

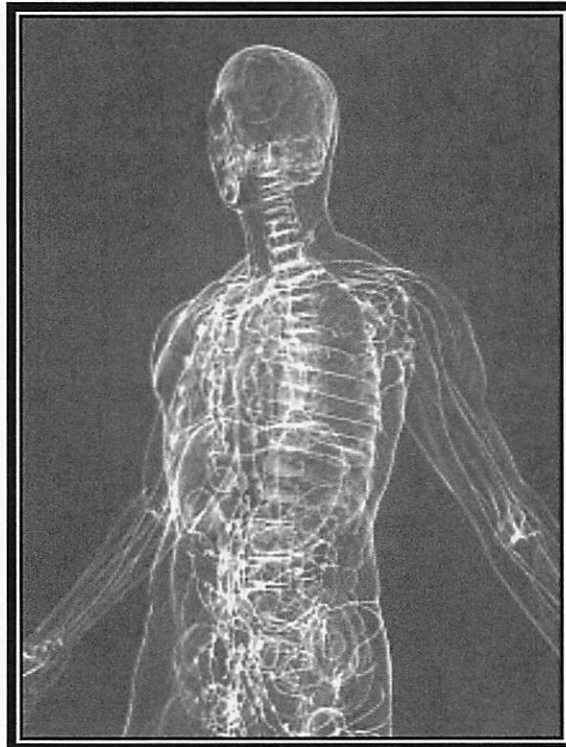


# Nutritional Pathology

Fourth Edition  
Updated June 2024

# NUTRITIONAL PATHOLOGY

## Fourth Edition



### **CSNN Publishing**

A Division of 3393291 Canada Inc.

Richmond Hill, Ontario, Canada

Fourth Edition: October 2024

© Copyright CSNN 2013. All rights reserved.

### **DISCLAIMER**

*The information in this book is intended for education only. It is not intended for diagnosis or treatment. It is not a substitute for consulting a medical doctor or other health care practitioner. All health care matters should be supervised by a health care professional. The publisher and author are not responsible for any adverse consequences resulting from the use of information in this book. Also, in this book there are references from medical journals and research papers that may use the words 'cause', 'heal' and 'treat' as it is in their scope of practice to use these words, however, please note that these words are not in the scope of practice of a holistic nutrition practitioner.*

# CONTENTS

TERMINOLOGY .....	1
NUTRIENT DOSAGES .....	3
GENERAL GUIDELINES .....	5
CHAPTER ONE: THE GASTROINTESTINAL SYSTEM	
The Mouth .....	6
The Oral Microbiome .....	6
Dental Caries and Periodontal Disease .....	7
Herpes Simplex .....	10
Fluorosis .....	12
The Stomach .....	13
Hyperchlorhydria .....	13
Reflux Esophagitis (Heartburn) / Gastroesophageal Reflux Disease (GERD) .....	16
Hypochlorhydria / Underactive Stomach .....	20
Peptic Ulcer .....	26
Gastric Cancer .....	29
The Liver .....	31
Liver Function .....	31
Signs and Symptoms of a Poorly Functioning Liver .....	33
Liver Detoxification Mechanism .....	34
Factors that Compromise Liver Function .....	35
Recommendations for Optimizing Liver Function .....	35
Detoxification .....	37
Liver Disorders .....	39
Jaundice .....	39
Normal Bilirubin Metabolism .....	39
Hepatitis .....	40
Non-Alcoholic Fatty Liver Disease .....	43
Hepatic Cirrhosis .....	47
The Gallbladder .....	48
Cholelithiasis (Gallstones) .....	48
The Pancreas .....	53
Pancreatitis .....	53
Intestines .....	56
Dysbiosis .....	56
What is Dysbiosis? .....	58
Concept of Whole Body Dysbiosis .....	62
How Dysbiosis Impacts Liver Function .....	63
Other Microbes in Dysbiosis .....	63
Cleansing and Detoxification .....	64
Inhibition and Elimination of Pathogenic Microbes .....	65
Repair of the Intestines and Soothing Mucosal Inflammation .....	66
Probiotics .....	66
SIBO .....	66

