

Naked Food Magazine | Summer 2020
References, Citations and Sources

We Are What They Eat By Michael Greger, MD

1. [Wong JM. Gut microbiota and cardiometabolic outcomes: influence of dietary patterns and their associated components. Am J Clin Nutr. 2014 Jul;100 Suppl 1:369S-77S.](#)
2. [Tuohy KM, Fava F, Viola R. "The way to a man's heart is through his gut microbiota"--dietary pro- and prebiotics for the management of cardiovascular risk. Proc Nutr Soc. 2014 May;73\(2\):172-85.](#)
3. [Markiewicz LH, Honke J, Haros M, Świętecka D, Wróblewska B. Diet shapes the ability of human intestinal microbiota to degrade phytate--in vitro studies. J Appl Microbiol. 2013 Jul;115\(1\):247-59.](#)
4. [Kim MS, Hwang SS, Park EJ, Bae JW. Strict vegetarian diet improves the risk factors associated with metabolic diseases by modulating gut microbiota and reducing intestinal inflammation. Environ Microbiol Rep. 2013 Oct;5\(5\):765-75.](#)
5. [Tilg H, Moschen AR. Microbiota and diabetes: an evolving relationship. Gut. 2014 Sep;63\(9\):1513-21.](#)
6. [Hehemann JH1, Kelly AG, Pudlo NA, Martens EC, Boraston AB. Bacteria of the human gut microbiome catabolize red seaweed glycans with carbohydrate-active enzyme updates from extrinsic microbes. Proc Natl Acad Sci U S A. 2012 Nov 27;109\(48\):19786-91.](#)
7. [Drasar BS, Renwick AG, Williams RT. The role of the gut flora in the metabolism of cyclamate. Biochem J. 1972 Oct;129\(4\):881-90.](#)
8. [Wise PM, Eades J, Tjoa S, Fennessey PV, Preti G. Individuals reporting idiopathic malodor production: demographics and incidence of trimethylaminuria. Am J Med. 2011 Nov;124\(11\):1058-63.](#)
9. [Tripolt NJ, Leber B, Triebel A, Köfeler H, Stadlbauer V, Sourij H. Effect of Lactobacillus casei Shirota supplementation on trimethylamine-N-oxide levels in patients with metabolic syndrome: An open-label, randomized study. Atherosclerosis. 2015 Sep;242\(1\):141-4.](#)
10. [Ferguson JF. Meat-loving microbes: do steak-eating bacteria promote atherosclerosis? Circ Cardiovasc Genet. 2013 Jun;6\(3\):308-9.](#)
11. [Gaci N, Borrel G, Tottey W, O'Toole PW, Brugère JF. Archaea and the human gut: new beginning of an old story. World J Gastroenterol. 2014 Nov 21;20\(43\):16062-78.](#)
12. [Brown JM, Hazen SL. The gut microbial endocrine organ: bacterially derived signals driving cardiometabolic diseases. Annu Rev Med. 2015;66:343-59.](#)
13. [Mendelsohn AR, Larrick JW. Dietary modification of the microbiome affects risk for cardiovascular disease. Rejuvenation Res. 2013 Jun;16\(3\):241-4.](#)
14. [Brugère JF, Borrel G, Gaci N, Tottey W, O'Toole PW, Malpuech-Brugère C. Archaeobiotics: proposed therapeutic use of archaea to prevent trimethylaminuria and cardiovascular disease. Gut Microbes. 2014 Jan-Feb;5\(1\):5-10.](#)
15. [Koeth RA, Wang Z, Levison BS, Buffa JA, Org E, Sheehy BT, Britt EB, Fu X, Wu Y, Li L, Smith JD, DiDonato JA, Chen J, Li H, Wu GD, Lewis JD, Warrier M, Brown JM, Krauss RM, Tang WH, Bushman FD, Lusis AJ, Hazen SL. Intestinal microbiota metabolism of L-carnitine, a nutrient in red meat, promotes atherosclerosis. Nat Med. 2013 May;19\(5\):576-85.](#)
16. [Tang WH, Hazen SL. The contributory role of gut microbiota in cardiovascular disease. J Clin Invest. 2014 Oct;124\(10\):4204-11.](#)
17. [Wang Z, Klipfell E, Bennett BJ, Koeth R, Levison BS, Dugar B, Feldstein AE, Britt EB, Fu X, Chung YM, Wu Y, Schauer P, Smith JD, Allayee H, Tang WH, DiDonato JA, Lusis AJ, Hazen SL. Gut flora metabolism of phosphatidylcholine promotes cardiovascular disease. Nature. 2011 Apr 7;472\(7341\):57-63.](#)
18. [Busby MG, Fischer L, da Costa KA, Thompson D, Mar MH, Zeisel SH. Choline- and betaine-defined diets for use in clinical research and for the management of trimethylaminuria. J Am Diet Assoc. 2004 Dec;104\(12\):1836-45.](#)

