# NAPOMENE

#### Uvod

- 1 K. M. Adams, W. S. Butsch, and M. Kohlmeier, "The State of Nutrition Education at US Medical Schools," *Journal of Biomedical Education*, vol. 2015 (January 2015), Article ID 357627, 7 pages. DOI:10.1155/2015/357627.
- 2 "Cancer Facts & Figures 2016," American Cancer Society, Atlanta, Georgia, 2016, http://www.cancer.org/acs/groups/content/@research/documents/document/acspc-047079.pdf, accessed 12/2/16.
- 3 "Global Cancer Facts & Figures, 3rd Edition," American Cancer Society, Atlanta, Georgia, 2015, http://www.cancer.org/acs/groups/content/@research/documents/document/acspc-044738.pdf, accessed 12/2/16.
- 4 N. Howlader et al. (eds.), "SEER Cancer Statistics Review, 1975–2013," National Cancer Institute, Bethesda, MD, April 2016, http://seer.cancer.gov/csr/1975 2013/, accessed 12/2/16.
- 5 M. Harper, "David Graham on the Vioxx Verdict," Forbes.com, August 19, 2005, http://www.forbes.com/2005/08/19/merck-vioxx-graham\_cx\_mh 0819graham.html, accessed 12/2/16.

- 1 N. Lane, *Power, Sex, Suicide: Mitochondria and the Meaning of Life* (New York: Oxford University Press, 2006), 3.
- Ibid.
- 3 Ibid, location 5926.
- 4 "Our Best Days Are Yours," Kellogg's, https://www.kelloggs.com/en\_US/who -we-are/our-history.html, accessed 12/2/16.
- 5 L. B. Wrenn, *Cinderella of the New South* (Knoxville, TN: University of Tennessee Press, 1995), 84.
- 6 T. G. Graham and D. Ramsey, The Happiness Diet (New York: Rodale Books, 2012). 25.
- 7 F. G. Mather, "Waste Products: Cotton-Seed Oil," Popular Science Monthly, May 1894, 104.
- 8 Graham and Ramsey, The Happiness Diet.

- 9 "Our Heritage," Crisco, http://www.crisco.com/about\_crisco/history.aspx, accessed 12/2/16.
- S. Gokhale, "Marketing Crisco," Weston A. Price Foundation, June 25, 2013, http://www.westonaprice.org/health-topics/marketing-crisco/, accessed 12/2/16.
- 11 Graham and Ramsey, The Happiness Diet.
- 12 T. L. Blasbalg et al., "Changes in Consumption of Omega-3 and Omega-6 Fatty Acids in the United States During the 20th Century," *American Journal of Clinical Nutrition*, 93, no. 5 (May 2011): 950–62: DOI: 10.3945/ajcn.110.006643. Epub 2011 Mar 2.
- 13 S. F. Halabi, Food and Drug Regulation in an Era of Globalized Markets (Cambridge, MA: Academic Press, 2015), 148.
- 14 T. Neltner, M. Maffini, "Generally Recognized as Secret: Chemicals Added to Food in the United States," National Resources Defense Council, April 2014, https://www.nrdc.org/sites/default/files/safety-loophole-for-chemicals-in-food-report.pdf, accessed 12/2/16.
- 15 R. J. de Souza et al., "Intake of Saturated and Trans Unsaturated Fatty Acids and Risk of All Cause Mortality, Cardiovascular Disease, and Type 2 Diabetes: Systematic Review and Meta-analysis of Observational Studies," *BMJ* (2015): 351, DOI: 10.1136/bmj.h3978.
- 16 V. T. Samuel, K. F. Petersen, and G. I. Shulman, "Lipid-induced Insulin Resistance: Unraveling the Mechanism," *Lancet*, 375, (2010): 2267–77, DOI: 10.1016/S0140-6736(10)60408-4.
- 17 K. Kavanagh et al., "Trans Fat Diet Induces Abdominal Obesity and Changes in Insulin Sensitivity in Monkeys," *Obesity*, 15, no. 7 (July 2007): 1675–84, DOI: 10.1038/obv.2007.200.
- 18 M. C. Morris et al., "Dietary fats and the risk of incident Alzheimer's disease," *Archives of Neurology*, 60, no. 2 (2003):194–200, DOI: 10.1001/archneur.60.2.194.
- 19 C. M. Benbrook, "Impacts of Genetically Engineered Crops on Pesticide Use in the U.S.—the First Sixteen Years," *Environmental Sciences Europe,* 24, no. 1 (2012): 24, DOI: 10.1186/2190-4715-24-24.
- 20 N. Defarge et al., "Co-Formulants in Glyphosate-Based Herbicides Disrupt Aromatase Activity in Human Cells below Toxic Levels," *International Journal of Environmental Research and Public Health*, 13, no. 3 (2016): 264, DOI: 10.3390 /ijerph13030264.
- 21 A. Keys, "Mediterranean Diet and Public Health: Personal Reflections," American Journal of Clinical Nutrition, 61, no. 6 supplement (1995): 1321S–1323S.
- 22 A. Keys, "Atherosclerosis: A Problem in Newer Public Health," *Journal of Mt. Sinai Hospital*, New York, 20, no. 2 (July–August 1953): 134.
- 23 N. Teichholz, *The Big Fat Surprise* (New York: Simon & Schuster, 2014), 32–33.
- 24 Central Committee for Medical and Community Program of the American Heart Association, "Dietary Fat and Its Relation to Heart Attacks and Strokes," *Circulation* 23 (1961): 133–36. http://circ.ahajournals.org/content/circulationaha/23/1/133.full.pdf, accessed 12/2/16.

