



YUNIQUE MEDICAL

The Art of Renewing YOU

Diet & Inflammation

Glossary of Terms

Apoptosis - The death of cells that occurs as a normal and controlled part of an organism's growth or development.

Autoimmunity - A misdirected immune response that occurs when the immune system goes awry and attacks the body itself.

Essential Fatty Acids - An unsaturated fatty acid that is essential to human health, but cannot be manufactured in the body.

Free Radical - An uncharged molecule (typically highly reactive and short-lived) having an unpaired valence electron. Free radicals relentlessly search for a charged molecule causing a chain reaction.

Gluten - A mixture of two proteins, this substance present in cereal grains, especially wheat, is responsible for the elastic texture of dough.

Inflammation - A localized physical condition in which part of the body becomes reddened, swollen, hot, and often painful.

Nightshade Vegetables - Nightshade vegetables are part of the solanaceae family and include eggplant, peppers, potatoes and tomatoes. The term 'nightshade' may have been coined because some of these plants prefer to grow in shady areas, and some flower at night.

Oxidation - When substances lose or give away electrons.

Toxin - A poisonous substance that is a specific product of the metabolic activities of a living organism and is usually very unstable, notably toxic when introduced into the tissues, and typically capable of inducing antibody formation.