

QUEEN OF THE THRONES™

OH SH*T REFERENCES

 Dr. Marisol
Queen of the Thrones™

REFERENCES

- 1 Bhat MI¹, Kapila R¹. Dietary metabolites derived from gut microbiota: critical modulators of epigenetic changes in mammals. *Nutr Rev*. 2017 Apr 22. doi: 10.1093/nutrit/nux001. [Epub ahead of print]
- 2 Marston W. *Newsweek*. Nov 17, 1997. Leaky guts and disease.
- 3 Shi N¹, Li N², Duan X², Niu H¹. Interaction between the gut microbiome and mucosal immune system. *Mil Med Res*. 2017 Apr 27;4:14. doi: 10.1186/s40779-017-0122-9. eCollection 2017.
- 4 Sean M.P. Bennet,^{*†} Lena Öhman,^{*†} and Magnus Simrén^{*} Gut Microbiota as Potential Orchestrators of Irritable Bowel Syndrome Gut Liver. 2015 May; 9(3): 318-331. PMID: PMC4413965
- 5 Jae Hak Kim,¹ Eugenia Lin,² and Mark Pimentel^{2,*} Biomarkers of Irritable Bowel Syndrome. *J Neurogastroenterol Motil*. 2017 Jan; 23(1): 20-26. PMID: PMC5216630
- 6 Alan C. Logan,^{1,2} Felice N. Jacka,^{1,2,3,4,5,6} Jeffrey M. Craig,^{1,7} and Susan L. Prescott^{1,8} The Microbiome and Mental Health: Looking Back, Moving Forward with Lessons from Allergic Diseases *Clin Psychopharmacol Neurosci*. 2016 May; 14(2): 131-147. Published online 2016 May 31. doi: 10.9758/cpn.2016.14.2.131 PMID: PMC4857870
- 7 Gershon MD, Tack J. The serotonin signaling system: from basic understanding to drug development for functional GI disorders. *Gastroenterology*. 2007 Jan;132(1):397-414.
- 8 Sikander A¹, Rana SV, Prasad KK. Role of serotonin in gastrointestinal motility and irritable bowel syndrome. *Clin Chim Acta*. 2009 May;403(1-2):47-55. doi: 10.1016/j.cca.2009.01.028. Epub 2009 Feb 4.
- 9 Mazzoli R¹, Pessione E¹. The Neuro-endocrinological Role of Microbial Glutamate and GABA Signaling. *Front Microbiol*. 2016 Nov 30;7:1934. eCollection 2016.
- 10 Cryan J. F., Dinan T. G. (2012). Mind-altering microorganisms: the impact of the gut microbiota on brain and behaviour. *Nat. Rev. Neurosci*. 13 701-712. 10.1038/nrn3346
- 11 Foster JA¹, McVey Neufeld KA. Gut-brain axis: how the microbiome influences anxiety and depression. *Trends Neurosci*. 2013 May;36(5):305-12. doi: 10.1016/j.tins.2013.01.005. Epub 2013 Feb 4.
- 12 Gershon M. D. (1998). *The Second Brain*. New York, NY: Harper Collins.
- 13 Just DR¹, Wansink B¹. Fast food, soft drink and candy intake is unrelated to body mass index for 95% of American adults. *Obes Sci Pract*. 2015 Dec;1(2):126-130. Epub 2015 Nov 26.
- 14 Gibas MK¹, Gibas KJ². Induced and controlled dietary ketosis as a regulator of obesity and metabolic syndrome pathologies. *Diabetes Metab Syndr*. 2017 Mar 28. pii: S1871-4021(16)30313-7. doi: 10.1016/j.dsx.2017.03.022. [Epub ahead of print]
- 15 Zhang S¹, Li W, Smith CJ, Musa H. Cereal-derived arabinoxylans as biological response modifiers: extraction, molecular features, and immune-stimulating properties. *Crit Rev Food Sci Nutr*. 2015;55(8):1035-52. doi: 10.1080/10408398.2012.705188

REFERENCES

- 16 Davis C1. Evolutionary and neuropsychological perspectives on addictive behaviors and addictive substances: relevance to the "food addiction" construct. *Subst Abuse Rehabil.* 2014 Dec 12;5:129-37. doi: 10.2147/SAR.S56835. eCollection 2014.
- 17 Gardner EL1. Addiction and brain reward and anti-reward pathways. *Adv Psychosom Med.* 2011;30:22-60. doi: 10.1159/000324065. Epub 2011 Apr 19.
- 18 Subhashini Srinivasan,¹ Masroor Shariff,² and Selena E. Bartlett^{2,*} The Role of the Glucocorticoids in Developing Resilience to Stress and Addiction *Front Psychiatry.* 2013; 4: 68. Published online 2013 Aug 1. doi: 10.3389/fpsy.2013.00068 PMID: PMC3730062
- 19 Paola Bressan* and Peter Kramer Bread and Other Edible Agents of Mental Disease *Front Hum Neurosci.* 2016; 10: 130. Published online 2016 Mar 29. doi: 10.3389/fnhum.2016.00130 PMID: PMC4809873
- 20 Pruimboom L^{1,2}, de Punder K^{3,4}. The opioid effects of gluten exorphins: asymptomatic celiac disease. *J Health Popul Nutr.* 2015 Nov 24;33:24. doi: 10.1186/s41043-015-0032-y.
- 21 Claire Millward,² Michael Ferriter,¹ Sarah J Calver,³ and Graham G Connell-Jones⁴ Gluten- and casein-free diets for autistic spectrum disorder *Cochrane Database Syst Rev.* 2008; (2): CD003498. Published online 2008 Apr 16. doi: 10.1002/14651858.CD003498.pub3 PMID: PMC4164915
- 22a Zhang T¹, Shaw M¹, Humphries J¹, Sachdev P², Anstey KJ¹, Cherbuin N¹. Higher fasting plasma glucose is associated with striatal and hippocampal shape differences: the 2sweet project. *BMJ Open Diabetes Res Care.* 2016 May 26;4(1):e000175. doi: 10.1136/bmjdr-2015-000175. eCollection 2016.
- 22b Siddiqui A^{1,2}, Madhu SV², Sharma SB³, Desai NG⁴. Endocrine stress responses and risk of type 2 diabetes mellitus. *Stress.* 2015;18(5):498-506. doi: 10.3109/10253890.2015.1067677. Epub 2015 Aug 13.
- 23 Plat L¹, Byrne MM, Sturis J, Polonsky KS, Mockel J, Féry F, Van Cauter E. Effects of morning cortisol elevation on insulin secretion and glucose regulation in humans. *Am J Physiol.* 1996 Jan;270(1 Pt 1):E36-42.
- 24 Blum K¹, Gardner E, Oscar-Berman M, Gold M. "Liking" and "wanting" linked to Reward Deficiency Syndrome (RDS): hypothesizing differential responsivity in brain reward circuitry. *Curr Pharm Des.* 2012;18(1):113-8.
- 25 María-Raquel Huerta-Franco, Miguel Vargas-Luna, Paola Tienda, Isabel Delgadillo-Holtfort, Marco Balleza-Ordaz, and Corina Flores-Hernandez Effects of occupational stress on the gastrointestinal tract *World J Gastrointest Pathophysiol.* 2013 Nov 15; 4(4): 108-118. Published online 2013 Nov 15. doi: 10.4291/wjgp.v4.i4.108 PMID: PMC3829457
- 26 Allison Clark¹ and Núria Mach^{1,2} Exercise-induced stress behavior, gut-microbiota-brain axis and diet: a systematic review for athletes *J Int Soc Sports Nutr.* 2016; 13: 43. Published online 2016 Nov 24. doi: 10.1186/s12970-016-0155-6 PMID: PMC5121944

REFERENCES

- 27 Maremmani AG^{1,2,3}, Pani PP⁴, Rovai L^{1,5}, Bacciardi S¹, Maremmani I^{1,2,6}. Toward the Identification of a Specific Psychopathology of Substance Use Disorders. *Front Psychiatry*. 2017 Apr 27;8:68. doi: 10.3389/fpsyt.2017.00068. eCollection 2017.
- 28 Jon E. Grant, J.D., M.D., M.P.H.¹ and Samuel R. Chamberlain, M.D., Ph.D.² Expanding the Definition of Addiction: DSM-5 vs. ICD-11 CNS Spectr. 2016 Aug; 21(4): 300-303. Published online 2016 May 6. doi: 10.1017/S1092852916000183PMCID: PMC5328289 EMSID: EMS71683
- 29 Kelley AE¹, Bakshi VP, Haber SN, Steininger TL, Will MJ, Zhang M. Opioid modulation of taste hedonics within the ventral striatum. *Physiol Behav*. 2002 Jul;76(3):365-77.
- 30 Nasser JA¹, Bradley LE, Leitzsch JB, Chohan O, Fasulo K, Haller J, Jaeger K, Szulanczyk B, Del Parigi A. Psychoactive effects of tasting chocolate and desire for more chocolate. *Physiol Behav*. 2011 Jul 25;104(1):117-21. doi: 10.1016/j.physbeh.2011.04.040. Epub 2011 May 1.
- 31 Marilyn Freimuth,* Sandy Moniz, and Shari R. Kim Clarifying Exercise Addiction: Differential Diagnosis, Co-occurring Disorders, and Phases of Addiction *Int J Environ Res Public Health*. 2011 Oct; 8(10): 4069-4081. Published online 2011 Oct 21. doi: 10.3390/ijerph8104069PMCID: PMC3210598
- 32 Aidman EV, Woollard S. The influence of self-reported exercise addiction on acute emotional and physiological responses to brief exercise deprivation. *Psychol. Sport Exerc*. 2003;4:225-236.
- 33 Zhang X^{1,2,3}, Norton J^{1,2}, Carrière I^{1,2}, Ritchie K^{1,2,4}, Chaudieu I^{1,2}, Ryan J^{1,2,5}, Ancelin ML^{1,2}. Preliminary evidence for a role of the adrenergic nervous system in generalized anxiety disorder. *Sci Rep*. 2017 Feb 15;7:42676. doi: 10.1038/srep42676.
- 34 Stasi C¹, Bellini M², Gambaccini D², Duranti E³, de Bortoli N², Fani B², Albano E², Russo S², Sudano I⁴, Laffi G¹, Taddei S³, Marchi S², Bruno RM³. Neuroendocrine Dysregulation in Irritable Bowel Syndrome Patients: A Pilot Study. *J Neurogastroenterol Motil*. 2017 Apr 26. doi: 10.5056/jnm16155. [Epub ahead of print]
- 35 Kuo PH¹, Kalsi G, Prescott CA, Hodgkinson CA, Goldman D, Alexander J, van den Oord EJ, Chen X, Sullivan PF, Patterson DG, Walsh D, Kendler KS, Riley BP. Associations of glutamate decarboxylase genes with initial sensitivity and age-at-onset of alcohol dependence in the Irish Affected Sib Pair Study of Alcohol Dependence. *Drug Alcohol Depend*. 2009 Apr 1;101(1-2):80-7. doi: 10.1016/j.drugalcdep.2008.11.009. Epub 2008 Dec 25.
- 36 Lange MD¹, Jüngling K¹, Paulukat L¹, Vieler M¹, Gaburro S¹, Sosulina L¹, Blaesse P¹, Sreepathi HK², Ferraguti F², Pape HC¹ Glutamic acid decarboxylase 65: a link between GABAergic synaptic plasticity in the lateral amygdala and conditioned fear generalization. *Neuropsychopharmacology*. 2014 Aug;39(9):2211-20. doi: 10.1038/npp.2014.72. Epub 2014 Mar 25.
- 37 Zha X^{1,2}, Xu X³. Dissecting the hypothalamic pathways that underlie innate behaviors. *Neurosci Bull*. 2015 Dec;31(6):629-48. doi: 10.1007/s12264-015-1564-2. Epub 2015 Nov 9.

REFERENCES

- 38 Zander T1, Horr NK2, Bolte A3, Volz KG4. Intuitive decision making as a gradual process: investigating semantic intuition-based and priming-based decisions with fMRI. *Brain Behav.* 2015 Dec 22;6(1):e00420. doi: 10.1002/brb3.420. eCollection 2016 Jan.
- 39 Ilg R., Vogeley K., Goschke T., Bolte A., Shah J. N., Pöppel E., et al. . (2007). Neural processes underlying intuitive coherence judgments as revealed by fMRI on a semantic judgment task. *Neuroimage* 38, 228-238. 10.1016/j.neuroimage.2007.07.014
- 40 Zhonglu Zhang, Yi Lei,* and Hong Li Approaching the Distinction between Intuition and Insight *Front Psychol.* 2016; 7: 1195. Published online 2016 Aug 9. doi: 10.3389/fpsyg.2016.01195 PMID: PMC4977300
- 41 Caroline Davis. Evolutionary and neuropsychological perspectives on addictive behaviors and addictive substances: relevance to the "food addiction" construct *Subst Abuse Rehabil.* 2014; 5: 129-137. Published online 2014 Dec 12. doi: 10.2147/SAR.S56835 PMID: PMC4270301
- 42 Mario Ciampolini,¹ H David Lovell-Smith,² Timothy Kenealy,³ and Riccardo Bianchi⁴ Hunger can be taught: Hunger Recognition regulates eating and improves energy balance *Int J Gen Med.* 2013; 6: 465-478. Published online 2013 Jun 17. doi: 10.2147/IJGM.S40655 PMID: PMC3698025
- 43 Baron K.G., Reid K.J. Circadian misalignment and health. *Int. Rev. Psychiatry (Abingdon, Engl.)* 2014;26:139-154. doi: 10.3109/09540261.2014.911149.
- 44 Sassone-Corsi P. The time of your life. *Cerebrum Dana Forum Brain Sci.* 2014:801
- 45 Mary S. Matsui,^{1,2,*} Edward Pelle,^{1,3} Kelly Dong,¹ and Nadine Pernodet^{1,4} Biological Rhythms in the Skin *Int J Mol Sci.* 2016 Jun; 17(6): 801. Published online 2016 May 24. doi: 10.3390/ijms17060801 PMID: PMC4926335
- 46 Gregory D. M. Potter, Debra J. Skene, Josephine Arendt, Janet E. Cade, Peter J. Grant, and Laura J. Hardie Circadian Rhythm and Sleep Disruption: Causes, Metabolic Consequences, and Countermeasures *Endocr Rev.* 2016 Dec; 37(6): 584-608. Published online 2016 Oct 20. doi: 10.1210/er.2016-1083 PMID: PMC5142605
- 47 William Bechtel Circadian Rhythms and Mood Disorders: Are the Phenomena and Mechanisms Causally Related? *Front Psychiatry.* 2015; 6: 118. Published online 2015 Aug 24. doi: 10.3389/fpsyg.2015.00118 PMID: PMC4547005
- 48 Anton Shostak Circadian Clock, Cell Division, and Cancer: From Molecules to Organism *Int J Mol Sci.* 2017 Apr; 18(4): 873. Published online 2017 Apr 20. doi: 10.3390/ijms18040873 PMID: PMC5412454
- 49 David Z. Kochan, Olga Kovalchuk Circadian disruption and breast cancer: An epigenetic link? *Oncotarget.* 2015 Jul 10; 6(19): 16866-16882. Published online 2015 Jul 9. doi: 10.18632/oncotarget.4343 PMID: PMC4627279

REFERENCES

- 50 Bogdan Lewczuk, Grzegorz Redlarski, Arkadiusz Żak, Natalia Ziółkowska, Barbara Przybylska-Gornowicz, Marek Krawczuk Influence of Electric, Magnetic, and Electromagnetic Fields on the Circadian System: Current Stage of Knowledge *Biomed Res Int.* 2014; 2014: 169459. Published online 2014 Jul 22. doi: 10.1155/2014/169459
- 51 Lisa Gherardini,¹ Gastone Ciuti,² Selene Tognarelli,² and Caterina Cinti^{1,*} Searching for the Perfect Wave: The Effect of Radiofrequency Electromagnetic Fields on Cells *Int J Mol Sci.* 2014 Apr; 15(4): 5366–5387. Published online 2014 Mar 27. doi: 10.3390/ijms15045366 PMID: PMC4013569
- 52 Hassan S Dashti,^{3,*} Frank AJL Scheer,^{6,7} Paul F Jacques,⁴ Stefania Lamon-Fava,⁵ and José M Ordovás^{3,8,9} Short Sleep Duration and Dietary Intake: Epidemiologic Evidence, Mechanisms, and Health Implications *Adv Nutr.* 2015 Nov; 6(6): 648–659. Published online 2015 Nov 10. doi: 10.3945/an.115.008623 PMID: PMC4642416
- 53 Christopher Harshaw Interoceptive Dysfunction: Toward An Integrated Framework for Understanding Somatic and Affective Disturbance in Depression *Psychol Bull.* Author manuscript; available in PMC 2016 Mar 1. PMID: PMC4346391 NIHMSID:
- 54 Lawrence A. David,^{1,2,#} Corinne F. Maurice,¹ Rachel N. Carmody,¹ David B. Gootenberg,¹ Julie E. Button,¹ Benjamin E. Wolfe,¹ Alisha V. Ling,³ A. Sloan Devlin,⁴ Yug Varma,⁴ Michael A. Fischbach,⁴ Sudha B. Biddinger,³ Rachel J. Dutton,¹ and Peter J. Turnbaugh^{1,*} Diet rapidly and reproducibly alters the human gut microbiome *Nature.* 2014 Jan 23; 505(7484): 559–563. Published online 2013 Dec 11. doi: 10.1038/nature12820 PMID: PMC3957428
- 55 Morin JP¹, Rodríguez-Durán LF², Guzmán-Ramos K³, Perez-Cruz C⁴, Ferreira G⁵, Diaz-Cintra S⁶, Pacheco-López G⁷. Palatable Hyper-Caloric Foods Impact on Neuronal Plasticity. *Front Behav Neurosci.* 2017 Feb 14;11:19. doi: 10.3389/fnbeh.2017.00019. eCollection 2017.
- 56 Kosobud AE¹, Gillman AG, Leffel JK 2nd, Pecoraro NC, Rebec GV, Timberlake W. Drugs of abuse can entrain circadian rhythms. *ScientificWorldJournal.* 2007 Nov 2;7:203-12.
- 57 Cooper S¹, Robison AJ^{1,2}, Mazei-Robison MS^{3,4}. Reward Circuitry in Addiction. *Neurotherapeutics.* 2017 Mar 21. doi: 10.1007/s13311-017-0525-z. [Epub ahead of print]
- 58 Fessler P¹, Küster O, Schlee W, Kolassa IT. Novelty interventions to enhance broad cognitive abilities and prevent dementia: synergistic approaches for the facilitation of positive plastic change. *Prog Brain Res.* 2013;207:403-34. doi: 10.1016/B978-0-444-63327-9.00017-5.
- 59 Gaman A., Kuo B. Neuromodulatory processes of the brain-gut axis. *Neuromodulation.* 2008;11:249–259. doi: 10.1111/j.1525-1403.2008.00172.x. [PMC free article]
- 60 Rapozo DC¹, Bernardazzi C¹, de Souza HS¹. Diet and microbiota in inflammatory bowel disease: The gut in disharmony. *World J Gastroenterol.* 2017 Mar 28;23(12):2124–2140. doi: 10.3748/wjg.v23.i12.2124.