- 25 H. M. Marvin, 1924–1964: The 40 Year War on Heart Disease (New York: American Heart Association, 1964).
- 26 A. Keys, "Coronary Heart Disease in Seven Countries," Circulation, 41, no. 1 (1970): 1186–95.
- 27 Dietary Guidelines Advisory Committee, "History of the Dietary Guidelines for Americans," *Nutrition and Health: Dietary Guidelines for Americans, 2005*, U.S. Department of Health and Human Services, https://health.gov/dietaryguidelines/dga2005/report/html/G5\_History.htm, accessed 12/2/16.
- Z. Harcombe et al., "Evidence from Randomised Controlled Trials Did Not Support the Introduction of Dietary Fat Guidelines in 1977 and 1983: A Systematic Review and Meta-analysis," Open Heart, 2, no. 1 (2015): DOI: 10.1136/openhrt-2014-000196.
- 29 U.S. Department of Health and Human Services and U.S. Department of Agriculture, "Key Recommendations: Components of Healthy Eating Patterns," 2015–2020 Dietary Guidelines for Americans, 8th Edition (December 2015): 15, https://health.gov/dietaryguidelines/2015/guidelines/chapter-1/key -recommendations/#footnote-4, accessed 12/2/16.
- 30 Centers for Disease Control and Prevention, Division of Diabetes Translation, "Long-term Trends in Diabetes," (2016). https://www.cdc.gov/diabetes/statistics/slides/long\_term\_trends.pdf.
- 31 C. D. Fryar, M. Carroll, and C. Ogden, Division of Health and Nutrition Examination Surveys, "Prevalence of Overweight, Obesity, and Extreme Obesity Among Adults Aged 20 and Over: United States, 1960–1962 Through 2013–2014," table 1, Centers for Disease Control and Prevention, http://www.cdc.gov/nchs/data/hestat/obesity\_adult\_13\_14/obesity\_adult\_13\_14.htm#Figure, accessed 12/2/16.
- 32 N. Howlader et al. (eds.), "SEER Cancer Statistics Review, 1975–2013."
- 33 "SEER Stat Fact Sheets: Cancer of Any Site," National Cancer Institute, http://seer.cancer.gov/statfacts/html/all.html, accessed November 28, 2016.
- 34 P. A. Heidenreich et al., "Forecasting the Future of Cardiovascular Disease in the United States," *Circulation*, 123, no. 8, (2011): 933-944, DOI: 10.1161 /CIR.0b013e31820a55f5.
- 35 P. Leren, "The Effect of Plasma-Cholesterol-Lowering Diet in Male Survivors of Myocardial Infarction: A Controlled Clinical Trial," *Bulletin of the New York Academy of Medicine*, 44, no. 8 (1968):1012–20.
- 36 S. Dayton et al., "A Controlled Clinical Trial of a Diet High in Unsaturated Fat in Preventing Complications of Atherosclerosis," *Circulation*, 40 (1969): II-1-II-63, DOI: 10.1161/01.CIR.40.1S2.II-1.
- 37 I. D. Frantz et al., "Test of effect of lipid lowering by diet on cardiovascular risk. The Minnesota Coronary Survey," *Arteriosclerosis*, 9, no. 1, (January–February 1989):129–35, DOI: 10.1161/01.ATV.9.1.129.
- 38 O. Turpeinen et al., "Dietary Prevention of Coronary Heart Disease: The Finnish Mental Hospital Study," *International Journal of Epidemiology*, 9, no. 2 (1979): 99–118, DOI: 10.1093/ije/8.2.99.
- 39 "Controlled Trial of Soya-Bean Oil in Myocardial Infarction," The Lancet, 292, no. 7570 (1968): 693–700, DOI: 10.1016/S0140-6736(68)90746-0.

- 40 "Multiple Risk Factor Intervention Trial Group: Public Annual Report, Multiple Risk Factor Intervention Trial, June 30, 1975 to July 1, 1976," Journal of the American Medical Association, 248, no. 12 (1982): 1465–77, https://clinicaltrials.gov/ct2/show/NCT00000487, accessed 12/2/16.
- 41 P. W. Siri-Tarino et al., "Meta-analysis of Prospective Cohort Studies Evaluating the Association of Saturated Fat with Cardiovascular Disease," *American Journal of Clinical Nutrition*, 91, no. 3 (2010): 535–46, DOI:10.3945/ajcn.2009.27725.
- 42 R. Chowdhury et al., "Association of Dietary, Circulating, and Supplement Fatty Acids With Coronary Risk: A Systematic Review and Meta-analysis," *Annals of Internal Medicine*, 160 (2014): 398–406, DOI: 10.7326/M13-1788.
- 43 De Souza et al., "Intake of Saturated and Trans Unsaturated Fatty Acids and Risk of All Cause Mortality, Cardiovascular Disease, and Type 2 Diabetes."
- 44 C. E. Ramsden et al., "Use of Dietary Linoleic Acid for Secondary Prevention of Coronary Heart Disease and Death: Evaluation of Recovered Data From the Sydney Diet Heart Study and Updated Meta-analysis," BMJ, 346 (2013): DOI: 0.1136/bmj.e8707.
- 45 Ibid.
- 46 M. A. Austin et al., "Low-Density Lipoprotein Subclass Patterns and Risk of Myocardial Infarction," *Journal of the American Medical Association*, 260, no. 13 (1988):1917–21, DOI: 10.1001/jama.1988.03410130125037.
- 47 D. M. Dreon et al., "Change in Dietary Saturated Fat Intake Is Correlated with Change in Mass of Large Low-Density-Lipoprotein Particles in Men," *American Journal of Clinical Nutrition*, 67, no. 5 (1998): 828–36, accessed 12/2/16.
- 48 K. Gunnars, "Saturated Fat, Good or Bad?" Authority Nutrition, https://authoritynutrition.com/saturated-fat-good-or-bad/, accessed 12/2/16.
- 49 P. W. Siri-Tarino et al., "Saturated Fat, Carbohydrate, and Cardiovascular Disease," *American Journal of Clinical Nutrition*, 91, no. 3 (2010): 502–9, DOI: 10.3945/ajcn.2008.26285.

- 1 L. Cordain, "The Nutritional Characteristics of a Contemporary Diet Based Upon Paleolithic Food Groups," *Journal of the American Nutraceutical Association*, 5, no. 5, (2002): 15–24.
- J. J. Meidenbauer, P. Mukherjee, and T. N. Seyfried, "The Glucose Ketone Index Calculator: A Simple Tool to Monitor Therapeutic Efficacy for Metabolic Management of Brain Cancer," *Nutrition & Metabolism*, vol. 12 (2015):12. DOI:10.1186/s12986-015-0009-2.
- 3 R. Agrawal and F. Gomez-Pinilla, "'Metabolic Syndrome' in the Brain: Deficiency in Omega-3 Fatty Acid Exacerbates Dysfunctions in Insulin Receptor Signalling and Cognition," *The Journal of Physiology*, 590, no. 10, (2012): 2485, DOI: 10.1113/jphysiol.2012.230078.
- 4 J. R. Ifland et al., "Refined Food Addiction: A Classic Substance Use Disorder," Medical Hypotheses, 72, no. 5, (May 2009): 518–26, DOI: 10.1016/j .mehy.2008.11.035.
- 5 T. R. Nansel et al., "Greater Food Reward Sensitivity Is Associated with More Frequent Intake of Discretionary Foods in a Nationally Representative Sample

