

Entzündungshemmend essen

Dipl. oec. troph. Hans-Helmut Martin, M. Sc. Ernährungswiss. Julia Bansner, B. Sc. oec. troph. Franziska Horvat

UGBforum 5/2018, S. 242-145

Literatur

CHI HO NG et al (2008). Oxidised cholesterol is more hypercholesterolaemic and atherogenic than non-oxidised cholesterol in hamsters. British Journal of Nutrition, 99, 749–755

CHOI HK (2005): Intake of purine-rich foods, protein, and dairy products and relationship to serum levels of uric acid. The Third National Health and Nutrition Examination Survey. Arthritis & Rheumatology 52, 283-289

DICKINSON S et al (2008): High-glycemic index carbohydrate increases nuclear factor-B activation in mononuclear cells of young, lean healthy subjects. Am J Clin Nutr, 87, 1188-93

HÄRING H u. MEHNERT H (2011). Diabetologie in Klinik und Praxis, 6. Auflage. Stuttgart, 736 S.

JENNICH P (i.A. von Greenpeace e.V.) (2015). Quecksilber – eine der schädlichsten Substanzen weltweit. 40 S.

GHANIM H et al (2010). Orange juice neutralizes the proinflammatory effect of a high-fat, high-carbohydrate meal and prevents endotoxin increase and Toll-like receptor expression. Am J Clin Nutr, 91, 940–9

JUANOLA-FALGARONA M et al (2014). Effect of the glycemic index of the diet on weight loss, modulation of satiety, inflammation, and other metabolic risk factors: a randomized controlled trial. Am J Clin Nutr., 100(1), 27-35

KAUFMAN, A. et al (2018). Inflammation arising from obesity reduces taste bud abundance and inhibits renewal. PLoS Biol, 16, e2001959. <https://doi.org/10.1371/journal.pbio.2001959>

LUCAS S et al (2018) hort-chain fatty acids regulate systemic bone mass and protect from pathological bone loss. Nature Communications. DOI: 10.1038/s41467-017-02490-4

Peschke EML und Mühlbauer E (2010). Einfluss von Melatonin auf Sekretionsrhythmik und Signaltransduktionsprozesse der pankreatischen β -Zelle. Melatonin-Insulin-Interaktionen. Aus Peschke E (Hrsg.). Chronobiologie. Leopoldina-Symposium am 19. März 2010 in Halle (Saale). Stuttgart, Wissenschaftliche Verlagsgesellschaft Stuttgart.

SALARITABAR A et al (2017). Therapeutic potential of flavonoids in inflammatory bowel disease: A comprehensive review. World J Gastroenterol , 23 (28), 5097-5114

SCHWINGSHACKL L u. HOFFMANN G (2013). Auswirkungen kohlenhydratreduzierter und kohlenhydratmodifizierter Diäten auf kardiovaskuläre Biomarker. Aktuel Ernährungsmed, 38 (06), 418-423

SUSAN J et al (2017). Curcumin: A Review of Its' Effects on Human Health Foods. 6, 92

YAN L (2014). Pathogenesis of Chronic Hyperglycemia: From Reductive Stress to Oxidative Stress. Journal of Diabetes Research

ZGAGA L et al (2012). The association of dietary intake of purine-rich vegetables, sugar-sweetened beverages and dairy with plasma urate, in a cross-sectional study. PloS one, 7 (6)

ZHANG Y (2012). Purine-rich foods intake and recurrent gout attacks. Annals of the rheumatic diseases Annrheumdis-2011