

## Chapter 6: Inflammation

### References

1. Coussens LM, Werb Z. Inflammation and cancer. *Nature*. 2002;420(6917):860-867. doi:10.1038/nature01322.Inflammation.
2. Petersen AMW, Pedersen BK. The anti-inflammatory effect of exercise. *J Appl Physiol*. 2005;98(4):1154-1162. doi:10.1152/jappphysiol.00164.2004.
3. Chimenti MS, Triggianese P, Conigliaro P, Candi E, Melino G, Perricone R. The interplay between inflammation and metabolism in rheumatoid arthritis. *Cell Death Dis*. 2015;6(9):e1887. doi:10.1038/cddis.2015.246.
4. McNamara RK, Lotrich FE. Elevated immune-inflammatory signaling in mood disorders: A new therapeutic target? *Expert Rev Neurother*. 2012;12(9):1143-1161. doi:10.1586/ern.12.98.
5. Lutgens M, van Oijen MGH, van der Heijden G, Vleggaar FP, Siersema PD, Oldenburg B. Declining Risk of Colorectal Cancer in Inflammatory Bowel Disease: An Updated Meta-analysis of Population-based Cohort Studies. *Inflamm Bowel Dis*. 2013;19(4):789-799. doi:10.1097/MIB.0b013e31828029c0.
6. Nwizu NN, Marshall JR, Moysich K, et al. Periodontal Disease and Incident Cancer Risk among Postmenopausal Women: Results from the Women's Health Initiative Observational Cohort. *Cancer Epidemiol Biomarkers Prev*. 2017;26(8):1255-1265. doi:10.1158/1055-9965.EPI-17-0212.
7. Busso N, So A. Mechanisms of inflammation in gout. *Arthritis Res Ther*. 2010;12(2). doi:10.1186/ar2952.

8. [www.health.harvard.edu/staying-healthy/understanding-inflammation](http://www.health.harvard.edu/staying-healthy/understanding-inflammation).
9. <http://diabetes.diabetesjournals.org/content/56/4/1010.short>.
10. Wellen KE, Hotamisligil GS. Inflammation , stress , and diabetes. 2005;115(5):1111-1119. doi:10.1172/JCI200525102.The.
11. Goldacre MJ, Wotton CJ. Associations between specific autoimmune diseases and subsequent dementia: Retrospective record-linkage cohort study, UK. J Epidemiol Community Health. 2017;71(6):576-583. doi:10.1136/jech-2016-207809.
12. Harvard Medical School. Inflammation and Chronic Disease. 2018.
13. Wekerle H. Brain inflammatory cascade controlled by gut-derived molecules. Nature. 2018;557(7707):642-643. doi:10.1038/d41586-018-05113-0.
14. Dr Rapheal Kellman. Whole Brain Diet.; 2017.
15. Hunter P. The inflammation theory of disease. the growing realization that chronic inflammation is crucial in many diseases opens new avenues for treatment. EMBO Rep. 2012;13(11):968-970. doi:10.1038/embor.2012.142.
16. Sears B, Ricordi C. Anti-inflammatory nutrition as a pharmacological approach to treat obesity. J Obes. 2011;2011. doi:10.1155/2011/431985.
17. Malhotra A. The truth about fat and sugar is finally explained. <http://doctoraseem.com/the-truth-about-fat-and-sugar/>. Published 2017. Accessed March 19, 2018.