REFERENCES

- 61 Stasi C1, Bellini M2, Gambaccini D2, Duranti E3, de Bortoli N2, Fani B2, Albano E2, Russo S2, Sudano I4, Laffi G1, Taddei S3, Marchi S2, Bruno RM3. Neuroendocrine Dysregulation in Irritable Bowel Syndrome Patients: A Pilot Study. *J Neurogastroenterol Motil.* 2017 Apr 26. doi: 10.5056/jnm16155. [Epub ahead of print]
- 62 Alicja Kucharska, Agnieszka Szmurło, and Beata Sińska Significance of diet in treated and untreated acne vulgaris *Postepy Dermatol Alergol.* 2016 Apr; 33(2): 81-86. Published online 2016 May 16. doi: 10.5114/ada.2016.59146 PMID: PMC4884775
- 63 Josipa Vlainić,1,* Jelena Šuran,2 Toni Vlainić,1 and Antonella Letizia Vukorep2 Probiotics as an Adjuvant Therapy in Major Depressive Disorder *Curr Neuropharmacol.* 2016 Nov; 14(8): 952-958. Published online 2016 Nov. doi: 10.2174/1570159X14666160526120928 PMID: PMC5333591
- 64 Rheem D. Medh and E. Brad Thompson Hormonal regulation of physiological cell turnover and apoptosis *Cell Tissue Res.* Author manuscript; available in PMC 2009 Oct 19. Published in final edited form as: *Cell Tissue Res.* 2000 Jul; 301(1): 101-124. PMID: PMC2763512
- 65 Dominika Kwasnicka, a , b Stephan U Dombrowski, c Martin White, d and Falko Sniehotta a , b , * Theoretical explanations for maintenance of behaviour change: a systematic review of behaviour theories *Health Psychol Rev.* 2016 Jul 2; 10(3): 277-296. Published online 2016 Mar 7. doi: 10.1080/17437199.2016.1151372 PMID: PMC4975085
- 66 Joel Fuhrman,3 Barbara Sarter,1 Dale Glaser,1 and Steve Acocella2 Changing perceptions of hunger on a high nutrient density diet *Nutr J.* 2010; 9: 51. Published online 2010 Nov 7. doi: 10.1186/1475-2891-9-51 PMID: PMC2988700
- 67 Meleine M1, Matricon J1. Gender-related differences in irritable bowel syndrome: potential mechanisms of sex hormones. *World J Gastroenterol.* 2014 Jun 14;20(22):6725-43. doi: 10.3748/wjg.v20.i22.6725.
- 68 Agnes E. Coutinho and Karen E. Chapman The anti-inflammatory and immunosuppressive effects of glucocorticoids, recent developments and mechanistic insights *Mol Cell Endocrinol.* 2011 Mar 15; 335(1): 2-13. doi: 10.1016/j.mce.2010.04.005 PMID: PMC3047790
- 69 Albert Sanchez, J. L. Reeser, H. S. Lau, P. Y. Yahiku, R. E. Willard, P. J. McMillan, S. Y. Cho, A. R. Magie, and U. D. Register Role of sugars in human neutrophilic phagocytosis^{1,2} 1973 by The American Society for Clinical Nutrition, Inc
- 70 Spence C1, Okajima K2, Cheok AD3, Petit O4, Michel C5. Eating with our eyes: From visual hunger to digital satiation. *Brain Cogn.* 2016 Dec;110:53-63. doi: 10.1016/j.bandc.2015.08.006. Epub 2015 Oct .
- 71 Mitchell DR1, Derakhshan MH, Robertson EV, McColl KE. The Role of the Acid Pocket in Gastroesophageal Reflux Disease. *J Clin Gastroenterol.* 2016 Feb;50(2):111-9. doi: 10.1097/MCG.0000000000000439.
- 72 Herregods TV1, Bredenoord AJ1, Smout AJ1. Pathophysiology of gastroesophageal reflux disease: new understanding in a new era. *Neurogastroenterol Motil.* 2015 Sep;27(9):1202-13. doi: 10.1111/nmo.12611. Epub 2015 Jun 5.

REFERENCES

- 73 Boghossian TA1, Rashid FJ1, Thompson W2, Welch V2, Moayyedi P3, Rojas-Fernandez C4, Potte K2,5, Farrell B2,4,5. Deprescribing versus continuation of chronic proton pump inhibitor use in adults. *Cochrane Database Syst Rev*. 2017 Mar 16;3:CD011969. doi: 10.1002/14651858.CD011969.pub2.
- 74 Johnson DA1. Nutritional consequences of long-term acid suppression; are they clinically important? *Curr Opin Gastroenterol*. 2016 Mar;32(2):136-40. doi: 10.1097/MOG.0000000000000250.
- 75 Michael D. Burkitt,¹ Carrie A. Duckworth,¹ Jonathan M. Williams,² and D. Mark Pritchard^{1,*} Helicobacter pylori-induced gastric pathology: insights from in vivo and ex vivo models *Dis Model Mech*. 2017 Feb 1; 10(2): 89-104. doi: 10.1242/dmm.027649 PMID: PMC5312008
- 76 Denisova OA1, Livzan MA1, Denisov AP1.[Comparative characteristics of patients with gastroesophageal reflux disease in the age aspect]. *Ter Arkh*. 2017;89(4):53-56. doi: 10.17116/terarkh201789453-56.
- 77 Zhang YJ1, Wang F2, Zhou Y3, Li Y4, Zhou T5, Zheng J6, Zhang JJ7, Li S8, Xu DP9, Li HB10,11. Effects of 20 Selected Fruits on Ethanol Metabolism: Potential Health Benefits and Harmful Impacts. *Int J Environ Res Public Health*. 2016 Apr 1;13(4):399. doi: 10.3390/ijerph13040399.
- 78 Gatta L1,2, Scarpignato C1. Systematic review with meta-analysis: rifaximin is effective and safe for the treatment of small intestine bacterial overgrowth. *Aliment Pharmacol Ther*. 2017 Mar;45(5):604-616. doi: 10.1111/apt.13928. Epub 2017 Jan 12.
- 79 LeBlanc JG1, Chain F2, Martín R2, Bermúdez-Humarán LG2, Courau S3, Langella P4. Beneficial effects on host energy metabolism of short-chain fatty acids and vitamins produced by commensal and probiotic bacteria. *Microb Cell Fact*. 2017 May 8;16(1):79. doi: 10.1186/s12934-017-0691-z.
- 80 Trautmann SM, Sharkey KA The Endocannabinoid System and Its Role in Regulating the Intrinsic Neural Circuitry of the Gastrointestinal Tract. *Int Rev Neurobiol*. 2015; 125():85-126.
- 81 Takahashi A1, Kondoh M, Suzuki H, Watari A, Yagi K. Pathological changes in tight junctions and potential applications into therapies. *Drug Discov Today*. 2012 Jul;17(13-14):727-32. doi: 10.1016/j.drudis.2012.02.014. Epub 2012 Mar 5.
- 82 Brzozowski B, Mazur-Bialy A, Pajdo R, Kwiecien S, Bilski J, Zwolinska-Wcislo M, Mach T, Brzozowski T1. Mechanisms by which Stress Affects the Experimental and Clinical Inflammatory Bowel Disease (IBD): Role of Brain-Gut Axis. *Curr Neuropharmacol*. 2016;14(8):892-900.
- 83 Yoram Vodovotz,^{1,11} Gregory Constantine,^{2,11} James Faeder,^{3,11} Qi Mi,^{4,11} Jonathan Rubin,^{2,11} John Bartels,⁵ Joydeep Sarkar,⁵ Robert H. Squires, Jr.,⁶ David O. Okonkwo,⁷ Jörg Gerlach,⁸ Ruben Zamora,^{1,11} Shirley Luckhart,⁹ Bard Ermentrout,^{2,11} and Gary An^{10,11} Translational Systems Approaches to the Biology of Inflammation and Healing *Immunopharmacol Immunotoxicol*. Author manuscript; available in PMC 2011 Jul 12. Published in final edited form as: *Immunopharmacol Immunotoxicol*. 2010 Jun; 32(2): 181-195. doi: 10.3109/08923970903369867 PMID: PMC3134151

REFERENCES

- 84 S. Guo and L.A. DiPietro* Factors Affecting Wound Healing *J Dent Res.* 2010 Mar; 89(3): 219–229. doi: 10.1177/0022034509359125PMCID: PMC2903966
- 85 Sheela Vyas, 1 , * Ana João Rodrigues, 2 , 3 Joana Margarida Silva, 2 , 3 Francois Tronche, 1 Osborne F. X. Almeida, 4 Nuno Sousa, 2 , 3 and Ioannis Sotiropoulos 2 , 3 , * Chronic Stress and Glucocorticoids: From Neuronal Plasticity to Neurodegeneration *Neural Plast.* 2016; 2016: 6391686. Published online 2016 Mar 10. doi: 10.1155/2016/6391686 PMCID: PMC4806285
- 86 Dan Zhanga and Geng Tianb, How does stress affect human being—a molecular dynamic simulation study on cortisol and its glucocorticoid receptor *Saudi J Biol Sci.* 2017 Mar; 24(3): 488–494. Published online 2017 Jan 30. doi: 10.1016/j.sjbs.2017.01.016PMCID: PMC5372379
- 87 Terrence Deak,*¹ Matt Quinn,² John A. Cidlowski,² Nicole C. Victoria,³ Anne Z. Murphy,³ and John F. Sheridan⁴ Neuroimmune mechanisms of stress: sex differences, developmental plasticity, and implications for pharmacotherapy of stress-related disease *Stress.* Author manuscript; available in PMC 2016 Mar 30. Published in final edited form as: *Stress.* 2015; 18(4): 367–380. Published online 2015 Jul 15. doi: 10.3109/10253890.2015.1053451PMCID: PMC4813310
- 88 Aragno M1, Mastrocola R2. Dietary Sugars and Endogenous Formation of Advanced Glycation End products: Emerging Mechanisms of Disease. *Nutrients.* 2017 Apr 14;9(4). pii: E385. doi: 10.3390/nu9040385.
- 89 G. Garruti, 1 , * F. Giampetruzzi, 1 M. G. Vita, 1 F. Pellegrini, 2 , 3 P. Lagioia, 1 G. Stefanelli, 1 A. Bellomo-Damato, 1 and F. Giorgino 1 Links between Metabolic Syndrome and Cardiovascular Autonomic Dysfunction *Exp Diabetes Res.* 2012; 2012: 615835. Published online 2012 Mar 15. doi: 10.1155/2012/615835PMCID: PMC3312199
- 90 Katherine Esposito, MD, PHD,¹ Paolo Chiodini, PHD,² Annamaria Colao, MD,³ Andrea Lenzi, MD,⁴ and Dario Giugliano, MD, PHD⁵ Metabolic Syndrome and Risk of Cancer A systematic review and meta-analysis *Diabetes Care.* 2012 Nov; 35(11): 2402–2411. Published online 2012 Oct 13. doi: 10.2337/dc12-0336PMCID: PMC3476894
- 91 Wanxing Duan, 1 Xin Shen, 2 Jianjun Lei, 1 Qinhong Xu, 1 Yongtian Yu, 1 Rong Li, 1 Erxi Wu, 3 and Qingyong Ma 1 , * Hyperglycemia, a Neglected Factor during Cancer Progression *Biomed Res Int.* 2014; 2014: 461917. Published online 2014 Apr 17. doi: 10.1155/2014/461917PMCID: PMC4016871
- 92 Varun Parkash Singh, Anjana Bali, Nirmal Singh, and Amteshwar Singh Jaggi Advanced Glycation End Products and Diabetic Complications *Korean J Physiol Pharmacol.* 2014 Feb; 18(1): 1–14. Published online 2014 Feb 13. doi: 10.4196/kjpp.2014.18.1.1PMCID: PMC3951818
- 93 Shaheen E Lakhan^{1,2} and Annette Kirchgessner^{1,3} The emerging role of dietary fructose in obesity and cognitive decline *Nutr J.* 2013; 12: 114. Published online 2013 Aug 8. doi: 10.1186/1475-2891-12-114PMCID: PMC3751294
- 94 Renee Dufault,¹ Blaise LeBlanc,² Roseanne Schnoll,³ Charles Cornett,⁴ Laura Schweitzer,⁴ David Wallinga,⁵ Jane Hightower,⁶ Lyn Patrick,⁷ and Walter J Lukiw⁸ Mercury from chlor-alkali plants: measured concentrations in food product sugar *Environ Health.* 2009; 8: 2. Published online 2009 Jan 26. doi: 10.1186/1476-069X-8-2PMCID: PMC2637263

REFERENCES

- 95 Mahesh M. Thakkar, PhD, Rishi Sharma, PhD, and Pradeep Sahota, MD Alcohol disrupts sleep homeostasis Alcohol. Author manuscript; available in PMC 2016 Jun 1. Published in final edited form as: Alcohol. 2015 Jun; 49(4): 299-310. Published online 2014 Nov 11. doi: 10.1016/j.alcohol.2014.07.019 PMID: PMC4427543
- 96 Leclercq S1,2, de Timary P1, Delzenne NM2, Stärkel P3,4. The link between inflammation, bugs, the intestine and the brain in alcohol dependence. *Transl Psychiatry*. 2017 Feb 28;7(2):e1048. doi: 10.1038/tp.2017.15.
- 97 Pessione E1, Mazzoli R, Giuffrida MG, Lamberti C, Garcia-Moruno E, Barello C, Conti A, Giunta C. A proteomic approach to studying biogenic amine producing lactic acid bacteria. *Proteomics*. 2005 Feb;5(3):687-98.
- 98 T C Theoharides,1,2,3,4,* I Tsilioni,1 A B Patel,1,2 and R Doyle5 Atopic diseases and inflammation of the brain in the pathogenesis of autism spectrum disorders *Transl Psychiatry*. 2016 Jun; 6(6): e844. Published online 2016 Jun 28. doi: 10.1038/tp.2016.77 PMID: PMC4931610
- 99 Mohammad Reza Khakzad,*1,2 Maryam Javanbakht,3 Atefeh Soltanifar,4 Maryam Hojati,5 Mehrdad Delgoshah,6 and Mojtaba Meshkat1 The evaluation of food allergy on behavior in autistic children *Rep Biochem Mol Biol*. 2012 Oct; 1(1): 37-42. PMID: PMC4757079
- 100 Qinrui Li,1 Ying Han,1,* Angel Belle C. Dy,2 and Randi J. Hagerman3,4 The Gut Microbiota and Autism Spectrum Disorders *Front Cell Neurosci*. 2017; 11: 120. Published online 2017 Apr 28. doi: 10.3389/fncel.2017.00120 PMID: PMC5408485
- 101 Mesnage R1, Defarge N1, Spiroux de Vendômois J2, Séralini GE3. Potential toxic effects of glyphosate and its commercial formulations below regulatory limits. *Food Chem Toxicol*. 2015 Oct;84:133-53. doi: 10.1016/j.fct.2015.08.012. Epub 2015 Aug 14.
- 102 Bøhn T1, Cuhra M2, Traavik T2, Sanden M3, Fagan J4, Primicerio R5. Compositional differences in soybeans on the market: glyphosate accumulates in Roundup Ready GM soybeans. *Food Chem*. 2014 Jun 15;153:207-15. doi: 10.1016/j.foodchem.2013.12.054. Epub 2013 Dec 18.
- 103 Séralini GE1, Clair E1, Mesnage R1, Gress S1, Defarge N1, Malatesta M2, Hennequin D3, de Vendômois JS1. Republished study: long-term toxicity of a Roundup herbicide and a Roundup-tolerant genetically modified maize. *Environ Sci Eur*. 2014;26(1):14. Epub 2014 Jun 24.
- 104 Shehata AA1, Kühnert M2, Haufe S2, Krüger M3. Neutralization of the antimicrobial effect of glyphosate by humic acid in vitro. *Chemosphere*. 2014 Jun;104:258-61. doi: 10.1016/j.chemosphere.2013.10.064. Epub 2013 Nov 20.
- 105 Benbrook CM1. Trends in glyphosate herbicide use in the United States and globally. *Environ Sci Eur*. 2016;28(1):3. Epub 2016 Feb 2.

