



Mito Food Plan—Bibliography

Scientific/Medical Publications

Therapeutic Foods for Energy

- Alonso-Alonso M. Cocoa flavanols and cognition: regaining chocolate in old age? *Am J Clin Nutr.* 2015 Mar;101(3):423-4. doi: 10.3945/ajcn.114.106146.
- Andrade JP, Assunção M. Protective effects of chronic green tea consumption on age-related neurodegeneration. *Curr Pharm Des.* 2012;18(1):4-14.
- Angeloni C, Malaguti M, Rizzo B, Barbalace MC, et al. Neuroprotective effect of sulforaphane against methylglyoxal cytotoxicity. *Chem Res Toxicol.* 2015 Jun 15;28(6):1234-45. doi: 10.1021/acs.chemrestox.5b00067.
- Ashworth A, Mitchell K, Blackwell JR, Vanhatalo A, Jones AM. High-nitrate vegetable diet increases plasma nitrate and nitrite concentrations and reduces blood pressure in healthy women. *Public Health Nutr.* 2015 Oct;18(14):2669-78. doi: 10.1017/S1368980015000038.
- Babu AS, Veluswamy SK, Arena R, Guazzi M, Lavie CJ. Virgin coconut oil and its potential cardioprotective effects. *Postgrad Med.* 2014 Nov;126(7):76-83. doi: 10.3810/pgm.2014.11.2835.
- Berryman CE, West SG, Fleming JA, Bordi PL, Kris-Etherton PM. Effects of daily almond consumption on cardiometabolic risk and abdominal adiposity in healthy adults with elevated LDL-cholesterol: a randomized controlled trial. *J Am Heart Assoc.* 2015 Jan 5;4(1):e000993. doi: 10.1161/JAHA.114.000993.
- Bookheimer SY, Renner BA, Ekstrom A, Li Z, et al. Pomegranate juice augments memory and fMRI activity in middle-aged and older adults with mild memory complaints. *Evid Based Complement Alternat Med.* 2013;2013:946298. doi: 10.1155/2013/946298.
- Byelashov OA, Sinclair AJ, Kaur G. Dietary sources, current intakes, and nutritional role of omega-3 docosapentaenoic acid. *Lipid Technol.* 2015 Apr;27(4):79-82.
- Calder PC, Yaqoob P. Marine omega-3 fatty acids and coronary heart disease. *Curr Opin Cardiol.* 2012 Jul;27(4):412-9.
- Casamenti F, Grossi C, Rigacci S, Pantano D, et al. Oleuropein aglycone: a possible drug against degenerative conditions. In vivo evidence of its effectiveness against Alzheimer's disease. *J Alzheimers Dis.* 2015;45(3):679-88. doi: 10.3233/JAD-142850.
- Cederholm T, Salem N Jr, Palmblad J. ω -3 fatty acids in the prevention of cognitive decline in humans. *Adv Nutr.* 2013 Nov 6;4(6):672-6. doi: 10.3945/an.113.004556.
- Chakraborty K, Joseph D, Praveen NK. Antioxidant activities and phenolic contents of three red seaweeds (division: Rhodophyta) harvested from the Gulf of Mannar of Peninsular India. *J Food Sci Technol.* 2015 Apr;52(4):1924-35. doi: 10.1007/s13197-013-1189-2.
- Dash PK, Zhao J, Orsi SA, Zhang M, Moore AN. Sulforaphane improves cognitive function administered following traumatic brain injury. *Neurosci Lett.* 2009 Aug 28;460(2):103-7. doi: 10.1016/j.neulet.2009.04.028.
- DebMandal M, Mandal S. Coconut (*Cocos nucifera* L.: Arecaceae): in health promotion and disease prevention. *Asian Pac J Trop Med.* 2011 Mar;4(3):241-7. doi: 10.1016/S1995-7645(11)60078-3.
- Del Bo' C, Martini D, Porrini M, Klimis-Zacas D, Riso P. Berries and oxidative stress markers: an overview of human intervention studies. *Food Funct.* 2015 Sep;6(9):2890-917. doi: 10.1039/c5fo00657k.
- Devore EE, Kang JH, Breteler MM, Grodstein F. Dietary intakes of berries and flavonoids in relation to cognitive decline. *Ann Neurol.* 2012 Jul;72(1):135-43. doi: 10.1002/ana.23594.

Therapeutic Foods for Energy (*cont.*)

