

Glossary of Terms

Acupuncture

A technique of inserting and manipulating fine filiform needles into specific points on the body with the aim of relieving pain and for therapeutic purposes. According to traditional Chinese medical theory, these acupuncture points lie along meridians along which qi, the vital energy, flows.

Antihistimine

Any of various compounds that counteract histamine in the body and that are used for treating allergic reactions and cold symptoms.

Asthma

Asthma is a very common chronic disease involving the respiratory system in which the airways occasionally constrict, become inflamed, and are lined with excessive amounts of mucus, often in response to one or more triggers.

Bioflavonoids

Any of various biologically active flavonoids (as hesperidin and quercetin) derived from plants and found especially in fruits and vegetables (esp. citrus fruits).

cGMP Certified

'current Good Manufacturing Practice' is a term that is recognized worldwide for the "control and management of manufacturing and quality control testing of foods, pharmaceutical products, and medical devices."

Chiropractic

Focuses on diagnosis, treatment and prevention of mechanical disorders of the musculoskeletal system, with special emphasis on the spine. Chiropractic treatment emphasizes manual therapy including spinal manipulation and other joint and soft tissue manipulation. Traditionally, it assumes that a vertebral subluxation or spinal joint dysfunction can interfere with the body's function and its innate ability to heal itself.

Decongestant

A decongestant is a broad class of medications or remedies used to relieve nasal congestion. Generally, they work by reducing swelling of the mucous membranes in the nasal passages.

Endocrine System

The endocrine system is an integrated system of small organs that involve the release of extracellular signaling molecules known as hormones. The endocrine system is instrumental in regulating metabolism, growth, development and puberty, tissue function, and also plays a part in determining mood.

Eczema

The term eczema is broadly applied to a range of persistent skin conditions. These include dryness and recurring skin rashes which are characterized by one or more of these symptoms: redness, skin edema (swelling), itching and dryness, crusting, flaking, blistering, cracking, oozing, or bleeding.

Herbalism

Herbalism is a traditional medicinal or folk medicine practice based on the use of plants and plant extracts.

Holistic

Holistic concepts of health and fitness view achieving and maintaining good health as requiring more than just taking care of the various singular components that make up the physical body, additionally incorporating aspects such as emotional and spiritual well-being. The goal is a wellness that encompasses the entire person, rather than just the lack of physical pain or disease. This means that not feeling sick, does not necessary mean you are well, just that you are between Well and Sick.

Homeopathic Medicine

The idea behind homeopathy is that an ill person can be treated using a substance that can produce, in a healthy person, symptoms similar to those of the illness. Practitioners select treatments according to a patient consultation that explores the physical and psychological state of the patient, both of which are considered important to selecting the remedy.

Immune System

Protects the body from foreign substances, cells, and tissues by producing an immune response.

Immunonutrition

The potential to modulate the activity of the immune system by intervention with specific nutrients is termed immunonutrition. This concept may be applied to any situation in which an altered supply of nutrients is used to modify inflammatory or immune responses.

Liver

The liver is a vital organ with a wide range of functions, such as detoxification, protein synthesis, production of biochemicals necessary for digestion; it plays a major role in metabolism, including glycogen storage, decomposition of red blood cells, and plasma protein synthesis.

Lymphatic System

The part of the circulatory system that is especially concerned with scavenging fluids and proteins which have escaped from cells and tissues and returning them to the blood.

Mucolytic

A mucolytic agent is any agent that dissolves thick mucus usually used to help relieve respiratory difficulties.

Mucous

Mucous is a slippery secretion produced by, and covering, mucous membranes. In the respiratory system mucus aids in the protection of the lungs by trapping foreign particles that enter, particularly through the nose, during normal breathing. "Phlegm" is a specialized term for mucus that is restricted to the respiratory tract, while the term "mucus" more globally describes secretions of the nasal passages as well.

Naturopathic Medicine

Emphasizes the body's intrinsic ability to heal and maintain itself. Naturopaths prefer to use natural remedies such as herbs and foods rather than surgery or synthetic drugs. Naturopathic practice includes many different modalities. Practitioners emphasize a holistic approach to patient care, and may recommend patients use conventional medicine alongside their treatments.

Nutritionist

A nutritionist is a health specialist who devotes professional activity to food and nutritional science, preventive nutrition, diseases related to nutrient deficiencies, and the use of nutrient manipulation to enhance the clinical response to human diseases. They can also advise people on dietary matters relating to health, well-being and optimal nutrition.

Prostate

The prostate is an exocrine gland of the male reproductive system.