Chelation therapy; Contraindications of chelating drugs; 12. Other considerations for successful detoxification; 13. Compromised detoxification and chronic disease

13.1 Examples of common conditions and compromised detoxification14. Conclusion; Chapter 4Polyunsaturated Fatty Acid (PUFA) Imbalances; Part 1 The health effects of imbalances in PUFA status and metabolism; 1. What are essential fatty acids?; 2. EFA metabolism and eicosanoid synthesis; 3. Changes in dietary fat intake over time; 3.1 The n-6:n-3 FA ratio; 3.2 Trans fats; 4. Signs and symptoms of PUFA deficiency; 5. A closer look at some of PUFAs' mechanisms; 5.1 The role of eicosanoids; 5.2 Cellular signalling and transcription; 5.3 Membrane structure and organisation 6. PUFA modulation of some specific disease processes

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### Sommario/riassunto

Biochemical imbalances caused by nutritional deficiencies are a contributory factor in chronic illnesses such as cardiovascular disease, diabetes, auto-immune conditionsA and cancer. This handbook for practitioners explains how to identify and treat such biochemical imbalances in order to better understand and manage a patient's ill-health.

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