

INDEX

5-hydroxytryptophan.....	163	Adrenoleukodystrophy.....	67	Allergic disorders.....	105
Abscesses.....	72	Adult-onset diabetes and chromium.....	47	inflammation.....	105
Academic underachievement.....	97	Adult rickets.....	121	reactions.....	67,94,106,159
Acetaldehyde.....	10,116	Aflatoxins.....	117	symptoms and calcium.....	37
and <i>Candida albicans</i>	38	Africa, pesticide dumps.....	131	Allergies.....	142,160
Acetaminophen (see Paracetamol)		Agar.....	12	Allergy.....	14,115,177
Acetoacetic acid.....	101	Age spots.....	63,107,261	and asthma.....	181
Acetone.....	101	Aggression.....	104	and dysbiosis.....	177
Acetyl CoA.....	10,66,108,139	Aggressive outbursts.....	93	and nutritional deficiencies.....	177
Acetylation.....	55	Agnus castus.....	12,137	and reishi mushroom.....	143
Acetylcholine.....	10,20,36,46,119	Agoraphobia.....	180	and toxic overload.....	177
and DMG.....	27	Agricultural workers.....	132	and zinc deficiency.....	177
Acetylcholinesterase.....	10	AIDS.....	94,148,175-7	testing.....	158
Achlorhydria.....	10,97	and B vitamin deficiency.....	176	Alliin.....	80
Acid residue in tissues.....	157	and candidiasis.....	38	Alliin.....	80,101
Acid/alkaline balance.....	11,65,135,150,170	and coenzyme Q10.....	213,175,177	Allinase.....	80
Acid-forming foods.....	11	and drug abuse.....	176	Aloe vera.....	14
Acidity.....	132,136	and garlic.....	80,177	Aloes.....	14
Acidosis.....	160	and methionine.....	176-7	Alpha carotene.....	41
Acne.....	9,96,170,171,175,261	and nutritional deficiencies.....	175-7	Alpha linolenic acid.....	65
and contraceptive pill.....	175	and selenium deficiency.....	176,177	Alpha-ketoglutarate.....	16,139
and food intolerances.....	175	and vitamin A deficiency.....	176	Alpha-linolenic acid.....	70,73,139
and selenium.....	175	and zinc deficiency.....	176,177	Alpha lipoic acid.....	107
and sugar.....	153	caused by anti-viral drugs.....	175	Alpha receptors.....	41
and vitamin A.....	175	dementia and vitamin B12.....	177	Alpha-tocopherol.....	63,64
and vitamin B6.....	175	ALA.....	104	ALS (also see Motor neurone disease)	
Acne rosacea.....	21,175	Alanine.....	12	and iodine deficiency.....	96
and B vitamins.....	175	Albumin.....	12,139	and toxic overload.....	54
and hydrochloric acid deficiency.....	175	Alcohol.....	12,77,118,126,168	Alternative to glucose.....	101
and tea, coffee, alcohol.....	175	and EFA metabolism.....	71	Aluminium.....	14
ACTH.....	11,91	and fertility.....	213	Alzheimer's disease.....	82,178
Acylation.....	55	and miscarriage.....	224	and aluminium.....	14
Adaptogen.....	82	and psoriasis.....	227	and choline.....	178
Addison's disease.....	151	and vitamin B3.....	22	and coenzyme Q10.....	179
Adenosine monophosphate.....	52	and vitamin B6.....	24	and lecithin.....	178
Adenosine triphosphate.....	19,66	detoxification.....	170	and melatonin.....	113
Adenylcyclase.....	74	intolerance.....	55	and toxic overload.....	54
ADHD.....	210-11	Alcoholism.....	150	and vitamin B1.....	178
Adipose tissue.....	11	and B vitamins.....	20	and vitamin B12.....	178
Adrenal		and glutamine.....	84	Amazake.....	15
cortex.....	151	Aldehyde oxidase.....	116	Amines.....	120
function and sex drive.....	127	Aldehydes.....	10,77,78,155	Amino acids.....	15,139
glands.....	11	and detoxification.....	54,116	in epilepsy.....	84
enlargement and sugar.....	153	and vitamin B3.....	57	Amino sugars.....	84,118
hormones and copper.....	51	Alder buckthorn.....	13	Amino peptidase.....	60
medulla.....	91	Aldosterone.....	11,91,150	Ammonia.....	16,17,85,109,139,140,165,166
stimulation and cayenne.....	39	Aldrin.....	132	overload symptoms.....	14
tonic.....	107	Alertness.....	164	Amoebic dysentery.....	80
Adrenaline.....		Alfalfa.....	13	Amygdalin.....	103
.....	11,41,91,114,116,119,133,145,164	Algae.....	13,26	Amylase.....	60
and blood sugar.....	30	Alkaline-forming foods.....	11	Anabolic.....	114
and EFA metabolism.....	71	Alkalinity.....	132	Anacardiaceae.....	76
Adrenochrome and vitamin C.....	35	and detoxification.....	56	Anaemia.....	16,97,139,261
Adrenocorticotrophic hormone.....	11,91	Alkalinizing diets.....	157	and cadmium poisoning.....	36
		Alkylglycerols.....	13	Anaemias.....	121
		Allergens.....	158		

Linda Lazarides—Nutritional Health Bible

Anaphylactic shock	14	Anti-stress vitamin	23	and vitamin C	181
Androgens	11,16,91,127	Anti-thiamine factors	20	and vitamin E	181
Adrenal cortex	91	Anti-viral drugs	94	and zinc deficiency	177
Angelica	16	as cause of immune deficiency	175	Asthmatics, sulphite-sensitive	116
sinensis	61	Anti-viral, natural	65,142	Astragalus	19
Angina	95,98,111	Anxiety	109,166,180	Atherogenesis	90
and antioxidant deficiency	208	and caffeine	180	Atherosclerosis	
and carnitine	209	and coffee	49	and chromium	47
and magnesium deficiency	206	and selenium	180	and sugar	153
Anions	65	and vitamin B3	180	Athletes, nutrition for	254-5
Ankylosing spondylitis	105	Apathy	123	ATP	19,66
Anorexia	16,81,121,170,171,179	Aplastic anaemia	75	Aurones	72
and BCAAs	32	Appearance	251	Autism	182
and biotin	29	Appetite control	133	and magnesium	182
and zinc	179	Appetite suppression	79	and vitamin B6	25,182
Anterior pituitary	91	Apple peel	59,73	and vitamin C	182
Anthocyanidins	72,73	Apricot kernels	103	Autoimmune diseases	63,114
Anthocyanosides	28,72	Arachidonic acid	17,70,72,138,139	and vitamin E deficiency	231
Antibacterial, grapefruit seed extract as		Arame	17	Autointoxication	61
.....	87	Arbutin	165	Avidin	29
Antibiotics	61	Arginine	17,129,165	Axons	118
and candidiasis	38	and herpes	108,156-7		
and oestrogen	128,137	Aromatherapists	156	B vitamins	123,140
and vitamin B2	21	Aromatherapy	143	and acne rosacea	175
broad-spectrum	156	Aromatic amines, detoxification of	55	and AIDS	176
Antibodies	94	Arsenic	18,114,131	and carpal tunnel syndrome	192
to cytochrome P450 enzymes	57	Artemisia annua	18	and depression	197
Anti-candida diet	156	Arteriosclerosis		and female cancers	187
Anti-carcinogen, natural	147	and calcium deficiency	37	and glaucoma	203
Anticatarrrhal herb	87	and diet	208	and mental performance	178
Anticoagulant, vitamin E as	64	Arthritis	78,88,99,149,249,261	and schizophrenia	229
Anti-dandruff shampoo	148	and boron	31	Back pain	109
Anti-depressant, natural	152,163	and celery	42	Bacteria	
Anti-diuretic hormone	17,61,91,151	and cider vinegar	48	in food	94
Anti-emetic, herb	130	and comfrey	50	in intestines	136
Antifungal, natural	145	Artichoke	18	digestion of fibre	59
Antigens	17,94	leaf as liver treatment	58	Bacterial overgrowth	61
Anti-herpes diet	156	Artificial		Bacteroides bacteria	100
Antihistamine, vitamin B3 as	22	additives	158	Baking soda and vitamin C	34
Anti-inflammatory, natural	107	colourings	75,145	Barbecued meats	135
Anti-microbial, natural	107	flavourings	75	Barberry	27
golden seal as	87	oestrogens and fertility	213	Barley oil	45
Antimony	114	preservatives	75	Basal metabolic rate	27
Anti-mutagens	244	Asafoetida	18	Batteries	113
Anti-nutrients	155	Ascorbic acid (see Vitamin C)		Bayberry	27
Anti-oestrogen, saw palmetto as	146	Asparagine	19	Bearberry	165
Antioxidants	17,135	Aspartame	18,133	Beauty, eating for	251
and angina	208	Aspartate	19,119	Bed pan bullets	29
and cancer	185-6	Aspartic acid	19	Bed-wetting	
and cataracts	192	Aspergillus oryzae	101	and food allergy	182
and cholesterol	45	Aspirin	139,145	Bee pollen	27
and diabetes	199	and vitamin K	100	Beetroot	27
and glaucoma	204	metabolism	55	as liver treatment	58
and macular degeneration	217	Assimilation	19,123	Behavioural problems	
and osteoarthritis	220	Asthma		104,210-11
and pancreatitis	222	67,90,111,132,142,145,155,180-2	and essential fatty acid deficiency	210
and Parkinson's disease	223	and allergy	181	and sugar	210
melatonin as	113	and fish oils	181-2	and tartrazine	210
Anti-parasitic	130	and magnesium	180,181	Benzoates	27
grapefruit seed extract as	87	and selenium	180,181	Benzodiazepine tranquillizers	79
Antiseptic, natural	145	and vegan diet	181	Benzoic acid and migraine	155
for urinary tract	165	and vitamin B6	25,181	Benzopyrenes	27,135
Anti-stress hormones and vitamin B5	23	and vitamin B12	181	from charred food	43