19. [Cashman JR, Xiong Y, Lin J, Verhagen H, van Poppel G, van Bladeren PJ, Larsen-Su S, Williams DE. In vitro and in vivo inhibition of human flavin-containing monooxygenase form 3 \(FMO3\) in the presence of dietary indoles. *Biochem Pharmacol.* 1999 Sep 15;58\(6\):1047-55.](#)
20. [Ferrari ND 3rd, Nield LS. Smelling like dead fish: a case of trimethylaminuria in an adolescent. *Clin Pediatr \(Phila\).* 2006 Nov;45\(9\):864-6.](#)
21. [Koeth RA, Wang Z, Levison BS, Buffa JA, Org E, Sheehy BT, Britt EB, Fu X, Wu Y, Li L, Smith JD, DiDonato JA, Chen J, Li H, Wu GD, Lewis JD, Warrier M, Brown JM, Krauss RM, Tang WH, Bushman FD, Lusis AJ, Hazen SL. Supplemental materials for: Intestinal microbiota metabolism of L-carnitine, a nutrient in red meat, promotes atherosclerosis. *Nat Med.* 2013 May;19\(5\):576-85.](#)
22. [Neill AR, Grime DW, Dawson RM. Conversion of choline methyl groups through trimethylamine into methane in the rumen. *Biochem J.* 1978 Mar 15;170\(3\):529-35.](#)
23. [Zhang X, Shu XO, Xiang YB, Yang G, Li H, Gao J, Cai H, Gao YT, Zheng W. Cruciferous vegetable consumption is associated with a reduced risk of total and cardiovascular disease mortality. *Am J Clin Nutr.* 2011 Jul;94\(1\):240-6.](#)
24. [Panda A, Arjona A, Sapey E, Bai F, Fikrig E, Montgomery RR, Lord IM, Shaw AC. Human innate immunosenescence: causes and consequences for immunity in old age. *Trends Immunol.* 2009 Jul; 30\(7\):325-33.](#)
25. [Centers for Disease Control and Prevention. 2012. Deaths: Preliminary data for 2010](#)
26. [Centers for Disease Control and Prevention. 2010. Causes of Death by Age Group 2008.](#)
27. [J. D. Edgar, A. Gibson, C. E. Neville, S. E. C. M. Gilchrist, M. C. Mckinley, C. C. Patterson, I. S. Young and J. V. Woodside. Increased fruit and vegetable consumption improves antibody response to vaccination in older people: the ADIT study. *Proceedings of the Nutrition Society \(2010\).* 69 \(OCE3\), E238.](#)

The Gut and Its Microflora, By John McDougall, MD

1. *J Nutr* 105:878, 1975
2. *J Perinat Med* 26:186, 1998
3. *BMJ* 3:338, 1973
4. *Am J Clin Nutr* 69:1035S, 1999
5. *Br J Nutr* 80:S197, 1998
6. *Bifidobacteria and Microflora* 5:37, 1986
7. *J Pediatr* 41:395, 1952
8. *Pediatrics* 88:90, 1991
9. *J Pediatr Gastroenterol Nutr* 21:125, 1995;
10. *J Pediatr* 84:261, 1974
11. *Lancet* 344:1046, 1994
12. *J Dairy Sci* 73:2702, 1990
13. *Appl Microbiol* 29:7, 1975
14. *Bifidobacteria and Microflora* 13:65, 1994

