Можем да сме здрави
Д-р Майкъл Грегър
с Джийн Стоун

Copyright © Майкъл Грегър с Джийн Стоун.
© Еуниката www.eunicata.com

Бележки

Предговор

Увод
6. Kris-Etherton PM, Akabas SR, Bales CW, et al. The need to advance nutrition education in the


110. Myzak MC, Tong P, Dashwood WM, Dashwood RH, Ho E. Sulforaphane retards the growth


ЧАСТ 1

1. Как да се предпазим от сърдечно заболяване


2. Как да се предпазим от белодробно заболяване

34. Mitsakou C, Housiadas C, Eleftheriadis K, Vratolis S, Helmis C, Asimakopoulos D. Lung deposition...
of fine and ultrafine particles outdoors and indoors during a cooking event and a no activity period. Indoor Air. 2007;17(2):143–52.


3. Как да се предпазим от мозъчни заболявания

roundtable to probe realistic solutions with a focus on grain-based foods. J Nutr. 2012;142(7):1390S–401S.


### 4. Как да се предпазим от рак на органите на храносмилателната система


113. Jung JG, Kang HW, Hahn SJ, et al. Vegetarianism as a protective factor for reflux esophagitis:
114. Fashner J, Gitu AC. Common gastrointestinal symptoms: risks of long-term proton pump in-
115. Terry P, Lagergren J, Ye W, Nyrén O, Wolk A. Antioxidants and cancers of the esophagus and
and the risk of cardia cancer and noncardia cancer of the intestinal and diffuse types: a
117. Nilsson M, Johnsen R, Ye W, Hveem K, Lagergren J. Lifestyle related risk factors in the aeti-
474–82.
2014.
125. Polednak AP. Trends in survival for both histologic types of esophageal cancer in US surveil-
126. Chen T, Yan F, Qian J, et al. Randomized phase II trial of lyophilized strawberries in patients
41–50.
127. Chen T, Yan F, Qian J, et al. Randomized phase II trial of lyophilized strawberries in patients
41–50.
128. Eaton SB, Konner M, Shostak M. Stone agers in the fast lane: chronic degenerative diseases in
129. King DE, Mainous AG, Lambourne CA. Trends in dietary fiber intake in the United States,
130. Zhang N, Huang C, Ou S. In vitro binding capacities of three dietary fibers and their mixture
131. Moshfegh A, Goldman J, Cleveland I. *What We Eat in America, NHANES 2001–2002: Usual Nu-
trient Intakes from Food Compared to Dietary Reference Intakes.* Washington, D.C.: US Depart-
ment of Agriculture Agricultural Research Service; 2005.

5. Как да се предпазим от инфекции

1. Civil Practice And Remedies Code. Title 4. Liability in Tort. Chapter 96. False Disparage-
ment of Perishable Food Products. Texas Constitution and Statutes. http://www.statutes.legis
2. Civil Practice and Remedies Code. Title 4. Liability in Tort. Chapter 96. False Disparage-
ment of Perishable Food Products. Texas Constitution and Statutes. http://www.statutes.legis.state


121. Cogan TA, Bloomfield SF, Humphrey TJ. The effectiveness of hygiene procedures for preven-


### 6. Как да се предпазим от диабет

27. Must A, Jacques PF, Dallal GE, Bajema CJ, Dietz WH. Long-term morbidity and mortality of...


68. Lee DH, Lee IK, Song K, et al. A strong dose-response relation between serum concentrations


7. Как да се предпазим от високо кръвно налягане


142. Förstermann U. Janus-faced role of endothelial NO synthase in vascular disease: uncoupling


8. Как да се предпазим от чернодробни заболявания


43. Yazaki Y, Mizuo H, Takahashi M, et al. Sporadic acute or fulminant hepatitis E in Hokkaido,
Japan, may be food-borne, as suggested by the presence of hepatitis E virus in pig liver as food. J Gen Virol. 2003;84(Pt 9):2351–7.


81. Arnesen E, Huseby N-E, Brenn T, Try K. The Tromse heart study: distribution of, and deter-


9. Как да се предпазим от рак на кръвта


10. Как да се предпазим от бъбречно заболяване

21. Simon AH, Lima PR, Almerinda M, Alves VF, Bottini PV, de Faria JB. Renal haemodynamic


11. Как да се предпазим от рак на гърдата


12. Как да се предпазим от суицидна депресия


13. Как да се предпазим от рак на простатата


44. Mitch Kanter, Ph.D., e-mail communication, January 6, 2010.


14. Как да се предпазим от болестта на Паркинсон


32. US Department of Commerce. Broiler, turkey, and egg production: 1980 to 1999, No. 1143,


68. Niwa T, Yoshizumi H, Takeda N, Tatematsu A, Matsuura S, Nagatsu T. Detection of tetrahy-


15. Как да се предпазим от ятрогенни причини


40. Assistant to the Secretary of Defense for Nuclear and Chemical and Biological Defense Programs, Department of Defense. Report on search for human radiation experiment records


61. Macdonald S. Aspirin use to be banned in under 16 year olds. BMJ. 2002;325(7371):988.


100. Rosenthal E. The $2.7 trillion medical bill: colonoscopies explain why U.S. leads the world


Ежедневната дузина на д-р Грегър


Бобови растения


Дребни безкостилкови плодове


Други плодове


Кръстоцветни зеленчуци


Зеленолистни зеленчуци


Други зеленчуци


33. Donado-Pestana CM, Mastrodi Salgado J, de Oliveira Rios A, dos Santos PR, Jablonski A. Stability of carotenoids, total phenolics and in vitro antioxidant capacity in the thermal processing


Ленено семе


Ядки и семена


25. Brennan AM, Sweeney LL, Liu X, Mantzoros CS. Walnut consumption increases satiation but has no effect on insulin resistance or the metabolic profile over a 4-day period. Obesity (Silver Spring). 2010;18(6):1176–82.

**Ароматни треви и подправки**


Пълнозърнести храни


2. Eat 3 or more whole-grain foods every day. http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/Eat-3-or-More-Whole-Grain-Foods-Every-Day_UCM_320264_Article.jsp. Accessed April 18, 2015.


47. Pietzak M. Celiac disease, wheat allergy, and gluten sensitivity: when gluten free is not a fad. JPEN J Parenter Enteral Nutr. 2012;36(1 Suppl):68S–75S.
63. Alexandrescu DT, Vaillant JG, Dasanu CA. Effect of treatment with a colloidal oatmeal lotion

Напитки

17. Ruxton CH, Hart VA. Black tea is not significantly different from water in the maintenance of


58. Tjeerdsma F, Jonkman MF, Spoo JR. Temporary arrest of basal cell carcinoma formation in a


Спортуване


Заключение


43. Bourdon JA, Bazinet TM, Arnason TT, Kimpe LE, Blais JM, White PA. Polychlorinated biphenyls (PCBs) contamination and aryl hydrocarbon receptor (AhR) agonist activity of omega-3 poly-