18. Slavin J, Lloyd B. Health Benefits of Fruits and Vegetables. *Adv Nutr.* 2012;3(4):506-516. doi:10.3945/an.112.002154.506.
19. Neuhouser ML, Schwarz Y, Wang C, et al. A Low-Glycemic Load Diet Reduces Serum C-Reactive Protein and Modestly Increases Adiponectin in Overweight and Obese Adults. *J Nutr.* 2012;142(2):369-374. doi:10.3945/jn.111.149807.
20. Prasad AS. Zinc is an Antioxidant and Anti-Inflammatory Agent: Its Role in Human Health. *Front Nutr.* 2014;1(September):1-10. doi:10.3389/fnut.2014.00014.
21. C B. Topical vitamins. *J Drugs Dermatol.* 2008;7(7):2-6.
22. Gupta SC, Patchva S, Aggarwal BB. Therapeutic Roles of Curcumin: Lessons Learned from Clinical Trials. *AAPS J.* 2013;15(1):195-218. doi:10.1208/s12248-012-9432-8.
23. Wilken R, Veena MS, Wang MB, Srivatsan ES. Curcumin: A review of anti-cancer properties and therapeutic activity in head and neck squamous cell carcinoma. *Mol Cancer.* 2011. doi:10.1186/1476-4598-10-12.
24. Yallapu MM, Jaggi M, Chauhan SC. Curcumin nanoformulations: A future nanomedicine for cancer. *Drug Discov Today.* 2012. doi:10.1016/j.drudis.2011.09.009.
25. Funk JL, Frye JB, Oyarzo JN, Chen J, Zhang H, Timmermann BN. Anti-Inflammatory Effects of the Essential Oils of Ginger (*Zingiber officinale* Roscoe) in Experimental Rheumatoid Arthritis HHS Public Access. 2016;4(3):123-131. doi:10.1016/j.phanu.2016.02.004.
26. Yang Y, Jobin C. Microbial imbalance and intestinal pathologies: connections and contributions. *Dis Model Mech.* 2014;7(10):1131-1142. doi:10.1242/dmm.016428.

27. Cohen S, Janicki-Deverts D, Doyle WJ, et al. Chronic stress, glucocorticoid receptor resistance, inflammation, and disease risk. *Proc Natl Acad Sci.* 2012;109(16):5995-5999. doi:10.1073/pnas.1118355109.
28. Elenkov IJ, Chrousos GP. Stress hormones, proinflammatory and antiinflammatory cytokines, and autoimmunity. In: *Annals of the New York Academy of Sciences.* Vol 966. ; 2002:290-303. doi:10.1111/j.1749-6632.2002.tb04229.x.
29. Koopman FA, Chavan SS, Miljko S, et al. Vagus nerve stimulation inhibits cytokine production and attenuates disease severity in rheumatoid arthritis. *Proc Natl Acad Sci.* 2016;113(29):8284-8289. doi:10.1073/pnas.1605635113.
30. Tawakol A, Ishai A, Takx RA, et al. Relation between resting amygdalar activity and cardiovascular events: a longitudinal and cohort study. *Lancet.* 2017;389(10071):834-845. doi:10.1016/S0140-6736(16)31714-7.
31. Morris A, Coverson D, Fike L, et al. Sleep Quality and Duration are Associated with Higher Levels of Inflammatory Biomarkers: the META-Health Study. *Circulation.* 2010;122(Suppl 21):A17806 LP-A17806. [http://circ.ahajournals.org/content/122/Suppl\\_21/A17806.abstract](http://circ.ahajournals.org/content/122/Suppl_21/A17806.abstract).
32. Gu F, Han J, Laden F, et al. Total and cause-specific mortality of U.S. nurses working rotating night shifts. *Am J Prev Med.* 2015;48(3):241-252. doi:10.1016/j.amepre.2014.10.018.
33. Dimitrov S, Hulteng E, Hong S. Inflammation and exercise: Inhibition of monocytic intracellular TNF production by acute exercise via  $\beta$ 2-adrenergic activation. *Brain Behav Immun.* 2017;61:60-68. doi:10.1016/j.bbi.2016.12.017.

34. Dixon JB, O'Brien PE. Obesity and the white blood cell count: Changes with sustained weight loss. *Obes Surg.* 2006;16(3):251-257. doi:10.1381/096089206776116453.
  
35. Costa RJS, Snipe RMJ, Kitic CM, Gibson PR. Systematic review: exercise-induced gastrointestinal syndrome—implications for health and intestinal disease. *Aliment Pharmacol Ther.* 2017;46(3):246-265. doi:10.1111/apt.14157.