Index

- Berberine27
- Beri-beri..... 121,122
- Berries.....73
- Beta-alanine 24-25
and taurine155
- Beta carotene 17,41,78
algae as source of.....13
and cancer.....186
and hypothyroidism162
- Beta-glycosidase.....103
- Beta-hydroxybutyric acid.....101
- Beta receptors41
- Betaine28,107
hydrochloride.....28
- Betulaceae.....76
- Bicarbonate.....28,60,65
- Bifidobacteria66,136
- Bifido growth factor.....137
- Bilberry.....28
- Bile28,123
and acylation.....55
and cholesterol.....44
flow.....27,54
stimulation87
- Bioavailability.....29
and phytate.....134
- Biopsies122
- Biotin29
- Biotransformation54
- Bipolar disorder (see Manic-depressive illness)
- Birth defects..... 182-3,261
- Birthweight
and zinc.....183
low.....170
and essential fatty acids183
- Bismuth.....30
and CJD196
- Bitter herbs81
- Blackcurrant seed oil.....71,79
- Blackmore's celloids.....43
- Bladder cancer186,187
and dietary supplements.....188
- Bladderwrack.....30
- Bleach78,155
- Bleeding.....100
- Blepharitis.....72
- Bloating105
- Blood30
- Blood-brain barrier31
- Blood clotting100,138
- Blood disorders..... 183-4
- Blood lipids
and fish oil.....207
and garlic consumption.....193
- Blood pressure
and calcium supplementation.....209
and fish oil supplements 209-10
and meat-free diet210
and obesity.....210
and taurine supplements.....210
and vitamin E.....64
high..... 111,145,261
low.....164
- Blood sugar.....30,40,93
and adrenaline.....42
and chromium.....47
and vitamin C supplements.....200
control140,157
hormones91
- Blood viscosity
and hearing loss.....205
and vitamin E.....205
- Blood volume150
- Blue baby syndrome120
- Blue-green algae13
- Blue line on gums104
- BMR27
- Body-building and arginine17
- Body fat11
and female cancers.....128
- Body heat production and adrenaline...42
- Body weight and fertility213
- Boldo31
- Bone density
and calcium supplements221
and exercise222
and magnesium supplements221
and minerals221
and vitamin D221
- Bone fractures.....100
- Bone healing and comfrey50
- Bone mineralization100,166
hormones91
- Bonemeal104
- Bones121,139
- Borage oil31,71,79
- Boron31
and calcium excretion.....222
- Boswellic acid.....32
- Botulism76
- Bovine cartilage and cancer188
- Bowel toxins.....161
- Brain Bio Center.....114
- Brain fog.....55
- Brain tumours and melatonin supplements187
- Bran59,95,134
- Branched-chain amino acids . 32,106,166
and carnitine40
- Brassicas.....32
- Braverman, Dr Eric.....26
- Brazil nuts..... 140,147,159
- Breast cancer.....96,128,189-191
and coenzyme Q1049,190
and dietary fat.....189,191
and dietary fibre.....189
and fish oil190
and fruit and vegetable consumption189
and hormone replacement therapy .190
and meat consumption190
and melatonin supplements.....113,190
and nutritional supplements.....190
and pesticides189
and pollutants189
and silicone implants189
and soy151
and vitamin A consumption.....189
and vitamin E consumption189
and vitamin E supplements.....190
- Breast cysts.....115
- Breast lumps.....115
and coffee49
and essential fatty acids184
- Breast milk79,115
- Breast pain.....71
and evening primrose oil225
- Breast-feeding..... 12,126,170
- Brewer's yeast169
- Broccoli
and oestrogen.....128
as liver treatment58
- Bromelain32
- Bronchial asthma and N-acetylcysteine201
- Bronchitis118,184
and N-acetylcysteine201
and sodium184
and vitamin C184
and zinc184
garlic for.....80
- Brown fat.....11
- Bruising34,72,73
- Bryce-Smith, Professor Derek104
- Buckwheat32,73,116
- Bulghar wheat.....32
- Bulimia nervosa.....32
and zinc179
- Burdock root.....68
- Burning feet23
- Burning sensations.....146
- Butter, butyric acid in33
- Butterbeans116
- Butyric acid33
- Cabagin.....165
- Cadmium36,98
and delinquency.....197
and emphysema201
and kidney stones215
and prostate cancer192
- Caffeine88,115,140
and anxiety180
and fibrocystic breast disease184
and headaches.....204
metabolism55
- Calciferol53
- Calcification of tendons and ligaments 74
- Calcitonin36,91,162
- Calcitriol.....36
- Calcium36,65,121,122,134
and phosphorus balance.....134
channels.....119
deficiency and motor neurone disease218-9
excretion and boron222
losses and phosphorus intake.....221
losses and sugar.....221

Linda Lazarides—Nutritional Health Bible

metabolism.....	130,138	Caricaceae.....	76	Chewing.....	123
regulation.....	162	Carminative.....	39,40,71	Chi, deficient.....	83
Calcium supplements.....	37	Carnitine.....	40,108,114,145	Chickpeas.....	147
and blood pressure.....	209	and angina.....	209	Children.....	239
and bone density.....	221	and muscular dystrophy.....	219	as fatty eaters.....	146
and colon cancer.....	188	Carotenoids.....	40	Chinese restaurant syndrome.....	84,117
and PMS.....	225-226	and macular degeneration.....	217	Chloral hydrate, as product of	
and pre-eclampsia.....	224	Carpal tunnel syndrome.....	22,192	detoxification.....	54
Calcium-magnesium pump.....	77	and B vitamins.....	192	Chlorella.....	13
Calomel talc.....	113	Carrier molecules.....	123	Chloride.....	44,65,78,119
Calories.....	37,153	Cartilage.....	46,84,117	Chlorine.....	78,155
Calorie-controlled diets.....	157	degeneration.....	111	Chlorophyll.....	44
Calves, tender.....	20,121	Cascara.....	41	Chocolate.....	109,115
Camphor.....	143	Casein.....	41	Cholecalciferol.....	53
Campylobacter.....	76,77	Cat's claw.....	165	Cholecystokinin.....	44,60,133
Cancer.....	132,184-192	Catabolic.....	114	Cholera.....	80
and antioxidants.....	185-6	Catalase.....	78,92,97	Cholesterol.....	44,65,111,152,163
and beta carotene.....	186	Catalyse.....	67	and artichoke leaf.....	18
and bovine cartilage.....	188	Cataracts.....	107,142,192-3	and coffee.....	49
and cruciferous vegetables.....	185	and antioxidant nutrients.....	192	and nut consumption.....	193
and dietary habits.....	186	and fruit and vegetable consumption		and vitamin b3.....	193
and fruit and vegetable intake.....	185	192	and vitamin B3.....	22
and hydrazine sulphate.....	92	and vitamin C supplements.....	192	and yoghurt consumption.....	193
and lycopene.....	186	and vitamin E supplements.....	192	deposits and sugar.....	153
and oestrogen therapy.....	187	Catarrh of genitourinary tract.....	146	Cholestyramine.....	45
and selenium.....	185,187	Catechins.....	87	Choline.....	46,107,114,134,145
and tomatoes.....	185	Catecholamines.....	41,133,163,164	and Alzheimer's disease.....	178
and vitamin C.....	186,187-8	Cations.....	65	Chondroitin sulphate.....	46,117
and vitamin E.....	185,187,188	Caustic soda and salt consumption....	146	Chromium.....	46,135,166
and zinc.....	188	Cayenne pepper.....	39	and dietary sugar.....	47
cells and lycopene.....	41	Celery.....	42,146	and insulin resistance.....	45
of oesophagus.....	116	toxins from.....	147	and sugar.....	153
of prostate.....	128,151	Celiac disease (see Coeliac disease)		and vitamin B3 supplements.....	199
promotion and alcohol.....	12	Cell membranes		deficiency and heart disease.....	207
Cancers, female.....	128	42,77,134,149,150,151,155	orotate.....	47
Candida albicans.....	38,61,105,136	and Ginkgo biloba.....	82	polynicotinate.....	47
and acetaldehyde.....	10	Celoid minerals.....	42	Chromium supplements	
and biotin.....	29	Cellulase.....	43	and diabetes.....	199
and cinnamon.....	48	Cellulose.....	43,59	and hypoglycaemia.....	211
as source of aldehydes.....	55	Cephalins.....	134	Chronic fatigue.....	14,78,114,126,143,261
liquorice for.....	107	Cereals.....	43	and Candida albicans.....	38
Candidiasis.....	61	Cerebral insufficiency and Ginkgo biloba		and magnesium.....	110
and asafoetida.....	18	179	Chronic fatigue syndrome ..	67,126,193-4
and chronic fatigue syndrome.....	193	Cervical cancer and contraceptive pill	186	and candidiasis.....	193
hydrogen peroxide for.....	92	Cervical dysplasia.....	75,186,188	and essential fatty acids.....	193
Canker sores (see Mouth ulcers)		Cervix and folic acid deficiency.....	74	and fluoride.....	74
Capillary dilation.....	90	Chalcones.....	72	and magnesium injections.....	193
Capillary fragility.....	64	Chamomile.....	43	and toxic overload.....	54,55
Capillary permeability.....	138	Chapatis.....	134	Chronic illness.....	174
Capillary strength.....	72,82	Char-broiling.....	43	Chronic pain and comfrey.....	50
Caprylic acid.....	39	Charcoal.....	43	Chyme.....	60
Capsicum.....	39	Char-grilled foods.....	43,135	Chymotrypsin.....	60
Caraway.....	39	Charred food.....	27,43	Cider vinegar.....	48
Carbamates.....	131	Chasteberry (see Agnus castus)		Cigarette smoke.....	119
Carbohydrate.....	39,159	Chelates.....	43,134	Cinnamon.....	48
loading.....	254	Chelation.....	44	Circadian rhythm.....	112
Carbon dioxide.....	66,89,135,170	Chelator.....	68	Circulation.....	72,82,110,138,145
Carbon monoxide.....	119	Chemical sensitivities.....	67,85,105,159	herb for.....	87
Carbon tetrachloride.....	64,150	and Candida albicans.....	38	Cis fatty acids.....	71
Carboxyhaemoglobin.....	89	and vitamin deficiencies.....	57	Citrates.....	48
Carboxypeptidase.....	60	Chemicals, defences against.....	246-7	Citric acid cycle.....	66
Cardamom.....	40	Chemotherapy.....	118	Citrulline.....	48,108,165
Cardiac arrhythmias.....	111	Chenopodiaceae.....	76	Citrus fruits.....	73

