# REFERENCES

**Part One: Stress** 

#### **Books**

Farris, Russell, and Per Marin. *The Potbelly Syndrome*. Laguna Beach, CA: Basic Health Publications, 2006.

Jackson, Grace E. Rethinking Psychiatric Drugs: A Guide for Informed Consent. AuthorHouse, 2005.

Keys, Ancel, et al. *The Biology of Human Starvation*. Minneapolis: University of Minnesota Press, 1950.

McCarrison, Robert. *Studies in Deficiency Disease*. London: Henry Frowde and Hodder and Stoughton, 1921.

Rogers, Amber. *Taking Up Space: A Guide to Escaping the Diet Maze*. Ebook. 2013.

Sapolsky, Robert. Why Zebras Don't Get Ulcers: The Acclaimed Guide to Stress, Stress-Related Diseases, and Coping. New York: Macmillan, 2004.

Selye, Hans. *The Stress of Life*. New York: McGraw-Hill, 1976.

Talbott, Shawn. *The Cortisol Connection*. Alameda, CA: Hunter House, 2007.

Wiley, T. S. Lights Out: Sleep, Sugar, and Survival. New York: Pocket Books, 2000.

#### **Studies**

Farshchi, H. R., M. A. Taylor, and I. A. Macdonald. "Beneficial Metabolic Effects of Regular Meal Frequency on Dietary Thermogenesis, Insulin Sensitivity, and Fasting Lipid Profiles in Healthy Obese Women." *American* 

*Journal of Clinical Nutrition* 81 (2005):16–24. http://ajcn.nutrition.org/content/81/1/16.abstract.

Melamed, Samuel, PhD, and Shelly Bruhis. "The Effects of Chronic Industrial Noise Exposure on Urinary Cortisol, Fatigue, and Irritability: A Controlled Field Experiment." *Journal of Occupational & Environmental Medicine* 38, issue 3 (March 1996): 252–256. http://journals.lww.com/joem/Abstract/1996/03000/The\_Effects\_of\_Chronic\_Industrial\_Noise\_Exposure.9.aspx.

Tomiyama, A. Janet, PhD, Traci Mann, PhD, Danielle Vinas, BA, et al. "Low Calorie Dieting Increases Cortisol." *Psychosomatic Medicine* 72, no. 4 (May 2010): 357–364. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2895000/.

Ward, Alexandra M. V., Caroline H. D. Fall, Claudia E. Stein, et al. "Cortisol and the Metabolic Syndrome in South Asians." *Clinical Endocrinology* (*Oxford*). 58, no. 4 (April 2003): 500–505. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3405820/.

## **Part Two: Nutrition**

#### Books

Barnes, Broda. *Hypothyroidism: The Unsuspecting Illness*. New York: Harper & Row, 1976.

———. *Solved: The Riddle of Heart Attacks.* Fort Collins, CO: Robinson Press, 1976.

——. Hope for Hypoglycemia. Fort Collins, CO: Robinson Press, 1978.

Campos, Paul. *The Obesity Myth*. New York: Gotham Books, 2004.

Chilton, Floyd H. Inflammation Nation. New York: Fireside, 2007.

Cochran, Gregory, and Henry Harpending. *The 10,000 Year Explosion*. New York: Basic Books, 2009.

Keys, Ancel, et al. *The Biology of Human Starvation*. Minneapolis: University of Minnesota Press, 1950.

Lindeberg, Staffan. *Food and Western Disease*. West Sussex, UK: Wiley-Blackwell, 2010.

McCully, Kilmer S. *The Homocysteine Revolution*. New Canaan, CT: Keats Publishing, 1997.

Pimentel, Mark. *A New IBS Solution*. Sherman Oaks, CA: Health Point Press, 2006.

Starr, Mark. *Hypothyroidism Type II*. Columbia, MO: Mark Starr Trust, 2005.

Tribole, Evelyn, and Elyse Resch. *Intuitive Eating*. New York: St. Martin's Press, 1995.

Wrangham, Richard. Catching Fire. New York: Basic Books, 2009.

#### **Studies**

Ailhaud, Gérard, Florence Massiera, Pierre Weill, et al. "Temporal Changes in Dietary Fats: Role of n-6 Polyunsaturated Fatty Acids in Excessive Adipose Tissue Development and Relationship to Obesity." *Progress in Lipid Research* 45 (2006): 203–236.

