

CURRICULUM / CONTENT

Nutrition and Physical Complaints

1. Food and Nutrients

1.1. *Proteins*

- 1.1.1. General
- 1.1.2. Chemical Composition
- 1.1.3. The Role of Proteins in the Nutrition
- 1.1.4. Negative Aspects of Too Much Protein Intake
- 1.1.5. Negative Aspects of Too Little Protein Intake
- 1.1.6. Denaturation of Proteins

1.2. *Carbohydrates*

- 1.2.1. General
- 1.2.2. Chemical Composition
- 1.2.3. The Role of Carbohydrates in the Nutrition
- 1.2.4. Negative Aspects of Too Much Carbohydrates Intake
- 1.2.5. Negative Aspects of Too Little Carbohydrates Intake

1.3. *Fats (Lipids)*

- 1.3.1. General
- 1.3.2. Chemical Composition
- 1.3.3. The Role of Fats in the Nutrition
- 1.3.4. Negative Aspects of Too Much Fats Intake
- 1.3.5. Negative Aspects of Too Little Fats Intake

1.4. *Vitamins*

- 1.4.1. General
- 1.4.2. The Role of Vitamins in the Nutrition
 - 1.4.2.1. Vitamin A
 - 1.4.2.2. Vitamin D
 - 1.4.2.3. Vitamin E
 - 1.4.2.4. Vitamin K
 - 1.4.2.5. Vitamin B
 - 1.4.2.6. Vitamin C

1.5. *Minerals*

- 1.5.1. General

1.6. *Fibers*

- 1.6.1. General

1.7. *Water*

- 1.7.1. General

2. Ingestion and Digestion

2.1. *General*

2.2. *The Gastrointestinal Tract*

- 2.2.1. Layers
- 2.2.2. Different Organs
- 2.2.3. Functions and Physiology
 - 2.2.3.1. The Mouth
 - 2.2.3.2. The Pharynx
 - 2.2.3.3. The Esophagus
 - 2.2.3.4. The Stomach
 - 2.2.3.5. The Duodenum

- 2.2.3.6. The Small Intestine
- 2.2.3.7. The Colon

3. Healthy Diet

- 3.1. *Key Facts*
- 3.2. *Healthy Diet*
- 3.3. *Body Weight*

4. Healthy Issues Related to Nutrition

- 4.1. *Underweight*
- 4.2. *Overweight and Obesity*
- 4.3. *Intestinal and Digestive Problems*
 - 4.3.1. *Crohn's Disease and Ulcerative Colitis*
- 4.4. *Nutrients that Can Cause Disease*
 - 4.4.1. *Gluten-Sensitive Enteropathy (Celiac Disease)*
 - 4.4.2. *Hypersensitivity*
 - 4.4.3. *Allergies*
 - 4.4.4. *High Blood Pressure, Coronary Disease, Atherosclerosis*
 - 4.4.4.1. *Atherosclerosis*
 - 4.4.4.2. *High Blood Pressure*
 - 4.4.5. *Alcohol*
 - 4.4.6. *Diabetes*
 - 4.4.7. *Anemia*
 - 4.4.8. *Hypothyroidisms*
 - 4.4.9. *Anorexia Nervosa*
 - 4.4.10. *Bulimia*
 - 4.4.11. *Rickets*
- 4.5. *Inflammation and Nutrients*
- 4.6. *Gut Microbiota and Nutrition*
- 4.7. *Autoimmune Disease and Nutrients*
- 4.8. *Oxidative Stress and Nutrition*
- 4.9. *Stress and Psychological Issues – Relation with Nutrition and Digestion*
- 4.10. *Osteoporosis and Nutrition*
- 4.11. *Muscle Cramps and Nutrition*
- 4.12. *Cognitive Decline, Dementia and Nutrition*
- 4.13. *Arthritis and Nutrition*
- 4.14. *Thyroid and Nutrition*
- 4.15. *Healing After Injury and Nutrition*
- 4.16. *Chronic Fatigue Syndrome and Nutrition*
- 4.17. *Cancer and Nutrition*
- 4.18. *Lactose Intolerance and Nutrition*
- 4.19. *Malabsorption Syndrome and Nutrition*
- 4.20. *Puberty and Nutrition*
- 4.21. *Perimenopause and Nutrition*
- 4.22. *Healthy Aging and Nutrition*

Bibliography

Acknowledgment