

Quellenangaben

- ¹ Wilson et al. 2015
² Albaracín et al. 2018
³ Albaracín et al. 2018
⁴ Murray et al. 2013
⁵ Dieleman et al. 2016
⁶ Bodai et al. 2015; Hyman et al., 2009; Ford et al. 2009
⁷ Minich et al., 2013; Hyman et al., 2009
⁸ Bodai et al. 2015
⁹ Hoffmann et al. 2015
¹⁰ Hoffmann et al. 2015
¹¹ Hruby et al. 2017
¹² Ferron et al. 2019
¹³ Ferron et al. 2019
¹⁴ Karsenty et al. 2012
¹⁵ Hardy et al. 2009
¹⁶ Fiuza-Luces et al. 2013
¹⁷ Bortoluzzi et al. 2006
¹⁸ Aoi, Naito, Takagi et al. 2013
¹⁹ Roca-Rivada et al. 2012
²⁰ Roca-Rivada et al. 2012
²¹ Nielsen et al. 2008
²² Cao, Liu, Lin et al. 2010
²³ Kolta, Szabo, Atalay et al. 2010
²⁴ Gomez-Cabrera et al. 2008
²⁵ Knaepen et al. 2010
²⁶ Zhang Y et al. 2016
²⁷ Haines et al. 2020
²⁸ Srikanthan et al. 2014
²⁹ Chuang et al. 2014
³⁰ Köhncke et al. 2018
³¹ Przewiócka et al. 2020
³² Li, Li, Duan et al. 2017
³³ Bruce, Dyck 2004
³⁴ Van Hall et al. 2003
³⁵ Nieto-Vazquez et al. 2020
³⁶ Cuevas-Ramos et al. 2012
³⁷ Kilpeläinen et al. 2019
³⁸ Krug et al. 2013, Mensink, 2003
³⁹ Mensink 2003
⁴⁰ Mensink 2003
⁴¹ Krug et al. 2013
⁴² Fiatarone et al. 1994
⁴³ Mensink 2003
⁴⁴ O'Keefe et al. 2010
⁴⁵ O'Keefe et al. 2010
⁴⁶ Misra et al. 2010
⁴⁷ WHO 2020; Misra et al. 2010; US Department of Health and Human Services, 2015
⁴⁸ Lachman et al. 2018
⁴⁹ Lachman et al. 2018
⁵⁰ Lachman et al. 2018
⁵¹ Jordan et al. 2010
⁵² Finger et al. 2013
⁵³ Clausen, Marott, Holtermann, et al. 2018
⁵⁴ Strasser, Burtscher, 2018
⁵⁵ Irrcher, Adhiketty, Joseph, et al. 2003
⁵⁶ Leuchtmann, Mueller, Aguayo et al. 2020
⁵⁷ Poblete Aro, Russell Guzmán, Soto Muñoz et al. 2015
⁵⁸ Daussin, Zoll, Ponsot et al. 2008; Astorino, Allen, Robertson et al. 2012, Menz, Marterrer, Amin et al. 2019
⁵⁹ Little, Gillen, Percival et al. 2011
⁶⁰ Mathias, 2015
⁶¹ Meyer, Muster, Zielinski, 2006
⁶² Kazior, Willis, Moberg et al. 2016
⁶³ Hyttinen, Häkkinen, 2020
⁶⁴ Gábler, Prieske, Hortobágyi et al. 2018
⁶⁵ Yang, Christophi, Farioli et al. 2019
⁶⁶ Hamilton et al. 2008
⁶⁷ Katzmarzyk 2009
⁶⁸ Netz et al. 2013
⁶⁹ Hoare et al. 2016
⁷⁰ Brown et al. 2014
⁷¹ Benatti et al. 2015
⁷² Loprinzi 2016
⁷³ Wennberg et al. 2016
⁷⁴ Winett, Ogletree 2019
⁷⁵ Nye, Carnahan, Jackson, et al. 2014
⁷⁶ Nye, Carnahan, Jackson, et al. 2014
⁷⁷ Page 2012
⁷⁸ Iwata, Yamamoto, Matsuo, et al. 2019
⁷⁹ Malliaropoulos, Papalexandris, Papalada, et al. 2004, O'Sullivan, Murray, Sainsbury, 2009
⁸⁰ Kim, Kim, Kim, et al. 2017
⁸¹ Reid, McNair, 2004
⁸² Chow, Ng, 2010
⁸³ Häkkinen, Kautiainen, Hannonen, et al. 2008
⁸⁴ Phadke, Bedekar, Shyam, et al. 2016, Ylinen, Kautiainen, Wirén, et al. 2007
⁸⁵ Law, Harvey, Nicholas, et al. 2009
⁸⁶ Lewit, Simons 1984
⁸⁷ Small, Mc Naughton, Matthews 2008
⁸⁸ Järvinen, Järvinen, Kääriäinen, et al. 2007
⁸⁹ Järvinen, Järvinen, Kääriäinen, et al. 2007
⁹⁰ Sherry, Best 2004
⁹¹ Askling, Tengvar, Tarassova, et al. 2014
⁹² Beach 2010
⁹³ Kolwicz, Tian 2009
⁹⁴ Cerritelli et al. 2011
⁹⁵ Racca et al. 2017
⁹⁶ O-Yurvati et al. 2005
⁹⁷ Wieting et al. 2013
⁹⁸ Bordoni et al. 2019
⁹⁹ Fuchs et al. 2020
¹⁰⁰ Rêgo et al. 2019
¹⁰¹ Peters, McEwen 2015, Liem 2022
¹⁰² Pulkki-Raback et al. 2015
¹⁰³ Spruill et al. 2020, Liu et al. 2017
¹⁰⁴ Lee et al. 2015, Sohn et al. 2014
¹⁰⁵ Madika et al. 2017
¹⁰⁶ Fantin et al. 2019
¹⁰⁷ Grillo et al. 2019
¹⁰⁸ Klein et al. 2015
¹⁰⁹ Mogane et al. 2019
¹¹⁰ Re 2009
¹¹¹ Hegde et al. 2015
¹¹² Yano et al. 2016
¹¹³ Haberka et al. 2018
¹¹⁴ Pignatelli et al. 2020, Bryan et al. 2017
¹¹⁵ Kubota et al. 2017
¹¹⁶ Kario 2018
¹¹⁷ Rêgo et al. 2019
¹¹⁸ Tei et al. 2016
¹¹⁹ Brunt et al. 2021
¹²⁰ Laukkonen et al. 2015; Knekt 2020; Hunt 2020
¹²¹ Heinonen und Laukkonen 2018
¹²² Dempsey et al. 2018, Mackie et al. 2019
¹²³ Filipovic et al. 2018
¹²⁴ Guo et al. 2019
¹²⁵ Pase et al. 2011, Pase et al. 2011
¹²⁶ Massaro et al. 2020
¹²⁷ Summerhill et al. 2018
¹²⁸ Alexander et al. 2017
¹²⁹ Mukamal 2006
¹³⁰ Sundström et al. 2005

- ¹³¹ Perez-Pozo et al. 2010
¹³² Johnson et al. 2008
¹³³ Bijnens et al. 2017
¹³⁴ Mortensen et al. 2014; Wyman et al. 2010
¹³⁵ Alehagen et al. 2018
¹³⁶ Kostov et al. 2018
¹³⁷ Liem et al. 2020
¹³⁸ Frank 2012
¹³⁹ Brune et al. 2015
¹⁴⁰ Sandilands 2009
¹⁴¹ Zhang et al. 2020
¹⁴² Lorenzo et al. 2019; Stępnik et al. 2020
¹⁴³ Yao et al. 2017
¹⁴⁴ Guiney et al. 2005
¹⁴⁵ Zanotti et al. 2012
¹⁴⁶ Goyal et al. 2017
¹⁴⁷ Yao et al. 2014
¹⁴⁸ Noll et al. 2010
¹⁴⁹ Irzaldy et al. 2016
¹⁵⁰ Lin et al. 2006
¹⁵¹ Int et al. 2017
¹⁵² Senger et al. 2016
¹⁵³ Zhang et al. 2020
¹⁵⁴ Melli et al. 2016
¹⁵⁵ Reynolds, Finlay 2017
¹⁵⁶ Cady et al. 2012
¹⁵⁷ Cho et al. 2019
¹⁵⁸ Baker, Baines 2018; Garnett et al. 2012
¹⁵⁹ Calzetta et al. 2018; Zhang et al. 2018; Santus et al. 2014
¹⁶⁰ Zhang et al. 2020
¹⁶¹ Mulrennan et al. 2018
¹⁶² Ano et al. 2017
¹⁶³ Reynolds, Finlay 2017
¹⁶⁴ Brown et al. 2013; Zaccaro et al. 2018; Ma et al. 2017; Perciavalle et al. 2017
¹⁶⁵ Torday 2013
¹⁶⁶ Reichel et al. 2020
¹⁶⁷ Orth et al. 2005
¹⁶⁸ Reichel et al. 2020
¹⁶⁹ Song et al. 2009
¹⁷⁰ Goldstein und Devarajan 2011
¹⁷¹ Castillo-Rodríguez et al. 2018; Whisner and Castillo 2018
¹⁷² Gunta, Thadhani und Mak 2013; Pi und Quarles 2013
¹⁷³ Hou et al. 2019
¹⁷⁴ Leib, Zimmerman und Knight 2016
¹⁷⁵ Olszewski et al. 2010
¹⁷⁶ Sampath et al. 2019
¹⁷⁷ Fornari et al. 2017
¹⁷⁸ Whitcomb Lowe 2007; Kirchgessner et al. 1989; Moore et al. 2019; Samuelson et al. 1990
¹⁷⁹ Frulloni et al. 2010
¹⁸⁰ Alhassan et al.; Pham et al. 2018
¹⁸¹ Frulloni et al. 2010
¹⁸² Othman et al. 2018
¹⁸³ Lin et al. 2005
¹⁸⁴ Buijs et al. 2001
¹⁸⁵ Liem et al. 2020
¹⁸⁶ Cheng et al. 2017
¹⁸⁷ Quiclet et al. 2019; Liu et al. 2017
¹⁸⁸ Sutton et al. 2018
¹⁸⁹ Jamshed et al. 2019
¹⁹⁰ Foppen et al. 2016; Buijs et al. 2001
¹⁹¹ Larsson et al. 2006
¹⁹² de Koning et al. 2011; Ima-mura et al. 2015; Greenwood et al. 2014
¹⁹³ Bosetti et al. 2013
¹⁹⁴ Pezzilli et al. 2019; Tolstrup et al. 2009
¹⁹⁵ Jaworek et al. 2007
¹⁹⁶ Nawrot-Porabka et al. 2007
¹⁹⁷ Bolkent et al. 2009
¹⁹⁸ Ho et al. 2001
¹⁹⁹ Wang et al. 2020
²⁰⁰ Vujsinovic et al. 2019
²⁰¹ Tang et al. 2014
²⁰² Hickman et al. 2002
²⁰³ Farzanegi et al. 2019
²⁰⁴ Wang et al. 2010
²⁰⁵ Madrigal-Santillán et al. 2014
²⁰⁶ Rezaei et al. 2019
²⁰⁷ Gupta et al. 2015
²⁰⁸ Carvajal-Zarrabal et al. 2014
²⁰⁹ Clifford et al. 2015
²¹⁰ Gupta et al. 2015
²¹¹ Perdomo et al. 2019
²¹² Regmi et al. 2020; Chung et al. 2016
²¹³ Gilesson et al. 2020
²¹⁴ Panahi et al. 2018
²¹⁵ Farzaei et al. 2018
²¹⁶ Rafie et al. 2020
²¹⁷ Yan et al. 2018
²¹⁸ Sacco et al. 2016
²¹⁹ Van de Wier et al. 2017
²²⁰ Fahey et al. 2002
²²¹ Drinda et al. 2019
²²² Osna et al. 2017
²²³ Ames et al. 2010
²²⁴ Sears et al. 2012
²²⁵ Espí-López et al. 2018
²²⁶ Attali et al. 2013
²²⁷ Dobson et al. 2012
²²⁸ Nemett und Kollegen 2008
²²⁹ Tarsuslu und Kollegen 2009
²³⁰ Pizzolorusso und Kollegen 2011
²³¹ Vismara und Kollegen 2019
²³² Stallmach, Vehreschild 2016
²³³ Li et al. 2020; De Martinis et al. 2020
²³⁴ D'Amelio, Sassi 2018
²³⁵ Broecker et al. 2019; Müller et al. 2018
²³⁶ Stallmach et al. 2016
²³⁷ Winter et al. 2018
²³⁸ Kelly et al. 2016
²³⁹ Stallmach et al. 2016
²⁴⁰ David et al. 2014
²⁴¹ Zhernakova et al. 2016
²⁴² Sudo et al. 2004; Crumeyrolle-Arias et al. 2014
²⁴³ Golubeva et al. 2015; Weaver et al. 2004; Yehuda et al. 2014
²⁴⁴ Messaoudi et al. 2011
²⁴⁵ Aguilera et al. 2020
²⁴⁶ Goesser 2012
²⁴⁷ Hill et al. 2014
²⁴⁸ Simpson et al. 2015
²⁴⁹ Shahar et al. 2020
²⁵⁰ Blum et al. 2019
²⁵¹ Craig et al. 2016
²⁵² Househam et al. 2017; Jia et al. 2020
²⁵³ Bicknell et al. 2019; Khan et al. 2020
²⁵⁴ Birkett et al. 1997; Cummings et al. 1992
²⁵⁵ Gardner et al. 2007
²⁵⁶ Covas et al. 2015; Misra et al. 2010; Gillingham et al. 2011; Babio et al. 2014
²⁵⁷ Gaida et al. 2009; Ranger et al. 2015
²⁵⁸ Lenoir et al. 2007
²⁵⁹ DiNicolantonio et al. 2018
²⁶⁰ Levy et al. 2013
²⁶¹ Michail 2017
²⁶² Baetge et al. 2017
²⁶³ Baetge et al. 2017
²⁶⁴ Carriére et al. 2018; Olson 2017
²⁶⁵ Tapper et al. 2017
²⁶⁶ Jenkins et al., 2014
²⁶⁷ Tapper et al. 2018
²⁶⁸ Tal et al. 2013
²⁶⁹ Richter, Herzog, Janka, et al. 2020
²⁷⁰ Biesalski, Grimm, Nowitzki-Grimm 2020
²⁷¹ Liponis 2012
²⁷² Backes 2013
²⁷³ Patterson & Sears 2017
²⁷⁴ Catenacci, Pan, Ostendorf et al. 2016
²⁷⁵ Eckert 2019
²⁷⁶ Patterson & Sears 2017

- 277 Klempel, Bhutani, Fitzgib-
bon et al. 2010; Das, Gilhooly,
Golden et al. 2007
- 278 Rolls, Fedoroff, Guthrie et al.
1990
- 279 Michalsen 2018
- 280 Eckert 2019
- 281 Rynders, Thomas, Zaman
et al. 2019
- 282 Stekovic, Hofer, Tripolt et al.
2020.
- 283 Rajpal & Ismail Beigi 2020
- 284 Rajpal & Ismail Beigi 2020
- 285 Malinowski, Zalewska,
Węsierska et al. 2019
- 286 Almeneessier, BaHammam,
Alzoghaibi et al. 2019
- 287 Wei, Brandhors, Shelehchi
et al. 2017
- 288 Kjeldsen-Kragh, Haugen,
Borchgrevink et al. 1991
- 289 Kani, Alavian, Esmaillzadeh
et al. 2017
- 290 Zubrzycki, Cierpka-Kmiec,
Kmiec et al. 2018
- 291 Choi, Piccio, Childress et al.
2016
- 292 Johnson, Summer, Cutler
et al. 2007
- 293 Jensen, Kiersgaard, Sørensen
et al. 2013
- 294 Jordan, Tung, Casanova-Ace-
bes et al. 2019
- 295 Fontana, Partridge, Longo
et al. 2010
- 296 Jordan, Tung, Casanova-Ace-
bes et al. 2019
- 297 Barnosky, Hoddy, Unterman
et al. 2014
- 298 Gomez-Pinilla 2008; Mar-
tin, Mattson, Maudsley 2006;
Mattson, Wan 2005; Descamps,
Riondel, Ducros et al. 2005
- 299 Weir, Yao, Huynh et al. 2017
- 300 Meng, Zhu, Kord-Varkaneh,
et al. 2020
- 301 Parhofer, Laufs 2019
- 302 Lettieri-Barbato, Cannata,
Casagrande et al. 2018
- 303 Patterson & Sears 2017a
- 304 Patterson & Sears 2017a
- 305 Gomez-Pinilla 2008; Mattson,
Wan 2005, Martin, Mattson,
Maudsley 2006
- 306 Patterson & Sears 2017a und b
- 307 Gill & Panda 2015
- 308 IQVIA und Statista 2020
- 309 www.bfr.bund.de (Zugriff
30.06.2021)
- 310 Yetley 2007
- 311 https://www.bundesgesundheitsministerium.de/fileadmin/Dateien/3_Downloads/Statistiken/GKV/Bekanntmachungen/GMP-Leitfaden/GMP-Leitfaden-1.pdf (Zugriff 30.06.2021)
- 312 Craig et al. 2009
- 313 Li 2011
- 314 Rizzo et al. 2016
- 315 Herrmann, W et al. 2003
- 316 Rizzo et al. 2016
- 317 Rizzo et al. 2016
- 318 Rizzo et al. 2016
- 319 Rogerson 2017
- 320 Williams/Burdge 2006
- 321 Rogerson 2017
- 322 Schwarz et al. 2014
- 323 Mello et al. 2020
- 324 Prather et al. 2015
- 325 Besedovsky et al. 2019
- 326 Spiegel et al. 2002
- 327 Jackson et al. 1998
- 328 Dhabhar et al. 2014; Cohen
et al. 2012
- 329 Serafini et al. 2016
- 330 Holscher 2017; Turner et al.
2017
- 331 Hemilä, Chalker 2013
- 332 Kindler, Thiel 2016
- 333 Kirmaz et al. 2005
- 334 Tanaka et al. 2015
- 335 Gincheva et al. 2020; Gao,
et al. 2003
- 336 Noh EM et al. 2009
- 337 Wu Y et al. 2006; Lindequist
et al. 2005
- 338 Costa et al. 2019
- 339 Piroddi et al. 2017; Kiecolt-Gla-
ser et al. 2013
- 340 Hariharan, Dharmaraj 2018
- 341 Aeberli et al. 2011; Spreadbury,
2012; Buyken et al. 2010; Di-
ckinson et al. 2008
- 342 Bosma et al. 2012
- 343 Neidich et al. 2017; Mann
2015; Zhou et al. 2018
- 344 Krüger et al. 2016
- 345 Filiano et al. 2016; Kipnis
et al. 2018
- 346 Steptoe et al. 2009; Richman
et al. 2005; Bennett
et al. 2009
- 347 Tsao et al. 2018; Van erp et al.
2019; Li 2010; M. Hansen et al.
2017; Li et al. 2010; Li
et al. 2009
- 348 Buijze et al. 2018
- 349 De Cabo, Mattson 2019
- 350 Hemilä et al. 2013
- 351 Read et al. 2018
- 352 Yamshchikov et al. 2009
- 353 Hodge et al. 2011, Remien
et al. 2020
- 354 Hodge 2012
- 355 Hruby et al. 2007; Hodge et al.
2010; Hodge, Downey 2011;
Liciardone et al. 2012; Licciar-
done et al. 2013; Castillo
et al. 2018; Schander et al.
2012; Walkowski et al. 2014
- 356 Raghupathi et al. 2018
- 357 Egger 2012
- 358 Scrivo et al. 2011
- 359 Jordan et al. 2016
- 360 Van Dyke et al. 2005
- 361 Song et al. 2016
- 362 Keller et al. 2015
- 363 Van Dyke et al. 2005
- 364 Ferreira et al. 2019
- 365 Patil et al. 2011
- 366 Van Dyke et al. 2005
- 367 Arigbede et al. 2012
- 368 Joshipura et al. 2000; Kuo
et al. 2008; Teng et al. 2002
- 369 Seymour et al. 2007
- 370 Li et al. 2017
- 371 Kaur et al. 2012; Konkel et al.
2019
- 372 Bui et al. 2019; Konkel et al.
2019
- 373 Arigbede et al. 2012
- 374 Aghazadeh et al. 2017
- 375 Konkel et al. 2019
- 376 Javanshir et al. 2017;
Aghazadeh et al. 2017; Chen
et al. 2016
- 377 Klinder et al. 2016
- 378 Bjarnason et al. 2009
- 379 Foster et al. 2017
- 380 Wang et al. 2014
- 381 Biedermann et al. 2013
- 382 Nguyen et al. 2019; Slominski
et al. 2008
- 383 Slominski et al. 2008
- 384 Mead 2008
- 385 Mead 2008; Holick 2016
- 386 Silverberg 2019
- 387 Sandilands et al. 2009
- 388 McLean 2016
- 389 Tsakok et al. 2019, Paller et al.
2019, Zhu et al. 2018, Tran
et al. 2018
- 390 Pilkington et al. 2011
- 391 De Mel et al. 2014; Black
et al. 2016
- 392 Schwartz et al. 2005
- 393 Evans et al. 2010
- 394 Helfrich et al. 2007; Marti-
res 2009

- 395 Jang et al. 2020
396 Oyetakin White et al. 2015
397 Sundelin et al. 2013
398 Oyetakin White et al. 2013
399 Morhen et al. 2012; Light 2005
400 Bourdens et al. 2019
401 Barolet et al. 2016; Lee 2006
402 Hamblin et al. 2017; Avci 2013
403 Li et al. 2015
404 Nagata et al. 2010
405 Dreher et al. 2013
406 Evans et al. 2010; Telang 2013
407 Evans et al. 2010, Stahl et al. 2012
408 Sikdar et al. 2016; Kleszczyński et al. 2013
409 Kleszczyński et al. 2013
410 Stahl 2016; Stahl et al. 2007; Stahl et al. 2006
411 Scapagnini G et al. 2014; Heinrich U, et al. 2006
412 Saric et al. 2016; Katiyar 2003
413 Esch 2005
414 Esch 2005
415 Esch 2005
416 Grinevich et al.
417 Henriques 2014, Kojima 2012
418 Nylander und Roman 2012
419 Buisman-Pijlman 2014
420 Kim 2016, Buisman-Pijlman 2014
421 Enoch 2011, McEwen 2003
422 Kikusui 2006
423 Kikusui 2006
424 Juif 2013
425 Arueti 2013
426 Ding 2019
427 Olszewski 2010, Mullis 2013
428 Morhenn 2012
429 Seltzer 2010
430 Odendaal 2003; Nagasawa 2015
431 Gape 2002
432 Kasahara 2013, Camerino 2018
433 Zak 2015; Barraza 2009
434 Murphy 1987; Carmichael 1987; Blaicher 1999
435 Pruijboom 2016; Saker 2016
436 Svennersten 1995; Verbalis 1986
437 Luck 1987
438 Antoni 1989
439 Wu 2017
440 Poutahidis 2013
441 Forsling 2002
442 Saito et al. 2018
443 Horne u. Moseley 2011; Roenneberg et al. 2013; Samuels 2009
444 Bollinger et al. 2010
- 445 Swaminathan 2017, Chellappa et al. Cajochen et al. 2006
446 Wood 2013
447 Wright 2013
448 Gerber M, Börjesson M, Jónsdóttir IH, et al. 2020
449 Schwellnus, 2012
450 <https://medium.com/s/story/combat-tested-training-unwind-and-sleep-anywhere-in-120-seconds-27d5307b7606> (Zugriff 30.06.2021)
451 Kirby et al. 2013
452 Chetty et al. 2014; Veena et al. 2011
453 Yeager et al. 2011
454 Rystedt et al. 2008
455 Serwinski et al. 2006
456 Leproult et al. 1997
457 Buckley et al. 2005; Irwin et al. 2013; Wong et al. 2000
458 Ironson et al. 1996, Field et al. 2005, Rapaport et al. 2012, Morhenn et al. 2012
459 Sumioka et al. 2018
460 Berk et al. 1989
461 Bains et al. 2015
462 Vlachopoulos et al. 2009
463 Hayashi et al. 2016
464 Hayashi et al. 2016
465 Steptoe et al. 2009; Steptoe et al. 2005
466 Chanda et al. 2013
467 Chanda et al. 2013
468 Salimpoor et al. 2011
469 Turakithwanakan et al. 2013; Matousek et al. 2010; Sudsuang et al. 1991; Rosenkranz et al. 2016; Brand et al. 2012; MacLean et al. 1997; Turan et al. 2015; Engert et al. 2017; Abelson et al. 2014; Pascoe et al. 2017
470 Kenne et al. 2017; Carlson et al. 2007
471 Bergen-Cico et al. 2014
472 MacLean et al. 1997
473 O'Connor et al. 2013
474 Cea et al. 2010
475 Ma et al. 2017
476 Hackney 1999; VanBruggen et al. 2011
477 Thirthalli et al. 2013; Zeng et al. 2014
478 Chen et al. 2017; Hackney et al. 2017
479 Chen et al. 2017; Hackney et al. 1999
480 Robson et al. 1999; Cook et al. 1987
- 481 Park et al. 2010
482 Laurent et al. 2016; Kirschbaum et al. 1995
483 Worthington et al. 2015
484 Hostinar/Gunnar 2013
485 McCraty et al. 1998
486 Petersson; Pendry, Vandagriff 2019; Beetz et al. 2012
487 Kertes et al. 2017
488 Dederit et al. 2004
489 Boelens et al. 2012
490 Bormann et al. 2009
491 Martin et al. 2009
492 Hintzpetter et al. 2014
493 Srivastava et al. 2010
494 Lee et al. 2010
495 Schmidt et al. 2015
496 Delarue et al. 2003; Barbadoro et al. 2013
497 Iramanesh et al. 2011
498 Lane et al. 1990; Lovallo et al. 2005; Lovallo et al. 2006
499 Haas et al. 2009; Cheng et al. 2011
500 Chandrasekhar et al. 2012; Mahdi et al. 2009
501 Enyeart et al. 2009; Wei et al. 2010
502 Starks et al. 2008; Monteleone et al. 1992
503 Kato-Kataoka et al. 2010; Vakhapova et al. 2011; Parker et al. 2011
504 Baumeister et al. 2008; Hellhammer et al. 2004
505 Cenacchi et al. 1993; Kato-Kataoka et al. 2010; Vakhapova et al. 2010
506 Benton et al. 2001
507 Kato-Kataoka et al. 2010
508 Hirayama et al. 2014
509 Starks et al. 2008
510 Jäger et al. 2007; Kingsley 2006
511 Olsson et al. 2009
512 Alramadhan 2012; Sartori et al. 2012; Brandão-Neto et al. 1990
513 Zhu et al. 2013
514 Benson et al. 2003
515 Rai et al. 2003
516 Butterweck et al. 2001
517 Angum et al. 2020
518 Ingersoll 2017
519 Ruffini 2016
520 Schwerla et al. 2015
521 Draper et al. 2018
522 Tully et al. 2020
523 Matsumoto et al. 2019
524 Draper et al. 2018
525 Heidari et al. 2019

- 526 Hantsoo et al. 2015
527 Azizieh et al. 2017
528 Dadkhah et al. 2016
529 Bertone-Johnson et al. 2005
530 Heidari et al. 2019
531 Jafari et al. 2020
532 Abdollahifard et al. 2014
533 Chocano-Bedoya et al. 2011
534 Retallack-Brown et al. 2020
535 Die et al. 2009, Girman et al. 2003
536 Canning et al. 2010, Gudipally et al. 2020
537 Sohrabi et al. 2013
538 Ozgoli et al. 2009
539 Mahboubi et al. 2019
540 Vaghela et al. 2019
541 Gudipally et al. 2020
542 National Academies of Sciences and Medicine 2017
543 Schmidt et al. 2018
544 Tully et al. 2020
545 Heidari et al. 2019, Tartagni et al. 2016
546 Chen et al. 2016
547 Muhleisen et al. 2016
548 Dąbrowska-Galas et al. 2019, Sternfeld et al. 2013
549 Nelson et al. 2008
550 Dąbrowska et al. 2016
551 Maillard et al. 2016, Nunes et al. 2019
552 Lee et al. 2016
553 Gorczyca et al. 2018
554 Cano et al. 2020, Flor-Alemany et al. 2020, Herber-Gast et al. 2013, Sayón-Orea et al. 2015
555 Chopra et al. 2019
556 Kroenke et al. 2012, Thurston et al. 2015
557 Nair et al. 2016
558 Shin et al. 2018
559 Rynders et al. 2019
560 Lim et al. 2020, Vieira et al. 2017
561 Muhleisen et al. 2016
562 Milart et al. 2018
563 Fornari et al. 2017
564 Marinelli et al. 2019
565 Ellingson LD et al. 2018
566 Turk et al. 2010
567 Turk et al. 2010
568 Asmundson et al. 2012
569 Rizkalla et al. 2018
570 Licciardone et al. 2020
571 Cruiser et al. 2012
572 Licciardone et al. 2020, Franke et al. 2014, Licciardone et al. 2005
573 Gambar et al. 2002
574 Arimenti et al. 2018
575 Arimenti et al. 2011
576 Degenhardt et al. 2007
577 Nijs et al. 2011
578 Moseley et al. 2007
579 Louw et al. 2016
580 Louw et al. 2011
581 Morhenn et al. 2012
582 Lluch Girbes et al. 2015
583 Lluch Girbes et al. 2015
584 Law et al. 2017
585 Grace et al. 2016; Sluka et al. 2013
586 Law et al. 2017
587 Sosa-Reina et al. 2017
588 Zou et al. 2019
589 Akyuz et al. 2018
590 Abbott 2007
591 Geneen et al. 2017
592 Navarrete-Opazo et al. 2014
593 Astorino et al. 2015
594 Vance et al. 2014
595 Louw et al. 2015
596 Moseley et al. 2008; Mørch et al. 2010
597 Eichler et al. 2019
598 Nestoriuc et al. 2008; Mulally et al. 2009
599 James et al. 2015
600 Meints et al. 2018
601 Jensen et al. 2011
602 Gerhart et al. 2017
603 Finan et al. 2013
604 Koelsch 2010
605 Metcalf et al. 2019
606 Redding et al. 2016; Linne-mann et al. 2015
607 Bradt et al. 2016
608 Brain et al. 2019; Bjørklund et al. 2019
609 Tick 2015
610 Elma et al. 2020
611 De Gelder et al. 2006
612 Strominger et al. 2012
613 Heimer et al. 2006
614 Payne et al. 2015
615 Kromenacker, 2018; Alayan N., 2018; Mason H. 2013
616 Günther-Borstel J., Schmidt T., Liem T. 2015
617 Brown et al. 2005
618 Miu AC et al. 2009
619 Streeter et al. 2012
620 Lu et al. 2014; Wei et al. 2016; Chang et al. 2008; Lu et al. 2003; Cole et al. 2016
621 Gerritsen/Band 2018; Telles et al. 2013
622 Kok et al. 2013
623 Gerritsen et al. 2018
624 Iwasaki Y et al. 2015; Ripplinger 2017; Esch/Stefano 2005
625 Vickhoff et al. 2013
626 Kalyani et al. 2011
627 Bernardi et al. 2001
628 Grape et al. 2003
629 Dolgoff-Kaspar et al. 2012
630 Perlman et al. 2008
631 Yuan et al. 2001
632 Harinath, et al. 2005
633 Bravo et al. 2011
634 Bercik et al. 2011
635 Christensen 2011; Singer et al. 2008; Skulas-Ray et al. 2012; O'Keefe et al. 2006
636 Liu et al. 2017
637 Wang et al. 2010
638 Lu WA et al. 2011
639 Field et al. 2011; Field et al. 2010
640 Field et al. 2011; Field et al. 2010
641 Bonaz et al. 2016; He et al. 2012
642 Khasar et al. 2003
643 Mager et al. 2006
644 Yang et al. 2008
645 Grote et al. 2007
646 Imeryüz al. 1997
647 Bodnaruc et al. 2016
648 Ocon 2013; Ross et al. 2013; Tetangco et al. 2019
649 Tetangco et al. 2019
650 Shanks et al. 2013; Talarowska et al. 2014
651 Moura et al. 2012
652 Ghosh et al. 2014; Russell et al. 2018
653 Ocon et al. 2012; Reynolds et al. 2014
654 Sachdeva et al. 2018; Rao et al. 2018
655 Schiavone et al. 2013
656 Nyengaard et al. 2004
657 Kerti et al. 2013
658 Mapstone et al. 2015; de la Monte et al. 2008
659 Trikojat et al. 2017
660 Sachdeva et al. 2018
661 Mullington et al. 2010
662 Hurtado-Alvarado et al. 2016
663 Hurtado-Alvarado et al. 2018; Kang et al. 2013
664 Lavie et al. 2003
665 D'Almeida et al. 1998
666 Liem T, Havel M. 2018
667 Samuels 2013
668 Ross et al. 2013
669 Kempton et al. 2011
670 Ogino 2014