Inflammatory Bowel Disease (IBD): Crohn's Disease and Ulcerative Colitis .....	67
Irritable Bowel Syndrome (IBS).....	72
Diverticulitis .....	73
Hemorrhoids .....	75

**CHAPTER TWO: IMMUNE SYSTEM**

Principle Elements of the Immune System .....	78
Etiology of a Weakened Immune System.....	79
Signs and Symptoms of an Impaired Immune System .....	80
Stressors on the Immune System .....	80
Recommendations for Supporting the Immune System: .....	80
Immune Builders .....	81
Immune Boosters.....	85
The Inflammatory Response.....	85
Antimicrobial Factors Used In Inflammation and Infection.....	87
Factors that Impair the Repair Process.....	89
Infection .....	89
Infection Progressing To Suppuration .....	92
Chronic Inflammation or Infection .....	93
Allergy.....	94
The Hypoallergenic Diet .....	99
Low FODMAP Diet .....	100
Autoimmune Diseases .....	101
The Autoimmune Protocol.....	103
General Recommendations for Autoimmune Disorders.....	103
Ankylosing Spondylitis.....	105
Celiac Disease.....	106
Multiple Sclerosis (MS).....	108
Myasthenia Gravis .....	113
Raynaud's Syndrome.....	114
Rheumatoid Arthritis (RA) .....	115
Systemic Lupus Erythematosus (SLE) and Scleroderma .....	119
Glomerulonephritis .....	122
The Agents of Infection.....	123
Bacteria .....	123
Viruses .....	125
Parasites .....	127
Helminths .....	127
Protozoa.....	128
Yeast and Fungus (Eumycetes).....	130
Edema.....	130
Acquired Immunodeficiency Syndrome (AIDS).....	132
Neoplasia (Cancer).....	132

**CHAPTER THREE: THE SKIN**

Inflammatory Conditions .....	139
Acne Vulgaris.....	139
Acne Rosacea .....	141
Eczema .....	143
Psoriasis .....	144

Skin Cancers and Tumours .....	147
Benign Conditions .....	147
Malignant Conditions .....	147
Hyperhidrosis .....	148

#### CHAPTER FOUR: NERVOUS SYSTEM

Principle Components of the Nervous System .....	149
Epilepsy .....	150
Bell Palsy .....	151
Mental Health Disorders .....	152
Anxiety .....	152
Depression .....	155
Schizophrenia .....	158
Bipolar Disorder .....	160
Eating Disorders .....	164
Attention Deficit/Hyperactivity Disorder (ADHD) .....	166
Degenerative Disorders .....	170
Parkinson's Disease .....	170
Alzheimer's Disease .....	174
Headaches .....	179
Acute and Chronic Headaches .....	179
Migraine Headaches .....	181
Ménière's Disease and Dizziness (Vertigo) .....	186
The Senses .....	187
Smell and Taste .....	187
Hearing .....	187
Otitis Media .....	188
Sight .....	188

#### CHAPTER FIVE: CARDIOVASCULAR SYSTEM

Anemia .....	190
Hypertension (High Blood Pressure) .....	194
Hypotension .....	201
Inflammatory Conditions .....	202
Arteritis .....	202
Thrombophlebitis .....	202
Pericarditis, myocarditis, and endocarditis .....	202
Varicose Veins .....	203
Atherosclerosis, Hyperlipidemia and Coronary Artery Disease .....	204
Theories on the Pathogenesis of Atherosclerosis .....	206
Stroke .....	216
Cardiac Edema .....	217

#### CHAPTER SIX: RESPIRATORY SYSTEM

Allergic Rhinitis .....	218
Pneumonia .....	219
Upper Respiratory Tract Infections (URTI) .....	221
Asthma .....	223
Chronic Obstructive Pulmonary Disease (COPD) .....	226
Chronic Bronchitis and Emphysema .....	226