- Díaz-Rubio ME, Pérez-Jiménez J, Martínez-Bartolomé MÁ, Álvarez I, Saura-Calixto F. Regular consumption of an antioxidant-rich juice improves oxidative status and causes metabolome changes in healthy adults. *Plant Foods Hum Nutr.* 2015 Mar;70(1):9-14. doi: 10.1007/s11130-014-0455-4.
- Dreher ML, Davenport AJ. Hass avocado composition and potential health effects. *Crit Rev Food Sci Nutr.* 2013;53(7):738-50. doi: 10.1080/10408398.2011.556759.
- Fernando WM, Martins IJ, Goozee KG, Brennan CS, et al. The role of dietary coconut for the prevention and treatment of Alzheimer's disease: potential mechanisms of action. *Br J Nutr.* 2015 Jul 14;114(1):1-14. doi: 10.1017/S0007114515001452.
- Ferretti G, Bacchetti T, Belleggia A, Neri D. Cherry antioxidants: from farm to table. *Molecules.* 2010 Oct 12;15(10):6993-7005. doi: 10.3390/molecules15106993.
- Freitas AK, Lobato JF, Cardoso LL, Tarouco JU, et al. Nutritional composition of the meat of Hereford and Braford steers finished on pastures or in a feedlot in southern Brazil. *Meat Sci.* 2014 Jan;96(1):353-60. doi: 10.1016/j.meatsci.2013.07.021.
- Garrido M, González-Gómez D, Lozano M, Barriga C, et al. A Jerte valley cherry product provides beneficial effects on sleep quality. Influence on aging. *J Nutr Health Aging.* 2013;17(6):553-60. doi: 10.1007/s12603-013-0029-4.
- Gil A, Gil F. Fish, a Mediterranean source of n-3 PUFA: benefits do not justify limiting consumption. *Br J Nutr.* 2015 Apr;113(S2):S58-S67.
- Guerrero-Beltrán CE, Calderón-Oliver M, Pedraza-Chaverri J, Chirino YI. Protective effect of sulforaphane against oxidative stress: recent advances. *Exp Toxicol Pathol.* 2012 Jul;64(5):503-8. doi: 10.1016/j.etp.2010.11.005.
- Howatson G, Bell PG, Tallent J, Middleton B, et al. Effect of tart cherry juice (*Prunus cerasus*) on melatonin levels and enhanced sleep quality. *Eur J Nutr.* 2012 Dec;51(8):909-16. doi: 10.1007/s00394-011-0263-7.
- Joseph JA, Shukitt-Hale B, Willis LM. Grape juice, berries, and walnuts affect brain aging and behavior. *J Nutr.* 2009 Sep;139(9):1813S-7S. doi: 10.3945/jn.109.108266.
- Jovanovski E, Bosco L, Khan K, Au-Yeung F, et al. Effect of spinach, a high dietary nitrate source, on arterial stiffness and related hemodynamic measures: a randomized, controlled trial in healthy adults. *Clin Nutr Res.* 2015 Jul;4(3):160-7. doi: 10.7762/cnr.2015.4.3.160.
- Kamil A, Chen CY. Health benefits of almonds beyond cholesterol reduction. *J Agric Food Chem.* 2012 Jul 11;60(27):6694-702. doi: 10.1021/jf2044795.
- Kidd PM. Alzheimer's disease, amnesic mild cognitive impairment, and age-associated memory impairment: current understanding and progress toward integrative prevention. *Altern Med Rev.* 2008 Jun;13(2):85-115.
- Kim KA, Kim SM, Kang SW, Jeon SI, et al. Edible seaweed, *Eisenia bicyclis*, protects retinal ganglion cells death caused by oxidative stress. *Mar Biotechnol (NY).* 2012 Aug;14(4):383-95. doi: 10.1007/s10126-012-9459-y.
- Krikorian R, Boespflug EL, Fleck DE, Stein AL, et al. Concord grape juice supplementation and neurocognitive function in human aging. *Agric Food Chem.* 2012 Jun 13;60(23):5736-42. doi: 10.1021/jf300277g. Larsson SC. Coffee, tea, and cocoa and risk of stroke. *Stroke.* 2014 Jan;45(1):309-14. doi: 10.1161/STROKEAHA.113.003131.
- Li Z, Wong A, Henning SM, Zhang Y, et al. Hass avocado modulates postprandial vascular reactivity and postprandial inflammatory responses to a hamburger meal in healthy volunteers. *Food Funct.* 2013 Feb 26;4(3):384-91. doi: 10.1039/c2fo30226h.
- Liu AH, Bondonno CP, Croft KD, Puddey IB, et al. Effects of a nitrate-rich meal on arterial stiffness and blood pressure in healthy volunteers. *Nitric Oxide.* 2013 Nov 30;35:123-30. doi: 10.1016/j.niox.2013.10.001.

Therapeutic Foods for Energy (cont.)

- Lockyer S, Corona G, Yaqoob P, Spencer JP, Rowland I. Secoiridoids delivered as olive leaf extract induce acute improvements in human vascular function and reduction of an inflammatory cytokine: a randomised, double-blind, placebo-controlled, cross-over trial. *Br J Nutr.* 2015 Jul 14;114(1):75–83. doi: 10.1017/S0007114515001269.
- Lucas EA, Li W, Peterson SK, Brown A, et al. Mango modulates body fat and plasma glucose and lipids in mice fed a high-fat diet. *Br J Nutr.* 2011; 106:1495–1505.
- Luna-Vázquez FJ, Ibarra-Alvarado C, Rojas-Molina A, Rojas-Molina JI, et al. Nutraceutical value of black cherry *Prunus serotina* Ehrh. fruits: antioxidant and antihypertensive properties. *Molecules.* 2013 Nov 25;18(12):14597–612. doi: 10.3390/molecules181214597.
- Marina AM, Man YB, Nazimah SA, Amin I. Antioxidant capacity and phenolic acids of virgin coconut oil. *Int J Food Sci Nutr.* 2009;60 Suppl 2:114–23. doi: 10.1080/09637480802549127.
- Mandel SA, Amit T, Weinreb O, Youdim MB. Understanding the broad-spectrum neuroprotective action profile of green tea polyphenols in aging and neurodegenerative diseases. *J Alzheimers Dis.* 2011;25(2):187–208. doi: 10.3233/JAD-2011-101803.
- Mandel SA, Weinreb O, Amit T, Youdim MB. Molecular mechanisms of the neuroprotective/neurorescue action of multi-target green tea polyphenols. *Front Biosci (Schol Ed).* 2012 Jan 1;4:581–98.
- Mangialasche F, Xu W, Kivipelto M, Costanzi E, et al. Tocopherols and tocotrienols plasma levels are associated with cognitive impairment. *Neurobiol Aging.* 2012 Oct;33(10):2282–90. doi: 10.1016/j.neurobiolaging.2011.11.019.
- Masibo M, He Q. Major mango polyphenols and their potential significance to human health. *Compr Rev Food Sci.* 2008; 7 (4):309–319. doi: 10.1111/j.1541-4337.2008.00047.x.
- McAfee AJ, McSorley EM, Cuskelly GJ, Fearon AM, et al. Red meat from animals offered a grass diet increases plasma and platelet n-3 PUFA in healthy consumers. *Br J Nutr.* 2011 Jan;105(1):80–9. doi: 10.1017/S0007114510003090.
- McCarty MF, DiNicolantonio JJ, O’Keefe JH. Ketosis may promote brain macroautophagy by activating Sirt1 and hypoxia-inducible factor-1. *Med Hypotheses.* 2015 Aug 10. pii: S0306-9877(15)00306-0. doi: 10.1016/j.mehy.2015.08.002.
- Miller MG, Shukitt-Hale B. Berry fruit enhances beneficial signaling in the brain. *J Agric Food Chem.* 2012 Jun 13;60(23):5709–15. doi: 10.1021/jf2036033.
- Müller H, Lindman AS, Blomfeldt A, Seljeflot I, Pedersen JI. A diet rich in coconut oil reduces diurnal postprandial variations in circulating tissue plasminogen activator antigen and fasting lipoprotein (a) compared with a diet rich in unsaturated fat in women. *J Nutr.* 2003 Nov;133(11):3422–7.
- Nafar F, Mearow KM. Coconut oil attenuates the effects of amyloid- β on cortical neurons in vitro. *J Alzheimers Dis.* 2014;39(2):233–7. doi: 10.3233/JAD-131436.
- Nabavi SF, Braidy N, Gortzi O, Sobarzo-Sanchez E, et al. Luteolin as an anti-inflammatory and neuroprotective agent: A brief review. *Brain Res Bull.* 2015 Sep 8;119(Pt A):1–11. doi: 10.1016/j.brainresbull.2015.09.002.
- Okubo H, Miyake Y, Sasaki S, Murakami K, et al. Dietary patterns and risk of Parkinson’s disease: a case-control study in Japan. *Eur J Neurol.* 2012 May;19(5):681–8. doi: 10.1111/j.1468-1331.2011.03600.x.
- Ortiz-Avila O, Esquivel-Martínez M, Olmos-Orizaba BE, Saavedra-Molina A, et al. Avocado oil improves mitochondrial function and decreases oxidative stress in brain of diabetic rats. *J Diabetes Res.* 2015;2015:485759. doi: 10.1155/2015/485759.
- Pavan E, Duckett SK. Fatty acid composition and interrelationships among eight retail cuts of grass-fed beef. *Meat Sci.* 2013 Mar;93(3):371–7. doi: 10.1016/j.meatsci.2012.09.021.