Bixler, David, Joseph Muhler, and William Shafer. "The Relationship between the Histology of the Thyroid and the Salivary Glands and the Incidence of Dental Caries in the Rat." Indiana University School of Dentistry (July 12, 1956). http://jdr.sagepub.com/content/36/4/571.extract.

Dhup, S., R. K. Dadhich, P. E. Porporato, and P. Sonveaux. "Multiple Biological Activities of Lactic Acid in Cancer: Influences on Tumor Growth, Angiogenesis and Metastasis." *Curr Pharm Des* 18, no. 10 (2012): 1319–1330. http://www.ncbi.nlm.nih.gov/pubmed/22360558.

Elliott, Paul. "Sodium Intakes around the World." Background document prepared for the Forum and Technical Meeting on Reducing Salt Intake in Populations. Paris: October 5–7, 2006. http://www.who.int/dietphysicalactivity/Elliot-brown-2007.pdf.

Lopez-Torres, Monica, and Gustavo Barja. "Lowered Methionine Ingestion As Responsible for the Decrease in Rodent Mitochondrial Oxidative Stress in Protein and Dietary Restriction: Possible Implications for Humans." *Biochimica et Biophysica Acta* 1780, no. 11 (2008): 1337–1347. http://cat.inist.fr/?aModele=afficheN&cpsidt=20677212.

Jenkins, D. J., T. M. Wolever, V. Vuksan, et al. "Nibbling versus Gorging: Metabolic Advantages of Increased Meal Frequency." *New England Journal of Medicine* 321, no. 14 (October 1989): 929–934. http://www.ncbi.nlm.nih.gov/pubmed/2674713.

Malik, R., and H. Hodgson. "The Relationship between the Thyroid Gland and the Liver." *Oxford Journals, Medicine, QJM: An International Journal of Medicine* 95, issue 9 (): 559–569. http://qjmed.oxfordjournals.org/content/95/9/559.full.

Matarese, G. "Leptin and the Immune System: How Nutritional Status Influences the Immune Response." *Eur Cytokine Netw* 11, no. 1 (March 2000): 7–14. http://www.ncbi.nlm.nih.gov/pubmed/10705294.

Safer, Joshua D., Tara M. Crawford, and Michael F. Holick. "A Role for Thyroid Hormone in Wound Healing through Keratin Gene Expression." Section of Endocrinology, Department of Medicine, Boston University School of Medicine, Boston, Massachusetts 02118. http://endo.endojournals.org/content/145/5/2357.full.pdf.

Sagara, K., T. Shimada, S. Fujiyama, and T. Sato. "Serum Gastrin Levels in Patients with Thyroid Dysfunction." *Gastrologia Japonica* 18, no. 2 (April 1983): 79–83. http://www.ncbi.nlm.nih.gov/pubmed/6852440.

Seeds, Michael C., Kristina K. Peachman, David L. Bowton, et al. "Regulation of Arachidonate Remodeling Enzymes Impacts Eosinophil Survival during Allergic Asthma." *American Journal of Respiratory Cell Molecular Biology* 41, no. 3 (September 2009): 358–366. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2742755/.

Sharma, Sunil, and Mani Kavuru. "Sleep and Metabolism: An Overview." Division of Pulmonary, Critical Care and Sleep Medicine, Department of Internal Medicine, Brody School of Medicine, Greenville, 27834 NC (April 28, 2010). http://www.hindawi.com/journals/ije/2010/270832/.

Speakman, John R. "Body Size, Energy Metabolism and Life Span." *Journal of Experimental Biology* (February 2005): 1717-1730. http://jeb.biologists.org/content/208/9/1717.full.

Stolarz-Skrzypek, Katarzyna, et al. "Fatal and Nonfatal Outcomes, Incidence of Hypertension, and Blood Pressure Changes in Relation to Urinary Sodium Excretion." *Journal of the American Medical Association* 305, no. 17 (2011): 1777–1785. doi:10.1001/jama.2011.574. http://jama.jamanetwork.com/article. aspx?articleid=899663.

Todar, Kenneth. "Bacterial Endotoxin," cited in *Todar's Online Textbook of Bacteriology*. http://textbookofbacteriology.net/endotoxin.html.

