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## 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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