REFERENCES

- 106 Kyoko Sato,¹ Ippei Suzuki,¹ Hiroki Kubota,¹ Noriko Furusho,¹ Tomoyuki Inoue,² Yoshikazu Yasukouchi,² and Hiroshi Akiyama¹ Estimation of daily aluminum intake in Japan based on food consumption inspection results: impact of food additives *Food Sci Nutr*. 2014 Jul; 2(4): 389-397.
- 107 Mills CE¹, Tzounis X¹, Oruna-Concha MJ¹, Mottram DS¹, Gibson GR¹, Spencer JP¹. In vitro colonic metabolism of coffee and chlorogenic acid results in selective changes in human faecal microbiota growth. *Br J Nutr*. 2015 Apr 28;113(8):1220-7. doi: 10.1017/S0007114514003948. Epub 2015 Mar 26.
- 108 Rivkees SA¹, Wendler CC². Long-term consequences of disrupting adenosine signaling during embryonic development. *Mol Aspects Med*. 2017 Feb 13. pii: S0098-2997(16)30115-7. doi: 10.1016/j.mam.2017.02.001. [Epub ahead of print]
- 109 C H Ashton Caffeine and health. *Br Med J (Clin Res Ed)*. 1987 Nov 21; 295(6609): 1293-1294. PMID: PMC1248372
- 110 Cowan TE¹, Palmnäs MS², Yang J³, Bomhof MR⁴, Ardell KL³, Reimer RA⁵, Vogel HJ², Shearer J⁵. Chronic coffee consumption in the diet-induced obese rat: impact on gut microbiota and serum metabolomics. *J Nutr Biochem*. 2014 Apr;25(4):489-95. doi: 10.1016/j.jnutbio.2013.12.009. Epub 2014 Jan 30.
- 111 González-Domínguez R^{1,2}, Mateos RM^{3,4,5}, Lechuga-Sancho AM^{3,4,6}, González-Cortés JJ^{4,6}, Corrales-Cuevas M⁶, Rojas-Cots JA⁶, Segundo C⁷, Schwarz M^{7,8}. Synergic effects of sugar and caffeine on insulin-mediated metabolomic alterations after an acute consumption of soft drinks. *Electrophoresis*. 2017 May 3. doi: 10.1002/elps.201700044. [Epub ahead of print]
- 112 Juan-Manuel Anaya,^{1,*} Carolina Ramirez-Santana,¹ Maria A. Alzate,¹ Nicolas Molano-Gonzalez,¹ and Adriana Rojas-Villarraga¹ The Autoimmune Ecology *Front Immunol*. 2016; 7: 139. Published online 2016 Apr 26. doi: 10.3389/fimmu.2016.00139 PMID: PMC4844615
- 113 Sharif K¹, Watad A¹, Bragazzi NL², Adawi M³, Amital H¹, Shoenfeld Y⁴. Coffee and autoimmunity: More than a mere hot beverage! *Autoimmun Rev*. 2017 May 4. pii: S1568-9972(17)30127-1. doi: 10.1016/j.autrev.2017.05.007. [Epub ahead of print]
- 114 Cuervo A¹, Hevia A², López P³, Suárez A³, Diaz C⁴, Sánchez B², Margolles A², González S¹. Phenolic compounds from red wine and coffee are associated with specific intestinal microorganisms in allergic subjects. *Food Funct*. 2016 Jan;7(1):104-9. doi: 10.1039/c5fo00853k.
- 115 Giles GE^{1,1}, Mahoney CR^{1,1}, Brunyé TT^{1,1}, Taylor HA^{1,1}, Kanarek RB^{1,1}. Caffeine and theanine exert opposite effects on attention under emotional arousal. *Can J Physiol Pharmacol*. 2017 Jan;95(1):93-100. doi: 10.1139/cjpp-2016-0498.
- 116 Boublik JH, Quinn MJ, Clements JA, Herington AC, Wynne KN, Funder JW. Coffee contains potent opiate receptor binding activity. *Nature*. 1983 Jan 20;301(5897):246-8. *Nature*. 1983 Jan 20;301(5897):246-8.

REFERENCES

- 117 Dias TR1, Alves MG1, Bernardino RL2, Martins AD3, Moreira AC2, Silva J4, Barros A5, Sousa M6, Silva BM7, Oliveira PF8. Dose-dependent effects of caffeine in human Sertoli cells metabolism and oxidative profile: relevance for male fertility. *Toxicology*. 2015 Feb 3;328:12-20. doi: 10.1016/j.tox.2014.12.003. Epub 2014 Dec 5.
- 118 Wang QP1, Lin YQ1, Zhang L2, Wilson YA2, Oyston LJ1, Cotterell J1, Qi Y2, Khuong TM1, Bakhshi N1, Planchenault Y1, Browman DT2, Lau MT1, Cole TA1, Wong AC3, Simpson SJ3, Cole AR4, Penninger JM5, Herzog H6, Neely GG7. Sucralose Promotes Food Intake through NPY and a Neuro-nal Fasting Response. *Cell Metab*. 2016 Jul 12;24(1):75-90. doi: 10.1016/j.cmet.2016.06.010.
- 119 Pepino MY1. Metabolic effects of non-nutritive sweeteners. *Physiol Behav*. 2015 Dec 1;152(Pt B):450-5. doi: 10.1016/j.physbeh.2015.06.024. Epub 2015 Jun 19.
- 120 Soeters MR1, Soeters PB, Schooneman MG, Houten SM, Romijn JA. Adaptive reciprocity of lipid and glucose metabolism in human short-term starvation. *Am J Physiol Endocrinol Metab*. 2012 Dec 15;303(12):E1397-407. doi: 10.1152/ajpendo.00397.2012. Epub 2012 Oct 16.
- 121 Soeters PB1. Macronutrient Metabolism in Starvation and Stress. *Nestle Nutr Inst Workshop Ser*. 2015;82:17-25. doi: 10.1159/000381998. Epub 2015 Oct 20.
- 122 Kosmiski L1, Schmiege SJ, Mascolo M, Gaudiani J, Mehler PS. Chronic starvation secondary to anorexia nervosa is associated with an adaptive suppression of resting energy expenditure. *J Clin Endocrinol Metab*. 2014 Mar;99(3):908-14. doi: 10.1210/jc.2013-1694. Epub 2013 Dec 3.
- 123 Weisz GM, Albury WR. More on Fetal Programming of Adult Metabolic Disorders in Holocaust Survivors. *Isr Med Assoc J*. 2016 May;18(5):250-1.
- 124 Turnbull JL1, Adams HN, Gorard DA. Review article: the diagnosis and management of food allergy and food intolerances. *Aliment Pharmacol Ther*. 2015 Jan;41(1):3-25. doi: 10.1111/apt.12984. Epub 2014 Oct 14.
- 125 Nwaru BI1, Hickstein L, Panesar SS, Roberts G, Muraro A, Sheikh A; EAACI Food Allergy and Anaphylaxis Guidelines Group. Prevalence of common food allergies in Europe: a systematic review and meta-analysis. *Allergy*. 2014 Aug;69(8):992-1007. doi: 10.1111/all.12423. Epub 2014 May 10.
- 126 Rona RJ1, Keil T, Summers C, Gislason D, Zuidmeer L, Sodergren E, Sigurdardottir ST, Lindner T, Goldhahn K, Dahlstrom J, McBride D, Madsen C. The prevalence of food allergy: a meta-analysis. *J Allergy Clin Immunol*. 2007 Sep;120(3):638-46. Epub 2007 Jul 12.
- 127 Ho MH1, Wong WH, Chang C. Clinical spectrum of food allergies: a comprehensive review. *Clin Rev Allergy Immunol*. 2014 Jun;46(3):225-40. doi: 10.1007/s12016-012-8339-6.

REFERENCES

- 128 Guandalini S1, Newland C. Differentiating food allergies from food intolerances. *Curr Gastroenterol Rep*. 2011 Oct;13(5):426-34. doi: 10.1007/s11894-011-0215-7.
- 129 <http://sustainableecho.com/homemade-natural-glue/> Assessed May 28th 2017
- 130 Turnbull JL1, Adams HN, Gorard DA. Review article: the diagnosis and management of food allergy and food intolerances. *Aliment Pharmacol Ther*. 2015 Jan;41(1):3-25. doi: 10.1111/apt.12984. Epub 2014 Oct 14.
- 131 Qi Hui Sam,1 Matthew Wook Chang,2,3 and Louis Yi Ann Chai1,4,* The Fungal Mycobiome and Its Interaction with Gut Bacteria in the Host *Int J Mol Sci*. 2017 Feb; 18(2): 330. Published online 2017 Feb 4. doi: 10.3390/ijms18020330 PMID: PMC5343866
- 132 Kandasamy S1, Vlasova AN1, Fischer DD1, Chattha KS1, Shao L1, Kumar A1, Langel SN1, Rauf A1, Huang HC1, Rajashekara G1, Saif LJ1. Unraveling the Differences between Gram-Positive and Gram-Negative Probiotics in Modulating Protective Immunity to Enteric Infections. *Front Immunol*. 2017 Mar 27;8:334. doi: 10.3389/fimmu.2017.00334. eCollection 2017.
- 133 Ritchie ML1, Romanuk TN. A meta-analysis of probiotic efficacy for gastrointestinal diseases. *PLoS One*. 2012;7(4):e34938. doi: 10.1371/journal.pone.0034938. Epub 2012 Apr 18.
- 134 Zhu Q1, Gooneratne R2, Hussain MA3. *Listeria monocytogenes* in Fresh Produce: Outbreaks, Prevalence and Contamination Levels. *Foods*. 2017 Mar 9;6(3). pii: E21. doi: 10.3390/foods6030021.
- 135 Huseyin CE1,2,3, O'Toole PW2,3, Cotter PD1,2, Scanlan PD2. Forgotten fungi-the gut mycobiome in human health and disease. *FEMS Microbiol Rev*. 2017 Apr 18. doi: 10.1093/femsre/fuw047. [Epub ahead of print]
- 136 Abadi ATB1. Strategies used by *Helicobacter pylori* to establish persistent infection. *World J Gastroenterol*. 2017 Apr 28;23(16):2870-2882. doi: 10.3748/wjg.v23.i16.2870.
- 137 Ackerman AL1, Underhill DM2. The mycobiome of the human urinary tract: potential roles for fungi in urology. *Ann Transl Med*. 2017 Jan;5(2):31. doi: 10.21037/atm.2016.12.69.
- 138 Reena Pattani,* Valerie A Palda,* Stephen W Hwang,* and Prakeshkumar S Shah* Probiotics for the prevention of antibiotic-associated diarrhea and *Clostridium difficile* infection among hospitalized patients: systematic review and meta-analysis *Open Med*. 2013; 7(2): e56-e67. Published online 2013 May 28. PMID: PMC3863752
- 139 Shaun Conway, BMedSci, MSc, MRCP, MD, GP Does eating yogurt prevent antibiotic-associated diarrhoea? A placebo-controlled randomised controlled trial in general practice *Br J Gen Pract*. 2007 Dec 1; 57(545): 953-959. doi: 10.3399/096016407782604811 PMID: PMC2084134

REFERENCES

- 140 Munyaka PM1, Khafipour E2, Ghia JE3. External influence of early childhood establishment of gut microbiota and subsequent health implications. *Front Pediatr*. 2014 Oct 9;2:109. doi: 10.3389/fped.2014.00109. eCollection 2014.
- 141 Ganesa Wegienka, PhD,1 Suzanne Havstad, MA,1 Edward M. Zoratti, MD,2 Haejin KimMD,2 Dennis R. Ownby, MD,3 and Christine Cole Johnson, PhD.1 Combined effects of prenatal medication use and delivery type are associated with eczema at age 2 years *Clin Exp Allergy*. Author manuscript; available in PMC 2016 Mar 1. Published in final edited form as: *Clin Exp Allergy*. 2015 Mar; 45(3): 660-668. doi: 10.1111/cea.12467 PMCID: PMC4380323 NIHMSID: NIHMS673415
- 142 Brotfain E1, Livshiz-Riven I2, Gushansky A3, Erblat A4, Koyfman L4, Ziv T5, Saidel-Odes L3, Klein M4, Borer A3. Monitoring the hand hygiene compliance of health care workers in a general intensive care unit: Use of continuous closed circle television versus overt observation. *Am J Infect Control*. 2017 May 4. pii: S0196-6553(17)30237-7. doi: 10.1016/j.ajic.2017.03.015. [Epub ahead of print]
- 143 Jaakkola MS1, Quansah R, Hugg TT, Heikkinen SA, Jaakkola JJ. Association of indoor dampness and molds with rhinitis risk: a systematic review and meta-analysis. *J Allergy Clin Immunol*. 2013 Nov;132(5):1099-1110.e18. doi: 10.1016/j.jaci.2013.07.028. Epub 2013 Sep 10.
- 144 Larsen T1, Fiehn NE2. Dental biofilm infections - an update. *APMIS*. 2017 Apr;125(4):376-384. doi: 10.1111/apm.12688.
- 145 Paikkatt JV1, Sreedharan S2, Philomina B3, Kannan VP4, Santhakumar M5, Kumar TA5. Efficacy of Various Intra canal Medicaments in Human Primary Teeth with Necrotic Pulp against Candida Biofilms: An in vivo Study. *Int J Clin Pediatr Dent*. 2017 Jan-Mar;10(1):45-48. doi: 10.5005/jp-journals-10005-1406. Epub 2017 Feb 27.
- 146 Nakamura VC1, Pinheiro ET1, Prado LC1, Silveira AC1, Carvalho APL1, Mayer MPA2, Gavini G1. Effect of ultrasonic activation on the reduction of bacteria and endotoxins in root canals: a randomized clinical trial. *Int Endod J*. 2017 Apr 25. doi: 10.1111/iej.12783. [Epub ahead of print]
- 147 Murray CA1, Saunders WP. Root canal treatment and general health: a review of the literature. *Int Endod J*. 2000 Jan;33(1):1-18.
- 148 Andrade IM1, Andrade KM2, Pisani MX1, Silva-Lovato CH1, de Souza RF1, Paranhos Hde F1. Trial of an experimental castor oil solution for cleaning dentures. *Braz Dent J*. 2014 Jan-Feb;25(1):43-7.
- 149 Badaró MM1, Salles MM1, Leite VMF1, Arruda CNF1, Oliveira VC1, Nascimento CD1, Souza RF1, Paranhos HFO1, Silva-Lovato CH1. Clinical trial for evaluation of Ricinus communis and sodium hypochlorite as denture cleanser. *J Appl Oral Sci*. 2017 May-Jun;25(3):324-334. doi: 10.1590/1678-7757-2016-0222.
- 150 Salles MM, Badaró MM, Arruda CN, Leite VM, Silva CH, Watanabe E, Oliveira Vde C, Paranhos Hde F. Antimicrobial activity of complete denture cleanser solutions based on sodium hypochlorite and Ricinus communis - a randomized clinical study. *J Appl Oral Sci*. 2015 Nov-Dec; 23(6):637-42.

REFERENCES

- 151 Fernández-Navarro T1,2, Salazar N3, Gutiérrez-Díaz I4, de Los Reyes-Gavilán CG5, Gueimonde M6, González S7. Different Intestinal Microbial Profile in Over-Weight and Obese Subjects Consuming a Diet with Low Content of Fiber and Antioxidants. *Nutrients*. 2017 May 27;9(6). pii: E551. doi: 10.3390/nu9060551.
- 152 Fatima N1, Akhtar T1, Sheikh N1,2. Prebiotics: A Novel Approach to Treat Hepatocellular Carcinoma. *Can J Gastroenterol Hepatol*. 2017;2017:6238106. doi: 10.1155/2017/6238106. Epub 2017 May 10.
- 153 Berthiller F1, Crews C, Dall'Asta C, Saeger SD, Haesaert G, Karlovsky P, Oswald IP, Seefelder W, Speijers G, Stroka J. Masked mycotoxins: a review. *Mol Nutr Food Res*. 2013 Jan;57(1):165-86. doi: 10.1002/mnfr.201100764. Epub 2012 Oct 10.
- 154 Gratz SW1. Do Plant-Bound Masked Mycotoxins Contribute to Toxicity? *Toxins (Basel)*. 2017 Feb 28;9(3). pii: E85. doi: 10.3390/toxins9030085.
- 155 Schirone M1, Visciano P2, Tofalo R2, Suzzi G2. Histamine Food Poisoning. *Handb Exp Pharmacol*. 2017;241:217-235. doi: 10.1007/164_2016_54.
- 156 Hill P1, Muir JG1, Gibson PR1. Controversies and Recent Developments of the Low-FODMAP Diet. *Gastroenterol Hepatol (N Y)*. 2017 Jan;13(1):36-4
- 157 Clemons KV1,2, Shankar J3,4, Stevens DA5,6. Mycologic Endocrinology. *Adv Exp Med Biol*. 2016;874:337-63. doi: 10.1007/978-3-319-20215-0_16.
- 158 Tarry W1, Fisher M, Shen S, Mawhinney M. *Candida albicans*: the estrogen target for vaginal colonization. *J Surg Res*. 2005 Dec;129(2):278-82. Epub 2005 Aug 19.
- 159 Miller EA1, Beasley DE2, Dunn RR3, Archie EA4. Lactobacilli Dominance and Vaginal pH: Why Is the Human Vaginal Microbiome Unique? *Front Microbiol*. 2016 Dec 8;7:1936. doi: 10.3389/fmicb.2016.01936. eCollection 2016.
- 160 Kendall A. Smith1,* Louis Pasteur, the Father of Immunology? *Front Immunol*. 2012; 3: 68. Published online 2012 Apr 10. Prepublished online 2012 Mar 4. doi: 10.3389/fimmu.2012.00068PMCID: PMC3342039
- 161 <http://aetherforce.com/louis-pasteur-plagiarist-impostor-the-truth-about-vaccines/> Assessed June 4th, 2017
- 162 Kim IY1, Schutzler S2, Schrader AM3, Spencer HJ3, Azhar G2, Wolfe RR2, Ferrando AA2. Protein intake distribution pattern does not affect anabolic response, lean body mass, muscle strength or function over 8 weeks in older adults: A randomized-controlled trial. *Clin Nutr*. 2017 Mar 3. pii: S0261-5614(17)30086-9. doi: 10.1016/j.clnu.2017.02.020. [Epub ahead of print]