#### **Online Articles**

Sloths: http://www.wildernessclassroom.com/www/schoolhouse/rainforest\_library/animal\_library/sloth.htm

The Relationship Between Progesterone and Thyroid: http://www.health-truth.com/126.php

Hypothyroid Low Testosterone: http://www.mytestosteronetherapy.com/hypothyroid-low-testosterone/

Natural Testosterone Enhancement: http://180degreehealth.com/2011/03/natural-testosterone-enhancement

Linking Thyroid Problems, Anemia, Fatigue, and Loss of Cognitive Ability: http://www.wellnessresources.com/health/articles/linking\_thyroid\_problems\_anemia\_fatigue\_and\_loss\_of\_cognitive\_ability/

Thyroid, Blood Sugar, and Metabolic Syndrome: http://chriskresser.com/thyroid-blood-sugar-metabolic-syndrome

Carbohydrate Requirements for Exercise http://www.nutrition411.com/ce\_pdf/CarbohydrateRequirementsforExercise.pdf

Barbecue Chips Nutrition Data: http://nutritiondata.self.com/facts/snacks/5363/2

Average American Salt Intake: http://www.cdc.gov/features/dssodium/

Thyroid Deficiency and Common Health Problems: http://180degreehealth.com/2013/05/thyroid-deficiency-and-common-health-problems

#### Movies

The Science of Sex Appeal: (January, 2010). http://www.imdb.com/title/tt1309188/.

### Part Three: Exercise

#### **Studies**

Boecker, H., et al. "The Runner's High: Opioidergic Mechanisms in the Human Brain." *Cerebral Cortex* 18, no. 11 (November 2008): 2523–2531. http://cercor.oxfordjournals.org/content/18/11/2523.long.

Calogero, A. E., et al. "Environmental Car Exhaust Pollution Damages Human Sperm Chromatin and DNA." *Journal of Endocrinological Investigation* 34, no. 6 (June 2011): e139–143. http://www.ncbi.nlm.nih.gov/pubmed/20959722.

Deinzer, R., et al. "Adrenocortical Responses to Repeated Parachute Jumping and Subsequent h-CRH Challenge in Inexperienced Healthy Subjects." http://www.ncbi.nlm.nih.gov/pubmed/9108568.

Grissom, N., and S. Bhatnagar. "Habituation to Repeated Stress: Get Used to It." *Neurobiology of Learning and Memory* 92, no. 2 (September 2009): 215–224. http://www.ncbi.nlm.nih.gov/pubmed/18667167.

Morton, A. R., et al. "Comparison of Maximal Oxygen Consumption with Oral and Nasal Breathing." *Australian Journal of Science and Medicine in Sport* 27, no. 3 (September 1995): 51–55. http://www.ncbi.nlm.nih.gov/pubmed/8599744.

Scheef, L., et al. "An fMRI Study on the Acute Effects of Exercise on Pain Processing in Trained Athletes." *Pain* 153, no. 8 (August 2012): 1702–1714. http://www.ncbi.nlm.nih.gov/pubmed/22704853.

Takeda, K., et al. "Endocrine-Disrupting Activity of Chemicals in Diesel Exhaust and Diesel Exhaust Particles." *Environmental Science* 11, no. 1 (2004): 33–45. http://www.ncbi.nlm.nih.gov/pubmed/15746887.

Wood, R. J., and A. R. Morton. "Arterial Oxygen Saturation and Peak VO2 during Nasal and Oral Breathing." Proceedings of the American College of Sports Medicine Annual Conference, Medicine and Science in Sport and Exercise. Supplement to Vol 27, no. 5, pS2 (May 1995):. http://www.topendsports.com/resources/research/nasal-oral-breathing.htm.

## **Online Articles**

Longest-lived People and Exercise: http://www.bluezones.com/ and https://en.wikipedia.org/wiki/Jeanne\_Calment

Physical Movement and Brain Development: http://www.ted.com/talks/daniel\_wolpert\_the\_real\_reason\_for\_brains.html and

http://www.youtube.com/watch?v=LdDnPYr6R0o

Adrenaline Addiction:

http://www.psychologytoday.com/blog/the-playing-field/200803/the-addicitve-nature-adrenaline-sport

Metabolic Conditioning: http://www.t-nation.com/free\_online\_article/most\_recent/blood\_and\_chalk\_jim\_wendler\_talks\_big\_weights\_volume\_eight and

http://www.t-nation.com/free\_online\_article/most\_recent/conditioning\_is\_a\_sham and

http://70sbig.com/blog/category/content/conditioning/ and

http://anthonymychal.com/wp-content/uploads/2012/05/TheMythofHIIT.pdf

Maffetone Heart Rate Formula: http://philmaffetone.com/180formula.cfm

Vomiting from Exercise: http://www.phase5fitness.com/wp/wp-content/uploads/2012/02/cardio-redux.pdf

