

#307 Spa and Body Treatment

Subject – Nutrition & Metabolism

Adenosine Triphosphate – Benefit: A substance that provides energy to cells and converts oxygen to carbon dioxide. **Fact:** It is a product breathed out.

Amino Acid – Benefit: The building blocks of protein. **Fact:** They are acids.

Arteriosclerosis – Benefits: This is hardening of the arteries. **Fact:** It is also called clogging of the arteries.

B Vitamins - Benefit: B vitamins are water soluble and cause enzyme reactions in the body. **Fact:** Names of some B vitamins are are niacin, thiamine, biotin, and riboflavin.

Bioflavonoids: Benefits: Bioflavonoids are Vitamin P. They are found in larger amounts in fruits. **Fact:** They help to keep skin healthy.

Calories – Benefit: Calories measure heat and food energy for our bodies. **Fact:** In order to stay healthy we should be aware of the amount of calories we consume.

Carbohydrates – Benefit: They supply energy to the body. **Fact:** They are found in healthy and not so healthy food. Humans need healthy carbohydrates since they are converted to energy.

Cholesterol: Benefit: It is a waxy substance in the body. They are important because it is needed for hormone production. **Fact:** Cholesterol protects the body's nerves.

Complementary Foods – Benefit: Proteins that are eaten together to provide the essential amino acids.

Disaccharides – Benefit: Lactose and sucrose are sugar we eat often. **Fact:** Some people are allergic to lactose and have to be careful not to consume them. **Fact:** It is made of glucose and is a healthy substance.

Energy Nutrients – Benefit: Energy nutrients are what food is made up of which is carbohydrates, proteins, and fats which we eat in our diet. **Fact:** We need proper amounts of fats, carbs, and proteins in our diets to be as healthy as possible.

Fats – Benefits: Fats are good because they produce energy in the body. They are called lipids. **Fact:** Fats since they are lipids are produced in the body.

Food Sensitivities – Benefit: This is not the same as food allergies. Sensitivities mean that our body can't digest certain foods. **Fact:** Many people are sensitive to milk products and have to avoid eating or drinking milk or food with dairy milk in them.

Fortified – Benefit: It is a vitamin and is added to certain food products such as cereal. **Fact:** They help meet nutrient levels healthy for us.

Glycosaminoglycan – Benefit: Binds water between the fibers in the dermis. Also called GAG's **Fact:** GAG's help keep the skin from becoming dehydrated.

Hypoglycemia – Benefits: A healthy diet and blood tests can be used to determine if a person has hypoglycemia. **Fact:** Blood sugar and glucose levels can drop and cause problems.

Linoleic Acid – Benefit: It is an essential fatty acid and makes important hormones. **Fact:** The skin's barrier has linoleic acid to help with the lipid barrier of the skin.

Macronutrients – Benefits: Proteins, carbs and fats. They are important for our nutrition. **Fact:** Vital nutrients for us to have.

Micronutrients – Benefits: They are important for body functions. **Fact:** They have no calories or nutritional value. They are vitamins.

Minerals – Benefit: Minerals help to regulate water in the body. **Fact:** Some of these minerals are sodium, chloride, and potassium. Calcium is another important mineral to keep bone healthy.

Monosaccharides – Benefit: They are the simplest form of sugar. They are water soluble. **Fact:** Glucose and fructose are examples.

Mucopolysaccharides – Benefit: Sugar molecules found in different places in the body. They are also called GAGs. **Fact:** They are found in the joints of the body.

Nonessential Amino Acids – Benefit: They are made by the body but they are not so it is not needed as an amino acid for the diet. **Fact:** There is no need to get them from an outside source.

Omega-3 Fatty Acids – It is considered a good fat and may decrease cardiovascular diseases. **Fact:** It is very good for the skin as it helps with inflammation.

Osteoporosis – Benefit: Over time the bones thin and they become fragile. **Fact:** It can be a chronic disease.

Polysaccharides – Benefit: They are carbohydrates. They are starch, glycogen and dextranes. They are stored in the muscles and used for energy. **Fact:** They are also stored in the liver. They are short term and long term storage stores.

Proteins – Benefits: Amino acids essential for all cell functions and growth of the body. **Fact:** Important part of all living things especially for muscles and hair.

Vitamin C – Benefit: Ascorbic acid is an antioxidant. It helps with aging, can repair tissues and helps with healing. **Fact:** Vitamin C promotes production of collagen.

Vitamin D – Benefit: We get this vitamin from the sun, UV rays and supplements. **Fact:** Vitamin D is essential for growth. It is a fat soluble vitamin.

Vitamin E – Benefit: It is an antioxidant and protects the skin. **Fact:** It can be used to protect the skin from the sun.

Vitamin K – Benefit: Important for the coagulation of the blood. **Fact:** It helps to prevent excessive bleeding. A deficiency in this vitamin leads to poor blood clotting.