REFERENCES

- 163 Adolphus K1, Lawton CL2, Champ CL2, Dye L2. The Effects of Breakfast and Breakfast Composition on Cognition in Children and Adolescents: A Systematic Review. *Adv Nutr*. 2016 May 16;7(3):590S-612S. doi: 10.3945/an.115.010256. Print 2016 May.
- 164 Lee J1. Marketplace analysis demonstrates quality control standards needed for black raspberry dietary supplements. *Plant Foods Hum Nutr*. 2014 Jun;69(2):161-7. doi: 10.1007/s11130-014-0416-y.
- 165 .Steinberg FM1, Bearden MM, Keen CL. Cocoa and chocolate flavonoids: implications for cardiovascular health. *J Am Diet Assoc*. 2003 Feb;103(2):215-23
- 166 Babu US1, Bunning VK, Wiesenfeld P, Raybourne RB, O'Donnell M. Effect of dietary flaxseed on fatty acid composition, superoxide, nitric oxide generation and antilisterial activity of peritoneal macrophages from female Sprague-Dawley rats. *Life Sci*. 1997;60(8):545-54.
- 167 Reddy P, Edwards LR. Magnesium Supplementation in Vitamin D Deficiency. *Am J Ther*. 2017 May 3. doi: 10.1097/MJT.0000000000000538. [Epub ahead of print]
- 168 Hunter JE1, Zhang J, Kris-Etherton PM. Cardiovascular disease risk of dietary stearic acid compared with trans, other saturated, and unsaturated fatty acids: a systematic review. *Am J Clin Nutr*. 2010 Jan;91(1):46-63. doi: 10.3945/ajcn.2009.27661. Epub 2009 Nov 25.
- 169 <http://digitaledition.qwinc.com/article/Supplement+Science/1325832/0/article.html> Assessed June 7th, 2017
- 170 Chung S. Yang,1,3,* Jinsong Zhang,2,3 Le Zhang,1,3 Jinbao Huang,2,3 and Yijun Wang2,3 Mechanisms of Body Weight Reduction and Metabolic Syndrome Alleviation by Tea. *Mol Nutr Food Res*. Author manuscript; available in PMC 2017 Jan 1. Published in final edited form as: *Mol Nutr Food Res*. 2016 Jan; 60(1): 160-174. Published online 2015 Dec 9. doi: 10.1002/mnfr.201500428PMCID: PMC4991829NIHMSID: NIHMS757561
- 171 Lai KP1, Chung YT2, Li R2, Wan HT2, Wong CK3. Bisphenol A alters gut microbiome: Comparative metagenomics analysis. *Environ Pollut*. 2016 Nov;218:923-930. doi: 10.1016/j.envpol.2016.08.039. Epub 2016 Aug 21.
- 172 Jemima Tiwaa Marfo,#1 Kazutoshi Fujioka,#2 Yoshinori Ikenaka,1,3 Shouta M. M. Nakayama,1 Hazuki Mizukawa,4 Yoshiko Aoyama,5 Mayumi Ishizuka,1 and Kumiko Taira6,* Relationship between Urinary N-Desmethyl-Acetamiprid and Typical Symptoms including Neurological Findings: A Prevalence Case-Control Study *PLoS One*. 2015; 10(11): e0142172. Published online 2015 Nov 4. doi: 10.1371/journal.pone.0142172PMCID: PMC4633099
- 173 Raehsler SL1, Choung RS1, Marietta EV2, Murray JA3. Accumulation of Heavy Metals in People on a Gluten-Free Diet. *Clin Gastroenterol Hepatol*. 2017 Feb 20. pii: S1542-3565(17)30186-6. doi: 10.1016/j.cgh.2017.01.034. [Epub ahead of print]
- 174 Liu X1, Yu G2, Cao Z3, Wang B1, Huang J1, Deng S1, Wang Y1, Shen H4, Peng X4. Estimation of human exposure to halogenated flame retardants through dermal adsorption by skin wipe. *Chemosphere*. 2017 Feb;168:272-278. doi: 10.1016/j.chemosphere.2016.10.015. Epub 2016 Oct 24.

REFERENCES

- 175 Saini A1, Okeme JO1, Mark Parnis J2, McQueen RH3, Diamond ML1,4. From air to clothing: characterizing the accumulation of semi-volatile organic compounds to fabrics in indoor environments. *Indoor Air*. 2017 May;27(3):631-641. doi: 10.1111/ina.12328. Epub 2016 Oct 4.
- 176 Saini A1, Thaysen C2, Jantunen L2,3, McQueen RH4, Diamond ML1,2. From Clothing to Laundry Water: Investigating the Fate of Phthalates, Brominated Flame Retardants, and Organophosphate Esters. *Environ Sci Technol*. 2016 Sep 6;50(17):9289-97. doi: 10.1021/acs.est.6b02038. Epub 2016 Aug 10.
- 177 Di Ciaula A1, Portincasa P2. Diet and contaminants: driving the rise to obesity epidemics? *Curr Med Chem*. 2017 May 17. doi: 10.2174/0929867324666170518095736. [Epub ahead of print]
- 178 Velmurugan G1, Ramprasath T2, Gilles M3, Swaminathan K4, Ramasamy S5. Gut Microbiota, Endocrine-Disrupting Chemicals, and the Diabetes Epidemic. *Trends Endocrinol Metab*. 2017 May 29. pii: S1043-2760(17)30065-6. doi: 10.1016/j.tem.2017.05.001. [Epub ahead of print]
- 179 Fournier M, d'Arripe-Longueville F, Rovere C, Easthope CS, Schwabe L, El Methni J, Radel R. Effects of Circadian Cortisol on the Development of a Health Habit. *Health Psychol*. 2017 Jun 26. doi: 10.1037/hea0000510. [Epub ahead of print]
- 180 Vasconcelos AR, Yshii LM, Viel TA, et al. Intermittent fasting attenuates lipopolysaccharide-induced neuroinflammation and memory impairment. *J Neuroinflammation*. 2014 May 6;11:85.
- 181 Shi X1, Xue W1, Liang S1, Zhao J2, Zhang X3. Acute caffeine ingestion reduces insulin sensitivity in healthy subjects: a systematic review and meta-analysis. *Nutr J*. 2016 Dec 28;15(1):103. doi: 10.1186/s12937-016-0220-7.
- 182 Jiang X1, Zhang D, Jiang W. Coffee and caffeine intake and incidence of type 2 diabetes mellitus: a meta-analysis of prospective studies. *Eur J Nutr*. 2014 Feb;53(1):25-38. doi: 10.1007/s00394-013-0603-x. Epub 2013 Oct 23.
- 183 van Dam RM. Coffee consumption and risk of type 2 diabetes, cardiovascular diseases, and cancer. *Appl Physiol Nutr Metab* 2008;33:1269-1283
- 184 Arion WJ, Canfield WK, Ramos FC, et al. Chlorogenic acid and hydroxynitrobenzaldehyde: new inhibitors of hepatic glucose 6-phosphatase. *Arch Biochem Biophys* 1997;339:315-322
- 185 Shi X1, Xue W1, Liang S1, Zhao J2, Zhang X3. Acute caffeine ingestion reduces insulin sensitivity in healthy subjects: a systematic review and meta-analysis. *Nutr J*. 2016 Dec 28;15(1):103. doi: 10.1186/s12937-016-0220-7.
- 186 González-Domínguez R1,2, Mateos RM3,4,5, Lechuga-Sancho AM3,4,6, González-Cortés JJ4,6, Corrales-Cuevas M6, Rojas-Cots JA6, Segundo C7, Schwarz M7,8. Synergic effects of sugar and caffeine on insulin-mediated metabolomic alterations after an acute consumption of soft drinks. *Electrophoresis*. 2017 May 3. doi: 10.1002/elps.201700044. [Epub ahead of print]
- 187 <https://www.bulletproof.com/the-bulletproof-diet-book> Assessed July 17th, 2017

REFERENCES

- 188 <https://www.drweil.com/diet-nutrition/nutrition/should-i-drink-bulletproof-coffee/> Accessed July 17th, 2017
- 189 Sivabalan S1, Renuka S, Menon VP. Fat feeding potentiates the diabetogenic effect of dexamethasone in Wistar rats. *Int Arch Med.* 2008 May 23;1(1):7. doi: 10.1186/1755-7682-1-7.
- 190 Jennifer L. Temple,1,2,*† Christophe Bernard,3,† Steven E. Lipshultz,4,† Jason D. Czachor,4 Joslyn A. Westphal,4 and Miriam A. Mestre4 The Safety of Ingested Caffeine: A Comprehensive Review *Front Psychiatry.* 2017; 8: 80. Published online 2017 May 26. doi: 10.3389/fpsy.2017.00080PMCID: PMC5445139
- 191 Unno K1,2, Yamada H3, Iguchi K1, Ishida H4, Iwao Y5, Morita A6, Nakamura Y2. Anti-stress Effect of Green Tea with Lowered Caffeine on Humans: A Pilot Study. *Biol Pharm Bull.* 2017;40(6):902-909. doi: 10.1248/bpb.b17-00141.
- 192 Giesbrecht T1, Rycroft JA, Rowson MJ, De Bruin EA. The combination of L-theanine and caffeine improves cognitive performance and increases subjective alertness. *Nutr Neurosci.* 2010 Dec;13(6):283-90. doi: 10.1179/147683010X1261146076484
- 193 Iso H1, Date C, Wakai K, Fukui M, Tamakoshi A; JACC Study Group. The relationship between green tea and total caffeine intake and risk for self-reported type 2 diabetes among Japanese adults. *Ann Intern Med.* 2006 Apr 18;144(8):554-62.
- 194 Wang X1, Tian J, Jiang J, Li L, Ying X, Tian H, Nie M. Effects of green tea or green tea extract on insulin sensitivity and glycaemic control in populations at risk of type 2 diabetes mellitus: a systematic review and meta-analysis of randomised controlled trials. *J Hum Nutr Diet.* 2014 Oct;27(5):501-12. doi: 10.1111/jhn.12181. Epub 2013 Nov 8.
- 195 Li Y1,2, Wang C2,3, Huai Q4, Guo F1,2, Liu L1,2, Feng R1,2, Sun C1,2. Effects of tea or tea extract on metabolic profiles in patients with type 2 diabetes mellitus: a meta-analysis of ten randomized controlled trials. *Diabetes Metab Res Rev.* 2016 Jan;32(1):2-10. doi: 10.1002/dmrr.2641. Epub 2015 Apr 21.
- 196 Dostal AM1, Arikawa A2, Espejo L3, Bedell S3, Kurzer MS3, Stendell-Hollis NR4. Green tea extract and catechol-O-methyltransferase genotype modify the post-prandial serum insulin response in a randomised trial of overweight and obese post-menopausal women. *J Hum Nutr Diet.* 2017 Apr;30(2):166-176. doi: 10.1111/jhn.12408. Epub 2016 Sep 7.
- 197 Singh DP1, Singh J2, Boparai RK3, Zhu J4, Mantri S2, Khare P1, Khardori R5, Kondepudi KK6, Chopra K7, Bishnoi M8. Isomalto-oligosaccharides, a prebiotic, functionally augment green tea effects against high fat diet-induced metabolic alterations via preventing gut dysbacteriosis in mice. *Pharmacol Res.* 2017 Jun 28;123:103-113. doi: 10.1016/j.phrs.2017.06.015. [Epub ahead of print]
- 198 Lee LS1, Choi JH, Sung MJ, Hur JY, Hur HJ, Park JD, Kim YC, Gu EJ, Min B, Kim HJ. Green tea changes serum and liver metabolomic profiles in mice with high-fat diet-induced obesity. *Mol Nutr Food Res.* 2015 Apr;59(4):784-94. doi: 10.1002/mnfr.201400470. Epub 2015 Mar 3.

REFERENCES

199a Arpita Basu,* Nancy M. Betts,* Afework Mulugeta,* Capella Tong,* Emily Newman,* and Timothy J. Lyons. Green tea supplementation increases glutathione and plasma antioxidant capacity in adults with the metabolic syndrome *Nutr Res.* 2013 Mar; 33(3): 180-187.

199b Sophie N. B. Selby-Pham 1,2, Jeremy J. Cottrell 1, Frank R. Dunshea 1, Ken Ng 1, Louise E. Bennett 2 and Kate S. Howell 1,* Dietary Phytochemicals Promote Health by Enhancing Antioxidant Defence in a Pig Model *Nutrients* 2017, 9(7), 758; doi:10.3390/nu9070758

200 Wang L1, Cui X1, Cheng H2, Chen F1, Wang J1, Zhao X1, Lin C1, Pu X3. A review of soil cadmium contamination in China including a health risk assessment. *Environ Sci Pollut Res Int.* 2015 Nov;22(21):16441-52. doi: 10.1007/s11356-015-5273-1. Epub 2015 Sep 12.

201 Marfo JT, Fujioka K, Ikenaka Y, Nakayama SM, Mizukawa H, Aoyama Y, Ishizuka M, Taira K. Relationship between Urinary N-Desmethyl-Acetamidiprid and Typical Symptoms including Neurological Findings: A Prevalence Case-Control Study. *PLoS One.* 2015 Nov 4;10(11):e0142172.

202 De Castro O1, Comparone M1, Di Maio A1, Del Guacchio E2, Menale B1, Troisi J3, Aliberti F4, Trifuoggi M5, Guida M4. What is in your cup of tea? DNA Verity Test to characterize black and green commercial teas. *PLoS One.* 2017 May 23;12(5):e0178262. doi: 10.1371/journal.pone.0178262. eCollection 2017

203 Li Y1, Tang R1, Leung PSC2, Gershwin ME3, Ma X4. Bile acids and intestinal microbiota in autoimmune cholestatic liver diseases. *Autoimmun Rev.* 2017 Jul 8. pii: S1568-9972(17)30170-2. doi: 10.1016/j.autrev.2017.07.002. [Epub ahead of print

204 Ng KW1, Cao ZJ1, Chen HB1, Zhao ZZ1, Zhu L1, Yi T1. Oolong Tea: A Critical Review of Processing Methods, Chemical Composition, Health Effects and Risk. *Crit Rev Food Sci Nutr.* 2017 Jul 5:0. doi: 10.1080/10408398.2017.1347556. [Epub ahead of print

205 <http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/caffeine/art-20049372>

206 Mohd Ali N1, Yeap SK, Ho WY, Beh BK, Tan SW, Tan SG. The promising future of chia, *Salvia hispanica* L. *J Biomed Biotechnol.* 2012;2012:171956. doi: 10.1155/2012/171956. Epub 2012 Nov 21.

207 Surabhi Bhutani,1 Monica C Klempel,1 Cynthia M Kroeger,1 Eleanor Aggour,1 Yolian Calvo,1 John F Trepanowski,1 Kristin K Hoddy,1 and Krista A Varady1 Effect of exercising while fasting on eating behaviors and food intake. *J Int Soc Sports Nutr.* 2013; 10: 50. Published online 2013 Nov 1. doi: 10.1186/1550-2783-10-50

208 Henning Budde,1,2,* Sergio Machado,3,4 Pedro Ribeiro,5 and Mirko Wegner6 The cortisol response to exercise in young adults. *Front Behav Neurosci.* 2015; 9: 13. Published online 2015 Feb 3. doi: 10.3389/fnbeh.2015.00013 PMID: PMC4315045

REFERENCES

- 209 SB Abraham,1 D Rubino,2,3 N Sinaii,4 S Ramsey,2,3 and LK Nieman1 Cortisol, obesity and the metabolic syndrome: A cross-sectional study of obese subjects and review of the literature. *Obesity* (Silver Spring). 2013 Jan; 21(1): E105-E117. doi: 10.1002/oby.20083 PMID: PMC3602916 NIHMSID: NIHMS414087
- 210 Hill EE1, Zack E, Battaglini C, Viru M, Viru A, Hackney AC. Exercise and circulating cortisol levels: the intensity threshold effect. *J Endocrinol Invest*. 2008 Jul;31(7):587-91.
- 211 Vieira AF1, Costa RR2, Macedo RC2, Coconcelli L2, Kruel LF2. Effects of aerobic exercise performed in fasted v. fed state on fat and carbohydrate metabolism in adults: a systematic review and meta-analysis. *Br J Nutr*. 2016 Oct;116(7):1153-1164. Epub 2016 Sep 9.
- 212 de Oliveira EP1, Burini RC. The impact of physical exercise on the gastrointestinal tract. *Curr Opin Clin Nutr Metab Care*. 2009 Sep;12(5):533-8. doi: 10.1097/MCO.0b013e32832e6776.
- 213 Kamei T1, Toriumi Y, Kimura H, Ohno S, Kumano H, Kimura K. Decrease in serum cortisol during yoga exercise is correlated with alpha wave activation. *Percept Mot Skills*. 2000 Jun;90(3 Pt 1):1027-32.
- 214 Kini P1, Wong J1, McInnis S1, Gabana N1, Brown JW2. The effects of gratitude expression on neural activity. *Neuroimage*. 2016 Mar;128:1-10. doi: 10.1016/j.neuroimage.2015.12.040. Epub 2015 Dec 30.
- 215 Cunha LF1, Pellanda LC2, Reppold CT1. Positive Psychology and Gratitude Interventions: A Randomized Clinical Trial. *Front Psychol*. 2019 Mar 21;10:584. doi: 10.3389/fpsyg.2019.00584. eCollection 2019.
- 216 Kessler K1,2,3, Hornemann S1,2, Petzke KJ4, Kemper M1,2,3, Kramer A5, Pfeiffer AF1,2,3, Pivovarovova O1,2,3, Rudovich N1,2,3,6. The effect of diurnal distribution of carbohydrates and fat on glycaemic control in humans: a randomized controlled trial. *Sci Rep*. 2017 Mar 8;7:44170. doi: 10.1038/srep44170.
- 217 Ali T1, Choe J1, Awab A1, Wagener TL1, Orr WC1. Sleep, immunity and inflammation in gastrointestinal disorders. *World J Gastroenterol*. 2013 Dec 28;19(48):9231-9. doi: 10.3748/wjg.v19.i48.9231.
- 218 Wegrzyn LR, Tamimi RM, Rosner BA, Brown SB, Stevens RG, Eliassen AH, Laden F, Willett WC, Hankinson SE, Schernhammer ES. ROTATING NIGHT SHIFT WORK AND RISK OF BREAST CANCER IN THE NURSES' HEALTH STUDIES. *Am J Epidemiol*. 2017 May 24. doi: 10.1093/aje/kwx140. [Epub ahead of print]
- 219 Sadeghniaat-Haghighi K1,2, Bahrami H1,2, Aminian O1,2, Meysami A3, Khajeh-Mehrzi A1. Melatonin therapy in shift workers with difficulty falling asleep: A randomized, double-blind, placebo-controlled crossover field study. *Work*. 2016 Sep 27;55(1):225-230.
- 220 Brzozowska I, Strzalka M, Drozdowicz D, Konturek SJ, Brzozowski T1. Mechanisms of esophageal protection, gastroprotection and ulcer healing by melatonin. implications for the therapeutic use of melatonin in gastroesophageal reflux disease (GERD) and peptic ulcer disease. *Curr Pharm Des*. 2014;20(30):4807-15.