- 671 Kowlgi et al. 2015
672 White 2015
673 Sachdeva et al. 2018
674 Rodriguez-Ayllon et al. 2019;
Trejo et al. 2002
675 Wheeler 2017
676 Magnon et al. 2018
677 Moore et al. 1999
678 Sachdeva et al. 2018
679 Das et al. 2012
680 Gould et al. 2010
681 Kilian et al. 2018
682 Oberdörster et al. 2004; Block
2009; Maher et al. 2016;
Schmidt et al. 2019
683 Ebenstein et al. 2016
684 Ashare et al. 2014
685 Juliano et al. 2004
686 Sachdeva et al. 2018
687 Pertab et al. 2018
688 Iverson et al. 2004
689 Massudi et al. 2012
690 Perry et al. 2013
691 Theoharides et al. 2015
692 CFS; Natelson 2013; Ocon
et al. 2012
693 Ocon 2013
694 Galvez-Sánchez et al. 2018;
Kravitz 2015; Walitt et al. 2016
695 Ross et al. 2013
696 Lynall 2018
697 Segal et al. 2012; Manzo
et al. 2019
698 van Langenberg et al. 2017
699 Marek-Józefowicz et al. 2017;
34(2): 120–125
700 Yelland 2017
701 Theoharides et al. 2015
702 Sachdeva et al. 2018
703 Adan 2012
704 Wu et al. 2019
705 Jong et al. 2001; Shi et al. 2016
706 Shi et al. 2001
707 Theoharides et al. 2015
708 Ross et al. 2013
709 Theoharides et al. 2015
710 Haß u. a. 2019; Chang u. a.,
2009; 18(4): 231–241
711 Niederhofer 2011
712 Cherif et al. 2016
713 Shojaie et al. 2017
714 Erickson et al. 2019; Di Liegro
et al. 2019; Hogan et al.
2013; Macpherson et al. 2017
715 Mandolesi et al. 2018
716 Mandolesi et al. 2018
717 Wheeler et al. 2017
718 Terra et al. 2013
719 Rutjes et al. 2018
720 McCleery et al. 2018
721 Adeva-Andany et al. 2014
722 Vella et al. 1998
723 White et al. 2015; Benton et al.
1997; Benton et al. 1995
724 Malouf et al. 2003
725 Malouf et al. 2003
726 Malouf et al. 2008
727 Anjum et al. 2018; Sabir et al.
2018
728 Wang et al. 2017
729 Moretti et al. 2018; Littlejohns
et al. 2016; Lee et al. 2020
730 Maddock et al. 2017
731 Kennedy et al. 2002
732 Benton et al. 2004
733 Kulkarni et al. 2010; Sarker
et al. 2018; Kujundžić et al.
2019
734 Voulgaropoulou et al. 2019
735 Kuszewski et al. 2018
736 Wu et al. 2015
737 Theoharides et al. 2015
738 Secades 2011; Grieb 2014;
Pavlov et al. 2003
739 McGlade et al. 2019
740 Bruce et al. 2014
741 Cropley et al. 2015
742 Martinotti et al. 2010; Man-
gano et al. 2000; 26; Janiri L
et al. 2009
743 Pittendrigh 1993
744 Yamazaki al. 2000
745 Hastings et al. 2003
746 Damiola et al. 2000; Stokkan
et al. 2001
747 Roy, Forest 2018
748 Man et al. 2016
749 Bass et al. 2016; Curtis et al.
2014; Liem, Moser 2016
750 Mavroudis et al. 2013
751 Archer et al. 2014
752 Liem, Neuhuber 2020, Liem
2021
753 Chetty et al. 2017
754 Rajkumar, Gupta 2020, Pra-
tush et al. 2018, Rehman et al.
2018, Jaishankar et al. 2014,
Sharma et al. 2005
755 Tchounwou et al. 2012
756 Kirkamm/Ganzimum, Järup
2003; Rajkumar, Gupta 2020
757 Tchounwou et al. 2012, Rajku-
mar, Gupta 2020
758 Paoletti et al. 2010
759 Möller et al. 1994
760 Manosalidis et al. 2020; 8
761 National Research Coun-
cil. 1999/U.S. Environmental
Protection Agency 1987
762 United States Environmental
Protection Agency 2020
763 Dales et al. 2008
764 U.S. Environmental Protection
Agency 1997
765 Ghorani-Azam et al. 2016; Kurt
et al. 2016
766 Kampa et al. 2008
767 Kim et al. 2018
768 Russ et al. 2019; Lee et al.
2018; de Prado et al. 2018
769 Zhou et al. 2014; Kampa et
al. 2008
770 de Prado et al. 2018
771 Davis et al. 2013
772 Fonken et al. 2011
773 Ejaz et al. 2014; Dutta et al.
2010; Veronesi et al. 2005
774 Casanova et al. 2016; Peterson
et al. 2015; Chen et al.; Cal-
derón-Garcidueñas et al. 2011
775 Peterson et al. 2015; Harris
et al. 2016
776 Liu et al. 2016; Wellenius et al.
2013; Hinman et al. 2006
777 D'Angiulli et al. 2018; Younan
et al. 2018; Flores-Pajot et al.
2016; Suades-González et al.
2015; Harris et al. 2016; 57:
60–70
778 Chen et al. 2017; Power et al.
2016; Clifford et al. 2016; Wu
et al. 2015; Kilian et al. 2018;
Walton et al. 2018; Moulton et
al. 2012
779 Ghorani-Azam et al. 2016; 21:65
780 WHO 2020
781 WHO 2020
782 Fiordelisi et al. 2017; Lee
et al. 2014
783 An et al. 2018; Kim et al. 2017
784 Oberdörster et al. 2009; Simkó
et al. 2010
785 Kreyling et al. 2016
786 Lippmann et al. 1989
787 Chen et al. 2007
788 Richmont-Bryant et al. 2017;
Hesterberg et al. 2009
789 The Scientist, Online-Veröffent-
lichung, Zugriff Mai 2020
790 Chen et al. 2007
791 Lucht et al. 2019, Lucht et al.
2018; Yang et al. 2018; Lee
et al. 2014
792 Wang et al. 2019
793 Schikowski et al. 2019
794 Farhat u. a. 2013
795 Goyer 1990
796 Abdel-Shafy et al. 2016
797 Kumar et al. 2014

- 798 Molhave et al. 1997; Ebersviller et al. 2012
- 799 Kumar et al. 2014
- 800 Vehviläinen et al. 2016
- 801 Fisk et al. 2017
- 802 WHO-Fact Sheet, Zugriff Mai 2020
- 803 WHO-Fact Sheet, Zugriff Mai 2020
- 804 Hurraß et al. 2017
- 805 Hurraß et al. 2017
- 806 Wu et al. 2007
- 807 Kim et al. 2014
- 808 Cai M, et al. 2017; Weerakkody et al. 2018; Nguyen et al. 2015; Przybysz et al. 2014; Gourdji 2018; Sæbø et al. 2012; Mo et al. 2015
- 809 James et al. 2015
- 810 Giles et al. 2014 Feb; 249
- 811 www.emfdata.org/de (Zugriff 30.06.2021)
- 812 Kabat-Zinn 1999
- 813 Ditto et al. 2006
- 814 Lush et al. 2009
- 815 Carmody & Bear 2008
- 816 Carmody & Bear 2008
- 817 Ott 2002; Finucane und Mercer 2006; Williams et al. 2006; Smith et al. 2007
- 818 Cropley et al. 2007
- 819 Liem T. Psychosomatische Osteopathie. München, Elsevier, vorauss. Erscheinungsdatum Anfang 2022
- 820 Liem T. 2022
- 821 Blanchflower & Oswald 2004
- 822 z.B. Graham & Pettinato 2001; Hayo & Seifert 2003; Louis & Zhao 2002
- 823 Zu/Wang 2017, Dolan et al. 2008
- 824 Helliwell 2003, 2006
- 825 z.B. Clark & Lelkes 2005; Hayo 2004
- 826 Easterlin 2006
- 827 Blanchflower & Oswald 2004
- 828 z.B. Stutzer 2004
- 829 Marks, Lambert & Choi 2002
- 830 Marks, Lambert & Choi 2002; van den Berg & Ferrer-i-Carbonell 2007
- 831 Marks et al. 2002
- 832 Ferrer-i-Carbonell & Gowdy 2007
- 833 Baker et al. 2005
- 834 Tkach & Lyubomirsky 2006
- 835 Vi CT, Obrist M 2018
- 836 Yim J 2016; Hatzipapas et al. 2017; Louie et al. 2016; Mora-Ripoll et al. 2011; Shahidi et al. 2011; Mora-Ripoll et al. 2011; Kim et al. 2018
- 837 Association for Applied and Therapeutic Humor (AATH), 2000
- 838 Murphy et al. 2018; Harris, 2018; Hafner-Holter et al. 2009
- 839 Fox 1999
- 840 Murphy et al. 2018
- 841 Bratman et al. 2012; White M, et al. 2013; Capaldi et al. 2014; Richardson et al. 2018
- 842 Barrera-Hernández 2020
- 843 Mitchell 2013
- 844 Tkach & Lyubomirsky 2006
- 845 White et al. 2019
- 846 Lyubomirsky et al. 2011
- 847 Amati u. a. 2018
- 848 Harrell 2000
- 849 Johnston/Davey 1997
- 850 Szabo/Hopkinson 2007
- 851 Biswas-Diener R. 2017, Kowalski et al. 2014, Wojciszke et al. 2009, Kowalski 1996
- 852 Afshin et al. 2016
- 853 Hartmann-Boyce et al. 2014
- 854 Brandt et al. 2018
- 855 Galbete et al. 2018; Mazzocchi et al. 2019
- 856 Fabiani et al. 2021
- 857 George et al. 2019
- 858 Fabiani et al. 2021
- 859 Balasubramanian et al. 2017
- 860 Teixeira et al. 2019
- 861 Ames 2018
- 862 Wójcik et al. 2010
- 863 Sun et al. 2016
- 864 Yamori et al. 2009
- 865 De la Fuente et al. 2020, Caristi et al. 2019
- 866 Runacres et al. 2020
- 867 Pedisic et al. 2020
- 868 Ren et al. 2020
- 869 Leiter et Garbe 2008
- 870 Epel et Lithgow 2014
- 871 Martín-María et al. 2017

Literaturliste

- Abbott RB, Hui KK, Hays RD, Li MD, Pan T. A randomized controlled trial of tai chi for tension headaches. *Evid Based Complement Alternat Med.* 2007;4(1): 107–113.
- Abdel-Shafy HI, Mansour MSM. A review on polycyclic aromatic hydrocarbons: source, environmental impact, effect on human health and remediation. *Egypt J Pet.* 2016;25:107–23.
- Abdollahifard S, Rahmanian Koshkaki A, Moazamiyanfar R. The effects of vitamin B1 on ameliorating the premenstrual syndrome symptoms. *Glob J Health Sci.* 2014;6(6):144–153
- Abelson JL, Erickson TM, Mayer SE, et al. Brief cognitive intervention can modulate neuroendocrine stress responses to the Trier Social Stress Test: buffering effects of a compassionate goal orientation. *Psychoneuroendocrinology.* 2014;44:60–70.
- Ackman S. How to fall asleep in 120 Seconds. Jul13.2018: <https://medium.com/s/story/combat-tested-training-unwind-and-sleep-anywhere-in-120-seconds-27d5307b7606>
- Adams KB, Sanders S, Auth EA. Loneliness and depression in independent living retirement communities: risk and resilience factors. *Aging Ment Health.* 2004;8(6):475–85.
- Adan A. Cognitive performance and dehydration. *J Am Coll Nutr.* 2012;31(2):71–78.
- Adeva-Andany M, López-Ojén M, Funcasta-Calderón R, et al. Comprehensive review on lactate metabolism in human health. *Mitochondrion.* 2014;17:76–100.
- ADHS Hirayama S, Terasawa K, Rabeler R, et al. The effect of phosphatidylserine administration on memory and symptoms of attention-deficit hyperactivity disorder: a randomised, double-blind, placebo-controlled clinical trial. *J Hum Nutr Diet.* 2014 Apr;27 Suppl 2:284–91.
- Aeberli I, Gerber PA, Hochuli M, et al. Low to moderate sugar-sweetened beverage consumption impairs glucose and lipid metabolism and promotes inflammation in healthy young men: a randomized controlled trial. *Am J Clin Nutr.* 2011 Aug;94(2):479–85.
- Afshin A, Babalola D, McLean M, et al. Information Technology and Lifestyle: A Systematic Evaluation of Internet and Mobile Interventions for Improving Diet, Physical Activity, Obesity, Tobacco, and Alcohol Use. *J Am Heart Assoc.* 2016;5(9):e003058.
- Aghazadeh J, Salehpour F, Ziaeii E, et al. Modic changes in the adjacent vertebrae due to disc material infection with Propionibacterium acnes in patients with lumbar disc herniation. *Eur Spine J.* 2017;26(12): 3129–3134.
- Aguilera M, Gálvez-Ontiveros Y, Rivas A. Endobolome, a New Concept for Determining the Influence of Microbiota Disrupting Chemicals (MDC) in Relation to Specific Endocrine Pathogenesis. *Front Microbiol.* 2020;11(November)
- Ahmed M, Henson DA, Sanderson MC, Nieman DC, Zubeldia JM and Shanely RA Rhodiola rosea exerts anti-viral activity in athletes following a competitive marathon race. *Front. Nutr.* 2015; 2:24.
- Ahmed S, Mahmood Z, Zahid S. Linking insulin with Alzheimer's disease: emergence as type III diabetes. *Neurol Sci.* 2015;36(10):1763–1769.
- Akademie Europäischer Umweltmediziner EURO-PAEM:<https://europaem.eu/en/library/articles/123-europaem-emf-guideline-2016>
- Akyuz G, Kenis-Coskun O. The Efficacy of Tai Chi and Yoga in Rheumatoid Arthritis and Spondyloarthropathies: A narrative biomedical review. *Rheumatol Int.* 2018 Mar;38(3):321–330.
- Alansare A, Alford K, Lee S, Church T, Jung HC. The Effects of High-Intensity Interval Training vs. Moderate-Intensity Continuous Training on Heart Rate Variability in Physically Inactive Adults. *Int J Environ Res Public Health.* 2018;15(7):1508.
- Alayan N, Eller L, Bates ME, Carmody DP. Current Evidence on Heart Rate Variability Biofeedback as a Complementary Anticraving Intervention. *J Altern Complement Med.* 2018;24(11):1039–1050.
- Albaracín D, Wilson K, Chan MS, et al. Action and inaction in multi-behaviour recommendations: a meta-analysis of lifestyle interventions. *Health Psychol Rev.* 2018;12(1):1–24.
- Alehagen U, Aaseth J, Alexander J, Johansson P. Still reduced cardiovascular mortality 12 years after supplementation with selenium and coenzyme Q10 for four years: A validation of previous 10-year follow-up results of a prospective randomized double-blind placebo-controlled trial in elderly. *PLoS One.* 2018 Apr 11;13(4):e0193120.
- Alexander DD, Weed DL, Chang ET, et al. A systematic review of multivitamin-multimineral use and cardiovascular disease and cancer incidence and total mortality. *J Am Coll Nutr.* 2013;32(5):339–54.
- Alexander S, Ostfeld RJ, Allen K, Williams KA. A plant-based diet and hypertension. *J Geriatr Cardiol.* 2017;14(5):327–330.
- Alhassan O, Ghodeif, Samy A, Azer. Pancreatic Insufficiency. StatPearls. <https://www.ncbi.nlm.nih.gov/books/NBK555926/> Zugriff 10.01.2021

- Ali I, Lawson D, Dunn B, et al. Glucose ingestion selectively amplifies ACTH and cortisol secretory-burst mass and enhances their joint synchrony in healthy men. *J Clin Endocrinol Metab.* 2011;96(9):2882–2888.
- Almeneessier AS, Bahammam AA, Alzoghaibi M, et al. The effects of diurnal intermittent fasting on proinflammatory cytokine levels while controlling for sleep/wake pattern, meal composition and energy expenditure. *PLoS One.* 2019;14(12):e0226034.
- Alpass FM, Neville S. Loneliness, health and depression in older males. *Aging Ment Health.* 2003;7(3): 212–6.
- Alramadhan E, Hanna MS, Hanna MS, Goldstein TA, Avila SM, Weeks BS. Dietary and botanical anxiolytics. *Med Sci Monit.* 2012;18(4):RA40–RA48.
- Altirriba J, Poher AL, Caillón A et al. Divergent effects of oxytocin treatment of obese diabetic mice on adiposity and diabetes. *Endocrinology.* 2014; 155: 4189–4201.
- Amati V, Meggiolaro S, Rivellini G, Zaccarin S. Social relations and life satisfaction: the role of friends. *Genus.* 2018;74(1):7.
- Ames BN. Optimal micronutrients delay mitochondrial decay and age-associated diseases. *Mech Ageing Dev.* 2010 Jul-Aug;131(7–8):473–9.
- Ames BN. Prolonging healthy aging: Longevity vitamins and proteins. *Proc Natl Acad Sci U S A.* 2018;115(43): 10836–10844
- Amit K, Singh BP, Punia M, et al. Assessment of indoor air concentrations of VOCs and their associated health risks in the library of Jawaharlal Nehru University, New Delhi. *Environ Sci Pollut Res Int.* 2014;21:2240–8.
- An Z, Jin Y, Li J, et al. Impact of Particulate Air Pollution on Cardiovascular Health. *Curr Allergy Asthma Rep.* 2018 Feb 22;18(3):15.
- Anderson CA, Harvey RJ. Brief report: discriminating between problems in living: an examination of measures of depression, loneliness, shyness, and social anxiety. *J Soc Clin Psychol.* 1988;6(3–4):482–91.
- Angelo G, Drake VJ, Frei B. Efficacy of Multivitamin/mineral Supplementation to Reduce Chronic Disease Risk: A Critical Review of the Evidence from Observational Studies and Randomized Controlled Trials. *Crit Rev Food Sci Nutr.* 2015;55(14):1968–91.
- Angum F, Khan T, Kaler J, et al. The Prevalence of Autoimmune Disorders in Women: A Narrative Review. *Cureus.* 2020;12(5)
- Anjum I, Jaffery SS, Fayyaz M, Samoo Z, Anjum S. The Role of Vitamin D in Brain Health: A Mini Literature Review. *Cureus.* 2018;10(7):e2960.
- Ano S, Panariti A, Allard B, et al. Inflammation and airway hyperresponsiveness after chlorine exposure are prolonged by Nrf2 deficiency in mice. *Free Radic Biol Med.* 2017 Jan;102:1–15.
- Antonelli M, Barbieri G, Donelli D. Effects of forest bathing (shinrin-yoku) on levels of cortisol as a stress biomarker: a systematic review and meta-analysis. *Int J Biometeorol.* 2019 Aug;63(8):1117–1134.
- Antoni FA, and Chadio SE. Essential role of magnesium in oxytocin-receptor affinity and ligand specificity. *Biochemical Journal.* 1989; 257(2): 611–614.
- Aoi W, Naito Y, Takagi T, et al. A novel myokine, secreted protein acidic and rich in cysteine (SPARC), suppresses colon tumorigenesis via regular exercise. *Gut.* 2013 Jun;62(6):882–9
- Aquino A, Perini M, Cosmai S, et al. Osteopathic Manipulative Treatment Limits Chronic Constipation in a Child with Pitt-Hopkins Syndrome. *Case Rep Pediatr.* 2017;2017:5437830. DOI: 10.1155/2017/5437830
- Archer SN, Laing EE, Möller-Levet CS, et al. Mistimed sleep disrupts circadian regulation of the human transcriptome. *Proc Natl Acad Sci U S A.* 2014;111(6):E682–E691.
- Arenas-Jal M, Suñé-Negre JM, García-Montoya E. Coenzyme Q10 supplementation: Efficacy, safety, and formulation challenges. *Compr Rev Food Sci Food Saf.* 2020;19(2):574–594
- Arienti C, Bosisio T, Ratti S, Miglioli R, Negrini S. Osteopathic Manipulative Treatment Effect on Pain Relief and Quality of Life in Oncology Geriatric Patients: A Nonrandomized Controlled Clinical Trial. *Integr Cancer Ther.* 2018 Dec;17(4):1163–1171.
- Arienti C, Daccò S, Piccolo I, Redaelli T. Osteopathic manipulative treatment is effective on pain control associated to spinal cord injury. *Spinal Cord.* 2011 Apr;49(4):515–9.
- Arigbede AO, Babatope BO, Bamidele MK. Periodontitis and systemic diseases: A literature review. *J Indian Soc Periodontol.* 2012;16(4):487–491
- Arigbede AO, Babatope BO, Bamidele MK. Periodontitis and systemic diseases: A literature review. *J Indian Soc Periodontol.* 2012;16(4):487–491.
- Arueti M, Perach-Barzilay N, Tsoory MM. When Two Become One: The Role of Oxytocin in Interpersonal Coordination and Cooperation. *Journal of Cognitive Neuroscience.* 2013; 25 (9): 1418–1427.
- Arvay Clemens G.: Der Biophilia-Effekt – Heilung aus dem Wald. Ullstein, 2016.
- Asadollahi M, Jabraeili M, Mahallei M, Asgari Jafarabadi M, Ebrahimi S. Effects of Gentle Human Touch and M Massage on Urine Cortisol Level in Premature Infants: A Randomized, Controlled Clinical Trial. *J Caring Sci.* 2016;5(3):187–194
- Ashare RL, Falcone M, Lerman C. Cognitive function during nicotine withdrawal: Implications for nicotine dependence treatment. *Neuropharmacology.* 2014;76 Pt B(0):581–591.

- Asklung CM, Tengvar M, Tarassova O, et al. Acute hamstring injuries in Swedish elite sprinters and jumpers: a prospective randomised controlled clinical trial comparing two rehabilitation protocols. *Br J Sports Med.* 2014;48(7):532–539.
- Asmundson GJ, Noel M, Petter M, Parkerson HA. Pediatric fear-avoidance model of chronic pain: foundation, application and future directions. *Pain Res Manag.* 2012;17(6):397–405.
- Association for Applied and Therapeutic Humor (AATH). (2000). para 5. <http://www.aath.org/general-information>. Zugriff 5/2020.
- Astorino TA, Allen RP, Roberson DW, et al. Effect of High-Intensity Interval Training on Cardiovascular Function, $\dot{V}O_{2\text{max}}$, and Muscular Force. *J Strength Cond Res.* 2012;26(1).
- Astorino TA, Harness ET, White AC. Efficacy of Acute Intermittent Hypoxia on Physical Function and Health Status in Humans with Spinal Cord Injury: A Brief Review. *Neural Plast.* 2015;2015:409625.
- Attali TV, Bouchoucha M, Benamouzig R. Treatment of refractory irritable bowel syndrome with visceral osteopathy: short-term and long-term results of a randomized trial. *J Dig Dis.* 2013;14(12):654–661.
- AV, Desai NS, Blumberg HM, et al. Vitamin D for treatment and prevention of infectious diseases: a systematic review of randomized controlled trials. *Endocr Pract.* 2009 Jul-Aug;15(5):438–49.
- Avci P, Gupta A, Sadasivam M, Vecchio D, Pam Z, Pam N, Hamblin MR. Low-level laser (light) therapy (LLLT) in skin: stimulating, healing, restoring. *Semin Cutan Med Surg.* 2013 Mar;32(1):41–52.
- Azizieh FY, Alyahya KO, Dingle K. Association of self-reported symptoms with serum levels of vitamin D and multivariate cytokine profile in healthy women. *J Inflamm Res.* 2017;10:19.
- Azuma K, Kagi N, Yanagi U, et al. Effects of low-level inhalation exposure to carbon dioxide in indoor environments: A short review on human health and psychomotor performance. *Environ Int.* 2018 Dec;121(Pt 1):51–56.
- Babio N, Toledo E, Estruch R, et al. Mediterranean diets and metabolic syndrome status in the PREdimed randomized trial. *CMAJ.* 2014;186:E649–657.
- Backes, G. (2013). Intervallfasten. Deutsche Gesellschaft für Ernährung: Heilfasten, Basenfasten, Intervallfasten – ein Überblick. *DGEinfo* (2/2018) 18–25
- Baetge C, Earnest CP, Lockard B. Efficacy of a randomized trial examining commercial weight loss programs and exercise on metabolic syndrome in overweight and obese women. *Appl Physiol Nutr Metab.* 2017 Feb;42(2):216–227.
- Baetge C, Earnest CP, Lockard B. Efficacy of a randomized trial examining commercial weight loss programs and exercise on metabolic syndrome in overweight and obese women. *Appl Physiol Nutr Metab.* 2017 Feb;42(2):216–227.
- Bai L, Chen H, Hatzopoulou M, et al. Exposure to Ambient Ultrafine Particles and Nitrogen Dioxide and Incident Hypertension and Diabetes. *Epidemiology.* 2018 May;29(3):323–332.
- Bailey RL, Fulgoni VL 3rd, Keast DR, Dwyer JT. Dietary supplement use is associated with higher intakes of minerals from food sources. *Am J Clin Nutr.* 2011;94(5):1376–1381.
- Bailey RL, Gahche JJ, Lentino CV, et al. Dietary supplement use in the United States, 2003–2006. *J Nutr.* 2011;141(2):261–266.
- Bains GS, Berk LS, Lohman E, et al. Humors effect on short-term memory in healthy and diabetic older adults. *Altern Ther Heal Med.* 2015;21:16–25.
- Baker EH, Baines DL. Airway Glucose Homeostasis: A New Target in the Prevention and Treatment of Pulmonary Infection. *Chest.* 2018 Feb;153(2):507–514.
- Baker LA, Cahalin LP, Gerst K, et al. Productive Activities And Subjective Well-Being Among Older Adults: The Influence Of Number Of Activities And Time Commitment. *Soc Indic Res.* 2005; 73: 431–458. DOI: 10.1007/s11205-005-0805-6
- Balasubramanian P, Howell PR, Anderson RM. Aging and caloric restriction research: a biological perspective with translational potential. *EBioMedicine.* 2017;21:37–44.
- Barbadoro P1, Annino I, Poncino E et al. Fish oil supplementation reduces cortisol basal levels and perceived stress: a randomized, placebo-controlled trial in abstinent alcoholics. *Mol Nutr Food Res.* 2013 Jun;57(6):1110–4.
- Barbat-Artigas S, Rolland Y, Zamboni M, et al. How to assess functional status: a new muscle quality index. *J Nutr Health Aging.* 2012;16(1):67–77.
- Barnosky AR, Hoddy KK, Unterman TG, Varady KA. Intermittent fasting vs daily calorie restriction for type 2 diabetes prevention: a review of human findings. *Transl Res.* 2014;164(4): 302–311.
- Barolet D, Christiaens F, Hamblin MR. Infrared and skin: Friend or foe. *J Photochem Photobiol B.* 2016;155: 78–85.
- Barraza, Jorge A., and Paul J. Zak. Empathy toward strangers' triggers oxytocin release and subsequent generosity. *Annals of the New York Academy of Sciences.* 2009; 1167 (1): 182–189.
- Barrera-Hernández LF, Sotelo-Castillo MA, Echeverría-Castro SB, Tapia-Fonllem CO. Connectedness to Nature: Its Impact on Sustainable Behaviors and Happiness in Children. *Front Psychol.* 2020 Feb 26;11:276.

- Barth J, Schneider S, von Kanel R. Lack of social support in the etiology and the prognosis of coronary heart disease: a systematic review and meta-analysis. *Psychosom Med.* 2010;72(3):229–38.
- Barth M. Physiology, Viscerosomatic Reflexes. Statpearls. <https://www.statpearls.com/ArticleLibrary/viewarticle/102988>. Zugriff 20.1.2021.
- Bass J, Takahashi JS. *Science.* 2010; 330:1349–1354.
- Bass J, Lazar MA. Circadian time signatures of fitness and disease. *Science.* 2016 Nov 25;354(6315):994–999.
- Baudry J, Assmann KE, Touvier M, et al. Association of Frequency of Organic Food Consumption With Cancer Risk: Findings From the NutriNet-Santé Prospective Cohort Study [published correction appears in *JAMA Intern Med.* 2018 Dec 1;178(12):1732]. *JAMA Intern Med.* 2018;178(12):1597–1606.
- Baumeister J, Barthel T, Geiss KR, et al. Influence of phosphatidylserine on cognitive performance and cortical activity after induced stress., *Nutr Neurosci.* 2008 Jun;11(3):103–10.
- Hellhammer J, Fries E, Buss C, et al. Effects of soy lecithin phosphatidic acid and phosphatidylserine complex (PAS) on the endocrine and psychological responses to mental stress. *Stress.* 2004 Jun;7(2):119–26.
- Baumgartner T, Heinrichs M, Vonlanthen A, et al. Oxytocin shapes the neural circuitry of trust and trust adaptation in humans. *Neuron.* 2008; 58(4):639–50.
- Bayan L, Koulivand PH, Gorji A. Garlic: a review of potential therapeutic effects. *Avicenna J Phytomed.* 2014; 4 (1): 1–14.
- Beach P. *Muscles and Meridians: The Manipulation of Shape.* Churchill Livingstone, 2010.
- Beetz A, Uvnäs-Moberg K, Julius H, Kotrschal K. Psychosocial and psychophysiological effects of human-animal interactions: the possible role of oxytocin. *Front Psychol.* 2012;3:234. Published 2012 Jul 9. DOI: 10.3389/fpsyg.2012.00234
- Beetz A, Uvnäs-Moberg K, Julius H, Kotrschal K. Psychosocial and psychophysiological effects of human-animal interactions: the possible role of oxytocin. *Front Psychol.* 2012;3:234.
- Benarroch EE. Postural tachycardia syndrome: a heterogeneous and multifactorial disorder. *Mayo Clin Proc.* 2012;87(12):1214–1225.
- Benatti FB, Ried-Larsen M. The Effects of Breaking up Prolonged Sitting Time: A Review of Experimental Studies. *Med Sci Sports Exerc.* 2015 Oct;47(10):2053–61.
- Bennel R, Nord CE. Development of the faecal anaerobic microflora after caesarean section and treatment with antibiotics in newborn infants. *Infection.* 1987;15(5):332–336
- Bennett MP, Lengacher C. Humor and Laughter May Influence Health IV. Humor and Immune Function. *Evid Based Complement Alternat Med.* 2009 Jun;6(2):159–64
- Bennett MP, Lengacher C. Humor and Laughter May Influence Health IV. Humor and Immune Function. *Evid Based Complement Alternat Med.* 2009 Jun;6(2):159–64.
- Bennett MP, Lengacher C. Humor and Laughter May Influence Health IV. Humor and Immune Function. *Evid Based Complement Alternat Med.* 2009 Jun;6(2):159–64.
- Benson S, Downey LA, Stough C, et al. An acute, double-blind, placebo-controlled cross-over study of 320 mg and 640 mg doses of Bacopa monnieri (CDRI 08) on multitasking stress reactivity and mood. *Phytother Res.* 2014 Apr;28(4):551–9
- Benton D, Donohoe RT. The influence on cognition of the interactions between lecithin, carnitine and carbohydrate. *Psychopharmacology (Berl).* 2004;175(1):84–91.
- Benton D, Donohoe RT, Sillance B, et al. The influence of phosphatidylserine supplementation on mood and heart rate when faced with an acute stressor. *Nutr Neurosci.* 2001;4(3):169–78.
- Benton D, Fordy J, Haller J. The impact of long-term vitamin supplementation on cognitive functioning. *Psychopharmacology (Berl).* 1995;117(3):298–305.
- Benton D, Griffiths R, Haller J. Thiamine supplementation mood and cognitive functioning. *Psychopharmacology (Berl).* 1997;129(1):66–71.
- Benton D, Haller J, Fordy J. Vitamin supplementation for 1 year improves mood. *Neuropsychobiology.* 1995;32(2):98–105.
- Bergen-Cico D1, Possemato K, Pigeon W. Reductions in cortisol associated with primary care brief mindfulness program for veterans with PTSD. *Med Care.* 2014 Dec;52(12 Suppl 5):S25–31.
- Berk LS, Tan SA, Fry WF, et al. Neuroendocrine and stress hormone changes during mirthful laughter. *Am J Med Sci.* 1989 Dec;298(6):390–6.
- Bernardi L, Sleight P, Bandinelli G. Effect of rosary prayer and yoga mantras on autonomic cardiovascular rhythms: comparative study. *BMJ.* 2001 Dec 22–29;323(7327):1446–9.
- Bertone-Johnson ER, Hankinson SE, Bendich A, et al. Calcium and vitamin D intake and risk of incident premenstrual syndrome. *Arch Intern Med.* 2005;165(11):1246–1252
- Besedovsky L, Lange T, Haack M. The Sleep-Immune Crosstalk in Health and Disease. *Physiol Rev.* 2019 Jul 1;99(3):1325–1380.