15. *Scand J Gastroenterol* 23:277, 1988
16. *Nutr Cancer* 14:239, 1990
17. *Am J Clin Nutr* 63:709, 1996
18. *Br J Nutr* 80:S219, 1998
19. *Lancet* 2:472, 1971
20. *Rev Infect Dis* 6(suppl 1):S85, 1984
21. *N Engl J Med* 307:1542, 1982
22. *Proc Soc Exp Biol Med* 217:335, 1998
23. *Eur J Clin Nutr* 52:850, 1998
24. *Immunopharmacol Immunotoxicol* 14:331, 1992
25. *J Allergy Clin Immunol* 99:179, 1997
26. *Br J Rheumatol* 1997 36:64, 1997
27. *Adv Exp Med Biol* 427:211, 1997
28. *Br J Nutr* 80:S225, 1998
29. *J Appl Bacteriol* 66:365, 1989
30. *Biotherapy* 8:126, 1995
31. *Lancet* 2:1519, 1987
32. *J Pediatr Gastroenterol Nutr* 21:125, 1995
33. *J Pediatr* 84:261, 1974
34. *J Nutr* 125:1401, 1995
35. *BMJ* 318:999, 1999
36. *J Dairy Sci* 78:1597, 1995

Human Health and Ems By Michele Lastella

1. Karlis, Nicole. "Move over, SpaceX – Amazon Is Sending Its Own Satellites into Orbit." *Salon*, Salon.com, 4 Aug. 2020, www.salon.com/2020/08/03/amazon-satellites-project-kuiper-fcc/.
2. Space Debris by the Numbers." *ESA*, www.esa.int/Safety_Security/Space_Debris/Space_debris_by_the_numbers.
3. Ross, Christina L, et al. "The Effect of Low-Frequency Electromagnetic Field on Human Bone Marrow Stem/Progenitor Cell Differentiation." *Stem Cell Research*, U.S. National Library of Medicine, July 2015, www.ncbi.nlm.nih.gov/pmc/articles/PMC4516580/.
4. Pmg. "Hazards of EMFs and RF Microwave Radiation." *Scientists for Wired Technology*, 7 Dec. 2018, scientists4wiredtech.com/2017/03/rfr-hazards/.

