

Chapter 11: Testing... testing... testing

References

1. GI Effects Microbial Ecology Profile. <https://www.gdx.net/product/gi-effects-microbial-ecology-profile>. Accessed March 20, 2018.
2. Stomach ulcer. <https://www.nhs.uk/conditions/stomach-ulcer/diagnosis/>.
3. Alice Klien. Meet your microbes. New Sci.
4. Davenport S. How good is your digestion? WTDDTY June 2018.
5. Kelly Brogan. Five Lab Tests Your Doctor Isn't Ordering. 2017.
6. Dr Rapheal Kellman. Whole Brain Diet.; 2017.
7. Your Thyroid Gland. <http://www.btf-thyroid.org/information/your-thyroid-gland>. Accessed March 19, 2018.
8. <https://www.nhs.uk/conditions/underactive-thyroid-hypothyroidism/>.
9. Syed EU, Wasay M, Awan S. Vitamin B12 supplementation in treating major depressive disorder: a randomized controlled trial. Open Neurol J. 2013;7:44-48. doi:10.2174/1874205X01307010044.
10. Harvard Medical School. Vitamin B12 deficiency can be sneaky, harmful. Harvard Health Publishing. <https://www.health.harvard.edu/blog/vitamin-b12-deficiency-can-be-sneaky-harmful-201301105780>. Published 2013.

11. Ansari R, Mahta A, Mallack E, Luo JJ. Hyperhomocysteinemia and neurologic disorders: a review. *J Clin Neurol*. 2014;10(4):281-288. doi:10.3988/jcn.2014.10.4.281.
12. Wimalawansa SJ, Razzaque DsMS, Al-Daghri NM. Calcium and Vitamin D in Human Health: Hype or Real? *J Steroid Biochem Mol Biol*. 2017;(2010). doi:10.1016/j.jsbmb.2017.12.009.
13. www.gov.uk. 3.8 million people in England now have diabetes. <https://www.gov.uk/government/news/38-million-people-in-england-now-have-diabetes>. Published 2016.
14. University of Rochester Medical Center. Estrogen's Effects on the Female Body. In: Health Encyclopedia. <https://www.urmc.rochester.edu/encyclopedia/content.aspx?ContentTypeId=85&ContentID=P00559>.
15. Ludwig Wildt TS-P. Oestrogen and age estimations of perimenopausal women. *Lancet*. 1999;354.
16. Cui, J. Shen, Y. and Li R. Estrogen synthesis and signaling pathways during ageing: from periphery to brain. *Trends Mol Med*. 2013;19(3):197-209. doi:10.1016/j.molmed.2012.12.007.Estrogen.
17. NHS. Menopause. <https://www.nhs.uk/conditions/menopause/symptoms/>. Published 2015.
18. Tang MX, Jacobs D, Stern Y, et al. Effect of oestrogen during menopause on risk and age at onset of Alzheimer's disease. *Lancet*. 1996;348(9025):429-432. doi:10.1016/S0140-6736(96)03356-9.
19. Oriel KA, Schragger S. Abnormal uterine bleeding. *Am Fam Physician*. 1999.

20. www.bmj.com/content/345/bmj.e6077.
21. Verhaegen J, Gallos ID, Van Mello NM, et al. Accuracy of single progesterone test to predict early pregnancy outcome in women with pain or bleeding: Meta-analysis of cohort studies. *BMJ*. 2012. doi:10.1136/bmj.e6077.
22. Diep CH, Daniel AR, Mauro LJ, Knutson TP, Lange CA. Progesterone action in breast, uterine, and ovarian cancers. *J Mol Endocrinol*. 2015;54(2):R31-R53. doi:10.1530/JME-14-0252.
23. MacGill M. What is the link between love and oxytocin? 2017. <https://www.medicalnewstoday.com/articles/275795.php>.
24. Rettner R. What is Testosterone? 2014:1-4. <http://www.livescience.com/38963-testosterone.html>.
25. Nakamura M, Ueno S, Sano A, Tanabe H. The human serotonin transporter gene linked polymorphism (5-HTTLPR) shows ten novel allelic variants. *Mol Psychiatry*. 2000;5(1):32-38. doi:10.1038/sj.mp.4000698.
26. Conway CC, Slavich GM, Hammen C. Daily stress reactivity and serotonin transporter gene (5-HTTLPR) variation: internalizing responses to everyday stress as a possible transdiagnostic phenotype. *Biol Mood Anxiety Disord*. 2014;4:2. doi:10.1186/2045-5380-4-2.
27. Goldman N, Gleib DA, Lin Y-H, Weinstein M. The Serotonin Transporter Polymorphism (5-HTTLPR): Allelic Variation and Links with Depressive Symptoms. *Depress Anxiety*. 2010;27(3):260-269. doi:10.1002/da.20660.

28. Kaufman J, Yang B-Z, Douglas-Palumberi H, et al. Social supports and serotonin transporter gene moderate depression in maltreated children. *Proc Natl Acad Sci.* 2004;101(49):17316-17321. doi:10.1073/pnas.0404376101.
29. Ryuk JA, Zhang X, Ko B-S, Daily JW, Park S. Association of β_3 -adrenergic receptor rs4994 polymorphisms with the risk of type 2 diabetes: A systematic review and meta-analysis. *Diabetes Res Clin Pract.* 2018;129:86-96. doi:10.1016/j.diabres.2017.03.034.
30. Tandy-Connor S, Gultinan J, Krempely K, et al. False-positive results released by direct-to-consumer genetic tests highlight the importance of clinical confirmation testing for appropriate patient care. *Genet Med.* 2018. doi:10.1038/gim.2018.38.
31. Food Intolerance. <https://www.nhs.uk/conditions/food-intolerance/>.
32. www.food.gov.uk/sites/default/files/media/document/food-allergen-labelling-technical-guidance.pdf.
33. Spence D. Bad medicine: food intolerance. *BMJ* 2013.