

# Супер имунитет

д-р Джоуел Фърмън

Издателство Еуниката

София, 2019

www.eunicata.com

## Библиография

### ***УВОД Какво представлява супер имунитетът?***

1. National Intelligence Council. The global infectious disease threat and its implications for the United States. January 2000; NIE 99-17D. [http://www.dni.gov/nic/special\\_globalinfectious.html](http://www.dni.gov/nic/special_globalinfectious.html).
2. Global alert and response: cumulative number of reported probable cases of severe acute respiratory syndrome (SARS). <http://www.who.int/csr/sars/country/en/index.html>.
3. Fisher ES, Wennberg DE, Stukel TA. The implications of regional variations in Medicare spending. *Ann Int Med* 2003; 138(4): 288-98.
4. Velicer CM, Heckbert SR, Lampe JW, et al. Antibiotic use in relation to the risk of breast cancer. *JAMA* 2004; 291(7): 827-35.

### ***ПЪРВА ГЛАВА Храна = Здраве***

1. Boggs DA, Palmer JR, Wise LA, et al. Fruit and vegetable intake in relation to risk of breast cancer in the Black Women's Health Study. *Am J Epidemiol* 2010; DOI:10.1093/aje/kwq293. Gullett NP, Ruhul Amin AR, Bayraktar S, et al. Cancer prevention with natural compounds. *Semin Oncol* 2010; 37(3): 258-81.
2. Li C, Ford ES, Zhao G, et al. Serum alpha-carotene concentrations and risk of death among U.S. adults. Third national Health and Nutrition Examination Survey follow-up study. *Arch Intern Med* 2010, Nov 22; DOI:10.1001/archinternmed.2010.440.
3. Robbins J. *Healthy at 100*. Ballantine Books, 2007.
4. Liu RH. Potential synergy of phytochemicals in cancer prevention: mechanism of action. *J Nutr* 2004; 134(12 Suppl): 3479S-3485S.
5. Hoover's directories: fast food and quick service restaurants 2005; [www.hoovers.com/industry/fast\\_food\\_quick\\_service\\_restaurants/1444\\_1.html](http://www.hoovers.com/industry/fast_food_quick_service_restaurants/1444_1.html).
6. Steinmetz KA, Potter JD. Vegetables, fruit, and cancer prevention: a review. *J Am Diet Assoc* 1996, Oct; 96(10): 1027-39.
7. [http://www.who.int/whr/1996/media\\_centre/press\\_release/en/index.html](http://www.who.int/whr/1996/media_centre/press_release/en/index.html).
8. Sripaipan T, Schroeder DG, Marsh DR, et al. Effect of an integrated nutrition program on child morbidity due to respiratory infection and diarrhea in northern Viet Nam. *Food Nutr Bull* 2002; 23(4): 70-77.
9. Taylor CE, Higgs ES. Micronutrients and infectious diseases: thoughts on integration of mechanistic approaches into micronutrient research. *J Infect Dis* 2000, Sep; 182(1 Suppl): S1-S4.

10. Keusch GT. The history of nutrition: malnutrition, infection, and immunity. *J Nutr* 2003; 133: 336S–340S.
11. Peterhans E. Oxidants and antioxidants in viral diseases: disease mechanisms and metabolic regulation. *J Nutr* 1997; 127: 962S–965S.
12. Beck MA. Antioxidants and viral infections: host immune response and viral pathogenicity. *J Am Coll Nutr* 2001; 20(5 Suppl): 384S–388S, discussion 396S–397S.
13. Peterhans E. Oxidants and antioxidants in viral diseases mechanisms and metabolic regulation. *J Nutr* 1997; 127: 962S–965S.
14. Dreyfuss ML, Fawzi WW. Micronutrients and vertical transmission of HIV-1. *Am J Clin Nutr* 2002; 75(6): 959–70.
15. Domingo E. Newly emerging viral diseases: what role for nutrition? *J Nutr* 1999; 127: 958S–961S.
16. Román GC. An epidemic in Cuba of optic neuropathy, sensorineural deafness, peripheral sensory neuropathy, and dorsolateral myeloneuropathy. *J Neurol Sci* 1994; 127: 11–28.
17. Reid AH, Taubenberger JK, Fanning TG. The 1918 Spanish influenza: integrating history and biology. *Microbes Infect* 2001; 3(1): 81–87. Afkhami A. Compromised constitutions: the Iranian experience with the 1918 influenza pandemic. *Bull Hist Med* 2003; 77(2): 367–92.

## ***ВТОРА ГЛАВА Провалът на съвременната медицина***

1. Achievements in public health, 1900–1999: control of infectious diseases. *MMWR* 1999; 48(29): 621–29.
2. McManus IC. Life expectation of Italian Renaissance artists. *Lancet* 1975; 1(7901): 266–67.
3. Baicker K, Chandra A. Health affairs (2004): Medicare spending, the physician workforce, and beneficiaries' quality of care; DOI:10.1377/hlthaff.w4.184. Abramson J. *Overdosed America: The Broken Promise of American Medicine*. HarperCollins, 2004.
4. Tzoulaki I, Molokhia M, Curcin V, et al. Risk of cardiovascular disease and all cause mortality among patients with type 2 diabetes prescribed oral anti-diabetes drugs: retrospective cohort study using UK general practice research database. *BMJ* 2009; 339: b4731; DOI:10.1136/bmj.b4731. Pantalone KM, Kattan MW, Yu C, et al. The risk of developing coronary artery disease or congestive heart failure, and overall mortality, in type 2 diabetic patients receiving rosiglitazone, pioglitazone, metformin, or sulfonylureas: a retrospective analysis. *Acta Diabetol* 2009; 46(2): 145–54.
5. Bowker SL, Majumdar SR, Veugelers P, Johnson JA. Increased cancer-related mortality for patients with type 2 diabetes who use sulfonylureas or insulin. *Diab Care* 2006; 29(2): 254–58.

6. Gerstein HC, Miller ME, Byington RP, et al. Effects of intensive glucose lowering in type 2 diabetes. *N Eng J Med* 2008; 358(24): 2545-59.
7. Sipahi I, Debanne SM, Rowland DY, et al. Angiotensin-receptor blockade and risk of cancer: meta-analysis of randomized controlled trials. *Lancet Oncol* 2010, Jul; 11(7): 627-36.
8. US Food and Drug Administration. Benicar (olmesartan): ongoing safety review. <http://www.fda.gov/Safety/MedWatch/SafetyInformation/SafetyAlertsforHumanMedicalProducts/ucm215249.htm>.
9. POISE Study Group. Effects of extended-release metoprolol succinate in patients undergoing non-cardiac surgery (POISE trial): a randomized controlled trial. *Lancet* 2008; DOI:10.1016/S0140-6736(08) 60601-7.
10. Bangalore S, Messerli FH, Kostis JB, Pepine CJ. Cardiovascular protection using beta-blockers. *J Am Coll Cardiol* 2007; 50(7): 563-72.
11. Wiysonge CS, Bradley H, Mayosi BM, et al. Beta-blockers for hypertension. *Cochrane Database Syst Rev* 2007; (1): CD002003.
12. Swaminathan RV, Alexander KP. Pulse pressure and vascular risk in the elderly: associations and clinical implications. *Am J Geriatr Cardiol* 2006; 15(4): 226-32; quiz 133-34.
13. Mitchell GF, Vasan RS, Keyes MJ, et al. Pulse pressure and risk of new-onset atrial fibrillation. *JAMA* 2007; 297(7): 709-15.
14. Messerli FH, Mancia G, Conti CR, Hewkin AC, Kupfer S, Champion A, Kolloch R, Benetos A, Pepine CJ. Dogma disputed: can aggressively lowering blood pressure in hypertensive patients with coronary artery disease be dangerous? *Ann Intern Med* 2006, Jun 20; 144(12): 884-93.
15. Agency for Healthcare Research and Quality. Medication-related adverse outcomes in U.S. hospitals and emergency departments: healthcare cost and utilization project statistical brief 109; 2008, Apr. [www.hcup-us.ahrq.gov/reports/statbriefs/sb109.pdf](http://www.hcup-us.ahrq.gov/reports/statbriefs/sb109.pdf).
16. Estimates of deaths associated with seasonal influenza—United States, 1976–2007. *Morbidity and Mortality Weekly Report (MMWR)* 2010; 59(33): 1057-62.
17. Jefferson T, Di Pietrantonj C, Rivetti A, et al. Vaccines for preventing influenza in healthy adults. *Cochrane Database Syst Rev* 2010; (7): CD001269.
18. Jefferson T, Rivetti A, Hamden AR, et al. Vaccines for preventing influenza in healthy children. *Cochrane Database Syst Rev* 2008; (2): CD004879.
19. Jefferson T, Di Pietrantonj C, Al-Ansary LA, et al. Vaccines for preventing influenza in the elderly. *Cochrane Database Syst Rev* 2010; (2): CD004876.
20. Cauchon D. FDA advisers tied to industry. *USA Today* 2000, Sep 25. Chairman Dan Burton. Opening statement. Committee on government reform. FACA: Conflicts of interest and vaccine development: preserving the integrity of the process. 2000, Jun 15. 2154 Rayburn House Office Building, Washington, DC 20515.

21. Watanabe T. Henoch-Schonlein purpura following influenza vaccinations during the pandemic of influenza A (H1N1). *Pediatr Nephrol* 2011; 26(5): 795–98.

### ***ТРЕТА ГЛАВА Супер храни за супер имунитет***

1. Amadori D, Sansoni E, Amadori A. Ovarian cancer: natural history and metastatic pattern. *Front in Biosc* 1996; (1): 56–59.

2. Stidley CA, Picchi MA, Leng S, et al. Multivitamins, folate, and green vegetables protect against gene promoter methylation in the aerodigestive tract of smokers. *Cancer Res* 2010, Jan 15; 70(2): 568–74.

3. See, for example, Yuasa Y, Nagasaki H, Akiyama Y, et al. Relationship between CDX2 gene methylation and dietary factors in gastric cancer patients. *Carcinog* 2005; 26(1): 193–200.

4. Walters DG, Young PJ, Agus C, et al. Cruciferous vegetable consumption alters the metabolism of the dietary carcinogen 2-amino-1-methyl-6-phenylimidazo [4,5-b]pyridine (PhIP) in humans. *Carcinog* 2004; 25: 1659–69.