- of Young Adults," Frontiers in Nutrition, 3, no. 33, 8/18/2016, DOI: 10.3389/fnut.2016.00033.
- 6 S. D. Phinney and J. S. Volek, *The Art and Science of Low-Carbohydrate Living* (Miami, FL: Beyond Obesity LLC, 2011), 10.
- 7 G. D. Maurer, et al., "Differential Utilization of Ketone Bodies by Neurons and Glioma Cell Lines: a Rationale for Ketogenic Diet as Experimental Glioma Therapy," *BMC Cancer* 11 (2011): 315, DOI:10.1186/1471-2407-11-315.
- 8 R. Sender, S. Fuchs, and R. Milo, "Revised Estimates for the Number of Human and Bacteria Cells in the Body," *PLoS Biology*, 14, no. 8 (2016): e1002533, DOI:10.1371/journal.pbio.1002533.
- 9 R. Rosedale, "Life, Death, Food and the Disease of Aging," presented at the American Academy of Anti-Aging in Orlando, Florida, 2011.
- 10 C. E. Forsythe et al., "Comparison of Low Fat and Low Carbohydrate Diets on Circulation Fatty Acid Composition and Markers of Inflammation," *Lipids*, 43, no. 1 (2008): 65–77, DOI: 10.1007/s11745-007-3132-7.
- S. McKenzie, "Yoshinori Ohsumi Wins Nobel Prize for Medical Research on Cells," CNN.com, October 3, 2016, http://www.cnn.com/2016/10/03/health /nobel-prize-2016-physiology-medicine-yoshinori-ohsumi/, accessed 12/2/16.
- 12 K. J. Bough et al., "Mitochondrial Biogenesis in the Anticonvulsant Mechanism of the Ketogenic Diet," *Annals of Neurology*, 60 (2006): 223–35, DOI:10.1002 /ana.20899.
- P. J. Cox, K. Clarke, "Acute Nutritional Ketosis: Implications for Exercise Performance and Metabolism," *Extreme Physiology & Medicine*, 3 (2014): 1, DOI: 10.1186/2046-7648-3-17.
- 14 O. E. Owen et al., "Liver and Kidney Metabolism During Prolonged Starvation," *Journal of Clinical Investigation*, 48, no. 3 (1969): 574–83.
- 15 M. Akram, "A Focused Review of the Role of Ketone Bodies in Health and Disease," *Journal of Medicinal Food*, 16, no. 11 (November 2013): 965–67, DOI: 10.1089/jmf.2012.2592.
- 16 Ibid.
- 17 Phinney and Volek, The Art and Science of Low-Carbohydrate Living, 10.
- 18 Interview with Jeff Volek, Ph.D., http://articles.mercola.com/sites/articles/archive/2016/01/31/high-fat-low-carb-diet-benefits.aspx, accessed 12/2/16.
- J. C. Newman and E. Verdin, "β-hydroxybutyrate: Much More Than a Metabolite," *Diabetes Research and Clinical Practice*, 106, no. 2 (2014): 173–81, DOI: 10.1016/j.diabres.2014.08.009.
- 20 A. Paoli et al., "Ketogenic Diet in Neuromuscular and Neurodegenerative Diseases," *BioMed Research International*, 2014 (2014), DOI:10.1155/2014/474296.
- 21 M. A. McNally and A. L. Hartman, "Ketone Bodies in Epilepsy," *Journal of Neurochemistry*, 121, no. 1 (2012): 28–35, DOI: 10.1111/j.1471 -4159.2012.07670.x.
- 22 J. Moore, Keto Clarity (Victory Belt Publishing, 2014), 58.
- 23 A. J. Brown, "Low-Carb Diets, Fasting and Euphoria: Is There a Link between Ketosis and Gamma-hydroxybutyrate (GHB)?" *Medical Hypotheses*, 68, no. 2 (2007): 268–71, DOI: 10.1016/j.mehy.2006.07.043.

- E. L. Knight et al., "The Impact of Protein Intake on Renal Function Decline in Women with Normal Renal Function or Mild Renal Insufficiency," *Annals of Internal Medicine*, 138. no. 6 (2003): 460–67, DOI: 10.7326/0003-4819-138-6-200303180-00009.
- 2 M. I. Frisard et al., "Effect of 6-Month Calorie Restriction on Biomarkers of Longevity, Metabolic Adaptation, and Oxidative Stress in Overweight Individuals: A Randomized Controlled Trial," http://jamanetwork.com/journals/jama/fullarticle/1108368.
- 3 M. E. Levine et al., "Low Protein Intake Is Associated with a Major Reduction in IGF-1, Cancer, and Overall Mortality in the 65 and Younger but Not Older Population," *Cell Metabolism*, 19, no. 3 (2014): 407–17, DOI: 10.1016/j.cmet.2014.02.006.
- 4 J. Guevara-Aguirre et al., "Growth Hormone Receptor Deficiency Is Associated With a Major Reduction in Pro-aging Signaling, Cancer and Diabetes in Humans," *Science Translational Medicine*, 3, no. 70 (2011): 70, DOI: 10.1126/scitranslmed.3001845.
- 5 S. I. A. Apelo and D. W. Lamming, "Rapamycin: An InhibiTOR of Aging Emerges From the Soil of Easter Island," *Journal of Gerontology*, 71, no. 7 (2016): 841-849, DOI: 10.1093/gerona/glw090.
- 6 S. M. Solon-Biet et al., "The Ratio of Macronutrients, Not Caloric Intake, Dictates Cardiometabolic Health, Aging, and Longevity in Ad Libitum-Fed Mice," *Cell Metabolism*, 19, no. 3 (2014): 418–30, DOI: 10.1016/j cmet 2014 02.009

- 1 "Ferritin: The Test," American Association for Clinical Chemistry, https://labtestsonline.org/understanding/analytes/ferritin/tab/test/, accessed May 9, 2016.
- E. D. Weinberg, "The Hazards of Iron Loading," *Metallomics*, 2, no. 11 (November, 2010):732–40, DOI: 10.1039/c0mt00023j.
- 3 M. D. Beaton and P. C. Adams, "Treatment of Hyperferritinemia," *Annals of Hepatology*, 11, no. 3 (2012): 294–300, PMID: 22481446.
- 4 G. Ortíz-Estrada et al., "Iron-Saturated Lactoferrin and Pathogenic Protozoa: Could This Protein Be an Iron Source for Their Parasitic Style of Life?" *Future Microbiology*, 7, no. 1 (2012): 149–64, DOI: 10.2217/fmb.11.140.
- 5 D. J. Fleming et al., "Dietary Factors Associated with the Risk of High Iron Stores in the Elderly Framingham Heart Study Cohort," *American Journal of Clinical Nutrition*, 76, no. 6 (2002): 1375–84, PMID: 12450906.
- 6 T. Iwasaki et al., "Serum Ferritin Is Associated with Visceral Fat Area and Subcutaneous Fat Area," *Diabetes Care*, 28, no. 10 (2005): 2486–91, PMID: 16186284.
- 7 S. K. Park et al., "Association between Serum Ferritin Levels and the Incidence of Obesity in Korean Men: A Prospective Cohort Study," *Endocrine Journal*, 61, no. 3 (2014): 215–24, DOI: 10.1507/endocrj.EJ13-0173.