Therapeutic Foods for Energy (*cont.*)

- Poulouse SM, Miller MG, Shukitt-Hale B. Role of walnuts in maintaining brain health with age. *J Nutr.* 2014 Apr;144(4 Suppl):561S-566S. doi: 10.3945/jn.113.184838.
- Rigacci S. Olive Oil Phenols as Promising Multi-targeting Agents Against Alzheimer's Disease. *Adv Exp Med Biol.* 2015;863:1-20. doi: 10.1007/978-3-319-18365-7_1. Review.
- Rodríguez-Morató J, Xicota L, Fitó M, Farré M, et al. Potential role of olive oil phenolic compounds in the prevention of neurodegenerative diseases. *Molecules.* 2015 Mar 13;20(3):4655-80. doi: 10.3390/molecules20034655.
- Rodríguez-Rodríguez R. Oleonic acid and related triterpenoids from olives on vascular function: molecular mechanisms and therapeutic perspectives. *Curr Med Chem.* 2015;22(11):1414-25.
- Rondanelli M, Faliva MA, Peroni G, Moncaglieri F, et al. Focus on pivotal role of dietary intake (diet and supplement) and blood levels of tocopherols and tocotrienols in obtaining successful aging. *Int J Mol Sci.* 2015 Sep 25;16(10):23227-49. doi: 10.3390/ijms161023227. Review.
- Scoditti E, Capurso C, Capurso A, Massaro M. Vascular effects of the Mediterranean diet-part II: role of omega-3 fatty acids and olive oil polyphenols. *Vascul Pharmacol.* 2014 Dec;63(3):127-34. doi: 10.1016/j.vph.2014.07.001.
- Shaygannia E, Bahmani M, Zamanzad B, Rafieian-Kopaei M. A review study on *Punica granatum* L. *J Evid Based Complementary Altern Med.* 2015 Jul 30. pii: 2156587215598039.
- Shema-Didi L, Sela S, Ore L, Shapiro G, et al. One year of pomegranate juice intake decreases oxidative stress, inflammation, and incidence of infections in hemodialysis patients: a randomized placebo-controlled trial. *Free Radic Biol Med.* 2012 Jul 15;53(2):297-304. doi: 10.1016/j.freeradbiomed.2012.05.013.
- Shukitt-Hale B. Blueberries and neuronal aging. *Gerontology.* 2012;58(6):518-23. doi: 10.1159/000341101.
- Shukitt-Hale B, Bielinski DF, Lau FC, Willis LM, et al. The beneficial effects of berries on cognition, motor behaviour and neuronal function in ageing. *Br J Nutr.* 2015 Nov 28;114(10):1542-9. doi: 10.1017/S0007114515003451.
- Sohrab G, Angoorani P, Tohidi M, Tabibi H, et al. Pomegranate (*Punicagranatum*) juice decreases lipid peroxidation, but has no effect on plasma advanced glycated end-products in adults with type 2 diabetes: a randomized double-blind clinical trial. *Food Nutr Res.* 2015 Sep 8;59:28551. doi: 10.3402/fnr.v59.28551.
- Suganthy N, Karutha Pandian S, Pandima Devi K. Neuroprotective effect of seaweeds inhabiting South Indian coastal area (Hare Island, Gulf of Mannar Marine Biosphere Reserve): cholinesterase inhibitory effect of *Hypnea valentiae* and *Ulva reticulata*. *Neurosci Lett.* 2010 Jan 14;468(3):216-9. doi: 10.1016/j.neulet.2009.11.001.
- Unlu NZ, Bohn T, Clinton SK, Schwartz SJ. Carotenoid absorption from salad and salsa by humans is enhanced by the addition of avocado or avocado oil. *J Nutr.* 2005 Mar;135(3):431-6.
- van Bussel BC, Henry RM, Ferreira I, van Greevenbroek MM, et al. A healthy diet is associated with less endothelial dysfunction and less low-grade inflammation over a 7-year period in adults at risk of cardiovascular disease. *J Nutr.* 2015 Mar;145(3):532-40. doi: 10.3945/jn.114.201236.
- Willis LM, Shukitt-Hale B, Joseph JA. Recent advances in berry supplementation and age-related cognitive decline. *Curr Opin Clin Nutr Metab Care.* 2009 Jan;12(1):91-4. doi: 10.1097/MCO.0b013e32831b9c6e.
- Yeap SK, Beh BK, Ali NM, Yusof HM, et al. Antistress and antioxidant effects of virgin coconut oil in vivo. *Exp Ther Med.* 2015 Jan;9(1):39-42.
- Yende SR, Harle UN, Chaugule BB. Therapeutic potential and health benefits of *Sargassum* species. *Pharmacogn Rev.* 2014 Jan;8(15):1-7. doi: 10.4103/0973-7847.125514.
- Zarfeshany A, Asgary S, Javanmard SH. Potent health effects of pomegranate. *Adv Biomed Res.* 2014 Mar 25;3:100. doi: 10.4103/2277-9175.129371.