5. Higdon JV, Delage B, Williams DE, et al. Cruciferous vegetables and human cancer risk: epidemiologic evidence and mechanistic basis. *Pharma Res* 2007, Mar; 55(3): 224–36.

6. Brandi G, Schiavano GF, Zaffaroni N, et al. Mechanisms of action and anti-proliferative properties of Brassica oleracea juice in human breast cancer cell lines. *J Nutr* 2005; 135(6): 1503–09. Gamet-Payrastré I, Li P, Lumeau S, et al. Sulforaphane, a naturally occurring isothiocyanate, induces cell cycle arrest and apoptosis in HT29 human colon cancer cells. *Cancer Res* 2000; 60: 1426–33.

7. Yuan F, Chen DZ, Liu K, et al. Anti-estrogenic activities of indole-3-carbinol in cervical cells: implication for prevention of cervical cancer. *Anticancer Res* 1999, May–Jun; 19(3a): 1673–80. Dalessandri KM, Firestone GL, Fitch MD, et al. Pilot study: effect of 3,3'-diindolylmethane supplements on urinary hormone metabolites in postmenopausal women with a history of early-stage breast cancer. *Nutr Cancer* 2004; 50: 161–67.

8. Michaud DS, Spiegelman D, Clinton SK, et al. Fruit and vegetable intake and incidence of bladder cancer in a male prospective cohort. *J Natl Cancer Inst* 1999; 91(7): 605–13.

9. Cohen JH, Kristal AR, Stanford JL. Fruit and vegetable intake and prostate cancer risk. *J Natl Cancer Inst* 2000; 92(1): 61–68.

10. Larsson SC, Hakansson N, Naslund I, et al. Fruit and vegetable consumption in relation to pancreatic cancer: a prospective study. *Cancer Epidemiol Biomark Prev* 2006; 15: 301–5.

11. Xue L, Pestka JJ, Li M, et al. 3,3'-diindolylmethane stimulates murine immune function in vitro and in vivo. *J Nutr Biochem* 2008; 19(5): 336–44.

12. Zeligs MA, Sepkovic DW, Manrique C. et al. Absorption-enhanced 3,3'-diindolylmethane: human use in HPV-related, benign, and pre-cancerous conditions. *Proc Am Assoc Cancer Res* 2003; 44: 3198.
13. Conrad A, Bauer D, Nobis T, et al. In vitro activity of a mixture of mustard oils (isothiocyanates) against antimicrobial and multidrug-resistant bacteria. 18th European Congress of Clinical Microbiology and Infectious Diseases 2008, Apr 19; Barcelona, Spain. Abstract number: P614.
14. Fahey JW, Haristoy X, Dolan PM, et al. Sulforaphane inhibits extracellular, intracellular, and antibiotic-resistant strains of *Helicobacter pylori* and prevents benzo[a]pyrene-induced stomach tumors. *Proc Natl Acad Sci* 2002; 99(11): 7610–15. Haristoy X, Angioi-Duprez K, Duprez A, Lozniewski A. Efficacy of sulforaphane in eradicating *Helicobacter pylori* in human gastric xenografts implanted in nude mice. *Antimicrob Agents Chemother* 2003; 47(12): 3982–84. Galan MV, Kishan AA, Silverman AL. Oral broccoli sprouts for the treatment of *Helicobacter pylori* infection: a preliminary report. *Dig Dis Sci* 2004; 49(7–8): 1088–90.
15. Zakkar M, Van der Heiden KI, Luong LA, et al. Activation of Nrf2 in endothelial cells protects arteries from exhibiting a proinflammatory state. *Arterioscler Thromb & Vasc Biol* 2009; 29: 1851.
16. Kohno K, Miyake M, Sano O, et al. Anti-inflammatory and immunomodulatory properties of 2-amino-3H-phenoxazin-3-one. *Biol Pharma Bull* 2008; 31: 1938–45. Lee JS, Park SY, Thapa D, et al. *Grifola frondosa* water extract alleviates intestinal inflammation by suppressing TNF-alpha production and its signaling. *Exp Mol Med* 2010; 42: 143–54.
17. Borchers AT, Keen CL, Gershwin ME. Mushrooms, tumors, and immunity: an update. *Exp Biol Med* 2004; 229: 393–406. Borchers AT, Krishnamurthy A, Keen CL, et al. The immunobiology of mushrooms. *Exp Biol Med* 2008; 233: 259–76.
18. Martin KR, Brophy SK. Commonly consumed and specialty dietary mushrooms reduce cellular proliferation in MCF-7 human breast cancer cells. *Exp Biol Med* 2010; 235: 1306–14. Fang N, Li Q, Yu S, et al. Inhibition of growth and induction of apoptosis in human cancer cell lines by an ethyl acetate fraction from shiitake mushrooms. *J Altern Complement Med* 2006; 12: 125–32. Ng ML, Yap AT. Inhibition of human colon carcinoma development by lentinan from shiitake mushrooms (*Lentinus edodes*). *J Altern Complement Med* 2002; 8: 581–89. Adams LS, Phung S, Wu X, et al. White button mushroom (*Agaricus bisporus*) exhibits antiproliferative and proapoptotic properties and inhibits prostate tumor growth in athymic mice. *Nutr Cancer* 2008; 60: 744–56. Lakshmi B, Ajith TA, Sheena N, et al. Antiperoxidative, anti-inflammatory, and antimutagenic activities of ethanol extract of the mycelium of *Ganoderma lucidum* occurring in South India. *Teratog Carcinog Mutagen* 2003; (1 Suppl): 85–97. Cao QZ, Lin ZB. Antitumor and anti-angiogenic activity of *Ganoderma lucidum* polysaccharides peptide. *Acta Pharma Sinica* 2004; 25: 833–38. Lin ZB, Zhang HN. Anti-tumor and immunoregulatory activities of

Ganoderma lucidum and its possible mechanisms. *Acta Pharma Sinica* 2004; 25: 1387–95.

19. Yu L, Fernig DG, Smith JA, et al. Reversible inhibition of proliferation of epithelial cell lines by *Agaricus bisporus* (edible mushroom) lectin. *Cancer Res* 1993; 53: 4627–32. Carrizo ME, Capaldi S, Perduca M, et al. The antineoplastic lectin of the common edible mushroom (*Agaricus bisporus*) has two binding sites, each specific for a different configuration at a single epimeric hydroxyl. *Journal Biol Chem* 2005; 280: 10614–623.

20. Hong SA, Kim K, Nam SJ, et al. A case-control study on the dietary intake of mushrooms and breast cancer risk among Korean women. *Int J Cancer* 2008; 122: 919–23. Shin A, Kim J, Lim SY, et al. Dietary mushroom intake and the risk of breast cancer based on hormone receptor status. *Nutr Cancer* 2010; 62: 476–83. Zhang M, Huang J, Xie X, et al. Dietary intakes of mushrooms and green tea combine to reduce the risk of breast cancer in Chinese women. *Int J Cancer* 2009; 124: 1404–08.

21. Hara M, Hanaoka T, Kobayashi M, et al. Cruciferous vegetables, mushrooms, and gastrointestinal cancer risks in a multicenter, hospital-based case-control study in Japan. *Nutr Cancer* 2003; 46: 138–47.

22. Chen S, Oh S, Phung S et al. Anti-aromatase activity of phytochemicals in white button mushrooms (*Agaricus bisporus*). *Cancer Res* 2006; 66(24): 12026–034.

23. Chen S, Oh SR, Phung S, et al. Anti-aromatase activity of phytochemicals in white button mushrooms (*Agaricus bisporus*). *Cancer Res* 2006; 66: 12026–034. Su B, Wong C, Hong Y, et al. Growth factor signaling enhances aromatase activity of breast cancer cells via post-transcriptional mechanisms. *J Steroid Biochem Molec Biol* 2011; 123: 101–8.

24. Burstein HJ, Prestrud AA, Seidenfeld J, et al. American Society of Clinical Oncology clinical practice guideline: update on adjuvant endocrine therapy for women with hormone receptor-positive breast cancer. *J Clin Oncol* 2010; 28: 3784–96. Riemsma R, Forbes CA, Kessels A, et al. Systematic review of aromatase inhibitors in the first-line treatment for hormone sensitive advanced or metastatic breast cancer. *Breast Cancer Res Treat* 2010; 123: 9–24.

25. Grube BJ, Eng ET, Kao YC, et al. White button mushroom phytochemicals inhibit aromatase activity and breast cancer cell proliferation. *J Nutr* 2001; 131: 3288–93.

26. Ren Z, Guo Z, Meydani SN, et al. White button mushroom enhances maturation of bone marrow-derived dendritic cells and their antigen presenting function in mice. *J Nutr* 2008; 138(3): 544–50.

27. Kim HJ, Barajas B, Wang M, et al. Nrf2 activation by sulforaphane restores the age-related decrease of T(H)1 immunity: role of dendritic cells. *J Allergy Clin Immunol* 2008; 121(5): 1255–61.