REFERENCES

- 221 Esteban-Zubero E1, López-Pingarrón L2, Alatorre-Jiménez MA3, Ochoa-Moneo P2, Buisac-Ramón C4, Rivas-Jiménez M2, Castán-Ruiz S4, Antoñanzas-Lombarte Á2, Tan DX3, García JJ5, Reiter RJ6. Melatonin's role as a co-adjutant treatment in colonic diseases: A review. *Life Sci.* 2017 Feb 1;170:72-81. doi: 10.1016/j.lfs.2016.11.031. Epub 2016 Dec 3.
- 222 Owczarek G1, Gralewicz G2, Wolska A3, Skuza N4, Jurowski P4.[Potential impact of colors of filters used in sunglasses on the melatonin suppression process].*Med Pr.* 2017 Jul 26;68(5):629-637. doi: 10.13075/mp.5893.00550. Epub 2017 Jul 10.
- 223 Esaki Y1, Kitajima T1, Ito Y2, Koike S3, Nakao Y3, Tsuchiya A1, Hirose M1, Iwata N1. Wearing blue light-blocking glasses in the evening advances circadian rhythms in the patients with delayed sleep phase disorder: An open-label trial. *Chronobiol Int.* 2016;33(8):1037-44. doi: 10.1080/07420528.2016.1194289. Epub 2016 Jun 20.
- 224 Rong-fang Hu,1 Xiao-ying Jiang,1 Yi-ming Zeng,2 Xiao-yang Chen,2 and You-hua Zhang3 Effects of earplugs and eye masks on nocturnal sleep, melatonin and cortisol in a simulated intensive care unit environment. *Crit Care.* 2010; 14(2): R66.PMID: 20398302
- 225 Anaclet C1,2, Griffith K1, Fuller PM1. Activation of the GABAergic Parafacial Zone Maintains Sleep and Counteracts the Wake-Promoting Action of the Psychostimulants Armodafinil and Caffeine. *Neuropsychopharmacology.* 2017 Jul 19. doi: 10.1038/npp.2017.152. [Epub ahead of print]
- 226 Calixto E1. GABA withdrawal syndrome: GABAA receptor, synapse, neurobiological implications and analogies with other abstinences. *Neuroscience.* 2016 Jan 28;313:57-72. doi: 10.1016/j.neuroscience.2015.11.021. Epub 2015 Nov 18.
- 227 Zhu Z1, Wang G1, Ma K1, Cui S2, Wang JH1,2,3. GABAergic neurons in nucleus accumbens are correlated to resilience and vulnerability to chronic stress for major depression. *Oncotarget.* 2017 May 30;8(22):35933-35945. doi: 10.18632/oncotarget.16411.
- 228 Maddock RJ1, Casazza GA2, Fernandez DH3, Maddock MI4. Acute Modulation of Cortical Glutamate and GABA Content by Physical Activity. *J Neurosci.* 2016 Feb 24;36(8):2449-57. doi: 10.1523/JNEUROSCI.3455-15.2016.
- 229 Dhillon KS1, Singh J, Lyall JS. A new horizon into the pathobiology, etiology and treatment of migraine. *Med Hypotheses.* 2011 Jul;77(1):147-51. doi: 10.1016/j.mehy.2011.03.050. Epub 2011 May 6.
- 230 Xie M1, Chen H1, Nie S1, Tong W1, Yin J2, Xie M3. Gastroprotective effect of gamma-aminobutyric acid against ethanol-induced gastric mucosal injury. *Chem Biol Interact.* 2017 Jun 25;272:125-134. doi: 10.1016/j.cbi.2017.04.022. Epub 2017 Apr 27.
- 231 Christopher Wellwood, MS, DC and Sean Rardin, MD Adrenal and Thyroid Supplementation Outperforms Nutritional Supplementation and Medications for Autoimmune Thyroiditis. *Integr Med (Encinitas).* 2014 Jun; 13(3): 41-47.PMCID: PMC4684134

REFERENCES

- 232 Drennan MD¹, Kripke DF, Klemfuss HA, Moore JD. Potassium affects actigraph-identified sleep. *Sleep*. 1991 Aug;14(4):357-60.
- 233 Trevor G. Marshall¹ and Trudy J. Rumann Heil² Electrosmog and autoimmune disease. *Immunol Res*. 2017; 65(1): 129-135. Published online 2016 Jul 13. doi: 10.1007/s12026-016-8825-7 PMID: PMC5406447
- 234 Mara Gallastegi, Mònica Guxens, Ana Jiménez-Zabala, Irene Calvente, Marta Fernández, Laura Birks, Benjamin Struchen, Martine Vrijheid, Marisa Estarlich, Mariana F. Fernández, Maties Torrent, Ferrán Ballester, Juan J Aurrekoetxea, Jesús Ibarluzea, David Guerra, Julián González, Martin Röösli, and Loreto Santa-Marina Characterisation of exposure to non-ionising electromagnetic fields in the Spanish INMA birth cohort: study protocol. *BMC Public Health*. 2016; 16: 167. Published online 2016 Feb 18. doi: 10.1186/s12889-016-2825-3 PMID: PMC4758161
- 235 LENNART HARDELL,¹ MICHAEL CARLBERG,¹ FREDRIK SÖDERQVIST,^{1,3,4} and KJELL HANSSON MILD² Case-control study of the association between malignant brain tumours diagnosed between 2007 and 2009 and mobile and cordless phone use. *Int J Oncol*. 2013 Dec; 43(6): 1833-1845. Published online 2013 Sep 24. doi: 10.3892/ijo.2013.2111. PMID: PMC3834325
- 236 Bogdan Lewczuk, ¹, * Grzegorz Redlarski, ², ³ Arkadiusz Żak, ² Natalia Ziólkowska, ¹ Barbara Przybylska-Gornowicz, ¹ and Marek Krawczuk ² Influence of Electric, Magnetic, and Electromagnetic Fields on the Circadian System: Current Stage of Knowledge. *Biomed Res Int*. 2014; 2014: 169459. Published online 2014 Jul 22. doi: 10.1155/2014/169459 PMID: PMC4130204
- 237 Ybe Meesters, Wim H. Winthorst, Wianne B. Duijzer, and Vanja Hommes The effects of low-intensity narrow-band blue-light treatment compared to bright white-light treatment in sub-syndromal seasonal affective disorder. *BMC Psychiatry*. 2016; 16: 27. Published online 2016 Feb 18. doi: 10.1186/s12888-016-0729-5 PMID: PMC4758137
- 238 Owczarek G¹, Gralewicz G², Wolska A³, Skuza N⁴, Jurowski P⁴. [Potential impact of colors of filters used in sunglasses on the melatonin suppression process]. *Med Pr*. 2017 Jul 26;68(5):629-637. doi: 10.13075/mp.5893.00550. Epub 2017 Jul 10.
- 239 Rong-fang Hu,¹ Xiao-ying Jiang,¹ Yi-ming Zeng,² Xiao-yang Chen,² and You-hua Zhang³ Effects of earplugs and eye masks on nocturnal sleep, melatonin and cortisol in a simulated intensive care unit environment. *Crit Care*. 2010; 14(2): R66. PMID: 20398302
- 240 Kazue Okamoto-Mizuno¹ and Koh Mizuno² Effects of thermal environment on sleep and circadian rhythm *J Physiol Anthropol*. 2012; 31(1): 14. Published online 2012 May 31. doi: 10.1186/1880-6805-31-14 PMID: PMC3427038
- 241 Walker SC¹, Trotter PD², Swaney WT², Marshall A³, Mcglone FP⁴. C-tactile afferents: Cutaneous mediators of oxytocin release during affiliative tactile interactions? *Neuropeptides*. 2017 Aug;64:27-38. doi: 10.1016/j.npep.2017.01.001. Epub 2017 Jan 19.
- 242 Rolls ET et al. Representations of pleasant and painful touch in the human orbitofrontal and cingulate cortices. *Cereb Cortex*. 2003 Mar;13(3):308-17.

REFERENCES

- 243 Holm T, Brøgger-Jensen MR, Johnson L, Kessel L. Glutathione preservation during storage of rat lenses in optisol-GS and castor oil. *PLoS One*. 2013 Nov 19;8(11):e79620. doi: 10.1371/journal.pone.0079620. eCollection 2013.
- 244 Vieira C et al. .Effect of ricinoleic acid in acute and subchronic experimental models of inflammation. *Mediators Inflamm*. 2000;9(5):223-8.
- 245 Sorin Tunaru,a Till F. Althoff,a Rolf M. Nüsing,b Martin Diener,c and Stefan Offermannsa,d,1 Castor oil induces laxation and uterus contraction via ricinoleic acid activating prostaglandin EP3 receptors *Proc Natl Acad Sci U S A*. 2012 Jun 5; 109(23): 9179-9184. Published online 2012 May 21. doi: 10.1073/pnas.1201627109 PMID: 22615395
- 246 Andrade IM1, Andrade KM2, Pisani MX1, Silva-Lovato CH1, de Souza RF1, Paranhos Hde F1. Trial of an experimental castor oil solution for cleaning dentures. *Braz Dent J*. 2014 Jan-Feb;25(1):43-7.
- 247 Badaró MM, Salles MM, Leite VMF, Arruda CNF, Oliveira VC, Nascimento CD, Souza RF, Paranhos HFO, Silva-Lovato CH. Clinical trial for evaluation of *Ricinus communis* and sodium hypochlorite as denture cleanser. *J Appl Oral Sci*. 2017 May-Jun; 25(3):324-334.
- 248 Kini P1, Wong J1, McInnis S1, Gabana N1, Brown JW2. The effects of gratitude expression on neural activity. *Neuroimage*. 2016 Mar;128:1-10. doi: 10.1016/j.neuroimage.2015.12.040. Epub 2015 Dec 30.
- 249 Cunha LF1, Pellanda LC2, Reppold CT1. Positive Psychology and Gratitude Interventions: A Randomized Clinical Trial. *Front Psychol*. 2019 Mar 21;10:584. doi: 10.3389/fpsyg.2019.00584. eCollection 2019.
- 250 Jodie Harris, PhD,1,2 Leon Lack, PhD,1,2 Kristyn Kemp, PhD,3 Helen Wright, PhD,1 and Richard Bootzin, PhD4 A Randomized Controlled Trial of Intensive Sleep Retraining (ISR): A Brief Conditioning Treatment for Chronic Insomnia. *Sleep*. 2012 Jan 1; 35(1): 49-60. Published online 2012 Jan 1. doi: 10.5665/sleep.1584 PMID: PMC3242687
- 251 Usha Bajwa and Kulwant Singh Sandhu Effect of handling and processing on pesticide residues in food- a review. *J Food Sci Technol*. 2014 Feb; 51(2): 201-220. Published online 2011 Aug 26. doi: 10.1007/s13197-011-0499-5 PMID: PMC3907644
- 252 Hunt L1, Bonetto C2, Resh VH3, Buss DF4, Fanelli S5, Marrochi N6, Lydy MJ7. Insecticide concentrations in stream sediments of soy production regions of South America. *Sci Total Environ*. 2016 Mar 15;547:114-124. doi: 10.1016/j.scitotenv.2015.12.140. Epub 2016 Jan 11.
- 253 Griffiths RLM1, El-Shanawany T, Jolles SRA, Selwood C, Heaps AG, Carne EM, Williams PE. Comparison of the Performance of Skin Prick, ImmunoCAP, and ISAC Tests in the Diagnosis of Patients with Allergy. *Int Arch Allergy Immunol*. 2017;172(4):215-223. doi: 10.1159/000464326. Epub 2017 Apr 29.

REFERENCES

- 254 Röder M1, Weber W2. Allergen analysis. *Bundesgesundheitsblatt Gesundheitsforschung Gesundheitsschutz*. 2016 Jul;59(7):889-99. doi: 10.1007/s00103-016-2370-3.
- 255 Atkinson W, Sheldon TA, Shaath N, Whorwell PJ Food elimination based on IgG antibodies in irritable bowel syndrome: a randomised controlled trial. *Gut*. 2004 Oct; 53(10):1459-64.
- 256 Zar S, Mincher L, Benson MJ, Kumar D Food-specific IgG4 antibody-guided exclusion diet improves symptoms and rectal compliance in irritable bowel syndrome. *Scand J Gastroenterol*. 2005 Jul; 40(7):800-7.a
- 257 Kabbani TA1, Vanga RR2, Leffler DA2, Villafuerte-Galvez J2, Pallav K2, Hansen J2, Mukherjee R2, Dennis M2, Kelly CP2. Celiac disease or non-celiac gluten sensitivity? An approach to clinical differential diagnosis. *Am J Gastroenterol*. 2014 May;109(5):741-6; quiz 747. doi: 10.1038/ajg.2014.41. Epub 2014 Mar 11.
- 258 Wood RA1. Diagnostic elimination diets and oral food provocation. *Chem Immunol Allergy*. 2015;101:87-95. doi: 10.1159/000371680. Epub 2015 May 21.
- 259 Paula A. Hayes, BSc, Marianne H. Fraher, MB, MRCPI, FRCPath, and Eamonn M. M. Quigley, MD, FRCP, FACP, FACG, FRCPI Irritable Bowel Syndrome: The Role of Food in Pathogenesis and Management. *Gastroenterol Hepatol (N Y)*. 2014 Mar; 10(3): 164-174.PMCID: PMC4014048
- 260 Clifford T1, Constantinou CM2, Keane KM2, West DJ3, Howatson G2,4, Stevenson EJ3. The plasma bioavailability of nitrate and betanin from *Beta vulgaris rubra* in humans. *Eur J Nutr*. 2017 Apr;56(3):1245-1254. doi: 10.1007/s00394-016-1173-5. Epub 2016 Feb 12.
- 261 Angel Lanas1 Role of nitric oxide in the gastrointestinal tract. *Arthritis Res Ther*. 2008; 10(Suppl 2): S4. Published online 2008 Oct 17. doi: 10.1186/ar2465 PMCID: PMC2582807
- 262 Maxwell EG1, Colquhoun IJ2, Chau HK3, Hotchkiss AT4, Waldron KW5, Morris VJ6, Belshaw NJ7. Modified sugar beet pectin induces apoptosis of colon cancer cells via an interaction with the neutral sugar side-chains. *Carbohydr Polym*. 2016 Jan 20;136:923-9. doi: 10.1016/j.carbpol.2015.09.063. Epub 2015 Sep 26.
- 263 Tom Clifford,¹ Glyn Howatson,^{1,2} Daniel J. West,¹ and Emma J. Stevenson^{1,*} The Potential Benefits of Red Beetroot Supplementation in Health and Disease. *Nutrients*. 2015 Apr; 7(4): 2801-2822. Published online 2015 Apr 14. doi: 10.3390/nu7042801 PMCID: PMC4425174
- 264 Mascolo N1, Izzo AA, Autore G, Barbato F, Capasso F. Nitric oxide and castor oil-induced diarrhea. *J Pharmacol Exp Ther*. 1994 Jan;268(1):291-5.
- 265 Izzo, Angelo. (1996). Castor oil: An update on mechanism of action. *Phytotherapy Research*. 10. S109-S111.

