## Summary

| Diets of vitality and long life   | 1   |
|---|-----|
| The best diet   | 1   |
| The Paleolithic diet: advantages of all the other diets   | 2   |
| The Paleolithic diet: free of the nuisances of the other diets  | 3   |
| Diets of long life  | 4   |
| Healthy gut and digestion   | 13  |
| Oro-Gastro-intestinal tract   | 13  |
| Yeast   | 16  |
| Protoza   | 17  |
| Helminths   | 17  |
| Leaky gut   | 17  |
| Food allergies and food intolerance   | 18  |
| Water   | 37  |
| Water   | 37  |
| Dehydration   | 38  |
| Hydration   | 39  |
| Contaminated water  | 40  |
| Toxic drinks  | 42  |
| Caffeinated beverages   | 42  |
| Adverse effects of caffeine   | 42  |
| Beneficial effects of coffee drinking   | 47  |
| Cola drinks   | 48  |
| Tea   | 48  |
| Alcohol   | 49  |
| Soft drinks   | 50  |
| Macronutrient of the diet   | 55  |
| Carbohydrates   | 56  |
| Healthy carbohydrates   | 56  |
| Unhealthy carbohydrates   | 62  |
| Proteins  | 67  |
| Healthy proteins  | 67  |
| Unhealthy proteins  | 73  |
| Fats  | 75  |
| Healthy fats  | 75  |
| unhealthy fats  | 78  |
| Nutritional therapies with micronutrients: Basics   | 91  |
| Micronutrients  | 91  |
| Macronutrients  | 92  |
| Minerals: calcium, magnesium, phosphorus, potassium, sodium   | 92  |
|   |     |
| • Fat-soluble vitamins and related compounds: vitamins A, D, E and K, coenzyme Q10, omega-3 and -6, polyunsaturated fatty acids, saturated fatty acids, cholesterol | 99  |
|   |     |
| • Water-soluble vitamins and related compounds: vitamins B1, B2, B3, B6, B7, B8, B9, B12 and C  | 111 |
| • Trace elements: chromium, copper, iodine, selenium and zinc   | 123 |
| Amino acids: arginine, carnitine, glutamine, tryptophan, taurine, tyrosine  | 132 |

| • <b>Phytochemicals</b> : carotenoids, flavonoids, phytosterols, resveratrol, DIM and indol-3-carbinol | 139 |
|--|-----|
| Optimal nutrient test ranges and supplementation   | 181 |
| Physical signs of micronutrient deficiencies   | 187 |
| Nutrients for fitness and mental disease   | 199 |
| Fatigue  | 201 |
| Depression   | 209 |
| Anxiety  | 215 |
| Memory loss  | 223 |
| Weak sexuality   | 229 |
| Sleep disorders  |     |
| Neurodegenerative diseases   | 241 |
| Alzheimer's disease  | 241 |
| Parkinson's disease  | 247 |
| Multiple sclerosis   | 253 |
| Amyotrophic lateral sclerosis  | 259 |
| Nutrients for good health and physical disease   | 265 |
| Cardiovascular disease   | 267 |
| Dyslipidemia   | 267 |
| Arterial hypertension  | 277 |
| Coronary heart disease   | 283 |
| Diabetes   | 295 |
| Osteoporosis   | 315 |
| Rheumatoid disorders   | 321 |
| Cancers  | 335 |
| Breast cancer  | 335 |
| Prostate cancer  | 346 |
| Nutritional treatments for various diseases  | 355 |
| Acne, dermatitis, herpes, infections, benign breast disease, glaucoma,                                 | 357 |
| Nutrients for a longer life  | 367 |
| Nutrients that may help live longer: slide chapter   | 369 |
| Genetic typing tests   | 395 |
| Polymorphisms that can be improved by a better diet or micronutrient                                   | 397 |
| supplementation: separate files  |     |
| Additional files for basics of nutrient therapy  | 403 |
| Lipoic acid, glutathione additional file   | 405 |
| Ginseng, ginkgo Biloba, St John's Wort   |     |
| Additional files: Nutrients for fitness and mental disease   |     |
| Schizophrenia: See slides presentations on CD  |     |
| Additional files: Nutrients for good health and physical disease                                       |     |
| • Vascular disease: Peripheral disease, Stroke: see slides presentations on CD                         |     |