- 8 Ibid.
- 9 J. M. Fernandez-Real et al., "Serum Ferritin as a Component of the Insulin Resistance Syndrome," *Diabetes Care*, 21, no. 1 (1998): 62–68, DOI: 10.2337 /diacare.21.1.62.
- J. Montonen et al., "Body Iron Stores and Risk of Type 2 Diabetes: Results from the European Prospective Investigation into Cancer and Nutrition (EPIC)-Potsdam Study," *Diabetologia*, 55, no. 10 (2012): 2613–21, DOI: 10.1007 /s00125-012-2633-y.
- 11 J. M. Fernández-Real, A. López-Bermejo, and W. Ricart, "Iron Stores, Blood Donation, and Insulin Sensitivity and Secretion," *Clinical Chemistry*, 51, no. 7 (June 2005): 1201–5, DOI: 10.1373/clinchem.2004.046847.
- 12 B. J. Van Lenten et al., "Lipid-Induced Changes in Intracellular Iron Homeostasis in Vitro and in Vivo," *Journal of Clinical Investigation*, 95, no. 5 (1995): 2104–10, DOI: 10.1172/JCI117898.
- N. Stadler, R. A. Lindner, and M. J. Davies, "Direct Detection and Quantification of Transition Metal Ions in Human Atherosclerotic Plaques: Evidence for the Presence of Elevated Levels of Iron and Copper," Arteriosclerosis, Thrombosis, and Vascular Biology, 24 (2004): 949–54, DOI: 10.1161/01.ATV.0000124892.90999.cb.
- 14 W. B. Kannel et al., "Menopause and Risk of Cardiovascular Disease: The Framingham Study," *Annals of Internal Medicine*, 85 (1976): 447–52, DOI: 10.7326/0003-4819-85-4-447.
- 15 M. A. Lovell et al., "Copper, Iron and Zinc in Alzheimer's Disease Senile Plaques," *Journal of the Neurological Sciences*, 158, no. 1 (June 11, 1998): 47–52, DOI: 10.1016/S0022-510X(98)00092-6.
- 16 K. Jellinger et al., "Brain Iron and Ferritin in Parkinson's and Alzheimer's diseases," *Journal of Neural Transmission*, 2 (1990): 327, DOI: 10.1007 /BF02252926.
- 17 G. Bartzokis et al., "Brain Ferritin Iron as a Risk Factor for Age at Onset in Neurodegenerative Diseases," Annals of the New York Academy of Sciences, 1012, (2004): 224–36, DOI: 10.1196/annals.1306.019.
- 18 S. Ayton et al., "Ferritin Levels in the Cerebrospinal Fluid Predict Alzheimer's Disease Outcomes and Are Regulated by APOE," *Nature Communications*, 6 (2015): 6760, DOI: 10.1038/ncomms7760.
- 19 W. Z. Zhu et al., "Quantitative MR Phase-Corrected Imaging to Investigate Increased Brain Iron Deposition of Patients with Alzheimer's Disease," *Radiology*, 253 (2009): 497–504, DOI: 10.1148/radiol.2532082324.
- 20 A. A. Alkhateeb and J. R. Connor, "The Significance of Ferritin in Cancer: Anti-Oxidation, Inflammation and Tumorigenesis," *Biochimica et Biophysica Acta*, 1836, no. 2 (Dec 2013):245–54, DOI: 10.1016/j.bbcan.2013.07.002.
- 21 J. I. Wurzelmann et al., "Iron Intake and the Risk of Colorectal Cancer," Cancer Epidemiology, Biomarkers and Prevention, 5, no. 7 (July 1, 1996): 503–7. PMID: 8827353.
- 22 Y. Deugnier, "Iron and Liver Cancer," Alcohol, 30, no. 2 (2003): 145–50.
- 23 L. R. Zacharski et al., "Decreased Cancer Risk after Iron Reduction in Patients with Peripheral Arterial Disease: Results from a Randomized Trial," *INCI*:

- *Journal of National Cancer Institute,* 100, no. 14 (2008): 996–1002, DOI: 10.1093/jnci/djn209.
- 24 L. Valenti et al., "Association between Iron Overload and Osteoporosis in Patients with Hereditary Hemochromatosis," *Osteoporosis International*, 20, no. 4 (April, 2009): 549–55, DOI: 10.1007/s00198-008-0701-4.
- 25 "Hemochromatosis," National Institute of Diabetes and Digestive and Kidney Disease (2016), http://www.niddk.nih.gov/health-information/health-topics/liver-disease/hemochromatosis/Pages/facts.aspx, accessed May 9, 2016.
- 26 "Welcome," Iron Disorders Institute (2016) http://www.hemochromatosis .org/#symptoms, accessed May 9, 2016.
- 27 "Serum Iron Test," MedlinePlus Medical Encyclopedia (2016), https://www .nlm.nih.gov/medlineplus/ency/article/003488.htm, accessed May 9, 2016.
- 28 "TIBC, UIBC, and Transferrin Test: Iron Binding Capacity; IBC; Serum Iron-Binding Capacity; Siderophilin; Total Iron Binding Capacity; Unsaturated Iron Binding Capacity," Lab Tests Online (2016), https://labtestsonline.org/understanding/analytes/tibc/tab/test/, accessed May 9, 2016.
- 29 L. Zacharski, "Ferrotoxic Disease: The Next Great Public Health Challenge," Clinical Chemistry, 60, no. 11 (November 2014): 1362–4, DOI: 10.1373 /clinchem.2014.231266.
- 30 P. Mangan, *Dumping Iron: How to Ditch This Secret Killer and Reclaim Your Health*, Phalanx Press, 2016, locations 308–12.
- 31 Ibid., locations 1353–56.
- 32 Ibid., locations 1609–12.
- 33 Ibid., locations 416-18.
- 34 Ibid., locations 428–31.
- 35 Ibid., locations 582–95.

- 1 C. Manisha Chandalia et al., "Beneficial Effects of High Dietary Fiber Intake in Patients with Type 2 Diabetes Mellitus," *New England Journal of Medicine*, 342 (2000):1392–98, DOI: 10.1056/NEJM200005113421903.
- M. Wien et al., "A Randomized 3x3 Crossover Study to Evaluate the Effect of Hass Avocado Intake on Post-ingestive Satiety, Glucose and Insulin Levels, and Subsequent Energy Intake in Overweight Adults," *Nutrition Journal*, 12, (2013): 155, DOI: 10.1186/1475-2891-12-155.
- 3 "Potassium," University of Maryland Medical Center, http://umm.edu/health/medical/altmed/supplement/potassium, accessed November 28, 2016.
- 4 M. E. Cogswell et al., "Sodium and Potassium Intakes among U.S. Adults: NHANES 2003–2008," *The American Journal of Clinical Nutrition*, 96, no. 3 (2012): 647–57, DOI: 10.3945/ajcn.112.034413.
- 5 M. L. Dreher and A. J. Davenport, "Hass Avocado Composition and Potential Health Effects," *Critical Reviews in Food Science and Nutrition*, 53, no. 7 (2013): 738–50, DOI: 10.1080/10408398.2011.556759.

- 6 R. E. Kopec et al., "Avocado Consumption Enhances Human Postprandial Provitamin A Absorption and Conversion from a Novel High-β-Carotene Tomato Sauce and from Carrots," *Journal of Nutrition*, 8 (2014), DOI: 10.3945 /jn.113.187674.
- 7 N. Z. Unlu et al., "Carotenoid Absorption from Salad and Salsa by Humans Is Enhanced by the Addition of Avocado or Avocado Oil," *Journal of Nutrition*, 135, no. 3 (2005): 431–36.
- 8 E. A. Lee et al., "Targeting Mitochondria with Avocatin B Induces Selective Leukemia Cell Death," *Cancer Research*, 75, no. 12 (June 15 2015): 2478–88, DOI: 10.1158/0008-5472.CAN-14-2676.
- 9 M. Notarnicola et al., "Effects of Olive Oil Polyphenols on Fatty Acid Synthase Gene Expression and Activity in Human Colorectal Cancer Cells," *Genes & Nutrition*, 6, no. 1 (2011): 63–69, DOI: 10.1007/s12263-010-0177-7.
- 10 A. Cañuelo et al., "Tyrosol, a Main Phenol Present in Extra Virgin Olive Oil, Increases Lifespan and Stress Resistance in Caenorhabditis Elegans," Mechanisms of Ageing and Development, 133, no. 8 (2012): 563–74, DOI: 10.1016/i.mad.2012.07.004.
- A. H. Rahmani, A. S. Albutti, and S. M. Aly, "Therapeutics Role of Olive Fruits/ Oil in the Prevention of Diseases via Modulation of Anti-Oxidant, Anti-Tumour and Genetic Activity," *International Journal of Clinical and Experimental Medicine*, 7, no. 4 (2014): 799–808, PMID: 24955148.
- 12 J. M. Fernández-Real et al., "A Mediterranean Diet Enriched with Olive Oil Is Associated with Higher Serum Total Osteocalcin Levels in Elderly Men at High Cardiovascular Risk," *The Journal of Clinical Endocrinology and Metabolism*, 97, no. 10 (2012): 3792–98, DOI: 10.1210/jc.2012-2221.
- 13 O. García-Martínez et al., "Phenolic Compounds in Extra Virgin Olive Oil Stimulate Human Osteoblastic Cell Proliferation," *PLoS ONE*, 11, no. 3 (2016): e0150045, DOI: 10.1371/journal.pone.0150045.
- 14 "Food Fraud Database," U.S. Pharmacopeial Convention, http://www.foodfraud.org/, accessed December 6, 2016.
- 15 "Sardines," The George Mateljan Foundation, http://www.whfoods.com/genpage.php?tname=foodspice&dbid=147, accessed November 28, 2016.
- 16 K. Warner, W. Timme, B. Lowell, and M. Hirshfield, "Oceana Study Reveals Seafood Fraud Nationwide," February 2013, http://usa.oceana.org/sites/default /files/National\_Seafood\_Fraud\_Testing\_Results\_Highlights\_FINAL.pdf, accessed December 8, 2016.
- 17 http://articles.mercola.com/sites/articles/archive/2015/05/13/seafood-shrimp-industry-fraud.aspx#\_edn1.
- 18 http://articles.mercola.com/sites/articles/archive/2015/05/13/seafood-shrimp-industry-fraud.aspx#\_edn2.
- 19 http://articles.mercola.com/sites/articles/archive/2015/05/13/seafood-shrimp-industry-fraud.aspx#\_edn3.
- 20 http://articles.mercola.com/sites/articles/archive/2015/05/13/seafood-shrimp-industry-fraud.aspx#\_edn15.
- 21 http://articles.mercola.com/sites/articles/archive/2015/05/13/seafood-shrimp-industry-fraud.aspx#\_edn16.