28. Yoon M, Lee J, Choi B, et al. Apigenin inhibits immunostimulatory function of dendritic cells: implication of immunotherapeutic adjuvant. *Molec Pharma* 2006; 70(3): 1033–44.
29. National Cancer Institute. Angiogenesis inhibitors therapy. <http://www.cancer.gov/cancertopics/factsheet/Therapy/angiogenesis-inhibitors>.
30. Pool-Zobel BL, Schmezer P, Sinrachatanant Y, et al. Mutagenic and genotoxic activities of extracts derived from the cooked and raw edible mushroom *Agaricus bisporus*. *J Cancer Res Clin Oncol* 1990; 116: 475–79. Toth B, Erickson J. Cancer induction in mice by feeding of the uncooked cultivated mushroom of commerce *Agaricus bisporus*. *Cancer Res* 1986; 46: 4007–11. Toth B, Erickson J, Gannett P. Lack of carcinogenesis by the baked mushroom *Agaricus bisporus* in mice: different feeding regimen [corrected]. *In Vivo* 1997; 11: 227–31.
31. Rupnick MA, Panigrahy D, Zhang CY, et al. Adipose tissue mass can be regulated through the vasculature. *Proc Natl Acad Sci* 2002; 99: 10730–735. Cao Y. Adipose tissue angiogenesis as a therapeutic target for obesity and metabolic diseases. *Nature Rev Drug Disc* 2010; 9: 107–15. Lijnen HR. Angiogenesis and obesity. *Cardiovasc Res* 2008; 78: 286–93. Aoki N, Yokoyama R, Asai N, et al. Adipocyte-derived microvesicles are associated with multiple angiogenic factors and induce angiogenesis in vivo and in vitro. *Endocrinol* 2010; 151: 2567–76.
32. Seyfi P, Mostafaie A, Mansouri K, et al. In vitro and in vivo anti-angiogenesis effect of shallot (*Allium ascalonicum*): a heat-stable and flavonoid-rich fraction of shallot extract potently inhibits angiogenesis. *Toxicol in Vitro* 2010; 24: 1655–61. Jung SK, Lee KW, Byun S, et al. Myricetin inhibits UVB-induced angiogenesis by regulating PI-3 kinase in vivo. *Carcinog* 2010; 31: 911–17. Powolny A, Singh S. Multitargeted prevention and therapy of cancer by diallyl trisulfide and related *Allium* vegetable-derived organosulfur compounds. *Cancer Lett* 2008; 269: 305–14.
33. Nandakumar V, Singh T, Katiyar SK. Multi-targeted prevention and therapy of cancer by proanthocyanidins. *Cancer Lett* 2008; 269: 378–87. Wang LS, Hecht SS, Carmella SG, et al. Anthocyanins in black raspberries prevent esophageal tumors in rats. *Cancer Prev Res* 2009; 2: 84–93. Stoner GD, Wang LS, Casto BC. Laboratory and clinical studies of cancer chemoprevention by antioxidants in berries. *Carcinog* 2008; 29: 1665–74. Roy S, Khanna S, Alessio HM, et al. Anti-angiogenic property of edible berries. *Free Radic Res* 2002; 36: 1023–31.
34. Hui C, Bin Y, Xiaoping Y, et al. Anticancer activities of an anthocyanin-rich extract from black rice against breast cancer cells in vitro and in vivo. *Nutr Cancer* 2010; 62: 1128–36.
35. Lu J, Zhang K, Nam S, et al. Novel angiogenesis inhibitory activity in cinnamon extract blocks VEGFR2 kinase and downstream signaling. *Carcinog* 2010; 31: 481–88.

36. Kunimasa K, Ikekita M, Sato M, et al. Nobiletin, a citrus polymethoxy-flavonoid, suppresses multiple angiogenesis-related endothelial cell functions and angiogenesis in vivo. *Cancer Sci* 2010; 101: 2462–69. Ashino H, Shimamura M, Nakajima H, et al. Novel function of ascorbic acid as an angiostatic factor. *Angiogen* 2003; 6: 259–69.
37. Cavell BE, Syed Alwi SS, Donlevy A, et al. Anti-angiogenic effects of dietary isothiocyanates: mechanisms of action and implications for human health. *Biochem Pharma* 2011; 81: 327–36. Kunimasa K, Kobayashi T, Kaji K, et al. Antiangiogenic effects of indole-3-carbinol and 3,3'-diindolylmethane are associated with their differential regulation of ERK1/2 and Akt in tube-forming HUVEC. *J Nutr* 2010; 140: 1–6. Davis R, Singh KP, Kurzrock R, et al. Sulforaphane inhibits angiogenesis through activation of FOXO transcription factors. *Oncol Rep* 2009; 22: 1473–78. Kumar A, D'Souza SS, Tickoo S, et al. Antiangiogenic and proapoptotic activities of allyl isothiocyanate inhibit ascites tumor growth in vivo. *Integr Cancer Ther* 2009; 8: 75–87.
38. Bergman Jungstrom M, Thompson LU, Dabrosin C. Flaxseed and its lignans inhibit estradiol-induced growth, angiogenesis, and secretion of vascular endothelial growth factor in human breast cancer xenografts in vivo. *Clin Cancer Res* 2007; 13: 1061–67.
39. Kim EC, Min JK, Kim TY, et al. [6]-Gingerol, a pungent ingredient of ginger, inhibits angiogenesis in vitro and in vivo. *Biochem Biophys Res Commun* 2005; 335: 300–308.
40. Liu M, Liu RH, Song BB, et al. Antiangiogenetic effects of 4 varieties of grapes in vitro. *J Food Sci* 2010; 75: T99–104.
41. Jung YD, Ellis LM. Inhibition of tumour invasion and angiogenesis by epigallocatechin gallate (EGCG), a major component of green tea. *Int J Exp Pathol* 2001; 82: 309–16. Rodriguez SK, Guo W, Liu L, et al. Green tea catechin, epigallocatechin-3-gallate, inhibits vascular endothelial growth factor angiogenic signaling by disrupting the formation of a receptor complex. *Int J of Cancer* 2006; 118: 1635–44. Domingo DS, Camouse MM, Hsia AH, et al. Anti-angiogenic effects of epigallocatechin-3-gallate in human skin. *Int J Clin and Exp Pathol* 2010; 3: 705–9. Murugan RS, Vinothini G, Hara Y, et al. Black tea polyphenols target matrix metalloproteinases, RECK, proangiogenic molecules, and histone deacetylase in a rat hepatocarcinogenesis model. *Anticancer Res* 2009; 29: 2301–05.
42. Lee JS, Park BC, Ko YJ, et al. Grifola frondosa (maitake mushroom) water extract inhibits vascular endothelial growth factor-induced angiogenesis through inhibition of reactive oxygen species and extracellular signal-regulated kinase phosphorylation. *J Med Food* 2008; 11: 643–51. Chang HH, Hsieh KY, Yeh CH, et al. Oral administration of an Enoki mushroom protein FVE activates innate and adaptive immunity and induces anti-tumor activity against murine hepatocellular carcinoma. *Int Immunopharma* 2010; 10: 239–46. Cao QZ, Lin ZB. Antitumor and anti-angiogenic activity of Ganoderma lucidum polysaccharides peptide. *Acta Pharma Sinica* 2004; 25: 833–38.



43. Szymczak M, Murray M, Petrovic N. Modulation of angiogenesis by omega-3 polyunsaturated fatty acids is mediated by cyclooxygenases. *Blood* 2008; 111: 3514–21.
44. Min JK, Han KY, Kim EC, et al. Capsaicin inhibits in vitro and in vivo angiogenesis. *Cancer Res* 2004; 64: 644–51.
45. Khan N, Afaq F, Kweon MH, et al. Oral consumption of pomegranate fruit extract inhibits growth and progression of primary lung tumors in mice. *Cancer Res* 2007; 67: 3475–82. Toi M, Bando H, Ramachandran C, et al. Preliminary studies on the anti-angiogenic potential of pomegranate fractions in vitro and in vivo. *Angiogenesis* 2003; 6: 121–28. Sartippour MR, Seeram NP, Rao JY, et al. Ellagitannin-rich pomegranate extract inhibits angiogenesis in prostate cancer in vitro and in vivo. *Int J Oncol* 2008; 32: 475–80.
46. Nandakumar V, Singh T, Katiyar SK. Multi-targeted prevention and therapy of cancer by proanthocyanidins. *Cancer Lett* 2008; 269: 378–87.
47. Kang X, Jin S, Zhang Q. Antitumor and antiangiogenic activity of soy phytoestrogen on 7,12-dimethylbenz[alpha]anthracene-induced mammary tumors following ovariectomy in Sprague-Dawley rats. *J Food Sci* 2009; 74: H237–42. Fotsis T, Pepper M, Adlercreutz H, et al. Genistein, a dietary-derived inhibitor of in vitro angiogenesis. *Proc Natl Acad Sci* 1993, 90: 2690–94.
48. Maeda N, Kokai Y, Ohtani S, et al. Anti-tumor effect of orally administered spinach glycolipid fraction on implanted cancer cells, colon-26, in mice. *Lipids* 2008; 43: 741–48.
49. Pannellini T, Iezzi M, Liberatore M, et al. A dietary tomato supplement prevents prostate cancer in TRAMP mice. *Cancer Prev Res* 2010; 3: 1284–91.
50. Bhandarkar SS, Arbiser JL. Curcumin as an inhibitor of angiogenesis. *Adv Exp Med Biol* 2007; 595: 185–95.
51. Szymczak M, Murray M, Petrovic N. Modulation of angiogenesis by omega-3 polyunsaturated fatty acids is mediated by cyclooxygenases. *Blood* 2008; 111: 3514–21. Llaverias G, Danilo C, Mercier I, et al. Role of cholesterol in the development and progression of breast cancer. *Am J Path* 2011; 178: 402–12. Llaverias G, Danilo C, Wang Y, et al. A Western-type diet accelerates tumor progression in an autochthonous mouse model of prostate cancer. *Am J Path* 2010; 177: 3180–91.
52. Powolny A, Singh S. Multitargeted prevention and therapy of cancer by diallyl trisulfide and related Allium vegetable-derived organosulfur compounds. *Cancer Lett* 2008; 269(2): 305–14.
53. Galeone C, Pelucchi C, Levi F, et al. Onion and garlic use and human cancer. *Am J Clin Nutr* 2006; 84(5): 1027–32.
54. Neurath AR, Strick N, Li YY, et al. *Punica granatum* (pomegranate) juice provides an HIV-1 entry inhibitor and candidate topical microbicide. *BMC Infect Dis* 2004; 4: 41. Jurenka JS. Therapeutic applications of pomegranate (*Punica granatum* L.): a review. *Altern Med Rev* 2008; 13(2): 128–44. Lansky EP, Newman RA. *Punica granatum* (pomegranate) and its potential for

prevention and treatment of inflammation and cancer. *J Ethnopharma* 2007; 109(2): 177–206.