Protective Antioxidants

- Afzal M, Safer AM, Menon M. Green tea polyphenols and their potential role in health and disease. *Inflammopharmacology*. 2015 Aug;23(4):151-61. doi: 10.1007/s10787-015-0236-1.
- Albarracín SL, Stab B, Casas Z, Sutachan JJ, et al. Effects of natural antioxidants in neurodegenerative disease. *Nutr Neurosci*. 2012 Jan;15(1):1-9. doi: 10.1179/1476830511Y.0000000028.
- Barański M, Srednicka-Tober D, Volakakis N, Seal C, et al. Higher antioxidant and lower cadmium concentrations and lower incidence of pesticide residues in organically grown crops: a systematic literature review and meta-analyses. *Br J Nutr*. 2014 Sep 14;112(5):794-811. doi: 10.1017/S0007114514001366.
- Calabrese V, Cornelius C, Trovato A, Cavallaro M, et al. The hormetic role of dietary antioxidants in free radical-related diseases. *Curr Pharm Des*. 2010;16(7):877-83.
- Daglia M, Di Lorenzo A, Nabavi SF, Talas ZS, Nabavi SM. Polyphenols: well beyond the antioxidant capacity: gallic acid and related compounds as neuroprotective agents: you are what you eat! *Curr Pharm Biotechnol*. 2014;15(4):362-72.
- Djuric Z, Powell LC. Antioxidant capacity of lycopene-containing foods. *Int J Food Sci Nutr*. 2001 Mar;52(2):143-9.
- Fernandes VC, Domingues VF, de Freitas V, Delerue-Matos C, Mateus N. Strawberries from integrated pest management and organic farming: phenolic composition and antioxidant properties. *Food Chem*. 2012 Oct 15;134(4):1926-31. doi: 10.1016/j.foodchem.2012.03.130.
- Lynn A, Mathew S, Moore CT, Russell J, et al. Effect of a tart cherry juice supplement on arterial stiffness and inflammation in healthy adults: a randomised controlled trial. *Plant Foods Hum Nutr*. 2014 Jun;69(2):122-7. doi: 10.1007/s11130-014-0409-x.
- Ou B, Bosak KN, Brickner PR, Iezzoni DG, Seymour EM. Processed tart cherry products--comparative phytochemical content, in vitro antioxidant capacity and in vitro anti-inflammatory activity. *J Food Sci*. 2012 May;77(5):H105-12. doi: 10.1111/j.1750-3841.2012.02681.x.
- Pall ML, Levine S. Nrf2, a master regulator of detoxification and also antioxidant, anti-inflammatory and other cytoprotective mechanisms, is raised by health promoting factors. *Sheng Li Xue Bao*. 2015 Feb 25;67(1):1-18.
- Srinivasan K. Antioxidant potential of spices and their active constituents. *Crit Rev Food Sci Nutr*. 2014;54(3):352-72. doi: 10.1080/10408398.2011.585525.
- Traustadóttir T, Davies SS, Stock AA, Su Y, et al. Tart cherry juice decreases oxidative stress in healthy older men and women. *J Nutr*. 2009 Oct;139(10):1896-900. doi: 10.3945/jn.109.111716.

Anti-Inflammatory Nutrients

- Aggarwal BB, Van Kuiken ME, Lyer LH, Harikumar KB, Sung B. Molecular targets of nutraceuticals derived from dietary spices: potential role in suppression of inflammation and tumorigenesis. *Exp Biol Med (Maywood)*. 2009 Aug;234(8):825-49. doi: 10.3181/0902-MR-78.
- Chen G, Smith JS. Determination of advanced glycation endproducts in cooked meat products. *Food Chem*. 2015 Feb 1;168:190-5. doi: 10.1016/j.foodchem.2014.06.081.
- Daulatzai MA. Chronic functional bowel syndrome enhances gut-brain axis dysfunction, neuroinflammation, cognitive impairment, and vulnerability to dementia. *Neurochem Res*. 2014 Apr;39(4):624-44. doi: 10.1007/s11064-014-1266-6.
- Lau FC, Shukitt-Hale B, Joseph JA. Nutritional intervention in brain aging: reducing the effects of inflammation and oxidative stress. *Subcell Biochem*. 2007;42:299-318.
- Macías-Cervantes MH, Rodríguez-Soto JM, Uribarri J, Díaz-Cisneros FJ, et al. Effect of an advanced glycation end product-restricted diet and exercise on metabolic parameters in adult overweight men. *Nutrition*. 2015 Mar;31(3):446-51. doi: 10.1016/j.nut.2014.10.004.

Anti-Inflammatory Nutrients *(cont.)*

- Mark AB, Poulsen MW, Andersen S, Andersen JM, et al. Consumption of a diet low in advanced glycation end products for 4 weeks improves insulin sensitivity in overweight women. *Diabetes Care*. 2014 Jan;37(1):88-95. doi: 10.2337/dc13-0842.
- Kellow NJ, Savige GS. Dietary advanced glycation end-product restriction for the attenuation of insulin resistance, oxidative stress and endothelial dysfunction: a systematic review. *Eur J Clin Nutr*. 2013; 67:239-248.
- Perlmutter D. Combating inflammation in the brain--what is good for the body is good for the brain. *Adv Mind Body Med*. 2013 Winter;27(1):24-30.
- Uysal U, Seremet S, Lamping JW, Adams JM, et al. Consumption of polyphenol plants may slow aging and associated diseases. *Curr Pharm Des*. 2013;19(34):6094-111.

High-Quality Dietary Fats

- Babu AS, Veluswamy SK, Arena R, Guazzi M, Lavie CJ. Virgin coconut oil and its potential cardioprotective effects. *Postgrad Med*. 2014 Nov;126(7):76-83. doi: 10.3810/pgm.2014.11.2835.
- Cole GM, Ma QL, Frautschy SA. Dietary fatty acids and the aging brain. *Nutr Rev*. 2010 Dec;68 Suppl 2:S102-11. doi: 10.1111/j.1753-4887.2010.00345.x.
- Daley CA, Abbott A, Doyle PS, Nader GA, Larson S. A review of fatty acid profiles and antioxidant content in grass-fed and grain-fed beef. *Nutr J*. 2010 Mar 10;9:10.
- DebMandal M, Mandal S. Coconut (*Cocos nucifera* L.:Arecaceae): in health promotion and disease prevention. *Asian Pac J Trop Med*. 2011 Mar;4(3):241-7. doi: 10.1016/S1995-7645(11)60078-3.
- Denis I, Potier B, Vancassel S, Heberden C, Laviolle M. Omega-3 fatty acids and brain resistance to ageing and stress: body of evidence and possible mechanisms. *Ageing Res Rev*. 2013 Mar;12(2):579-94. doi: 10.1016/j.arr.2013.01.007.
- Eckert GP, Lipka U, Muller WE. Omega-3 fatty acids in neurodegenerative diseases: focus on mitochondria. *Prostaglandins Leukot Essent Fatty Acids*. 2013 Jan;88(1):105-14. doi: 10.1016/j.plefa.2012.05.006.
- Lawrence GD. Dietary fats and health: dietary recommendations in the context of scientific evidence. *Adv Nutr*. 2013 May 1;4(3):294-302. doi: 10.3945/an.113.003657.
- Lei E, Vacy K, Boon WC. Fatty acids and their therapeutic potential in neurological disorders. *Neurochem Int*. 2016 May;95:75-84. doi: 10.1016/j.neuint.2016.02.014.
- McAfee AJ, McSorley EM, Cuskelly GJ, Fearon AM, et al. Red meat from animals offered a grass diet increases plasma and platelet n-3 PUFA in healthy consumers. *Br J Nutr*. 2011 Jan;105(1):80-9. doi: 10.1017/S0007114510003090.
- Nafar F, Mearow KM. Coconut oil attenuates the effects of amyloid- β on cortical neurons in vitro. *J Alzheimers Dis*. 2014;39(2):233-7. doi: 10.3233/JAD-131436.
- Pavan E, Duckett SK. Fatty acid composition and interrelationships among eight retail cuts of grass-feed beef. *Meat Sci*. 2013 Mar;93(3):371-7. doi: 10.1016/j.meatsci.2012.09.021.
- Wysoczański T, Sokoła-Wysoczańska E, Pękala J, Lochyński S, et al. Omega-3 fatty acids and their role in central nervous system - a review. *Curr Med Chem*. 2016;23(8):816-31.