- 22 N. Greenfield, "The Smart Seafood Buying Guide," https://www.nrdc.org/stories/smart-seafood-buying-guide, accessed November 28, 2016.
- 23 M. Neuhouser et al., "Food and Nutrient Intakes, and Health: Current Status and Trends," Dietary Guidelines Advisory Committee, https://health.gov/dietaryguidelines/2015-BINDER/meeting7/docs/DGAC-Meeting-7-SC-1.pdf, accessed December 8, 2016.
- 24 B. S. Luh, W. S. Wong, and N. E. El-Shimi, "Effect of Processing on Some Chemical Constituents of Pistachio Nuts," *Journal of Food Quality*, 5 (1982): 33–41, DOI: 10.1111/j.1745-4557.1982.tb00954.x.
- 25 S. M. Solon-Biet et al., "The Ratio of Macronutrients, Not Caloric Intake, Dictates Cardiometabolic Health, Aging, and Longevity in Ad Libitum-Fed Mice," *Cell Metabolism*, 19, no. 3 (418–30), DOI: 10.1016/j.cmet.2014.02.009.
- A. Villalvilla et al., "Lipid Transport and Metabolism in Healthy and Osteoarthritic Cartilage," *International Journal of Molecular Sciences*, 14, no. 10 (2013): 20793-20808, DOI: 10.3390/ijms141020793.

J. A. Vasquez and J. E. Janosky, "Validity of Bioelectrical-Impedance Analysis in Measuring Changes in Body Mass During Weight Reduction," *American Journal* of Clinical Nutrition, 54, no. 6 (1991): 970–5, PMID 1957829.

#### Poglavlje 7

1 A. G. Bergqvist et al., "Fasting Versus Gradual Initiation of the Ketogenic Diet: A Prospective, Randomized Clinical Trial of Efficacy," *Epilepsia*, 46, no. 11 (November 2005): 1810–19, DOI: 10.1111/j.1528-1167.2005.00282.x.

### Poglavlje 8

1 "A Daily Walk Can Add Seven Years to Your Life," *The Independent*, http://www.independent.co.uk/life-style/health-and-families/health-news/a-daily-walk-can-add-seven-year-to-your-life-10478821.html, accessed November 28, 2016.

- 1 C. Newell et al., "Ketogenic Diet Modifies the Gut Microbiota in a Murine Model of Autism Spectrum Disorder," *Molecular Autism*, 7, no. 1 (2016): 37, DOI: 10.1186/s13229-016-0099-3.
- 2 S. B. Eaton and M. Konner, "Paleolithic Nutrition—A Consideration of Its Nature and Current Implications," *New England Journal of Medicine*, 312 (1985): 283–289, DOI: 10.1056/NEJM198501313120505.
- D. Piovesan et al., "The Human 'Magnesome': Detecting Magnesium Binding Sites on Human Proteins" *BMC Bioinformatics*, 13, no. 14 supplement (2012):S10, DOI: 10.1186/1471-2105-13-S14-S10.
- 4 "Magnesium: Fact Sheet for Health Professionals," U.S. Department of Health and Human Services, https://ods.od.nih.gov/factsheets/Magnesium -HealthProfessional/, accessed November 28, 2016.

- 1 "Overweight and Obesity Statistics," U.S. Department of Health and Human Services, https://www.niddk.nih.gov/health-information/health-statistics/Pages/overweight-obesity-statistics.aspx, accessed November 28, 2016.
- S. Gill and S. Panda, "A Smartphone App Reveals Erratic Diurnal Eating Patterns in Humans that Can Be Modulated for Health Benefits," *Cell Metabolism*, 22, no. 5 (November 3, 2015): 789–98, DOI: 10.1016/j.cmet.2015.09.005.
- 3 "Autophagy Key to Restoring Function in Old Muscle Stem Cells," Sens Research Foundation, https://www.fightaging.org/archives/2016/01/autophagy -key-to-restoring-function-in-old-muscle-stem-cells/, accessed November 28, 2016.
- 4 A. M. Johnstone et al., "Effect of an Acute Fast on Energy Compensation and Feeding Behaviour in Lean Men and Women," *International Journal of Obesity*, 26, no 12 (2002): 1623-8, DOI: 10.1038/sj.ijo.0802151.
- 5 Gill and Panda, "A Smartphone App Reveals Erratic Diurnal Eating Patterns in Humans."
- 6 V. K. M. Halagappa et al., "Intermittent Fasting and Caloric Restriction Ameliorate Age-Related Behavioral Deficits in the Triple-Transgenic Mouse Model of Alzheimer's Disease," *Neurobiology of Disease*, 26, no. 1 (2007): 212–20, DOI: 10.1016/j.nbd.2006.12.019.
- 7 A. M. Stranahan and M. P. Mattson, "Recruiting Adaptive Cellular Stress Responses for Successful Brain Ageing," *Nature Reviews Neuroscience*, 13, no. 3 (March 2012): 209–16, DOI: 10.1038/nrn3151.
- 8 S. Brandhorst et al., "A Periodic Diet That Mimics Fasting Promotes Multi-System Regeneration, Enhanced Cognitive Performance, and Healthspan," *Cell Metabolism*, 22, no. 1 (July 7, 2015): 86–99, DOI: 10.1016/j.cmet.2015.05.012.
- 9 K. Varady et al., "Alternate Day Fasting for Weight Loss in Normal Weight and Overweight Subjects: A Randomized Controlled Trial," *Nutrition Journal*, 12 (2013): 146, DOI: 10.1186/1475-2891-12-146.
- 10 I. Ahmet et al., "Chronic Alternate Day Fasting Results in Reduced Diastolic Compliance and Diminished Systolic Reserve in Rats," *Journal of Cardiac Failure*, 16, no. 10 (2010):843-853, DOI: 10.1016/j.cardfail.2010.05.007.
- 11 C. R. Marinac et al., "Prolonged Nightly Fasting and Breast Cancer Prognosis," Journal of the American Medical Association Oncology, 2, no. 8 (2016):1049–55, DOI: 10.1001/jamaoncol.2016.0164.
- 12 R. Pamplona, "Mitochondrial DNA Damage and Animal Longevity: Insights from Comparative Studies," *Journal of Aging Research*, 2011 (2011): DOI: 10.4061/2011/807108.
- 13 P. Sonksen and J. Sonksen, "Insulin: Understanding Its Action in Health and Disease," *British Journal of Anaesthesia*, 85, no. 1 (2000): 69–79, DOI: 10.1093 /bja/85.1.69.
- 14 M. J. Wargovich and J. E. Cunningham, "Diet, Individual Responsiveness and Cancer Prevention," *The Journal of Nutrition*, 133 (July 2003): 2400S–2403S, PMID 12840215.