Jim Wendler's 5/3/1 Lifting Program: http://www.flexcart.com/members/elitefts/default.asp?m=PD&pid=2976 http://www.flexcart.com/members/elitefts/default.asp?m=PD&pid=2976

Ladders: http://beyondstrong.typepad.com/shafsblog/2007/05/a\_primer\_on\_lad.html

Bulgarian Weight Lifter Training: http://www.t-nation.com/free\_online\_article/most\_recent/maxing\_on\_squats\_and\_deadlifts\_every\_day

Negative Health Effects of Mouth Breathing: http://www.functionalps.com/blog/2012/11/30/adverse-effects-of-mouth-breathing/

Breathing and Exercise: http://www.normalbreathing.com/c-effects-of-exercise-on-the-respiratory-system.php

## **Part Four: Sleep and Recovery**

#### **Studies**

## Grounding/Earthing

Brown, D., et al. "Pilot Study on the Effect of Grounding on Delayed-Onset Muscle Soreness." *Journal of Alternative and Complementary Medicine* 16, no. 3 (March 2010): 265–273. http://www.ncbi.nlm.nih.gov/pubmed/20192911.

Chevalier, G. "Changes in Pulse Rate, Respiratory Rate, Blood Oxygenation, Perfusion Index, Skin Conductance, and Their Variability Induced during and after Grounding Human Subjects for 40 Minutes." *Journal of Alternative and Complementary Medicine* 16, no. 1 (January 2010): 81–87. http://www.earthinginstitute.net/studies/earthing\_pulse\_rate.pdf.

Chevalier, G., et al. "Earthing: Health Implications of Reconnecting the Human Body to the Earth's Surface Electrons." *Journal of Environmental Public Health* (2012): 291541. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3265077/.

———. "Earthing (Grounding) the Human Body Reduces Blood Viscosity—A Major Factor in Cardiovascular Disease." *Journal of Alternative and Complementary Medicine* 19, no. 2 (February 2013): 102–110. http://online.liebertpub.com/doi/pdf/10.1089/acm.2011.0820.

Chevalier, G., and S. Sinatra. "Emotional Stress, Heart Rate Variability, Grounding, and Improved Autonomic Tone: Clinical Applications." *Integrative Medicine* 10, no. 3 (June/July 2011): 16-21. http://imjournal.com/pdfarticles/IMCJ10\_3\_p16\_24chevalier.pdf.

Ghaly, M., and D. Teplitz. "The Biologic Effects of Grounding the Human Body during Sleep As Measured by Cortisol Levels and Subjective Reporting of Sleep, Pain, and Stress." *Journal of Alternative and Complementary Medicine* 10, no. 5 (October 2004): 767–776. http://www.ncbi.nlm.nih.gov/pubmed/15650465.

Oschman, J. L. "Can Electrons Act As Antioxidants? A Review and Commentary." *Journal of Alternative and Complementary Medicine* 13, no. 9 (November 2007): 955–967. http://www.ncbi.nlm.nih.gov/pubmed/18047442.

Sokal, K., and P. Sokal. "Earthing the Human Body Influences Physiologic Processes." *Journal of Alternative and Complementary Medicine* 17, no. 4 (April 2011): 301–308. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3154031/.

———. "The Neuromodulative Role of Earthing." *Medical Hypotheses* 77, no. 5 (November 2011): 824–826. http://www.ncbi.nlm.nih.gov/pubmed/21856083.

——.. "Earthing the Human Organism Influences Bioelectrical Processes." *Journal of Alternative and Complementary Medicine* 18, no. 3 (March 2012): 229–234. http://www.ncbi.nlm.nih.gov/pubmed/22420736.

## Forest Bathing

Kamioka, H., et al. "A Systematic Review of Randomized Controlled Trials on Curative and Health Enhancement Effects of Forest Therapy." *Psychology Research and Behavior Management* 5 (2012): 85–95. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3414249/.

Karjalainen, E., et al. "Promoting Human Health through Forests: Overview and Major Challenges." *Environmental Health and Preventive Medicine* 15, no. 1 (January 2010): 1–8.

http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2793342/.

Lee, J., et al. "Effect of Forest Bathing on Physiological and Psychological Responses in Young Japanese Male Subjects." *Public Health* 125, no. 2 (February 2011): 93–100. http://www.ncbi.nlm.nih.gov/pubmed/21288543.

Li, Q., et al. "Forest Bathing Enhances Human Natural Killer Activity and Expression of Anti-Cancer Proteins." *International Journal of Immunopathology and Pharmacology* 20, no. 2, Supplement 2 (April–June 2007): 3–8. http://www.ncbi.nlm.nih.gov/pubmed/17903349.