55. Kim ND, Mehta R, Yu W, et al. Chemopreventive and adjuvant therapeutic potential of pomegranate (*Punica granatum*) for human breast cancer. *Breast Cancer Res Treat* 2002; 71(3): 203–17. Kohno H, Suzuki R, Yasui Y, et al. Pomegranate seed oil rich in conjugated linolenic acid suppresses chemically induced colon carcinogenesis in rats. *Cancer Sci* 2004; 95(6): 481–86. Toi M, Bando H, Ramachandran C, et al. Preliminary studies on the anti-angiogenic potential of pomegranate fractions in vitro and in vivo. *Angiogen* 2003; 6(2): 121–28. Kawaii S, Lansky EP. Differentiation-promoting activity of pomegranate (*Punica granatum*) fruit extracts in HL-60 human promyelocytic leukemia cells. *J Med Food* 2004; 7(1): 13–18.

56. Aviram M, Dornfeld L. Pomegranate juice consumption inhibits serum angiotensin converting enzyme activity and reduces systolic blood pressure. *Atheroscl* 2001; 158(1): 195–8.

57. Aviram M, Dornfeld L, Rosenblat M, et al. Pomegranate juice consumption reduces oxidative stress, atherogenic modifications to LDL, and platelet aggregation: studies in humans and in atherosclerotic apolipoprotein E-deficient mice. *Am J Clin Nutr* 2000; 71(5): 1062–76.

58. Mori-Okamoto J, Otawara-Hamamoto Y, Yamato H, Yoshimura H. Pomegranate extract improves a depressive state and bone properties in menopausal syndrome model ovariectomized mice. *J Ethnopharma* 2004; 92(1): 93–101.

59. American Society of Nephrology (2010, Nov 19). Pomegranate juice reduces damage to tissues, inflammation, and infections, study suggests. *Science Daily*. Retrieved Mar 12, 2011, from <http://www.sciencedaily.com/releases/2010/11/101119083126.htm>.

60. Aviram M, Rosenblat M, Gaitini D, et al. Pomegranate juice consumption for 3 years by patients with carotid artery stenosis reduces common carotid intima-media thickness, blood pressure, and LDL oxidation. *Clin Nutr* 2004; 23(3): 423–33.

61. Adams LS, Zhang Y, Seeram NP, et al. Pomegranate ellagitannin-derived compounds exhibit antiproliferative and antiaromatase activity in breast cancer cells in vitro. *Cancer Prev Res* 2010; 3(1): 108–13.

62. Syed DN, Afaq F, Mukhtar H. Pomegranate derived products for cancer chemoprevention. *Semin Cancer Biol* 2007; 17(5): 377–85.

63. Stoner GD, Dombkowski AA, Reen RK, et al. Carcinogen-altered genes in Rat esophagus positively modulated to normal levels of expression by both black raspberries and phenylethyl isothiocyanate. *Cancer Res* 2008; 68(15): 6460–67.

64. Ravoori S, Kausar H, Aqil F, et al. Distinct molecular targets of blueberry and black raspberry in breast cancer prevention. *Cancer Res* 2010; 70(8): S1.

65. Hu FB, Stampfer MJ, Manson JE, et al. Frequent nut consumption and risk of coronary heart disease in women: prospective cohort study. *BMJ* 1998;

317(7169): 1341–45. Albert CM, Gaziano JM, Willett WC, et al. Nut consumption and decreased risk of sudden cardiac death in the Physicians' Health Study. *Arch Intern Med* 2002; 162(12): 1382–87. Kris-Etherton PM, Hu FB, Ros E, et al. The role of tree nuts and peanuts in the prevention of coronary heart disease: multiple potential mechanisms. *J Nutr* 2008; 138(9): 1746S–1751S. Ellsworth JL, Kushi LH, Folsom AR. Frequent nut intake and risk of death from coronary heart disease and all causes in postmenopausal women: the Iowa Women's Health Study. *Nutr Metab Cardiovasc Dis* 2001; 11(6): 372–77. Sabaté J, Oda K, Ros E. Nut consumption and blood lipid levels: a pooled analysis of 25 intervention trials. *Arch Intern Med* 2010 May 10; 170(9): 821–27. Bes-Rastrollo M, Wedick NM, Martinez-Gonzalez MA, et al. Prospective study of nut consumption, long-term weight change, and obesity risk in women. *Am J Clin Nutr* 2009; 89(6): 1913–19.

66. Thompson LU, Chen JM, Li T, et al. Dietary flaxseed alters tumor biological markers in postmenopausal breast cancer. *Clin Cancer Res* 2005; 11(10): 3828–35.

67. Cooney RV, Custer LJ, Okinaka L, et al. Effects of dietary sesame seeds on plasma tocopherol levels. *Nutr Cancer* 2001; 39(1): 66–71.

68. Wu WH, Kang YP, Wang NH, et al. Sesame ingestion affects sex hormones, antioxidant status, and blood lipids in postmenopausal women. *J Nutr* 2006; 136(5): 1270–75.

### ***ЧЕТВЪРТА ГЛАВА Настинки и грип – какво е необходимо да знаем***

1. Linder JA, Singer DE. Desire for antibiotics and antibiotic prescribing for adults with upper respiratory tract infections. *J Gen Intern Med* 2003; 18(10): 795–801. Nash DR, Harman J, Wald ER, Kelleher KJ. Antibiotic prescribing by primary care physicians for children with upper respiratory tract infections. *Arch Pediatr Adolesc Med* 2002; 156(11): 1114–19.

2. Stone S, Gonzales R, Maselli J, Lowenstein SR. Antibiotic prescribing for patients with colds, upper respiratory tract infections, and bronchitis: a national study of hospital-based emergency departments. *Ann Emerg Med* 2000; 36(4): 320–27.

3. Sharp HJ, Denman D, Puumala S, Leopold DA. Treatment of acute and chronic rhinosinusitis in the United States, 1999–2002. *Arch Otolaryng Head Neck Surg* 2007, Mar; 133(3): 260–65.

4. DiFrancesco E. Stop treating colds with antibiotics. *Infect Dis News* 1992, Aug; 12. Orr PH, Scherer KS, Macdonald A, Moffatt MEK. Randomized placebo-controlled trials of antibiotics for acute bronchitis: a critical review of the literature. *J Fam Pract* 1993; 36: 507–12.

5. Shehab N, Patel PR, Srinivasan A, Budnitz DS. Emergency department visits for antibiotic-associated adverse events. *Clin Infect Dis* 2008, Sep 15; 47(6): 735–43.

6. Beringer PM, Wong-Beringer A, Rho JP. Economic aspects of antibacterial adverse effects. *PharmacoEcon* 1998, Jan; 13: 35–49.

7. Chang ET, Smedby KE, Hjalgrim H, et al. Medication use and risk of non-Hodgkin's lymphoma. *Am J Epidemiol* 2005; 162(10): 965–74.
8. Velicer CM, Heckbert SR, Lampe JW, et al. Antibiotic use in relation to the risk of breast cancer. *JAMA* 2004; 291: 827–35.
9. Crider KS, Cleves MA, Reefhuis J, et al. Antibacterial medication use during pregnancy and risk of birth defects: national birth defects prevention study. *Arch Pediatr Adolesc Med* 2009; 163(11): 978–85.
10. Belanger K, Murk W, Bracken MB. Antibiotic exposure by 6 months and asthma and allergy at 6 years: findings in a cohort of 1,401 U.S. children. *Am J Epidemiol* 2010; DOI:10.1093/aje/kwq400.
11. Paul IM, Yoder KE, Crowell KR, et al. Effect of dextromethorphan, diphenhydramine, and placebo on nocturnal cough and sleep quality for coughing. *Pediatrics* 2004; 114(1): e85-e90.
12. Sutter AI, Lemiengre M, Campbell H, Mackinnon HF. Antihistamines for the common cold. *Cochrane Database Syst Rev* 2003; (3): CD001267.
13. Simasek M, Blandino DA. Treatment of the common cold. *Am Fam Phys* 2007, Feb 15; 75(4): 515–20.
14. Mackowiak P. Benefits versus risk of the febrile response. In Mackowiak P, ed. *Fever: Basic Mechanisms and Management*. Lippincott-Raven, 1997; 279–86. Husseini RH, Sweet C, Collie MH, et al. Elevation of nasal viral levels by suppression of fever in ferrets infected with influenza viruses of differing virulence. *J Infect Dis* 1982; 145: 520–24.
15. Graham NM, Burrell CJ, Douglas RM, et al. Adverse effects of aspirin, acetaminophen, and ibuprofen on immune function, viral shedding, and clinical status in rhinovirus-infected volunteers. *J Infect Dis* 1990; 162: 1277–82. Stanley ED, Jackson GG, Panusarn C, et al. Increased virus shedding with aspirin treatment of rhinovirus infection. *JAMA* 1975; 231: 1248–51.
16. Graham NM, Burrell CJ, Douglas RM, et al. Adverse effects of aspirin, acetaminophen, and ibuprofen on immune function, viral shedding, and clinical status in rhinovirus-infected volunteers. *J Infect Dis*. 1990; 162(6): 1277–82.
17. Rennard BO, Ertl RF, Gossman GL, et al. Chicken soup inhibits neutrophil chemotaxis in vitro. *Chest* 2000; 118(4): 1150–57.
18. Singh M. Heated, humidified air for the common cold. *Cochrane Database Syst Rev* 2001; (4): CD001728. Arroll B. Non-antibiotic treatments for upper-respiratory tract infections (common cold). *Respir Med* 2005; 99(12): 1477–84. Moore M, Little P. Humidified air inhalation for treating croup. *Cochrane Database Syst Rev* 2006; (3): CD002870.
19. Guppy MP, Mickan SM, Del Mar CB. Advising patients to increase fluid intake for treating acute respiratory infections. *Cochrane Database Syst Rev* 2005; (4): CD004419.