5. "Cell Phone Radio Frequency Radiation." *National Institute of Environmental Health Sciences*, U.S. Department of Health and Human Services, ntp.niehs.nih.gov/whatwestudy/topics/cellphones/index.html.
6. Yang, Ming, et al. "Mobile Phone Use and Glioma Risk: A Systematic Review and Meta-Analysis." *PloS One*, Public Library of Science, 4 May 2017, www.ncbi.nlm.nih.gov/pmc/articles/PMC5417432/.
7. Center for Devices and Radiological Health. "Scientific Evidence for Cell Phone Safety." *U.S. Food and Drug Administration*, FDA, www.fda.gov/radiation-emitting-products/cell-phones/scientific-evidence-cell-phone-safety.
8. Asghari, Ali, et al. "A Review on Electromagnetic Fields (EMFs) and the Reproductive System." *Electronic Physician*, Electronic Physician, 25 July 2016, www.ncbi.nlm.nih.gov/pmc/articles/PMC5014506/#b26-epj-08-2655.
9. ML, Pall. "Microwave Frequency Electromagnetic Fields (EMFs) Produce Widespread Neuropsychiatric Effects Including Depression." *Journal of Chemical Neuroanatomy*, U.S. National Library of Medicine, pubmed.ncbi.nlm.nih.gov/26300312/.
10. Wijngaarden, Edwin van, et al. "Exposure to Electromagnetic Fields and Suicide among Electric Utility Workers: a Nested Case-Control Study." *Occupational & Environmental Medicine*, BMJ Publishing Group Ltd, 1 Apr. 2000, oem.bmj.com/content/57/4/258.
11. The Independent, Mobile phone radiation wrecks your sleep. <https://www.independent.co.uk/life-style/health-and-families/health-news/mobile-phone-radiation-wrecks-your-sleep-771262.html>
12. Shahabi, Sima, et al. "Exposure to Cell Phone Radiofrequency Changes Corticotrophin Hormone Levels and Histology of the Brain and Adrenal Glands in Male Wistar Rat." *Iranian Journal of Basic Medical Sciences*, Mashhad University of Medical Sciences, Dec. 2018, www.ncbi.nlm.nih.gov/pmc/articles/PMC6312682/.
13. C, Herbert MR;Sage. "Autism and EMF? Plausibility of a Pathophysiological Link - Part I." *Pathophysiology : the Official Journal of the International Society for Pathophysiology*, U.S. National Library of Medicine, pubmed.ncbi.nlm.nih.gov/24095003/.
14. GM, Murphy. "Ultraviolet Radiation and Immunosuppression." *The British Journal of Dermatology*, U.S. National Library of Medicine, pubmed.ncbi.nlm.nih.gov/19775363/.
15. ML, Verma S;Gupta. "Radiation-Induced Hematopoietic Myelosuppression and Genotoxicity Get Significantly Countered by Active Principles of Podophyllum Hexandrum: A Study in Strain 'A' Mice." *International Journal of Radiation Biology*, U.S. National Library of Medicine, pubmed.ncbi.nlm.nih.gov/26073527/.
16. Maloney, Elizabeth L. "Controversies in Persistent (Chronic) Lyme Disease." *Journal of Infusion Nursing : the Official Publication of the Infusion Nurses Society*, Wolters Kluwer Health, Inc., 2016, www.ncbi.nlm.nih.gov/pmc/articles/PMC5102277/.
17. Stratton JA;Byfield PE;Byfield JE;Small RC;Benfield J;Pilch Y; "A Comparison of the Acute Effects of Radiation Therapy, Including or Excluding the Thymus, on the Lymphocyte Subpopulations of Cancer Patients." *The Journal of Clinical Investigation*, U.S. National Library of Medicine, pubmed.ncbi.nlm.nih.gov/1095613/.
18. Abdelhalim MA;Al-Ayed MS;Moussa SA;Abd Al-Sheri Ael-H; "The Effects of Gamma-Radiation on Red Blood Cell Corpuscles and Dimensional Properties in Rats." *Pakistan Journal of Pharmaceutical Sciences*, U.S. National Library of Medicine, pubmed.ncbi.nlm.nih.gov/26525021/.
19. Grimaldi S;Pasquali E;Barbatano L;Lisi A;Santoro N;Serafino A;Pozzi D; "Exposure to a 50 Hz Electromagnetic Field Induces Activation of the Epstein-Barr Virus Genome in Latently Infected Human Lymphoid Cells." *Journal of Environmental Pathology, Toxicology and Oncology : Official Organ of the International Society for Environmental Toxicology and Cancer*, U.S. National Library of Medicine, pubmed.ncbi.nlm.nih.gov/9276003/.
20. "The Induction of Epstein-Barr Virus Early Antigen Expression in Raji Cells by GSM Mobile Phone Radiation. Med./Bio." *EMF*, www.emf-portal.org/en/article/21619.
21. Krishnan, Vijai, et al. "Wireless Control of Cellular Function by Activation of a Novel Protein Responsive to Electromagnetic Fields." *Scientific Reports*, Nature Publishing Group UK, 8 June 2018, www.ncbi.nlm.nih.gov/pmc/articles/PMC5993716/?fbclid=IwAR3Rxt2ZqfNl9DeLJyd1ajSOIsb-uWPlJPVMw67m_jITV0dcHSIJQKOVahQ.

