

Glossary

1. **Porphyrin** - any of a class of pigments (including haem and chlorophyll) whose molecules contain a flat ring of four linked heterocyclic groups, sometimes with a central metal atom.
2. **Peroxidases** - an enzyme that catalyses the oxidation of a particular substrate by hydrogen peroxide
3. **Transferrin** - a protein of the beta globulin group which binds and transports iron in blood serum.
4. **Detoxification** - the process of removing toxic substances.
5. **Depletion** - reduction in the number or quantity of something
6. **Epithelial** tissues - Epithelium is one of the four basic types of animal tissue. The other three types are connective tissue, muscle tissue and nervous tissue. Epithelial tissues line the cavities and surfaces of blood vessels and organs throughout the body.
7. **Lassitude** - a state of physical or mental weariness; lack of energy
8. **Palpitations** - a noticeably rapid, strong, or irregular heartbeat due to agitation, exertion, or illness.
9. **Pallor** - an unhealthy pale appearance.
10. **Hemochromatosis** - a hereditary disorder in which iron salts are deposited in the tissues, leading to liver damage, diabetes mellitus, and bronze discoloration of the skin.
11. **Osteoblast** - is a cell that develops bone. Bone mass is maintained by a balance between the activity of osteoblasts that form bone and other cells called osteoclasts that remove bone.
12. **Trauma** - a deeply distressing or disturbing experience
13. **Leukopenia** - a reduction in the number of white cells in the blood, typical of various diseases
14. **Tropical sprue** - disease of the small intestine causing malabsorption of food, in particular:
15. **Inflammatory bowel disease** - is a group of inflammatory conditions of the colon and small intestine.
16. **Hematuria** - the presence of blood in urine.
17. **Oliguria** - the production of abnormally small amounts of urine
18. **Genetic disorder** - is a genetic problem caused by one or more abnormalities in the genome, especially a condition that is present from birth (congenital). Most genetic disorders are quite rare and affect one person in every several thousands or millions.
19. **Arrhythmia** - is a problem with the rate or rhythm of the heartbeat. During an arrhythmia, the heart can beat too fast, too slow, or with an irregular rhythm. A heartbeat that is too fast is called tachycardia
20. **Hyperinsulinemia, or hyperinsulinaemia** - is a condition in which there are excess levels of insulin circulating in the blood relative to the level of glucose. While it is often mistaken for diabetes or hyperglycaemia, hyperinsulinemia can result from a variety of metabolic diseases and conditions
21. **Thyroid gland** - a large ductless gland in the neck which secretes hormones regulating growth and development through the rate of metabolism
22. **Goitrogens** - are substances (whether in drugs, chemicals, or foods) that disrupt the production of thyroid hormones by interfering with iodine uptake in the thyroid gland.

23.**Stillbirths** - the birth of an infant that has died in the womb (strictly, after having survived through at least the first 28 weeks of pregnancy, earlier instances being regarded as abortion or miscarriage).

24.**Antioxidant** - A substance that reduces damage due to oxygen, such as that caused by free radicals. Well-known antioxidants include enzymes and other substances, such as vitamin C, vitamin E, and beta carotene, which are capable of counteracting the damaging effects of oxidation.

25.**Paresthesia** - an abnormal sensation, typically tingling or pricking ('pins and needles'), caused chiefly by pressure on or damage to peripheral nerves.