

Literaturliste zum Beitrag:

Schmerz – therapeutische Möglichkeiten des Fastens

Dr. Lischka E, Dr. Lischka N, UGBforum 4/16

Wilhelmi de Toledo, F., Buchinger, A., Burggrabe, H., Gaisbauer, M., Hölz, G., Kronsteiner, B., Kuhn, C., Lischka, E., Lischka, N., Lützner, H., May, W., Melchart, D., Michalsen, A. Müller, H., Peper, E., Resch, K.-L., Ritzmann-Widderich, M., Wessel, A., Wichert, H., Stange, R.: Leitlinien zur Fastentherapie; Forsch Komplementärmed. Klass. Naturheilkd. 2002; 9: 189-198.

Aljada A, et al. Increase in intranuclear nuclear factor kappaB in mononuclear cells after a mixed meal: evidence for a proinflammatory effect. Am J Clin Nutr. 2004; 79(4):682-90.

Michalsen A, Prolonged Fasting as a Method of Mood Enhancement in Chronic Pain Syndromes: A Review of Clinical Evidence and Mechanisms, Curr Pain Headache Rep (2010) 14:80–87

Huether, G., Zhou, D., Schmidt, S., Wildfang, J., Ruther, E., : long-term food restriction down-regulates the density of serotonin transporters in the rat frontal cortex. Biol Psychiatry. 1997; 41 (12): 1174-80

Komaki G, Tamai H, Sumioki H, et al.: Plasma beta-endorphin during fasting in man. Horm Res 1990, 33:239–243.

Molina PE, Hashiguchi Y, Meijerink WJ, et al.: Modulation of endogenous opiate production: effect of fasting. Biochem Biophys Res Commun 1995, 207:312–317.

Hanus L, Avraham Y, Ben-Shushan D, et al.: Short-term fasting and prolonged semistarvation have opposite effects on 2-AG levels in mouse brain. Brain Res 2003, 983:144–151.

Fontán-Lozano A, López-Lluch G, Delgado-García JM, et al.: Molecular bases of caloric restriction regulation of neuronal synaptic plasticity. Mol Neurobiol 2008, 38:167–177. This review discusses the effects of fasting and calorie restriction on brainfunction and cellular/synaptic processes underlying analgesia and cognitive function.

Taylor BK, Abhyankar SS, Vo NT, et al.: Neuropeptide Y acts at Y1 receptors in the rostral ventral medulla to inhibit neuropathic pain. Pain 2007, 131:83–95. This report illustrates how neuropeptide Y, which is also modified by fasting, is involved in the spinal transmission of pain

Mattson M, Meal frequency and timing in health and disease. www.pnas.org/cgi/doi/10.1073/pnas.1413965111

Longo VD, Mattson MP Fasting: molecular mechanisms and clinical applications. Cell Metab. 2014 Feb 4;19(2):181-92. doi: 10.1016/j.cmet.2013.12.008

Kjeldsen-Kragh, J., Haugen, M., Borchgrevink, CF., et al.: Controlled trial of fasting and one-year vegetarian diet in rheumatoid arthritis. Lancet. 1991; 338: 899 – 902.

Müller, H., Wilhelmi de Toledo, F., Resch, KL.,: Systemic review of clinical studies on fasting and vegetarian diets in the treatment of rheumatoid arthritis. Scand. J. Rheumatol. 2000; 30: 1 – 10.

Fahrner H: Fasten als Therapie. Stuttgart: Hippokrates; 1991

Schmidt, S., Stange, R., Lischka, E., Kiehnkopf, M., Deufel, T., Loth, D., Uhlemann, C.: Unkontrollierte klinische Studie zur Wirksamkeit ambulanten Heilfastens bei Patienten mit Arthrose, Forsch Komplement-med. 2010; 17: 87 – 94.

Lipecki R. Klinische Studie zur Effizienz einer kombinierten Heilfastenbehandlung als Migränetherapie. Inaugural-Dissertation Universität Würzburg. 1990, 53 S.

Michalsen A, Riegert M, Lüdtke R, et al.: Mediterranean diet or extended fasting's influence on changing the intestinal microflora, immunoglobulin A secretion and clinical outcome in patients with rheumatoid arthritis and fibromyalgia: an observational study. BMC Complement Altern Med 2005, 5:22.

Kanazawa,M., Fukudo,S..Effects of Fasting Therapy on Irritable Bowel Syndrome, International Journal of Behavioral Medicine.2006.Vol.13,No.3,214-220

Michalsen A, Hoffmann B, Moebus S, Baecker M, Langhorst J, Dobos GJ.

Incorporation of fasting therapy in an integrative medicine ward: evaluation of outcome, safety, and effects on lifestyle adherence in a large prospective cohort study. J Altern Complement Med. 1(4):601-7, 2005