22. Rosado, Maria Manuela, et al. "Immune-Modulating Perspectives for Low Frequency Electromagnetic Fields in Innate Immunity." *Frontiers in Public Health*, Frontiers Media S.A., 26 Mar. 2018, www.ncbi.nlm.nih.gov/pmc/articles/PMC5879099/?fbclid=IwAR0PYcC6v8xxX5aXogxoyQq4BD6E073tZFHG0slgFJ2KR0Po0R8rrBPbGv0.
23. de Kleijn, Stan, et al. "A Short-Term Extremely Low Frequency Electromagnetic Field Exposure Increases Circulating Leukocyte Numbers and Affects HPA-Axis Signaling in Mice." *Bioelectromagnetics*, John Wiley and Sons Inc., Oct. 2016, www.ncbi.nlm.nih.gov/pmc/articles/PMC5129481/?fbclid=IwAR1-X-mj4x4mpthmC_dX11RYHMMpQvtw_lbZPKGmlutMtaj80_1RpsW8zpQ.
24. Liu, Yong, et al. "Effect of 50 Hz Extremely Low-Frequency Electromagnetic Fields on the DNA Methylation and DNA Methyltransferases in Mouse Spermatoocyte-Derived Cell Line GC-2." *BioMed Research International*, Hindawi Publishing Corporation, 2015, www.ncbi.nlm.nih.gov/pmc/articles/PMC4538330/?fbclid=IwAR0eshSBn62bVvcvPtAqLpZ6NdK6gbXaDybPkMV4CeDH_U6c57-Otm_tjk.
25. Kheifets L;Repacholi M;Saunders R;van Deventer E; "The Sensitivity of Children to Electromagnetic Fields." *Pediatrics*, U.S. National Library of Medicine, pubmed.ncbi.nlm.nih.gov/16061584/.
26. "Directory of EMF Resources." *Environmental Health Trust*, ehtrust.org/resources-to-share/directory-of-emf-resources/.
27. Medical Director of Switzerland's Paracelsus Clinic Takes Stand on Hazards of Electromagnetic Pollution | The Crazz Files says: and Can EMFs Harm Your Gut Bacteria? | Electrical Vitality says: "Electromagnetic Load: A Hidden Factor in Many Illnesses." *Marion Institute*, www.marioninstitute.org/electromagnetic-load-a-hidden-factor-in-many-illnesses/.
28. Ma, Alexandra. "A Sad Number Of Americans Sleep With Their Smartphone In Their Hand." *HuffPost*, HuffPost, 6 May 2016, www.huffpost.com/entry/smartphone-behavior-2015_n_7690448?guccounter=1.

Plant-Based Nutrition, Supplementation, And Brain Health By Tim Radak, Rd, PhD.

1. Chang CY, Ke DS, Chen JY. Essential fatty acids and human brain. *Acta Neurol Taiwan*. 2009 Dec;18(4):231-41.
2. Luchtman DW, Song C. Cognitive enhancement by omega-3 fatty acids from child-hood to old age: findings from animal and clinical studies. *Neuropharmacology*. 2013 Jan;64:550-65.
3. Youdim, K.A., Martin, A., Joseph, J.A., 2000. Essential fatty acids and the brain: possible health implications. *Int. J. Dev. Neurosci*. 18, 383e399.
4. Dyllal SC. Long-chain omega-3 fatty acids and the brain: a review of the independent and shared effects of EPA, DPA and DHA. *Front Aging Neurosci*. 2015 Apr 21;7:52.
5. Welch AA, Shakya-Shrestha S, Lentjes MA, Wareham NJ, Khaw KT. Dietary intake and status of n-3 polyunsaturated fatty acids in a population of fish-eating and non-fish-eating meat-eaters, vegetarians, and vegans and the product-precursor ratio [corrected] of α -linolenic acid to long-chain n-3 polyunsaturated fatty acids: results from the EPIC-Norfolk cohort. *Am J Clin Nutr*. 2010 Nov;92(5):1040-51.
6. Sarter B, Kelsey KS, Schwartz TA, Harris WS. Blood docosahexaenoic acid and eicosapentaenoic acid in vegans: Associations with age and gender and effects of an algal-derived omega-3 fatty acid supplement. *Clin Nutr*. 2015 Apr;34(2):212-8. doi: 10.1016/j.clnu.2014.03.003.
7. Saunders AV, Davis BC, Garg ML. Omega-3 polyunsaturated fatty acids and vegetarian diets. *Med J Aust*. 2013 Aug 19;199(4 Suppl):S22-6.
8. Burdge G. α -Linolenic acid metabolism in men and women: nutritional and biological implications. *Curr Opin Clin Nutr Metab Care*. 2004 Mar;7(2):137-44.
9. Miles FL, et al. Plasma, Urine, and Adipose Tissue Biomarkers of Dietary Intake Differ Between Vegetarian and Non-Vegetarian Diet Groups in the Adventist Health Study-2. *J Nutr*. 2019 Apr 1;149(4):667-675.