CHAPTER SEVEN: THE ENDOCRINE SYSTEM

Hormone Function ..... 230

The Pituitary Gland..... 232

    Anterior Pituitary..... 232

    Posterior Pituitary..... 234

The Thyroid Gland..... 235

    Cretinism ..... 236

    Hyperthyroidism / Thyrotoxicosis..... 237

    Hypothyroidism ..... 240

    Euthyroid / Nontoxic or Simple Goitre ..... 247

    Calcitonin ..... 247

The Parathyroid Glands ..... 247

    Hypoparathyroidism..... 248

    Hyperparathyroidism..... 248

The Pancreas ..... 249

    Hypoglycemia ..... 250

    Metabolic Syndrome / Syndrome X ..... 254

    Diabetes Mellitus..... 260

The Adrenal Glands ..... 275

    The Adrenal Cortex ..... 275

    Disorders of the Adrenal Cortex..... 276

        Cushing's Syndrome ..... 276

        Addison's Disease ..... 277

        Conn's Disease ..... 279

        Virilization..... 279

    The Adrenal Medulla..... 280

        Stress and the Adrenal Function ..... 280

Other Endocrine Glands..... 285

    Polycystic Ovary Syndrome (PCOS)..... 285

    Seasonal affective disorder (SAD)..... 288

CHAPTER EIGHT: FEMALE REPRODUCTIVE SYSTEM

Review of Female Hormones..... 291

Estrogen Dominance ..... 292

    What is the Estrobolome? ..... 297

    The Birth Control Pill aka The Pill..... 299

    Conditions Associated With Estrogen Dominance ..... 301

        Premenstrual Syndrome (PMS) ..... 301

        Criteria for Premenstrual Dysphoric Disorder (PMDD)..... 302

        Uterine Fibroids/ Fibromyoma ..... 306

        Ovarian Cysts..... 307

        Fibrocystic Breasts/Fibroadenosis ..... 310

        Breast Fibroadenoma ..... 310

        Breast Cancer ..... 312

        Endometriosis ..... 317

Female Infertility ..... 322

Perimenopause ..... 326

Menopause..... 333

    The Role of the Adrenal Gland in Menopause..... 337

    Phytosterols ..... 337

Amenorrhea .....	338
Dysmenorrhea.....	338
<b>CHAPTER NINE: MALE REPRODUCTIVE SYSTEM</b>	
Acute Bacterial Prostatitis.....	340
Benign Prostatic Hypertrophy (BPH) .....	342
Prostate Cancer .....	345
Erectile Dysfunction (ED) / Impotence .....	349
Testosterone Deficiency/Low T.....	353
Male Infertility .....	355
<b>CHAPTER TEN: URINARY SYSTEM</b>	
Review of the Functions of the Kidneys .....	358
Pyelonephritis and Urinary Tract Infections (UTIs).....	358
Renal Calculi (Kidney Stones) .....	361
<b>CHAPTER ELEVEN: MUSCULOSKELETAL SYSTEM</b>	
Deficiency Diseases .....	364
Rickets .....	364
Osteomalacia.....	365
Osteoporosis.....	366
Conditions Primarily Associated With Pain.....	370
Pain Management.....	370
Trigger Point Syndrome.....	372
Fibromyalgia.....	372
Chronic Fatigue Syndrome (CFS) .....	377
Inflammatory Conditions.....	381
Adhesive Capsulitis .....	381
Osteoarthritis (OA) .....	382
Gout .....	385
Osteomyelitis .....	388
Bursitis .....	388
Compression Syndromes.....	389
Carpal Tunnel Syndrome .....	389
Degenerative Disc or Slipped Disc .....	390
<b>REFERENCES .....</b>	<b>391</b>
<b>INDEX .....</b>	<b>478</b>