- Bicknell B, Liebert A, Johnstone D, et al. Photobiomodulation of the microbiome: implications for metabolic and inflammatory diseases. *Lasers Med Sci*. 2019;34(2):317–327.
- Biedermann L, Zeitz J, Mwinyi J, et al. Smoking cessation induces profound changes in the composition of the intestinal microbiota in humans. *PLoS One*. 2013;8(3):e59260.
- Biesalski HK, Grimm P, Nowitzki-Grimm S. Energiehaushalt. In: 8., vollständig überarbeitete Auflage. Georg Thieme Verlag; 2020.
- Bijnens EM, Nawrot TS, Loos RJ, Gielen M, Vlietinck R, Derom C, Zeegers MP. Blood pressure in young adulthood and residential greenness in the early-life environment of twins. *Environ Health*. 2017 Jun 5;16(1):53.
- Birkett AM, Jones GP, De Silva AM, et al. Dietary intake and faecal excretion of carbohydrate by Australians: importance of achieving stool weights greater than 150 g to improve faecal markers relevant to colon cancer risk. *Eur J Clin Nutr*. 1997;51(9):625–632.
- Biswas-Diener R. The three types of complaining. *Psychology today*. 2017. <https://www.psychologytoday.com/us/blog/significant-results/201706/the-three-types-complaining> Zugriff: 21.10.2021
- Bjarnason I, Takeuchi K. Intestinal permeability in the pathogenesis of NSAID-induced enteropathy. *J Gastroenterol*. 2009;44 Suppl 19:23–9.
- Bjørklund G, Chirumbolo S, Dadar M, et al. Insights on nutrients as analgesics in chronic pain. *Curr Med Chem*. 2019 Jul 12.
- Black HS, Rhodes LE. Potential Benefits of Omega-3 Fatty Acids in Non-Melanoma Skin Cancer. *J Clin Med*. 2016;5(2):23.
- Blacher W, Gruber D, Bieglmayer C, et al. The role of oxytocin in relation to female sexual arousal. *Gynaecologic and obstetric investigation*. 1999; 47(2): 125–126.
- Blanchflower DG, Oswald AJ. Money, Sex, and Happiness: An Empirical Study (May 2004). NBER Working Paper No. w10499, Available at SSRN: <https://ssrn.com/abstract=552104>
- Block ML, Calderón-Garcidueñas L. Air pollution: mechanisms of neuroinflammation and CNS disease. *Trends Neurosc*. 2009; 32(9):506–516.
- Block ML, Wu X, Pei Z, et al. Nanometer size diesel exhaust particles are selectively toxic to dopaminergic neurons: the role of microglia, phagocytosis, and NADPH oxidase. *FASEB J*. 2004;18:1618–20.
- Blum WEH, Zechmeister-Boltenstern S, Keiblunger KM. Does Soil Contribute to the Human Gut Microbiome? *Microorganisms*. 2019 Aug 23;7(9):287.
- Blumberg JB, Bailey RL, Sesso HD, Ulrich CM. The Evolving Role of Multivitamin/Multimineral Supplement Use among Adults in the Age of Personalized Nutrition. *Nutrients*. 2018;10(2):248.
- Blumert PA, et al. The acute effects of twenty-four hours of sleep loss on the performance of
- Bodai BI, Tuso P. Breast cancer survivorship: A comprehensive review of long-term medical issues and lifestyle recommendations. *Perm J* 2015 Spring;19(2):48–79. DOI: 10.7812/TPP/14-241.
- Bodenheimer T. A 63-year-old man with multiple cardiovascular risk factors and poor adherence to treatment plans. *JAMA*. 2007 Nov 7;298(17):2048–55.
- Boelens PA, Reeves RR, Replogle WH, et al. The effect of prayer on depression and anxiety: maintenance of positive influence one year after prayer intervention. *Int J Psychiatry Med*. 2012;43(1):85–98.
- Bolkent S, Yanardag R, Bolkent S, Mutlu O. The influence of zinc supplementation on the pancreas of streptozotocin-diabetic rats. *Dig Dis Sci*. 2009 Dec;54(12):2583–7
- Bollinger T, Bollinger A, Oster H, et al. Sleep, immunity, and circadian clocks: a mechanistic model. *Gerontology*. 2010;56(6): 574–80.
- Bonaz B, Sinniger V, Pellissier S. Anti-inflammatory properties of the vagus nerve: potential therapeutic implications of vagus nerve stimulation. *J Physiol*. 2016;594(20):5781–5790.
- Borchers AT, Chang C, Eric Gershwin M. Mold and Human Health: a Reality Check. *Clin Rev Allergy Immunol*. 2017 Jun;52(3):305–322.
- Bordoni B, Morabito B, Simonelli M, et al. Osteopathic approach with a patient undergoing cardiac transplantation: the five diaphragms. *Int Med Case Rep J*. 2019;12:303–308.
- Bormann JE, Aschbacher K, Wetherell JL, Roesch S, Redwine L. Effects of faith/assurance on cortisol levels are enhanced by a spiritual mantram intervention in adults with HIV: a randomized trial. *J Psychosom Res*. 2009;66(2):161–171.
- Bornstein SR, Licinio J, Tauchnitz R, et al. Plasma leptin levels are increased in survivors of acute sepsis: associated loss of diurnal rhythm, in cortisol and leptin secretion. *J Clin Endocrinol Metab* 1998; 83: 280–283.
- Bortoluzzi S, Scannapieco P, Cestaro A, et al. Computational reconstruction of the human skeletal muscle secretome. *Proteins*. 2006 Mar 15;62(3):776–92.
- Bosetti C, Turati F, Dal Pont A, et al. The role of Mediterranean diet on the risk of pancreatic cancer. *Br J Cancer*. 2013;109(5):1360–1366.
- Bosma-den Boer MM, van Wetten ML, Pruijboom L. Chronic inflammatory diseases are stimulated by current lifestyle: how diet, stress levels and medication prevent our body from recovering. *Nutr Metab (Lond)*. 2012 Apr 17;9(1):32.

- Bourdens M, Jeanson Y, Taurand M, Juin N, Carrière A, Clément F, Casteilla L, Bulteau AL, Planat-Bénard V. Short exposure to cold atmospheric plasma induces senescence in human skin fibroblasts and adipose mesenchymal stromal cells. *Sci Rep.* 2019 Jun 17;9(1):8671.
- Bourdrel T, Bind MA, Béjot Y, Morel O, Argacha JF. Cardiovascular effects of air pollution. *Arch Cardiovasc Dis.* 2017;110(11):634–642.
- Bradt J, Norris M, Shim M, Gracely EJ, Gerrity P. Vocal Music Therapy for Chronic Pain Management in Inner-City African Americans: A Mixed Methods Feasibility Study. *J Music Ther.* 2016;53(2):178–206.
- Brain K, Burrows TL, Rollo ME, et al. The Effect of a Pilot Dietary Intervention on Pain Outcomes in Patients Attending a Tertiary Pain Service. *Nutrients.* 2019;11(1):181.,
- Brand S, Holsboer-Trachsler E, Naranjo JR, et al. Influence of mindfulness practice on cortisol and sleep in long-term and short-term meditators. *Neuropsychobiology.* 2012;65(3):109–18.
- Brandão-Neto J, de Mendonça BB, Shuhama T, et al. Zinc acutely and temporarily inhibits adrenal cortisol secretion in humans. A preliminary report. *Biol Trace Elem Res.* 1990 Jan;24(1):83–9.
- Brandt CJ, Clemensen J, Nielsen JB, et al. Drivers for successful long-term lifestyle change, the role of e-health: a qualitative interview study. *BMJ Open* 2018;8:e017466.
- Bratman GN, Hamilton JP, Daily GC. The impacts of nature experience on human cognitive function and mental health. *Ann NY Acad Sci.* 2012;1249(1):118–36.
- White M, et al. Would you be happier living in a greener urban area? A fixed-effects analysis of panel data. *Psychol Sci.* 2013;24(6):920–8.
- Bravo JA, Forsythe P, Chew MV, et al. Ingestion of Lactobacillus strain regulates emotional behavior and central GABA receptor expression in a mouse via the vagus nerve. *Proc Natl Acad Sci U S A.* 2011;108(38):16050–16055. Bercik P, Park AJ, Sinclair D, et al. The anxiolytic effect of *Bifidobacterium longum* NCC3001 involves vagal pathways for gut-brain communication. *Neurogastroenterol Motil.* 2011;23(12):1132–1139.
- Broecker F, Moelling K. Evolution of immune systems from viruses and transposable elements. *Front Microbiol.* 2019;10:51
- Brown ED, Garnett ML, Anderson KE, et al. Can the Arts Get Under the Skin? Arts and Cortisol for Economically Disadvantaged Children. *Child Dev.* 2017 Jul;88(4):1368–1381.
- Brown RP, Gerbarg PL. Sudarshan Kriya yogic breathing in the treatment of stress, anxiety, and depression: part I-neurophysiologic model. *J Altern Complement Med.* 2005 Feb;11(1):189–201.
- Brown RP, Gerbarg PL, Muench F. Breathing practices for treatment of psychiatric and stress-related medical conditions. *Psychiatr Clin North Am.* 2013 Mar;36(1):121–40.
- Brown WJ, Pavey T, Bauman AE. Comparing population attributable risks for heart disease across the adult lifespan in women. *Br J Sports Med.* 2015 Aug;49(16):1069–76. DOI: 10.1136/bjsports-2013-093090. Epub 2014 May 8.
- Brown WJ, Pavey T, Bauman AE. Comparing population attributable risks for heart disease across the adult lifespan in women. *Br J Sports Med.* 2015 Aug;49(16):1069–76. DOI: 10.1136/bjsports-2013-093090. Epub 2014 May 8.
- Bruce CR, Dyck DJ. Cytokine regulation of skeletal muscle fatty acid metabolism: effect of interleukin-6 and tumor necrosis factor-alpha. *Am J Physiol Endocrinol Metab.* 2004 Oct;287(4):E616–21
- Bruce SE, Werner KB, Preston BF, Baker LM. Improvements in concentration, working memory and sustained attention following consumption of a natural citicoline-caffeine beverage. *Int J Food Sci Nutr.* 2014;65(8):1003–1007.
- Brucker N, Charão MF, Moro AM, et al. Atherosclerotic process in taxi drivers occupationally exposed to air pollution and co-morbidities. *Environ Res.* 2014;131:31–8.
- Brune K, Frank J, Schwingshackl A, Finigan J, Sidhaye VK. Pulmonary epithelial barrier function: some new players and mechanisms. *Am J Physiol Lung Cell Mol Physiol.* 2015;308(8):L731-L745.
- Brunt VE, Minson CT. Heat therapy: mechanistic underpinnings and applications to cardiovascular health. *J Appl Physiol (1985).* 2021 Jun 1;130(6):1684–1704.
- Bryan NS, Tribble G, Angelov N. Oral Microbiome and Nitric Oxide: the Missing Link in the Management of Blood Pressure. *Curr Hypertens Rep.* 2017 Apr;19(4):33
- Buckley T, Schatzberg Z. On the interactions of the hypothalamic-pituitary-adrenal (HPA) axis and sleep: normal HPA axis activity and circadian rhythm, exemplary sleep disorders. *J Clin Endocrinol Metab.* 2005;90(5):3106–3114.
- Bui FQ, Almeida-da-Silva CLC, Huynh B, et al. Association between periodontal pathogens and systemic disease. *Biomed J.* 2019;42(1):27–35. Konkel JE, O'Boyle C, Krishnan S. Distal Consequences of Oral Inflammation. *Front Immunol.* 2019;10:1403
- Buijs RM, Chun SJ, Niijima A, et al. Parasympathetic and sympathetic control of the pancreas: a role for the suprachiasmatic nucleus and other hypothalamic centers that are involved in the regulation of food intake. *J Comp Neurol.* 2001 Mar 19;431(4):405–23.

- Buijs RM, Chun SJ, Niijima A, et al. Parasympathetic and sympathetic control of the pancreas: a role for the suprachiasmatic nucleus and other hypothalamic centers that are involved in the regulation of food intake. *J Comp Neurol.* 2001 Mar 19;431(4):405–23.
- Buijze GA, Sierevelt IN, van der Heijden BCJM, et al. The Effect of Cold Showering on Health and Work: A Randomized Controlled Trial. *PLoS One.* 2018 Aug 2;13(8):e0201978
- Buijze GA, Sierevelt IN, van der Heijden BCJM, et al. The Effect of Cold Showering on Health and Work: A Randomized Controlled Trial. *PLoS One.* 2018 Aug 2;13(8):e0201978.
- Buisman-Pijlman FT, Sumracki NM, Gordon JJ, Hull PR, Carter CS, Tops M. Individual differences underlying susceptibility to addiction: Role for the endogenous oxytocin system. *Pharmacol Biochem Behav.* 2014 Apr;119:22–38.
- Bulbulian R, Heaney JH, Leake CN, et al. The effect of sleep deprivation and exercise load on isokinetic leg strength and endurance. *Eur J Appl Physiol.* 1996;73:273–7.
- Bundesgesundheitsministerium. Anlage 2 zur Bekanntmachung des Bundesministeriums für Gesundheit zu § 2 Nr. 3 der Arzneimittel- und Wirkstoffherstellungsverordnung vom 27. Oktober 2006 (Benz. S. 6887): Leitfaden der Guten Herstellungspraxis Teil I. https://www.bundesgesundheitsministerium.de/fileadmin/Dateien/_3_Downloads/Statistiken/GKV/Bekanntmachungen/GMP-Leitfaden/GMP-Leitfaden-1.pdf Zugriff 21.10.2021
- Bundesinstitut für Risikobewertung: <https://www.bfr.bund.de> Zugriff 4/2020.
- Butterweck V, Winterhoff H, Herkenham M. St John's wort, hypericin, and imipramine: a comparative analysis of mRNA levels in brain areas involved in HPA axis control following short-term and long-term administration in normal and stressed rats. *Mol Psychiatry.* 2001 Sep;6(5):547–64.
- Buyken AE, Flood V, Empson M, et al. Carbohydrate nutrition and inflammatory disease mortality in older adults. *Am J Clin Nutr.* 2010 Sep;92(3):634–43.
- Byeon JH, Ri S, Amarsaikhan O, et al. Association Between Sensitization to Mold and Impaired Pulmonary Function in Children With Asthma. *Allergy Asthma Immunol Res.* 2017;9(6):509–516.
- Cacioppo JT, Hawkley LC, Thisted RA. Perceived social isolation makes me sad: 5-year cross-lagged analyses of loneliness and depressive symptomatology in the Chicago Health, Aging, and Social Relations Study. *Psychol Aging.* 2010;25(2):453–63.
- Cacioppo JT, Hawkley LC. Social isolation and health, with an emphasis on underlying mechanisms. *Perspectives in Biology and Medicine.* 2003; 46:39–52.
- Cacioppo JT, Hawkley LC. Social isolation and health, with an emphasis on underlying mechanisms. *Perspectives in Biology and Medicine.* 2003; 46:39–52.
- Cacioppo JT, Hughes ME, Waite LJ, Hawkley LC, Thisted RA. Loneliness as a specific risk factor for depressive symptoms: cross-sectional and longitudinal analyses. *Psychol Aging.* 2006;21(1):140–51.
- Cady NC, McKean KA, Behnke J, et al. Inhibition of biofilm formation, quorum sensing and infection in *Pseudomonas aeruginosa* by natural products-inspired organosulfur compounds. *PLoS One.* 2012;7(6):e38492.
- Cai M, Xin Z, Yu X. Spatio-temporal variations in PM leaf deposition: A meta-analysis. *Environ Pollut.* 2017 Dec;231(Pt 1):207–218.
- Cajochen C, Jud C, Münch M, Kobialka S, Wirz-Justice A, Albrecht U. Evening exposure to blue light stimulates the expression of the clock gene PER2 in humans. *Eur J Neurosci.* 2006;23(4):1082–1086.
- Calderón-Garcidueñas L, Engle R, Mora-Tiscareño A, et al. Exposure to severe urban air pollution influences cognitive outcomes, brain volume and systemic inflammation in clinically healthy children. *Brain Cogn.* 2011;77: 345–55.
- Calzetta L, Matera MG, Rogliani P, et al. Multifaceted activity of N-acetyl-l-cysteine in chronic obstructive pulmonary disease. *Expert Rev Respir Med.* 2018 Aug;12(8):693–708.
- Camerino C, Conte E, Caloiero R, et al. Evaluation of Short- and Long-Term Cold Stress Challenge of Nerve Growth Factor, Brain-Derived Neurotrophic Factor, Osteocalcin and Oxytocin mRNA Expression in BAT, Brain, Bone and Reproductive Tissue of Male Mice Using Real-Time PCR and Linear Correlation Analysis. *Frontiers in Physiology.* 2018; 11(8):1101.
- Canning S, Waterman M, Orsi N, et al. The efficacy of hypericum perforatum (st john's wort) for the treatment of premenstrual syndrome: A randomized, double-blind, placebo-controlled trial. *CNS Drugs.* 2010;24(3):207–225.
- Cano A, Marshall S, Zolfaroli I, et al. The Mediterranean diet and menopausal health: An EMAS position statement. *Maturitas.* 2020;139(xxxx):90–97.
- Cao L, Liu X, Lin Ej, et al. Environmental and genetic activation of a brain-adipocyte BDNF/leptin axis causes cancer remission and inhibition. *Cell.* 2010 Jul 9;142(1):52–64.
- Capaldi CA, Dopko RL, Zelenski JM. The relationship between nature connectedness and happiness: a meta-analysis. *Front Psychol.* 2014;5:976. Richardson M, McEwan K. 30 Days Wild and the Relationships Between Engagement With Nature's Beauty, Nature Connectedness and Well-Being. *Front Psychol.* 2018;9:1500.

- Cardinali DP, Esquifino AL. Circadian disorganization in experimental arthritis. *Neurosignals*. 2003;12:267–282.
- Caristia S, Filigheddu N, Barone-Adesi F, et al. Vitamin D as a biomarker of ill health among the over-50s: A systematic review of cohort studies. *Nutrients*. 2019;11(10):1–16.
- Carlson LE, Speca M, Faris P, et al. One year pre-post intervention follow-up of psychological, immune, endocrine and blood pressure outcomes of mindfulness-based stress reduction (MBSR) in breast and prostate cancer outpatients. *Brain Behav Immun*. 2007 Nov;21(8):1038–49.
- Carmichael MS, Humbert R, Dixen J, et al. Plasma oxytocin increases in the human sexual response. *The Journal of Clinical Endocrinology & Metabolism*. 1987; 64(1): 27–31.
- Carmody J., & Baer, R. A. (2008). Relationships between mindfulness practice and levels of mindfulness, medical and psychological symptoms and well-being in a mindfulness-based stress reduction program. *Journal of Behavioral Medicine*, 31(1), 23–33.
- Carrière K, Khouri B, Günak MM, Mindfulness-based interventions for weight loss: a systematic review and meta-analysis. *Obes Rev*. 2018 Feb;19(2):164–177.
- Carvajal-Zarrabal O, Nolasco-Hipolito C, Aguil- ar-Uscanga MG, Melo Santiesteban G, Hayward-Jones PM, Barradas-Dermitz DM. Effect of dietary intake of avocado oil and olive oil on biochemical markers of liver function in sucrose-fed rats. *Biomed Res Int*. 2014;2014:595479.
- Casanova R, Wang X, Reyes J, Akita Y, Serre ML, Vizuete W, Chui HC, Driscoll I, Resnick SM, Espeland MA, Chen JC. A Voxel-Based Morphometry Study Reveals Local Brain Structural Alterations Associated with Ambient Fine Particles in Older Women. *Front Hum Neurosci*. 2016 Oct 13;10:495.
- Castillo-Rodriguez E, Fernandez-Prado R, Esteras R, et al. Impact of Altered Intestinal Microbiota on Chronic Kidney Disease Progression. *Toxins (Basel)*. 2018 Jul 19;10(7):300.
- Castillo R, Schander A, Hodge LM. Lymphatic Pump Treatment Mobilizes Bioactive Lymph That Suppresses Macrophage Activity In Vitro. *J Am Osteopath Assoc*. 2018 Jul 1;118(7):455–461.
- Catenacci VA, Pan Z, Ostendorf D, et al. A randomized pilot study comparing zero-calorie alternate-day fasting to daily caloric restriction in adults with obesity. *Obesity (Silver Spring)*. 2016;24(9):1874–1883.
- Cea Ugarte JL, Gonzalez-Pinto Arrillaga A, Cabo Gonza- lez OM. Efficacy of the controlled breathing therapy on stress: biological correlates. preliminary study. *Rev Enferm*. 2010 May;33(5):48–54.
- Cenacchi T, Bertoldin T, Farina C, et al. Cognitive decline in the elderly: a double-blind, placebo-controlled mul- ticenter study on efficacy of phosphatidylserine admin- istration. *Aging (Milano)*. 1993 Apr;5(2):123–33.
- Cerritelli F, Carinci F, Pizzolorusso G, et al. Osteopa- thic manipulation as a complementary treatment for the prevention of cardiac complications: 12-Months fol- low-up of intima media and blood pressure on a co- hort affected by hypertension. *J Bodyw Mov Ther*. 2011 Jan;15(1):68–74.
- Chanda ML, Levitin DJ. The neurochemistry of music. *Trends Cogn Sci*. 2013 Apr;17(4):179–93.
- Chandrasekhar K, Kapoor J, Anishetty S. A prospec- tive, randomized double-blind, placebo-controlled study of safety and efficacy of a high-concentration full-spectrum extract of ashwagandha root in reduc- ing stress and anxiety in adults. *Indian J Psychol Med*. 2012;34(3):255–262.
- Chang C, Gershwin ME. The Myth of Mycotoxins and Mold Injury. *Clin Rev Allergy Immunol*. 2019 Dec;57(3):449–455.
- Chang RY, Koo M, Yu ZR, et al. The effect of t'ai chi exer- cise on autonomic nervous function of patients with coro- nary artery disease. *J Altern Complement Med*. 2008; Nov;14(9):1107–13.
- Chellappa SL, Viola AU, Schmidt C, et al. Human melato- tonin and alerting response to blue-enriched light de- pend on a polymorphism in the clock gene PER3. *J Clin Endocrinol Metab*. 2012;97(3):E433–E437.
- Chen C, Nakagawa S, An Y, et al. The exercise-glucocor- ticoid paradox: How exercise is beneficial to cognition, mood, and the brain while increasing glucocorticoid le- vels. *Front Neuroendocrinol*. 2017 Jan;44:83–102.
- Chen F, Du M, Blumberg JB, et al. Association Among Dietary Supplement Use, Nutrient Intake, and Morta- lity Among U.S. Adults: A Cohort Study. *Ann Intern Med*. 2019;170(9):604–613. DOI: 10.7326/M18-2478
- Chen H, Kwong JC, Copes R, et al. Living near major ro- ads and the incidence of dementia, Parkinson's di- sease, and multiple sclerosis: a population-based co- hort study. *Lancet*. 2017;389(10070):718–726.
- Chen JC, Wang X, Wellenius GA, Serre ML, Driscoll I, Ca- sanova R, McArdle JJ, Manson JE, Chui HC, Espeland MA. Ambient air pollution and neurotoxicity on brain structure: Evidence from women's health initiative me- mory study. *Ann Neurol*. 2015 Sep;78(3):466–76.
- Chen J-C, Wang X, Wellenius GA, et al. Ambient air pollu- tion and neurotoxicity on brain structure:
- Chen KL, Madak-Erdogan Z. Estrogen and Microbiota Crosstalk: Should We Pay Attention? *Trends Endocrinol Metab*. 2016;27(11):752–755.
- Chen S, Teoh NC, Chitturi S, Farrell GC. Coffee and non-alcoholic fatty liver disease: brewing evidence for hepatoprotection? *J Gastroenterol Hepatol*. 2014 Mar;29(3):435–41.

- Chen T-M, Gokhale J, Shofer S, et al. Outdoor air pollution: nitrogen dioxide, sulfur dioxide, and carbon monoxide health effects. *Am J Med Sci.* 2007;333:249–56.
- Chen T-M, Gokhale J, Shofer S, Kuschner WG. Outdoor air pollution: nitrogen dioxide, sulfur dioxide, and carbon monoxide health effects. *Am J Med Sci.* 2007;333:249–56.
- Chen Z, Cao P, Zhou Z, et al. Overview: the role of Propionibacterium acnes in nonpyogenic intervertebral discs. *Int Orthop.* 2016;40(6):1291–1298.
- Cheng CW, Villani V, Buono R, et al. Fasting-Mimicking Diet Promotes Ngn3-Driven β -Cell Regeneration to Reverse Diabetes. *Cell.* 2017;168(5):775–788.e12.
- Cheng Y, Zhang Q, Meng Q, et al. Leucine deprivation stimulates fat loss via increasing CRH expression in the hypothalamus and activating the sympathetic nervous system. *Mol Endocrinol.* 2011;25(9):1624–1635.
- Cheirif A, Roelands B, Meeusen R, Chamari K. Effects of Intermittent Fasting, Caloric Restriction, and Ramadan Intermittent Fasting on Cognitive Performance at Rest and During Exercise in Adults. *Sports Med.* 2016;46(1):35–47.
- Cheshchhevik VT, Lapshina EA, Dremza IK, Zabrods-kaya SV, Reiter RJ, Prokochik NI, Zavodnik IB. Rat liver mitochondrial damage under acute or chronic carbon tetrachloride-induced intoxication: protection by melatonin and cranberry flavonoids. *Toxicol Appl Pharmacol.* 2012 Jun 15;261(3):271–9.,
- Chetty R, Stepner M, Abraham S, et al. The Association Between Income and Life Expectancy in the United States, 2001–2014 [published correction appears in JAMA. 2017 Jan 3;317(1):90]. *JAMA.* 2016;315(16):1750–1766. DOI: 10.1001/jama.2016.4226
- Chetty S, Friedman AR, Taravosh-Lahn K, et al. Stress and glucocorticoids promote oligodendrogenesis in the adult hippocampus. *Mol Psychiatry.* 2014;19(12):1275–1283.
- Chocano-Bedoya PO, Manson JE, Hankinson SE, et al. Dietary B vitamin intake and incident premenstrual syndrome. *Am J Clin Nutr.* 2011;93(5):1080–1086
- Choi IY, Piccio L, Childress P, et al. A Diet Mimicking Fasting Promotes Regeneration and Reduces Autoimmunity and Multiple Sclerosis Symptoms. *Cell Rep.* 2016;15(10):2136–2146.
- Cho HY, Miller-DeGraff L, Blankenship-Paris T, et al. Sulforaphane enriched transcriptome of lung mitochondrial energy metabolism and provided pulmonary injury protection via Nrf2 in mice. *Toxicol Appl Pharmacol.* 2019;364:29–44.
- Chopra S, Sharma K, Ranjan P, et al. Weight management module for perimenopausal women: A practical guide for gynecologists. *J Midlife Health.* 2019;10(4):165–172
- Chow TPY, Ng GYF. Active, passive and proprioceptive neuromuscular facilitation stretching are comparable in improving the knee flexion range in people with total knee replacement: a randomized controlled trial. *Clin Rehabil.* 2010;24(10):911–918.
- Christensen JH. Omega-3 polyunsaturated Fatty acids and heart rate variability. *Front Physiol.* 2011;2:84.
- Chuang SY, Chang HY, Lee MS, et al. Skeletal muscle mass and risk of death in an elderly population. *Nutr Metab Cardiovasc Dis.* 2014 Jul;24(7):784–91.
- Chung H, Chou W, Sears DD, Patterson RE, Webster NJ, Ellies LG. Time-restricted feeding improves insulin resistance and hepatic steatosis in a mouse model of postmenopausal obesity. *Metabolism.* 2016;65(12):1743–1754.
- Chung KW, Chung HY. The effects of calorie restriction on autophagy: Role on aging intervention. *Nutrients.* 2019;11(12):1–18
- Clark A, Lelkes O. Deliver us from evil: Religion as insurance. *PSE,* Paris, 2005.
- Clausen G, Berglund B, et al. Total Volatile Organic Compounds (TVOC) in Indoor Air Quality Investigations. *Indoor Air.* 1997;7:225–240.
- Clausen JSR, Marott JL, Holtermann A, et al. Mid-life cardiorespiratory fitness and the long-term risk of mortality: 46 years of follow-up. *J Am Coll Cardiol.* 2018;72(9):987–995.
- Clifford A, Lang L, Chen R, et al. Exposure to air pollution and cognitive functioning across the life course—a systematic literature review. *Environ Res.* 2016;147:383–98.
- Clifford T, Howatson G, West DJ, Stevenson EJ. The potential benefits of red beetroot supplementation in health and disease. *Nutrients.* 2015 Apr 14;7(4):2801–22.
- Cohen AJ, Brauer M, Burnett R, et al. Estimates and 25-year trends of the global burden of disease attributable to ambient air pollution: an analysis of data from the Global Burden of Diseases Study 2015.
- Cohen S, Janicki-Deverts D, Doyle WJ, Miller GE, Frank E, Rabin BS, Turner RB. Chronic stress, glucocorticoid receptor resistance, inflammation, and disease risk. *Proc Natl Acad Sci U S A.* 2012 Apr 17;109(16):5995–9.
- Cole AR, Wijarnpreecha K, Chattipakorn SC. Effects of Tai Chi exercise on heart rate variability. *Complement Ther Clin Pract.* 2016 May;23:59–63.
- Colgan M, Colgan LA. The Perimenopause Solution Vancouver: Science Books, 2010.Cutolo M,
- Colgan, Dana Dharmakaya; Christopher, Michael; Michael, Paul; Wahbeh, Helane (2016): The Body Scan and Mindful Breathing Among Veterans with PTSD. Type of Intervention Moderates the Relationship Between Changes in Mindfulness and Post-treatment Depression. In: *Mindfulness* 7 (2), S. 372–383.