REFERENCES

- 266 Carissa M. Thomas,¹ Teresa Hong,² Jan Peter van Pijkeren,³ Peera Hemarajata,⁴ Dan V. Trinh,² Weidong Hu,² Robert A. Britton,³ Markus Kalkum,² and James Versalovic^{5,6,*} Histamine Derived from Probiotic *Lactobacillus reuteri* Suppresses TNF via Modulation of PKA and ERK Signaling. *PLoS One*. 2012; 7(2): e31951. Published online 2012 Feb 22. doi: 10.1371/journal.pone.0031951 PMCID: PMC3285189
- 267 Jyoti P. Tamang,^{1,*} Koichi Watanabe,² and Wilhelm H. Holzapfel³ Review: Diversity of Microorganisms in Global Fermented Foods and Beverages. *Front Microbiol*. 2016; 7: 377. Published online 2016 Mar 24. doi: 10.3389/fmicb.2016.00377 PMCID: PMC4805592
- 268 Aishath Naila, Steve Flint, Graham Fletcher, Phil Bremer, and Gerrit Meerdink Control of Biogenic Amines in Food—Existing and Emerging Approaches. *J Food Sci*. 2010 Sep; 75(7): R139-R150. doi: 10.1111/j.1750-3841.2010.01774.x PMCID: PMC2995314
- 269 Salazar F1, Sewell HF, Shakib F, Ghaemmaghami AM. The role of lectins in allergic sensitization and allergic disease. *J Allergy Clin Immunol*. 2013 Jul;132(1):27-36. doi: 10.1016/j.jaci.2013.02.001. Epub 2013 Mar 25.
- 270 Schlemmer U1, Frølich W, Prieto RM, Grases F. Phytate in foods and significance for humans: food sources, intake, processing, bioavailability, protective role and analysis. *Mol Nutr Food Res*. 2009 Sep;53 Suppl 2:S330-75. doi: 10.1002/mnfr.200900099.
- 271 Rosado JL, Hambidge KM, Miller LV, Garcia OP, Westcott J, Gonzalez K, Conde J, Hotz C, Pfeiffer W, Ortiz-Monasterio I, et al. The quantity of zinc absorbed from wheat in adult women is enhanced by biofortification. *J Nutr* 2009;139:1920-5.
- 272 Hambidge KM, Miller LV, Westcott JE, Krebs NF. Dietary reference intakes for zinc may require adjustment for phytate intake based upon model predictions. *J Nutr* 2008;138:2363-6.
- 273 Vashishth A1, Ram S2, Beniwal V3. Cereal phytases and their importance in improvement of micronutrients bioavailability. *3 Biotech*. 2017 May;7(1):42. doi: 10.1007/s13205-017-0698-5. Epub 2017 Apr 25.
- 274 Carrizo SL, Montes de Oca CE, Laiño JE, Suarez NE, Vignolo G, LeBlanc JG, Rollán G. Ancestral Andean grain quinoa as source of lactic acid bacteria capable to degrade phytate and produce B-group vitamins. *Food Res Int*. 2016 Nov;89(Pt 1):488-494. doi: 10.1016/j.foodres.2016.08.013. Epub 2016 Aug 28.
- 275 Deme T1,2, Haki GD3, Retta N4, Woldegiorgis A5, Geleta M6. Mineral and Anti-Nutritional Contents of Niger Seed (*Guizotia abyssinica* (L.f.) Cass., Linseed (*Linum usitatissimum* L.) and Sesame (*Sesamum indicum* L.) Varieties Grown in Ethiopia. *Foods*. 2017 Apr 1;6(4). pii: E27. doi: 10.3390/foods6040027.
- 276 Martinchik AN, Zubtsov VV. Phytoestrogenic properties of flaxseed lignans. *Vopr Pitan*. 2012;81(6):61-6.

REFERENCES

- 277 Deme T1,2, Haki GD3, Retta N4, Woldegiorgis A5, Geleta M6. Mineral and Anti-Nutritional Contents of Niger Seed (*Guizotia abyssinica* (L.f.) Cass., Linseed (*Linum usitatissimum* L.) and Sesame (*Sesamum indicum* L.) Varieties Grown in Ethiopia. *Foods*. 2017 Apr 1;6(4). pii: E27. doi: 10.3390/foods6040027.
- 278 Srisuthayanont W1, Pruksakorn D2,3, Kongtawelert P1, Pothacharoen P4. Effects of sesamin on chondroitin sulfate proteoglycan synthesis induced by interleukin-1beta in human chondrocytes. *BMC Complement Altern Med*. 2017 May 31;17(1):286. doi: 10.1186/s12906-017-1805-1.
- 279 Dash P, Ghosh G. Amino acid profiling and antimicrobial activity of *Cucurbita moschata* and *Lagenaria siceraria* seed protein hydrolysates. *Nat Prod Res*. 2017 Aug 8:1-4. doi: 10.1080/14786419.2017.1359174. [Epub ahead of print]
- 280 Hudson C1, Hudson SP, Hecht T, MacKenzie J. Protein source tryptophan versus pharmaceutical grade tryptophan as an efficacious treatment for chronic insomnia. *Nutr Neurosci*. 2005 Apr;8(2):121-7.
- 281 Medjakovic S1, Hobiger S2, Ardjomand-Woelkart K3, Bucar F4, Jungbauer A5. Pumpkin seed extract: Cell growth inhibition of hyperplastic and cancer cells, independent of steroid hormone receptors. *Fitoterapia*. 2016 Apr;110:150-6. doi: 10.1016/j.fitote.2016.03.010. Epub 2016 Mar 11.
- 282 Hashemi SM1, Mousavi Khaneghah A2, Koubaa M3, Lopez-Cervantes J4, Yousefabad SH5, Hosseini SF6, Karimi M6, Motazedian A6, Asadifard S6. Novel edible oil sources: Microwave heating and chemical properties. *Food Res Int*. 2017 Feb;92:147-153. doi: 10.1016/j.foodres.2016.11.033. Epub 2016 Dec 3.
- 283 Xun E1, Zhang Y2, Zhao J3, Guo J4. Translocation of heavy metals from soils into floral organs and rewards of *Cucurbita pepo*: Implications for plant reproductive fitness. *Ecotoxicol Environ Saf*. 2017 Nov;145:235-243. doi: 10.1016/j.ecoenv.2017.07.045. Epub 2017 Jul 21.
- 284 Moreda-Piñeiro J1, Herbello-Hermelo P2, Domínguez-González R2, Bermejo-Barrera P2, Moreda-Piñeiro A2. Bioavailability assessment of essential and toxic metals in edible nuts and seeds. *Food Chem*. 2016 Aug 15;205:146-54. doi: 10.1016/j.foodchem.2016.03.006. Epub 2016 Mar 3.
- 285a Vuksan V1,2,3,4, Choleva L1,3, Jovanovski E1,3, Jenkins AL1, Au-Yeung F1,3, Dias AG3, Ho HV1,3, Zurbau A1,3, Duvnjak L5. Comparison of flax (*Linum usitatissimum*) and Salba-chia (*Salvia hispanica* L.) seeds on postprandial glycemia and satiety in healthy individuals: a randomized, controlled, crossover study. *Eur J Clin Nutr*. 2017 Feb;71(2):234-238. doi: 10.1038/ejcn.2016.148. Epub 2016 Dec 21.
- 285b Mericli F1, Becer E2, Kabadayı H3, Hanoglu A4, Yigit Hanoglu D4, Ozkum Yavuz D4, Ozek T5, Vatansever S3,6. Fatty acid composition and anticancer activity in colon carcinoma cell lines of *Prunus dulcis* seed oil. *Pharm Biol*. 2017 Dec;55(1):1239-1248. doi: 10.1080/13880209.2017.1296003.
- 286 Huang WC1, Chen CY1, Wu SJ2,3. Almond Skin Polyphenol Extract Inhibits Inflammation and Promotes Lipolysis in Differentiated 3T3-L1 Adipocytes. *J Med Food*. 2017 Feb;20(2):103-109. doi: 10.1089/jmf.2016.3806.
- 287 Grundy MM1, Lapsley K2, Ellis PR1. A review of the impact of processing on nutrient bioaccessibility and digestion of almonds. *Int J Food Sci Technol*. 2016 Sep;51(9):1937-1946. Epub 2016 Jul 31.

REFERENCES

- 288 Molyneux RJ1, Mahoney N, Kim JH, Campbell BC. Mycotoxins in edible tree nuts. *Int J Food Microbiol.* 2007 Oct 20;119(1-2):72-8. Epub 2007 Jul 31.
- 289 Hadavi E1. Several physical properties of aflatoxin-contaminated pistachio nuts: application of BGY fluorescence for separation of aflatoxin-contaminated nuts. *Food Addit Contam.* 2005 Nov;22(11):1144-53.
- 290 Bayman P1, Baker JL, Mahoney NE. *Aspergillus* on tree nuts: incidence and associations. *Mycopathologia.* 2002;155(3):161-9.
- 291 Alasalvar C1, Bolling BW2. Review of nut phytochemicals, fat-soluble bioactives, antioxidant components and health effects. *Br J Nutr.* 2015 Apr;113 Suppl 2:S68-78. doi: 10.1017/S0007114514003729.
- 292 Angel Lanás1 Role of nitric oxide in the gastrointestinal tract. *Arthritis Res Ther.* 2008; 10(Suppl 2): S4. Published online 2008 Oct 17. doi: 10.1186/ar2465 PMID: PMC2582807
- 293 Yook JS1, Kim KA2, Kim M1, Cha YS1. Black Adzuki Bean (*Vigna angularis*) Attenuates High-Fat Diet-Induced Colon Inflammation in Mice. *J Med Food.* 2017 Apr;20(4):367-375. doi: 10.1089/jmf.2016.3821.
- 294a Yum HY1, Lee SY, Lee KE, Sohn MH, Kim KE. Genetically modified and wild soybeans: an immunologic comparison *Allergy Asthma Proc.* 2005 May-Jun;26(3):210-6.
- 194b Rungruangmaitree R1, Jiraungkoorskul W2. Pea, *Pisum sativum*, and Its Anticancer Activity. *Pharmacogn Rev.* 2017 Jan-Jun;11(21):39-42. doi: 10.4103/phrev.phrev_57_16.
- 295 Gupta RK1, Gangoliya SS1, Singh NK1. Reduction of phytic acid and enhancement of bioavailable micronutrients in food grains. *J Food Sci Technol.* 2015 Feb;52(2):676-84. doi: 10.1007/s13197-013-0978-y. Epub 2013 Apr 24.
- 296 Chingakham Basanti Devi, Archana Kushwaha, and Anil Kumar Sprouting characteristics and associated changes in nutritional composition of cowpea (*Vigna unguiculata*). *J Food Sci Technol.* 2015 Oct; 52(10): 6821-6827. Published online 2015 Apr 14. doi: 10.1007/s13197-015-1832-1 PMID: PMC4573095
- 297 Andrade IM1, Andrade KM2, Pisani MX1, Silva-Lovato CH1, de Souza RF1, Paranhos Hde F1. Trial of an experimental castor oil solution for cleaning dentures. *Braz Dent J.* 2014 Jan-Feb;25(1):43-7.
- 298 Badaró MM, Salles MM, Leite VMF, Arruda CNF, Oliveira VC, Nascimento CD, Souza RF, Paranhos HFO, Silva-Lovato CH. Clinical trial for evaluation of *Ricinus communis* and sodium hypochlorite as denture cleanser. *J Appl Oral Sci.* 2017 May-Jun; 25(3):324-334.

REFERENCES

- 299 Salles MM, Badaró MM, Arruda CN, Leite VM, Silva CH, Watanabe E, Oliveira Vde C, Paranhos Hde F. Antimicrobial activity of complete denture cleanser solutions based on sodium hypochlorite and *Ricinus communis* - a randomized clinical study. *J Appl Oral Sci.* 2015 Nov-Dec; 23(6):637-42.
- 300 Kearney T. W. Gunsalus,a,b Stephanie N. Tornberg-Belanger,b,* Nirupa R. Matthan,c Alice H. Lichtenstein,c and Carol A. Kumamoto Manipulation of Host Diet To Reduce Gastrointestinal Colonization by the Opportunistic Pathogen *Candida albicans*. *mSphere.* 2016 Jan-Feb; 1(1): e00020-15. Published online 2015 Nov 18. doi: 10.1128/mSphere.00020-15 PMID: PMC4863630 *Host-Microbe Biology*
- 301 Cardoso DA1, Moreira AS2, de Oliveira GM1, Raggio Luiz R3, Rosa G4. A COCONUT EXTRA VIRGIN OIL-RICH DIET INCREASES HDL CHOLESTEROL AND DECREASES WAIST CIRCUMFERENCE AND BODY MASS IN CORONARY ARTERY DISEASE PATIENTS. *Nutr Hosp.* 2015 Nov 1;32(5):2144-52. doi: 10.3305/nh.2015.32.5.9642.
- 302 Fernando WM1, Martins IJ1, Goozee KG1, Brennan CS2, Jayasena V3, Martins RN1. The role of dietary coconut for the prevention and treatment of Alzheimer's disease: potential mechanisms of action. *Br J Nutr.* 2015 Jul 14;114(1):1-14. doi: 10.1017/S0007114515001452. Epub 2015 May 22.
- 303 Kinsella R1, Maher T1, Clegg ME2. Coconut oil has less satiating properties than medium chain triglyceride oil. *Physiol Behav.* 2017 Oct 1;179:422-426. doi: 10.1016/j.physbeh.2017.07.007. Epub 2017 Jul 6.
- 304 Mark L. Dreher¹ and Adrienne J. Davenport² Hass Avocado Composition and Potential Health Effects. *Crit Rev Food Sci Nutr.* 2013 May; 53(7): 738-750. Published online 2013 May 2. doi: 10.1080/10408398.2011.556759 PMID: PMC3664913
- 305 Comerford KB¹, Ayoob KT², Murray RD³, Atkinson SA⁴. The Role of Avocados in Maternal Diets during the Periconceptional Period, Pregnancy, and Lactation. *Nutrients.* 2016 May 21;8(5). pii: E313. doi: 10.3390/nu8050313.
- 306 Rupasinghe HP¹, Sekhon-Loodu S², Mantso T³, Panayiotidis M³. Phytochemicals in regulating fatty acid β -oxidation: Potential underlying mechanisms and their involvement in obesity and weight loss. *Pharmacol Ther.* 2016 Sep;165:153-63. doi: 10.1016/j.pharmthera.2016.06.005. Epub 2016 Jun 8.
- 307 Patrick L1. Gastroesophageal reflux disease (GERD): a review of conventional and alternative treatments. *Altern Med Rev.* 2011 Jun;16(2):116-33.
- 308 Sun J1. D-Limonene: safety and clinical applications. *Altern Med Rev.* 2007 Sep;12(3):259-64.
- 309 Fabroni S¹, Ballistreri G¹, Amenta M¹, Romeo FV¹, Rapisarda P². Screening of the anthocyanin profile and in vitro pancreatic lipase inhibition by anthocyanin-containing extracts of fruits, vegetables, legumes and cereals. *J Sci Food Agric.* 2016 Nov;96(14):4713-4723. doi: 10.1002/jsfa.7708. Epub 2016 Apr 13.

REFERENCES

- 310 Edashige Y1, Murakami N, Tsujita T. Inhibitory effect of pectin from the segment membrane of citrus fruits on lipase activity. *J Nutr Sci Vitaminol (Tokyo)*. 2008 Oct;54(5):409-15.
- 311 Gironés-Vilaplana A1, Moreno DA, García-Viguera C. Phytochemistry and biological activity of Spanish Citrus fruits. *Food Funct*. 2014 Apr;5(4):764-72. doi: 10.1039/c3fo60700c.
- 312 Kim GN1, Shin MR2, Shin SH2, Lee AR2, Lee JY2, Seo BI2, Kim MY2, Kim TH3, Noh JS4, Rhee MH5, Roh SS2. Study of Antiobesity Effect through Inhibition of Pancreatic Lipase Activity of Diospyros kaki Fruit and Citrus unshiu Peel. *Biomed Res Int*. 2016;2016:1723042. doi: 10.1155/2016/1723042. Epub 2016 Jul 27.
- 313 Barros HR1, Ferreira TA, Genovese MI. Antioxidant capacity and mineral content of pulp and peel from commercial cultivars of citrus from Brazil. *Food Chem*. 2012 Oct 15;134(4):1892-8. doi: 10.1016/j.foodchem.2012.03.090. Epub 2012 Mar 30.
- 314 Glinsky VV1, Raz A. Modified citrus pectin anti-metastatic properties: one bullet, multiple targets. *Carbohydr Res*. 2009 Sep 28;344(14):1788-91. doi: 10.1016/j.carres.2008.08.038. Epub 2008 Sep 26.
- 315 Kooltheat N1, Kamuthachad L1, Anthapanya M1, Samakchan N1, Sranujit RP2, Potup P1, Ferrante A3, Usuwanthim K4. Kaffir lime leaves extract inhibits biofilm formation by *Streptococcus mutans*. *Nutrition*. 2016 Apr;32(4):486-90. doi: 10.1016/j.nut.2015.10.010. Epub 2015 Oct 30.
- 316 Xu GH1, Chen JC, Liu DH, Zhang YH, Jiang P, Ye XQ. Minerals, phenolic compounds, and antioxidant capacity of citrus peel extract by hot water. *J Food Sci*. 2008 Jan;73(1):C11-8. doi: 10.1111/j.1750-3841.2007.00546.x.
- 317 Petriz NA1, Parisi CA2,3, Busaniche JN4, Evangelista P5, Mehaudy R6, Orsi M6. Natural history of immunoglobulin E-mediated cow's milk allergy in a population of Argentine children. *Arch Argent Pediatr*. 2017 Aug 1;115(4):331-335. doi: 10.5546/aap.2017.eng.331.
- 318 Guri A1, Li Y, Corredig M. Interfacial dilational properties of tea polyphenols and milk proteins with gut epithelia and the role of mucus in nutrient adsorption. *Food Funct*. 2015 Dec;6(12):3642-51. doi: 10.1039/c5fo00654f. Epub 2015 Sep 2.
- 319 McCarthy KS1, Parker M1, Ameerally A1, Drake SL1, Drake MA2. Drivers of choice for fluid milk versus plant-based alternatives: What are consumer perceptions of fluid milk? *J Dairy Sci*. 2017 Aug;100(8):6125-6138. doi: 10.3168/jds.2016-12519. Epub 2017 May 24.
- 320 Abid Z1, Cross AJ1, Sinha R1. Meat, dairy, and cancer. *Am J Clin Nutr*. 2014 Jul;100 Suppl 1:386S-93S. doi: 10.3945/ajcn.113.071597. Epub 2014 May 21.
- 321 Weiner ML1. Food additive carrageenan: Part II: A critical review of carrageenan in vivo safety studies. *Crit Rev Toxicol*. 2014 Mar;44(3):244-69. doi: 10.3109/10408444.2013.861798. Epub 2014 Jan 28.

