



Nutrient-Drug Interactions (Nutrition and Disease Prevention)

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Current research has given us a more complete understanding of how the chemicals in foods and herbs interact with natural and synthetic drugs. In some cases a single food or supplement can profoundly increase or decrease the toxicity and/or efficacy of a single drug. Although it is standard practice to examine the effects of food consumption on the absorption and pharmacokinetics of new drugs, the issue has become greater than "should this medicine be taken with or without food."

Nutrient-Drug Interactions focuses on food, herbals, and their chemical constituents as contributors to human health through control of metabolism, primarily as they relate to chronic disease development and treatment. The book's organization highlights the ailment being treated or prevented and the targets of therapy. Each chapter provides a comprehensive examination of the macronutrient, micronutrient, and phytochemical impact on drug action and includes advice on modification or supplementation in those cases where diet is a factor. The chapters focus on the molecular mechanism by which a food or chemical is thought to modify disease process and drug behavior. The book describes the roles of genetic variation and polymorphism in determining nutrient/drug responses, how they might be "profiled" to identify those likely to demonstrate specific interactions, and who would benefit from adjuvant or complementary therapies.

The book explores how what is consumed affects response, whether on a population or individual level, to the pharmacologic agents that are the mainstay of chronic disease treatment/prevention around the world.

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