- 15 M. V. Chakravarthy and F. W. Booth, "Eating, Exercise, and 'Thrifty' Genotypes: Connecting the Dots toward an Evolutionary Understanding of Modern Chronic Diseases," *Journal of Applied Physiology*, 96, no. 1 (2004): 3–10, DOI:10.1152/japplphysiol.00757.2003.
- 16 V. D. Longo and M. P. Mattson, "Fasting: Molecular Mechanisms and Clinical Applications," *Cell Metabolism*, 19, no. 2 (2014):181–92, DOI:10.1016/j.cmet.2013.12.008.

- 1 G. Chevalier et al., "Earthing: Health Implications of Reconnecting the Human Body to the Earth's Surface Electrons," *Journal of Environmental and Public Health*, 2012, (2012), DOI: 10.1155/2012/291541.
- 2 J. L. Oschman, G. Chevalier, and R. Brown, "The Effects of Grounding (Earthing) on Inflammation, the Immune Response, Wound Healing, and Prevention and Treatment of Chronic Inflammatory and Autoimmune Diseases," *Journal of Inflammation Research*, 8 (2015): 83–96, DOI: 10.2147/JIR.S69656.
- 3 D. Z. Kochan et al., "Circadian Disruption and Breast Cancer: An Epigenetic Link?," *Oncotarget*, 6, no. 19 (2015): 16866–16682. DOI:10.18632 /oncotarget.4343.
- 4 M. Dunbar and R. Melton, "The Lowdown on Light: Good vs. Bad, and Its Connection to AMD," *Review of Optometry*, https://www.reviewofoptometry.com/ce/the-lowdown-on-blue-light-good-vs-bad-and-its-connection-to-amd-109744. accessed November 28, 2016.
- 5 D. Peretti et al., "RBM3 Mediates Structural Plasticity and Protective Effects of Cooling in Neurodegeneration," *Nature*, 518, no. 7538 (2015):236–39, DOI: 10.1038/nature14142.

#### Dodatak A

- 1 H. H. Kwon et al., "Clinical and Histological Effect of a Low Glycaemic Load Diet in Treatment of Acne Vulgaris in Korean Patients: A Randomized, Controlled Trial." Acta Dermato Venereologica, 92, no. 3 (May 2012): 241–46, DOI: 10.2340/00015555-1346.
- 2 L. Knott et al., "Regulation of Osteoarthritis by Omega-3 (n-3) Polyunsaturated Fatty Acids in a Naturally Occurring Model of Disease," *Osteoarthritis Cartilage*, 19, no. 9 (September 2011): 1150–57, DOI: 10.1016/j.joca.2011.06.005.
- 3 L. Cordain et al., "Acne Vulgaris: A Disease of Western Civilization," *Archives of Dermatology*, 138, no. 12 (December 2002): 1584–0, DOI: 10.1001 /archderm.138.12.1584.
- 4 R. N. Smith et al., "A Low-Glycemic-Load Diet Improves Symptoms in Acne Vulgaris Patients: A Randomized Controlled Trial," *American Journal of Clinical Nutrition*, 86, no. 1 (July 2007): 107–115.
- 5 Kwon et al., "Clinical and Histological Effect of a Low Glycaemic Load Diet in Treatment of Acne Vulgaris in Korean Patients."
- 6 S. N. Mahmood and W.P. Bowe, "Diet and Acne Update: Carbohydrates Emerge as the Main Culprit," *Journal of Drugs in Dermatology,* 13, no. 4, (April 2014): 428–35.

- 7 "2015 Alzheimer's Disease Facts and Figures," Alzheimer's Association, https://www.alz.org/facts/downloads/facts\_figures\_2015.pdf, accessed November 28, 2016.
- 8 World Health Organization. "Dementia: a Public Health Priority" (Geneva, SUI: World Health Organization, 2012), PMID: 19712582.
- 9 B. D. James et al., "Contribution of Alzheimer Disease to Mortality in the United States," *Neurology*, published online before print March 5, 2014, DOI: 10.1212/WNL.000000000000240.
- 10 V. R. Bitra, D. Rapaka, and A. Akula, "Prediabetes and Alzheimer's Disease," Indian Journal of Pharmaceutical Sciences, 77, no. 5 (2015): 511–14.
- 11 S. M. de la Monte, "Insulin Resistance and Alzheimer's Disease," BMB Reports, 42, no. 8 (2009): 475–81.
- 12 R. O. Roberts et al., "Relative Intake of Macronutrients Impacts Risk of Mild Cognitive Impairment or Dementia," *Journal of Alzheimer's Disease*, 32, no. 2 (2012), 329–39. DOI: 10.3233/JAD-2012-120862.
- 13 S. T. Henderson et al., "Study of the Ketogenic Agent AC-1202 in Mild to Moderate Alzheimer's Disease: A Randomized, Double-Blind, Placebo-Controlled, Multicenter Trial," Nutrition & Metabolism, 6 (2009): 31. DOI: 10.1186/1743-7075-6-31. PMID: 19664276.
- J. Yao and R. D. Brinton, "Targeting Mitochondrial Bioenergetics for Alzheimer's Prevention and Treatment," *Current Pharmaceutical Design*, 17, no. 31, (2011): 3474–79, PMID: 21902662.
- J. M. Hootman et al., "Updated Projected Prevalence of Self-Reported Doctor-Diagnosed Arthritis and Arthritis-Attributable Activity Limitation Among US Adults, 2015–2040." Arthritis & Rheumatology, 68, no. 7 (July 2016):1582–87, DOI: 10.1002/art.39692.
- 16 Knott et al., "Regulation of Osteoarthritis by Omega-3 (n-3) Polyunsaturated Fatty Acids in a Naturally Occurring Model of Disease."
- 17 Y. M. Bastiaansen-Jenniskens et al., "Monounsaturated and Saturated, but Not n-6 Polyunsaturated Fatty Acids Decrease Cartilage Destruction under Inflammatory Conditions: A Preliminary Study." *Cartilage*, 4 no. 4 (2013), 321–28. DOI: 10.1177/1947603513494401.
- 18 D. N. Ruskin, M. Kawamura, and S. A. Masino, "Reduced Pain and Inflammation in Juvenile and Adult Rats Fed a Ketogenic Diet," *PLoS ONE*, 4, no. 12 (2009): e8349, DOI:10.1371/journal.pone.0008349.
- 19 S. A. Masino and D. N. Ruskin, "Ketogenic Diets and Pain," *Journal of Child Neurology*, 28, no. 8 (2013): 993–1001. DOI: 10.1177/0883073813487595.
- 20 "Vital Signs: Preventable Deaths from Heart Disease & Stroke," Centers for Disease Control and Prevention, http://www.cdc.gov/dhdsp/vital\_signs.htm, accessed November 28, 2016.
- 21 B. Hoogwerf et al., "Blood Glucose Concentrations ≤125 mg/dl and Coronary Heart Disease Risk," American Journal of Cardiology, 89, no. 5, (2002): 596–99, DOI: 10.1016/S0002-9149(01)02302-5.
- 22 N. V. Dhurandhar and D. Thomas, "The Link between Dietary Sugar Intake and Cardiovascular Disease Mortality: An Unresolved Question," *Journal of the American Medical Association*, 313, no. 9 (2015): 959–60. DOI:10.1001 /iama.2014.18267. accessed 12/2/16.