REFERENCES

- 322 <https://www.cornucopia.org/wp-content/uploads/2013/02/Carrageenan-Report1.pdf>
- 323 White MC1, Shoemaker ML2, Park S2, Neff LJ2, Carlson SA2, Brown DR2, Kanny D2. Prevalence of Modifiable Cancer Risk Factors Among U.S. Adults Aged 18-44 Years. *Am J Prev Med.* 2017 Sep;53(3S1):S14-S20. doi: 10.1016/j.amepre.2017.04.022.
- 324 Wolk A1. Potential health hazards of eating red meat. *J Intern Med.* 2017 Feb;281(2):106-122. doi: 10.1111/joim.12543. Epub 2016 Sep 6.
- 325 Castro C1,2,3, Peleteiro B4,5, Lunet N4,5. Modifiable factors and esophageal cancer: a systematic review of published meta-analyses. *J Gastroenterol.* 2017 Aug 18. doi: 10.1007/s00535-017-1375-5. [Epub ahead of print]
- 326 [No authors listed] Insulin: Almost a Century of Lifesaving. *Consult Pharm.* 2017 Apr 1;32(4):190-198. doi: 10.4140/TCP.n.2017.190.
- 327 M Hvatum†, L Kanerud, R Hällgren, and P Brandtzaeg The gut-joint axis: cross reactive food antibodies in rheumatoid arthritis. *Gut.* 2006 Sep; 55(9): 1240-1247. doi: 10.1136/gut.2005.076901 PMID: PMC1860040
- 328 Ekmay RD, Coon CN, Ladics GS, Herman RA. Allergenic potential of novel proteins - What can we learn from animal production? *Regul Toxicol Pharmacol.* 2017 Oct;89:240-243. doi: 10.1016/j.yrtph.2017.07.024. Epub 2017 Jul 24. PMID: 28751264
- 329 Tarighat-Esfanjani A1, Namazi N2. Nutritional Concepts and Frequency of Foodstuffs Mentioned in the Holy Quran. *J Relig Health.* 2016 Jun;55(3):812-9. doi: 10.1007/s10943-014-9855-x.
- 330 Gonwong S, Chuenchitra T, Khantapura P, Islam D, Sirisopana N, Mason CJ. Pork consumption and seroprevalence of hepatitis E virus, Thailand, 2007-2008. *Emerg Infect Dis.* 2014 Sep;20(9):1531-4. doi: 10.3201/eid2009.140418.
- 331 Hochberg NS, Bhadelia N. Infections Associated with Exotic Cuisine: The Dangers of Delicacies. *Microbiol Spectr.* 2015 Oct;3(5). doi: 10.1128/microbiolspec.IOL5-0010-2015.
- 332 Nicklisch SCT1, Bonito LT1, Sandin S1, Hamdoun A2. Mercury levels of yellowfin tuna (*Thunnus albacares*) are associated with capture location. *Environ Pollut.* 2017 Oct;229:87-93. doi: 10.1016/j.envpol.2017.05.070. Epub 2017 May 31.
- 333 García MÁ1, Núñez R1, Alonso J1, Melgar MJ2. Total mercury in fresh and processed tuna marketed in Galicia (NW Spain) in relation to dietary exposure. *Environ Sci Pollut Res Int.* 2016 Dec;23(24):24960-24969. doi: 10.1007/s11356-016-7634-9. Epub 2016 Sep 26.
- 334 <https://ods.od.nih.gov/factsheets/Zinc-HealthProfessional/>

REFERENCES

- 335 Téllez-López MÁ¹, Mora-Tovar G¹, Cenicerós-Méndez IM¹, García-Lujan C¹, Puente-Valenzuela CO², Vega-Menchaca MDC¹, Serrano-Gallardo LB^{1,3}, Garza RG⁴, Morán-Martínez J⁵. EVALUATION OF THE CHELATING EFFECT OF METHANOLIC EXTRACT OF CORIANDRUM SATIVUM AND ITS FRACTIONS ON WISTAR RATS POISONED WITH LEAD ACETATE. *Afr J Tradit Complement Altern Med*. 2017 Jan 13;14(2):92-102. doi: 10.21010/ajtcam.v14i2.11. eCollection 2017.
- 336 Meghwal M¹, Goswami TK. Piper nigrum and piperine: an update. *Phytother Res*. 2013 Aug;27(8):1121-30. doi: 10.1002/ptr.4972. Epub 2013 Apr 29.
- 337 Chavarria D¹, Silva T¹, Magalhães e Silva D¹, Remião F², Borges F¹ Lessons from black pepper: piperine and derivatives thereof. *Expert Opin Ther Pat*. 2016;26(2):245-64. doi: 10.1517/13543776.2016.1118057. Epub 2015 Dec 5.
- 338 McDougall GJ¹. Phenolic-enriched foods: sources and processing for enhanced health benefits. *Proc Nutr Soc*. 2017 May;76(2):163-171. doi: 10.1017/S0029665116000835. Epub 2016 Nov 2.
- 339 Socci V¹, Tempesta D¹, Desideri G², De Gennaro L³, Ferrara M¹. Enhancing Human Cognition with Cocoa Flavonoids. *Front Nutr*. 2017 May 16;4:19. doi: 10.3389/fnut.2017.00019. eCollection 2017.
- 340 Desideri G¹, Kwik-Urbe C, Grassi D, Necozone S, Ghiadoni L, Mastroiacovo D, Raffaele A, Ferri L, Bocale R, Lechiara MC, Marini C, Ferri C. Benefits in cognitive function, blood pressure, and insulin resistance through cocoa flavanol consumption in elderly subjects with mild cognitive impairment: the Cocoa, Cognition, and Aging (CoCoA) study. *Hypertension*. 2012 Sep;60(3):794-801. doi: 10.1161/HYPERTENSIONAHA.112.193060. Epub 2012 Aug 14.
- 341 Vlachojannis J¹, Erne P², Zimmermann B^{3,4}, Chrubasik-Hausmann S⁵. The Impact of Cocoa Flavonols on Cardiovascular Health. *Phytother Res*. 2016 Oct;30(10):1641-1657. doi: 10.1002/ptr.5665. Epub 2016 Jul 1.
- 342 *Crit Rev Food Sci Nutr*. 2016;56(1):1-12. doi: 10.1080/10408398.2012.657921. De Araujo QR^{1,2}, Gattward JN², Almoosawi S³, Silva Md¹, Dantas PA², De Araujo Júnior QR⁴. Cocoa and Human Health: From Head to Foot--A Review.
- 343 Laurie P. Volak, Senait Ghirmai, John R. Cashman, and Michael H. Court Curcuminoids inhibit multiple human cytochromes P450 (CYP), UDP-glucuronosyltransferase (UGT), and sulfotransferase (SULT) enzymes, while piperine is a relatively selective CYP3A4 inhibitor. *Drug Metab Dispos*. Author manuscript; available in PMC 2009 Aug 1. PMID: PMC2574793
- 344 Abigail Basson,^{1,*} Ashley Trotter,^{1,2} Alex Rodriguez-Palacios,¹ and Fabio Cominelli^{1,2,*} Mucosal Interactions between Genetics, Diet, and Microbiome in Inflammatory Bowel Disease. *Front Immunol*. 2016; 7: 290. Published online 2016 Aug 2. doi: 10.3389/fimmu.2016.00290 PMID: PMC4970383
- 345 Chen CC¹, Chen HL, Hsieh CW, Yang YL, Wung BS. Upregulation of NF-E2-related factor-2-dependent glutathione by carnosol provokes a cytoprotective response and enhances cell survival. *Acta Pharmacol Sin*. 2011 Jan;32(1):62-9. doi: 10.1038/aps.2010.181. Epub 2010 Dec 13

REFERENCES

- 346 Johnson JJ1. Carnosol: a promising anti-cancer and anti-inflammatory agent. *Cancer Lett.* 2011 Jun 1;305(1):1-7. doi: 10.1016/j.canlet.2011.02.005. Epub 2011 Mar 5.
- 347 Anwar S1, Younus H2. Inhibitory effect of alliin from *Allium sativum* on the glycation of superoxide dismutase. *Int J Biol Macromol.* 2017 Oct;103:182-193. doi: 10.1016/j.ijbiomac.2017.05.043. Epub 2017 May 11.
- 348 Zaki MS1, Selim L2, El-Bassyouni HT3, Issa MY3, Mahmoud I2, Ismail S3, Girgis M2, Sadek AA4, Gleeson JG5, Abdel Hamid MS6. Molybdenum cofactor and isolated sulphite oxidase deficiencies: Clinical and molecular spectrum among Egyptian patients. *Eur J Paediatr Neurol.* 2016 Sep;20(5):714-22. doi: 10.1016/j.ejpn.2016.05.011. Epub 2016 May 30.
- 349 Dourousset C1, Gay C1, Magnin S2, Acquaviva C3, Patural H4.[Sulfite oxidase activity deficiency caused by cofactor molybdenum deficiency: A case of early severe encephalopathy]. *Arch Pediatr.* 2016 Mar;23(3):292-6. doi: 10.1016/j.arcped.2015.12.005. Epub 2016 Jan 8.
- 350 Lanzotti V1. The analysis of onion and garlic. *J Chromatogr A.* 2006 Apr 21;1112(1-2):3-22. Epub 2006 Jan 18.
- 351 Pereira MM1, Haniadka R, Chacko PP, Palatty PL, Baliga MS. *Zingiber officinale* Roscoe (ginger) as an adjuvant in cancer treatment: a review. *J BUON.* 2011 Jul-Sep;16(3):414-24.
- 352 Mózsik G. Capsaicin as new orally applicable gastroprotective and therapeutic drug alone or in combination with nonsteroidal anti-inflammatory drugs in healthy human subjects and in patients. *Prog Drug Res.* 2014;68:209-58.
- 353 T.P. Riley, J.M. Neal-McKinney, D.R. Buelow, M.E. Konkel, S.M. Simasko Capsaicin-sensitive vagal afferent neurons contribute to the detection of pathogenic bacterial colonization in the gut *J Neuroimmunol.* Author manuscript; available in PMC 2014 Oct 7.
- 354 Marcela Hernández-Ortega, 1 Alicia Ortiz-Moreno, 1 ,* María Dolores Hernández-Navarro, 2 Germán Chamorro-Cevallos, 3 Lidia Dorantes-Alvarez, 1 and Hugo Necochea-Mondragón 4 Antioxidant, Antinociceptive, and Anti-Inflammatory Effects of Carotenoids Extracted from Dried Pepper (*Capsicum annum* L.). *J Biomed Biotechnol.* 2012; 2012: 524019. Published online 2012 Oct 2. doi: 10.1155/2012/524019 PMID: PMC3468166
- 355 Shruthi Eshwar,1,* Rekha K,1 Vipin Jain,1 Supriya Manvi,2 Shivani Kohli,3 and Shekhar Bhatia4 Comparison of Dill Seed Oil Mouth Rinse and Chlorhexidine Mouth Rinse on Plaque Levels and Gingivitis - A Double Blind Randomized Clinical Trial. *Open Dent J.* 2016; 10: 207-213. Published online 2016 May 11. doi: 10.2174/1874210601610010207 PMID: PMC4911748
- 356 Priyanga Ranasinghe,1 Shehani Pigera,1 GA Sirimal Premakumara,2 Priyadarshani Galappaththy,1 Godwin R Constantine,3 and Prasad Katulanda3 Medicinal properties of 'true' cinnamon (*Cinnamomum zeylanicum*): a systematic review. *BMC Complement Altern Med.* 2013; 13: 275. Published online 2013 Oct 22. doi: 10.1186/1472-6882-13-275 PMID: PMC3854496

REFERENCES

- 357 Maria Cavinato,1,3 Birgit Waltenberger,2,3 Giorgia Baraldo,1,3 Carla V. C. Grade,4 Hermann Stuppner,2,3 and Pidder Jansen-Dürr1,3 Plant extracts and natural compounds used against UVB-induced photoaging. *Biogerontology*. 2017; 18(4): 499-516. Published online 2017 Jul 12. doi: 10.1007/s10522-017-9715-7 PMID: PMC5514221
- 358 Holm T, Brøgger-Jensen MR, Johnson L, Kessel L. Glutathione preservation during storage of rat lenses in optisol-GS and castor oil. *PLoS One*. 2013 Nov 19;8(11):e79620. doi: 10.1371/journal.pone.0079620. eCollection 2013.
- 359 Radosław Kowalski,1,2,‡* Tomasz Baj,3,‡ Grażyna Kowalska,4,‡ and Urszula Pankiewicz1,‡ Estimation of Potential Availability of Essential Oil in Some Brands of Herbal Teas and Herbal Dietary Supplements. *PLoS One*. 2015; 10(6): e0130714. Published online 2015 Jun 25. doi: 10.1371/journal.pone.0130714 PMID: PMC4482474
- 360 Fei Ke, Praveen Kumar Yadav,1 and Liu Zhan Ju1 Herbal Medicine in the Treatment of Ulcerative Colitis. *Saudi J Gastroenterol*. 2012 Jan-Feb; 18(1): 3-10. doi: 10.4103/1319-3767.91726 PMID: PMC3271691
- 361 Masoud Sabouri Ghannad,1,* Avid Mohammadi,1 Sohayla Safiallah,1 Javad Faradmal,2 Mona Azizi,1 and Zohreh Ahmadvand1 The Effect of Aqueous Extract of *Glycyrrhiza glabra* on Herpes Simplex Virus 1. *Jundishapur J Microbiol*. 2014 Jul; 7(7): e11616. Published online 2014 Jul 1. doi: 10.5812/jjm.11616 PMID: PMC4216581
- 362 Jay D. Amsterdam, MD,a Yimei Li, MS,b Irene Soeller, MSN, CRNP,a Kenneth Rockwell, MS, PharmD,c Jun James Mao, MD,d and Justine Shults, PhD A RANDOMIZED, DOUBLE-BLIND, PLACEBO-CONTROLLED TRIAL OF ORAL MATRICARIA RECUTITA (CHAMOMILE) EXTRACT THERAPY OF GENERALIZED ANXIETY DISORDER. *J Clin Psychopharmacol*. 2009 Aug; 29(4): 378-382. doi: 10.1097/JCP.0b013e3181ac935c PMID: PMC3600416 NIHMSID: NIHMS438883
- 363 Agnieszka Fischer,1 Barbara Brodziak-Dopierała,1,* Krzysztof Loska,2 and Jerzy Stojko1 The Assessment of Toxic Metals in Plants Used in Cosmetics and Cosmetology. *Int J Environ Res Public Health*. 2017 Oct; 14(10): 1280. Published online 2017 Oct 24. doi: 10.3390/ijerph14101280 PMID: PMC5664780
- 364 Anastasia-Varvara Ferlemi and Fotini N. Lamari* Berry Leaves: An Alternative Source of Bioactive Natural Products of Nutritional and Medicinal Value Antioxidants (Basel). 2016 Jun; 5(2): 17. Published online 2016 Jun 1. doi: 10.3390/antiox5020017 PMID: PMC4931538
- 365 Durgo K1, Belščak-Cvitanović A, Stančić A, Franekić J, Komes D. The bioactive potential of red raspberry (*Rubus idaeus* L.) leaves in exhibiting cytotoxic and cytoprotective activity on human laryngeal carcinoma and colon adenocarcinoma. *J Med Food*. 2012 Mar; 15(3):258-68. doi: 10.1089/jmf.2011.0087. Epub 2011 Nov 14.
- 366 Adisakwattana S1, Ruengsamran T, Kampa P, Sompong W. In vitro inhibitory effects of plant-based foods and their combinations on intestinal α -glucosidase and pancreatic α -amylase. *BMC Complement Altern Med*. 2012 Jul 31;12:110. doi: 10.1186/1472-6882-12-110.

