



Alcohol, nutrition, and health consequences /

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Monografía

Alcohol, Nutrition, and Health Consequences provides practical, data-driven resources to help the reader understand the basics, treatments and preventive strategies that are involved in the understanding of how alcohol may affect healthy individuals as well as those with chronic alcohol use with or without relevant infectious diseases, obesity, diabetes and/or neurocognitive declines. It will also help the clinician define the causes and types of nutritional changes due to alcohol use and also explain how nutrition can be used to ameliorate its consequences. Chapters present the application of current nutritional knowledge by physicians and dietitians. Specific areas involving alcohol-related damage due to nutritional changes are reviewed, including heart disease, obesity, digestive tract cancers, lactation, brain function, and liver disease. In addition, alcohol's effects on absorption of minerals and nutrients, a key role in causing damage are treated. The importance of diet in modifying alcohol and its metabolite damage is also explained. Alcohol, Nutrition, and Health Consequences is essential reading for alcohol therapists and researchers as well as primary care physicians and dietitians and is an easy reference to help the clinician, student, and dietitian comprehend the complex changes caused by direct and indirect effects of ethanol at the cellular level via its nutritional modification

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