Index

- CJD.....196
 and bismuth196
 Cleansing diets.....157
 Cleft lip183
 Clinical depression.....95
 and catecholamines42
 Clioquinol94
 Clostridium61,136
 Clove oil156
 Coates, Dr Nadya.....85,146
 Cobalamin.....25
 Cobalt26,48
 Cocoa.....129
 butter.....45
 Cod liver oil48
 Coeliac disease.....85,105,161
 and epilepsy202-3
 and neurological damage219-220
 Coenzyme A124
 Coenzyme forms of B vitamins.....66
 Coenzyme Q1048,66
 and AIDS175,177,213
 and Alzheimer's disease179
 and breast cancer190
 and congestive heart failure195
 and gum disease.....223
 and schizophrenia229
 Coffee49,115,168
 and magnesium loss.....110
 and osteoporosis221
 enemas.....158-9
 Coffee, tea, alcohol and acne rosacea.175
 Cola115
 Colic130,194
 and food allergy194
 Colitis194
 Collagen.....49,108,118,138,154,170
 Colloidal minerals.....49
 Colon50
 Colon cancer191
 and calcium supplements188
 and dietary fibre.....191
 and folic acid191
 and sugar.....153,191
 and vegetarians191
 and vitamin E.....191
 Colostrum50
 Colours of fruits and vegetables.....72
 Coltsfoot50
 Comfrey.....50
 Common cold.....171,194-5
 and vitamin C35,195
 and zinc.....194-5
 how to treat264-5
 Compositae.....76
 Concentration.....133,164
 Congenital abnormalities and zinc
 deficiency183
 Congestive heart failure95,155,195
 and coenzyme Q1049,195
 and vitamin E.....195
 Conjunctivitis.....27
 Connective tissue92,111,118
 Constipation.....73,253,261
 Contraceptive pill.....50,126
 and acne.....175
 and cervical cancer186
 and folic acid74,75
 and vitamin B624
 and vitamin C supplements.....35
 and vitamin E.....63
 Control group.....50
 Convenience foods.....242
 Convolvulaceae.....76
 Convulsions84,109,132
 and vitamin B624
 Cooking for one242
 Cooking methods.....123
 Cooling of skin168
 Copper50
 and chemical sensitivity.....57
 and vitamin C supplements.....35
 bracelets.....51
 depletion by zinc.....171
 transport.....90
 Cori cycle.....51,66
 Corn and vitamin B3.....121
 Corpus luteum.....137
 Corticosteroid hormones11,52
 Corticosterone and blood sugar.....30
 Cortisol11,91
 and blood sugar.....30
 Cortisone.....11,52
 Cortisone-like herb107
 Cough73,112,129
 Cow's milk115,127
 Cradle cap and biotin29
 Cramps.....168
 Cranberry52
 juice and cystitis197
 Crash diets234
 Creatine114
 Creatinuria64
 Cretinism96
 Creutzfeldt-Jakob disease196
 Crohn's disease105,161,196-7
 and exclusion diet.....196-7
 and fish oil supplements196
 and fruit and vegetable consumption
196
 and sugar153,196
 and unrefined diet196
 Cruciferae76
 Cruciferous vegetables.....52
 and cancer.....185
 Cryptococcus80
 Cryptosporidial diarrhoea80
 Cryptoxanthin41
 Cucurbitaceae76
 Curcumin72,139
 Cushing's disease.....151
 Cyanide.....103,107
 and vitamin B1225
 Cycadaceae76
 Cyclic AMP52
 Cyclooctasulphur143
 Cyclo-oxygenase72,138,139
 Cystathione.....90
 Cysteine52,118,154,155,
 Cystic breast disease64
 Cystine.....52,118,154
 Cystitis.....146,165,197
 and cranberry52
 Cytochrome P450 oxidases...54,158,159
 in body tissues57
 Dairy products115
 and calcium37
 allergy to.....160
 Dandelion54
 root as liver treatment.....58
 Dandruff9,261
 Davis, Adelle122
 Deadly nightshade family147
 Deafness97
 Death cap mushroom150
 Deglycyrrhizined liquorice107
 Dehydration160,168
 Dehydroepiandrosterone58
 Delinquency.....197
 and cadmium197
 and lead197
 and refined carbohydrates.....197
 and sugar197
 Delta-6-desaturase12,70,71
 Delta-7-sterol140
 Dementia
 and taurine156
 and vitamin B12178
 Dendrites118
 Dental amalgam
 and multiple sclerosis219
 and schizophrenia229
 Dental decay73
 Dental problems.....123
 Dentists114
 Dependency state.....112
 Depression.....75,93,114,164,197-8,261
 and B vitamin deficiency.....197
 and DLPA.....197-8
 and folate197,198
 and hypericum198
 and inositol supplementation198
 and magnesium deficiency197
 and S-adenosyl methionine.....198
 and selenium intake197
 and St John's wort198
 and tyrosine198
 and vitamin B6 supplementation ...198
 and zinc deficiency197
 Dermatatan sulphate117
 Dermatitis111
 Detergents and cell membranes57
 Detoxification54,67,118
 and motor neurone disease.....218
 and Parkinson's disease218,222
 DHA72
 DHEA58
 and lupus230-1

DHT	140	Diurnal rhythms, hormones	91	Embolism and magnesium deficiency	207
Diabetes		Dizziness	93,114	Empysema	201-2
72,101,109,114,153,198,200,249,261		DLPA	133	and cadmium	201
and antioxidant supplements	199	and depression	197-8	and coltsfoot	50
and chromium supplementation	199	DMG	27	and N-acetylcysteine	201
and ketones	40	DNA	81,95,120	and vitamin C	201
and low-fat vegan diet	199	of yeast	169	and vitamin E	201
and magnesium deficiency	198	synthesis	84,149	Empty calorie foods	120
and magnesium supplements	199	Dolomite	61	Encephalins	114,119
and saccharin	145	Dong quai	61,137	Endocrine system	66
and sugar consumption	198	Dopa	41	Endometriosis and dioxin	202
and tea and coffee drinking	198-199	Dopamine	41,42,111,116,119,133,164	Endorphins	114,119
and vitamin B3	22	and vitamin B1	21	Endotoxins	61,66
and vitamin E	64,199	Double bonds	69-70	Energy	19
lipoic acid for	107	Double-blind clinical trials	61	production	66,139
neuropathy and GLA	200	Down's syndrome	200	Enolase	74
Diarrhoea	72,87,115,123,130,158	prevention of	244	Enrichment of foods	77
and electrolytes	66	Dreams and chromium supplements	47	Enterobacter	165
in infants	137	Drug abuse and AIDS	176	Enter-viaform	94
Diarrhoea, chronic	80	DRVs	59	Environmental factors and Parkinson's	
and zinc supplements	200	Dry eyes	71	disease	222,223
Dichlorvos	132	Dry skin	261	Environmental medicine	67
Dieldrin	132	Duodenum	60	Enzymes	67
Diesel smoke	135	Dwarfism	96	Eosinophilia myalgia syndrome	81,163
Diet		Dysbiosis	61,87,105,158,159,161,261,	EPA	65,139,70,71,72
and arteriosclerosis	208	and allergy	177	and cholesterol	45
and Down's syndrome	200	and barberry	27	and rheumatoid arthritis	228
and psoriasis	227	and hydrochloric acid	11	Epilepsy	67,84,86,111,132,155,202-3
foods	19	and sugar	153	and coeliac disease	202-3
Dietary fat and breast cancer	189,191	Dysentery	80	and food allergy	202
Dietary fibre	58	Dyslexia and zinc deficiency	200-1	and magnesium	202
and breast cancer	189	Dysmenorrhoea	97	and selenium supplementation	202
and cholesterol	44,45	Dyspepsia	72	and vitamin B1	202
and colon cancer	191	E coli	61,76,136	and vitamin B6 dependency	202
and kidney stones	216	and cinnamon	48	and vitamin E	202
butyric acid from	33	E numbers	75	Epileptic seizures	64,112
Dietary habits and cancer	186	EAP	68	Epinephrine (see Adrenaline)	
Dietary Reference Values	59	EAR	59	Epoxides, as product of detoxification	54
Dietary supplements	122-123	EAR	59	Epsom salts	67
and bladder cancer	188	Ear problems	71	Erasmus, Udo	67
definition of	59	Ebenaceae	76	Ericaceae	76
safety of	262	Echinacea	65	Erucic acid	67
what to take	260-2	Eclampsia	111	Erythrosine, iodine in	96
Dieticians	59	Eczema	71,79,119,142,201,261,	Eskimos and heart disease	45
Digestion	59	and evening primrose oil	201	Essential balm	131
Digestive enzymes	159	and fish oil	201	Essential fatty acid deficiency	
interference with	147	Edema (see Oedema or Fluid retention)		and behavioural problems	210
Digestive stimulants	81	Edetic acid	65	and hyperactivity	210
Dihydrofolic acid	75	EDTA	65	Essential fatty acids	69-70
Dihydrotestosterone	140,146,156	Eggs, allergy to	160	and birthweights	183
Dimethoate	132	Eicosanoids	106,138	and breast lumps	184
Dimethylglycine	27	Eicosapentaenoic acid	65,70,71	and chronic fatigue syndrome	193
Dioscoreaceae	76	Elderberry	65	and liver cancer	188-9
Dioxin and endometriosis	202	Elderly people		and PMS	225
Disaccharidases	60,61	and vitamin B12 deficiency	26	and schizophrenia	229,230
Disaccharides	39	nutrition for	249	Essential oils	67
and gut wall	105	Electrical charge	151	Essiac	68
Disodium chromoglycate	73,142	Electrolytes	65,135,150	Esters	68
Disorientation	121	Electron transport chain	66,97	Estimated Average Requirement	59
and vitamin B12	25	Eleutherococcus	83	Estrogen (see Oestrogen)	
Disulphides	118	Elimination diet	157	Ethanolamine	68,134
Diuretic drugs	136	and ulcerative colitis	194	Eucalyptus oil	156
Diuretics	61,65,99,126	ELISA test	94	Euphorbiaceae	76

