

## Nutritional immunology

Course No.	Title of Course	Credit Hours
HND-223	Nutritional immunology	3(3-0)

### Learning Outcomes:

- To understand relationship between nutrition and immunity
- To evaluate, summarize and apply current research in the field of nutrition
- To determine and assess factors impacting nutritional and immunological status
- To grasp knowledge about the interactions among the nutrients and immune responses

### Theory:

Nutritional immunology: overview, principles; Immune system; Psychoneuroimmunology; Effective detoxification protocols: anti-inflammatory, immune boosting, alkalinizing, detoxification; Mechanisms of immune dysfunction in autoimmune conditions and cancer; Gerson therapy; Harmful effects of vaccinations and antibiotics and nutritional support; Supplementation requirements to treat immune dysfunctions, colds, flus, pandemics. Opportunistic infections. Genetic and immunity; Functional foods and Immunology; Immune boosters; Food Allergies; Cognitive function of nutrients; Immunization and its impacts.

### Suggested Readings:

1. Calder, P.C., C.J. Field and H.S. Gill. 2002. Nutrition and Immune Function. CABI Publishing, New York, USA.
2. Gershwin, M.E., J.B. German and C.L. Keen. 2000. Nutrition and Immunology Principles and Practice. Humana Press, New York, USA.
3. Gershwin. ME., P. Nestel and C.L. Keen.2004. Handbook of Nutrition and Immunology. Humana Press, New York, USA.
4. Schat, K.A., B. Kaspers and P. Kaiser. 2014. Avian Immunology, 2<sup>nd</sup> ed. Academic Press, San Diego, CA, USA.