

# Glossary: IJKL

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## I

**Immune System.** The body's natural defense system against foreign materials that have entered the body, responsible for preventing and fighting against illness and disease.

**Inflammatory bowel disease (IBD).** A group of chronic disorders that cause inflammation or ulceration in the small and large intestines. IBD is usually classified as Ulcerative Colitis or Crohn's disease, but may be referred to as colitis, enteritis, ileitis, and proctitis.

**Insulin.** A hormone secreted by the pancreas in response to high levels of glucose. It is responsible for controlling transport of glucose from the bloodstream into the cells, and acts in conjunction with glucagon to keep body glucose levels stable.

**Insulin-Dependent Diabetes Mellitus.** Less common type of diabetes, in which the body produces no insulin at all. Also called Type I diabetes or juvenile-onset diabetes.

**Irritable Bowel Syndrome (IBS)** A common functional disorder characterized by gas, abdominal pain, and diarrhea or constipation or the cyclical occurrence of both. IBS, although often causing considerable discomfort, generally does not lead to other gastrointestinal disorders.

## L

**Lactose.** A disaccharide sugar composed of glucose and galactose, primarily found in dairy products.

**Lactose intolerance.** Caused by a deficiency of lactase, the intestinal enzyme that digests milk sugar (lactose). Persons with lactose intolerance cannot properly digest usual amounts of milk and milk products. Some people are even sensitive to extremely small quantities of dairy products. Symptoms of lactose intolerance include cramps, gas, bloating, or diarrhea within 15 minutes to 3 hours after consuming milk or milk products.

**Large Intestine or Colon.** The lower portion of the intestine that completes the digestive tract.

**Linoleic Acid, LA.** The w6 EFA, formula 18:2w6.

**Linolenic Acid, ALA.** The w3 EFA, formula 18:3w3. Technically known as Alpha Linolenic Acid, to distinguish it from Gamma Linolenic Acid, 18:3w6 (an w6 derivative).

**Lipids.** Refers to cholesterol, triglycerides, and HDL.

**Lipoproteins.** Protein-coated packages (ball-like particles) that carry cholesterol, TG and protein inside the blood (otherwise, fat does not dissolve in water). Lipoproteins are classified according to their density.

**High density lipoprotein (HDL).** Lipoproteins that contain a small amount of cholesterol and carry cholesterol away from body cells and tissues to the liver for excretion from the body.

**Low density lipoprotein (LDL).** Lipoproteins that contain a large amount of cholesterol. One possible role for LDL is to bring EFAs to the cells.

**Liver.** The organ that produces bile and is first to process nutrients from the intestine.

**Liquid diets.** Patients are typically instructed to drink two shakes per day (approximately 200 kcals each) and then eat a sensible dinner (400-600 kcals). Since this results in  $\geq 800$  kcals per day, and contains adequate quantities of protein, vitamins and minerals, it is generally considered to be safe. However, it is unlikely to work for most individuals over the long term, since most problem eaters take in most of their calories at the evening meal. If such individuals were able to eat a "sensible dinner" (and no additional calories just before and afterwards) in the first place, they would lose weight successfully without the product. It also suffers from the difficulty of weight maintenance after the patient makes the transition to regular food.

**Low carbohydrate diets.** The most resilient popular diet concept. At equal calorie intakes, low carbohydrate diets result in more rapid weight loss than high carbohydrate diets. Unfortunately, this loss is due entirely to changes in water balance. During carbohydrate restriction, ketonuria increases and results in greater sodium excretion and water loss. The

resumption of carbohydrate feeding reverses this process and results in sodium and water retention. No other differences in body composition or weight loss are observed. Low carbohydrate diets are by definition high in fat and/or protein and are thus unsuitable for long term weight loss. These diets are also commonly deficient in calcium and dietary fiber. Examples include the Atkins diet, the Stillman diet, and the Scarsdale diet.



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