Index

- Evening primrose oil.....68,71,79
 and breast pain.....225
 and eczema.....201
 and PMS.....225
 Excipients.....68
 Excitatory neurotransmitters.....119
 Exclusion diet.....157-8
 and Crohn's disease.....196-7
 Exercise.....66
 and bone density.....222
 and carnitine.....40
 and magnesium.....110
 Expectorant.....16,107
 garlic as.....80
 Eye lens.....63,116
 Eyes.....155
 Eyesight.....9,73
 and bilberries.....28
 and sugar.....153
 poor in bad light.....261
 Ezyme inhibitors.....117
- Faddy eaters.....123,146
 Fainting.....93
 Famine.....123
 Fasting.....120,158
 Fat
 and kidney stones.....215
 and hearing loss.....206
 Fatigue.....139
 Fats.....69
 oxidation of.....78
 Fatty acids.....66
 synthesis.....111
 and prostaglandins.....138
 Feingold diet.....145,158
 Feingold, Dr Ben.....158
 Female cancers and B vitamins.....187
 Female characteristics, hormones.....91
 Fennel seeds.....71
 Fenugreek.....72
 Fermentation.....61
 Ferric iron.....97
 Ferrous sulphate.....97
 Fertility.....147
 and alcohol.....213
 and artificial oestrogens.....213
 and body weight.....213
 male.....170
 Fertilizer.....119
 Ferulic acid.....79
 Feverfew.....72
 Few foods diet.....158
 Fibre, soluble.....140
 Fibre supplement.....140
 Fibrocystic breast disease.....96
 and caffeine.....184
 Fibroids.....85
 Fibromyalgia.....110
 and magnesium.....203
 Fibrositis.....203
 Fight or flight hormone.....41
 Fillers and binders.....68
- Fingernails.....147
 problems.....261
 split.....71
 white spots.....170
 Fish liver oils.....72
 Fish oil.....72
 and blood lipids.....207
 and breast cancer.....190
 and eczema.....201
 and heart disease.....207
 and kidney disease.....216
 and period pains.....223,224
 and psoriasis.....227
 Fish oil supplements.....65
 and blood pressure.....209-10
 and Crohn's disease.....196
 and Raynaud's disease.....228
 and ulcerative colitis.....194
 and asthma.....181-2
 and cholesterol.....45
 Flagyl, alternative to.....18
 Flatulence.....40,43,71,130
 and cinnamon.....48
 Flavones.....72
 Flavonoids.....17,72,78,135,139,142,
 and histamine.....178
 and stroke.....230
 in Ginkgo biloba.....82
 Flavonols.....72
 Flax seeds.....73
 Fluid retention.....159,203
 and Ginkgo biloba.....203
 and sugar.....153,203
 and vitamin B6.....25
 premenstrual.....137
 Flu-like symptoms.....132
 Fluorapatite.....73
 Fluoride.....73
 Flushing effect of niacin.....23
 Folate.....74
 and depression.....197,198
 and heart disease.....208
 Folic acid.....74,114,130
 and alcohol.....12
 and colon cancer.....191
 and homocysteine.....90
 and manic-depression.....218
 and schizophrenia.....229-230
 and spina bifida.....183
 megadoses.....112
 Follicle stimulating hormone.....12,91,127
 Food addictions.....234
 Food additives.....75,134
 and irritable bowel syndrome.....214
 Food allergies.....156
 and bed-wetting.....182
 and colic.....194
 and epilepsy.....202
 and headaches.....204,205
 and hyperactivity.....211
 and hypothyroidism.....211
 and intestinal bacteria.....178
 and rheumatoid arthritis.....228
- and urticaria.....231
 Food combining.....89
 Food families.....75
 Food intake and oestrogen.....128
 Food intolerance.....14,94,115
 and irritable bowel syndrome.....214
 and acne.....175
 Food irradiation.....9
 Food poisoning.....76,80
 Food sensitivity.....177
 Food supplements
 and breast cancer.....190
 and immunity.....213
 and IQ.....217
 Formaldehyde gas
 and soft furnishings.....55
 Formula feeds.....77
 soy-based.....151
 Fortification of foods.....77
 Framingham study.....90
 Frankincense.....32
 Free oxidizing radicals.....77
 Free radicals.....17,77,85
 and carotenoids.....40
 Friendly bacteria.....66,136
 Frost damage, toxins from.....147
 Fructo-oligosaccharides.....137
 Fructose.....39
 Fruit and vegetable consumption
 and breast cancer.....189
 and cancer.....185
 and cataracts.....192
 and Crohn's disease.....196
 Fugaceae.....76
 Fungi.....76,117
 Fungicides.....113,131
 Fussy eaters.....239
- GABA.....79,84,104,119
 Galactose.....39
 Gall bladder disease and sugar.....153
 Gall bladder inflammation.....27
 Gall-stones
 and refined carbohydrates.....203
 and sugar.....153
 Gamma-amino butyric acid.....79
 Gamma-linolenic acid.....68,70,71,79
 Gamma oryzanol.....79
 Gangrene.....64
 Ganoderic acid.....143
 Garcinia cambogia.....79
 Garlic.....80
 and AIDS.....177
 and benzopyrenes.....27
 and Candida albicans.....156
 consumption and blood lipids.....193
 consumption and immunity.....213
 odour control.....130
 Gas in intestines.....43
 Gasoline.....104
 Gastric
 acid.....123
 disorders.....165

juice.....	60	Glutathione peroxidase	17,78,92,113,125,147,148	Hay diet.....	89,159
mucosa, protection of.....	107	and multiple sclerosis.....	219	Hay fever.....	73,142
Gastric ulcers.....	138,150,171	Glutathione reductase.....	124	HDLs.....	45
and vitamin A supplements.....	231	Gluten.....	43,85	Headaches.....	93
and vitamin U supplements.....	231	Gluten-free diet.....	142	and migraine.....	204-5
Gastric-inhibitory peptide.....	60	Gluten sensitivity and neurological		and caffeine.....	204
Gastrin.....	60	damage.....	219-220	and food allergy.....	204,205
Gastroenteritis.....	76	Glycaemic index.....	85-86,157	and magnesium supplements.....	204
Gelatine.....	81,86	Glycerine.....	86	and vitamin D.....	204
Genes.....	81,120	Glycerol.....	69,86,105	tension.....	131
Genetic engineering.....	81	Glycine.....	74,86,119,148	Healthy eating.....	256-7,259
Genistein.....	127	and aspirin overdose.....	55	Hearing problems.....	64,111,205
Gentian.....	81	Glycoaminoglycans.....	84	and vitamin D supplements.....	205-6
Germanium.....	81	Glycogen.....	39,66,79,86,139	and fat intake.....	206
Gerson diet.....	82,158	conversion to glucose.....	24	and iodine.....	96
and melanoma.....	191-2	Glycolysis.....	66,74	and iron deficiency.....	205-6
Gerson, Dr Max.....	136,158	Glycoproteins.....	87,149	and magnesium supplements.....	206
Giardia lamblia.....	76,77	Goitre.....	96	and red cell rigidity.....	205
Gin.....	99	Goitrogens.....	87,96	and vitamin A.....	205
Ginger.....	82	Golden seal.....	87	and vitamin D.....	53
Ginkgo biloba.....	17,73,82	Gonadotropic hormones.....	91	Heart attacks and vitamin E.....	208
and cerebral insufficiency.....	179	Gonadotropin-releasing hormone.....	91	Heart disease.....	206-9
and fluid retention.....	203	Gottschall, Elaine.....	161	and chromium deficiency.....	207
and macular degeneration.....	217	Gotu kola.....	87	and fish oil.....	207
and mental performance.....	178-9	Gout.....	86,99,116,165	and folate levels.....	208
and tinnitus.....	206	and sugar.....	153	and homocysteine.....	208
Ginseng (Korean).....	82	Gouty arthritis.....	116	and magnesium deficiency.....	206-7
Ginseng (Siberian).....	83	Grains.....	43	and selenium deficiency.....	207
GLA.....	70,71,79	Gramineae.....	76	and selenium supplements.....	208
and diabetic neuropathy.....	200	Grape seed flavonoids.....	73	and trace elements.....	208
and psoriasis.....	227	Grapefruit and detoxification enzymes.....	57	and trans fatty acids.....	207
and rheumatoid arthritis.....	228	Grapefruit seed extract.....	87	and vitamin C intake.....	208
deficiency symptoms of.....	79	Green peppers.....	73	Heart function and taurine.....	155
Gla protein.....	100	Green tea.....	87	Heart valves.....	117
Glandulars.....	83	Green-lipped mussel extract.....	88	Heavy metals.....	65,76,89,104,113,131
Glauber's salts.....	83	Grey matter.....	118	and calcium.....	37
Glaucoma.....	107,110,203-4	Greying hair, premature.....	261	and glutathione replenishment.....	56
and antioxidants.....	204	Gripping.....	130	and Parkinson's disease.....	223
and B vitamins.....	203	Growth.....	91	and shark liver oil.....	13-14
and lipoic acid.....	203-4	and blood sugar.....	30	and vitamin D.....	53
and magnesium.....	204	and zinc.....	183	Helicobacter pylori and bismuth.....	30
and vitamin C.....	203	Guarana.....	88	Heme (see Haem).....	
Glucagon.....	86,91	Gulf War syndrome.....	67	Hemicellulose.....	59
and blood sugar.....	30	Gum disease.....	48,111,223	Hemoglobin (see Haemoglobin).....	
Glucocorticoids.....	11	and coenzyme Q10.....	223	Heparin.....	117
Glucogenic amino acids.....	15	Gums.....	59	Hepatic coma.....	166
Gluconeogenesis.....	83-84	swollen, inflamed.....	122,146	Hepatitis.....	148,149
Glucosamine.....	88,118	Gut mucosa.....	118	and selenium.....	209
Glucosamine sulphate.....	84	Haem.....	89	Herbicides.....	131
and osteoarthritis.....	220	Haemochromatosis.....	97-98	Herpes.....	80,171,209
Glucose.....	39,66,139	Haemoglobin.....	89,116,119,170	infections and lysine.....	108,209
Glucose-6-phosphate.....	66	and mercury.....	114	infections and zinc.....	209
Glucose tolerance factor.....	47	formation.....	24	Hesperidin.....	73
Glucuronic acid.....	56,84,101	Haemorrhage.....	73,100,122	Hexavalent chromium.....	47
Glucuronidation.....	56	Hair colour restorers.....	104	Hiatus hernia.....	112
Glutamate.....	84,107,119	Hair loss.....	170	High blood pressure.....	73,209-10
Glutamate amino transferase.....	124	Hair mineral analysis.....	89,125	and liquorice.....	108
Glutamic acid.....	84	Hallucinations.....	126,161	and magnesium.....	209
Glutamine.....	84	and vitamin B12.....	25	High methionine diet.....	159
Glutathione.....	78,85,107,118			Higher range supplementation.....	112
and cysteine.....	52			High-fat foods.....	69
and lung diseases.....	201-2			High-protein foods.....	139
conjugation.....	56			Hippocampus.....	84