- 23 Q. Yang et al., "Added Sugar Intake and Cardiovascular Diseases Mortality Among US Adults," *JAMA Internal Medicine*, 174, no. 4 (2014), 516–24, DOI: 10.1001/jamainternmed.2013.13563.
- 24 L. Schwingshackl et al., "Comparison of Effects of Long-Term Low-Fat vs High-Fat Diets on Blood Lipid Levels in Overweight or Obese Patients: A Systematic Review and Meta-Analysis." *Journal of the Academy of Nutrition and Dietetics*, 113, no. 12 (2013), 1640–61, DOI: 10.1016/j.jand.2013.07.010.
- 25 C. L. Gibson, A. N. Murphy, and S. P. Murphy, "Stroke Outcome in the Ketogenic State: A Systematic Review of the Animal Data," *Journal of Neurochemistry*, 123, no. 2 (2012), 52–57, DOI:10.1111/j.1471-4159.2012.07943.x.
- 26 "Epilepsy Fast Facts," Centers for Disease Control and Prevention, http://www.cdc.gov/epilepsy/basics/fast-facts.htm, accessed November 28, 2016.
- 27 J. W. Wheless, "History of the Ketogenic Diet," *Epilepsia*, 49, Suppl. 8 (November 2008): 3–5, DOI: 10.1111/j.1528-1167.2008.01821.x.
- 28 K. Martin et al., "Ketogenic Diet and Other Dietary Treatments for Epilepsy," *Cochrane Database of Systematic Reviews*, 2 (2016), DOI: 10.1002/14651858 .CD001903.pub3.
- 29 "What Is Fibromyalgia?," (November 2014), http://www.niams.nih.gov/.
- 30 Mayo Clinic, "Diseases and Conditions: Fibromyalgia," http://www.mayoclinic .org/diseases-conditions/fibromyalgia/basics/causes/con-20019243, accessed November 28, 2016.
- 31 Paper presented at the Annual Meeting of the American College of Nutrition in Orlando, Florida, October 2001.
- 32 M. Meeus et al., "The Role of Mitochondrial Dysfunctions Due to Oxidative and Nitrosative Stress in the Chronic Pain or Chronic Fatigue Syndromes and Fibromyalgia Patients: Peripheral and Central Mechanisms as Therapeutic Targets?" Expert Opinion on Therapeutic Target, 17, no. 9 (2013): 1081–89, DOI: 10.1517/14728222.2013.818657.
- 33 A. Ernst and J. Shelley-Tremblay, "Non-Ketogenic, Low Carbohydrate Diet Predicts Lower Affective Distress, Higher Energy Levels and Decreased Fibromyalgia Symptoms in Middle-Aged Females with Fibromyalgia Syndrome as Compared to the Western Pattern Diet," *Journal of Musculoskeletal Pain*, 21, no. 4 (2013): 365–70, DOI: 10.3109/10582452.2013.852649.
- 34 "GERD," American Gastroenterological Association, http://www.gastro.org/patient-care/conditions-diseases/gerd, accessed November 28, 2016.
- 35 "A Sunny Day in Pharmaland: The 2015 Pharma Report," Medical Marketing & Media, http://media.mmm-online.com/documents/119/pharma \_report\_2015\_29732.pdf, accessed November 28, 2016.
- 36 Singh et al., "Weight Loss Can Lead to Resolution of Gastroesophageal Reflux Disease Symptoms: A Prospective Intervention Trial," Obesity, 21, no. 2 (2013), DOI: 10.1002/oby.20279.
- 37 G. L. Austin et al., "A Very Low-Carbohydrate Diet Improves Gastroesophageal Reflux and Its Symptoms," *Digestive Diseases and Sciences*, 51, no. 8 (August 2006): 1307–12, DOI: 10.1007/s10620-005-9027-7.
- 38 Singh et al., "Weight Loss Can Lead to Resolution of Gastroesophageal Reflux Disease Symptoms."

- G. L. Austin et al., "A Very Low-Carbohydrate Diet Improves Symptoms and Quality of Life in Diarrhea-Predominant Irritable Bowel Syndrome," Clinical Gastroenterology and Hepatology: The Official Clinical Practice Journal of the American Gastroenterological Association, 7, no. 6 (2009): 706–08.e1. DOI: 10.1016/j.cgh.2009.02.023.
- 40 Z. Zheng et al., "Staple Foods Consumption and Irritable Bowel Syndrome in Japanese Adults: A Cross-Sectional Study," *PLoS ONE*, 10, no. 3 (2015): e0119097, DOI:10.1371/journal.pone.0119097.
- 41 "Migraine Statistics," Migraine.com, https://migraine.com/migraine-statistics/, accessed November 28, 2016.
- 42 PubMed.gov, https://www.ncbi.nlm.nih.gov/pubmed/?term=migraine+food+allergy, accessed November 28, 2016.
- 43 K. Alpay et al., "Diet Restriction in Migraine, Based on IgG Against Foods: A Clinical Double-blind, Randomised, Cross-over Trial," *Cephalalgia*, 30, no. 7 (2010): 829–37, DOI:10.1177/0333102410361404.
- 44 C. Di Lorenzo et al., "Migraine Improvement During Short Lasting Ketogenesis: A Proof-of-Concept Study," European Journal of Neurology, 22, no. 1 (2015):170–7, DOI: 10.1111/ene.12550.
- 45 C. Di Lorenzo et al., "Diet Transiently Improves Migraine in Two Twin Sisters: Possible Role of Ketogenesis?," *Functional Neurology*, 28, no. 4 (2013): 305–308.
- 46 K. L. Munger et al., "Vitamin D Intake and Incidence of Multiple Sclerosis," Neurology, 62, no. 1, (2004): 60–65, PMID:14718698.
- 47 D. Y. Kim et al., "Inflammation-Mediated Memory Dysfunction and Effects of a Ketogenic Diet in a Murine Model of Multiple Sclerosis," *PLoS ONE*, 7, no. 5 (2012): e35476, DOI: 10.1371/journal.pone.0035476.
- 48 M. Storoni and G. T. Plant, "The Therapeutic Potential of the Ketogenic Diet in Treating Progressive Multiple Sclerosis," *Multiple Sclerosis International*, 2015 (2015): 681289, DOI: 10.1155/2015/681289.
- 49 Ibid.
- 50 "Non-Alcoholic Fatty Liver Disease," American Liver Foundation, http://www .liverfoundation.org/abouttheliver/info/nafld/, accessed November 28, 2016.
- 51 S. S. Sundaram, "Pediatric Non-Alcoholic Fatty Liver Disease," American Liver Foundation, http://www.liverfoundation.org/chapters/rockymountain/doctorsnotes/pediatricnafld/, accessed November 28, 2016.
- 52 J. Ma et al., "Sugar-sweetened Beverage, Diet Soda, and Fatty Liver Disease in the Framingham Heart Study Cohorts," *Journal of Hepatology*, 63, no. 2 (2015): 462–69, DOI: 10.1016/j.jhep.2015.03.032.
- 53 J. D. Browning et al., "Short-term Weight Loss and Hepatic Triglyceride Reduction: Evidence of a Metabolic Advantage with Dietary Carbohydrate Restriction," *The American Journal of Clinical Nutrition*, 93, no. 5 (2011): 1048–52. DOI: 10.3945/ajcn.110.007674.
- 54 J. Pérez-Guisado and A. Muñoz-Serrano, "The Effect of the Spanish Ketogenic Mediterranean Diet on Nonalcoholic Fatty Liver Disease: A Pilot Study," *Journal of Medicinal Food*, 14, no. 7–8 (July–August 2011): 677-80, DOI: 10.1089 /jmf.2011.0075.