———. "A Forest Bathing Trip Increases Human Natural Killer Activity and Expression of Anti-Cancer Proteins in Female Subjects." *Journal of Biological Regulators and Homeostatic Agents* 22, no. 1 (January–March 2008): 45–55. http://www.ncbi.nlm.nih.gov/pubmed/18394317.

———. "Visiting a Forest, But Not a City, Increases Human Natural Killer Activity and Expression of Anti-Cancer Proteins." *International Journal of* 

*Immunopathology and Pharmacology* 21, no. 1 (January–March 2008): 117–127. http://www.ncbi.nlm.nih.gov/pubmed/18336737.

——.. "Effect of Forest Bathing Trips on Human Immune Function." *Environmental Health and Preventive Medicine* 15, no. 1 (January 2010): 9–17. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2793341/.

Mao, G. X., et al. "Effects of Short-Term Forest Bathing on Human Health in a Broad-Leaved Evergreen Forest in Zhejiang Province, China." *Biomedical Environmental Science* 25, no. 3 (June 2012): 317–324. http://www.besjournal.com/Articles/Archive/archive/No3/201207/t20120712\_64252.html.

——. "Therapeutic Effect of Forest Bathing on Human Hypertension in the Elderly." *Journal of Cardiology* 60, no. 6 (December 2012): 495–502. http://www.ncbi.nlm.nih.gov/pubmed/22948092.

Morita, E., et al. "Psychological Effects of Forest Environments on Healthy Adults: *Shinrin-yoku* (Forest-Air Bathing, Walking) As a Possible Method of Stress Reduction." *Public Health* 121, no. 1 (January 2007): 54–63. http://www.ncbi.nlm.nih.gov/pubmed/17055544.

Ohira, H., et al. "Effect of *Shinrin-yoku* (Forest-Air Bathing and Walking) on Mental and Physical Health." *Bulletin of Tokai Women's College* 19 (1999): 217–232.

Ohtsuka, Y., et al. "Shinrin-yoku (Forest-Air Bathing and Walking) Effectively Decreases Blood Glucose Levels in Diabetic Patients." International Journal of Biometeorology 41, no. 3 (February 1998): 125–127. http://www.ncbi.nlm.nih.gov/pubmed/9531856.

Park, B. J., et al. "The Physiological Effects of *Shinrin-yoku* (Taking in the Forest Atmosphere or Forest Bathing): Evidence from Field Experiments in 24 Forests across Japan." *Environmental Health and Preventive Medicine* 15, no. 1 (January 2010): 18–26. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2793346/.

Thompson, Coon J., et al. "Does Participating in Physical Activity in Outdoor Natural Environments Have a Greater Effect on Physical and Mental Wellbeing Than Physical Activity Indoors? A Systematic Review." *Environmental Science and Technology* 45, no. 5 (March 2011): 1761–1772. http://www.ncbi.nlm.nih.gov/pubmed/21291246.

Tsunetsugu, Y., et al. "Trends in Research Related to 'Shinrin-yoku' (Taking in the Forest Atmosphere or Forest Bathing) in Japan." *Environmental Health and Preventive Medicine* 15, no. 1 (January 2010): 27–37. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2793347/#CR40.

Yamaguchi, M., et al. "The Effects of Exercise in Forest and Urban Environments on Sympathetic Nervous Activity of Normal Young Adults." *Journal of International Medical Research* 34, no. 2 (March–April 2006): 152–159. http://www.ncbi.nlm.nih.gov/pubmed/16749410.

#### **FMFs** and RFR

FDA on Cellular: http://www.fda.gov/Radiation-EmittingProducts/RadiationEmittingProductsandProcedures/ HomeBusinessandEntertainment/CellPhones/ucm116282.htm

FCC on Cellular: http://www.fcc.gov/guides/wireless-devices-and-health-concerns

World Health Organization on Tobacco Industry Cover-up: http://www.who.int/tobacco/media/en/TobaccoExplained.pdf

The BioInitiative Report: http://www.bioinitiative.org

BioInitiative Report's RFR Research Chart: http://www.bioinitiative.org/rf-color-charts/

Environmental Working Group's Executive Summary on RFR: http://www.ewg.org/cellphoneradiation/executivesummary/

Suppressed Environmental Protection Agency RFR Guidelines: http://electromagnetichealth.org/media-stories/#Exposure-Guidelines