Index

- Histamine.....14,90,114,116,119,142,143,145,159,163,171
 and copper51
 and flavonoids.....178
 and vitamin C35
 Histidine.....90
 HIV94
 and garlic80
 Hoffer, Dr Abram22,126
 Hollyhock flowers.....112
 Homocysteinaemia.....90
 Homocysteine25,74,75,90,114,124
 and cholesterol45
 and heart disease208
 and mental performance.....178
 and vitamin deficiency.....207
 Homocysteinuria.....90
 Homeostatic control122
 Hops.....91,165
 Hormone replacement therapy127,137
 and breast cancer190
 Hormones.....91
 Horsetail.....92
 Hostility104
 Hot flushes127,137,218
 and soya flour218
 and vitamin B6.....24
 HRT (see Hormone replacement therapy)
 Humic shale49
 Husks, silicon in.....150
 Hydrazine sulphate92
 Hydrochloric acid10,60,92
 and salt consumption146
 deficiency and acne rosacea.....175
 Hydrogen peroxide78,85,92,124
 Hydrogenation70,71
 Hydroperoxides.....77
 Hydrotherapy118
 Hydroxyapatite73
 Hydroxycitrate79
 Hydroxyl radical78,107,113
 Hydroxyproline92,138
 Hyperactivity71,79,104,145,155,158,210-11,261
 and essential fatty acid deficiency..210
 and food allergy211
 and trace element deficiency....210-11
 Hyperglycaemia92,93,157
 Hypericum and depression.....198
 Hyperinsulinaemia.....93
 Hypertension.....79,209-10
 as chemical sensitivity reaction.....55
 Hyperthyroidism96
 Hypoallergenic diet.....159
 Hypochlorhydria120
 Hypochlorite78,155
 Hypochlorous acid107
 Hypocholesterolaemia.....111
 Hypoglycaemia85,93,111,157,211
 and chromium47,211
 and magnesium supplements211
 herb for87
 Hypothalamus91,135
 Hypothyroidism97,211
 and food allergy.....211
 and selenium supplements211
 and smoking211
 and vitamin A9
 and zinc supplements.....211
 Iatrogenic94
 Idiopathic thrombocytopenic purpura and
 vitamin C184
 Ileum.....94
 Immune system94,148
 and magnesium deficiency.....177-8
 and vitamin C146
 impairment.....211-12
 nutrition for.....236
 Immunity
 and food supplements213
 and garlic consumption213
 and melatonin212
 and nutritional deficiencies212
 and pesticides212
 and selenium deficiency212-3
 and vitamin B6 deficiency212
 and vitamin C35
 in the elderly248
 Immunoglobulins94
 Immunosuppression113
 Impotence.....116
 Incontinence.....91
 Indoles159
 Infant diarrhoea.....137
 Infant formula feeds.....77,78
 Infections97
 frequent.....261
 Infertility.....213-4,261
 Inflammation77-8,123,138
 Inflammatory bowel disease105,161
 Inflammatory disorders71
 Inhibitory neurotransmitters.....119
 Inosine95
 Inositol.....95,107
 and panic attacks.....180
 hexaphosphate134
 and depression198
 Insecticides131-132
 Insomnia20,21,22,24,109,111,114,152,214,261
 Insulin80,85,91,93,138,154
 and blood sugar.....30
 and cholesterol45
 and cysteine52
 and kidney stones214
 and mercury.....114
 and sugar153
 and triglycerides45
 and tryptophan149
 breakdown85
 mimic.....166
 receptors and chromium47
 storage170
 Insulin resistance25,45,249
 and magnesium supplements199
 and trace elements199
 Intermittent claudication64
 Internal bleeding92
 International units95
 Intestinal flora.....61,136
 and biotin.....29
 and food allergies178
 Intestinal inflammation87
 Intestinal permeability105
 Intestinal problems, bilberries for28
 Intestinal spasms.....72
 Intrinsic factor26,95,121
 Inulin59
 Iodine.....96,100-101
 and thyroid hormone.....162
 Ions119
 IQ104
 and food supplements217
 and lead216
 and zinc216
 Iron89,96,107,134
 absorption and copper.....50
 absorption and vitamin C.....34
 and chemical sensitivity.....57
 and vitamin C supplements.....36
 and zinc absorption.....97
 deficiency and hearing loss.....205-6
 deficiency and learning difficulties 216
 deficiency and the gut.....105
 overload.....97-98
 Iron-binding capacity125
 Iron-deficiency anaemia121
 Irritable bowel syndrome 14,161,168,214
 and food additives214
 and food intolerance214
 Ischaemia.....98
 Isoflavones.....72,151,127
 Isoleucine.....98
 Isomers15,98,133
 Itai-itai disease.....98
 IU95
 Japanese foods109
 Japanese prisoner-of-war camps126
 Jejunum99
 Jerusalem artichokes59,137
 Jet lag112,253
 Joint pain84
 Jojoba99
 Juglandaceae.....76
 Juniper berries99
 Kelp100
 Ketone bodies101
 and carnitine40
 Ketosis12,101
 Kidney damage
 and lead215
 and mercury.....215
 Kidney disease.....214-6
 and fish oil.....216

and protein.....	215	Leucine.....	106	Macrobiotics.....	109
and sugar.....	153	Leukotrienes.....	65,70,71,106,138	Macrocytic anaemia.....	16,121
Kidney stones.....	24,111,129	Life expectancy.....	249	Macronutrients.....	120
and cadmium.....	215	Lignin.....	59	Macular degeneration.....	41,64,171,217
and dietary fibre.....	216	Liliaceae.....	76	and antioxidants.....	217
and fat.....	215	Limestone.....	61	and carotenoids.....	217
and insulin.....	214	Limiting amino acids.....	139	and Ginkgo biloba.....	217
and magnesium.....	214,215-6	Lind, Dr James.....	146	and lycopene.....	217
and vitamin B6.....	214-5	Lindane.....	132	and zinc.....	217
and vitamin C.....	35,214	Linoleic acid.....	69-70,79,138	Magnesium.....	65,109,122,126,139,165
Kidneys.....	101,151	Linseeds.....	73	and asthma.....	180,181
and low carbohydrate diet.....	160	Lipase.....	60	and autism.....	182
and selenium.....	215	Lipids.....	69	and epilepsy.....	202
Kinky hair and copper.....	51	Lipofuscin.....	63,64,106	and fibromyalgia.....	203
Klebsiella.....	137,165	Lipoic acid.....	107,154	and glaucoma.....	204
Knock-knees.....	121	and glaucoma.....	203-4	and high blood pressure.....	209
Koji.....	101,115	as liver treatment.....	58	and insulin resistance.....	45
Kombu.....	101	Lipoproteins.....	44-45,46,107	and kidney stones.....	214,215-6
Kombucha.....	101	Lipotropic factors.....	46,95,107	and PMS.....	225,226
Krebs cycle.....	66,139	Lipoxygenase.....	72,139	Magnesium deficiency	
Krebs, Dr Ernst.....	26,103	Liquorice.....	66,107	and angina.....	206
Kuzu.....	101	Listeria.....	77	and depression.....	197
Kwashiorkor.....	101,121,139	Lithium and noradrenaline.....	42	and diabetes.....	198
Kyolic garlic.....	80,101	Live yoghurt.....	169	and embolism.....	207
		Liver.....	78,108	and heart disease.....	206-7
		cancer and EFAs.....	188-9	and immune function.....	177-8
		enlargement and sugar.....	153	and motor neurone disease.....	218-9
		function and choline deficiency.....	46	and osteoporosis.....	220
		protection.....	150	Magnesium injections and chronic fatigue	
		spots.....	107	syndrome.....	193
		vitamin A in.....	9	Magnesium sulphate.....	67
		Loose teeth.....	122	Magnesium supplements	
		Lorenzo's oil.....	67	and bone density.....	221
		Loss of sensation.....	25	and diabetes.....	199
		Low birthweights.....	104	and headaches.....	204
		Low carbohydrate diet.....	159	and hearing loss.....	206
		Lower Reference Nutrient Intake.....	59	and hypoglycaemia.....	211
		Low-fat diet and PMS.....	226	and insulin resistance.....	199
		Low-fat vegan diet and diabetes.....	199	and period pains.....	223
		Low-sodium diets.....	66,151	and pre-eclampsia.....	225
		LRNI.....	59	Maintenance diet.....	160
		Lucerne.....	13	Malabsorption.....	159
		Lung cancer.....	186	of fat.....	64
		and saturated fat.....	189	Malathion.....	132
		Lung diseases		Male characteristics, hormones.....	91
		and glutathione.....	201-2	Maltase.....	60
		and N-acetylcysteine.....	184	Maltose.....	39
		Lupus.....	230	Mammary dysplasia.....	64
		and DHEA.....	230-1	Mammary glands.....	137,138
		Lutein.....	41	Manganese.....	111
		Luteinizing hormone.....	91	and motor neurone disease.....	219
		Lycopene.....	17,41-41,78	Mania	
		and cancer.....	186	and catecholamines.....	42
		and macular degeneration.....	217	and lecithin supplements.....	218
		and prostate cancer.....	186,192	Manic-depressive illness.....	86,166,217-8
		Lymphatic system.....	60,65,70	and folic acid.....	218
		Lymphoid tissues.....	94	and vanadium.....	217-8
		Lysine.....	108	and vitamin C.....	218
		Lysine and herpes infections.....	157,209	Mannosans.....	59
		Lysine-arginine ratio.....	157	MAO inhibitor drugs.....	164
				Marasmus.....	121
		Mackarness, Dr Richard.....	67	Margarine.....	70,77
		Macrobiotic cookery.....	101	Marshmallow.....	112