- Confavreux CB. Bone: from a reservoir of minerals to a regulator of energy metabolism. *Kidney Int Suppl.* 2011;79(121):S14–19.
- Cook NJ, Ng A, Read GF, et al. Salivary cortisol for monitoring adrenal activity during marathon runs. *Horm Res.* 1987;25(1):18–23.
- Costa CM, Silva S, Pimentel L et al. Evaluation of the prebiotic potential of *Coriolus versicolor*-Effect on the human gut microbiota. Catholic University of Porto, Faculty of Biotechnology, 2019, Porto, Portugal
- Covas MI, de la Torre R, Fitó M. Virgin olive oil: a key food for cardiovascular risk protection. *Br J Nutr.* 2015 Apr;113 Suppl 2:S19–28.
- Craig JM, Logan AC, Prescott SL. Natural environments, nature relatedness and the ecological theater: connecting satellites and sequencing to shinrin-yoku. *J Physiol Anthropol.* 2016;35:1
- Craig,W.J.; Mangels, A.R.; American Dietetic Association. Position of the American Dietetic Association: Vegetarian diets. *J. Am. Diet. Assoc.* 2009, 109, 1266–1282. Im Craig, W.J. Nutrition concerns and health effects of vegetarian diets. *Nutr. Clin. Pract.* 2010, 25, 613–620.
- Crawford C, Boyd C, Paat CF, et al. Dietary Ingredients as an Alternative Approach for Mitigating Chronic Musculoskeletal Pain: Evidence-Based Recommendations for Practice and Research in the Military. *Pain Med.* 2019;20(6):1236–1247.
- Cropley M, Banks AP, Boyle J. The Effects of Rhodiola rosea L. Extract on Anxiety, Stress, Cognition and Other Mood Symptoms. *Phytother Res.* 2015;29(12):1934–1939.
- Cropley, Mark; Ussher, Michael; Charitou, Elli (2007): Acute effects of a guided relaxation routine (body scan) on tobacco withdrawal symptoms and cravings in abstinent smokers. In: *Addiction* (Abingdon, England) 102 (6), S. 989–993.
- Crouse DL, Pinault L, Balram A, et al. Urban greenness and mortality in Canada's largest cities: a national cohort study. *Lancet Planet Health.* 2017 Oct;1(7): e289–297.
- Crouse DL, Pinault L, Balram A, et al. Complex relationships between greenness, air pollution, and mortality in a population-based Canadian cohort. *Environ Int.* 2019 Jul;128:292–300.
- Crumeyrolle-Arias M, Jaglin M, Bruneau A, et al. Absence of the gut microbiota enhances anxiety-like behavior and neuroendocrine response to acute stress in rats. *Psychoneuroendocrinology.* 2014;42:207–217
- Cruser da, Maurer D, Hensel K, Brown SK, White K, Stoll ST. A randomized, controlled trial of osteopathic manipulative treatment for acute low back pain in active duty military personnel. *J Man Manip Ther.* 2012;20(1):5–15.
- Cuevas-Ramos D, Almeda-Valdés P, Meza-Arana CE, et al. Exercise increases serum fibroblast growth factor 21 (FGF21) levels. *PLoS One.* 2012;7(5):e38022.
- Cui Y, Xie X, Jia F, et al. Ambient fine particulate matter induces apoptosis of endothelial progenitor cells through reactive
- Cui Y, Xie X, Jia F, et al. Ambient fine particulate matter induces apoptosis of endothelial progenitor cells through reactive oxygen species formation. *Cellular physiology and biochemistry: international journal of experimental cellular physiology, biochemistry, and pharmacology.* 2015; 35(1):353–363.
- Cummings JH, Bingham SA, Heaton KW, et al. Fecal weight, colon cancer risk, and dietary intake of non-starch polysaccharides (dietary fiber). *Gastroenterology.* 1992;103(6):1783–1789
- Curtis AM, Bellet MM, Sassone-Corsi P, O'Neill LA. Immunity. 2014; 40:178–186.
- D'Amelio P, Sassi F. Gut microbiota, immune system, and bone. *Calcif Tissue Int.* 2018;102(4):415–425
- da Silveira LT, Junta CM, Monesi N, de Oliveira-Pelegrin GR, Passos GA, Rocha MJ. Time course of c-fos, vasoressin and oxytocin mRNA expression in the hypothalamus following long-term dehydration. *Cellular and molecular neurobiology.* 2007;27(5):575–84.
- Dąbrowska J, Dąbrowska-Gałas M, Rutkowska M, et al. Twelve-week exercise training and the quality of life in menopausal women – Clinical trial. *Prz Menopauzalny.* 2016;15(1):20–25
- Dąbrowska-Gałas M, Dąbrowska J, Ptaszkowski K, et al. High Physical Activity Level May Reduce Menopausal Symptoms Magdalena. *Medicina (B Aires).* 2019;55(466):1–12
- Dadkhah H, Ebrahimi E, Fathizadeh N Evaluating the effects of vitamin D and vitamin E supplement on premenstrual syndrome: A randomized, double-blind, controlled trial. *Iran J Nurs Midwifery Res.* 2016;21(2):159
- Dales R, Liu L, Wheeler AJ, Gilbert NL. Quality of indoor residential air and health. *CMAJ.* 2008;179(2):147–152.
- D'Almeida V, Lobo LL, Hipólito DC, de Oliveira AC, Nobrega JN, Tufik S. Sleep deprivation induces brain region-specific decreases in glutathione levels. *Neuroreport.* 1998;9(12):2853–2856.
- Dalrymple KJ, Davis SE, Dwyer GB, et al. Effect of static and dynamic stretching on vertical jump performance in collegiate women volleyball players. *J Strength Cond Res.* 2010;24(1):149–155.
- Damiola F, Le Minh N et al. Restricted feeding uncouples circadian oscillators in peripheral tissues from the central pacemaker in the suprachiasmatic nucleus. *Genes Dev* 2000; 14 (23): 2950–61
- D'Angiulli A. Severe Urban Outdoor Air Pollution and Children's Structural and Functional Brain Develop-

- ment, From Evidence to Precautionary Strategic Action. *Front Public Health.* 2018;6:95.
- Daniel McDonald,^a Embrette Hyde,^a Justine W. Debelius,^a et al. American Gut: an Open Platform for Citizen Science Microbiome Research. The American Gut Consortium, Knight R. 2018. American Gut: an open platform for citizen science microbiome research. *mSystems* 3: e00031–18.
- Das SK, Gilhooly CH, Golden JK, et al. Long-term effects of 2 energy-restricted diets differing in glycemic load on dietary adherence, body composition, and metabolism in CALERIE: a 1-y randomized controlled trial. *Am J Clin Nutr.* 2007;85(4):1023–1030.
- Das SK, Vasudevan DM. Alcohol-induced oxidative stress. *Life Sci.* 2007;81(3):177–187. Cederbaum AI. Alcohol metabolism. *Clin Liver Dis.* 2012;16(4):667–685.
- Daschner A. An Evolutionary-Based Framework for Analyzing Mold and Dampness-Associated Symptoms in DMHS. *Front Immunol.* 2017;7:672.
- Daussin FN, Zoll J, Ponsot E, et al. Training at high exercise intensity promotes qualitative adaptations of mitochondrial function in human skeletal muscle. *J Appl Physiol.* 2008;104(5):1436–1441.
- David LA, Maurice CF, Carmody RN, et al. Diet Rapidly Alters the Human Gut Microbiota. *Nature.* 2014;505(7484):559–563.
- Davis DA, Akopian G, Walsh JP, et al. Urban air pollutants reduce synaptic function of CA1 neurons via an NMDA/N pathway in vitro. *J Neurochem.* 2013;127:509–19., Veränderungen in der Morphologie von Neuronen
- Dawson KA. Temporal organization of the brain: Neurocognitive mechanisms and clinical applications.deprivation. *Med Sci Sports Exerc.* 2011;43(7):1301–11.
- de Brito LBB, Ricardo DR, de Araujo DSMS, et al. Ability to sit and rise from the floor as a predictor of all-cause mortality. *Eur J Prev Cardiol.* 2014;21(7):892–898.
- De Cabo R and Mattson MP. Effects of intermittent fasting on health, aging, and disease. *New England Journal of Medicine.* 2019;381(26):2541–2551.
- De Cabo R and Mattson MP. Effects of intermittent fasting on health, aging, and disease. *New England Journal of Medicine.* 2019;381(26):2541–2551.
- De Gelder B. Towards the neurobiology of emotional body language. *Nat. Rev. Neurosci.* 2006; 7: 242–249.; Heimer L, VanHoesen GW. The limbic lobe and its output channels: implications for emotional functions and adaptive behavior. *Neurosci. Biobehav. Rev.* 2006; 30: 126–147.
- De Gregori M, Muscoli C, Schatzman ME, et al. Combining pain therapy with lifestyle: the role of personalized nutrition and nutritional supplements according to the SIMPAR Feed Your Destiny approach. *J Pain Res.* 2016;9:1179–1189.
- de Koning L, Malik VS, Rimm EB, et al. Sugar-sweetened and artificially sweetened beverage consumption and risk of type 2 diabetes in men. *Am J Clin Nutr.* 2011 Jun;93(6):1321–7.
- De la Fuente M, Sánchez C, Vallejo C, et al. Vitamin C and vitamin C plus E improve the immune function in the elderly. *Exp Gerontol.* 2020;142:111118
- De Martinis M, Ginaldi L, Allegra A, et al. The Osteoporosis/Microbiota Linkage: The Role of miRNA. *Int J Mol Sci.* 2020;21(23):8887
- De Mel D, Suphioglu C. Fishy business: effect of omega-3 fatty acids on zinc transporters and free zinc availability in human neuronal cells. *Nutrients.* 2014 Aug 15;6(8):3245–58.
- de Prado Bert P, Mercader EMH, Pujol J, Sunyer J, Mortamais M. The Effects of Air Pollution on the Brain: a Review of Studies Interfacing Environmental Epidemiology and Neuroimaging. *Curr Environ Health Rep.* 2018;5(3):351–364.
- de Prado Bert P, Mercader EMH, Pujol J, et al. The Effects of Air Pollution on the Brain: a Review of Studies Interfacing Environmental Epidemiology and Neuroimaging. *Curr Environ Health Rep.* 2018 Sep;5(3):351–364.
- De Souza LA, Ferreira JB, Schein ASO, et al. Optimization of Vagal Stimulation Protocol Based on Spontaneous Breathing Rate. *Front Physiol.* 2018;9:1341.
- Deblon N, Veyrat-Durebex C, Bourgoin L et al. Mechanisms of the anti-obesity effects of oxytocin in diet-induced obese rats. *PLoS One.* 2011; 6: e25565
- Dedert EA, Studts JL, Weissbecker I, et al. Religiousity may help preserve the cortisol rhythm in women with stress-related illness. *Int J Psychiatry Med.* 2004;34(1):61–77.
- Degenhardt BF, Darmani NA, Johnson JC, Towns LC, Rhodes DC, Trinh C, McClanahan B, DiMarzo V. Role of osteopathic manipulative treatment in altering pain biomarkers: a pilot study. *J Am Osteopath Assoc.* 2007 Sep;107(9):387–400.
- de la Monte SM, Wands JR. Alzheimer's disease is type 3 diabetes-evidence reviewed. *J Diabetes Sci Technol.* 2008;2(6):1101–1113.
- Delarue J, Matzinger O, Binnert C, et al. Fish oil prevents the adrenal activation elicited by mental stress in healthy men. *Diabetes Metab.* 2003 Jun;29(3):289–95
- Demenz und Alzheimer Kato-Kataoka A, Sakai M, Ebina R, Nonaka C, Asano T, Miyamori T. Soybean-derived phosphatidylserine improves memory function of the elderly Japanese subjects with memory complaints. *J Clin Biochem Nutr.* 2010;47(3):246–255.
- Dempsey Dempsey PC, Larsen RN, Dunstan DW, Owen N, Kingwell BA. Sitting Less and Moving More: Implications for Hypertension. *Hypertension.* 2018;72(5):1037–1046.

- Deniro DA. Perceived alienation in Individus with residual-type schizophrenia. *Issues in Mental Health Nursing*. 1995;16(3):185–200.
- Descamps O, Riondel J, Ducros V, Roussel AM. Mitochondrial production of reactive oxygen species and incidence of age-associated lymphoma in OF1 mice: effect of alternate-day fasting. *Mech Ageing Dev*. 2005;126(11):1185–1191.
- Dfarhud D, Malmir M, Khanahmadi M. Happiness & Health: The Biological Factors- Systematic Review Article. *Iran J Public Health*. 2014;43(11):1468–1477.
- Dhabhar FS. Effects of stress on immune function: the good, the bad, and the beautiful. *Immunol Res*. 2014 May;58(2–3):193–210.
- Di Francesco A, Di Germanio C, Bernier M, de Cabo R. A time to fast. *Science*. 2018 Nov 16;362(6416):770–775.
- Di Liegro CM, Schiera G, Proia P, Di Liegro I. Physical Activity and Brain Health. *Genes (Basel)*. 2019;10(9):720.
- Dickinson S, Hancock DP, Petocz P, et al. High-glycemic index carbohydrate increases nuclear factor-kappaB activation in mononuclear cells of young, lean healthy subjects. *Am J Clin Nutr*. 2008 May;87(5):1188–93.
- Dieleman JL, Baral R, Birger M, et al. US spending on personal health care and public health, 1993- 2013. *JAMA* 2016 Dec 27;316(24):2627–46. DOI: 10.1001/jama.2016.16885.
- Di Liegro CM, Schiera G, Proia P, Di Liegro I. Physical Activity and Brain Health. *Genes (Basel)*. 2019;10(9):720.
- DiGirolamo DJ, Clemens TL, Kousteni S. The skeleton as an endocrine organ. *Nat Rev Rheumatol*. 2012;8(11):674–683.
- DiMatteo MR1, Lepper HS, Croghan TW. Depression is a risk factor for noncompliance with medical treatment: meta-analysis of the effects of anxiety and depression on patient adherence. *Arch Intern Med*. 2000 Jul 24;160(14):2101–7.
- Ding C, Leow MS, Magkos F. Oxytocin in metabolic homeostasis: implications for obesity and diabetes management. *Obesity Reviews*. 2019; 20(1): 22–40.
- DiNicolantonio JJ, O'Keefe JH, Wilson WL. Sugar addiction: is it real? A narrative review. *British Journal of Sports Medicine*. 2018;52:910–913.
- Ditto, B., Eclache, M., & Goldman, N. (2006). Short-term autonomic and cardiovascular effects of mindfulness body scan meditation. *Annals of Behavioral Medicine*, 32(3), 227–234.
- Dobson D, Lucassen PL, Miller JJ, Vlieger AM, Prescott P, Lewith G. Manipulative therapies for infantile colic. *Cochrane Database Syst Rev*. 2012 Dec 12; 12:CD004796.
- Dolan P, Peasgood T, White M. Do we really know what makes us happy? A review of the economic literature on the factors associated with subjective well-being. *Journal of Economic Psychology* 29 (2008) 94–122.
- Dolgoff-Kaspar R, Baldwin A, Johnson MS et al. Effect of laughter yoga on mood and heart rate variability in patients awaiting organ transplantation: a pilot study. *Altern Ther Health Med*. 2012 Sep-Oct;18(5):61–6.
- Draper CF, Duisters K, Weger B, et al. Menstrual cycle rhythmicity: metabolic patterns in healthy women. *Sci Rep*. 2018;8(1):1–15.
- Dreeben, Samuel J.; Mamberg, Michelle H.; Salmon, Paul (2013): The MBSR Body Scan in Clinical Practice. In: *Mindfulness* 4 (4), S. 394–401.
- Dreher ML, Davenport AJ. Hass avocado composition and potential health effects. *Crit Rev Food Sci Nutr*. 2013;53(7):738–50.
- Drinda S, Grundler F, Neumann T, et al. Effects of Periodic Fasting on Fatty Liver Index-A Prospective Observational Study. *Nutrients*. 2019;11(11):2601.
- Drummond, M. S. (2006). Conceptualizing the efficacy of mindfulness of body sensations in the mindfulness-based interventions. *Constructivism in the Human Sciences*, 11(1), 2–29.
- Duhigg C: Die Macht der Gewohnheit. Bloomsbury Verlag, Berlin, 2012.
- Dutta K, Ghosh D, Nazmi A, et al. A common carcinogen benzo[a]pyrene causes neuronal death in mouse via microglial activation. *PLoS One*. 2010;5:e9984.
- Duvan CI, Cumaoglu A, Turhan NO, et al. Oxidant/antioxidant status in premenstrual syndrome. *Arch Gynecol Obstet*. 2011;283(2):299–304
- Easterlin R. Life cycle happiness and its sources. *Intersections of psychology, economics and demography*. *Journal of Economic Psychology*. 2006; 27: 463–482.
- Ebenstein A, Lavy V, Roth S. The long-run economic consequences of high-stakes examinations: evidence from transitory variation in pollution. *Am Econ J Appl Econ*. 2016; 8(4)
- Ebersviller S, Lichtveld K, Sexton KG, et al. Gaseous VOCs rapidly modify particulate matter and its biological effects – Part 1: simple VOCs and model PM. *Atmos Chem Phys Discuss*. 2012;12:5065–105.
- Eckert, N. (2019). Intervallfasten: Essen mit blick auf die uhr. *Deutsches Arzteblatt International*, 116(5).
- Eddie D, Vaschillo E, Vaschillo B, Lehrer P. Heart rate variability biofeedback Theoretical basis, delivery, and potential for treating sud. *Addict Res Theory* 2015;23:266–272.
- Egger G. In search of a germ theory equivalent for chronic disease. *Prev Chronic Dis*. 2012;9:E95. DOI: 10.5888/pcd9.110301

- Eichler J, Rachinger-Adam B, Kraft E, et al. Efficacy of biofeedback in patients with chronic low back pain : Impact on pain intensity, psychological factors and stress markers. *Schmerz*. 2019 Dec;33(6):539–548.
- Ejaz S, Anwar K, Ashraf M. MRI and neuropathological validations of the involvement of air pollutants in cortical selective neuronal loss. *Environ Sci Pollut Res Int*. 2014;21:3351–62.
- Ellingson LD et al. Catastrophizing interferes with cognitive modulation of pain in women with fibromyalgia. *Pain Medicine* 2018;19:2408–22
- Elma Ö, Yilmaz ST, Deliens T, et al. Do Nutritional Factors Interact with Chronic Musculoskeletal Pain? A Systematic Review. *J Clin Med*. 2020;9(3):702.
- Emmons, R. A., & McCullough, M. E. (2003). Counting blessings versus burdens: An experimental investigation of gratitude and subjective wellbeing in daily life. *Journal of Personality and Social Psychology*, 84, 377–389.
- Engert V, Kok BE, Papassotiriou I, Chrousos GP, Singer T. Specific reduction in cortisol stress reactivity after social but not attention-based mental training. *Sci Adv*. 2017;3(10):e1700495. Published 2017 Oct 4.
- Enoch M-A. The role of early life stress as a predictor for alcohol and drug dependence. *Psychopharmacology*. 2011; 214: 17–31.
- Enyeart JA, Liu H, Enyeart JJ. Curcumin inhibits ACTH- and angiotensin II-stimulated cortisol secretion and Ca(v)3.2 current. *J Nat Prod*. 2009;72(8):1533–1537.
- EPA: United States Environmental Protection Agency: Indoor Air Quality. United States Environmental Protection Agency <https://www.epa.gov/report-environment/indoor-air-quality>. Zugriff 5/2020.
- Epel ES, Lithgow GJ. Stress biology and aging mechanisms: Toward understanding the deep connection between adaptation to stress and longevity. *Journals Gerontol - Ser A Biol Sci Med Sci*. 2014;69:S10-S16
- Erickson Kl, Hillman C, Stillman CM, et al. Physical Activity, Cognition, and Brain Outcomes: A Review of the 2018 Physical Activity Guidelines. *Med Sci Sports Exerc*. 2019;51(6):1242–1251.
- Erren TC, et al. Light, timing of biological rhythms and chronodisruption in man. *Naturwissenschaften*, 2003;90:485–494.
- Esch T, Stefano GB. The Neurobiology of Love. *Neuroendocrinology Letters*. 2005; 26 (3): 175–192
- Espí-López GV, Inglés M, Soliva-Cazabán I, Serra-Añó P. Effect of the soft-tissue techniques in the quality of life in patients with Crohn's disease: A randomized controlled trial. *Medicine (Baltimore)*. 2018;97(51):e13811.
- Eswaran S, Muir J, Chey WD. Fiber and functional gastrointestinal disorders. *Am J Gastroenterol*. 2013;108(5): 718–727
- European Union Commission; 2001. Council Regulation (EC) No. 1513/2001 of 23 July 2001 amending regulation (EC) 136/66/EEC and No. 1638/98 as regards the extension of the period of validity of the aid scheme and the quality strategy for olive oil. *Off J Eur Comm*. 2005;L201:4–7.
- Evans JA, Johnson EJ. The role of phytonutrients in skin health. *Nutrients*. 2010;2(8):903–928.
- Evans M, Rumberger JA, Azumano I, et al. Pantethine, a derivative of vitamin B5, favorably alters total, LDL and non-HDL cholesterol in low to moderate cardiovascular risk subjects eligible for statin therapy: A triple-blinded placebo and diet-controlled investigation. *Vasc Health Risk Manag*. 2014;10:89–100
- Fabiani R, Vella N, Rosignoli P. Epigenetic Modifications Induced by Olive Oil and Its Phenolic Compounds: A Systematic Review. *Molecules*. 2021;26(2):273
- Fahey JW, Stephenson KK. Pinostrobin from honey and Thai ginger (*Boesenbergia pandurata*): a potent flavonoid inducer of mammalian phase 2 chemoprotective and antioxidant enzymes. *J Agric Food Chem*. 2002 Dec 4;50(25):7472–6.
- Fantin F, Macchi F, Giani A, Bissoli L. The Importance of Nutrition in Hypertension. *Nutrients*. 2019;11(10):2542. Published 2019 Oct 21.
- Farhat A, Mohammadzadeh A, Balali-Mood M, et al. Correlation of blood lead level in mothers and exclusively breastfed infants: a study on infants aged less than six months. *Asia Pac J Med Toxicol*. 2013;2:150–2.
- Farzaei MH, Zobeiri M, Parvizi F, et al. Curcumin in Liver Diseases: A Systematic Review of the Cellular Mechanisms of Oxidative Stress and Clinical Perspective. *Nutrients*. 2018;10(7):855.
- Farzanegi P, Dana A, Ebrahimpoor Z, et al. Mechanisms of beneficial effects of exercise training on non-alcoholic fatty liver disease (NAFLD): Roles of oxidative stress and inflammation. *Eur J Sport Sci*. 2019 Aug;19(7):994–1003.
- Fathizadeh S, Amani R, Haghhighizadeh MH, et al. Comparison of serum zinc concentrations and body antioxidant status between young women with premenstrual syndrome and normal controls: A case-control study. *Int J Reprod Biomed*. 2016;14(11):699
- Feinberg ME, Jones DE, Granger DA, Bontempo DE. Anxiety and chronic couple relationship stress moderate adrenocortical response to couple interaction in expectant parents. *Br J Psychol*. 2013;104(4):525–542.
- Ferreira RO, Corrêa MG, Magno MB, et al. Physical Activity Reduces the Prevalence of Periodontal Disease: Systematic Review and Meta-Analysis. *Front Physiol*. 2019;10:234.
- Ferrer-i-Carbonell A, Gowdy JM. Environmental degradation and happiness. *Ecological Economics*. 2007; 60(3): 509–516.

- Ferron M, Lacombe J, Germain A, Oury F, Karsenty G. GGCX and VKORC1 inhibit osteocalcin endocrine functions [published correction appears in *J Cell Biol.* 2019 Jun 3;218(6):2071]. *J Cell Biol.* 2015;208(6):761–776.
- Fiatarone M, O'Neill E, Ryan N, et al. Exercise training and nutritional supplementation for physical frailty in very elderly people. *N Engl J Med.* 1994;330(25):1769–1775.
- Field T, Diego M, Hernandez-Reif M. Potential underlying mechanisms for greater weight gain in massaged preterm infants. *Infant Behav Dev.* 2011;34(3):383–389.
- Field T, Diego M, Hernandez-Reif M. Preterm infant massage therapy research: a review. *Infant Behav Dev.* 2010;33(2):115–124.
- Field T, Hernandez-Reif M, Diego M, et al. Cortisol decreases and serotonin and dopamine increase following massage therapy. *Int J Neurosci.* 2005 Oct;115(10):1397–413.
- Filiano AJ, Xu Y, Tustison NJ, Marsh RL, et al. Unexpected role of interferon- γ in regulating neuronal connectivity and social behaviour. *Nature.* 2016 Jul 21;535(7612):425–9.
- Filipovic MG, Aeschbacher S, Reiner MF, et al. Whole blood omega-3 fatty acid concentrations are inversely associated with blood pressure in young, healthy adults. *J Hypertens.* 2018;36(7):1548–1554.
- Finan PH, Goodin BR, Smith MT. The association of sleep and pain: an update and a path forward. *J Pain.* 2013;14(12):1539–1552.
- Finger JD, Gößwald A, Härtel S, et al. Messung der kardiorespiratorischen Fitness in der Studie zur Gesundheit Erwachsener in Deutschland (DEGS1). *Bundesgesundheitsblatt - Gesundheitsforsch - Gesundheitsschutz.* 2013;56(5–6):885–893.
- Finn S, Fancourt D. The biological impact of listening to music in clinical and nonclinical settings: A systematic review. *Prog Brain Res.* 2018;237:173–200.
- Finucane, A., & Mercer, S. (2006). An exploratory mixed methods study of the acceptability and effectiveness of mindfulness-based cognitive therapy for patients with active depression and anxiety in primary care. *BMC Psychiatry,* 6,1–14.
- Fiordelisi A, Piscitelli P, Trimarco B, et al. The mechanisms of air pollution and particulate matter in cardiovascular diseases. *Heart Fail Rev.* 2017 May;22(3):337–347.
- Fisher H, Aron A, Brown LL. Romantic Love: An fMRI Study of a Neural Mechanism for Mate Choice. *J Comp Neurol.* 2005;493(1):58–62.
- Fisk WJ. The ventilation problem in schools: literature review. *Indoor Air.* 2017 Nov;27(6):1039–1051.
- Fluza-Luces C, Garatachea N, Berger NA, Lucia A. Exercise is the real polypill. *Physiology (Bethesda).* 2013 Sep;28(5):330–58.
- Flay B, Snyder F, Petraitis J, et al. Emerging theories in health promotion practice and research. *Jossey-Bass, San Francisco:* 2009.
- Flor-Alemany M, Marín-Jiménez N, Coll-Risco I, et al. Influence of dietary habits and Mediterranean diet adherence on menopausal symptoms. The FLAMENCO project. *Menopause.* 2020;27(9):1015–1021.
- Florance BM, Frin G, Dainese R, et al. Osteopathy improves the severity of irritable bowel syndrome: a pilot randomized sham-controls study. *Eur J Gastroenterol Hepatol.* 2012;24(8):944–949.
- Flores-Pajot M-C, Ofner M, Lavigne E, et al. Childhood autism spectrum disorders and exposure to nitrogen dioxide, and particulate matter air pollution: a review and meta-analysis. *Environ Res.* 2016;151:763–76.
- Fonken LK, Xu X, Weil ZM, et al. Air pollution impairs cognition, provokes depressive-like behaviors and alters hippocampal cytokine expression and morphology. *Mol Psychiatry.* 2011;16:987–95. 973, und Neuronetod
- Fontana L, Partridge L, Longo VD. Extending healthy life span--from yeast to humans. *Science.* 2010; 328(5976):321–326.
- Foppen E, Tan AA, Ackermans MT, et al. Suprachiasmatic Nucleus Neuropeptides and Their Control of Endogenous Glucose Production. *J Neuroendocrinol.* 2016 Apr;28(4).
- Ford ES, Bergmann MM, Kröger J, Schienkiewitz A, Weikert C, Boeing H. Healthy living is the best revenge: Findings from the European Prospective Investigation Into Cancer and Nutrition- Potsdam study. *Arch Intern Med.* 2009 Aug 10;169(15):1355–62.
- Fornari M, Carnevali L, Sgoifo A. Single Osteopathic Manipulative Therapy Session Dampens Acute Autonomic and Neuroendocrine Responses to Mental Stress in Healthy Male Participants. *J Am Osteopath Assoc.* 2017 Sep 1;117(9):559–567.
- Forsling ML and Williams AJ. The effect of exogenous melatonin on stimulated neurohypophysial hormone release in man. *Clinical endocrinology.* 2002; 57(5): 615–620.
- Foster JA, Rinaman L, Cryan JF. Stress & the gut-brain axis: Regulation by the microbiome. *Neurobiol Stress.* 2017 Mar 19;7:124–136.
- Fox CM, Harper AP, Hyner GC, Lyle RM. Loneliness, emotional repression, marital quality, and major life events in women who develop breast cancer. *J Community Health.* 1994;19(6):467–82.
- Fragala MS, Fukuda DH, Stout JR, et al. Muscle quality index improves with resistance exercise training in older adults. *Exp Gerontol.* 2014;53:1–6.

- Frank JA. Claudins and alveolar epithelial barrier function in the lung. *Ann N Y Acad Sci.* 2012;1257:175–183
- Frank MG, Fonken LK, Annis JL, Watkins LR, Maier SF. Stress disinhibits microglia via down-regulation of CD200R: A mechanism of neuroinflammatory priming. *Brain Behav Immun.* 2018;69:62–73.
- Franke H, Franke JD, Fryer G. Osteopathic manipulative treatment for nonspecific low back pain: a systematic review and meta-analysis. *BMC Musculoskelet Disord.* 2014 Aug 30;15:286.
- Frulloni L, Falconi M, Gabbielli A et al. Italian consensus guidelines for chronic pancreatitis. *Dig Liver Dis.* 2010 Nov;42 Suppl 6:S381–406.
- Fuchs FD, Whelton PK. High Blood Pressure and Cardiovascular Disease. *Hypertension.* 2020 Feb;75(2):285–292.
- Fukui H, Toyoshima K. Influence of music on steroid hormones and the relationship between receptor polymorphisms and musical ability: a pilot study. *Front Psychol.* 2013;4:910.
- Gäbler M, Prieske O, Hortobágyi T, et al. The effects of concurrent strength and endurance training on physical fitness and athletic performance in youth: a systematic review and meta-analysis. *Front Physiol.* 2018;9:1057.
- Gaida JE, Ashe MC, Bass SL, Cook JL. Is adiposity an under-recognized risk factor for tendinopathy? A systematic review. *Arthritis Rheum.* 2009 Jun 15;61(6):840–9.
- Galbete C, Schwingshackl L, Schwedhelm C, et al. Evaluating Mediterranean diet and risk of chronic disease in cohort studies: an umbrella review of meta-analyses. *Eur J Epidemiol.* 2018;33(10):909–931
- Galvez-Sánchez CM, Reyes Del Paso GA, Duscheck S. Cognitive Impairments in Fibromyalgia Syndrome: Associations With Positive and Negative Affect, Alexithymia, Pain Catastrophizing and Self-Esteem. *Front Psychol.* 2018;9:377.
- Gamber RG, Shores JH, Russo DP, Jimenez C, Rubin BR. Osteopathic manipulative treatment in conjunction with medication relieves pain associated with fibromyalgia syndrome: results of a randomized clinical pilot project. *J Am Osteopath Assoc.* 2002 Jun;102(6):321–5.
- Gammone MA, Riccioni G, D’Orazio N. Carotenoids: potential allies of cardiovascular health? *Food Nutr Res.* 2015; 59:26762.
- Gammone MA, Riccioni G, D’Orazio N. Carotenoids: potential allies of cardiovascular health? *Food Nutr Res.* 2015; 59:26762.
- Ganesan K, Habboush Y, Sultan S. Intermittent Fasting: The Choice for a Healthier Lifestyle. *Cureus.* 2018;10(7):e2947.
- Gao, Y, Zhou, S, Huang, M and Xu, A. Antibacterial and antiviral value of the genus Ganoderma P. Karst. species (aphyllophoromycetidae): A review. *Intern J Medici Mushr,* 2003;5(3):235–246.
- Gardner CD, Kiazand A, Alhassan S, Kim S, Stafford RS, Balise RR, Kraemer HC, King AC. Comparison of the Atkins, Zone, Ornish, and LEARN diets for change in weight and related risk factors among overweight premenopausal women: the A TO Z Weight Loss Study: a randomized trial. *JAMA.* 2007 Mar 7;297(9):969–77. https://www.umass.edu/kinpedlab/sites/default/files/publications/Gardner_A%20to%20Z%20Main%20Diet%20Study.pdf Zugriff 21.10.2021
- Garnett JP, Baker EH, Baines DL. Sweet talk: insights into the nature and importance of glucose transport in lung epithelium. *Eur Respir J.* 2012 Nov;40(5):1269–76.
- Garrott K, Dyavanapalli J, Cauley E, Dwyer MK, Kuzmicki-Glancy S, Wang X, Mendelowitz D, Kay MW. Chronic activation of hypothalamic oxytocin neurons improves cardiac function during left ventricular hypertrophy-induced heart failure. *Cardiovasc Res.* 2017; 113:1318–1328.
- Geneen LJ, Moore RA, Clarke C, Martin D, Colvin LA, Smith BH. Physical activity and exercise for chronic pain in adults: an overview of Cochrane Reviews. *Cochrane Database Syst Rev.* 2017;4(4):CD011279.
- George ES, Marshall S, Mayr HL, et al. The effect of high-polyphenol extra virgin olive oil on cardiovascular risk factors: A systematic review and meta-analysis. *Crit Rev Food Sci Nutr.* 2019;59(17):2772–2795
- Gerber M, Börjesson M, Jónsdóttir IH, et al. 2020 Association of change in physical activity associated with change in sleep complaints: results from a six-year longitudinal study with Swedish health care workers. *Sleep Med.* 2020;69:189–197.
- Gerhart JI, Burns JW, Post KM, et al. Relationships Between Sleep Quality and Pain-Related Factors for People with Chronic Low Back Pain: Tests of Reciprocal and Time of Day Effects. *Ann Behav Med.* 2017;51(3):365–375.
- Gerritsen RJS, Band GPH. Breath of Life: The Respiratory Vagal Stimulation Model of Contemplative Activity. *Front Hum Neurosci.* 2018;12:397.
- Gevirtz R. The promise of heart rate variability biofeedback: Evidence-based applications. *Biofeedback 2013;41:110–120.*
- Gharbi. Advances in Physical Education 2013. Vol.3, No.2, 71–75
- Ghorani-Azam A, Riahi-Zanjani B, Balali-Mood M. Effects of air pollution on human health and practical measures for prevention in Iran. *J Res Med Sci.* 2016;21:65.

