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I decided to go vegetarian when I was 18 and vegan soon after, believing I would save the animals, the environment and my health. I thought that my low intake of saturated fat would protect me from heart disease and that my low intake of animal protein and high intake of soy isoflavones would protect me from tooth decay and bone loss. Food for thought: The role of nutrition in the microbiota-gut-brain axis Article Summary • Successful traditional diets provided many nutrients that cooperate with one another to produce excellent health. This article provides several illustrative examples of this type of cooperation. These days, health experts propose that vitamin D deficiency is the most rampant and dangerous vitamin deficiency. The amount of vitamin D a person should take varies by person, and a blood test is the only certain way to tell if you are getting the right dose orally (the body regulates this quite well if you are getting it from the sun).