Index

- Mast cells.....142
 ME (see Chronic fatigue)
 Measles
 and vitamin A.....218
 complications from.....218
 Meat consumption and breast cancer .190
 Meat-free diet and blood pressure.....210
 Mediterranean diet.....249
 Megaloblastic anaemia.....75
 Megavitamin therapy.....112
 Melanin.....111
 Melanoma.....164,191-2
 and Gerson therapy.....191-2
 Melatonin.....91,112,145
 and immunity.....212
 and brain tumours.....187
 and breast cancer.....190
 as antioxidant.....78
 Memory.....133,145
 Menaquinone.....100
 Menopause.....64,127,145,218,261
 Menstrual bleeding, heavy.....72
 Menstrual cycle.....126,127
 Menstrual problems.....73
 Menstruation, painful.....223-4
 Mental apathy.....164
 Mental confusion.....26
 Mental development.....121
 Mental function.....217
 and taurine.....179
 and vitamin supplementation.....217
 in the elderly.....249
 Mental illness.....126,261
 and mercury.....114
 and trace elements.....229
 and vitamin B12.....26
 Mental performance
 and B vitamins.....178
 and Ginkgo biloba.....178-9
 and homocysteine.....178
 Mental retardation.....116
 Menthol.....131
 Mercapturic acid.....85
 Mercury.....113,131
 and kidney damage.....215
 toxicity and selenium.....148
 Metabolic rate.....114
 and adrenaline.....42
 Metabolism.....114
 of fats.....70-71
 hormones.....91
 Methaemoglobinaemia.....120
 Methionine.....12,74,78,90,107,114,118,122,140,145,149,159
 and AIDS.....176-7
 and alcohol.....12
 and folic acid.....75
 and magnesium.....109
 and Parkinson's disease.....223
 and taurine.....155
 metabolism.....116
 Methyl groups.....145,149
 Methylation.....56
 Methylfolate.....75
 Methylmalonic acid.....124
 Methylmercury.....113
 Methyltransferase.....56
 Methylxanthines.....49,115
 Micronutrients.....115,120
 Microvilli.....123
 Migraine.....14,72,115,155
 Milk.....115
 flow in nursing mothers.....167
 let-down, hormones.....91
 pasteurization and vitamin B2.....21
 thistle.....150
 Minamata Bay.....113
 Mineral deficiencies and vegetarians.241
 Mineral supplements and bone density221
 Mineral water.....115
 Mineralocorticoids.....11
 Minerals and bone density.....221
 Minerals, organic and inorganic.....29
 Miscarriage.....132
 and alcohol.....224
 and selenium deficiency.....224
 and smoking.....224
 and zinc deficiency.....183
 Miso.....115
 Mitochondria.....66
 and carnitine.....40
 free radical damage to.....78
 Mitral valve prolapse.....111
 Molybdenum.....57,116,122
 Monoamine oxidase.....55,164
 Monoamines.....41,116
 Mono-diets.....158
 Monosaccharides.....39
 Monosodium glutamate ..84,117,150,163
 and taurine.....155
 and vitamin B6.....25
 Monounsaturated fatty acids.....70
 Mood swings.....261
 Morning sickness.....24,261
 Mosquitoes.....253
 Motor neurone disease.....122,218-9
 and calcium deficiency.....37,218-9
 and detoxification enzymes.....218
 and magnesium deficiency.....218-9
 and manganese.....219
 and toxic overload.....54
 Motor neurons.....118
 Mouth ulcers.....9,138,171
 Mucilage.....59,72,112,150
 Mucolytic.....118
 Mucopolysaccharides.....117,154
 Mucus.....61
 colitis.....87
 membranes and bismuth.....30
 secretions.....117
 Muesli.....117
 Multiple allergies.....67,114,160
 Multiple sclerosis.....26,219
 and dental amalgam.....219
 and glutathione peroxidase.....219
 and gluten.....85
 and iodine deficiency.....96
 and tooth fillings.....219
 Multivitamins and cleft lip.....183
 Multivitamins/minerals and PMS.....226
 Musaceae.....76
 Muscle contraction and relaxation.....65
 Muscle contractions and calcium.....36
 Muscle cramps and calcium.....37
 Muscle fatigue and N-acetylcysteine .193
 Muscle pain.....109,126
 Muscle wasting.....139
 Muscular dystrophy.....64,219
 and carnitine.....219
 and selenium.....219
 and vitamin B2.....219
 and vitamin E.....219
 Muscular over-exertion.....103
 Muscular weakness.....136
 Mushrooms and *Candida albicans*.....156
 Mushrooms, toxic.....107
 Mustard seed oil.....67
 Mutagens.....244
 faecal.....64
 Myasthenia gravis.....64
 Mycobacteria.....80
 Mycotoxins.....117
 Myelin sheath.....118
 and cholesterol.....44
 and copper.....51
 Myopathy.....111
 Myricetin.....73
 Myristic acid.....99
 NAC.....118
 N-acetyl cysteine.....52,118
 and bronchial asthma.....201
 and bronchitis.....201
 and emphysema.....201
 and lung diseases.....184
 and muscle fatigue.....193
 and paracetamol overdose.....56
 N-acetyl-beta-glucosaminidase.....153
 N-acetyl glucosamine.....118
 N-acetyltransferase.....55
 NAD.....66,124
 NAG.....118
 Natural hygienists.....143
 Natural progesterone.....137
 Naturopathic tradition.....157
 Naturopaths.....158,160
 Naturopathy.....118,126,143
 Nephrons.....101
 Nerve cell membranes.....133
 Nerve cells.....118
 Nerve damage.....94
 Nerve gases.....132
 Nerve impulses.....65,119,138,150,151
 regulation by taurine.....155
 Nerve tonic.....167
 Nervous indigestion.....166
 Nervous system, herb for.....87
 Neuralgia.....65

Neurodegeneration	107	and soy	151	Palmitate	130
Neurological damage		balancing, liquorice for	107	Palpitations.....	109,121
and coeliac disease	219-220	overload	137	and coffee.....	49
and gluten sensitivity.....	219-220	therapy and cancer.....	187	Panax ginseng	82
Neurological disease.....	219-220	Oestrogenic properties.....	145	Pancreas	60,91,93
Neuron.....	118	Oestrone	127,128	Pancreatic cancer.....	186
Neuropathy.....	64	Oils.....	69,70	and coffee.....	49
Neurosis and vitamin B1	180	Oily fish and cholesterol.....	45	Pancreatic juices	133
Neurotransmitters	119	Oleaceae.....	76	Pancreatin.....	130
Niacin	22	Oleic acid	128	Pancreatitis.....	148,222
and cholesterol	45	Olestra	128	and antioxidant supplements	222
Nickel.....	119	Oligoantigenic diet	160	and selenium injections	222
Nicotinamide.....	23	Olive oil.....	128	Pangamic acid.....	26
Nicotinic acid	22	and Candida albicans.....	156	Panic attacks.....	180,261
Nitrates.....	119	Omega 3 fatty acids.....	69-70	and inositol.....	180
Nitric oxide.....	113	and learning difficulties.....	216	Pantethine.....	23
Nitrites.....	119,120	Onions	73,142	Pantothenic acid	23
Nitrogen balance.....	120,140	Optic neuritis.....	21	and acetylation.....	55
Nitrosamines.....	120	Oral contraceptives.....	127	and adrenal function.....	11
Nobiletin.....	73	Organ meats	140	Papain.....	130
Non-Hodgkin lymphoma.....	186	Organ reserves.....	122	Papaya.....	130
Non-starch polysaccharides.....	58	Organic food.....	129,132	PAPS.....	57
Non-steroidal anti-inflammatory drugs.....	105	Organochlorines	131,132	Para-aminobenzoic acid	130
Noradrenaline.....	91,11,116,119,133,164	Organophosphate pesticides	131	Paracetamol	
Norepinephrine (see Noradrenaline)		and acetylcholine.....	10	overdose.....	118,150
Nori	120	Organophosphorus.....	132	metabolism.....	55
Nuclear radiation	77	Orgasm.....	90	Paranoid delusions	74
Nucleic acid synthesis	170	Ornithine	129,165	Paraquat.....	113,131
Nucleic acids		Orotates	129	Parasites	105,123
.....	111,120,134,140,141,145,165	Orotic acid.....	129	Artemisia annua for.....	18
Numbness	26	Orthomolecular medicine.....	129	and vitamin B12	26
Nut consumption and blood cholesterol		Osteoarthritis	84,220	Parathyroid glands	91
.....	193	and antioxidants	220	and fluoride	74
NutraSweet®.....	18-19,133	and glucosamine sulphate.....	220	Parathyroid hormone.....	91,130,134
Nutrient density	120	Osteocalcin.....	100	Parkinson's disease	
Nutrients.....	120	Osteomalacia.....	121,134	64,86,114,122,127,164,222-223
Nutritional causes of illness.....	174	Osteoporosis	100,145,220-222,261	and acetylcholine.....	10
Nutritional deficiencies.....	121-126,174	and calcium deficiency.....	37	and antioxidant supplements	223
and AIDS	175-7	and coffee consumption	221	and detoxification enzymes ...	218,222
and allergy.....	177	and magnesium deficiency.....	220	and dopamine	42
and EFA metabolism.....	71	and vegetarian diet	220	and environmental factors	222,223
and immunity	212	and vitamin D.....	53	and heavy metals.....	223
and rheumatoid arthritis.....	228	and vitamin K.....	220,221-222	and iodine deficiency	96
Nutritional therapy.....	126	from fluoride	74	and melatonin.....	113
Nutritious.....	120	Ovaries	91,127	and methionine.....	223
Nystagmus.....	121,170	Over-exertion	77	and solvent abuse	223
Obesity		Oxalates.....	25,129	and tyrosine	223
and blood pressure.....	210	Oxidation.....	77	and weedkillers	222-3
and birth defects	183	Oxidative phosphorylation	66,166	and toxic overload.....	54
Octacosanol	127	Oxidative stress	77	Parsley.....	130
Octothiamine.....	21	Oxygen.....	89,119	Passwater, Dr Richard	103
Oedema	121	carrier.....	97	Pau D' Arco	103,130
Oesophagus	152	transfer	48	Pauling, Linus	129
Oestradiol	127,128	Oxygenation of cells.....	157	Paw-paw.....	130
Oestriol.....	127,128	Oxytocin.....	91	Pecans	111
Oestrogen	91,127	Ozone	129	Pectin	59
and antibiotics	128	and vitamin E.....	64	Pellagra	106,112,121
and B vitamins.....	22	PABA	130	Peppermint	130,165
and boron.....	31	Pacific algae	13	Pepsin.....	60
and gut bacteria	136-7	Pain	106,138	Peptic ulcers and sugar	153
and iodine.....	96	chronic	133	Peptide bonds.....	15,139
and magnesium.....	110	Palm oil	45	Peptides.....	139