- Ghosh D, Bernstein JA. Systemic and localized seminal plasma hypersensitivity patients exhibit divergent immunologic characteristics. *J Allergy Clin Immunol*. 2014;134: 969–972. [PubMed: 24997637]
- Giles LV, Koehle MS. The health effects of exercising in air pollution. *Sports Med*. 2014 Feb;44(2):223–49.
- Gill, S., & Panda, S. (2015). A Smartphone App Reveals Erratic Diurnal Eating Patterns in Humans that Can Be Modulated for Health Benefits. *Cell Metabolism*, 22(5), 789–798.
- Gillessen A, Schmidt HH. Silymarin as Supportive Treatment in Liver Diseases: A Narrative Review. *Adv Ther*. 2020;37(4):1279–1301.
- Gillingham LG, Harris-Janz S, Jones PJ. Dietary monounsaturated fatty acids are protective against metabolic syndrome and cardiovascular disease risk factors. *Lipids*. 2011;46:209–228.
- Gincheva D, Gincheva V, Konova E. Effect of combined therapy polyhexamethylene biguanide and Coriolus-MRL on human papilloma virus (HPV) cervical and vulvar-related lesions. *IJMDAT* 2020; 3: e220
- Girman A, Lee R, Kligler B. An integrative medicine approach to premenstrual syndrome. *Am J Obstet Gynecol*. 2003;188(5):S56–S65
- Glozier N, Tofler GH, Colquhoun DM, et al. Psychosocial risk factors for coronary heart disease. *Med J Aust*. 2013 Aug 5;199(3):179–80.
- Goesser F. Wie körpereigene Keime als "Superorgan" agieren. *Dtsch Arztebl*. 2012;109(25):1317–1319
- Goldsmith CD, Bond DR, Jankowski H, et al. The Olive Biophenols Oleuropein and Hydroxytyrosol Selectively Reduce Proliferation, Influence the Cell Cycle, and Induce Apoptosis in Pancreatic Cancer Cells. *Int J Mol Sci*. 2018;19(7):1937.
- Goldstein SL, Devarajan P. Acute kidney injury in childhood: should we be worried about progression to CKD? *Pediatr Nephrol*. 2011 Apr;26(4):509–22.
- Golubeva A V, Crampton S, Desbonnet L, et al. Prenatal stress-induced alterations in major physiological systems correlate with gut microbiota composition in adulthood. *Psychoneuroendocrinology*. 2015;60:58–74
- Gomez-Cabrera MC, Domenech E, Viña J. Moderate exercise is an antioxidant: upregulation of antioxidant genes by training. *Free Radic Biol Med*. 2008 Jan 15;44(2):126–31
- Gomez-Pinilla F. The influences of diet and exercise on mental health through hormesis. *Ageing Res Rev*. 2008;49–62. 43.
- Gorczyca AM, Eaton CB, LaMonte MJ, et al. Association of physical activity and sitting time with incident colorectal cancer in postmenopausal women. *Eur J Cancer Prev Off J Eur Cancer Prev Organ*. 2018;27(4):331
- Gould TJ. Addiction and cognition. *Addict Sci Clin Pract*. 2010;5(2):4–14.
- Gourdji S. Review of plants to mitigate particulate matter, ozone as well as nitrogen dioxide air pollutants and applicable recommendations for green roofs in Montreal, Quebec. *Environ Pollut*. 2018 Oct;241:378–387.
- Goyal M, Goyal K, Narkeesh K, et al. Efficacy of Osteopathic Manipulative Treatment Approach in the Patient with Pulmonary Fibrosis in Critical Care Outpatient Department. *Indian J Crit Care Med*. 2017;21(7):469–472.
- Goyal M, Singh S, Sibinga EM, et al. Meditation programs for psychological stress and well-being: a systematic review and meta-analysis. *JAMA Intern Med*. 2014;174(3):357–368.
- Goyer RA. Transplacental transport of lead. *Environ Health Perspect*. (1990) 89:101–5.
- Grace PM, Fabisiak TJ, Green-Fulgham SM, et al. Prior voluntary wheel running attenuates neuropathic pain. *PAIN*. 2016; 157:2012–2023.
- Graham C, Pettinato S. Happiness, Markets, and Democracy: Latin America in Comparative Perspective. *Journal of Happiness Studies* 2001: 237–268.
- Grape C, Sandgren M, Hansson LO, et al. Does singing promote well-being? An empirical study of professional and amateur singers during a singing lesson. *Integr Physiological & Behavioral Science*. 2002; 38(1):65–74.
- Grape C, Sandgren M, Hansson LO. Does singing promote well-being?: An empirical study of professional and amateur singers during a singing lesson. *Integr Physiol Behav Sci*. 2003 Jan-Mar;38(1):65–74
- Gray SL, Dublin S, Yu O, et al. Benzodiazepine use and risk of incident dementia or cognitive decline: prospective population based study. *BMJ*. 2016;352:i90.
- Green BH, Copeland JR, Dewey ME, Sharma V, Saunders PA, Davidson IA, et al. Risk factors for depression in elderly people: a prospective study. *Acta Psychiatr Scand*. 1992;86(3):213–7.
- Greenwood DC, Threapleton DE, Evans CE, et al. Association between sugar-sweetened and artificially sweetened soft drinks and type 2 diabetes: systematic review and dose-response meta-analysis of prospective studies. *Br J Nutr*. 2014 Sep 14;112(5):725–34.
- Grigsby-Toussaint DS, Turi KN, Krupa M, Williams NJ, Pandi-Perumal SR, Jean-Louis G. Sleep insufficiency and the natural environment: Results from the US Behavioral Risk Factor Surveillance System survey. *Prev Med*. 2015;78:78–84.
- Grillo A, Salvi L, Coruzzi P, Salvi P, Parati G. Sodium Intake and Hypertension. *Nutrients*. 2019;11(9):1970.
- Grinevich V, Desarmenien MG, Chini B, et al. Ontogenesis of oxytocin pathways in the mammalian brain: late

- maturity and psychosocial disorders. *Frontiers in Neuroanatomy* 2015; 8: 1–18.
- Grölund M-M, Lehtonen O-P, Eerola E, et al. Fecal microflora in healthy infants born by different methods of delivery: permanent changes in intestinal flora after cesarean delivery. *J Pediatr Gastroenterol Nutr.* 1999;28(1):19–25
- Grote V, Lackner H, Kelz C, Short-term effects of pulsed electromagnetic fields after physical exercise are dependent on autonomic tone before exposure. *Eur J Appl Physiol.* 2007 Nov;101(4):495–502.
- Gudipally PR, Sharma GK. *Premenstrual Syndrome.* StatPearls Publishing; 2020
- Guiney PA, Chou R, Vianna A, et al. Effects of osteopathic manipulative treatment on pediatric patients with asthma: a randomized controlled trial. *J Am Osteopath Assoc.* 2005 Jan;105(1):7–12.
- Günther-Borstel J, Schmidt T, Liem T. Herzratenvariabilität: Messung und Anwendungsmöglichkeiten in der Osteopathie, *Osteopathische Medizin* 2015; 16 (3), 4–8.
- Gunta SS, Thadhani RI, Mak RH. The effect of vitamin D status on risk factors for cardiovascular disease. *Nat Rev Nephrol.* 2013 Jun;9(6):337–47. Erratum in: *Nat Rev Nephrol.* 2013 Nov;9(11):626.
- Guo XF, Li KL, Li JM, Li D. Effects of EPA and DHA on blood pressure and inflammatory factors: a meta-analysis of randomized controlled trials. *Crit Rev Food Sci Nutr.* 2019;59(20):3380–3393.
- Guo P, Wang Y, Feng W, et al. Ambient Air Pollution and Risk for Ischemic Stroke: A Short-Term Exposure Assessment in South China. *Int J Environ Res Public Health.* 2017;14(9):1091.
- Gupta V, Mah XJ, Garcia MC, Antonypillai C, van der Poorten D. Oily fish, coffee and walnuts: Dietary treatment for nonalcoholic fatty liver disease. *World J Gastroenterol.* 2015 Oct 7;21(37):10621–35.
- Gutiérrez S, Svahn SL, Johansson ME. Effects of Omega-3 Fatty Acids on Immune Cells. *Int J Mol Sci.* 2019;20(20):5028.
- Haas VK, Kohn MR, Clarke SD, et al. Body composition changes in female adolescents with anorexia nervosa. *Am J Clin Nutr.* 2009 Apr;89(4):1005–10.
- Haass-Koffler CL, Leggio L, Kenna GA. Pharmacological approaches to reducing craving in patients with alcohol use disorders. *CNS Drugs* 2014;28:343–360.
- Haberka M, Stolarz-Skrzypek K, Biedroń M, et al. Obesity, Visceral Fat, and Hypertension-Related Complications. *Metab Syndr Relat Disord.* 2018 Dec;16(10):521–529.
- Hackney AC, Viru A. Twenty-four-hour cortisol response to multiple daily exercise sessions of moderate and high. Chen C, Nakagawa S, An Y, et al. The exercise-glucocorticoid paradox: How exercise is benefi-
- cial to cognition, mood, and the brain while increasing glucocorticoid levels. *Front Neuroendocrinol.* 2017 Jan;44:83–102.
- Hackney AC, Viru A. Twenty-four-hour cortisol response to multiple daily exercise sessions of moderate and high intensity. *Clin Physiol.* 1999 Mar;19(2):178–82.
- Häkkinen A, Kautiainen H, Hannonen P, et al. Strength training and stretching versus stretching only in the treatment of patients with chronic neck pain: a randomized one-year follow-up study. *Clin Rehabil.* 2008;22(7):592–600.
- Hafner-Holter S, Kopp M, Günther V. Fitnesstraining und Yoga - Auswirkungen auf Befindlichkeit, Stressempfinden, Unsicherheit im Sozialkontakt und Körperbild [Effects of fitness training and yoga on well-being stress, social competence and body image]. *Neuropsychiatr.* 2009;23(4):244–8.
- Haines MS, Dichtel LE, Santoso K, et al. Association between muscle mass and insulin sensitivity independent of detrimental adipose depots in young adults with overweight/obesity. *Int J Obes (Lond).* 2020 Sep;44(9):1851–1858.
- Hamblin MR. Mechanisms and applications of the anti-inflammatory effects of photobiomodulation. *AIMS Biophys.* 2017;4(3):337–361.
- Hamilton MT, Healy GN, Dunstan DW, Zderic TW, Owen N. Too Little Exercise and Too Much Sitting: Inactivity Physiology and the Need for New Recommendations on Sedentary Behavior. *Curr Cardiovasc Risk Rep.* 2008 Jul;2(4):292–298.
- Hammouda (2013) Time-of-day effects on biochemical responses to soccer-specific endurance in elite Tunisian footballplayers, *Journal of Sports Sciences*, 31:9, 963–971
- Hantsoo L, Epperson CN. Premenstrual dysphoric disorder: epidemiology and treatment. *Curr Psychiatry Rep.* 2015;17(11):1–9
- Hardy ML, Duvall K. Multivitamin/multimineral supplements for cancer prevention: implications for primary care practice. *Postgrad Med.* 2015 Jan;127(1):107–16.
- Hardy R, Cooper MS. Bone loss in inflammatory disorders. *J Endocrinol.* 2009;201(3):309–320.
- Hariharan S, Dharmaraj SK. Selection of New Probiotics: The Case of Streptomyces. In: Mihai A Grumezescu M, Holban AM. Therapeutic, Probiotic, and Unconventional Foods. Elsevier. 2018, 27–54
- Hariharan S, Dharmaraj SK. Selection of New Probiotics: The Case of Streptomyces. In: Mihai A Grumezescu M, Holban AM. Therapeutic, Probiotic, and Unconventional Foods. Elsevier. 2018, 27–54.
- Harinath, K., Malhotra, A.S., Pal, K., et al. Autonomic nervous system and adrenal response to cold in man at Antarctica. *Wilderness Environ. Med.* 2005;16, 81–91.

- Harrell JP. Affective Responses to Television Newscasts: Have You Heard the News? *Dissertations*. 2000; 1456
- Harris CB, Chowanadisai W, Mishchuk DO, et al. Dietary pyrroloquinoline quinone (PQQ) alters indicators of inflammation and mitochondrial-related metabolism in human subjects. *J Nutr Biochem*. 2013;24(12):2076–2084
- Harris MA. The relationship between physical inactivity and mental wellbeing: Findings from a gamification-based community-wide physical activity intervention. *Health Psychol Open*. 2018;5(1):2055102917753853.
- Harris MH, Gold DR, Riffas-Shiman SL, et al. Prenatal and childhood traffic-related air pollution exposure and childhood executive function and behavior. *Neurotoxicol Teratol*. 2016;57:60–70.
- Hartmann-Boyce J, Johns DJ, Jebb SA, Aveyard P; Behavioural Weight Management Review Group. Effect of behavioural techniques and delivery mode on effectiveness of weight management: systematic review, meta-analysis and meta-regression. *Obes Rev*. 2014;15(7):598–609.
- Harvard Th. Chan. Air pollution linked with higher COVID-19 death rates. <https://www.hsph.harvard.edu/news/hspf-in-the-news/air-pollution-linked-with-higher-covid-19-death-rates/> Zugriff 22.6.2020
- Hastings MH, Reddy AB et al. Expression of clock gene products in the suprachiasmatic nucleus in relation to circadian behaviour. *Novartis Found Symp* 2003; 253: 203–17; discussion 102–9, 218–22, 281–4.
- Haß U, Herpich C, Norman K. Anti-Inflammatory Diets and Fatigue. *Nutrients*. 2019;11(10):2315. Chang CY, Ke DS, Chen JY. Essential fatty acids and human brain. *Acta Neurol Taiwan*. 2009;18(4):231–241.:.
- Haß U, Herpich C, Norman K. Anti-Inflammatory Diets and Fatigue. *Nutrients*. 2019;11(10):2315. Theoharides TC, Stewart JM, Hatzigelaki E, Kolaitis G. Brain “fog,” inflammation and obesity: key aspects of neuropsychiatric disorders improved by luteolin. *Front Neurosci*. 2015;9:225.
- Hatzipapas I, Visser MJ, Janse van Rensburg E. Laughter therapy as an intervention to promote psychological well-being of volunteer community care workers working with HIV-affected families. *SAHARA J*. 2017;14(1):202–212.
- Hayashi K, Kawachi I, Ohira T, Kondo K, Shirai K, Kondo N. Laughter is the Best Medicine? A Cross-Sectional Study of Cardiovascular Disease Among Older Japanese Adults. *J Epidemiol*. 2016;26(10):546–552.
- Hayo, B., & Seifert, W. (2003). Subjective economic well-being in Eastern Europe. *Journal of Economic Psychology*, 24(3), 329–348. DOI: 10.1016/S0167-4870(02)00173-3
- He W, Wang X, Shi H, et al. Auricular acupuncture and vagal regulation. *Evid Based Complement Alternat Med*. 2012;2012:786839.
- Hegde SM, Solomon SD. Influence of Physical Activity on Hypertension and Cardiac Structure and Function. *Curr Hypertens Rep*. 2015;17(10):77.
- Heidari H, Amani R, Feizi A, et al. Vitamin D Supplementation for Premenstrual Syndrome-Related inflammation and antioxidant markers in students with vitamin D deficient: a randomized clinical trial. *Sci Rep*. 2019;9(1):1–8
- Heikkinen R, Kauppinen M. Depressive symptoms in late life: a 10-year follow-up. *Arch Gerontol Geriatr*. 2004;38(3):239–50.
- Heikkinen RL, Berg S, Avlund K, Timo T. Depressed mood: changes during a five-year followup in 75 year-old men and women in three Nordic localities. *Aging Clin Exp Res*. 2002;14:16–28.
- Heinonen I, Laukkanen JA. Effects of heat and cold on health, with special reference to Finnish sauna bathing. *Am J Physiol Regul Integr Comp Physiol*. 2018 May 1;314(5):R629-R638.
- Heinrich U, Neukam K, Tronnier H, et al. Long-term ingestion of high flavanol cocoa provides photoprotection against UV-induced erythema and improves skin condition in women. *J Nutr*. 2006 Jun;136(6):1565–9.
- Helfrich YR, Yu L, Ofori A, et al. Effect of smoking on aging of photoprotected skin: evidence gathered using a new photonumeric scale. *Arch Dermatol*. 2007 Mar;143(3):397–402.
- Helliwell, JF. How's life? Combining individual and national variables to explain subjective well-being. *Economic Modelling*. 2003; 20: 331–360.
- Helliwell JF. Well-being, social capital and public policy: What's new? *Economic Journal*. 2006; 116: C34–C45.
- Hemilä H, Chalker E. Vitamin C for preventing and treating the common cold. *Cochrane Database Syst Rev*. 2013 Jan 31;(1):CD000980.
- Hemilä H. Zinc lozenges and the common cold: a meta-analysis comparing zinc acetate and zinc gluconate, and the role of zinc dosage. *JRSM Open*. 2017 May 2;8(5):2054270417694291.
- Henriques TP, Szawka RE, Diehl LA, et al. Stress in neonatal rats with different maternal care backgrounds: monoaminergic and hormonal responses. *Neurochemical Research*. 2014; 39: 2351–2359.
- Heo EH, Kim S, Park HJ, et al. The effects of a simulated laughter programme on mood, cortisol levels, and health-related quality of life among haemodialysis patients. *Complement Ther Clin Pract*. 2016 Nov;25:1–7.
- Herber-Gast GCM, Mishra GD. Fruit, Mediterranean-style, and high-fat and -sugar diets are associated with the risk of night sweats and hot flushes in midlife:

- Results from a prospective cohort study1-3. Am J Clin Nutr. 2013;97(5):1092–1099
- Herlitz J, Wiklund I, Caidahl K, Hartford M, Haglid M, Karlsson BW, et al. The feeling of loneliness prior to coronary artery bypass grafting might be a predictor of short- and long-term postoperative mortality. Eur J Vasc Endovasc Surg. 1998;16(2):120–5.
- Herrmann,W.; Schorr, H.; Obeid, R.; Geisel, J. Vitamin B-12 status, particularly holotranscobalamin II and methylmalonic acid concentrations, and hyperhomocysteinemia in vegetarians. Am. J. Clin. Nutr. 2003, 78,131–136.
- Hesterberg TW, Bunn WB, McClellan RO, et al. Critical review of the human data on short-term nitrogen dioxide (NO₂) exposures: evidence for NO₂ no-effect levels. Crit Rev Toxicol. 2009;39:743–81.
- Hickman IJ, Clouston AD, Macdonald GA, et al. Effect of weight reduction on liver histology and biochemistry in patients with chronic hepatitis C. Gut. 2002;51(1): 89–94.
- Higuchi T, Suzuki N, Nakaya S, et al. Effects of Lactobacillus salivarius WB21 combined with green tea catechins on dental caries, periodontitis, and oral malodor. Arch Oral Biol. 2019;98:243–247
- Hill C, Guarner F, Reid G, et al. Expert consensus document: The international scientific association for probiotics and prebiotics consensus statement on the scope and appropriate use of the term probiotic. Nat Rev Gastroenterol Hepatol. 2014;11(8):506–514
- Hinman JD, Peters A, Cabral H, et al. Age-related molecular reorganization at the node of Ranvier. J Comp Neurol. 2006;495:351–62.
- Hintzpeter J, Stapelfeld C, Loerz C, et al. Green tea and one of its constituents, Epigallocatechin-3-gallate, are potent inhibitors of human 11β-hydroxysteroid dehydrogenase type 1. PLoS One. 2014;9(1):e84468.
- Hiott A, Grzywacz JG, Arcury TA et al. Gender differences in anxiety and depression among immigrant Latinos. Families, Systems, & Health. 2006; 24: 137–146.
- HK, Hertz R, Nelson B, et al. Mindfulness during romantic conflict moderates the impact of negative partner behaviors on cortisol responses. Horm Behav. 2016 Mar;79:45–51.
- Ho E, Quan N, Tsai YH, et al. Dietary zinc supplementation inhibits NFκB activation and protects against chemically induced diabetes in CD1 mice. Exp Biol Med (Maywood). 2001 Feb;226(2):103–11.
- Hoare E, Milton K, Foster C, Allender S. The associations between sedentary behaviour and mental health among adolescents: a systematic review. Int J Behav Nutr Phys Act. 2016;13(1):108.
- Hodge LM, Downey HF. Lymphatic pump treatment enhances the lymphatic and immune systems. Exp Biol Medicine (Maywood) 2011; 236
- Hodge LM. Osteopathic lymphatic pump techniques to enhance immunity and treat pneumonia. Int J Osteopath Med. 2012;15(1):13–21.
- Hoffmann TC, Del Mar C. Patients' expectations of the benefits and harms of treatments, screening, and tests: a systematic review. JAMA Intern Med. 2015 Feb;175(2):274–86.
- Hogan CL, Mata J, Carstensen LL. Exercise holds immediate benefits for affect and cognition in younger and older adults. Psychol Aging. 2013;28(2):587–594.
- Holick MF. Biological Effects of Sunlight, Ultraviolet Radiation, Visible Light, Infrared Radiation and Vitamin D for Health. Anticancer Res. 2016 Mar;36(3):1345–56. PMID: 26977036.
- Holmes EC. What does virus evolution tell us about viruses origins? J Virol. 2011;85(11):5247–5251
- Holmes, G. M., Browning, K. N., Babic, T., Fortna, S. R., Coleman, F. H., & Travagli, R. A. Vagal afferent fibres determine the oxytocin-induced modulation of gastric tone. The Journal of physiology. 2013; 591(12), 3081–3100.
- Holscher HD. Dietary fiber and prebiotics and the gastrointestinal microbiota. Gut Microbes. 2017 Mar 4;8(2):172–184.
- Holt-Lunstad J, Smith TB, Baker M, Harris T, Stephenson D. Loneliness and social isolation as risk factors for mortality: a meta-analytic review. Perspect Psychol Sci. 2015;10(2):227–37.
- Holt-Lunstad J, Smith TB, Layton JB. Social relationships and mortality risk: a meta-analytic review. PLoS Med. 2010;7(7):859.
- Horne J, Moseley R. Sudden early-morning awakening impairs immediate tactical planning in a changing 'emergency' scenario. J. Sleep Res. 2011; 20: 275–278.
- Hostinar CE, Gunnar MR. Future directions in the study of social relationships as regulators of the HPA axis across development. J Clin Child Adolesc Psychol. 2013;42(4):564–575.
- Hou L, Huang Y, Zhou R. Premenstrual syndrome is associated with altered cortisol awakening response. Stress. 2019;22(6):640–646
- House JS, Landis KR, Umberson D. Social relationships and health. Science. 1988;241:545.
- House JS, Robbins C, Metzner HL. The association of social relationships and activities with mortality: prospective evidence from the Tecumseh community health study. Am J Epidemiol. 1982;116(1):123–40.
- Househam AM, Peterson CT, Mills PJ, et al. The effects of stress and meditation on the immune system, human microbiota, and epigenetics. Adv Mind Body Med. 2017;31(4):10–25

- Hruby RJ, Hoffman KN. Avian influenza: an osteopathic component to treatment. *Osteopath Med Prim Care*. 2007; 1: 1–19.
- Hruby R, Tozzi P, Lunghi C, Fusco G. The Five Osteopathic Models: Rationale, Application, Integration - from an Evidence-Based to a Person-Centered Osteopathy. Handspring, Pencaitland, 2017.
- Hunt AP, Minett GM, Gibson OR, Kerr GK, Stewart IB. Could Heat Therapy Be an Effective Treatment for Alzheimer's and Parkinson's Diseases? A Narrative Review. *Front Physiol*. 2020;10:1556. Published 2020 Jan 10. DOI: 10.3389/fphys.2019.01556
- Hurraß J, Heinzw B, Aubach U, et al. Medical diagnostics for indoor mold exposure. *Int J Hyg Environ Health*. 2017 Apr;220(2 Pt B):305–328.
- Hurtado-Alvarado G, Becerril-Villanueva E, Contis-Montes de Oca A, et al. The yin/yang of inflammatory status: Blood-brain barrier regulation during sleep. *Brain Behav Immun*. 2018;69:154–166.
- Hurtado-Alvarado G, Domínguez-Salazar E, Pavón L, Velázquez-Moctezuma J, Gómez-González B. Blood-Brain Barrier Disruption Induced by Chronic Sleep Loss: Low-Grade Inflammation May Be the Link. *J Immunol Res*. 2016;2016:4576012.
- Hyman MA, Ornish D, Roizen M. Lifestyle medicine: Treating the causes of diseases. *Altern Ther Health Med*. 2009 Nov-Dec;15(6):12–4.
- Hyttinen A-M, Häkkinen K. Effects of strength vs. endurance training and their combination on physical performance characteristics in female horseback riders. *J Sports Med Phys Fitness*. 2020.
- Ideno Y, Hayashi K, Abe Y, et al. Blood pressure-lowering effect of Shinrin-yoku (Forest bathing): a systematic review and meta-analysis. *BMC Complement Altern Med*. 2017;17(1):409.
- Imamura F, O'Connor L, Ye Z, et al. Consumption of sugar sweetened beverages, artificially sweetened beverages, and fruit juice and incidence of type 2 diabetes: systematic review, meta-analysis, and estimation of population attributable fraction. *BMJ*. 2015 Jul 21;351:h3576.
- İmeryüz N, Yeğen BC, Bozkurt A et al. Glucagon-like peptide-1 inhibits gastric emptying via vagal afferent-mediated central mechanisms. *Am J Physiol*. 1997 Oct;273(4):G920-7. Bodnaruc AM, Prud'homme D, Blanquet R, Giroux I. Nutritional modulation of endogenous glucagon-like peptide-1 secretion: a review. *Nutr Metab (Lond)*. 2016;13:92.
- Informationen der Mayo-Klinik: <https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/stress-and-high-blood-pressure/art-20044190> Zugriff 10.1.2021
- Ingersoll MA. Sex differences shape the response to infectious diseases. *PLoS Pathog*. 2017;13(12):e1006688
- Int Panis L, Provost EB, Cox B, et al. Short-term air pollution exposure decreases lung function: a repeated measures study in healthy adults. *Environ Health*. 2017;16(1):60.
- IQVIA: <https://www.iqvia.com> und <https://de.statista.com> Zugriff 4/2020 <https://www.newhope.com> Zugriff 5/2020.
- Iranmanesh A, Lawson D, Dunn B, et al. Glucose ingestion selectively amplifies ACTH and cortisol secretory-burst mass and enhances their joint synchrony in healthy men. *J Clin Endocrinol Metab*. 2011;96(9):2882–2888.
- Ironson G, Field T, Scafidi F, et al. Massage therapy is associated with enhancement of the immune system's cytotoxic capacity. *Int J Neurosci*. 1996 Feb; 84(1–4): 205–17.
- Ircher I, Adhiketty PJ, Joseph AM, et al. Regulation of mitochondrial biogenesis in muscle by endurance exercise. *Sport Med*. 2003;33(11):783–793.
- Irwin M, Clark C, Kennedy B, Christian Gillin J, Ziegler M. Nocturnal catecholamines and immune function in insomniacs, depressed patients, and control subjects. *Brain Behav Immun*. 2003;17(5):365–372.
- Irzaldy A, Wiyasihati SI, Purwanto B. Lung Vital Capacity of Choir Singers and Nonsingers: A Comparative Study. *J Voice*. 2016 Nov;30(6):717–720.
- Iverson GL, Gaetz M, Lovell MR, Collins MW. Relation between subjective fogging and neuropsychological testing following concussion. *J Int Neuropsychol Soc*. 2004;10(6):904–906.
- Iwasaki Y, Maejima Y, Suyama S. Peripheral oxytocin activates vagal afferent neurons to suppress feeding in normal and leptin-resistant mice: a route for ameliorating hyperphagia and obesity. *Am J Physiol Regul Integr Comp Physiol*. 2015 Mar 1;308(5):R360–9.
- Iwasaki, Y., Maejima, Y., Suyama, S., Yoshida, M., Arai, T., Katsurada, K., ... & Yada, T. Peripheral oxytocin activates vagal afferent neurons to suppress feeding in normal and leptin-resistant mice: a route for ameliorating hyperphagia and obesity. *American Journal of Physiology-Regulatory, Integrative and Comparative Physiology*. 2015; 308(5), R360-R369
- Iwata M, Yamamoto A, Matsuo S, et al. Dynamic Stretching Has Sustained Effects on Range of Motion and Passive Stiffness of the Hamstring Muscles. *J Sports Sci Med*. 2019;18(1):13.
- Jackson KM, Steele TF, Dugan EP, Kukulka G, Blue W, Roberts A. Effect of lymphatic and splenic pump techniques on the antibody response to hepatitis B vaccine: a pilot study. *J Am Osteopath Assoc*. 1998 Mar;98(3):155–60.
- Jafari F, Tarrahi MJ, Farhang A, et al.. Effect of zinc supplementation on quality of life and sleep quality in young women with premenstrual syndrome: a randomi-

