

Contents

Preface	vii
<i>M.L. Garg and L.G. Wood</i>	
Contributors	ix

PART 1: INTRODUCTION

1 Inflammation: An Introduction	1
<i>P.C. Calder</i>	

PART 2: NUTRITION AND INFLAMMATION

2 Dietary Fats and Inflammation	23
<i>P.C. Calder</i>	
3 Carbohydrates and Inflammation	46
<i>A.E. Buyken and J. Brand-Miller</i>	
4 Alcohol and Inflammation	61
<i>M.D. Bird and E.J. Kovacs</i>	
5 Vitamin D and Inflammation	75
<i>T. Barker</i>	
6 Vitamin E and Inflammation	87
<i>T. Barker</i>	
7 Vitamin C, B-Complex Vitamins and Inflammation	99
<i>A. Oliveira and C. Lopes</i>	
8 Phytonutrients and Inflammation	112
<i>D. Heber</i>	
9 Trace Elements and Inflammation	128
<i>S. Samman, H.T. O'Connor, K.S. Bell-Anderson and M. Foster</i>	

PART 3: PHYSICAL ACTIVITY AND INFLAMMATION

10 Resistance Exercise and Inflammation <i>G. Paulsen and J.M. Peake</i>	145
11 Endurance Exercise and Inflammation <i>J.M. Peake and J.S. Coombes</i>	167

PART 4: APPLICATIONS TO DISEASES AND CONDITIONS

12 Obesity and Inflammation <i>M. Bulló and M. Garcia-Aloy</i>	193
13 Type 2 Diabetes and Inflammation <i>J. Lieffers, B. Hawkins, A. Hofstra, D. Cheung, L.L. McCargar and C.J. Field</i>	217
14 Cardiovascular Disease and Inflammation <i>A. Heather and K. McGrath</i>	243
15 Stress and Inflammation: An Emerging Story <i>F.R. Walker, E. Nalivaiko and T.A. Day</i>	260
16 Depressive Disorders and Inflammation <i>R.K. McNamara</i>	273
17 Asthma and Inflammation <i>H.A. Scott, M.L. Garg, P.G. Gibson and L.G. Wood</i>	299
18 Inflammatory Bowel Disease and Inflammation <i>L.R. Ferguson</i>	322
19 Ageing and Inflammation <i>C. Nowson, J.A. Grieger and D. Cameron-Smith</i>	338
20 Bone Health and Inflammation <i>M.C. Kruger</i>	357
21 Eye Health and Inflammation <i>I. Jalbert, B. Golebiowski, F.J. Stapleton and M.C. Madigan</i>	376
Index	391