REFERENCES

- 367 Wróbel K1, Wróbel K, Urbina EM. Determination of total aluminum, chromium, copper, iron, manganese, and nickel and their fractions leached to the infusions of black tea, green tea, *Hibiscus sabdariffa*, and *Ilex paraguariensis* (mate) by ETA-AAS. *Biol Trace Elem Res*. 2000 Winter;78(1-3):271-80.
- 368 Hadi A1, Pourmasoumi M1, Kafeshani M1, Karimian J2, Maracy MR3, Entezari MH1. The Effect of Green Tea and Sour Tea (*Hibiscus sabdariffa* L.) Supplementation on Oxidative Stress and Muscle Damage in Athletes. *J Diet Suppl*. 2017 May 4;14(3):346-357. Epub 2016 Oct 13.
- 369 Wungsintaweekul B1, Umehara K, Miyase T, Noguchi H. Estrogenic and anti-estrogenic compounds from the Thai medicinal plant, *Smilax corbularia* (Smilacaceae). *Phytochemistry*. 2011 Apr;72(6):495-502. doi: 10.1016/j.phytochem.2010.12.018.
- 370 She T1, Feng J2, Lian S2, Li R1, Zhao C2, Song G1, Luo J1, Dawuti R1, Cai S3, Qu L2, Shou C2. *Sarsaparilla* (*Smilax glabra* Rhizome) Extract Activates Redox-Dependent ATM/ATR Pathway to Inhibit Cancer Cell Growth by S Phase Arrest, Apoptosis, and Autophagy. *Nutr Cancer*. 2017 Nov 7:1-9. doi: 10.1080/01635581.2017.1362447.
- 371 Oplatońska-Stachowiak M1, Elliott CT1. Food colors: Existing and emerging food safety concerns. *Crit Rev Food Sci Nutr*. 2017 Feb 11;57(3):524-548.
- 372 Das Gupta S1, Patel M2, Wahler J1, Bak MJ1, Wall B1, Lee MJ1, Lin Y3,4, Shih WJ3,4, Cai L2,4, Yang CS1,4, Suh N5,4. Differential Gene Regulation and Tumor-Inhibitory Activities of Alpha-, Delta-, and Gamma-Tocopherols in Estrogen-Mediated Mammary Carcinogenesis. *Cancer Prev Res (Phila)*. 2017 Sep 28. doi: 10.1158/1940-6207.CAPR-17-0190.
- 373 Shehata AA1, Schrödl W, Aldin AA, Hafez HM, Krüger M. The effect of glyphosate on potential pathogens and beneficial members of poultry microbiota in vitro. *Curr Microbiol*. 2013 Apr;66(4):350-8. doi: 10.1007/s00284-012-0277-2. Epub 2012 Dec 9.
- 374 Krüger M1, Shehata AA, Schrödl W, Rodloff A. Glyphosate suppresses the antagonistic effect of *Enterococcus* spp. on *Clostridium botulinum*. *Anaerobe*. 2013 Apr;20:74-8. doi: 10.1016/j.anaerobe.2013.01.005. Epub 2013 Feb 6.
- 375 Rivière A1, Selak M1, Lantin D1, Leroy F1, De Vuyst L1. Bifidobacteria and Butyrate-Producing Colon Bacteria: Importance and Strategies for Their Stimulation in the Human Gut. *Front Microbiol*. 2016 Jun 28;7:979. doi: 10.3389/fmicb.2016.00979. eCollection 2016.
- 376 O'Callaghan A1, van Sinderen D1. Bifidobacteria and Their Role as Members of the Human Gut Microbiota. *Front Microbiol*. 2016 Jun 15;7:925. doi: 10.3389/fmicb.2016.00925. eCollection 2016.
- 377 Qixiao Zhai,a,c Fengwei Tian,a,c Jianxin Zhao,a Hao Zhang,a,c Arjan Narbad,c,d and Wei Chena,b,c Oral Administration of Probiotics Inhibits Absorption of the Heavy Metal Cadmium by Protecting the Intestinal Barrier *Appl Environ Microbiol*. 2016 Jul 15; 82(14): 4429-4440. Published online 2016 Jun 30. Prepublished online 2016 May 20. doi: 10.1128/AEM.00695-16 PMCID: PMC4959197

REFERENCES

- 378 Aldajani MM¹, Vanicek CN^{1,2}, Alhazzaa N^{1,3}, Lysy T¹, Agarwal R¹, Geibel JP¹. Acute Effects of Vitamin C Exposure On Colonic Crypts: Direct Modulation of pH Regulation. *Cell Physiol Biochem*. 2017 Nov 13;44(1):377-387. doi: 10.1159/000484914. [Epub ahead of print]
- 379 Tan B¹, Luo HQ¹, Xu H², Lv NH³, Shi RH⁴, Luo HS⁵, Li JS⁶, Ren JL⁷, Zou YY⁸, Li YQ⁹, Ji F¹⁰, Fang JY¹¹, Qian JM¹ Polaprezinc combined with clarithromycin-based triple therapy for Helicobacter pylori-associated gastritis: A prospective, multicenter, randomized clinical trial. *PLoS One*. 2017 Apr 13;12(4):e0175625. doi: 10.1371/journal.pone.0175625. eCollection 2017.
- 380 Higashimura Y, Takagi T, Naito Y. Zinc and gastrointestinal disorders. *Nihon Rinsho*. 2016 Jul;74(7):1121-5. [Article in Japanese]
- 381 Junling Han, A, B, C, D, E, F Huiling Lin, A, B, C, D, E, F and Weiping Huang, A, C, D, G Modulating gut microbiota as an anti-diabetic mechanism of berberine *Med Sci Monit*. 2011; 17(7): RA164-RA167. Published online 2011 Jul 1. doi: 10.12659/MSM.881842 PMID: PMC3539561
- 382 Xin-Pei Wang, #1 Fan Lei, #2 Feng Du, 3 Yu-Shuang Chai, 1 Jing-Fei Jiang, 1 Yu-Gang Wang, 4 Xuan Yu, 1 Xiao-Jin Yan, 1 Dong-Ming Xing, 1 and Li-Jun Du 1,* Protection of Gastrointestinal Mucosa from Acute Heavy Alcohol Consumption: The Effect of Berberine and Its Correlation with TLR2, 4/IL1 β -TNF α Signaling. *PLoS One*. 2015; 10(7): e0134044. Published online 2015 Jul 30. doi: 10.1371/journal.pone.0134044 PMID: PMC4520689
- 383 James H. Cross, 1 Richard S. Bradbury, 1,2 Anthony J. Fulford, 1,3 Amadou T. Jallow, 1 Rita Wegmüller, 1 Andrew M. Prentice, 1,3 and Carla Ceramia, 4 Oral iron acutely elevates bacterial growth in human serum. *Sci Rep*. 2015; 5: 16670. Published online 2015 Nov 23. doi: 10.1038/srep16670 PMID: PMC4655407
- 384 Seiko Ishida, a, 1 Pénélope Andreux, b Carole Poitry-Yamate, c Johan Auwerx, b and Douglas Hanahan, 1 Bioavailable copper modulates oxidative phosphorylation and growth of tumors. *Proc Natl Acad Sci U S A*. 2013 Nov 26; 110(48): 19507-19512. Published online 2013 Nov 11. doi: 10.1073/pnas.1318431110 PMID: PMC3845132
Medical Sciences
- 385 Hsieh SK¹, Xu JR¹, Lin NH¹, Li YC¹, Chen GH¹, Kuo PC², Chen WY³, Tzen JTC⁴. Antibacterial and laxative activities of strictinin isolated from Pu'er tea (*Camellia sinensis*). *J Food Drug Anal*. 2016 Oct;24(4):722-729. doi: 10.1016/j.jfda.2016.03.014. Epub 2016 Jun 21.
- 386 Li G¹, Wang Q¹, Qian Y¹, Zhou Y¹, Wang R¹, Zhao X¹. Component analysis of Pu-erh and its anti-constipation effects. *Mol Med Rep*. 2014 May;9(5):2003-9. doi: 10.3892/mmr.2014.2009. Epub 2014 Mar 5.
- 387 Toku Takahashi Mechanism of Interdigestive Migrating Motor Complex. *Neurogastroenterol Motil*. 2012 Jul; 18(3): 246-257. Published online 2012 Jul 10. doi: 10.5056/jnm.2012.18.3.246 PMID: PMC3400812
- 388 Sloots CE¹, Felt-Bersma RJ, West RL, Kuipers EJ. Stimulation of defecation: effects of coffee use and nicotine on rectal tone and visceral sensitivity. *Scand J Gastroenterol*. 2005 Jul;40(7):808-13.

REFERENCES

- 389 Arslan GG, Eşer I. An examination of the effect of castor oil packs on constipation in the elderly. *Complement Ther Clin Pract*. 2011 Feb;17(1):58-62. doi: 10.1016/j.ctcp.2010.04.004. Epub 2010 May 18.
- 390 Sorin Tunaru,a Till F. Althoff,a Rolf M. Nüsing,b Martin Diener,c and Stefan Offermannsa,d,1 Castor oil induces laxation and uterus contraction via ricinoleic acid activating prostaglandin EP3 receptors *Proc Natl Acad Sci U S A*. 2012 Jun 5; 109(23): 9179-9184. Published online 2012 May 21. doi: 10.1073/pnas.1201627109 PMID: 22615395
- 391 Badaró MM1, Salles MM1, Leite VMF1, Arruda CNF1, Oliveira VC1, Nascimento CD1, Souza RF1, Paranhos HFO1, Silva-Lovato CH1. Clinical trial for evaluation of *Ricinus communis* and sodium hypochlorite as denture cleanser. *J Appl Oral Sci*. 2017 May-Jun;25(3):324-334. doi: 10.1590/1678-7757-2016-0222.
- 392 Andrade IM1, Andrade KM2, Pisani MX1, Silva-Lovato CH1, de Souza RF1, Paranhos Hde F1. Trial of an experimental castor oil solution for cleaning dentures. *Braz Dent J*. 2014 Jan-Feb;25(1):43-7.
- 393 Salles MM, Badaró MM, Arruda CN, Leite VM, Silva CH, Watanabe E, Oliveira Vde C, Paranhos Hde F. Antimicrobial activity of complete denture cleanser solutions based on sodium hypochlorite and *Ricinus communis* - a randomized clinical study. *J Appl Oral Sci*. 2015 Nov-Dec; 23(6):637-42.
- 394 Holm T, Brøgger-Jensen MR, Johnson L, Kessel L. Glutathione preservation during storage of rat lenses in optisol-GS and castor oil. *PLoS One*. 2013 Nov 19;8(11):e79620. doi: 10.1371/journal.pone.0079620. eCollection 2013
- 395 Kennedy D and Keaton D. Evidence for the Topical Application of Castor oil: A Systematic Review. CCM. Presentation 2010 AANP
- 396 Vieira C et al. Effect of ricinoleic acid in acute and subchronic experimental models of inflammation. *Mediators Inflamm*. 2000;9(5):223-8.
- 397 Grady H. Immunomodulation through castor oil packs. *The Journal of Naturopathic Medicine*. Volume 7 Jan 1 1998; 7(1): 84-9
- 398 Walker SC1, Trotter PD2, Swaney WT2, Marshall A3, Mcglone FP4. C-tactile afferents: Cutaneous mediators of oxytocin release during affiliative tactile interactions? *Neuropeptides*. 2017 Aug;64:27-38. doi: 10.1016/j.npep.2017.01.001. Epub 2017 Jan 19.
- 399 Koizumi K, Sato A, Terui N. Role of somatic afferents in autonomic system control of the intestinal motility. *Brain Res*. 1980 Jan 20;182(1):85-97.
- 400 Rolls ET et al. Representations of pleasant and painful touch in the human orbitofrontal and cingulate cortices. *Cereb Cortex*. 2003 Mar;13(3):308-17.
- 401 Walker SC1, Trotter PD2, Swaney WT2, Marshall A3, Mcglone FP4. C-tactile afferents: Cutaneous mediators of oxytocin release during affiliative tactile interactions? *Neuropeptides*. 2017 Aug;64:27-38. doi: 10.1016/j.npep.2017.01.001. Epub 2017 Jan 19.

REFERENCES

- 402 Bruno Bordoni¹ and Emiliano Zanier² Anatomic connections of the diaphragm: influence of respiration on the body system. *J Multidiscip Healthc.* 2013; 6: 281–291. Published online 2013 Jul 25. doi: 10.2147/JMDH.S45443 PMID: PMC3731110
- 403 <https://www.edgarcayce.org/the-readings/meditation-for-everyone/7-steps-to-meditation/?id=1580>
- 404 Sahand Sohrabi, 1 Reza Malekzadeh, 1 Reza Ansari, 1,* and Farin Kamangar 1, 2 Squatting and Risk of Colorectal Cancer: A Case-Control Study. *Middle East J Dig Dis.* 2012 Jan; 4(1): 23–27. PMID: PMC4017696
- 405 Anderson JW¹, Baird P, Davis RH Jr, Ferreri S, Knudtson M, Koraym A, Waters V, Williams CL. Health benefits of dietary fiber. *Nutr Rev.* 2009 Apr; 67(4):188–205. doi: 10.1111/j.1753-4887.2009.00189.x.
- 406 Agricultural Research Service; U.S. Department of Agriculture. Dietary fiber (g): usual intakes from food and water, 2003–2006, compared to adequate intakes. What we eat in America, NHANES 2003–2006. Updated April 1, 2010 [cited 2012 Feb 20]. Available from: http://www.ars.usda.gov/SP2UserFiles/Place/12355000/pdf/0506/usual_nutrient_intake_dietary_fiber_2003-06.pdf
- 407 Ganji V¹, Kies CV. Psyllium husk fibre supplementation to soybean and coconut oil diets of humans: effect on fat digestibility and faecal fatty acid excretion. *Eur J Clin Nutr.* 1994 Aug; 48(8):595–7.
- 408 Perales-García A¹, Estévez-Martínez I, Urrialde R. Hydration: certain basic aspects for developing technical and scientific parameters into the nutrition knowledge *Nutr Hosp.* 2016 Jul 12; 33(Suppl 4):338. doi: 10.20960/nh.338.
- 409 Hirokazu Ibuka, 1, 2 Masashi Ishihara, 3 Akio Suzuki, 3 Hajime Kagaya, 4 Masahito Shimizu, 5 Yasutomi Kinosada, 1 and Yoshinori Itoh 3 Antacid attenuates the laxative action of magnesia in cancer patients receiving opioid analgesic. *J Pharm Pharmacol.* 2016 Sep; 68(9): 1214–1221. Published online 2016 Jun 30. doi: 10.1111/jphp.12600 PMID: PMC5129525
- 410 Donald A. Vessey The biochemical basis for the conjugation of bile acids with either glycine or taurine. *Biochem J.* 1978 Aug 15; 174(2): 621–626. PMID: PMC1185955
- 411 Yu-Ping Hsiao, Wan-Wen Lai, Shi-Bei Wu, Chung-Hung Tsai, Sheau-Chung Tang, Jing-Gung Chung, Jen-Hung Yang Triggering Apoptotic Death of Human Epidermal Keratinocytes by Malic Acid: Involvement of Endoplasmic Reticulum Stress- and Mitochondria-Dependent Signaling Pathways *Toxins (Basel)* 2015 Jan; 7(1): 81–96. Published online 2015 Jan 9. doi: 10.3390/toxins7010081 PMID: PMC4303815

REFERENCES

- 412 Wang J1, Liu Y, Zhou LJ, Wu Y, Li F, Shen KF, Pang RP, Wei XH, Li YY, Liu XG. Magnesium L-threonate prevents and restores memory deficits associated with neuropathic pain by inhibition of TNF- α . *Pain Physician*. 2013 Sep-Oct;16(5):E563-75.
- 413 Grases F1, Rodriguez A2, Costa-Bauza A2. Efficacy of Mixtures of Magnesium, Citrate and Phytate as Calcium Oxalate Crystallization Inhibitors in Urine. *J Urol*. 2015 Sep;194(3):812-9. doi: 10.1016/j.juro.2015.03.099. Epub 2015 Mar 26.
- 414 Douglas TEL1, Łapa A2, Samal SK3,4, Declercq HA5, Schaubroeck D6, Mendes AC7, der Voort PV8, Dokupil A9, Plis A9, De Schamphelaere K10, Chronakis IS7, Pamuła E2, Skirtach AG1,4. Enzymatic, urease-mediated mineralization of gellan gum hydrogel with calcium carbonate, magnesium-enriched calcium carbonate and magnesium carbonate for bone regeneration applications. *J Tissue Eng Regen Med*. 2017 Jun 1. doi: 10.1002/term.2273.
- 415 Hosni A1, Rosewall T1, Craig T1, Kong V2, Bayley A1, Berlin A1, Bristow R1, Catton C1, Warde P1, Chung P3. The effect of bowel preparation regime on interfraction rectal filling variation during image guided radiotherapy for prostate cancer. *Radiat Oncol*. 2017 Mar 9;12(1):50. doi: 10.1186/s13014-017-0787-y.
- 416 Uenishi K1, Tokiwa M2, Kato S3,4, Shiraki M5. Stimulation of intestinal calcium absorption by orally administered vitamin D3 compounds: a prospective open-label randomized trial in osteoporosis. *Osteoporos Int*. 2018 Mar;29(3):723-732. doi: 10.1007/s00198-017-4351-2. Epub 2017 Dec 23.
- 417 Greenhalgh I1, Butler AR. Sanatoria revisited: sunlight and health. *J R Coll Physicians Edinb*. 2017 Sep;47(3):276-280. doi: 10.4997/JRCPE.2017.314.
- 418 Nielsen OH1, Rejnmark L2, Moss AC3. Role of Vitamin D in the Natural History of Inflammatory Bowel Disease. *J Crohns Colitis*. 2018 Feb 24. doi: 10.1093/ecco-jcc/jjy025.
- 419 Poole A1, Song Y1,2, Brown H1, Hart PH3, Zhang GB1,2,3,4. Cellular and molecular mechanisms of vitamin D in food allergy. *J Cell Mol Med*. 2018 Mar 25. doi: 10.1111/jcmm.13607. [Epub ahead of print]
- 420 Mazokopakis E1, Papadomanolaki M, Skarakis SN, Tsekouras K. Primary and secondary hyperparathyroidism among vitamin D deficient Hashimoto's thyroiditis patients and the need for a parathyroid scan. *Hell J Nucl Med*. 2017 Sep-Dec;20(3):258-259. doi: 10.1967/s002449910613. Epub 2017 Nov 27.
- 421 Alpsoy S1, Akyüz A, Akkoyun DC, Gür DÖ, Topcu B, Tülübas F. Vitamin D levels in white coat and sustained hypertension. *Blood Press Monit*. 2016 Jun;21(3):131-5. doi: 10.1097/MBP.000000000000171.

REFERENCES

- 422 Metlaine A1,2, Sauvet F1,3, Gomez-Merino D1,3, Boucher T4, Elbaz M1,2, Delafosse JY2, Leger D1,2, Chennaoui M1,3. Sleep and biological parameters in professional burnout: A psychophysiological characterization. *PLoS One*. 2018 Jan 31;13(1):e0190607. doi: 10.1371/journal.pone.0190607. eCollection 2018.
- 423 Trevor G. Marshall¹ and Trudy J. Rumann Heil² Electrosmog and autoimmune disease. *Immunol Res*. 2017; 65(1): 129-135. Published online 2016 Jul 13. doi: 10.1007/s12026-016-8825-7 PMID: PMC5406447
- 424 Hoseinzadeh E1, Taha P2, Wei C3, Godini H4, Ashraf GM5, Taghavi M6, Miri M7. The impact of air pollutants, UV exposure and geographic location on vitamin D deficiency. *Food Chem Toxicol*. 2018 Mar;113:241-254. doi: 10.1016/j.fct.2018.01.052. Epub 2018 Feb 1.