Index

- and fish oil.....223,224
 and magnesium supplements223
 and vitamin B3.....22
 Periods, menstrual.....111
 Peripheral neuropathy25
 Peristalsis58
 Permeability, of gut.....123
 Pernicious anaemia16,95,112,121
 Peroxides77,78
 Peroxyl radicals.....107,113
 Persistent deficiency symptoms21
 Pesticides131
 and breast cancer189
 and immunity212
 defences against.....246-7
 residue in fish oils.....48
 Petrol.....104
 PGE1.....138
 PGE2.....138
 PGE3.....138
 PGI3.....138
 pH.....132
 of blood.....11
 Phenylalanine.....133,164
 Phenylethylamine.....55
 Phenylketonuria133
 and aspartame18
 Phosphate.....65,130,134
 Phosphatidylcholine.....46,106,133
 Phosphatidylserine133,134,148
 Phospholipids.....42,105,133,134,138
 Phosphoric acid.....120
 Phosphorus.....121,134
 intake and calcium losses.....221
 Photochemical smog.....129
 Photophobia170
 Photosensitivity.....152
 Phylloquinone100
 Phytase.....134
 Phytates.....134
 Phytic acid95,97,123,134
 and zinc.....170
 Phyto-oestrogens.....13,127-8,151,152
 Phytosterols79,152
 Picolinates.....134
 Picolinic acid134,171
 Pigeon breast.....121
 Pigments in skin and hair.....51
 Pineal gland91,112
 Pins and needles.....121,136
 Pipecolic acid.....108
 Pituitary gland.....135
 Placebo50,61,135
 Plankton113
 Plantago psyllium140
 Plasma membrane42
 Platelet adhesiveness.....64,65,138
 and vitamin E.....208
 PMS (also see Premenstrual syndrome)
 and calcium37,225-226
 and essential fatty acids225
 and evening primrose oil.....225
 and low-fat diet.....226
 and magnesium225,226
 and multivitamins/minerals.....226
 and vitamin B6 supplements.....226
 and vitamin E.....226
 Pneumocystis80
 Pollen extract and prostatitis.....227
 Pollutant injury139
 Pollutants and breast cancer.....189
 Pollution77
 coping with246
 Polycyclic hydrocarbons.....135
 Polyglutamates.....75
 Polygonaceae.....76
 Polypeptides.....15,139
 Polyphenolic flavonoids.....73
 Polyphenols72,87,135,139,155
 Polyphosphates135
 Polyunsaturated fatty acids70
 Posterior pituitary91
 Potassium.....65,119,135
 chloride.....146
 iodide.....96
 Potatoes, sprouting inhibitor131
 Poverty.....123
 Power mushrooms143,149
 Prebiotics137
 Preconceptional care.....244-5
 Pre-eclampsia
 and calcium supplements.....224
 and magnesium supplements225
 Pregnancy126,170
 and zinc deficiency183,224
 problems224-5
 Premature ageing78
 Premature infants and vitamin K.....100
 Premenstrual (also see PMS)
 acne25,175
 headaches and vitamin D225
 symptoms111
 syndrome71,79,225-6,261
 Prenatal malnutrition and schizophrenia
 229
 Prescribed medicines, hospital admissions
 due to.....94
 Preservatives119,145
 Proanthocyanidins.....17,72,73
 Probiotics136
 Processed food, fat content of69,251
 Product.....67
 Progesterone91,127,137
 Prolactin.....138
 and dopamine42
 Proline138
 Propionic acid138
 Propolis.....138
 Prostacyclins.....138
 Prostaglandins
 44,65,70,71,79,85,138,147,170
 inflammatory72,142
 Prostanoids138
 Prostate cancer.....151,192
 and cadmium192
 and lycopene.....186,192
 and selenium.....192
 and soya products187,192
 Prostate enlargement
 73,140,146,156,171,226-7,261
 and selenium.....227
 horsetail for92
 Prostatitis.....146,165,226-7
 and pollen extract227
 Protease60
 Protein123,139
 and kidney disease215
 and mercury.....114
 deficiency120
 digestion92
 foods for vegetarians240
 synthesis106,135
 Proteinates140
 Protein-energy malnutrition121
 Pro-vitamins136
 Psoralens.....147
 Psoriasis.....9,119,227
 and alcohol227
 and diet227
 and fish oil227
 and GLA227
 and vitamin D53,227
 Psychiatric symptoms and coffee.....49
 Psyllium husks.....140
 and ulcerative colitis.....194
 Ptyalin.....60
 Pulses.....59,106,134,140
 Pumpkin seeds140
 Purines.....74,120,140
 metabolism116,165
 Pycnogenols.....73
 Pyrethroids.....131
 Pyridoxal24,25
 Pyridoxal-5-phosphate.....124
 Pyridoxine24
 Pyrimidines.....74,120,141
 Pyrroluric schizophrenia24
 Pyruvate.....66,86,149
 carboxylase.....124
 Quercetin72,73,139,142
 and stroke230
 Quinoa142
 Radiation73,78
 and aspartic acid19
 and Ginkgo biloba82
 injury107
 Radish as liver treatment.....58
 Rae, Dr William.....55,56,57
 Raffinose59
 Rape seed oil.....67
 Rare food diet160
 Raw egg white29
 Raw food143
 diet.....160
 Raw grains.....117
 Raynaud's disease.....82,228
 and fish oil supplements228

Linda Lazarides—Nutritional Health Bible

RDAs.....	59,263	Saxifrageaceae.....	76	Shark liver oil.....	13
Reactive oxygen species.....	78,129	Scars.....	64	Sheep dip.....	132
Rebound hypoglycaemia.....	93	Schizophrenia.....		Sheep sorrel.....	68
Rebound scurvy.....	35 71,75,98,105,111,114,164,228-9		Shellfish and arsenic.....	18
Receptors.....	119	and B vitamins.....	229	Shiitake mushrooms.....	143,149
Recommended Daily Amount.....	59	and coenzyme Q10.....	229	Shilling test.....	124
Red blood cells.....	89,97	and dental amalgam.....	229	Shingles.....	64
Red cell fragility.....	63	and dopamine.....	42	Shoyu sauce.....	149
Red cell rigidity.....		and essential fatty acids.....	229,230	Sickle cell anaemia.....	16,64,75,171
and hearing loss.....	205	and folic acid.....	229-230	and vitamin B6.....	184
Red cell transketolase activity.....	124	and gluten.....	85	and vitamin E.....	184
Reference Nutrient Intake.....	59,143	and prenatal malnutrition.....	229	Silica.....	92,149
Refined carbohydrates.....		and tooth fillings.....	229	Silicic acid.....	150
and delinquency.....	197	and vitamin B1.....	229	Silicon.....	149
and gall-stones.....	203	and vitamin B3.....	22	Silicone implants and breast cancer..	189
Reishi mushrooms.....	143,149	and vitamin C supplements.....	229	Silken tofu.....	163
Respiratory illness and vitamin A.....		and zinc deficiency.....	229	Silymarin.....	58,72,139,150
supplements.....	195	Schüssler, Dr Wilhelm.....	42,162	Single people.....	242
Restless leg syndrome.....	97	Sciatica.....	65	Singlet oxygen.....	78,107,150
Restoration.....	77	Scurvy.....	122,146	Sinusitis.....	115
Retarded growth.....	121	Sea vegetable.....	101	Skin rashes.....	24,261
Retinol.....	9	Seaweed.....	96,120	Skin, dry.....	9,71
Rheumatism.....	65,99	Sebaceous glands and biotin.....	29	Skin, looking after.....	251-2
Rheumatoid arthritis.....	105,171,228	Seborrhoeic dermatitis.....	29	Sleep disturbances and vitamin B12..	214
and EPA.....	228	Secondary plant metabolites.....	75,147	Sleeping pills, natural.....	166
and food allergies.....	228	Secretin.....	60	Slimming.....	234-5
and ginger.....	82	Seizures.....	79,84,148,155	Slippery elm.....	68,150
and GLA.....	228	Selenium.....	78,114,117	Small intestine.....	60
and gluten.....	85	and acne.....	175	Smell and taste.....	170
and histidine.....	90	and anxiety.....	180	Smoking.....	126
and nutritional deficiencies.....	228	and asthma.....	180,181	and cancer.....	186
Rhodanese.....	103	and cancer.....	185,187	and hypothyroidism.....	211
Rhubarb.....	129	and depression.....	197	and miscarriage.....	224
Riboflavin.....	21	and hepatitis.....	209	and saccharin.....	145
Rice bran oil.....	79	and kidney function.....	215	and sperm.....	213
Rice diets.....	139-140	and muscular dystrophy.....	219	and vitamin E.....	63
Rickets.....	53,121	and prostate cancer.....	192	SMON.....	94
RNA.....	120	and prostate enlargement.....	227	SOD.....	78
RNI.....	59,143,263	and spina bifida.....	182-3	Sodium.....	65,66,119,150
Rosaceae.....	76	and thyroid hormone.....	162	and bronchitis.....	184
Rosemary.....	143	Selenium deficiency.....		chloride.....	145-6
Rotation diet.....	160-1	and AIDS.....	176,177	hydroxide and salt consumption...	146
Royal jelly.....	143	and heart disease.....	207	in celery.....	42
Rubiaceae.....	76	and immunity.....	212-3	organic.....	146
Rutaceae.....	76	and miscarriage.....	224	pump.....	151,166
Rutin.....	32,72,73,139,142	Selenium injections and pancreatitis..	222	sulphate.....	83
Saccharin.....	145	Selenium supplementation.....		Sodium/potassium balance.....	166
S-adenosyl methionine.....	114-115,145	and epilepsy.....	202	Sodium retention.....	138
and depression.....	198	and heart disease.....	208	and sugar.....	153
Sage.....	145	and hypothyroidism.....	211	Solanaceae.....	76
Salicylates.....	118,145	and sperm.....	213	Solanine.....	147
natural.....	158	Selenomethionine.....	148	Solvent abuse and Parkinson's disease223	
Saliva.....	36	Senile dementia.....	178	Somatostatin.....	91
glands.....	60	Senility and vitamin B12.....	25	Sorbitol.....	39
Salivary amylase.....	60	Senior citizens, nutrition for.....	248-50	Sore throat.....	73
Salmonella.....	76	Serenoa repens.....	146	Soya (soy).....	
Salt.....	145-6	Serine.....	134,148	flour and hot flushes.....	218
adding to food.....	239	Serotonin.....	116,119,149,163	isoflavone supplements.....	140
Saturated fat.....	70	Serum ferritin.....	125	products.....	127,134,137,151
and cholesterol.....	44,193	Sex drive.....	127	and prostate cancer.....	187,192
and lung cancer.....	189	hormones.....	91	protein isolate.....	140
Saw palmetto.....	146	Sexual arousal, and hops.....	91	sauce.....	149
		Shark cartilage.....	149	Spasms.....	109,166