10. Venø SK, et al. Marine n-3 Polyunsaturated Fatty Acids and the Risk of Ischemic Stroke. *Stroke*. 2019 Feb;50(2):274-282.
11. Giem P, Beeson WL, Fraser GE. The incidence of dementia and intake of animal products: preliminary findings from the Adventist Health Study. *Neuroepidemiology*. 1993;12(1):28-36.
12. Beezhold BL, Johnston CS, Daigle DR. Vegetarian diets are associated with healthy mood states: a cross-sectional study in seventh day adventist adults. *Nutr J*. 2010 Jun 1;9:26. doi: 10.1186/1475-2891-9-26.
13. Beezhold B, Radnitz C, Rinne A, DiMatteo J. Vegans report less stress and anxiety than omnivores. *Nutr Neurosci*. 2014 Nov 21.
14. Food and Drug Administration. (2019). FDA takes action against 17 companies for illegally selling products claiming to treat Alzheimer's disease. Retrieved from <https://www.fda.gov/news-events/press-announcements/fda-takes-action-against-17-companies-illegally-selling-products-claiming-treat-alzheimers-disease>
15. Beezhold BL, Johnston CS. Restriction of meat, fish, and poultry in omnivores improves mood: a pilot randomized controlled trial. *Nutr J*. 2012 Feb 14;11:9. doi: 10.1186/1475-2891-11-9.
16. Chou YC, et al. Association of Diet Quality and Vegetable Variety with the Risk of Cognitive Decline in Chinese Older Adults. *Nutrients*. 2019 Jul 20;11(7).
17. Jiang X, Huang J, Song D, Deng R, Wei J, Zhang Z. Increased Consumption of Fruit and Vegetables Is Related to a Reduced Risk of Cognitive Impairment and Dementia: Meta-Analysis. *Front Aging Neurosci*. 2017 Feb 7;9:18.
18. Krikorian R, Shidler MD, Nash TA, Kalt W, Vinqvist-Tymchuk MR, Shukitt-Hale B, Joseph JA. Blueberry supplementation improves memory in older adults. *J Agric Food Chem*. 2010 Apr 14;58(7):3996-4000.
19. Wightman EL, Haskell-Ramsay CF, Thompson KG, Blackwell JR, Winyard PG, Forster J, Jones AM, Kennedy DO. Dietary nitrate modulates cerebral blood flow parameters and cognitive performance in humans: A double-blind, placebo-controlled, crossover investigation. *Physiol Behav*. 2015 Oct 1;149:149-58.
20. Boespflug EL, et al. Enhanced neural activation with blueberry supplementation in mild cognitive impairment. *Nutr Neurosci*. 2018 May;21(4):297-305.
21. Flanagan E, Müller M, Hornberger M, Vauzour D. Impact of Flavonoids on Cellular and Molecular Mechanisms Underlying Age-Related Cognitive Decline and Neurodegeneration. *Curr Nutr Rep*. 2018 Jun;7(2):49-57.
22. Zwilling CE, Talukdar T, Zamroziewicz MK, Barbey AK. Nutrient biomarker patterns, cognitive function, and fMRI measures of network efficiency in the aging brain. *Neuroimage*. 2019 Mar;188:239-251.
23. Haskell-Ramsay CF, Stuart RC, Okello EJ, Watson AW. Cognitive and mood improvements following acute supplementation with purple grape juice in healthy young adults. *Eur J Nutr*. 2017 Dec;56(8):2621-2631. doi: 10.1007/s00394-017-1454-7
24. Moore K, Hughes CF, Ward M, Hoey L, McNulty H. Diet, nutrition and the ageing brain: current evidence and new directions. *Proc Nutr Soc*. 2018 May;77(2):152-163.
25. Palacios N, Scott T, Sahasrabudhe N, Gao X, Tucker KL. Lower Plasma Vitamin B-6 is Associated with 2-Year Cognitive Decline in the Boston Puerto Rican Health Study. *J Nutr*. 2019 Apr 1;149(4):635-641.
26. Feng L, et al. The Association between Mushroom Consumption and Mild Cognitive Impairment: A Community-Based Cross-Sectional Study in Singapore. *J Alzheimers Dis*. 2019;68(1):197-203.
27. Benatar JR, Stewart RAH. Cardiometabolic risk factors in vegans; A meta-analysis of observational studies. *PLoS One*. 2018 Dec 20;13(12):e0209086.
28. Orlich MJ, et al. Vegetarian Epidemiology: Review and Discussion of Findings from Geographically Diverse Cohorts. *Adv Nutr*. 2019 Nov 1;10(Supplement_4):S284-S295. doi: 10.1093/advances/nmy109.
29. Raji CA, Erickson KI, Lopez OL, Kuller LH, Gach HM, Thompson PM, Riverol M, Becker JT. Regular fish consumption and age-related brain gray matter loss. *Am J Prev Med*. 2014 Oct;47(4):444-51. doi: 10.1016/j.amepre.2014.05.037. Epub 2014 Jul 29.