20. Rabago D, Zgierska A, Mundt MJ, et al. Efficacy of daily hypertonic saline nasal irrigation among patients with sinusitis: a randomized controlled trial. *J Fam Pract* 2002; 51(12): 1049–55.
21. Kassel JC, King D, Spurling GK. Saline nasal irrigation for acute upper respiratory tract infections. *Cochrane Database Syst Rev* 2010; (3): CD006821.
22. Vickers AJ, Smith C. Homoeopathic Oscillocochinum for preventing and treating influenza and influenza-like syndromes. *Cochrane Database Syst Rev* 2006; (3): CD001957.
23. Douglas RM, Hemilä H, Chalker E, et al. Vitamin C for preventing and treating the common cold. *Cochrane Database Syst Rev* 2007; (3): CD000980.
24. Taylor JA, Weber W, Standish L, et al. Efficacy and safety of echinacea in treating upper respiratory tract infections in children: a randomized controlled trial. *JAMA* 2003; 290(21): 2824–30.
25. Turner RB, Bauer R, Woelkart K, et al. An evaluation of *Echinacea angustifolia* in experimental rhinovirus infections. *N Engl J Med* 2005; 353: 341–48. Yale SH, Liu K. *Echinacea purpurea* therapy for the treatment of the common cold: a randomized, double-blind, placebo-controlled clinical trial. *Arch Intern Med* 2004; 164: 1237–41.
26. Lissiman E, Bhasale AL, Cohen M. Garlic for the common cold. *Cochrane Database Syst Rev* 2009; (3): CD006206. Josling P. Preventing the common cold with a garlic supplement: a double-blind, placebo-controlled survey. *Adv Ther* 2001; 18(4): 189–93.
27. Chen Q, Ganapathy S, Singh KP, et al. Resveratrol induces growth arrest and apoptosis through activation of FOXO transcription factors in prostate cancer cells. *PLoS One* 2010; 5(12): e15288. Patel KR, Brown VA, Jones DJ, et al. Clinical pharmacology of resveratrol and its metabolites in colorectal cancer patients. *Cancer Res* 2010; 70(19): 7392–99.
28. Ghanim H, Sia CL, Korzeniewski K, et al. A resveratrol and polyphenol preparation suppresses oxidative and inflammatory stress response to a high-fat, high-carbohydrate meal. *J Clin Endocrinol Metab* 2011; 0: jc.2010–1812v1-jc.2010–1812.
29. Kraft TE, Parisotto D, Schempp C, Efferth T. Fighting cancer with red wine? Molecular mechanisms of resveratrol. *Crit Rev Food Sci Nutr* 2009; 49(9): 782–99.
30. Meydani SN, Barnett JB, Dallal GE, et al. Serum zinc and pneumonia in nursing home elderly. *Am J Clin Nutr* 2007; 86(4): 1167–73.
31. Fischer Walker C, Black RE. Zinc and the risk for infectious disease. *Ann Rev Nutr* 2004; 24: 255–75.
32. Singh M, Das RR. Zinc for the common cold. *Cochrane Database Syst Rev* 2011; (2): CD001364.
33. Cannell JJ, Vieth R, Umhau JC, et al. Epidemic influenza and vitamin D. *Epidemiol Infect* 2006; 134: 1129–40. Urashima M, Segawa T, Okazaki M, et

- al. Randomized trial of vitamin D supplementation to prevent seasonal influenza A in schoolchildren. *Am J Clin Nutr* 2010; 91: 1255–60.
34. Yamshchikov AV, Desai NS, Blumberg HM, et al. Vitamin D for treatment and prevention of infectious diseases: a systematic review of randomized controlled trials. *Endocr Pract* 2009; 15: 438–49.
35. Roschek B Jr, Fink RC, McMichael MD, et al. Elderberry flavonoids bind to and prevent H1N1 infection in vitro. *Phytochem* 2009; 70: 1255–61.
36. Zakay-Rones Z, Thom E, Wollan T, Wadstein J. Randomized study of the efficacy and safety of oral elderberry extract in the treatment of influenza A and B virus infections. *J Int Med Res* 2004; 32: 132–40. Vlachojannis JE, Cameron M, Chrubasik S. A systematic review of the sambuci fructus effect and efficacy profiles. *Phytother Res* 2010; 24(1): 1–8.
37. Roll S, Nocon M, Willich SN, et al. Reduction of common cold symptoms by encapsulated juice powder concentrate of fruits and vegetables: a randomized, double-blind, placebo-controlled trial. *Brit J Nutr* 2011; 105: 118–22.
38. Barringer TA, Kirk JK, Santaniello AC. Effect of a multivitamin and mineral supplement on infection and quality of life: a randomized, double-blind, placebo-controlled trial. *Ann Intern Med* 2003; 138(5): 365–71.

## ***ПЕТА ГЛАВА Здравословни въглехидрати, мазнини и протеини***

1. Lanza E, Hartman TJ, Albert PS, et al. High dry bean intake and reduced risk of advanced colorectal adenoma recurrence among participants in the polyp prevention trial. *J Nutr* 2006; 136: 1896–903. Finley JW, Burrell JB, Reeves PG, et al. Pinto bean consumption changes SCFA profiles in fecal fermentations, bacterial populations of the lower bowel, and lipid profiles in blood of humans. *J Nutr* 2007; 137(11): 2391–98.
2. Sluijs I, van der Schouw YT, van der A DL, et al. Carbohydrate quantity and quality and risk of type 2 diabetes in the European Prospective Investigation into Cancer and Nutrition-Netherlands (EPIC-NL) study. *Am J Clin Nutr* 2010; 92(4): 905–11. Barclay AW, Petocz P, McMillan-Price J, et al. Glycemic index, glycemic load, and chronic disease risk—a meta-analysis of observational studies. *Am J Clin Nutr* 2008, Mar; 87(3): 627–37. Gnagnarella P, Gandini S, La Vecchia C, et al. Glycemic index, glycemic load, and cancer risk: a meta-analysis. *Am J Clin Nutr* 2008; 87: 1793–801. Sieri S, Krogh V, Berrino F, et al. Dietary glycemic load and index and risk of coronary heart disease in a large Italian cohort: the EPICOR study. *Arch Intern Med* 2010; 170: 640–47. Buyken AE, Toeller M, Heitkamp G, et al. Glycemic index in the diet of European outpatients with type 1 diabetes: relations to glycosylated hemoglobin and serum lipids. *Am J Clin Nutr* 2001; 73(3): 574–81.
3. Larsson SC, Bergkvist L, Wolk A. Glycemic load, glycemic index, and breast cancer risk in a prospective cohort of Swedish women. *Int J Cancer* 2009, Jul 1; 125(1): 153–57. Wen W, Shu XO, Li H, et al. Dietary carbohydrates, fiber, and breast cancer risk in Chinese women. *Am J Clin Nutr* 2009, Jan; 89(1): 283–89. Pisani P. Hyper-insulinaemia and cancer, meta-analyses

of epidemiological studies. *Arch Physiol Biochem* 2008, Feb; 114(1): 63–70. Rossi M, Lipworth L, Polesel J, et al. Dietary glycemic index and glycemic load and risk of pancreatic cancer: a case-control study. *Ann Epidemiol* 2010, Jun; 20(6): 460–65. Thompson CL, Khiani V, Chak A, et al. Carbohydrate consumption and esophageal cancer: an ecological assessment. *Am J Gastroenterol* 2008, Mar; 103(3): 555–61. Augustin LS, Gallus S, Negri E, La Vecchia C. Glycemic index, glycemic load, and risk of gastric cancer. *Ann Oncol* 2004, Apr; 15(4): 581–84.

4. Brown MJ, Ferruzzi MG, Nguyen ML, et al. Carotenoid bioavailability is higher from salads ingested with full-fat than with fat-reduced salad dressings as measured with electrochemical detection. *Am J Clin Nutr* 2004; 80(2): 396–403.

5. Hu FB, Stampfer MJ. Nut consumption and risk of coronary heart disease: a review of epidemiologic evidence. *Curr Atheroscler Rep* 1999 Nov; 1(3): 204–9. Mukuddem-Petersen J, Oosthuizen W, Jerling JC. A systematic review of the effects of nuts on blood lipid profiles in humans. *J Nutr* 2005; 135(9): 2082–89. Lamarche B, Desroche S, Jenkins DJ, et al. Combined effects of a dietary portfolio of plant sterols, vegetable protein, viscous fiber, and almonds on LDL particle size. *Br J Nutr* 2004; 92(4): 654–63.

6. Cerda B, Tomas-Barberan FA, Espin JC. Metabolism of antioxidant and chemopreventive ellagitannins from strawberries, raspberries, walnuts, and oak-aged wine in humans: identification of biomarkers and individual variability. *J Agric Food Chem* 2005; 53(2): 227–35. Ros E, Naatez I, Perez-Heras A, et al. A walnut diet improves endothelial function in hypercholesterolemic subjects: a randomized crossover trial. *Circulation* 2004; 109(13): 1609–14.

7. Hu FB, Willett WC. Optimal diets for prevention of coronary heart disease. *JAMA* 2002; 288(20): 2569–78. Sabat  J. Nut consumption, vegetarian diets, ischemic heart disease risk, and all-cause mortality: evidence from epidemiologic studies. *Am J Clin Nutr* 1999, Sep; 70 (3): 500S–503S.

8. Ellsworth JL, Kushi LH, Folsom AR. Frequent nut intake and risk of death from coronary heart disease and all causes in postmenopausal women: the Iowa Women’s Health Study. *Nutr Metab Cardiovasc Dis* 2001; 11(6): 372–77.

9. Coates AM, Howe PR. Edible nuts and metabolic health. *Curr Opin Lipidol* 2007; 18(1): 25–30. Segura R, Javierre C, Lizarraga MA, Ros E. Other relevant components of nuts: phytosterols, folate, and minerals. *Br J Nutr* 2006; 96(2 Suppl): S36–44.

10. Rajaram S, Sabate J. Nuts, body weight, and insulin resistance. *Br J Nutr* 2006; 96(2 Suppl): S79–86. Sabat  AJ. Nut consumption and body weight. *Am J Clin Nutr* 2003; 78(3 Suppl): 647S–650S. Bes-Rastrollo M, Sabat  AJ, Gamez-Gracia E, et al. Nut consumption and weight gain in a Mediterranean cohort: the SUN study. *Obesity* 2007; 15(1): 107–16. Garca-Lorda P, Megias Rangil I, Salas-Salvada J. Nut consumption, body weight, and insulin resistance. *Eur J Clin Nutr* 2003; 57(1 Suppl): S8–11. Megas-Rangil I, Garca-Lorda P, Torres-Moreno

M, et al. Nutrient content and health effects of nuts. *Arch Latinoam Nutr* 2004; 54(2 Suppl): 83–86.

11. Baron S, Rinsky R. NIOSH mortality study of NFL football players: 1959–88. Centers for Disease Control, National Institute for Occupational Safety and Health 1994 (HETA 88–085).