- zed, double-blind, placebo-controlled trial. *Arch Gynecol Obstet.* 2020;302(3):657–664
- Jäger R, Purpura M, Kingsley M. Phospholipids and sports performance. *J Int Soc Sports Nutr.* 2007; 25:45. Kingsley M. Effects of phosphatidylserine supplementation on exercising humans, *Sports Med.* 2006;36(8):657–69.
- Jaishankar M, Tseten T, Anbalagan N, Mathew BB, Bee-regowda KN. Toxicity, mechanism and health effects of some heavy metals. *Interdiscip Toxicol.* 2014;7(2):60–72. DOI: 10.2478/intox-2014-0009
- James P, Banay RF, Hart JE, Laden F. A Review of the Health Benefits of Greenness. *Curr Epidemiol Rep.* 2015;2(2):131–142.
- Jamshed H, Beyl RA, Della Manna DL, et al. Early Time-Restricted Feeding Improves 24-Hour Glucose Levels and Affects Markers of the Circadian Clock, Aging, and Autophagy in Humans. *Nutrients.* 2019 May 30;11(6):1234.
- Jang SI, Lee M, Han J, et al. A study of skin characteristics with long-term sleep restriction in Korean women in their 40s. *Skin Res Technol.* 2020 Mar;26(2): 193–199.
- Janiri L, Martinotti G, Tonioni F, et al. Acetyl-L-carnitine in the management of pain during methadone withdrawal syndrome. *Clin Neuropharmacol.* 2009 Jan-Feb;32(1):35–40.
- Jänig W: The integrative action of the autonomic nervous system. Cambridge: Cambridge University Press; 2006.
- Järup L. Hazards of heavy metal contamination. *Br Med Bull.* 2003;68:167–82.
- Järvinen TAH, Järvinen TLN, Kääriäinen M, et al. Muscle injuries: optimising recovery. *Best Pract Res Clin Rheumatol.* 2007;21(2):317–331.
- Javanshir N, Salehpour F, Aghazadeh J, et al. The distribution of infection with Propionibacterium acnes is equal in patients with cervical and lumbar disc herniation. *Eur Spine J.* 2017;26(12):3135–3140.
- Jaworek J, Nawrot-Porabka K, Leja-Szpak A, et al. Melatonin as modulator of pancreatic enzyme secretion and pancreateoprotector. *J Physiol Pharmacol.* 2007 Dec;58 Suppl 6:65–80.
- Jayaram N, Varambally S, Behere RV, et al. Effect of yoga therapy on plasma oxytocin and facial emotion recognition deficits in patients of schizophrenia. *Indian journal of psychiatry.* 2013;55(3):S409.
- JC Licciardone, CM Kearns, LM Hodge, DE Minotti. Osteopathic manual treatment in patients with diabetes mellitus and comorbid chronic low back pain: subgroup results from the OSTEOPATHIC trial *J Am Osteopath Assoc.* 113 (2013)
- JC Licciardone, CM Kearns, LM Hodge, MVW Bergamini. Associations of cytokine concentrations with key osteopathic lesions and clinical outcomes in patients with nonspecific chronic low back pain: results from the osteopathic trial *J Am Osteopath Assoc.* 112 (9) (2012): 596–605
- Jenkins KT, Tapper K. Resisting chocolate temptation using a brief mindfulness strategy. *Br J Health Psychol.* 2014 Sep;19(3):509–22.
- Jenmalm MC. Re:'Vaginal seeding' after a Caesarean section provides benefits to newborn children: AGAINST: Vaginal microbiome transfer-a medical procedure with clear risks and uncertain benefits. *BJOG an Int J Obstet Gynaecol.* Published online 2020
- Jensen MP, Moore MR, Bockow TB, Ehde DM, Engel JM. Psychosocial factors and adjustment to chronic pain in persons with physical disabilities: a systematic review. *Arch Phys Med Rehabil.* 2011;92:146–160.
- Jensen TL, Kiersgaard MK, Sørensen DB, et al. Fasting of mice: a review. *Lab Anim.* 2013;47(4):225–240.
- Jia W, Zhen J, Liu A, et al. Long-Term Vegan Meditation Improved Human Gut Microbiota. *Evidence-Based Complement Altern Med.* 2020;2020
- Jiang XQ, Mei XD, Feng D. Air pollution and chronic airway diseases: what should people know and do? *J Thorac Dis.* 2016;8(1):E31–E40.
- John, S, Verma, SK, Khanna, GL. The effect of music therapy on salivary cortisol as a reliable marker of pre competition stress in shooting performance. *J Exercise Science and Physiotherapy.* 2012; (6)2:70–77.
- Johnson JB, Summer W, Cutler RG, et al. Alternate day calorie restriction improves clinical findings and reduces markers of oxidative stress and inflammation in overweight adults with moderate asthma. *Free Radic Biol Med.* 2007 Nov 1;43(9):1348.
- Johnson RJ, Gaucher EA, Sautin YY, Henderson GN, Angererhofer AJ, Benner SA. The planetary biology of ascorbate and uric acid and their relationship with the epidemic of obesity and cardiovascular disease. *Med Hypotheses.* 2008;71(1):22–31. DOI: 10.1016/j.mehy.2008.01.017
- Johnston WM, Davey GCL. The psychological impact of negativ TV news bulletins: The catastrophizing of personal worries. *British Journal of Psychology.* 1997; 88: 85–91
- Jong AY, Stins MF, Huang SH, Chen SH, Kim KS. Traversal of Candida albicans across human blood-brain barrier in vitro. *Infect Immun.* 2001;69(7):4536–4544. DOI: 10.1128/IAI.69.7.4536–4544
- Jordan A. R., Micheelis W., Cholmakow-Bodechtel C. Fünfte Deutsche Mundgesundheitsstudie (DMS V). Band 35, Institut der deutschen Zahnärzte, Köln, 2016.

- Jordan JL, Holden MA, Mason EE, Foster NE. Interventions to improve adherence to exercise for chronic musculoskeletal pain in adults. *Cochrane Database Syst Rev*. 2010 Jan 20;2010(1):CD005956.
- Jordan K, Wüstenberg T, Heinze HJ, et al. Women and men exhibit different cortical activation patterns during mental rotation tasks. *Neuropsychologia*. 2002;40(13):2397–2408
- Jordan S, Tung N, Casanova-Acebes M, et al. Dietary Intake Regulates the Circulating Inflammatory Monocyte Pool. *Cell*. 2019;178(5):1102–1114.e17.
- Joshipura K, Ritchie C, Douglass C. Strength of evidence linking oral conditions and systemic disease. *Compend Contin Educ Dent Suppl*. 2000; (30):12–65.
- JR, Ido Y, Kilo C, Williamson JR. Interactions between hyperglycemia and hypoxia: implications for diabetic retinopathy. *Diabetes*. 2004;53(11):2931–2938.
- Juif PE and Pierrick P. Neurohormonal effects of oxytocin and vasopressin receptor agonists on spinal pain processing in male rats. *Pain*. 2013; 154 (8): 1449–1456.
- Juliano LM, Griffiths RR. A critical review of caffeine withdrawal: empirical validation of symptoms and signs, incidence, severity, and associated features. *Psychopharmacology (Berl)*. 2004;176(1):1–29.
- Juster RP , McEwen BS, Lupien SJ. Allostatic load biomarkers of chronic stress and impact on health and cognition. *Neurosci Biobehav Rev*. 2010; 35: 2–16.
- Kabat-Zinn, Jon; Kesper-Grossman, Ulrike (1999): Stressbewältigung durch die Praxis der Achtsamkeit. Freiamt im Schwarzwald: Arbor-Verl.
- Kalyani BG, Venkatasubramanian G, Arasappa R, et al. Neurohemodynamic correlates of 'OM' chanting: A pilot functional magnetic resonance imaging study. *Int J Yoga*. 2011;4(1):3–6.
- Kampa M, Castanas E. Human health effects of air pollution. *Environ Pollut*. 2008 Jan;151(2):362–7. An Z, Jin Y, Li J, et al. Impact of Particulate Air Pollution on Cardiovascular Health. *Curr Allergy Asthma Rep*. 2018 Feb 22;18(3):15.
- Kampa M, Castanas E. Human health effects of air pollution. *Environ Pollut*. 2008 Jan;151(2):362–7.
- Kane M, Cook L. Dementia 2013: the hidden voice of loneliness. London: Alzheimer's Society; 2013.
- Kang WS, Park HJ, Chung JH, Kim JW. REM sleep deprivation increases the expression of interleukin genes in mice hypothalamus. *Neurosci Lett*. 2013;556:73–78.
- Kani AH, Alavian SM, Esmaillzadeh A, et al. Effects of a Low-Calorie, Low-Carbohydrate Soy Containing Diet on Systemic Inflammation Among Patients with Nonalcoholic Fatty Liver Disease: A Parallel Randomized Clinical Trial. *Horm Metab Res*. 2017;49(9):687–692.
- Karavidas MK, Lehrer PM, Vaschillo E, et al. Preliminary Results of an Open Label Study of Heart Rate Kario. *Hypertension*. 2018;71:997–1009
- Karsenty G, Ferron M. The contribution of bone to whole-organism physiology. *Nature*. 2012;481(7381):314–320.
- Kasahara Y, Sato K, Takayanagi Y, et al. Oxytocin receptor in the hypothalamus is sufficient to rescue normal thermoregulatory function in male oxytocin receptor knockout mice. *Endocrinology*. 2013;154(11):4305–15.
- Kassenärztliche Bundesvereinigung (KBV), Umfragen der Forschungsgruppe Wahnen, 2016 und 2017.
- Katiyar SK. Skin photoprotection by green tea: antioxidant and immunomodulatory effects. *Curr Drug Targets Immune Endocr Metabol Disord*. 2003 Sep;3(3):234–42.
- Kato-Kataoka A, Sakai M, Ebina R, Nonaka C, Asano T, Miyamori T. Soybean-derived phosphatidylserine improves memory function of the elderly Japanese subjects with memory complaints. *J Clin Biochem Nutr*. 2010;47(3):246–255.
- Katzmarzyk PT, Church TS, Craig CL, Bouchard C. Sitting time and mortality from all causes, cardiovascular disease, and cancer. *Med Sci Sports Exerc*. 2009 May;41(5):998–1005.
- Kaur S, White S, Bartold M. Periodontal Disease as a Risk Factor for Rheumatoid Arthritis: A Systematic Review. *JBI Libr Syst Rev*. 2012;10(42 Suppl):1–12.
- Kazior Z, Willis SJ, Moberg M, et al. Endurance exercise enhances the effect of strength training on muscle fiber size and protein expression of Akt and mTOR. *PLoS One*. 2016;11(2):e0149082.
- Keller A, Rohde JF, Raymond K, Heitmann BL. Association between periodontal disease and overweight and obesity: a systematic review. *J Periodontol*. 2015;86(6):766–776.
- Kelly JR, Borre Y, O'Brien C, et al. Transferring the blues: depression-associated gut microbiota induces neurobehavioural changes in the rat. *J Psychiatr Res*. 2016;82:109–118.
- Kemp AH, Quintana DS. Review: The relationship between mental and physical health: Insights from the study of heart rate variability. *Int J Psychophysiol* 2013; 89:288–296.
- Kempton MJ, Ettinger U, Foster R, et al. Dehydration affects brain structure and function in healthy adolescents. *Hum Brain Mapp*. 2011;32(1):71–79.
- Kenne Sarenmalm E, Mårtensson LB, Andersson BA, Karlsson P, Bergh I. Mindfulness and its efficacy for psychological and biological responses in women with breast cancer. *Cancer Med*. 2017;6(5):1108–1122.

- Kennedy DO, Scholey AB, Wesnes KA. Modulation of cognition and mood following administration of single doses of Ginkgo biloba, ginseng, and a ginkgo/ginseng combination to healthy young adults. *Physiol Behav.* 2002;75(5):739–751.
- Kertes DA, Liu J, Hall NJ, Hadad NA, Wynne CDL, Bhatt SS. Effect of Pet Dogs on Children's Perceived Stress and Cortisol Stress Response. *Soc Dev.* 2017;26(2):382–401.
- Kerti L, Witte AV, Winkler A, Grittner U, Rujescu D, Flöel A. Higher glucose levels associated with lower memory and reduced hippocampal microstructure. *Neurology.* 2013;81(20):1746–1752.
- Khan HM, Raza SM, Anjum AA, et al. Antiviral, embryo toxic and cytotoxic activities of Astragalus membranaceus root extracts. *Pak J Pharm Sci.* 2019 Jan;32(1):137–142.
- Khan I, Pathan S, Li XA, et al. Far infrared radiation induces changes in gut microbiota and activates GPCRs in mice. *J Adv Res.* 2020;22:145–152
- Khan SU, Khan MU, Riaz H, et al. Effects of Nutritional Supplements and Dietary Interventions on Cardiovascular Outcomes: An Umbrella Review and Evidence Map. *Ann Intern Med.* 2019;171:190–198.
- Khasar SG, Reichling DB, Green PG, et al. Fasting is a physiological stimulus of vagus-mediated enhancement of nociception in the female rat. *Neuroscience.* 2003;119(1):215–21.
- Kiecolt-Glaser JK, Epel ES, Belury MA, Andridge R, Lin J, Glaser R, Malarkey WB, Hwang BS, Blackburn E. Omega-3 fatty acids, oxidative stress, and leukocyte telomere length: A randomized controlled trial. *Brain Behav Immun.* 2013 Feb;28:16–24.
- Kikusui T, Winslow JT, Mori Y. Social buffering: relief from stress and anxiety. *Philos Trans R Soc Lond B Biol Sci.* 2006;361(1476):2215–28
- Kilian J, Kitazawa M. The emerging risk of exposure to air pollution on cognitive decline and Alzheimer's disease - Evidence from epidemiological and animal studies. *Biomed J.* 2018;41(3):141–162.
- Kilpeläinen TO, et al. Multi-ancestry study of blood lipid levels identifies four loci interacting with physical activity. *Nat Commun.* 2019 Jan 22;10(1):376
- Kim D, Chen Z, Zhou LF, et al. Air pollutants and early origins of respiratory diseases. *Chronic Dis Transl Med.* 2018;4(2):75–94.
- Kim G, Kim H, Kim WK, et al. Effect of stretching-based rehabilitation on pain, flexibility and muscle strength in dancers with hamstring injury: a single-blind, prospective, randomized clinical trial. *J Sports Med Phys Fitness.* 2017;58(9):1287–1295.
- Kim H, Kim J, Kim S, et al. Cardiovascular Effects of Long-Term Exposure to Air Pollution: A Population-Based Study With 900 845 Person-Years of Follow-up. *J Am Heart Assoc.* 2017;6(11):e007170.
- Kim S, Kim SJ, Dukyoo J, Oh H. The Effects of a Humor Intervention on the Physiological, Physical, and Psychological Responses of School-aged Children With Atopic Dermatitis in South Korea: A Pilot Study. *J Pediatr Nurs.* 2018;39:e21–e29.
- Kim S, Kwok S, Mayes LC, et al. Early adverse experience and substance addiction: dopamine, oxytocin, and glucocorticoid pathways. *Annals of the New York Academy of Sciences.* 2016; 1394: 74–91.
- Kim YR, Harden FA, Toms LM, et al. Health consequences of exposure to brominated flame retardants: a systematic review. *Chemosphere.* 2014 Jul;106:1–19.
- Kindler E, Thiel V. SARS-CoV and IFN: Too Little, Too Late. *Cell Host Microbe.* 19 (2016).139–141
- King, L. A. (2001). The health benefits of writing about life goals. *Personality and Social Psychology Bulletin,* 27, 798–807.
- Kipnis J, Filiano AJ. The central nervous system: privileged by immune connections. *Nat Rev Immunol.* 2018 Feb;18(2):83–84
- Kipnis J, Filiano AJ. The central nervous system: privileged by immune connections. *Nat Rev Immunol.* 2018 Feb;18(2):83–84
- Kirby ED, Muroy SE, Sun WG, et al. Acute stress enhances adult rat hippocampal neurogenesis and activation of newborn neurons via secreted astrocytic FGF2. *Elife.* 2013;2:e00362.
- Kirchgessner TG, Chuat JC, Heinzmann C, et al. Organization of the human lipoprotein lipase gene and evolution of the lipase gene family. *Proc Natl Acad Sci U S A.* 1989;86(24):9647–9651.
- Kirkamm, Ganzimmun: https://www.dr-kirkamm.de/get_pdf/40_Zugriff_12/2020
- Kirmaz C, Bayrak P, Yilmaz O, et al. Effects of glucan treatment on the Th1/Th2 balance in patients with allergic rhinitis: a double-blind placebo-controlled study. *European Cytokine Network.* 2005;16(2):128–134.
- Kirschbaum C, Klauer T, Filipp SH, et al. Sex-specific effects of social support on cortisol and subjective responses to acute psychological stress. *Psychosom Med.* 1995 Jan-Feb;57(1):23–31.
- Kjeldsen-Kragh J, Haugen M, Borchgrevink CF, et al. Controlled trial of fasting and one-year vegetarian diet in rheumatoid arthritis. *Lancet.* 1991;338(8772): 899–902.
- Kleemans M, Schlindwein LF, Dohmen R, Preadolescents' Emotional and Prosocial Responses to Negative TV News: Investigating the Beneficial Effects of Constructive Reporting and Peer Discussion. *J Youth Adolescence.* 2017; 46: 2060–2072

- Klein AV, Kiat H. The mechanisms underlying fructose-induced hypertension: a review. *J Hypertens.* 2015;33(5):912–920.
- Klempel MC, Bhutani S, Fitzgibbon M, Freels S, Vary KA. Dietary and physical activity adaptations to alternate day modified fasting: implications for optimal weight loss. *Nutr J.* 2010;9:35. Published 2010 Sep 3.
- Kleszczyński K, Ernst IM, Wagner AE, et al. Sulforaphane and phenylethyl isothiocyanate protect human skin against UVR-induced oxidative stress and apoptosis: role of Nrf2-dependent gene expression and antioxidant enzymes. *Pharmacol Res.* 2013 Dec;78:28–40.
- Klinder A, Shen Q, Heppel S, et al. Impact of increasing fruit and vegetables and flavonoid intake on the human gut microbiota. *Food Funct.* 2016 Apr;7(4):1788–96.
- Knaepen K, Goekint M, Heyman EM, Meeusen R. Neuroplasticity - exercise-induced response of peripheral brain-derived neurotrophic factor: a systematic review of experimental studies in human subjects. *Sports Med.* 2010 Sep 1;40(9):765–801.
- Knek P, Järvinen R, Rissanen H, Heliövaara M, Aromaa A. Does sauna bathing protect against dementia? *Prev Med Rep.* 2020 Oct 2;20:101221.
- Köhncke Y, Papenberg G, Jonasson L, et al. Self-rated intensity of habitual physical activities is positively associated with dopamine D2/3 receptor availability and cognition. *Neuroimage.* 2018 Nov 1;181:605–616.
- Koelsch S, Fuermetz J, Sack U, et al. Effects of Music Listening on Cortisol Levels and Propofol Consumption during Spinal Anesthesia. *Front Psychol.* 2011;2:58.
- Koelsch S. Towards a neural basis of music-evoked emotions. *Trends in Cognitive Sciences.* 2010;14(3):131–137 in *Cognitive Sciences.* 2010;14(3):131–137
- Kojima S, Stewart RA, Demas GE, et al. Maternal contact differentially modulates central and peripheral oxytocin in rat pups during a brief regime of mother-pup interaction that induces a filial huddling preference. *Journal of Neuroendocrinology.* 2012; 24: 831–840.
- Kok BE, Coffey KA, Cohn MA, et al. How positive emotions build physical health: perceived positive social connections account for the upward spiral between positive emotions and vagal tone. *Psychol Sci.* 2013 Jul 1;24(7):1123–32.
- Koltai E, Szabo Z, Atalay M, et al. Exercise alters SIRT1, SIRT6, NAD and NAMPT levels in skeletal muscle of aged rats. *Mech Ageing Dev.* 2010 Jan;131(1):21–8
- Kolwicz SC Jr, Tian R. Metabolic therapy at the cross-road: how to optimize myocardial substrate utilization?. *Trends Cardiovasc Med.* 2009;19(6):201–207.
- Komisaruk, B. R., & Sansone, G. Neural pathways mediating vaginal function: the vagus nerves and spinal cord oxytocin. *Scandinavian Journal of Psychology.* 2003; 44(3), 241–250.
- Konkel JE, O'Boyle C, Krishnan S. Distal Consequences of Oral Inflammation. *Front Immunol.* 2019;10:1403.
- Korpela K, Salonen A, Vepsäläinen O, et al. Probiotic supplementation restores normal microbiota composition and function in antibiotic-treated and in caesarean-born infants. *Microbiome.* 2018;6(1):1–11
- Kostov K, Halacheva L. Role of Magnesium Deficiency in Promoting Atherosclerosis, Endothelial Dysfunction, and Arterial Stiffening as Risk Factors for Hypertension. *Int J Mol Sci.* 2018 Jun 11;19(6):1724.
- Kowalski, R. M. (1996). Complaints and complaining: Functions, antecedents, and consequences. *Psychological Bulletin, 119*(2), 179–196.
- Kowalski, R. M., Allison, B., Giumenti, G.W., Turner, J., Whittaker, E., Frazee, L. & Stephens, J. (2014). Pet Peeves and Happiness: How Do Happy People Complain? *Journal of Social Psychology, 154*.
- Kowlgi NG, Chhabra L. D-lactic acidosis: an underrecognized complication of short bowel syndrome. *Gastroenterol Res Pract.* 2015;2015:476215.
- Krause EG, de Kloet AD, Flak JN, Smeltzer MD, Solomon MB, Evanson NK, Woods SC, Sakai RR, Herman JP. Hydration state controls stress responsiveness and social behavior. *Journal of Neuroscience.* 2011;31(14):5470–6.
- Kravitz HM, Katz RS. Fibrofog and fibromyalgia: a narrative review and implications for clinical practice. *Rheumatol Int.* 2015;35(7):1115–1125.
- Kreyling WG. Discovery of unique and ENM- specific pathophysiological pathways: Comparison of the translocation of inhaled iridium nanoparticles from nasal epithelium versus alveolar epithelium towards the brain of rats. *Toxicol Appl Pharmacol.* 2016;299:41–46.
- Krishnamoorthy Y, Sarveswaran G, Sivarajini K, et al. Association between Indoor Air Pollution and Cognitive Impairment among Adults in Rural Puducherry, South India. *J Neurosci Rural Pract.* 2018;9(4):529–534.
- Kroenke CH, Caan BJ, Stefanick ML, et al. Effects of a dietary intervention and weight change on vasomotor symptoms in the Women's Health Initiative. *Menopause.* 2012;19(9):980–988
- Kromenacker BW, Sanova AA, Marcus Fl. Vagal Medication of Low-Frequency Heart Rate Variability During Slow Yogic Breathing. *Psychosom Med.* 2018 Jul/Aug; 80(6):581–587.
- Krug S, Jordan S, Mensink GBM, et al. Körperliche Aktivität: Ergebnisse der Studie zur Gesundheit Erwachsener in Deutschland (DEGS1). *Bundesgesundheitsblatt - Gesundheitsforsch - Gesundheitsschutz.* 2013;56(5–6): 765–771.

- Krüger K, Mooren FC, Pilat C. The Immunomodulatory Effects of Physical Activity. *Curr Pharm Des.* 2016; 22(24):3730–48.
- Kubota Y, Chen LY, Whitsel EA, Folsom AR. Heart rate variability and lifetime risk of cardiovascular disease: the Atherosclerosis Risk in Communities Study. *Ann Epidemiol.* 2017;27(10):619–625.e2.
- Kulkarni SK, Dhir A. An overview of curcumin in neurological disorders. *Indian J Pharm Sci.* 2010;72(2):149–154.
- Sarker MR, Franks SF. Efficacy of curcumin for age-associated cognitive decline: a narrative review of preclinical and clinical studies. *Geroscience.* 2018;40(2):73–95.
- Kumanyika S, Jeffery RW, Morabia A, et al. Public Health Approaches to the Prevention of Obesity (PHAO) Working Group of the International Obesity Task Force (IOTF). Obesity prevention: the case for action. *Int J Obes Relat Metab Disord.* 2002; 26:425–436.
- Kumanyika SK, Obarzanek E, Stettler N, et al. Population-based prevention of obesity: the need for comprehensive promotion of healthful eating, physical activity, and energy balance: a scientific statement from American Heart Association Council on Epidemiology and Prevention, Interdisciplinary Committee for Prevention (formerly the expert panel on population and prevention science). *Circulation.* 2008 Jul 22;118(4):428–64.
- Kumar A, Singh BP, Punia M, et al. Assessment of indoor air concentrations of VOCs and their associated health risks in the library of Jawaharlal Nehru University, New Delhi. *Environ Sci Pollut Res Int.* 2014;21:2240–8.
- Kumpu M, Kekkonen RA, Korpela R. Effect of live and inactivated Lactobacillus rhamnosus GG on experimentally induced rhinovirus colds: randomised, double blind, placebo-controlled pilot trial. *Benef Microbes.* 2015;6(5):631–9.
- Kuo LC, Polson AM, Kang T. Associations between periodontal diseases and systemic diseases: a review of the inter-relationships and interactions with diabetes, respiratory diseases, cardiovascular diseases and osteoporosis. *Public Health.* 2008;122(4):417–433.
- Kurt OK, Zhang J, Pinkerton KE. Pulmonary health effects of air pollution. *Curr Opin Pulm Med.* 2016;22(2):138–143.
- Kuszewski JC, Wong RHX, Howe PRC. Can Curcumin Counteract Cognitive Decline? Clinical Trial Evidence and Rationale for Combining ω-3 Fatty Acids with Curcumin. *Adv Nutr.* 2018;9(2):105–113.
- L, Zeitz J, Mwinyi J, et al. Smoking cessation induces profound changes in the composition of the intestinal microbiota in humans. *PLoS One.* 2013;8(3):e59260.
- Lachman ME, Lipsitz L, Lubben J, Castaneda-Sceppa C, Jette AM. When Adults Don't Exercise: Behavioral Strategies to Increase Physical Activity in Sedentary Middle-Aged and Older Adults. *Innov Aging.* 2018 Jan; 2(1):igy007.
- Laine Green A, Weaver DF. Vagal stimulation by manual carotid sinus massage to acutely suppress seizures. *J Clin Neurosci.* 2014 Jan;21(1):179–80.
- Lancet. 2017; 389: 1907–1918. GBD 2015 Risk Factors Collaborators Global, regional, and national comparative risk assessment of 79 behavioural, environmental and occupational, and metabolic risks or clusters of risks, 1990–2015: a systematic analysis for the global Burden of Disease Study 2015. *Lancet.* 2016; 388: 1659–1724
- Lane JD, Adcock RA, Williams RB, et al. Caffeine effects on cardiovascular and neuroendocrine responses to acute psychosocial stress and their relationship to level of habitual caffeine consumption. *Psychosom Med.* 1990 May-Jun;52(3):320–36.
- Larsson SC, Bergkvist L, Wolk A. Consumption of sugar and sugar-sweetened foods and the risk of pancreatic cancer in a prospective study. *Am J Clin Nutr.* 2006 Nov;84(5):1171–6.
- Laukkanen T, Khan H, Zaccardi F, Laukkanen JA. Association between sauna bathing and fatal cardiovascular and all-cause mortality events. *JAMA Intern Med.* 2015 Apr;175(4):542–8.
- Laurent HK, Hertz R, Nelson B, et al. Mindfulness during romantic conflict moderates the impact of negative partner behaviors on cortisol responses. *Horm Behav.* 2016 Mar;79:45–51.
- Lavie L. Obstructive sleep apnoea syndrome – an oxidative stress disorder. *Sleep Med Rev.* 2003;7(1):35–51
- Law LF, Sluka KA. How does physical activity modulate pain?. *Pain.* 2017;158(3):369–370.
- Law RYW, Harvey LA, Nicholas MK, et al. Stretch exercises increase tolerance to stretch in patients with chronic musculoskeletal pain: a randomized controlled trial. *Phys Ther.* 2009;89(10):1016–1026.
- Lee BJ, Kim B, Lee K. Air pollution exposure and cardiovascular disease. *Toxicol Res.* 2014;30(2):71–75. DOI: 10.5487/TR.2014.30.2.071
- Lee BJ, Kim B, Lee K. Air pollution exposure and cardiovascular disease. *Toxicol Res.* 2014;30(2):71–75.
- Lee DC, Shook RP, Drenowatz C, et al. Physical activity and sarcopenic obesity: definition, assessment, prevalence and mechanism. *Future Sci OA.* 2016;2(3):FSO127. Published 2016 Jul 14. DOI: 10.4155/fsoa-2016-0028
- Lee DH, Chon J, Kim Y, et al. Association between vitamin D deficiency and cognitive function in the elderly Korean population: A Korean frailty and aging cohort study. *Medicine (Baltimore).* 2020;99(8):e19293.

