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the new edition of foundations of naturopathic nutrition provides an essential but detailed guide to the principles of clinical nutrition from a naturopathic perspective fully updated with the latest research evidence the text begins with an overview of basic physiological principles and the body's protective systems such as the antioxidant detoxification and immune systems it then moves to an in depth examination of different food components including essential nutrients such as protein lipids carbohydrates vitamins minerals and trace elements as well as nutritional bioactives such as alpha lipoic acid phytochemicals digestive enzymes and probiotics there is detailed information on how each food component is digested and metabolised in the body and guidance on its impact on health including summary boxes case studies and quizzes to help readers consolidate their knowledge this second edition now includes an evidence box which highlights the most recent and clinically relevant research findings on the main nutrients there is also a new section on finding and evaluating research from using search engines to assessing different types of research studies this accessible and informative text will appeal to all students interested in nutrition from a complementary health perspective

knowledge of seedling ecology is essential for understanding the local abundance distribution and dynamics of plant species for deciphering the mechanisms of high species diversity in tropical forests and for forest conservation and management

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