Low Glycemic Impact

- Bordier L, Doucet J, Boudet J, Bauduceau B. Update on cognitive decline and dementia in elderly patients with diabetes. *Diabetes Metab*. 2014 Nov;40(5):331-7. doi: 10.1016/j.diabet.2014.02.002.
- De Felice FG, Lourenco MV. Brain metabolic stress and neuroinflammation at the basis of cognitive impairment in Alzheimer's disease. *Front Aging Neurosci*. 2015 May 19;7:94. doi: 10.3389/fnagi.2015.00094.

Low Glycemic Impact *(cont.)*

- Huang CC, Chung CM, Leu HB, Lin LY, et al. Diabetes mellitus and the risk of Alzheimer's disease: a nationwide population-based study. *PLoS One*. 2014 Jan 29;9(1):e87095. doi: 10.1371/journal.pone.0087095.
- Jovanovski E, Zurbau A, Vuksan V. Carbohydrates and endothelial function: is a low-carbohydrate diet or a low-glycemic index diet favourable for vascular health? *Clin Nutr Res*. 2015 Apr;4(2):69-75. doi: 10.7762/cnr.2015.4.2.69.
- Ojo O, Brooke J. Evaluating the association between diabetes, cognitive decline and dementia. *Int J Environ Res Public Health*. 2015 Jul 17;12(7):8281-94. doi: 10.3390/ijerph120708281.
- Seetharaman S, Andel R, McEvoy C, Dahl Aslan AK, et al. Blood glucose, diet-based glycemic load and cognitive aging among dementia-free older adults. *J Gerontol A Biol Sci Med Sci*. 2014 Aug 22. pii: glu135.
- Sieri S, Brighenti F, Agnoli C, Grioni S, et al. Dietary glycemic load and glycemic index and risk of cerebrovascular disease in the EPICOR cohort. *PLoS One*. 2013 May 23;8(5):e62625. doi: 10.1371/journal.pone.0062625.
- Solfrizzi V, Frisardi V, Seripa D, Logroscino G, et al. Mediterranean diet in predementia and dementia syndromes. *Curr Alzheimer Res*. 2011 Aug;8(5):520-42.
- Tuligenga RH, Dugravot A, Tabák AG, Elbaz A, et al. Midlife type 2 diabetes and poor glycaemic control as risk factors for cognitive decline in early old age: a post-hoc analysis of the Whitehall II cohort study. *Lancet Diabetes Endocrinol*. 2014 Mar;2(3):228-35. doi: 10.1016/S2213-8587(13)70192-X.

Reduced Carbohydrates with Ketogenic Option

- Akram M. A focused review of the role of ketone bodies in health and disease. *J Med Food*. 2013 Nov;16(11):965-7. doi: 10.1089/jmf.2012.2592.
- Gano LB, Patel M, Rho JM. Ketogenic diets, mitochondria, and neurological diseases. *J Lipid Res*. 2014 Nov;55(11):2211-28. doi: 10.1194/jlr.R048975.
- Henderson ST. Ketone bodies as a therapeutic for Alzheimer's disease. *Neurotherapeutics*. 2008 Jul;5(3):470-80.
- Hussain TA, Mathew TC, Dashti AA, Asfar S, et al. Effect of low-calorie versus low-carbohydrate ketogenic diet in type 2 diabetes. *Nutrition*. 2012 Oct;28(10):1016-21. doi: 10.1016/j.nut.2012.01.016.
- Paoli A, Bianco A, Damiani E, Bosco G. Ketogenic diet in neuromuscular and neurodegenerative diseases. *Biomed Res Int*. 2014;2014:474296. doi: 10.1155/2014/474296.
- Roberts RO, Roberts LA, Geda YE, Cha RH, et al. Relative intake of macronutrients impacts risk of mild cognitive impairment or dementia. *J Alzheimers Dis*. 2012;32(2):329-39. doi: 10.3233/JAD-2012-120862.
- Seneff S, Wainwright G, Mascitelli L. Nutrition and Alzheimer's disease: the detrimental role of a high carbohydrate diet. *Eur J Intern Med*. 2011 Apr;22(2):134-40. doi: 10.1016/j.ejim.2010.12.017.
- Zhao Z, Lange DJ, Voustantiouk A, MacGrogan D, et al. A ketogenic diet as a potential novel therapeutic intervention in amyotrophic lateral sclerosis. *BMC Neurosci*. 2006 Apr 3;7:29.

Intermittent Fasting and Caloric Restriction

- Anderson RM, Weindruch R. The caloric restriction paradigm: implications for healthy human aging. *Am J Hum Biol*. 2012 Mar-Apr;24(2):101-6. doi: 10.1002/ajhb.22243.
- Anton S, Leeuwenburgh C. Fasting or caloric restriction for healthy aging. *Exp Gerontol*. 2013 Oct;48(10):1003-5. doi: 10.1016/j.exger.2013.04.011.
- Blagosklonny MV. Once again on rapamycin-induced insulin resistance and longevity: despite of or owing to. *Aging (Albany NY)*. 2012 May;4(5):350-8.