30. Vauzour D, et al. Nutrition for the ageing brain: Towards evidence for an optimal diet. *Ageing Res Rev.* 2017 May;35:222-240.
31. Eichelmann F, Schwingshackl L, Fedirko V, Aleksandrova K. Effect of plant-based diets on obesity-related inflammatory profiles: a systematic review and meta-analysis of intervention trials. *Obes Rev.* 2016 Nov;17(11):1067-1079.
32. Bodai B et al. Lifestyle Medicine: A Brief Review of Its Dramatic Impact on Health and Survival. *Perm J* 2018;22:17-025.
33. Toledo JB, et al. Metabolic network failures in Alzheimer's disease: A biochemical road map. *Alzheimers Dement.* 2017 Sep;13(9):965-984.
34. Dominguez LJ, Barbagallo M. Nutritional prevention of cognitive decline and dementia. *Acta Biomed.* 2018 Jun 7;89(2):276-290.
35. Bradbury KE, Tong TYN, Key TJ. Dietary Intake of High-Protein Foods and Other Major Foods in Meat-Eaters, Poultry-Eaters, Fish-Eaters, Vegetarians, and Vegans in UK Biobank. *Nutrients.* 2017 Dec 2;9(12). pii: E1317. doi: 10.3390/nu9121317.
36. Schüpbach R, Wegmüller R, Berguerand C, Bui M, Herter-Aeberli I. Micronutrient status and intake in omnivores, vegetarians and vegans in Switzerland. *Eur J Nutr.* 2017 Feb;56(1):283-293.
37. Rizzo NS et al. 2013. Nutrient profiles of vegetarian and nonvegetarian dietary patterns. *Journal of the Academy of Nutrition and Dietetics.* 113 (12) 1610-1619
38. Craig WJ. Health effects of vegan diets. *Am J Clin Nutr.* 2009;89(5):1627S-1633S.
39. Haddad EH, Tanzman JS. What do vegetarians in the United States eat? *Am J Clin Nutr.* 2003;78:626S-632S.
40. Haddad EH, Berk LS, Kettering JD, Hubbard RW, Peters WR. Dietary intake and biochemical, hematologic, and immune status of vegans compared with nonvegetarians. *Am J Clin Nutr.* 1999 Sep;70(3 Suppl):586S-593S.
41. Dominguez LJ, Barbagallo M. Nutritional prevention of cognitive decline and dementia. *Acta Biomed.* 2018 Jun 7;89(2):276-290.
42. Dominguez LJ, Barbagallo M. Nutritional prevention of cognitive decline and dementia. *Acta Biomed.* 2018 Jun 7;89(2):276-290.
43. Edwards Iii GA, Gamez N, Escobedo G Jr, Calderon O, Moreno-Gonzalez I. Modifiable Risk Factors for Alzheimer's Disease. *Front Aging Neurosci.* 2019 Jun 24;11:146.
44. Jackson PA, et al. Promoting brain health through exercise and diet in older adults: a physiological perspective. *J Physiol.* 2016 Aug 15; 594(16): 4485-4498.
45. Dodich A, et al. Short-term Sahaja Yoga meditation training modulates brain structure and spontaneous activity in the executive control network. *Brain Behav.* 2019 Jan;9(1):e01159.
46. Hernández SE, et al. Increased Grey Matter Associated with Long-Term Sahaja Yoga Meditation: A Voxel-Based Morphometry Study. *PLoS One.* 2016 Mar 3;11(3):e0150757.
47. Clarke TC, Black LI, Stussman BJ, Barnes PM, Nahin RL. Trends in the use of complementary health approaches among adults: United States, 2002-2012. National health statistics reports; no 79. Hyattsville, MD: National Center for Health Statistics. 2015.
48. von Schacky C. Omega-3 fatty acids in cardiovascular disease--an uphill battle. *Prostaglandins Leukot Essent Fatty Acids.* 2015 Jan;92:41-7
49. Abdelhamid AS, Brown TJ, Brainard JS, Biswas P, Thorpe GC, Moore HJ, Deane KHO, AlAbdulghafoor FK, Summerbell CD, Worthington HV, Song F, Hooper L. Omega 3 fatty acids for the primary and secondary prevention of cardiovascular disease. *Cochrane Database of Systematic Reviews* 2018, Issue 7. Art. No.: CD003177.
50. Cederholm T, Salem N Jr, Palmblad J. ω -3 fatty acids in the prevention of cognitive decline in humans. *Adv Nutr.* 2013 Nov 6;4(6):672-6.