Index

- Specific carbohydrate diet.....161
 Spelt.....160
 Sperm
 and selenium supplements.....213
 and smoking.....213
 and zinc supplements.....213-4
 Spina bifida.....75
 and folic acid.....183
 and obesity.....183
 and selenium.....182-3
 Spinach.....129
 and iron.....97
 Spirulina.....13
 Sports drinks.....254
 Spraydrift.....131
 Spring water.....115
 Sprouted seeds.....152
 St John's wort.....152
 and depression.....198
 Stachyose.....59
 Stainless steel cookware
 and chromium.....47
 Starches.....39-40
 Startle too easily.....110
 Starvation.....120,123
 Steroid hormones and cholesterol.....44
 Sterols.....152
 and cholesterol.....45
 Stillbirths.....104
 Stomach.....60,152
 acid.....90,94,120
 juices.....132
 Stone-age diet.....161
 Strength in athletic training.....110
 Streptococcus.....165
 thermophilus.....136
 Stress.....77,126,164
 and BCAAs.....32
 and immunity.....236
 and magnesium.....110
 hormones.....91
 nutrition for.....237-8
 Stroke.....82,230
 and flavonoids.....230
 and quercetin.....230
 Stunted growth.....134
 Substantia nigra.....84
 Substitute for glucose.....106
 Substrate.....67
 Sucrase.....60
 Sucrose.....39
 Sugar.....39,152-4
 and behavioural problems.....210
 and calcium losses.....221
 and chromium.....47
 and delinquency.....197
 and kidney stones.....214-5
 and learning problems.....216-7
 and colon cancer.....191
 and Crohn's disease.....196
 and diabetes.....198
 and fluid retention.....203
 curbing consumption.....79
 metabolism.....20
 Suicidal tendencies.....114
 Sulphate.....65,116,154
 conjugation.....56
 Sulphation.....57
 Sulphite
 and vitamin B1.....20
 inactivation.....116
 oxidase.....116
 Sulphoxidation.....56
 Sulphur.....154
 amino acids.....114
 and cyanide.....57
 and toxic overload.....57
 binding sites and mercury.....114
 dioxide and vitamin B1.....20
 Sulphuric acid.....109
 Sunburn.....64,253
 Sunflower seeds.....140
 Sunlight.....77,121
 and vitamin D.....53
 Sunscreen.....130
 Superoxide.....78
 dismutase.....17,78,111,125,170
 radicals.....107
 Supplements
 basic dosages.....260
 for specific health problems.....261
 prescribed, causing zinc deficiency.....224
 Sushi.....120
 Swallowing.....109
 Sweat.....168
 tests.....125
 Sweating.....66,126
 prolonged.....151
 Sweeteners.....145
 Swelling.....106
 Symbiotic bacteria.....136
 Synapse.....119
 Synaptic knobs.....119
 Synthetic ingredients.....158
 Syphilis and mercury.....114
 Systemic lupus erythematosus.....64,114,230
 Tablets and capsules.....68
 Taheebo.....103
 Tamarind.....79
 Tannins.....73,135,155,165
 Tape-worm.....123,140
 Tardive dyskinesia.....64
 and choline.....46
 Tartrazine.....155
 and behavioural problems.....210
 Taste and smell.....123,170
 Taurine.....78,155
 and blood pressure.....210
 and cysteine.....52
 and mental function.....179
 and vitamin B6.....24
 synthesis.....116
 Taurocholic acid.....155
 Tea.....73,115,129,168
 manganese in.....111
 Tea and coffee drinking
 and diabetes.....198-199
 and zinc.....170
 Tea tree oil.....156
 Tecnazine.....131
 Teeth, mottled.....74
 Tempeh.....156
 Tendonitis.....99
 Testes.....91,127
 Testing for allergies.....158
 Testosterone.....16,91,146,156
 and ovaries.....127
 and zinc.....171
 Tests for nutrient deficiencies.....124-5
 Tetracycline.....156
 Theaceae.....76
 Theobromine.....115
 Theophylline.....115
 Therapeutic diets.....156
 Therapeutic trial.....162
 Thermometers.....113
 Thiaminase.....20
 Thiamine.....20
 Thioctic acid.....107
 Thirst.....150
 extreme.....71,79
 Threonine.....162
 Throat cancer and zinc deficiency.....186
 Thrombosis.....127
 Thromboxanes.....138
 Thrush.....38,156
 Thymus gland.....120
 Thyroid.....91
 function.....96,148,162,164,171
 Thyroid-stimulating hormone.....91
 Thyrotropin-releasing hormone.....91
 Thyroxine.....91,162
 and blood sugar.....30
 Tics.....109
 Tin.....162
 Tinnitus.....26,171
 and Ginkgo biloba supplements.....206
 and vitamin B3.....22
 and vitamin B12 supplements.....206
 and zinc supplements.....206
 Tissue salts.....162
 Tobacco.....77
 smoke and cadmium.....36
 Tocopherols.....63-4
 Tocotrienols.....163
 and cholesterol.....45
 Tofu.....151,163
 Toluene.....55
 Tomatoes and cancer.....185
 Tooth decay.....116,153
 Tooth enamel.....109
 Tooth fillings.....113
 and cadmium.....36
 and multiple sclerosis.....219
 and schizophrenia.....229
 Torreya.....76
 Total allergy syndrome.....25
 Tourette syndrome.....25

Linda Lazarides—Nutritional Health Bible

Toxic load.....	66	Urticaria	231	Vitamin B6.....	24,126
Toxic metal accumulation.....	89	and food allergies	231	and acne	175
Toxic overload.....	163	Uterine contractions	138	and asthma	181
and allergy.....	177	Uterus.....	137	and autism	182
Toxins		Uva-ursi.....	165	and depression.....	198
in food poisoning.....	76	Vaginal yeast infection (see Thrush)		and epilepsy	202
in plants.....	147	Valerian.....	166	and immunity	212
Trace elements.....	163	Valine.....	166	and kidney stones	215
and heart disease.....	208	Vanadium.....	130,166	and magnesium absorption.....	110
and hyperactivity	210-11	and manic-depression	217-8	and PMS.....	226
and insulin resistance.....	199	Vasopressin	151	and sickle cell anaemia.....	184
and mental illness.....	229	Vegan diet and asthma.....	181	and tryptophan	163
Tranquillizers, natural.....	166	Vegans.....	139,166,240-1	deficiency in children.....	24
Trans fats.....	71	and vitamin B12.....	26	Vitamin B12.....	25,95,115
and heart disease.....	207	Vegetable inulin	137	and AIDS dementia.....	177
Transgenic foods	81	Vegetarian diet	134,140,167,240-1	and Alzheimer's disease.....	178
Transsulphuration	90	and colon cancer.....	191	and asthma	181
Travel sickness	82	and lysine	108	and dementia.....	178
Travellers, tips for	253	and mineral deficiencies	241	and homocysteine.....	90
Travellers' diarrhoea	76-77	and osteoporosis	220	and sleep disturbances.....	214
Tricarboxylic acid cycle	66	and vitamin A.....	9	and tinnitus.....	206
Trigeminal neuralgia	21	Verbacose.....	59	and vegetarians.....	240-1
Triglycerides.....	65,69,70,86,139	Vervain.....	167	Vitamin B13.....	129
Triiodothyronine.....	91,162	Villi	60,123,167	Vitamin B15.....	26
Trivalent chromium	47	Vincent, Professor Louis-Claude.....	157	Vitamin B17.....	103
Trypsin	60	Vinegar and Candida albicans	156	Vitamin C.....	34,146
Tryptophan	112,135,149,163,166	Virus infections	147	and asthma	181
and vitamin B2	21	Viruses	165	and autism	182
conversion to serotonin	24	Vision	9	and bronchitis.....	184
Tuna	113	Vitacea	76	and cancer	186,187-8
Turkey rhubarb.....	68	Vitamin A.....	9,130	and emphysema.....	201
Turmeric.....	58	and acne	175	and glaucoma	203
Typhoid	80	and breast cancer.....	189	and heart disease	208
Tyramine.....	14,164	and hearing problems	205	and idiopathic thrombocytopenic	
Tyrosine.....	41,84,133,163,164,166	and measles	218	purpura.....	184
and depression	198	and thyroid hormone	162	and kidney stones	214
and Parkinson's disease.....	223	and zinc	9	and manic depression	166,218
and thyroid hormone	162	as growth promoter	9	and uric acid.....	165
Ulcerative colitis.....	161	Vitamin A deficiency		Vitamin C supplements	
and elimination diet.....	194	and AIDS	176	and blood sugar	200
and fish oil supplements.....	194	for common cold	264-5	and cataracts.....	192
and psyllium husk supplements.....	194	in liver	9,108	and common cold.....	195,264-5
and sugar	153	in pregnancy.....	10	and contraceptive pill	50
Ulcers	165,231	metabolism and distribution	170	and schizophrenia.....	229
and zinc supplements.....	231	Vitamin A supplements		megadoses	112
Ulmus fulva.....	150	and gastric ulcers.....	231	Vitamin D.....	53,121,130,149,152
Ultraviolet light	77	and respiratory illness.....	195	and bone density	221
Umbelliferae.....	76	Vitamin B1	20,121	and headaches	204
Umeboshi	165	and Alzheimer's disease.....	178	and hearing.....	205-6
Uña de gato.....	165	and epilepsy	202	and magnesium	109
Underground water.....	131	and neurosis	180	and premenstrual headaches.....	225
Unleavened flour	134	and schizophrenia.....	229	and psoriasis.....	227
Unrefined diet and Crohn's disease ...	196	Vitamin B2		Vitamin deficiency	
Unsaturated fats.....	69	and muscular dystrophy	219	and cervical dysplasia	186
Urea.....	16,139,165	Vitamin B3.....	121,126,163	and homocysteine.....	207
cycle.....	19,129,165	and anxiety.....	180	Vitamin dependency.....	126
production	111	and blood cholesterol	193	Vitamin E.....	63
Uric acid	86,116,167	and chromium	199	and asthma	181
Urinary astringent.....	92	and coffee.....	49	and autoimmune diseases	231
Urinary infections.....	165	megadoses	112	and blood viscosity.....	205
Urinary tract relaxant.....	146	Vitamin B5.....	23	and breast cancer.....	189
Urination, frequent	92	and adrenal function	11	and cancer	185,187,188
				and coenzyme Q10.....	49

Index

- and colon cancer191
and congestive heart failure195
and diabetes199
and emphysema201
and epilepsy202
and heart attacks208
and muscular dystrophy219
and platelet adhesiveness208
and PMS226
and sickle cell anaemia184
Vitamin E supplements
and breast cancer190
and cataracts192
and diabetes199
Vitamin K100
and coenzyme Q1049
and osteoporosis220,221-222
Vitamin U165
supplements and gastric ulcers.....231
Vitiligo.....130
VLDLs44
Von Willebrand's disease184

Wakame seaweed.....115,168
Wasting diseases120
Water168
balance.....65,91,138,150
intoxication168
Weedkillers and Parkinson's disease222-3
Weight loss159,234-5
and chromium supplements47
and cider vinegar48
Weiss, Rudolf Fritz28,80
Wheat
allergy to.....160
germ oil.....127
grass.....168
Wheezing106
and vitamin B3.....22
White blood cells
and cysteine52
and vitamin C35
White bread, calcium in37
White flour
and chromium losses.....47
fortification of.....20
White matter118
Wild yam168
as liver treatment58
Wind pains in intestines23
Worm infestations.....80
Wound healing.....86
Wrinkling.....78

Xanthine.....115
Xanthine oxidase.....116
Xenobiotics169
X-rays77

Yang tonic.....72
Yeast120,169
and Candida albicans156
extracts.....140
allergy to.....160
Yellow urine22
Yin and yang foods109
Yin/yang balanced diets161
Yoghurt.....136,169
and blood cholesterol193

Zeaxanthin41
Zinc.....122,123,170-1
absorption and folic acid.....75
and anorexia179
and birthweight183
and bronchitis184
and bulimia nervosa.....179
and cancer.....188
and growth retardation183
and herpes infections209
and IQ.....216
and macular degeneration217
and prostate.....140
Zinc deficiency146
and AIDS176,177
and allergy177
and asthma177
and congenital abnormalities183
and depression197
and dyslexia.....200-1
and miscarriage.....183
and pregnancy problems183,224
and schizophrenia229
and throat cancer.....186
caused by iron and folic acid
supplements 224
Zinc excretion and tartrazine.....155
Zinc supplements
and chronic diarrhoea200
and common cold194-5
and hypothyroidism211
and sperm count.....213-4
and tinnitus206
and ulcers.....231
Zone diet.....254