Intermittent Fasting and Caloric Restriction *(cont.)*

- Calabrese V, Cornelius C, Cuzzocrea S, Iavicoli I, et al. Hormesis, cellular stress response and vitagenes as critical determinants in aging and longevity. *Mol Aspects Med.* 2011 Aug;32(4-6):279-304. doi: 10.1016/j.mam.2011.10.007.
- Chen D, Bruno J, Easlson E, Lin SJ, Cheng HL, et al. Tissue-specific regulation of SIRT1 by calorie restriction. *Genes Dev.* 2008 Jul 1;22(13):1753-7. doi: 10.1101/gad.1650608. Gerhart-Hines Z, Rodgers JT, Bare O, Lerin C, et al. Metabolic control of muscle mitochondrial function and fatty acid oxidation through SIRT1/PGC-1alpha. *EMBO J.* 2007 Apr 4;26(7):1913-23.
- Horne BD, Muhlestein JB, Anderson JL. Health effects of intermittent fasting: hormesis or harm? A systematic review. *Am J Clin Nutr.* 2015 Jul 1. pii: ajcn109553.
- Kishi T, Hirooka Y, Nagayama T, Isegawa K, et al. Calorie restriction improves cognitive decline via up-regulation of brain-derived neurotrophic factor. *Int Heart J.* 2015 Jan 21;56(1):110-5. doi: 10.1536/ihj.14-168.
- 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.
- Maalouf MA, Rho JM, Mattson MP. The neuroprotective properties of calorie restriction, the ketogenic diet, and ketone bodies. *Brain Res Rev.* 2009 March; 59(2): 293-315.
- Martin SL, Hardy TM, Tollefsbol TO. Medicinal chemistry of the epigenetic diet and caloric restriction. *Curr Med Chem.* 2013;20(32):4050-9.
- Mattson MP. Energy intake and exercise as determinants of brain health and vulnerability to injury and disease. *Cell Metab.* 2012 Dec 5;16(6):706-22.
- Paoli A, Bianco A, Damiani E, Bosco G. Ketogenic diet in neuromuscular and neurodegenerative diseases. *Biomed Res Int.* 2014;2014:474296. doi: 10.1155/2014/474296.
- Pani G. Neuroprotective effects of dietary restriction: evidence and mechanisms. *Semin Cell Dev Biol.* 2015 Apr;40:106-114. doi: 10.1016/j.semcdb.2015.03.004.
- Testa G, Biasi F, Poli G, Chiarpotto E. Calorie restriction and dietary restriction mimetics: a strategy for improving healthy aging and longevity. *Curr Pharm Des.* 2014;20(18):2950-77.
- Trepanowski JF, Canale RE, Marshall KE, Kabir MM, Bloomer RJ. Impact of caloric and dietary restriction regimens on markers of health and longevity in humans and animals: a summary of available findings. *Nutr J.* 2011 Oct 7;10:107. doi: 10.1186/1475-2891-10-107.
- VanItallie TB. Biomarkers, ketone bodies, and the prevention of Alzheimer's disease. *Metabolism.* 2015 Mar;64(3 Suppl 1):S51-7. doi: 10.1016/j.metabol.2014.10.033.
- Wegman MP, Guo M, Bennion DM, Shankar MN, et al. Practicality of intermittent fasting in humans and its effect on oxidative stress and genes related to aging and metabolism. *Rejuvenation Res.* 2014 Dec 29.
- Wen H, Yang HJ, An YJ, Kim JM, et al. Enhanced phase II detoxification contributes to beneficial effects of dietary restriction as revealed by multi-platform metabolomics studies. *Mol Cell Proteomics.* 2013 Mar;12(3):575-86. doi: 10.1074/mcp.M112.021352.

Low-Grain and Gluten-Free

- Catassi C, Bai JC, Bonaz B, Bouma G, et al. Non-celiac gluten sensitivity: the new frontier of gluten related disorders. *Nutrients.* 2013 Sep 26;5(10):3839-53. doi: 10.3390/nu5103839.
- Daulatzai MA. Non-celiac gluten sensitivity triggers gut dysbiosis, neuroinflammation, gut-brain axis dysfunction, and vulnerability for dementia. *CNS Neurol Disord Drug Targets.* 2015;14(1):110-31.

Low-Grain and Gluten-Free (*cont.*)

- de Punder K, Pruijboom L. The dietary intake of wheat and other cereal grains and their role in inflammation. *Nutrients*. 2013 Mar 12;5(3):771–87. doi: 10.3390/nu5030771.
- Hadjivassiliou M, Sanders DS, Grünewald RA, Woodroffe N, et al. Gluten sensitivity: from gut to brain. *Lancet Neurol*. 2010 Mar;9(3):318–30. doi: 10.1016/S1474-4422(09)70290-X.
- Mansueto P, Seidita A, D’Alcamo A, Carroccio A. Non-celiac gluten sensitivity: literature review. *J Am Coll Nutr*. 2014;33(1):39–54. doi: 10.1080/07315724.2014.869996.
- Mitoma H, Adhikari K, Aeschlimann D, Chattopadhyay P, et al. Consensus paper: neuroimmune mechanisms of cerebellar ataxias. *Cerebellum*. 2016 Apr;15(2):213–32. doi: 10.1007/s12311-015-0664-x.
- Nemani K, Hosseini Ghomi R, McCormick B, Fan X. Schizophrenia and the gut-brain axis. *Prog Neuropsychopharmacol Biol Psychiatry*. 2015 Jan 2;56:155–60. doi: 10.1016/j.pnpbp.2014.08.018.
- Nijeboer P, Bontkes HJ, Mulder CJ, Bouma G. Non-celiac gluten sensitivity. Is it in the gluten or the grain? *J Gastrointest Liver Dis*. 2013 Dec;22(4):435–40.
- Pinto-Sanchez MI, Bercik P, Verdu EF. Motility alterations in celiac disease and non-celiac gluten sensitivity. *Dig Dis*. 2015;33(2):200–7. doi: 10.1159/000371400.
- Reichelt KL, Jensen D. IgA antibodies against gliadin and gluten in multiple sclerosis. *Acta Neurol Scand*. 2004 Oct;110(4):239–41.
- Sapone A, Bai JC, Ciacci C, Dolinsek J, et al. Spectrum of gluten-related disorders: consensus on new nomenclature and classification. *BMC Med*. 2012 Feb 7;10:13. doi: 10.1186/1741-7015-10-13.

Brain-Derived Neurotrophic Factor (BDNF)

- Cho J, Shin MK, Kim D, Lee I, et al. Treadmill running reverses cognitive declines due to Alzheimer's disease. *Med Sci Sports Exerc.* 2015 Sep;47(9):1814–24. doi: 10.1249/MSS.0000000000000612.
- Franco-Robles E, Campos-Cervantes A, Murillo-Ortiz BO, Segovia J, et al. Effects of curcumin on brain-derived neurotrophic factor levels and oxidative damage in obesity and diabetes. *Appl Physiol Nutr Metab.* 2014 Feb;39(2): 211–8. doi: 10.1139/apnm-2013-0133.
- Leckie RL, Weinstein AM, Hodzic JC, Erickson KI. Potential moderators of physical activity on brain health. *J Aging Res.* 2012;2012:948981. doi: 10.1155/2012/948981.
- Tsai SW, Chan YC, Liang F, Hsu CY, Lee IT. Brain-derived neurotrophic factor correlated with muscle strength in subjects undergoing stationary bicycle exercise training. *J Diabetes Complications.* 2015 Apr;29(3):367–71. doi: 10.1016/j.jdiacomp.2015.01.014.