12. Gualberto A, Pollak M. Emerging role of insulin-like growth factor receptor inhibitors in oncology: early clinical trial results and future directions. *Oncogene* 2009; 28: 3009–21.

13. Bartke A. Minireview: role of the growth hormone/insulin-like growth factor system in mammalian aging. *Endocrinol* 2005; 146: 3718–23.

14. Kaaks R. Nutrition, insulin, IGF-1 metabolism, and cancer risk: a summary of epidemiological evidence. *Novartis Found Symp* 2004; 262: 247–60; discussion 260–68. McCarty MF. Vegan proteins may reduce risk of cancer, obesity, and cardiovascular disease by promoting increased glucagon activity. *Med Hypoth* 1999; 53: 459–85.

15. Cannata D, Fierz Y, Vijayakumar A, et al. Type 2 diabetes and cancer: what is the connection? *Mt Sinai J Med* 2010; 77: 197–213. Venkateswaran V, Haddad AQ, Fleshner NE, et al. Association of diet-induced hyperinsulinemia with accelerated growth of prostate cancer (LNCaP) xenografts. *J Natl Cancer Inst* 2007; 99: 1793–800.

16. Laron Z. The GH-IGF1 axis and longevity: the paradigm of IGF1 deficiency. *Hormones (Athens)* 2008; 7: 24–27.

17. Bonafe M, Barbieri M, Marchegiani F, et al. Polymorphic variants of insulin-like growth factor I (IGF-I) receptor and phosphoinositide 3-kinase genes affect IGF-I plasma levels and human longevity: cues for an evolutionarily conserved mechanism of life span control. *J Clin Endocrinol Metab* 2003; 88: 3299–304. Cheng CL, Gao TQ, Wang Z, et al. Role of insulin/insulin-like growth factor 1 signaling pathway in longevity. *World J Gastroenterol* 2005; 11: 1891–95.

18. Vardy ER, Rice PJ, Bowie PC, et al. Increased circulating insulin-like growth factor–1 in late-onset Alzheimer's disease. *J Alz Dis* 2007; 12: 285–90. Cohen E. Countering neurodegeneration by reducing the activity of the insulin/IGF signaling pathway: current knowledge and future prospects. *Exp Gerontol* 2010; 5: 58–71.

19. Berryman DE, Christiansen JS, Johannsson G, et al. Role of the GH/IGF-1 axis in lifespan and healthspan: lessons from animal models. *Growth Horm IGF Res* 2008; 18: 455–71.

20. Werner H, Bruchim I. The insulin-like growth factor-I receptor as an oncogene. *Arch Physiol Biochem* 2009; 115: 58–71. Chitnis MM, Yuen JS, Protheroe AS, et al. The type 1 insulin-like growth factor receptor pathway. *Clin Cancer Res* 2008; 14: 6364–70.



21. Rinaldi S, Peeters PH, Berrino F, et al. IGF-I, IGFBP-3 and breast cancer risk in women: the European Prospective Investigation into Cancer and Nutrition (EPIC). *Endocr Relat Cancer* 2006; 13: 593–605.
22. Hankinson SE, Willett WC, Colditz GA, et al. Circulating concentrations of insulin-like growth factor-I and risk of breast cancer. *Lancet* 1998; 351: 1393–96.
23. Lann D, LeRoith D. The role of endocrine insulin-like growth factor-I and insulin in breast cancer. *J Mammary Gland Biol Neoplasia* 2008; 13: 371–79. Allen NE, Roddam AW, Allen DS, et al. A prospective study of serum insulin-like growth factor-I (IGF-I), IGF-II, IGF-binding protein-3 and breast cancer risk. *Br J Cancer* 2005; 92: 1283–87. Fletcher O, Gibson L, Johnson N, et al. Polymorphisms and circulating levels in the insulin-like growth factor system and risk of breast cancer: a systematic review. *Cancer Epidemiol Biomark Prev* 2005; 14: 2–19. Renehan AG, Zwahlen M, Minder C, et al. Insulin-like growth factor (IGF)-I, IGF binding protein-3, and cancer risk: systematic review and meta-regression analysis. *Lancet* 2004; 363: 1346–53. Shi R, Yu H, McLarty J, et al. IGF-I and breast cancer: a meta-analysis. *Int J Cancer* 2004; 111: 418–23. Sugumar A, Liu YC, Xia Q, et al. Insulin-like growth factor (IGF)-I and IGF-binding protein-3 and the risk of premenopausal breast cancer: a meta-analysis of literature. *Int J Cancer* 2004; 111: 293–97. Baglietto L, English DR, Hopper JL, et al. Circulating insulin-like growth factor-I and binding protein-3 and the risk of breast cancer. *Cancer Epidemiol Biomark Prev* 2007; 16: 763–68.
24. Davies M, Gupta S, Goldspink G, et al. The insulin-like growth factor system and colorectal cancer: clinical and experimental evidence. *Int J Colorectal Dis* 2006; 21: 201–8. Sandhu MS, Dunger DB, Giovannucci EL. Insulin, insulin-like growth factor-I (IGF-I), IGF binding proteins, their biologic interactions, and colorectal cancer. *J Natl Cancer Inst* 2002; 94: 972–80. Werner H, Bruchim I. The insulin-like growth factor-I receptor as an oncogene. *Arch Physiol Biochem* 2009; 115: 58–71.
25. Rowlands MA, Gunnell D, Harris R, et al. Circulating insulin-like growth factor peptides and prostate cancer risk: a systematic review and meta-analysis. *Int J Cancer* 2009; 124: 2416–29. Weiss JM, Huang WY, Rinaldi S, et al. Endogenous sex hormones and the risk of prostate cancer: a prospective study. *Int J Cancer* 2008; 122: 2345–50.
26. Salvioli S, Capri M, Bucci L, et al. Why do centenarians escape or postpone cancer? The role of IGF-1, inflammation, and p53. *Cancer Immunol Immunother* 2009; 58: 1909–17.
27. Giovannucci E, Pollak M, Liu Y, et al. Nutritional predictors of insulin-like growth factor I and their relationships to cancer in men. *Cancer Epidemiol Biomark Prev* 2003; 12: 84–89.
28. Thissen JP, Ketelslegers JM, Underwood LE. Nutritional regulation of the insulin-like growth factors. *Endocr Rev* 1994; 15: 80–101. Clemmons DR, Seek MM, Underwood LE. Supplemental essential amino acids augment the somatomedin-C/insulin-like growth factor I response to refeeding after fasting. *Metabolism* 1985; 34: 391–95.

29. Holmes MD, Pollak MN, Willett WC, et al. Dietary correlates of plasma insulin-like growth factor I and insulin-like growth factor binding protein 3 concentrations. *Cancer Epidemiol Biomark Prev* 2002; 11: 852–61.
30. Fontana L, Weiss EP, Villareal DT, et al. Long-term effects of calorie or protein restriction on serum IGF-1 and IGFBP-3 concentration in humans. *Aging Cell* 2008; 7: 681–87. Allen NE, Appleby PN, Davey GK, et al. The associations of diet with serum insulin-like growth factor I and its main binding proteins in 292 women meat-eaters, vegetarians, and vegans. *Cancer Epidemiol Biomark Prev* 2002; 11: 1441–48. Allen NE, Appleby PN, Davey GK, et al. Hormones and diet: low insulin-like growth factor-I but normal bioavailable androgens in vegan men. *Br J Cancer* 2000; 83: 95–97.
31. Young VR, Pellett PL. Plant proteins in relation to human protein and amino acid nutrition. *Am J Clin Nutr* 1994; 59: 1203S–1212S.
32. Dewell A, Weidner G, Sumner MD, et al. Relationship of dietary protein and soy isoflavones to serum IGF-1 and IGF binding proteins in the Prostate Cancer Lifestyle Trial. *Nutr Cancer* 2007; 58: 35–42.
33. Dewell A, Weidner G, Sumner MD, et al. Relationship of dietary protein and soy isoflavones to serum IGF-1 and IGF binding proteins in the Prostate Cancer Lifestyle Trial. *Nutr Cancer* 2007; 58: 35–42. Gann PH, Kazer R, Chatterton R, et al. Sequential, randomized trial of a low-fat, high-fiber diet and soy supplementation: effects on circulating IGF-I and its binding proteins in premenopausal women. *Int J Cancer* 2005; 116: 297–303. Khalil DA, Lucas EA, Juma S, et al. Soy protein supplementation increases serum insulin-like growth factor-I in young and old men but does not affect markers of bone metabolism. *J Nutr* 2002; 132: 2605–08.
34. Fuhrman J, Sarter B, Glaser D, Acocella S. Changing perceptions of hunger on a high nutrient density diet. *Nutr J* 2010; 9: 51; DOI:10.1186/1475-2891-9-51.

## **ШЕСТА ГЛАВА Правилният избор**

1. Key TJ, Fraser GE, Thorogood M, et al. Mortality in vegetarians and nonvegetarians: detailed findings from a collaborative analysis of 5 prospective studies. *Am J Clin Nutr* 1999; 70(3): 516S–524S. Key TJA, Thorogood M, Appleby PN, Burr ML. Dietary habits and mortality in 11,000 vegetarians and health conscious people: results of a 17 year follow up. *BMJ* 1996; 313: 775–79. Key TJ, Appleby PN, Davey GK. Mortality in British vegetarians: review and preliminary results from EPIC-Oxford. *Am J Clin Nutr* 2003; 78(3 Suppl): 533S–538S.
2. Robbins J. *Healthy at 100*. Ballantine Books, 2007.
3. Campbell TC, Junshi C. Diet and chronic degenerative diseases: perspective from China. *Am J Clin Nutr* 1994; 59(5 Suppl): 1153S–1161S.
4. Tucker KL, Hallfrisch J, Qiao N, et al. The combination of high fruit and vegetable and low saturated fat intakes is more protective against mortality in aging men than is either alone: the Baltimore Longitudinal Study of Aging. *J Nutr* 2005; 135(3): 556–61.