- Lee J, Kuk JL, Ardern CI. The relationship between changes in sitting time and mortality in post-meno-pausal US women. *J Public Heal* (United Kingdom). 2016;38(2):270–278.
- Lee JB, Shin YO, Min YK, Yang HM. The effect of Oligonol intake on cortisol and related cytokines in healthy young men. *Nutr Res Pract*. 2010;4(3):203–207.
- Lee JB, Miyake S, Umetsu R. Anti-influenza A virus effects of fructan from Welsh onion (*Allium fistulosum* L.). *Food Chem*. 2012 Oct 15;134(4):2164–8.
- Lee JH, Roh MR, Lee KH. Effects of infrared radiation on skin photo-aging and pigmentation. *Yonsei Med J*. 2006;47(4):485–490. DOI: 10.3349/ymj.2006.47.4.485
- Lee KK, Miller MR, Shah ASV. Air Pollution and Stroke. *J Stroke*. 2018;20(1):2–11.
- Lee PH, Wong FK. The association between time spent in sedentary behaviors and blood pressure: a systematic review and meta-analysis. *Sports Med*. 2015 Jun;45(6):867–80.
- Lehrer P, Eddie D. Dynamic processes in regulation and some implications for biofeedback and biobehavioral interventions. *Appl Psychophysiol Biofeedback* 2013;38:143–155.
- Lehrer PM, Gevirtz R. Heart rate variability biofeedback: How and why does it work? *Front Psychol* 2014;5:1–9.
- Lehrer PM, Vaschillo E, Vaschillo B, et al. Biofeedback treatment for asthma. *CHEST* 2004;126:352–361.
- Leib DE, Zimmerman CA, Knight ZA. Thirst. *Curr Biol*. 2016 Dec 19;26(24):R1260-R1265.
- Leiter U, Garbe C. Epidemiology of melanoma and non-melanoma skin cancer—the role of sunlight. *Sunlight, Vitam D Ski cancer*. Published online 2008:89–103
- Lengacher, C. A., Johnson-Mallard, V., Post-White, J., Moscoso, M. S., Jacobsen, P. B., Klein, T. W., et al. (2009). Randomized controlled trial of mindfulness-based stress reduction (MBSR) for survivors of breast cancer. *Psycho-Oncology*, 18(12), 1261– 1272.
- Lenoir M, Serre F, Cantin L, Ahmed SH. Intense sweetness surpasses cocaine reward. *PLoS One*. 2007;2(8):e698.
- Leproult R, Copinschi G, Buxton O, et al. Sleep loss results in an elevation of cortisol levels the next evening. *Sleep*. 1997 Oct;20(10):865–70.
- Lerchl A (2007) *Macht Mobilfunk krank?: Daten, Fakten, Hintergründe*. Zuckschwerdt, München
- Lettieri-Barbato D, Cannata SM, Casagrande V, Ciarioli MR, Aquilano K. Time-controlled fasting prevents aging-like mitochondrial changes induced by persistent dietary fat overload in skeletal muscle. *PLoS One*. 2018;13(5):e0195912
- Leuchtmann AB, Mueller SM, Aguayo D, et al. Resistance training preserves high-intensity interval training induced improvements in skeletal muscle capillarization of healthy old men: a randomized controlled trial. *Sci Rep*. 2020;10(1):1–10.
- Levine PA *Accumulated Stress, Reserve Capacity and Disease*. Ann Arbor, MI: 1977; University of California, Berkeley.
- Levy A, Salamon A, Tucci M, Limebeer CL, Parker LA, Leri F. Co-sensitivity to the incentive properties of palatable food and cocaine in rats; implications for co-morbid addictions. *Addict Biol*. 2013 Sep;18(5):763–73.
- Lewit K, Simons DG. Myofascial pain: relief by post-isometric relaxation. *Arch Phys Med Rehabil*. 1984;65(8):452–456.
- Li C, Lv Z, Shi Z, et al. Periodontal therapy for the management of cardiovascular disease in patients with chronic periodontitis. *Cochrane Database Syst Rev*. 2017;11(11):CD009197.
- Li F, Li Y, Duan Y, Hu CA, Tang Y, Yin Y. Myokines and adipokines: Involvement in the crosstalk between skeletal muscle and adipose tissue. *Cytokine Growth Factor Rev*. 2017 Feb;33:73–82.
- Li JH, Wang ZH, Zhu XJ, et al. Health effects from swimming training in chlorinated pools and the corresponding metabolic stress pathways. *PLoS One*. 2015;10(3):e0119241.
- Li Q, Kobayashi M, Inagaki H, et al. A day trip to a forest park increases human natural killer activity and the expression of anti-cancer proteins in male subjects. *J Biol Regul Homeost Agents*. 2010a Apr-Jun; 24(2):157–65
- Li Q, Kobayashi M, Kawada T. Effect of forest environment on the human endocrine system. In: Li Q (Hrsg.) *Forest Medicine*, Nova Biomedical Verlag, New York, 2012, S. 87–102.
- Li Q, Kobayashi M, Yoko Wakayama Y et al. Effect of phytoncides from forest environments on immune function. In: Li Q (Hrsg.) *Forest Medicine*, Nova Biomedical Verlag, New York, 2012, S. 157–168.
- Li Q, Kawada T. Effect of forest environment on human immune function, in: Li Q (Hrsg.) *Forest Medicine*. Nova Biomedical Verlag, New York, 2012, S. 70f.
- Li Q, Kobayashi M, Wakayama Y. Effect of phytoncide from trees on human natural killer cell function. *Int J Immunopathol Pharmacol*. 2009 Oct-Dec;22(4):951–9.
- Li Q. Effect of forest bathing trips on human immune function. *Environ Health Prev Med*. 2010; 15(1):9–17
- Li Q: Benefit of forest and forest environment on human health in a green care context – an introduction to forest medicine. In: Gallis C (Hrsg.) *Green care for human therapy, social innovation, rural economy, and education*. Nova Biomedical Verlag, New York, 2012, S. 139.
- Li S, Mao Y, Zhou F, et al. Gut microbiome and osteoporosis: a review. *Bone Joint Res*. 2020;9(8):524–530

- Li, D. Chemistry behind Vegetarianism. *J. Agric. Food Chem.* 2011; 59, 777–784.
- Licciardone JC, Brimhall AK, King LN. Osteopathic manipulative treatment for low back pain: a systematic review and meta-analysis of randomized controlled trials. *BMC Musculoskelet Disord.* 2005 Aug 4;6:43.
- Licciardone JC, Schultz MJ, Amen B. Osteopathic Manipulation in the Management of Chronic Pain: Current Perspectives. *J Pain Res.* 2020;13:1839–1847.
- Liem T. Moser M. Biologische Rhythmen und ihre Bedeutung für die Osteopathie, Osteopathische Medizin 2016; 17 (1), 22–26.
- Liem T. A.T. Still's Osteopathic Lesion Theory and Evidence-Based Models Supporting the Emerged Concept of Somatic Dysfunction, *The Journal of the American Osteopathic Association* 2016; 116 (10), 654–656.
- Liem T. Intuitive Judgement in the Context of Osteopathic Clinical Reasoning, *Journal of the American Osteopathic Association* 2017; (9), 586–594.
- Liem T, Havel M. Der suprachiasmatische Nukleus und seine klinische Bedeutung. *Osteop Med.* 2018; 19 (4) 2–16.
- Liem T, Neuhuber W. Osteopathic Treatment Approach to Psychoemotional Trauma by Means of Bifocal Integration. *J Am Osteopath Assoc.* 2020 Mar 1;120(3): 180–189.
- Liem T, Neuhuber W. Psychosomatische Osteopathie bei Trauma am Beispiel der bifokalen Integration. *Osteopathische Medizin* 2020. 4: 6–13
- Liem T. OMT bei der Behandlung von Infektionskrankheiten zu Beginn des 20. Jahrhunderts: Mit Anmerkungen aus aktuellen Forschungen und Behandlungsmodalitäten, *Osteopathische Medizin* 2020; 21 (2), 4–9.
- Liem T, Vogt R, Neuhuber W. Hirnnerven. In: Liem T. Praxis der kraniosakralen Osteopathie. Thieme, Stuttgart, 2017.
- Liem T, Dobler T, Puylaert M. Leitfaden viszeraler Osteopathie. 3. Auflage, Elsevier, München, 2020.
- Liem T, Neuhuber W. Psychosomatische Osteopathie bei Trauma am Beispiel der bifokalen Integration. *Osteop Med.* 2020; 21(4): 6–13.
- Liem T, Neuhuber W. Kritik an der Polyvagaltheorie. DO – Deutsche Zeitschrift für Osteopathie. 2021; 19: 34–37.
- Liem T. Psychosomatische Osteopathie. München, Elsevier, München, 2022
- Light KC, Grewen KM, Amico JA. More frequent partner hugs and higher oxytocin levels are linked to lower blood pressure and heart rate in premenopausal women. *Biol Psychol.* 2005 Apr;69(1):5–21.
- Lim EY, Lee S-Y, Shin HS, et al. The Effect of Lactobacillus acidophilus YT1 (MENOLACTO) on Improving Menopausal Symptoms: A Randomized, Double-Blinded, Placebo-Controlled Clinical Trial. *J Clin Med.* 2020;9(7):2173
- Limate MA, Ratner AJ. 'Vaginal seeding' after a caesarean section provides benefits to newborn children: AGAINST: Vaginal microbiome transfer-a medical procedure with clear risks and uncertain benefits. *BJOG an Int J Obstet Gynaecol.* 2019;127(2):302
- Lin F, Parthasarathy S, Taylor SJ, et al. Effect of different sitting postures on lung capacity, expiratory flow, and lumbar lordosis. *Arch Phys Med Rehabil.* 2006 Apr;87(4):504–9.
- Lin G, Xiang Q, Fu X, et al. Heart rate variability biofeedback decreases blood pressure in prehypertensive subjects by improving autonomic function and baroreflex. *J Altern Complement Med* 2012;18:143–152.
- Lin YH, Liu AH, Xu Y, et al. Effect of chronic unpredictable mild stress on brain-pancreas relative protein in rat brain and pancreas. *Behav Brain Res.* 2005 Nov 30;165(1):63–71.
- Lindequist U, Niedermeyer THJ, Juelich WD. The Pharmacological Potential of Mushrooms. *eCAM* 2005;2(3):285–299
- Linnemann A, Kappert MB, Fischer S, Doerr JM, Strahler J, Nater UM. The effects of music listening on pain and stress in the daily life of patients with fibromyalgia syndrome. *Front Hum Neurosci.* 2015;9:434.
- Liponis, Mark. The Hunter/Farmer Diet Solution (Healthy Living (Hay House)). Hay House. Kindle-Version.
- Lippmann M. Health effects of ozone. A critical review. *JAPCA.* 1989;39:672–95.
- Littlejohns TJ, Kos K, Henley WE, et al. Vitamin D and dementia. *J Prev Alzheimers Dis* 2016;3:43–52.
- Little JP, Gillen JB, Percival ME, et al. Low-volume high-intensity interval training reduces hyperglycemia and increases muscle mitochondrial capacity in patients with type 2 diabetes. *J Appl Physiol.* 2011;111(6):1554–1560.
- Liu H, Javaheri A, Godar RJ, et al. Intermittent fasting preserves beta-cell mass in obesity-induced diabetes via the autophagy-lysosome pathway. *Autophagy.* 2017;13(11):1952–1968.
- Liu H, Wang L, Geng Z, et al. A voxelbased morphometric study of age- and sex-related changes in white matter volume in the normal aging brain. *Neuropsychiatr Dis Treat.* 2016;12:453–65.
- Liu JJW, Reed M, Vickers K. Reframing the individual stress response: Balancing our knowledge of stress to improve responsivity to stressors. *Stress Health.* 2019;35(5):607–616.
- Liu L, Lu Y, Bi X, et al. Choline ameliorates cardiovascular damage by improving vagal activity and inhibiting the inflammatory response in spontaneously hypertensive rats. *Sci Rep.* 2017;7:42553.

- Liu MY, Li N, Li WA, Khan H. Association between psychosocial stress and hypertension: a systematic review and meta-analysis. *Neurol Res.* 2017 Jun;39(6):573–580.
- Lluch Girbes E, Meeus M, Baert I, et al. Balancing “handson” with “hands-off” physical therapy interventions for the treatment of central sensitization pain in osteoarthritis. *Man Ther.* 2015;20(2):349–352.
- LM Hodge, HF. Downey. Lymphatic pump treatment enhances the lymphatic and immune systems *Exp Biol Med*, 236 (2011): 1109–1115.
- LM Hodge, HH King, AG Williams, et al. Abdominal lymphatic pump treatment increases leukocyte count and flux in thoracic duct lymph *Lymphat Res Biol*, 5 (2) (2007): 127–133.
- LM Hodge, MK Bearden, A Schander, et al. Lymphatic pump treatment mobilizes leukocytes from the gut associated lymphoid tissue into lymph *Lymphat Res Biol*, 8 (2) (2010): 103–110.
- Loprinzi PD. Sedentary behavior and predicted 10-yr risk for a first atherosclerotic cardiovascular disease (ASCVD) event using the pooled cohort risk equations among US adults. *Int J Cardiol.* 2016 Jan 15;203:443–4.
- Lorenzo S, Nicotra CM, Mentreddy AR, et al. Assessment of Pulmonary Function After Osteopathic Manipulative Treatment vs Standard Pulmonary Rehabilitation in a Healthy Population. *J Am Osteopath Assoc.* 2019 Feb 11. DOI: 10.7556/jaoa.2019.026
- Louie D, Brook K, Frates E. The Laughter Prescription: A Tool for Lifestyle Medicine. *Am J Lifestyle Med.* 2016;10(4):262–267. Published 2016 Jun 23.
- Louis Vv, Zhao S. Effects of Family Structure, Family SES, and Adulthood Experiences on Life Satisfaction. *Journal of Family Issues.* 2002;23(8):986–1005. DOI: 10.1177/019251302237300
- Louw A, Diener I, Butler DS, et al. The effect of neuroscience education on pain, disability, anxiety, and stress in chronic musculoskeletal pain. *Arch Phys Med Rehabil.* 2011 Dec;92(12):2041–56.
- Louw A, Farrell K, Landers M, et al. The effect of manual therapy and neuroplasticity education on chronic low back pain: a randomized clinical trial. *J Man Manipulat Ther.* 2016;1–8.
- Louw A, Farrell K, Wettach L, et al. Immediate effects of sensory discrimination for chronic low back pain: a case series. *NZ J Physio.* 2015;43(2):58–63.
- Louw A, Nijs J, Puentedura EJ. A clinical perspective on a pain neuroscience education approach to manual therapy. *J Man Manipul Ther.* 2017;25(3):160–168.
- Louw A, Zimney K, O’Hotto C, et al. The clinical application of teaching people about pain. *Physiother Theory Pract.* 2016 Jul;32(5):385–95.
- Lovallo WR, Farag NH, Vincent AS, Thomas TL, Wilson MF. Cortisol responses to mental stress, exercise, and meals following caffeine intake in men and women. *Pharmacol Biochem Behav.* 2006;83(3):441–447.
- Lovallo WR, Whitsett TL, al’Absi M, Sung BH, Vincent AS, Wilson MF. Caffeine stimulation of cortisol secretion across the waking hours in relation to caffeine intake levels. *Psychosom Med.* 2005;67(5):734–739.
- Lozupone CA, Stombaugh JI, Gordon JI. Diversity, stability and resilience of the human gut microbiota. *Nature.* 2012;489(7415):220–230
- Lu WA, Chen GY, Kuo CD. Foot reflexology can increase vagal modulation, decrease sympathetic modulation, and lower blood pressure in healthy subjects and patients with coronary artery disease. *Altern Ther Health Med.* 2011 Jul-Aug;17(4):8–14.
- Lu WA, Kuo CD. Breathing frequency-independent effect of Tai Chi Chuan on autonomic modulation *Clinical Autonomic Research.* 2014; 2.
- Lu WA, Kuo CD. The effect of Tai Chi Chuan on the autonomic nervous modulation in older persons. *Med Sci Sports Exerc.* 2003 Dec;35(12):1972–6.
- Lucht S, Hennig F, Moebus S, et al. Air pollution and diabetes-related biomarkers in non-diabetic adults: A pathway to impaired glucose metabolism? *Environ Int.* 2019 Mar;124:370–392.
- Lucht SA, Hennig F, Matthiessen C, et al. Air Pollution and Glucose Metabolism: An Analysis in Non-Diabetic Participants of the Heinz Nixdorf Recall Study. *Environ Health Perspect.* 2018;126(4):047001.
- Luck MR and Jungclas B. Catecholamines and ascorbic acid as stimulators of bovine ovarian oxytocin secretion. *Journal of endocrinology.* 1987; 114(3): 423–430.
- Lush, E., Salmon, P., Floyd, A., Studts, J. L., Weissbecker, I., & Sephton, S. E. (2009). Mindfulness meditation for symptom reduction in fibromyalgia: psychophysiological correlates. *Journal of Clinical Psychology in Medical Settings,* 16(2), 200–207.
- Lynall M. Neuropsychiatric symptoms in lupus. *Lupus.* 2018;27(1_suppl):18–20.
- Lyubomirsky S, Dickerhoof R, Boehm JK, Sheldon KM. Becoming happier takes both a will and a proper way: an experimental longitudinal intervention to boost well-being. *Emotion.* 2011;11(2):391–402.
- Lyubomirsky S, Sheldon KM, Schkade D: Pursuing Happiness: The Architecture of Sustainable Change. *Review of General Psychology.* 2005, Vol. 9, No. 2, 111–131.
- M, Scoditti E, Carluccio MA, et al. Effects of Olive Oil on Blood Pressure: Epidemiological, Clinical, and Mechanistic Evidence. *Nutrients.* 2020;12(6):1548.
- M. Hansen MM, Jones R, Tocchini K. Shinrin-Yoku (Forest Bathing) and Nature Therapy: A State-of-the-Art Review. *Int. J. Environ. Res. Public Health* 2017, 14, 851.

- Ma X, Yue ZQ, Gong ZQ, et al. The Effect of Diaphragmatic Breathing on Attention, Negative Affect and Stress in Healthy Adults. *Front Psychol.* 2017;8:874.
- Mackie P, Weerasekara I, Crowfoot G, et al. What is the effect of interrupting prolonged sitting with frequent bouts of physical activity or standing on first or recurrent stroke risk factors? A scoping review. *PLoS One.* 2019;14(6):e0217981.
- MacLean CR, Walton KG, Wenneberg SR. Effects of the Transcendental Meditation program on adaptive mechanisms: changes in hormone levels and responses to stress after 4 months of practice. *Psychoneuroendocrinology.* 1997 May;22(4):277–95.
- Macpherson H, Teo WP, Schneider LA, Smith AE. A Life-Long Approach to Physical Activity for Brain Health. *Front Aging Neurosci.* 2017;9:147.
- MacLean, P. D. (1990). The triune brain in evolution: Role in paleocerebral functions. New York, NY: Plenum Press.
- Maddock J, Zhou A, Cavadino A, et al. Vitamin D and cognitive function: A Mendelian randomisation study. *Sci Rep.* 2017;7(1):13230.
- Madika AL, Mounier-Vehier C. Tabac et pression artérielle: une relation complexe à mieux connaître [Smoking and blood pressure: A complex relationship]. *Presse Med.* 2017 Jul-Aug;46(7–8 Pt 1):697–702.
- Madrigal-Santillán E, Madrigal-Bujaidar E, Álvarez-González I, Sumaya-Martínez MT, Gutiérrez-Salinas J, Bautista M, Morales-González Á, García-Luna y González-Rubio M, Aguilar-Faisal JL, Morales-González JA. Review of natural products with hepatoprotective effects. *World J Gastroenterol.* 2014 Oct 28;20(40):14787–804.
- Maestroni G. The melatonin-cytokine connection in rheumatoid arthritis. *Ann Rheum Dis.* 2005; 64(8): 1109–1111.
- Mager DE, Wan R, Brown M. Caloric restriction and intermittent fasting alter spectral measures of heart rate and blood pressure variability in rats. *FASEB J.* 2006 Apr;20(6):631–7.
- Magnon V, Vallet GT, Auxiette C. Sedentary Behavior at Work and Cognitive Functioning: A Systematic Review. *Front Public Health.* 2018;6:239.
- Mahboubi M. Evening Primrose (*Oenothera biennis*) oil in management of female ailments. *J menopausal Med.* 2019;25(2):74.
- Mahdi AA, Shukla KK, Ahmad MK, et al. Withania somnifera Improves Semen Quality in Stress-Related Male Fertility [published online ahead of print, 2009 Sep 29]. *Evid Based Complement Alternat Med.* 2009;2011:576962.
- Maher BA, Ahmed IAM, Karloukovski V, et al. Magnetite pollution nanoparticles in the human brain. *Proc Natl Acad Sci USA.* 2016; 113(39):10797–10801.
- Maillard F, Roussel S, Pereira B, et al. High-intensity interval training reduces abdominal fat mass in postmenopausal women with type 2 diabetes. *Diabetes Metab.* 2016;42(6):433–441.
- Mäkinen TM, Mäntysaari M, Pääkkönen T. Autonomic nervous function during whole-body cold exposure before and after cold acclimation. *Aviat Space Environ Med.* 2008 Sep;79(9):875–82.
- Malcolm M, Frost H, Cowie J. Loneliness and social isolation causal association with health-related lifestyle risk in older adults: a systematic review and meta-analysis protocol. *Syst Rev.* 2019;8(1):48.
- Malinowski, B., Zalewska, K., Węsierska, A., Sokołowska, M. M., Socha, M., Liczner, G., Pawlak-Osińska, K., & Wiciński, M. (2019). Intermittent fasting in cardiovascular disorders—an overview. *Nutrients,* 11(3), 1–18. DOI: 10.3390/nu11030673
- Malliaropoulos N, Papalexandris S, Papalada A, et al. The role of stretching in rehabilitation of hamstring injuries: 80 athletes follow-up. *Med Sci Sports Exerc.* 2004;36(5):756–759.
- Malouf M, Grimley Ej, Areosa SA. Folic acid with or without vitamin B12 for cognition and dementia. *Cochrane Database Syst Rev.* 2003;(4):CD004514.
- Malouf R, Grimley Evans J. Folic acid with or without vitamin B12 for the prevention and treatment of healthy elderly and demented people. *Cochrane Database Syst Rev.* 2008;(4):CD004514.
- Malouf R, Grimley Evans J. The effect of vitamin B6 on cognition. *Cochrane Database Syst Rev.* 2003;(4):CD004393.
- Man K, Loudon A, Chawla A. Immunity around the clock. *Science.* 2016; 354(6315):999–1003.
- Mandolesi L, Polverino A, Montuori S, et al. Effects of Physical Exercise on Cognitive Functioning and Well-being: Biological and Psychological Benefits. *Front Psychol.* 2018;9:509.
- Mangano NG, Clementi G, Costantino G, et al. Effect of acetyl-L-carnitine on ethanol consumption and alcohol abstinence syndrome in rats. *Drugs Exp Clin Res.* 2000;26(1):7–12.
- Mangge H, Becker K, Fuchs D, et al. Antioxidants, inflammation and cardiovascular disease. *World J Cardiol.* 2014; 6(6): 462–477.
- Manosalidis I, Stavropoulou E, Stavropoulos A, Bezirzoglou E. Environmental and Health Impacts of Air Pollution: A Review. *Front Public Health.* 2020;8:14.
- Mann DL. Innate immunity and the failing heart: the cytokine hypothesis revisited. *Circ Res.* 2015 Mar 27;116(7):1254–68.

- Manoel ME, Harris-Love MO, Danoff JV, et al. Acute effects of static, dynamic, and proprioceptive neuromuscular facilitation stretching on muscle power in women. *J Strength Cond Res.* 2008;22(5):1528–1534.
- Manzo C, Martinez-Suarez E, Kechida M, Isetta M, Serra-Mestres J. Cognitive Function in Primary Sjögren's Syndrome: A Systematic Review. *Brain Sci.* 2019;9(4):85.
- Mapstone M, Gross TJ, Macciardi F, et al. Alzheimer's & Dementia : Diagnosis, Assessment & Disease Monitoring. 2020 Apr 5; 12(1): e12028.
- Marek-Józefowicz L, Jaracz M, Placek W, et al. Cognitive impairment in patients with severe psoriasis. Postepy Dermatol Alergol. 2017;34(2):120–125 Yelland GW. Gluten-induced cognitive impairment ("brain fog") in celiac disease. *J Gastroenterol Hepatol.* 2017;32 Suppl 1:90–93.
- Marinelli B, Pluchinotta F, Cozzolino V, et al. Osteopathic Manipulation Treatment Improves Cerebro-splanchnic Oximetry in Late Preterm Infants. *Molecules.* 2019;24(18):3221. Published 2019 Sep 4. DOI: 10.3390/molecules24183221
- Marks NF, Lambert JD, Choi H. Transitions to caregiving, gender, and psychological well-being: A prospective US national study. *Journal of Marriage and the Family.* 2002; 64: 657–667.
- Martin B, Mattson MP, Maudsley S. Caloric restriction and intermittent fasting: two potential diets for successful brain aging. *Ageing Res Rev.* 2006;5:332–53.
- Martin FP, Rezzi S, Peré-Trepat E, et al. Metabolic effects of dark chocolate consumption on energy, gut microbiota, and stress-related metabolism in free-living subjects. *J Proteome Res.* 2009 Dec;8(12):5568–79.
- Martínez-González MA, Gea A, Ruiz-Canela M. The Mediterranean Diet and Cardiovascular Health. *Circ Res.* 2019 Mar;124(5):779–798.
- Martinez-James D, García-Lorenzana M, Muñoz-Ortega MH, et al.: Modulation of innate immune response by the vagus nerve in experimental hepatic amebiasis in rats. *Exp Parasitol.* 2016; 169: 90–101.
- Martín-María N, Miret M, Caballero FF, et al. The impact of subjective well-being on mortality: a meta-analysis of longitudinal studies in the general population. *Psychosom Med.* 2017;79(5):565–575
- Martinotti G, Reina D, Di Nicola M, et al. Acetyl-L-carnitine for alcohol craving and relapse prevention in anhedonic alcoholics: a randomized, double-blind, placebo-controlled pilot trial. *Alcohol Alcohol.* 2010 Sep-Oct;45(5):449–55.
- Martires KJ, Fu P, Polster AM, et al. Factors that affect skin aging: a cohort-based survey on twins. *Arch Dermatol.* 2009 Dec;145(12):1375–9.
- Mason H, Vandoni M, deBarbieri G et al. Cardiovascular and Respiratory Effect of Yogic Slow Breathing in the Yoga Beginner: What Is the Best Approach? Evidence-Based Complementary and Alternative Medicine Volume 2013, Article ID 743504.
- Massaro M, Scoditti E, Carluccio MA, et al. Effects of Olive Oil on Blood Pressure: Epidemiological, Clinical, and Mechanistic Evidence. *Nutrients.* 2020;12(6):1548.
- Massudi H, Grant R, Braidy N, et al. Age-associated changes in oxidative stress and NAD⁺ metabolism in human tissue. *PLoS One.* 2012;7(7):e42357.
- Mathias D. Krafttraining. In: *Fit von 1 Bis Hundert.* Springer; 2015:90.
- Matousek RH, Dobkin PL, Pruessner J. Cortisol as a marker for improvement in mindfulness-based stress reduction. *Complement Ther Clin Pract.* 2010 Feb;16(1):13–9.
- Matsumoto T, Egawa M, Kimura T, et al. A potential relation between premenstrual symptoms and subjective perception of health and stress among college students: A cross-sectional study. *Biopsychosoc Med.* 2019;13(1):1–9
- Matthews DM, Jenks SM. Ingestion of *Mycobacterium vaccae* decreases anxiety-related behavior and improves learning in mice. *Behav Processes.* 2013;96:27–35
- Mattison JA, Colman RJ, Beasley TM, et al. Caloric restriction improves health and survival of rhesus monkeys. *Nat Commun.* 2017; 8: 14063.
- Mattson MP, Wan R. Beneficial effects of intermittent fasting and caloric restriction on the cardiovascular and cerebrovascular systems. *J Nutr Biochem.* 2005;16: 129–37.
- Mavroudis PD, Scheff JD, Calvano SE, Androulakis IP. Systems biology of circadian-immune interactions. *J Innate Immun.* 2013;5(2):153–162.
- Max-Planck-Institut für biophysikalische Chemie, 2007, https://www.mpibpc.mpg.de/327366/research_report_318255?c=15144
- Mazzocchi A, Leone L, Agostoni C, et al. The secrets of the Mediterranean diet. Does [only] olive oil matter? *Nutrients.* 2019;11(12):2941
- McCleery J, Abraham RP, Denton DA, et al. Vitamin and mineral supplementation for preventing dementia or delaying cognitive decline in people with mild cognitive impairment. *Cochrane Database Syst Rev.* 2018;11(11):CD011905.
- McCraty R, Barrios-Choplin B, Rozman D, et al. The impact of a new emotional self-management program on stress, emotions, heart rate variability, DHEA and cortisol. *Integr Physiol Behav Sci.* 1998 Apr–Jun; 33(2): 151–70.

- McEwen BS, Wingfield JC. The concept of allostasis in biology and biomedicine. *Horm. Behav.* 2003; 43, 2–15.
- McEwen BS. Early life influences on life-long patterns of behavior and health. *Developmental Disabilities Research Reviews.* 2003; 9: 149–154.
- McGlade E, Agoston AM, DiMuzio J, et al. The Effect of Citicoline Supplementation on Motor Speed and Attention in Adolescent Males. *J Atten Disord.* 2019;23(2):121–134.
- McLean WH. Filaggrin failure - from ichthyosis vulgaris to atopic eczema and beyond. *Br J Dermatol.* 2016 Oct;175 Suppl 2(Suppl Suppl 2):4–7.
- Mead MN. Benefits of sunlight: a bright spot for human health [published correction appears in Environ Health Perspect. 2008 May;116(5):A197]. *Environ Health Perspect.* 2008;116(4):A160–A167.
- Meints SM, Edwards RR. Evaluating psychosocial contributions to chronic pain outcomes. *Prog Neuropsychopharmacol Biol Psychiatry.* 2018;87(Pt B):168–182.
- Melli LC, do Carmo-Rodrigues MS, Araújo-Filho HB, Solé D, de Moraes MB. Intestinal microbiota and allergic diseases: A systematic review. *Allergol Immunopathol (Madr).* 2016 Mar-Apr;44(2):177–88.
- Mello MT, Silva A, Guerreiro RC, et al. Sleep and COVID-19: considerations about immunity, pathophysiology, and treatment. *Sleep Sci.* 2020 Jul-Sep;13(3):199–209.
- Meng, H., Zhu, L., Kord-Varkaneh, H., O Santos, H., Tinsley, G. M., & Fu, P. (2020). Effects of intermittent fasting and energy-restricted diets on lipid profile: A systematic review and meta-analysis. *Nutrition*, 77, 110801. DOI: 10.1016/j.nut.2020.110801
- Mensink G. Beiträge zur Gesundheitsberichterstattung des Bundes Bundes-Gesundheitssurvey : Körperliche Aktivität. Robert-Koch-Institut: Berlin. 2003;19:3.
- Menz V, Marterer N, Amin SB, et al. Functional vs. Running low-volume high-intensity interval training: Effects on vo₂max and muscular endurance. *J Sport Sci Med.* 2019;18(3):497–504.
- Messaoudi M, Lalonde R, Violle N, et al. Assessment of psychotropic-like properties of a probiotic formulation (*Lactobacillus helveticus* R0052 and *Bifidobacterium longum* R0175) in rats and human subjects. *Br J Nutr.* 2011;105(5):755–764
- Metcalf CS, Huntsman M, Garcia G, et al. Music-enhanced analgesia and antiseizure activities in animal models of pain and epilepsy: toward preclinical studies supporting development of digital therapeutics and their combinations with pharmaceutical drugs. *Front Neurol.* 2019 [published online].
- Meyer K, Muster M, Zielinski R. Bewegung Und Gesundheit: Gesicherte Effekte von Körperlicher Aktivität Und Ausdauertraining. Steinkopff; 2006.
- Michail N Why sugar and why so much? WHO investigates the food industry's sweet tooth. *Food navigator.com.* 12/2017. <https://www.foodnavigator.com/>
- Michalsen, A. (2018). Aufbruch in der Fastentherapie. *Zeitschrift Für Komplementärmedizin*, 10(02), 10–15. DOI: 10.1055/a-0591-8783
- Milart P, Woźniakowska E, Wrona W. Selected vitamins and quality of life in menopausal women. *Prz Menopausalny.* 2018;17(4):175–179
- Minich DM, Bland JS. Personalized lifestyle medicine: Relevance for nutrition and lifestyle recommendations. *Scientific World Journal* 2013 Jun 26;2013:129841. Hyman MA, Ornish D,
- Misra A, Singhal N, Khurana L. Obesity, the metabolic syndrome, and type 2 diabetes in developing countries: role of dietary fats and oils. *J Am Coll Nutr.* 2010;29(suppl 3):289S–301S.
- Miu AC, Heilman RM, Miclea M. Reduced heart rate variability and vagal tone in anxiety: trait versus state, and the effects of autogenic training. *Auton Neurosci.* 2009 Jan 28;145(1–2):99–103.
- ML, Levitin DJ. The neurochemistry of music. *Trends Cogn Sci.* 2013 Apr;17(4):179–93. VN, Benovoy M, Larcher K, et al. Anatomically distinct dopamine release during anticipation and experience of peak emotion to music. *Nat Neurosci.* 2011 Feb;14(2):257–62.
- Mo L, Ma Z, Xu Y, et al. Assessing the Capacity of Plant Species to Accumulate Particulate Matter in Beijing, China. *PLoS One.* 2015;10(10):e0140664.
- Mobbs D, Greicius MD, Abdel-Azim E, et al. Humor modulates the mesolimbic reward centers. *Neuron.* 2003 Dec 4;40(5):1041–8.
- Mogane C, Mokotedi LP, Millen AME, Michel FS. Increased systolic blood pressure associated with hypertriglyceridemia in female Sprague-Dawley rats. *Can J Physiol Pharmacol.* 2019 Oct;97(10):971–979.
- Moghadamousi SZ, Kadir HA, Hassandarvish P et al. A review on antibacterial, antiviral, and antifungal activity of curcumin. *Biomed Res Int.* 2014;186864.
- Molhave L, Clausen G, Berglund B, et al. Total Volatile Organic Compounds (TVOC) in Indoor Air Quality Investigations. *Indoor Air.* 1997;7:225–240.
- Möller L, Schuetzle D, Autrup H. Future research needs associated with the assessment of potential human health risks from exposure to toxic ambient air pollutants. *Environ Health Perspect.* (1994) 102(Suppl. 4): 193–210.
- Monteleone P, Maj M, Beinat L, et al. Blunting by chronic phosphatidylserine administration of the stress-induced activation of the hypothalamo-pituitary-adrenal axis in healthy men. *Eur J Clin Pharmacol.* 1992;42(4):385–8.