- 55 D. Tendler et al., "The Effect of a Low-Carbohydrate, Ketogenic Diet on Nonalcoholic Fatty Liver Disease: A Pilot Study," *Digestive Diseases and Sciences*, 52, no. 2 (February, 2007): 589–93, DOI: 10.1007/s10620-006-9433-5.
- 56 P. Kennedy, "The Fat Drug." *The New York Times*, March 8, 2014, http://www.nytimes.com/2014/03/09/opinion/sunday/the-fat-drug.html?\_r=0, accessed 12/2/16.
- 57 H.-Y. Kim et al., "Phosphatidylserine-dependent Neuroprotective Signaling Promoted by Docosahexaenoic Acid," *Prostaglandins, Leukotrienes, and Essential Fatty Acids*, 82, no. 4–6 (2010): 165–72, DOI:10.1016/j.plefa.2010.02.025.
- 58 H.-Y. Kim et al., "N-Docosahexaenoylethanolamide Promotes Development of Hippocampal Neurons," *The Biochemical Journal*, 435, no. 2 (2011): 327–36, DOI: 10.1042/BJ20102118.
- R. Palacios-Pelaez, W. J. Lukiw, and N. G. Bazan, "Omega-3 Essential Fatty Acids Modulate Initiation and Progression of Neurodegenerative Disease," *Molecular Neurobiology*, 41, no. 2–3 (June 2010): 367-74, DOI: 10.1007/s12035-010-8139-z.
- 60 Interview with J. J. Virgin, http://articles.mercola.com/sites/articles/archive/2014/02/09/fish-oil-brain-health.aspx, accessed 12/2/16.
- 61 S. Smith, "Fish Oil Helped Save Our Son," CNN, http://www.cnn.com/2012/10/19/health/fish-oil-brain-injuries/index.html, accessed 12/2/16.
- 62 M. L. Prins and J. H. Matsumoto, "The Collective Therapeutic Potential of Cerebral Ketone Metabolism in Traumatic Brain Injury," *Journal of Lipid Research*, 55, no. 12 (2014):2450–57, DOI: 10.1194/jlr.R046706.
- 63 H. Algattas and J. H. Huang, "Traumatic Brain Injury Pathophysiology and Treatments: Early, Intermediate, and Late Phases Post-Injury," *International Journal of Molecular Sciences*, 15, no. 1 (2014): 309–41, DOI: 10.3390 /iims15010309.
- 64 Ibid.
- 65 M. L. Prins, L. S. Fujima, and D. A. Hovda, "Age-dependent Reduction of Cortical Contusion Volume by Ketones After Traumatic Brain Injury," *Journal of Neuroscience Research*, 82, no. 3 (November 1, 2005): 413–20, DOI: 10.1002 /jnr.20633.
- 66 Z. G. Hu et al., "The Protective Effect of the Ketogenic Diet on Traumatic Brain Injury-Induced Cell Death in Juvenile Rats," *Brain Injury*, 23, no. 5 (2009): 459–65, DOI: 10.1080/02699050902788469.
- 67 "National Diabetes Statistics Report, 2014," National Center for Chronic Disease Prevention and Health Promotion, http://www.cdc.gov/diabetes/pubs/statsreport14/national-diabetes-report-web.pdf, accessed 12/2/16.
- 68 "Diabetes Facts and Figures," International Diabetes Foundation, http://www.idf.org/about-diabetes/facts-figures, accessed November 28, 2016.
- 69 D. Dabelea et al., "Prevalence of Type 1 and Type 2 Diabetes Among Children and Adolescents From 2001 to 2009," *Journal of the American Medical Association*, 311, no. 17 (2014): 1778–86, DOI: 10.1001/jama.2014.3201.
- 70 S. Vijan et al., "Effect of Patients' Risks and Preferences on Health Gains with Glucose Lowering in Type 2 Diabetes," *JAMA Internal Medicine*, 174, no. 8 (2014): 1227–34, DOI: 10.1001/jamainternmed.2014.2894.

- 71 M. M. Poplawski et al., "Reversal of Diabetic Nephropathy by a Ketogenic Diet," *PLoS ONE*, 6, no. 4 (2011): e18604, DOI: 10.1371/journal.pone.0018604.
- 72 R. D. Feinman et al., "Dietary Carbohydrate Restriction as the First Approach in Diabetes Management: Critical Review and Evidence Base," *Nutrition*, 31, no. 1 (2015): 1–13, DOI: 10.1016/j.nut.2014.06.01.1.
- 73 "Making Healthy Food Choices: Grains and Starchy Vegetables," American Diabetes Association, http://www.diabetes.org/food-and-fitness/food/what -can-i-eat/making-healthy-food-choices/grains-and-starchy-vegetables.html, accessed November 28, 2016.

#### Dodatak B

- M. S. Touillaud et al., "Dietary Lignan Intake and Postmenopausal Breast Cancer Risk by Estrogen and Progesterone Receptor Status," *Journal of the National Cancer Institute*, 2007, 99(6):475–86, DOI: 10.1093/jnci/djk096.
- A. Ahmad et al., "A Review on Therapeutic Potential of *Nigella Sativa*: A Miracle Herb," *Asian Pacific Journal of Tropical Biomedicine*, 2013, 3(5):337-352, DOI: .1016/S2221-1691(13)60075-1.
- 3 S. Hasani-Ranjbar, Z. Jouyandeh, and M. A. Abdollahi, "A Systematic Review of Anti-Obesity Medicinal Plants—An Update," *Journal of Diabetes and Metabolic Disorders*, 2013, 12:28, DOI: 10.1186/2251-6581-12-28.
- 4 M. Yadav et al., "Medicinal and biological Potential of Pumpkin: An Updated Review," *Nutrition Research Reviews*, 2010, 23(2), 184–90, DOI: 10.1017 /S0954422410000107.
- W. A. Morgan and B. J. Clayshulte, "Pecans Lower Low Density Lipoprotein Cholesterol in People with Normal Lipid Levels," *Journal of the American Dietetic Association*, March 2000, 100(3):312–18, DOI: 10.1016/S0002-8223(00)00097-3.
- 6 Oakridge Associated Universities, "Brazil Nuts," http://www.orau.org/PTP/collection/consumer%20products/brazilnuts.htm.