Diet

- Beilharz JE, Maniam J, Morris MJ. Diet-induced cognitive deficits: the role of fat and sugar, potential mechanisms and nutritional interventions. *Nutrients.* 2015 Aug 12;7(8):6719–38. doi: 10.3390/nu7085307.
- Galland L. The gut microbiome and the brain. *J Med Food.* 2014 Dec;17(12):1261–72. doi: 10.1089/jmf.2014.7000.
- Kannappan R, Gupta SC, Kim JH, Reuter S, Aggarwal BB. Neuroprotection by spice-derived nutraceuticals: you are what you eat! *Mol Neurobiol.* 2011 Oct;44(2):142–59. doi: 10.1007/s12035-011-8168-2.
- Willcox DC, Scapagnini G, Willcox BJ. Healthy aging diets other than the Mediterranean: a focus on the Okinawan diet. *Mech Ageing Dev.* 2014 Mar-Apr;136-137:148–62. doi: 10.1016/j.mad.2014.01.002.
- Yannakoulia M, Kontogianni M, Scarmeas N. Cognitive health and Mediterranean diet: Just diet or lifestyle pattern? *Ageing Res Rev.* 2015 Mar;20C:74–78. doi: 10.1016/j.arr.2014.10.003.

Longevity/Neurodegeneration

- Blagosklonny MV. Once again on rapamycin-induced insulin resistance and longevity: despite of or owing to. *Aging.* May 2012; 4(5):350–358.
- Calabrese V, Cornelius C, Mancuso C, Pennisi G, et al. Cellular stress response: a novel target for chemoprevention and nutritional neuroprotection in aging, neurodegenerative disorders and longevity. *Neurochem Res.* 2008 Dec;33(12):2444–71. doi: 10.1007/s11064-008-9775-9.
- Cornelius C, Perrotta R, Graziano A, Calabrese EJ, Calabrese V. Stress responses, vitagenes and hormesis as critical determinants in aging and longevity: mitochondria as a “chi”. *Immun Ageing.* 2013 Apr 25;10(1):15. doi: 10.1186/1742-4933-10-15.
- Daulatzai MA. Chronic functional bowel syndrome enhances gut-brain axis dysfunction, neuroinflammation, cognitive impairment, and vulnerability to dementia. *Neurochem Res.* 2014 Apr;39(4):624–44. doi: 10.1007/s11064-014-1266-6.
- Daulatzai MA. Role of stress, depression, and aging in cognitive decline and Alzheimer's disease. *Curr Top Behav Neurosci.* 2014;18:265–96. doi: 10.1007/7854_2014_350.
- Esposito E, Cuzzocrea S. New therapeutic strategy for Parkinson's and Alzheimer's disease. *Curr Med Chem.* 2010;17(25):2764–74.
- Joseph J, Cole G, Head E, Ingram D. Nutrition, brain aging, and neurodegeneration. *J Neurosci.* 2009 Oct 14;29(41):12795–801. doi: 10.1523/JNEUROSCI.3520-09.2009.
- Mazzetti AP, Fiorile MC, Primavera A, Lo Bello M. Glutathione transferases and neurodegenerative diseases. *Neurochem Int.* 2015 Feb 7;82C:10–18. doi: 10.1016/j.neuint.2015.01.008.

Longevity/Neurodegeneration (cont.)

- Ramesh BN, Rao TS, Prakasam A, Sambamurti K, Rao KS. Neuronutrition and Alzheimer's disease. *J Alzheimers Dis.* 2010;19(4):1123-39. doi: 10.3233/JAD-2010-1312.
- Solfrizzi V, Panza F, Frisardi V, Seripa D, et al. Diet and Alzheimer's disease risk factors or prevention: the current evidence. *Expert Rev Neurother.* 2011 May;11(5):677-708. doi: 10.1586/ern.11.56.
- Virmani A, Pinto L, Binienda Z, Ali S. Food, nutrigenomics, and neurodegeneration--neuroprotection by what you eat!. *Mol Neurobiol.* 2013 Oct;48(2):353-62. doi: 10.1007/s12035-013-8498-3.

Organic Foods

- Benbrook CM, Butler G, Latif MA, Leifert C, Davis DR. Organic production enhances milk nutritional quality by shifting fatty acid composition: a United States-wide, 18-month study. *PLoS One.* 2013 Dec 9;8(12):e82429. doi: 10.1371/journal.pone.0082429.
- Crinnion WJ. Organic foods contain higher levels of certain nutrients, lower levels of pesticides, and may provide health benefits for the consumer. *Altern Med Rev.* 2010 Apr;15(1):4-12.
- Kamihiro S, Stergiadis S, Leifert C, Eyre MD, Butler G. Meat quality and health implications of organic and conventional beef production. *Meat Sci.* 2015 Feb;100:306-18.
- Kim S, Woo GJ. Prevalence and characterization of antimicrobial-resistant *Escherichia coli* isolated from conventional and organic vegetables. *Foodborne Pathog Dis.* 2014 Oct;11(10):815-21. doi: 10.1089/fpd.2014.1771.
- Mazzoncini M, Antichi D, Silvestri N, Ciantelli G, Sgherri C. Organically vs conventionally grown winter wheat: effects on grain yield, technological quality, and on phenolic composition and antioxidant properties of bran and refined flour. *Food Chem.* 2015 May 15;175:445-51. doi: 10.1016/j.foodchem.2014.11.138.
- Oates L, Cohen M, Braun L, Schembri A, Taskova R. Reduction in urinary organophosphate pesticide metabolites in adults after a week-long organic diet. *Environ Res.* 2014 Jul;132:105-11. doi: 10.1016/j.envres.2014.03.021.
- Rosati A, Cafiero C, Paoletti A, Alfei B, et al. Effect of agronomical practices on carpology, fruit and oil composition, and oil sensory properties, in olive (*Olea europaea* L.) *Food Chem.* 2014 Sep 15;159:236-43. doi: 10.1016/j.foodchem.2014.03.014.
- Vinha AF, Barreira SV, Costa AS, Alves RC, Oliveira MB. Organic versus conventional tomatoes: influence on physicochemical parameters, bioactive compounds and sensorial attributes. *Food Chem Toxicol.* 2014 May;67:139-44. doi: 10.1016/j.fct.2014.02.018.