5. Fraser G. *Diet, Life Expectancy, and Chronic Disease*. Oxford University Press, 2003. Fraser GE, Shavlik DJ. Ten years of life: is it a matter of choice? *Arch Intern Med* 2001; 161: 1645–52.
6. Nieman DC, Henson DA, Austin MD, et al. Upper respiratory tract infection is reduced in physically fit and active adults. *Br J Sports Med*; DOI:10.1136/bjism.2010.077875.
7. Lee I, Hsieh C, Paffenbarger RS. Exercise intensity and longevity in men. *JAMA* 1995; 273: 1179–84.
8. Franco OH, de Laet C, Peeters A, et al. Effects of physical activity on life expectancy with cardiovascular disease. *Arch Intern Med* 2005; 165(20): 2355–60.
9. Bjelakovic G, Nikolova D, Gluud LL, et al. Antioxidant supplements for prevention of mortality in healthy participants and patients with various diseases. *Cochrane Database Syst Rev* 2008; (2): CD007176.
10. Xu Q, Parks CG, DeRoo LA, et al. Multivitamin use and telomere length in women. *Am J Clin Nutr* 2009; 89(6): 1857–63.
11. Omenn GS, Goodman GE, Thornquist MD, et al. Effects of a combination of beta carotene and vitamin A on lung cancer and cardiovascular disease. *N Eng J Med* 1996; 334(18): 1150–55. Hennekens CH, Buring JE, Manson JE, et al. Lack of effect of long-term supplementation with beta carotene on the incidence of malignant neoplasms and cardiovascular disease. *N Eng J Med* 1996; 334(18): 1145–49. Albanes D, Heinonen OP, Taylor PR, et al. Alpha-tocopherol and beta-carotene supplements and lung cancer incidence in the alpha-tocopherol, beta-carotene cancer prevention study: effects of base-line characteristics and study compliance. *J Nat Cancer Inst* 1996; 88(21): 1560–70. Rapola JM, Virtamo J, Ripatti S, et al. Randomized trial of alpha-tocopherol and beta-carotene supplements on incidence of major coronary events in men with previous myocardial infarction. *Lancet* 1997; 349(9067): 1715–20.
12. Omenn GS, Goodman GE, Thornquist MD, et al. Risk factors for lung cancer and for intervention effects in CARET, the Beta-Carotene and Retinol Efficacy Trial. *J Natl Cancer Inst*. 1996; 88(21): 1550–9.
13. Bjelakovic G, Nikolova D, Gluud LL, et al. Mortality in randomized trials of antioxidant supplements for primary and secondary prevention. *JAMA* 2007; 297: 842–57.
14. Whiting SJ, Lemke B. Excess retinol intake may explain the high incidence of osteoporosis in northern Europe. *Nutr Rev* 1999; 57(6): 192–95.
15. Melhus H, Michaelson K, Kindmark A, et al. Excessive dietary intake of vitamin A is associated with reduced bone mineral density and increased risk of hip fracture. *Ann Intern Med* 1998; 129(10): 770–78.
16. Charles D, Ness AR, Campbell D, et al. Taking folate in pregnancy and risk of maternal breast cancer. *BMJ* 2004; 329(7479): 1375–76.

17. Stolzenberg-Solomon RZ, Chang S, Leitzmann MF, et al. Folate intake, alcohol use, and postmenopausal breast cancer risk in the Prostate, Lung, Colorectal, and Ovarian Cancer Screening Trial. *Am J Clin Nutr* 2006; 83(4): 895–904.
18. Whitrow MJ, Moore VM, Rumbold AR, et al. Effect of supplemental folic acid in pregnancy on childhood asthma: a prospective birth cohort study. *Am J Epidemiol* 2009; 170: 1486–93. Haberg SE, London SJ, Stigum H, et al. Folic acid supplements in pregnancy and early childhood respiratory health. *Arch Dis Child* 2009; 94: 180–84. Kallen B. Congenital malformations in infants whose mothers reported the use of folic acid in early pregnancy in Sweden: a prospective population study. *Congenit Anom* 2007; 47: 119–24.
19. Fife J, Raniga S, Hider PN, Frizelle FA. Folic acid supplementation and colorectal cancer risk: a meta-analysis. *Colorectal Dis* 2011; 13(2): 132–37.
20. Figueiredo JC, Grau MV, Haile RW, et al. Folic acid and risk of prostate cancer: results from a randomized clinical trial. *J Natl Cancer Inst* 2009; 101(6): 432–35.
21. Ebbing M, Bønaa KH, Nygård O, et al. Cancer incidence and mortality after treatment with folic acid and vitamin B<sub>12</sub>. *JAMA* 2009; 302(19): 2119–26.
22. Ebbing M, Bønaa KH, Nygård O, et al. Cancer incidence and mortality after treatment with folic acid and vitamin B<sub>12</sub>. *JAMA* 2009; 302(19): 2119–26.
23. Figueiredo JC, Grau MV, Haile RW, et al. Folic acid and risk of prostate cancer: results from a randomized clinical trial. *J Natl Cancer Inst* 2009, Mar 18; 101(6): 432–35. Sellers TA, Kushi LH, Cerhan JR, et al. Dietary folate intake, alcohol, and risk of breast cancer in a prospective study of postmenopausal women. *Epidemiol* 2001, Jul; 12(4): 420–28. Shrubsole MJ, Jin F, Dai Q, et al. Dietary folate intake and breast cancer risk: results from the Shanghai Breast Cancer Study. *Cancer Res* 2001, Oct 1; 61(19): 7136–41.
24. Schlotz W, Jones A, Phillips DI, et al. Lower maternal folate status in early pregnancy is associated with childhood hyperactivity and peer problems in offspring. *J Child Psychol & Psych* 2010, May; 51(5): 594–602.
25. Kwan ML, Jensen CD, Block G, et al. Maternal diet and risk of childhood acute lymphoblastic leukemia. *Pub Health Rep* 2009, Jul–Aug; 124(4): 503–14.
26. Petridou E, Ntouvelis E, Dessypris N, et al. Maternal diet and acute lymphoblastic leukemia in young children. *Cancer Epidemiol Biomark Prev* 2005, Aug; 14(8): 1935–39. Huncharek M, Kupelnick B. A meta-analysis of maternal cured meat consumption during pregnancy and the risk of childhood brain tumors. *Neuroepidemiol* 2004, Jan–Apr; 23(1–2): 78–84. Pogoda JM, Preston-Martin S, Howe G, et al. An international case-control study of maternal diet during pregnancy and childhood brain tumor risk: a histology-specific analysis by food group. *Ann Epidemiol* 2009, Mar; 19(3): 148–60.
27. Turnlund JR, Jacob RA, Keen CL, et al. Long-term high copper intake: effects on indexes of copper status, antioxidant status, and immune function in young men. *Am J Clin Nutr* 2004 Jun; 79(6): 1037–44.

28. Morris MC, Evans DA, Tangney CC, et al. Dietary copper and high saturated and trans fat intakes associated with cognitive decline. *Arch Neurol* 2006, Aug; 63(8): 1085–88.
29. Ascherio A, Willett WC, Rimm EB, et al. Dietary iron intake and risk of coronary disease among men. *Circulation* 1994; 89(3): 969–74. Morrison HI, Semenciw RM, Mao Y, et al. Serum iron and risk of fatal acute myocardial infarction. *Epidemiol* 1994; 5(2): 243–46.
30. Clarke TB, Davis KM, Lysenko ES, et al. Recognition of peptidoglycan from the microbiota by Nod1 enhances systemic innate immunity. *Nat Med* 2010; 16: 228–31.
31. de Vrese M, Rautenberg P, Laue C, et al. Probiotic bacteria reduced duration and severity but not the incidence of common cold episodes in a double blind, randomized, controlled trial. *Vaccine* 2006; 24: 6670–74. Pregliasco F, Anselmi G, Fonte L, et al. A new chance of preventing winter diseases by the administration of symbiotic formulations. *J Clin Gastroenterol* 2008; 42(3 Suppl): S224-S233. Tiollier E, Chennaoui M, Gomez-Merino D, et al. Effect of a probiotics supplementation on respiratory infections and immune and hormonal parameters during intense military training. *Mil Med* 2007; 172: 1006–11. Kekkonen RA., Vasankari TJ, Vuorimaa T, et al. The effect of probiotics on respiratory infections and gastrointestinal symptoms during training in marathon runners. *Int J Sport Nutr Exerc Metab* 2007; 17: 352–63. Kekkonen RA. Lummela N, Karjalainen H, et al. Probiotic intervention has strain specific anti-inflammatory effects in healthy adults. *World J Gastroenterol* 2008; 14: 2029–36.
32. He FJ, MacGregor GA. A comprehensive review on salt and health and current experience of worldwide salt reduction programmes. *J Hum Hypertens*, 2009; 23(6): 363–84.
33. Sanders, PW. Vascular consequences of dietary salt intake. *Am J Physiol Renal Physiol* 2009; 297(2): 237–43. Simon, G. Experimental evidence for blood pressure-independent vascular effects of high sodium diet. *Am J Hypertens* 2003; 16(12): 1074–78.
34. Dickinson KM, Clifton PM, Keogh JB. Endothelial function is impaired after a high-salt meal in healthy subjects. *Am J Clin Nutr* 2011; 93(3): 500–505. Lin J Hu FB, Curhan GC. Association of diet with albuminuria and kidney function decline. *Clin J Am Soc Nephrol* 2010; 5(5): 836–43.
35. Lorenz MW, Markus HS, Bots ML, et al. Prediction of clinical cardiovascular events with carotid intima-media thickness: a systematic review and meta-analysis. *Circulation* 2007; 115(4): 459–67.
36. Teucher B, Dainty JR, Spinks CA, et al. Sodium and bone health: impact of moderately high and low salt intakes on calcium metabolism in postmenopausal women. *J Bone Min Res* 2008; 23(9): 1477–85. Heaney RP. Role of dietary sodium in osteoporosis. *J Am Coll Nutr* 2006; 25(3 Suppl): 271S–276S.