51. Daiello LA, Gongvatana A, Dunsiger S, Cohen RA, Ott BR; Alzheimer's Disease Neuroimaging Initiative. Association of fish oil supplement use with preservation of brain volume and cognitive function. *Alzheimers Dement*. 2015 Feb;11(2):226-35. doi: 10.1016/j.jalz.2014.02.005. Epub 2014 Jun 18.
52. Dominguez LJ, Barbagallo M. Nutritional prevention of cognitive decline and dementia. *Acta Biomed*. 2018 Jun 7;89(2):276-290.
53. Rutjes AW, et al. Vitamin and mineral supplementation for maintaining cognitive function in cognitively healthy people in mid and late life. *Cochrane Database Syst Rev*. 2018 Dec 17;12:CD011906. doi: 10.1002/14651858.CD011906.pub2.
54. Kryscio RJ, Abner EL, Caban-Holt A, Lovell M, Goodman P, Darke AK, Yee M, Crowley J, Schmitt FA. Association of Antioxidant Supplement Use and Dementia in the Prevention of Alzheimer's Disease by Vitamin E and Selenium Trial (PREADViSE). *JAMA Neurol*. 2017 May 1;74(5):567-573. doi: 10.1001/jamaneurol.2016.5778.
55. Food and Drug Administration. (2019). FDA takes action against 17 companies for illegally selling products claiming to treat Alzheimer's disease. Retrieved from <https://www.fda.gov/news-events/press-announcements/fda-takes-action-against-17-companies-illegally-selling-products-claiming-treat-alzheimers-disease>
56. Cohen PA, Zakharevich I, Gerona R. Presence of Piracetam in Cognitive Enhancement Dietary Supplements. *JAMA Intern Med*. Published online November 25, 2019. doi:https://doi.org/10.1001/jamainternmed.2019.5507
57. Knopman, D. (2019). Dementia Researchers Commend FDA Crackdown on Supplement Hype. Retrieved from <https://www.alzforum.org/news/community-news/dementia-researchers-commend-fda-crackdown-supplement-hype>