Phytonutrients

- Aires DJ, Rockwell G, Wang T, Frontera J, et al. Potentiation of dietary restriction-induced lifespan extension by polyphenols. *Biochim Biophys Acta.* 2012 Apr;1822(4):522-6. doi: 10.1016/j.bbadis.2012.01.005.
- Bastianetto S, Krantic S, Chabot JG, Quirion R. Possible involvement of programmed cell death pathways in the neuroprotective action of polyphenols. *Curr Alzheimer Res.* 2011 Aug;8(5):445-51.
- Chang J, Rimando A, Pallas M, Camins A, et al. Low-dose pterostilbene, but not resveratrol, is a potent neuromodulator in aging and Alzheimer's disease. *Neurobiol Aging.* 2012 Sep;33(9):2062-71.
- Ergin V, Hariry RE, Karasu C, Ghosh D, Scheepens A. Vascular action of polyphenols. *Mol Nutr Food Res.* 2009 Mar;53(3):322-31. doi: 10.1002/mnfr.200800182.
- Essa MM, Vijayan RK, Castellano-Gonzalez G, Memon MA, et al. Neuroprotective effect of natural products against Alzheimer's disease. *Neurochem Res.* 2012 Sep;37(9):1829-42. doi: 10.1007/s11064-012-0799-9. Erratum in: *Neurochem Res.* 2012 Oct;37(10):2293.

Phytonutrients (*cont.*)

- Gupta C, Prakash D. Phytonutrients as therapeutic agents. *J Complement Integr Med.* 2014 Sep;11(3):151-69.
- Kannappan R, Gupta SC, Kim JH, Reuter S, Aggarwal BB. Neuroprotection by spice-derived nutraceuticals: you are what you eat! *Mol Neurobiol.* 2011 Oct;44(2):142-59. doi: 10.1007/s12035-011-8168-2.
- Mandel SA, Weinreb O, Amit T, Youdim MB. Et al. Neurohormetic phytochemicals: An evolutionary-bioenergetic perspective. *Neurochem Int.* 2015 Apr 7. pii: S0197-0186(15)00060-1. doi: 10.1016/j.neuint.2015.03.009.
- Panickar KS, Jang S. Dietary and plant polyphenols exert neuroprotective effects and improve cognitive function in cerebral ischemia. *Recent Pat Food Nutr Agric.* 2013 Aug;5(2):128-43.
- Ramkissoon JS, Mahomoodally MF, Ahmed N, Subratty AH. Relationship between total phenolic content, antioxidant potential, and antiglycation abilities of common culinary herbs and spices. *J Med Food.* 2012 Dec;15(12):1116-23.
- Rasool M, Malik A, Qureshi MS, Manan A, et al. Recent updates in the treatment of neurodegenerative disorders using natural compounds. *Evid Based Complement Alternat Med.* 2014;2014:979730. doi: 10.1155/2014/979730.
- Rendeiro C, Guerreiro JD, Williams CM, Spencer JP. Flavonoids as modulators of memory and learning: molecular interactions resulting in behavioural effects. *Proc Nutr Soc.* 2012 May;71(2):246-62.
- Rigacci S, Stefani M. Nutraceuticals and amyloid neurodegenerative diseases: a focus on natural phenols. *Expert Rev Neurother.* 2015 Jan;15(1):41-52. doi: 10.1586/14737175.2015.986101.
- Rodrigo R, Libuy M, Feliu F, Hasson D. Polyphenols in disease: from diet to supplements. *Curr Pharm Biotechnol.* 2014;15(4):304-17.
- Scapagnini G, Vasto S, Abraham NG, Caruso C, et al. Modulation of Nrf2/ARE pathway by food polyphenols: a nutritional neuroprotective strategy for cognitive and neurodegenerative disorders. *Mol Neurobiol.* 2011 Oct;44(2):192-201. doi: 10.1007/s12035-011-8181-5. Erratum in: *Mol Neurobiol.* 2011 Oct;44(2):202.
- Shin T, Ahn M, Hyun JW, Kim SH, Moon C. Antioxidant marine algae phlorotannins and radioprotection: a review of experimental evidence. *Acta Histochem.* 2014 Jun;116(5):669-74. doi: 10.1016/j.acthis.2014.03.008.
- Si H, Liu D. Dietary antiaging phytochemicals and mechanisms associated with prolonged survival. *J Nutr Biochem.* 2014 Jun;25(6):581-91. doi: 10.1016/j.jnutbio.2014.02.001.
- Spencer JP. The impact of fruit flavonoids on memory and cognition. *Br J Nutr.* 2010 Oct;104 Suppl 3:S40-7. doi: 10.1017/S0007114510003934.
- Sundin T, Hentosh P. InTERTesting association between telomerase, mTOR and phytochemicals. *Expert Rev Mol Med.* 2012 Mar 29;14:e8. doi: 10.1017/erm.2012.1.
- Tarozzi A, Angeloni C, Malaguti M, Morroni F, et al. Sulforaphane as a potential protective phytochemical against neurodegenerative diseases. *Oxid Med Cell Longev.* 2013;2013:415078. doi: 10.1155/2013/415078.
- Vauzour D. Effect of flavonoids on learning, memory and neurocognitive performance: relevance and potential implications for Alzheimer's disease pathophysiology. *J Sci Food Agric.* 2014 Apr;94(6):1042-56. doi: 10.1002/jsfa.6473.

Books

Perlmutter D. Brain maker: the power of gut microbes to heal and protect your brain—for life. New York: Little Brown and Co., 2015.

Perlmutter D. Grain brain: the surprising truth about wheat, carbs, and sugar--your brain's silent killers. New York: Little Brown and Co., 2013.

Perlmutter D, Villoldo A. Power up your brain. Carlsbad, CA: Hay House, 2011.

Sinatra S, Roberts J. The Sinatra solution: metabolic cardiology. Laguna Beach, CA: Basic Health Publications, 2011.

Wahls T. Minding my mitochondria. 2nd ed. Iowa City, IA: TZ Press, 2010.

Opinion Leader Interviews

Meleni Aldridge, BSc Nu. Med.

Michael Ash, DO,

Jeffrey Bland, PhD

Lyra Heller, MA

Mark Houston, MD, MS

Deanna Minich, PhD, CNS

David Perlmutter, MD

Stephen Sinatra, MD

Terry Wahls, MD

Catherine Willner, MD