37. Sonnenberg, A. Dietary salt and gastric ulcer. *Gut* 1986; 27(10): 1138–42. Tsugane S, Sasazuki S. Diet and the risk of gastric cancer: review of epidemiological evidence. *Gastr Cancer* 2007; 10(2): 75–83.
38. de Wardener HE, MacGregor GA. Harmful effects of dietary salt in addition to hypertension. *J Hum Hypertens* 2002; 16(4): 213–23.
39. Tuomilehto J, Jousilahti P, Rastenyte D, et al. Urinary sodium excretion and cardiovascular mortality in Finland: a prospective study. *Lancet* 2001; 357(9259): 848–51.
40. Huxley R, Man Ying Lee C, Barzi F, et al. Coffee, Decaffeinated coffee, and tea consumption in relation to incident type 2 diabetes mellitus. *Arch Intern Med* 2009; 169(22): 2053–63.
41. Greenberg JA, Owen DR, Geliebter A. Decaffeinated coffee and glucose metabolism in young men. *Diab Care* 2010; 33: 278–80.
42. Pereira MA, Parker ED, Folsom AR. Coffee consumption and risk of type 2 diabetes mellitus: an 11-year prospective study of 28,812 postmenopausal women. *Arch Intern Med* 2006; 166: 1311–16. Van Dijk AE, Olthof MR, Meeuse JC, et al. Acute effects of decaffeinated coffee and the major coffee components chlorogenic acid and trigonelline on glucose tolerance. *Diab Care* 2009; 32: 1023–25.
43. Mikuls TR, Julian BA, Bartolucci A, et al. Coffee, tea, and caffeine consumption and risk of rheumatoid arthritis. *Arth & Rheum* 2002; 46(1): 83–91.
44. Noordzij M, Uiterwaal CS, Arends LR, et al. Blood pressure response to chronic intake of coffee and caffeine: a meta-analysis of randomized controlled trials. *J Hypertens* 2005; 23: 921–28. James JE. Critical review of dietary caffeine and blood pressure: a relationship that should be taken more seriously. *Psychosom Med* 2004; 66: 63–71.
45. Korde LA, Wu AH, Fears T, et al. Childhood soy intake and breast cancer risk in Asian American women. *Cancer Epidemiol Biomark Prev* 2009; 18(4): 1050–59. Lee SA, Shu XO, Li H, et al. Adolescent and adult soy food intake and breast cancer risk: results from the Shanghai Women’s Health Study. *Am J Clin Nutr* 2009; 89(6): 1920–26. Shu XO, Jin F, Wen W, et al. Soybean intake during adolescence and subsequent risk of breast cancer among Chinese Women. *Cancer Epidemiol Biomark Prev* 2001; 10: 483–88.
46. Trock BJ, Hilakivi-Clarke L, Clarke R. Meta-analysis of soy intake and breast cancer risk. *J Natl Cancer Inst* 2006; 98(7): 459–71.
47. Wu AH, Yu MC, Tseng CC, Pike MC. Epidemiology of soy exposures and breast cancer risk. *Br J Cancer* 2008; 98(1): 9–14.
48. Guha N, Kwan ML, Quesenberry CP Jr, et al. Soy isoflavones and risk of cancer recurrence in a cohort of breast cancer survivors: the Life after Cancer Epidemiology study. *Breast Cancer Res Treat* 2009; 118(2): 395–405.

49. Hwang YW et al. *Nutr Cancer* 2009; 61(5): 598–606. Hwang YW, Kim SY, Jee SH, et al. Soy food consumption and risk of prostate cancer: a meta-analysis of observational studies. *Nutr Cancer* 2009; 61(5): 598–606.
50. Myung SK, Ju W, Choi HJ, Kim SC, Korean Meta-Analysis (KORMA) Study Group. Soy intake and risk of endocrine-related gynecological cancer: a meta-analysis. *BJOG* 2009; 116(13): 1697–705.
51. Davis BC, Kris-Etherton PM. Achieving optimal essential fatty acid status in vegetarians: current knowledge and practical implications. *Am J Clin Nutr* 2003; 78(3 Suppl): 640S–646S. Brenna, JT. Efficiency of conversion of alpha-linolenic acid to long chain n-3 fatty acids in man. *Curr Opin Clin Nutr Metab Care* 2002; 5(2): 127–32.
52. Giovannucci E, Pollak M, Liu Y, et al. Nutritional predictors of insulin-like growth factor I and their relationships to cancer in men. *Cancer Epidemiol Biomark Prev* 2003; 12: 84–89.
53. Hardell L, Andersson SO, Carlberg M, et al. Adipose tissue concentrations of persistent organic pollutants and the risk of prostate cancer. *J Occup Environ Med* 2006; 48: 700–707. Van Maele-Fabry G, Libotte V, Willems J, et al. Review and meta-analysis of risk estimates for prostate cancer in pesticide manufacturing workers. *Cancer Caus Contr* 2006; 17: 353–73. Stripp C, Overvad K, Christensen J, et al. Fish intake is positively associated with breast cancer incidence rate. *J Nutr* 2003; 133(11): 3664–69. Aronson KJ, Miller AB, Wollcott CG, et al. Breast adipose tissue concentrations of polychlorinated biphenyls and other organochlorines and breast cancer risk. *Cancer Epidemiol Biomark Prev* 2000, Jan; 9: 55. Unger M, Olsen, J. Organochlorine compounds in the adipose tissue of deceased people with and without cancer. *Environ Res* 1980; 23: 257–63.
54. Kaushik M, Mozaffarian D, Spiegelman D, et al. Long-chain omega-3 fatty acids, fish intake, and the risk of type 2 diabetes mellitus. *Am J Clin Nutr* 2009; 90: 613–20. Brasky TM, Till C, White E, et al. Serum phospholipid fatty acids and prostate cancer risk: results from the Prostate Cancer Prevention Trial. *Am J Epidemiol*; published ahead of print 2011, Apr 24; DOI:10.1093/aje/kwr027. *Am J Epidemiol* 2011; DOI:10.1093. Stripp C, Overvad K, Christensen J, et al. Fish intake is positively associated with breast cancer incidence rate. *J Nutr* 2003; 133(11): 3664–69.
55. Geppert J, Kraft V, Demmelmaier H, Koltzko B. Docosahexaenoic acid supplementation in vegetarians effectively increases omega-3 index: a randomized trial. *Lipids* 2005, Aug; 40(8): 807–14.
56. Mills PK, Dodge J, Yang R. Cancer in migrant and seasonal hired farm workers. *J Agromed* 2009; 14(2): 185–91.
57. Bouchard MF, Bellinger DC, Wright RO, et al. Attention-deficit hyperactivity disorder and urinary metabolites of organophosphate pesticides. *Pediatrics* 2010; 125:e1270–e1277.

58. Dinis-Oliveira RJ, Remião F, Carmo H, et al. Paraquat exposure as an etiological factor of Parkinson's disease. *Neurotox* 2006, Dec; 27(6): 1110–22. Tanner CM, Kamel F, Ross GW, et al. Rotenone, paraquat, and Parkinson's disease. *Environ Health Perspect* 2011; DOI:10.1289/ehp.1002839 (online 2011, Jan 26).
59. U.S. Department of Agriculture. <http://www.ams.usda.gov/AMSv1.0/nop>.
60. Grønder-Pedersen L, Rasmussen SE, Bügel S, et al. Effect of diets based on foods from conventional versus organic production on intake and excretion of flavonoids and markers of antioxidative defense in humans. *J Agric Food Chem* 2003, Sep 10; 51(19): 5671–76. Olsson ME, Andersson CS, Oredsson S, et al. Antioxidant levels and inhibition of cancer cell proliferation in vitro by extracts from organically and conventionally cultivated strawberries. *J Agric Food Chem* 2006; 54(4): 1248–55.
61. Fuhrman J, Sarter B, Calabro DJ. Brief case reports of medically supervised, water-only fasting associated with remission of autoimmune disease. *Altern Ther Health Med* 2002, Jul–Aug; 8(4): 110–12.
62. Müller H, de Toledo FW, Resch KL, et al. Fasting followed by vegetarian diet in patients with rheumatoid arthritis: a systematic review. *Scand J Rheum* 2001; 30(1): 1–10. Darlington LG, Ramsey NW, Mansfield JR. Placebo-controlled, blind study of dietary manipulation therapy in rheumatoid arthritis. *Lancet* 1986; 1(8475): 236–38.
63. Nenonen M, Törrönen R, Häkkinen AS, et al. Antioxidants in vegan diet and rheumatic disorders. *Toxicol* 2000; 155(1–3): 45–53.
64. Leiba A, Armital H, Gershwin ME, Shoenfeld Y. Diet and Lupus 2001; 10(3): 246–48. McCarty MF. Upregulation of lymphocyte apoptosis as a strategy for preventing and treating autoimmune disorders: a role for whole-food vegan diets, fish oil, and dopamine agonists. *Med Hypoth* 2001; 57(2): 258–75.
65. Simopoulos AP. Omega-3 fatty acids in inflammation and autoimmune disease. *J Am Coll Nutr* 2002; 21(6): 495–505. Ergas D, Eilat E, Mendlovic S, Sthoeger ZM. n-3 fatty acids and the immune system in autoimmunity. *Isr Med Assoc J* 2002; 4(1): 34–38. Kelley DS. Modulation of human immune and inflammatory responses by dietary fatty acids. *Nutr* 2001; 17(7): 669–73.
66. Cantona MT. Vitamin D and autoimmunity: is vitamin D status an environmental factor affecting autoimmune disease prevalence? *Proc Soc Exp Biol Med* 2000; 223 (3): 230–33. Merlino LA, Curtis J, Mikuls TR, et al. Vitamin D intake is inversely associated with rheumatoid arthritis: results from the Iowa Women's Health Study. *Arth & Rheum* 2004; 50 (1): 72–77. Oelzner P, Muller A, Deschner F, et al. Relationship between disease activity and serum levels of vitamin D metabolites and PTH in rheumatoid arthritis. *Calcif Tissue Int* 1998 62(3): 193–98. Muller K, Kriegbaum NJ, Baslund B, et al. Vitamin D3 metabolism in patients with rheumatic diseases: low serum levels of 25-hydroxyvitamin D3 in patients with systemic lupus erythematosus. *Clin Rheum* 1995 14(4): 397–400.

# Супер имунитет

д-р Джоуел Фърмън

Издателство Еуниката  
София, 2019  
[www.eunicata.com](http://www.eunicata.com)

Всички права са запазени  
Еуниката © 2019  
ISBN 978-619-7080-23-0