



## Diet and human immune function /

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Monografía

It is now widely appreciated that nutrition contributes significantly to the optimal working of the immune system and hence to personal health. In *Diet and Human Immune Function*, leading international researchers and clinicians comprehensively detail what is known about the ability of diet to enhance human immune function in health, disease, and under various conditions of stress. The authors offer state-of-the-art critical appraisals of the influences on the human immune system of several important vitamins (vitamins A, C, and E, as well as carotenoids, such as b-carotene) and minerals (iron, selenium, and zinc), both singly and in combination. The authors also examine how nutrition modulates immune function in such disease states as rheumatoid arthritis, osteoporosis, HIV infection, and cancer. Immune responses to three forms of stress-vigorous exercise, military conditions, and air pollution (in relation to allergic asthma)-are discussed in depth in unique chapters not found in any other texts. Probiotics and long-chain fatty acids are also examined for their immunomodulatory effects. A much-needed overview of the nutritional consequences of drug-disease interactions provides recommendations for potential nutritional interventions that could increase drug efficacy and/or reduce adverse side effects. "Conclusions" and "Take Home Messages" at the end of each chapter give physicians clearly stated clinical instructions about special diets and dietary components for immune-related disease states. Authoritative and highly practical, *Diet and Human Immune Function* provides a critical survey of the most up-to-date clinical studies of nutritional effects on immune responses for disease prevention and therapy, documenting for practicing physicians, nutritionists, immunologists, and educated consumers the enormous potential of diet to modulate immune function beneficially

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**Contenido:** The basics of immunology for the non-immunologist Keith E. Nye. -- Assessment of human immune response Susanna Cunningham-Rundles. -- Effects of infection on nutritional and immune status David I. Thurnham and Christine A. Northrop-Clewes. -- Neonatal nutrition and immunity Deborah O'Neil and Denise Kelly. -- Nutrition and immunity in the elderly John D. Bogden and Donald B. Louria. -- Vitamin A Richard D. Semba. -- Vitamin C Ronald Anderson. -- Vitamin E Sung Nim Han and Simin Nikbin Meydani. -- Carotenoids David A. Hughes. -- Multivitamins Ho-Kyung Kwak and Jeffrey B. Blumberg. -- Iron Günter Weiss. -- Selenium Geoffrey J. Beckett, John R. Arthur, Sue M. Miller, and Roddie C. McKenzie. -- Zinc / Klaus-Helge Ibs and Lothar Rink -- Rheumatoid arthritis L. Gail Darlington. -- Osteoporosis, nutrition, and the immune system Marco Di Monaco. -- HIV infection Marianna K. Baum and Adriana Campa. -- Probiotics and immunomodulation Kay J. Rutherford-Markwick and Harsharnjit S. Gill. -- Dietary fat, immunity, and cancer Kent L. Erickson, Darshan S. Kelley, and Neil E. Hubbard. -- Exercise, cytokines, and lymphocytes : nutritional and metabolic aspects/ Bente K. Pedersen -- Military studies and nutritional immunology : undernutrition and susceptibility to illness Karl E. Friedl. -- Air pollution, reactive oxygen species, and allergic bronchial asthma : the therapeutic role of antioxidants Gennaro D'Amato. -- Use of drugs that affect nutrition and immune function Adrienne Bendich and Ronit Zilberboim

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