- Moore AR, O'Keeffe ST. Drug-induced cognitive impairment in the elderly. *Drugs Aging*. 1999;15(1):15–28.
- Moore PC, Cortez JT, Chamberlain CE, et al. Elastase 3B mutation links to familial pancreatitis with diabetes and pancreatic adenocarcinoma. *J Clin Invest*. 2019;129(11):4676–4681.
- Moore RA, Wiffen PJ, Derry S, et al. Gabapentin for chronic neuropathic pain and fibromyalgia in adults. *Cochrane Database Syst Rev*. 2011(3):CD007938.
- Mora-Ripoll R. Potential health benefits of simulated laughter: a narrative review of the literature and recommendations for future research. *Complement Ther Med*. 2011;19(3):170–177.
- Moretti R, Morelli ME, Caruso P. Vitamin D in neurological diseases: a rationale for a pathogenic impact. *Int J Mol Sci* 2018;19:2245.
- Morhenn V, Beavin LE, Zak PJ. Massage increases oxytocin and reduces adrenocorticotropin hormone in humans. *Altern Ther Health Med*. 2012 Nov-Dec;18(6):11–8.
- Morisco F, Lembo V, Mazzone G, Camera S, Caporaso N. Coffee and liver health. *J Clin Gastroenterol*. 2014 Nov-Dec;48 Suppl 1:S87–90.
- Mortensen SA et al.: The Effect of Coenzyme Q10 on Morbidity and Mortality in Chronic Heart Failure. Results From Q-Symbio: a randomized double-blind trial. *JACC Heart Fail*. 2014 Dec;2(6):641–9.
- Mosekilde L, Vestergaard P, Rejnmark L. The pathogenesis, treatment and prevention of osteoporosis in men. *Drugs*. 2013;73(1):15–29.
- Moseley GL. A pain neuromatrix approach to patients with chronic pain. *Man Ther*. 2003;8(3):130–140.
- Moseley GL. Reconceptualising pain according to modern pain science. *Phys Ther Rev*. 2007;12(3):169–178.
- Moseley LG, Zalucki NM, Wiech K. Tactile Discrimination, but Not Tactile Stimulation Alone, Reduces Chronic Limb Pain. *Pain*. 2008; 137(3): 600–608.
- Moseley LG, Zalucki NM, Wiech K. Tactile Discrimination, but Not Tactile Stimulation Alone, Reduces Chronic Limb Pain. *Pain*. 2008; 137(3): 600–608.
- Mørch CD, Andersen OK, Quevedo AS, Arendt-Nielsen L, Coghill RC. Exteroceptive Aspects of Nociception: Insights from Graphesthesia and Two-Point Discrimination. *Pain*. 2010 151(1): 45–5
- Moulton PV, Yang W. Air pollution, oxidative stress, and Alzheimer's disease. *J Environ Public Health*. 2012;2012:472751.
- Moura DS, Sultan S, Georghiann-Lavialle S, et al. Evidence for cognitive impairment in mastocytosis: prevalence, features and correlations to depression. *PLoS One*. 2012;7(6):e39468.
- Moyer CA, Seefeldt L, Mann ES, et al. Does massage therapy reduce cortisol? A comprehensive quantitative review. *J Bodyw Mov Ther*. 2011 Jan;15(1):3–14.
- Muhleisen AL, Herbst-Kralovetz MM. Menopause and the vaginal microbiome. *Maturitas*. 2016;91:42–50.
- Mukamal KJ. The effects of smoking and drinking on cardiovascular disease and risk factors. *Alcohol Res Health*. 2006;29(3):199–202.
- Mullally WJ, Hall K, Goldstein R. Efficacy of biofeedback in the treatment of migraine and tension type headaches. *Pain Physician*. 2009 Nov-Dec;12(6):1005–11.
- Müller AM, Alley S, Schoeppe S, Vandelanotte C. The effectiveness of e- & mHealth interventions to promote physical activity and healthy diets in developing countries: A systematic review. *Int J Behav Nutr Phys Act*. 2016;13(1):109.
- Mullington JM, et al. Sleep loss and inflammation. *Best Pract Res Clin Endocrinol Metab*. 2010;24(5):775–84.
- Mullington JM, Simpson NS, Meier-Ewert HK, Haack M. Sleep loss and inflammation. *Best Pract Res Clin Endocrinol Metab*. 2010;24(5):775–784.
- Mullis K, Kay K, Williams DL. Oxytocin action in the ventral tegmental area affects sucrose intake. *Brain research*. 2013;1513:85–91.
- Mulrennan S, Knuiman M, Walsh JP, et al. Vitamin D and respiratory health in the Busselton Healthy Ageing Study. *Respirology*. 2018 Jun;23(6):576–582.
- Murphy MH, Carlin A, Woods C, et al. Active Students Are Healthier and Happier Than Their Inactive Peers: The Results of a Large Representative Cross-Sectional Study of University Students in Ireland. *J Phys Act Health*. 2018;15(10):737–746.
- Murphy MR, Seckl JR, Burton S, et al. Changes in oxytocin and vasopressin secretion during sexual activity in men. *The Journal of Clinical Endocrinology & Metabolism*. 1987;65(4):738–41.
- Murray CJ, Atkinson C, Bhalla K, et al; US Burden of Disease Collaborators. The state of US health, 1990–2010: Burden of diseases, injuries, and risk factors. *JAMA* 2013 Aug 14;310(6):591–608. DOI: 10.1001/jama.2013.13805
- Muscatiello N, McCarthy A, Kielb C, et al. Classroom conditions and CO₂ concentrations and teacher health symptom reporting in 10 New York State Schools. *Indoor Air*. 2015 Apr;25(2):157–67.
- Nagasawa M, Mitsui S, En S, et al. Oxytocin-gaze positive loop and the coevolution of human-dog bonds. *Science*. 2015;348(6232):333–6.
- Nagasawa M, Okabe S, Mogi K, et al. Oxytocin and mutual communication in mother-infant bonding. *Front Hum Neurosci*. 2012; 6:31

- Nagata C, Nakamura K, Wada K, et al. Association of dietary fat, vegetables and antioxidant micronutrients with skin ageing in Japanese women. *Br J Nutr.* 2010 May;103(10):1493
- Nair P, Khawale P. Role of therapeutic fasting in women's health: An overview. *J Midlife Health.* 2016;7(2):61–64
- Natelson BH. Brain dysfunction as one cause of CFS symptoms including difficulty with attention and concentration. *Front Physiol.* 2013;4:109.
- National Academies of Sciences and Medicine E. The health effects of cannabis and cannabinoids: the current state of evidence and recommendations for research. Published online 2017
- National Research Council. 1999. U.S. Environmental Protection Agency. 1987. The total exposure assessment methodology (TEAM) study: Summary and analysis. EPA/600/6-87/002a. Washington, DC. Report on the Environment. Indoor Air Quality. United States Environmental Protection Agency: <https://www.epa.gov/report-environment/indoor-air-quality> Zugriff 05/2021
- Navarrete-Opazo A, Mitchell GS. Therapeutic potential of intermittent hypoxia: a matter of dose. *Am J Physiol Regul Integr Comp Physiol.* 2014;307(10):R1181–R1197.
- Navarro-Tapia E, Sebastiani G, Sailer S, et al. Probiotic supplementation during the perinatal and infant period: Effects on gut dysbiosis and disease. *Nutrients.* 2020;12(8):2243
- Nawrot-Porabka K, Jaworek J, Leja-Szpak A, et al. Involvement of vagal nerves in the pancreateostimulatory effects of luminal melatonin, or its precursor L-tryptophan. Study in the rats. *J Physiol Pharmacol.* 2007 Dec;58 Suppl 6:81–95.
- Neeleman J, Power MJ. Social support and depression in three groups of psychiatric patients and a group of medical controls. *Soc Psychiatry Psychiatr Epidemiol.* 1994;29:46–51.
- Neidich SD, Green WD, Rebeles J, et al. Increased risk of influenza among vaccinated adults who are obese. *Int J Obes (Lond).* 2017 Sep;41(9):1324–1330.
- Nelson DB, Sammel MD, Freeman EW, et al. Effect of physical activity on menopausal symptoms among urban women. *Med Sci Sports Exerc.* 2008;40(1):50–58
- Nemett DR, Fivush BA, Mathews R, Camirand N, Eldridge MA, Finney K, Gerson AC. A randomized controlled trial of the effectiveness of osteopathy-based manual physical therapy in treating pediatric dysfunctional voiding. *J Pediatr Urol.* 2008 Apr;4(2):100–6.
- Nencioni A, Caffa I, Cortellino S, Longo VD. Fasting and cancer: molecular mechanisms and clinical application. *Nat Rev Cancer* 2018; 18: 707–19.
- Nestoriuc Y, Rief W, Martin A. Meta-analysis of biofeedback for tension-type headache: efficacy, specificity, and treatment moderators. *J Consult Clin Psychol.* 2008 Jun;76(3):379–96.
- Netz Y, Goldsmith R, Shimony T, et al. Loneliness is associated with an increased risk of sedentary life in older Israelis, *Aging & Mental Health.* 2013;17(1):40–7.
- Ng TP, Seet CS, Tan WC, Foo SC. Nitrogen dioxide exposure from domestic gas cooking and airway response in asthmatic women. *Thorax.* 2001;56(8):596–601. DOI: 10.1136/thorax.56.8.596
- Nguyen AV, Soulka AM. The Dynamics of the Skin's Immune System. *Int J Mol Sci.* 2019;20(8):1811.
- Nguyen T, Yu X, Zhang Z, et al. Relationship between types of urban forest and PM2.5 capture at three growth stages of leaves. *J Environ Sci (China).* 2015 Jan 1;27:33–41.
- Niederhofer H. Association of attention-deficit/hyperactivity disorder and celiac disease: a brief report. *Prim Care Companion CNS Disord.* 2011;13(3):PCC.10br01104.
- Nielsen AR, Hojman P, Erikstrup C, et al. Association between interleukin-15 and obesity: interleukin-15 as a potential regulator of fat mass. *J Clin Endocrinol Metab.* 2008 Nov;93(11):4486–93
- Nieto-Vazquez I, Fernández-Veledo S, de Alvaro C, Lorenzo M. Dual role of interleukin-6 in regulating insulin sensitivity in murine skeletal muscle [retracted in: Diabetes]. 2020 Nov;69(11):2537]. *Diabetes.* 2008;57(12):3211–3221. DOI:10.2337/db07-1062
- Nijs J, Paul van Wilgen C, Van Oosterwijck J, et al. How to explain central sensitization to patients with 'unexplained' chronic musculoskeletal pain: practice guidelines. *Man Ther.* 2011;16(5):413–418.
- Nilsson U. Soothing music can increase oxytocin levels during bed rest after open-heart surgery: a randomised control trial. *Journal of clinical nursing.* 2009;18(15):2153–61.
- Noh EM et al. Cordycepin inhibits IL-1beta-induced MMP-1 and MMP-3 expression in rheumatoid arthritis synovial fibroblasts. *Rheumatology (Oxford).* 2009;48(1):45
- Noll DR, Degenhardt BF, Morley TF, et al. Efficacy of osteopathic manipulation as an adjunctive treatment for hospitalized patients with pneumonia: a randomized controlled trial. *Osteopath Med Prim Care.* 2010 Mar 19;4:2.
- Northwestern University. Simple Touching Fosters Wellness and Relieves Stress For Couples. *Neuroscience News.* 2018; (4).
- Noureldeen MH, Eid AA. Homeostatic effect of laughter on diabetic cardiovascular complications: The myth turned to fact. *Aus Diabetes Res Clin Pract.* 2018 Jan;135:111–119.

- Nunes PRP, Martins FM, Souza AP, et al. Comparative effects of high-intensity interval training with combined training on physical function markers in obese postmenopausal women: A randomized controlled trial. *Menopause*. 2019;26(11):1242–1249.
- Nye NS, Carnahan DH, Jackson JC, et al. Abdominal circumference is superior to body mass index in estimating musculoskeletal injury risk. *Med Sci Sport Exerc*. 2014;46(10):1951–1959.
- Nyengaard JR, Ido Y, Kilo C, Williamson JR. Interactions between hyperglycemia and hypoxia: implications for diabetic retinopathy. *Diabetes*. 2004 Nov;53(11):2931–8.
- Nylander I and Roman E. Neuropeptides as mediators of the early-life impact on the brain; implications for alcohol use disorders. *Frontiers in molecular neuroscience*. 2012; 5: 1–19
- O'Keefe JH, Vogel R, Lavie CJ, et al. Achieving hunter-gatherer fitness in the 21st century: back to the future. *Am J Med*. 2010;123(12):1082–1086.
- O'Sullivan K, Murray E, Sainsbury D. The effect of warm-up, static stretching and dynamic stretching on hamstring flexibility in previously injured subjects. *BMC Musculoskelet Disord*. 2009;10(1):1–9.
- Obeid, R.; Fedosov, S.N.; Nexo, E. Cobalamin coenzyme forms are not likely to be superior to cyano- and hydroxyl-cobalamin in prevention or treatment of cobalamin deficiency. *Mol. Nutr. Food Res.* 2015, 59, 1364–1372.
- Oberdörster G, Elder A, Rinderknecht A. Nanoparticles and the brain: cause for concern? *J Nanosci Nanotechnol*. 2009;9(8):4996–5007.
- Oberdörster G, Sharp Z, Atudorei V, et al. Translocation of inhaled ultrafine particles to the brain. *Inhal Toxicol*. 2004; 16(6–7):437–445.
- Obrenovich MEM. Leaky Gut, Leaky Brain? *Microorganisms*. 2018;6(4):107. Published 2018 Oct 18.
- Ocon AJ, Messer ZR, Medow MS, Stewart JM. Increasing orthostatic stress impairs neurocognitive functioning in chronic fatigue syndrome with postural tachycardia syndrome. *Clin Sci (Lond)*. 2012;122(5):227–238.
- Ocon AJ. Caught in the thickness of brain fog: exploring the cognitive symptoms of Chronic Fatigue Syndrome. *Front Physiol*. 2013;4:63.
- O'Connor DB, Walker S, Hendrickx H, et al. Stress-related thinking predicts the cortisol awakening response and somatic symptoms in healthy adults. *Psychoneuroendocrinology*. 2013 Mar;38(3):438–46.
- Odendaal, Johannes SJ, and Roy Alec Meintjes. Neurophysiological correlates of affiliative behaviour between humans and dogs. *The Veterinary Journal* 2003; 165(3): 296–301.
- Ökotest. https://www.oekotest.de/essen-trinken/Mineralaessser-im-Test-Jede-fuenfte-Quelle-ist-verunreinigt_11284_1.html
- Ogino Y, Kakeda T, Nakamura K, Saito S. Dehydration enhances pain-evoked activation in the human brain compared with rehydration. *Anesth Analg*. 2014;118(6):1317–1325.
- Ohnata K, Takemoto M, Kawanago M. Orally administered zinc increases food intake via vagal stimulation in rats. *J Nutr*. 2009 Mar;139(3):611–6.
- Ohira T, Matsui N: Phytoncides in forest atmosphere. In: Li Q (Hrsg.) *Forest Medicine*, Nova Biomedical Verlag, New York, 2012, S. 31f.
- O'Keefe JH Jr, Abuissa H, Sastre A, et al. Effects of omega-3 fatty acids on resting heart rate, heart rate recovery after exercise, and heart rate variability in men with healed myocardial infarctions and depressed ejection fractions. *Am J Cardiol*. 2006 Apr 15;97(8):1127–30.
- Oliver SJ, Costa RJ, Laing SJ, Bilzon JL, Walsh NP. One night of sleep deprivation decreases treadmill endurance performance. *Eur J Appl Physiol*. 2009 Sep;107(2):155–61.
- Olson KL, Emery CF. Mindfulness and weight loss: a systematic review. *Psychosom Med*. 2015 Jan;77(1):59–67.
- Olsson EM, von Schéele B, Panossian AG. A randomised, double-blind, placebo-controlled, parallel-group study of the standardised extract shr-5 of the roots of Rhodiola rosea in the treatment of subjects with stress-related fatigue. *Planta Med*. 2009 Feb;75(2):105–12.
- Olszewski PK, Klockars A, Olszewska AM, et al. Molecular, immunohistochemical, and pharmacological evidence of oxytocin's role as inhibitor of carbohydrate but not fat intake. *Endocrinology*. 2010;151(10):4736–44.
- Ooishi Y, Mukai H, Watanabe K, et al. Increase in salivary oxytocin and decrease in salivary cortisol after listening to relaxing slow-tempo and exciting fast-tempo music. *PloS one*. 2017;12(12):e0189075.
- Ord H. Nutritional support for patients with infected wounds. *Br J Nurs*. 2007;16(21):1346–1352.
- Orth-Gomer K, Unden A, Edwards M. Social isolation and mortality in ischemic heart disease. *Acta Medica Scandinavica*. 1988;224(3):205–15.
- Orth SR, Schroeder T, Ritz E, Ferrari P. Effects of smoking on renal function in patients with type 1 and type 2 diabetes mellitus. *Nephrol Dial Transplant*. 2005 Nov;20(11):2414–9.
- Osna NA, Donohue TM Jr, Kharbanda KK. *Alcoholic Liver Disease: Pathogenesis and Current Management*. *Alcohol Res*. 2017;38(2):147–161.

- Othman MO, Harb D, Barkin JA. Introduction and practical approach to exocrine pancreatic insufficiency for the practicing clinician. *Int J Clin Pract.* 2018;72(2):e13066.
- Ott, M. (2002). Mindfulness meditation in pediatric clinical practice. *Pediatric Nursing*, 28(5), 487–490.
- Oyetakin White et al. 2013 http://media.cleveland.com/health_impact/other/Lauder%20Sleep%20Skin%20Study%202013%20ID%20Poster%20%20202013%20final.pdf Zugriff: 10.2020
- Oyetakin-White P, Suggs A, Koo B, et al. Does poor sleep quality affect skin ageing? *Clin Exp Dermatol.* 2015 Jan;40(1):17–22.
- O-Yurvati AH, Carnes MS, Clearfield MB, et al. Hemodynamic effects of osteopathic manipulative treatment immediately after coronary artery bypass graft surgery. *J Am Osteopath Assoc.* 2005 Oct;105(10):475–81.
- Ozdal T, Sela DA, Xiao J, et al. The reciprocal interactions between polyphenols and gut microbiota and effects on bioaccessibility. *Nutrients.* 2016;8(2):1–36
- Ozgoli G, Selselei EA, Mojab F, et al. A randomized, placebo-controlled trial of Ginkgo biloba L. in treatment of premenstrual syndrome. *J Altern Complement Med.* 2009;15(8):845–851
- Page P. Current concepts in muscle stretching for exercise and rehabilitation. *Int J Sports Phys Ther.* 2012;7(1):109.
- Paller AS, Spergel JM, Mina-Osorio P, Irvine AD. The atopic march and atopic multimorbidity: Many trajectories, many pathways. *J Allergy Clin Immunol.* 2019 Jan;143(1):46–55.
- Panahi Y, Kianpour P, Mohtashami R, et al. Efficacy of artichoke leaf extract in non-alcoholic fatty liver disease: A pilot double-blind randomized controlled trial. *Phytother Res.* 2018 Jul;32(7):1382–1387.
- Pandey AC, Topol EJ. Dispense With Supplements for Improving Heart Outcomes. *Ann Intern Med.* 2019 Aug 6;171(3):216–217.
- Paoletti E, Schaub M, Matyssek R, et al. Advances of air pollution science: from forest decline to multiple-stress effects on forest ecosystem services. *Environ Pollut.* 2010 Jun;158(6):1986–9.
- Parhofer KG, Laufs U: The diagnosis and treatment of hypertriglyceridemia. *Dtsch Arztebl Int* 2019; 116: 825–32.
- Park BJ et. Al: Effect of forest environment on physiological relaxation using the results of field tests at 35 sites throughout Japan. In: Li Q. (Hrsg.) Forest Medicine, Nova Biomedical Verlag, New York, 2012, S. 35–54.
- Park BJ, Tsunetsugu Y, Kasetani T, Kagawa T, Miyazaki Y. The physiological effects of Shinrin-yoku (taking in the forest atmosphere or forest bathing): evidence from field experiments in 24 forests across Japan. *Environ Health Prev Med.* 2010;15(1):18–26.
- Parker AG, Gordon J, Thornton A, et al. The effects of IQPLUS Focus on cognitive function, mood and endocrine response before and following acute exercise. *J Int Soc Sports Nutr.* 2011;8:16. Published 2011 Oct 21.
- Parker MJ, Greenwood KM, Jackson M, Crowe SF. Persistence of cognitive effects after withdrawal from long-term benzodiazepine use: a meta-analysis. *Arch Clin Neuropsychol.* 2004;19(3):437–454.
- Pascoe MC, Thompson DR, Jenkins ZM, et al. Mindfulness mediates the physiological markers of stress: Systematic review and meta-analysis. *J Psychiatr Res.* 2017 Dec;95:156–178.
- Pase MP, Grima NA, Sarris J. Do long-chain n-3 fatty acids reduce arterial stiffness? A meta-analysis of randomised controlled trials. *Br J Nutr.* 2011a Oct;106(7):974–80.
- Pase MP, Grima NA, Sarris J. The effects of dietary and nutrient interventions on arterial stiffness: a systematic review. *Am J Clin Nutr.* 2011b Feb;93(2):446–54.
- Patel V, Kantipudi N, Jones G, et al. Air Pollution and Cardiovascular Disease: A Review. *Crit Rev Biomed Eng.* 2016;44(5):327–346.
- Patil BS, Patil S, Gururaj TR. Probable autoimmune causal relationship between periodontitis and Hashimoto's thyroiditis: a systemic review. *Niger J Clin Pract.* 2011;14(3):253–261.
- Patterson, R. E., & Sears, D. D. (2017a). Metabolic Effects of Intermittent Fasting. *Review in Advance.* DOI: 10.1146/annurev-nutr-071816
- Patterson, R. E., & Sears, D. D. (2017b). Metabolic Effects of Intermittent Fasting. *Annual Review of Nutrition,* 37(1), 371–393. DOI: 10.1146/annurev-nutr-071816-064634
- Pavlov VA, Wang H, Czura CJ, Friedman SG, Tracey KJ. The cholinergic anti-inflammatory pathway: a missing link in neuroimmunomodulation. *Mol Med.* 2003; 9(5–8):125–134.
- Payne P, Levine PA, Crane-Godreau MA. Somatic experiencing: using interoception and proprioception as core elements of trauma therapy [published correction appears in *Front Psychol.* 2015;6:423]. *Front Psychol.* 2015;6:93.
- Pedusic Z, Shrestha N, Kovalchik S, et al. Is running associated with a lower risk of all-cause, cardiovascular and cancer mortality, and is the more the better? A systematic review and meta-analysis. *Br J Sports Med.* 2020;54(15):898–905
- Penders J, Thijs C, Vink C, et al. Factors influencing the composition of the intestinal microbiota in early infancy. *Pediatrics.* 2006;118(2):511–521

- Penders J, Vink C, Driessen C, et al. Quantification of *Bifidobacterium* spp., *Escherichia coli* and *Clostridium difficile* in faecal samples of breast-fed and formula-fed infants by real-time PCR. *FEMS Microbiol Lett.* 2005;243(1):141–147.
- Pendry P, Vandagriff JL. Animal Visitation Program (AVP) Reduces Cortisol Levels of University Students: A Randomized Controlled Trial. *AERA Open April-June 2019; (5) 2: 1–12.*
- Pepping GJ and Timmermans EJ. Oxytocin and the biopsychology of performance in team sports. *Scientific World Journal.* 2012: 567–363.
- Perciavalle V, Blandini M, Fecarotta P, Buscemi A, Di Corrado D, Bertolo L, Fichera F, Coco M. The role of deep breathing on stress. *Neurol Sci.* 2017 Mar;38(3):451–458.
- Perdomo CM, Frühbeck G, Escalada J. Impact of Nutritional Changes on Nonalcoholic Fatty Liver Disease. *Nutrients.* 2019;11(3):677.
- Perez-Pozo SE, Schold J, Nakagawa T, et al. Excessive fructose intake induces the features of metabolic syndrome in healthy adult men: role of uric acid in the hypertensive response. *Int J Obes (Lond).* 2010 Mar;34(3):454–61.
- Perlman SB, Camras LA, Pelphrey KA. Physiology and functioning: Parents' vagal tone, emotion socialization, and children's emotion knowledge. *J Exp Child Psychol.* 2008 Aug;100(4):308–15.
- Perry C, Pick M, Bdolach N, et al. Endurance exercise diverts the balance between Th17 cells and regulatory T cells. *PLoS One.* 2013;8(10):e74722.
- Pertab JL, Merkley TL, Cramond AJ, et al. Concussion and the autonomic nervous system: An introduction to the field and the results of a systematic review. *Neuro-Rehabilitation.* 2018;42(4):397–427.
- Peter S, Holguin F, Wood LG, et al. Nutritional solutions to reduce risks of negative health impacts of air pollution.
- Peters A, McEwen BS. Stress habituation, body shape and cardiovascular mortality. *Neurosci Biobehav Rev.* 2015 Sep;56:139–50.
- Peterson BS, Rauh VA, Bansal R, et al. Effects of prenatal exposure to air pollutants (polycyclic aromatic hydrocarbons) on the development of brain white matter, cognition, and behavior in later childhood. *JAMA Psychiatry.* 2015;72:531–40.
- Pettersson M, Uvnäs-Moberg K, Nilsson A, Gustafson LL, Hydbring-Sandberg E, Handlin L. Oxytocin and Cortisol Levels in Dog Owners and Their Dogs Are Associated with Behavioral Patterns: An Exploratory Study. *Front Psychol.* 2017;8:1796.
- Pezzilli R, Caputo F, Testino G, et al. Alcohol-related chronic exocrine pancreatic insufficiency: diagnosis and therapeutic management. A proposal for treatment by the Italian Association for the Study of the Pancreas (AISP) and the Italian Society of Alcoholology (SIA). *Mincerva Med.* 2019 Oct;110(5):425–438.
- Phadke A, Bedekar N, Shyam A, et al. Effect of muscle energy technique and static stretching on pain and functional disability in patients with mechanical neck pain: A randomized controlled trial. *Hong Kong Physiother J.* 2016;35:5–11.
- Pham A, Forsmark C. Chronic pancreatitis: review and update of etiology, risk factors, and management. *F1000Res.* 2018;7:F1000 Faculty Rev-607.
- Pharma Fakten e.V.: <https://www.pharma-fakten.de> Zugriff 4/2020
- Pi M, Quarles LD. Novel bone endocrine networks integrating mineral and energy metabolism. *Curr Osteoporos Rep.* 2013;11(4):391–399. DOI:10.1007/s11914-013-0178-8
- Pieler T, Chen Y. Forgotten and novel aspects in pancreas development. *Biol Cell.* 2006 Feb;98(2):79–88.
- Pierpaoli W, et al. (eds). *The Aging Clock.* New York: New York Academy of Sciences, 1994.
- Pignatelli P, Fabietti G, Ricci A, Piattelli A, Curia MC. How Periodontal Disease and Presence of Nitric Oxide Reducing Oral Bacteria Can Affect Blood Pressure. *Int J Mol Sci.* 2020 Oct 13;21(20):7538.
- Pilkington SM, Watson RE, Nicolaou A, Rhodes LE. Omega-3 polyunsaturated fatty acids: photoprotective macronutrients. *Exp Dermatol.* 2011 Jul;20(7):537–43.
- Pinho RA, Silveira PC, Silva LA, et al. N-acetylcysteine and deferoxamine reduce pulmonary oxidative stress and inflammation in rats after coal dust exposure. *Environ Res.* 2005; 99(3):355–360.
- Pinho RA, Silveira PC, Silva LA, et al. N-acetylcysteine and deferoxamine reduce pulmonary oxidative stress and inflammation in rats after coal dust exposure. *Environ Res.* 2005; 99(3):355–360.
- Piroddi M, Albini A, Fabiani R, Giovannelli L, Luceri C, Natella F, Rosignoli P, Rossi T, Taticchi A, Servili M, Galli F. Nutrigenomics of extra-virgin olive oil: A review. *Biofactors.* 2017 Jan 2;43(1):17–41.
- Pittendrigh CS. Temporal organization: reflections of a Darwinian clock-watcher. *Annu Rev Physiol.* 1993;55:16–54.
- Pizzolorusso G, Turi P, Barlafante G, Cerritelli F, Renzetti C, Cozzolino V, D'Orazio M, Fusilli P, Carinci F, D'Incecco C. Effect of osteopathic manipulative treatment on gastrointestinal function and length of stay of preterm infants: an exploratory study. *Chiropr Man Therap.* 2011 Jun 28;19(1):15.
- Poblete Aro CE, Russell Guzmán JA, Soto Muñoz ME, et al. Effects of high intensity interval training versus mo-

- derate intensity continuous training on the reduction of oxidative stress in type 2 diabetic adult patients: CAT. *Medwave*. 2015;15(07).
- Poutahidis T, Kearney SM, Levkovich T, et al. Microbial symbionts accelerate wound healing via the neuropeptide hormone oxytocin. *PloS one*. 2013; 8(10).
- Power MC, Adar SD, Yanosky JD, et al. Exposure to air pollution as a potential contributor to cognitive function, cognitive decline, brain imaging, and dementia: a systematic review of epidemiologic research. *Neurotoxicology*. 2016;56:235–53.
- Prather AA, Janicki-Deverts D, Hall MH, Cohen S. Behaviorally Assessed Sleep and Susceptibility to the Common Cold. *Sleep*. 2015 Sep 1;38(9):1353–9.
- Pratush A, Kumar A, Hu Z. Adverse effect of heavy metals (As, Pb, Hg, and Cr) on health and their bioremediation strategies: a review. *Int Microbiol*. 2018 Sep;21(3):97–106.
- Pressman SD, Cohen S, Miller GE, Barkin A, Rabin BS, Treanor JJ. Loneliness, social network size, and immune response to influenza vaccination in college freshmen. *Health Psychol*. 2005;24(3):297.
- Prince MJ, Harwood RH, Blizzard RA, Thomas A, Mann AH. Social support deficits, loneliness and life events as risk factors for depression in old age. The Gospel Oak Project VI. *Psychol Med* 1997;27(2):323–32.
- Pruimboom L, Reheis D. Intermittent drinking, oxytocin and human health. *Medical hypotheses*. 2016;92:80–3.
- Pruss-Ustun A, Fewell L, Landrigan PJ, et al. Lead exposure. Comparative Quantification of Health Risks. World Health Organization. p. 1495–1542. <https://www.who.int/publications/cra/chapters/volume2/1495-1542.pdf?ua=1>
- Przewłocka K, Folwarski M, Kaźmierczak-Siedlecka K, et al. Gut-Muscle AxisExists and May Affect Skeletal Muscle Adaptation to Training. *Nutrients*. 2020;12(5):1451
- Przybysz A, Sæbø A, Hanslin HM, et al. Accumulation of particulate matter and trace elements on vegetation as affected by pollution level, rainfall and the passage of time. *Sci Total Environ*. 2014 May 15;481:360–9.
- Pulkki-Råback L, Elovinio M, Hakulinen C et al. Cumulative effect of psychosocial factors in youth on ideal cardiovascular health in adulthood: the Cardiovascular Risk in Young Finns Study. *Circulation*. 2015 Jan 20;131(3):245–53. DOI: 10.1161/CIRCULATIONAHA.113.007104. Epub 2015 Jan 12. Erratum in: *Circulation*.
- Quiclet C, Dittberner N, Gässler A, et al. Pancreatic adipocytes mediate hypersecretion of insulin in diabetes-susceptible mice. *Metabolism*. 2019 Aug;97:9–17.
- Quigley EMM, Pot B, Sanders ME. ‘Brain Fogginess’ and D-Lactic Acidosis: Probiotics Are Not the Cause. *Clin Transl Gastroenterol*. 2018;9(9):187.
- Quigley EMM, Pot B, Sanders ME. ‘Brain Fogginess’ and D-Lactic Acidosis: Probiotics Are Not the Cause. *Clin Transl Gastroenterol*. 2018;9(9):187.
- Quintana DS, Guastella AJ, McGregor IS, Hickie IB, Kemp AH. Heart rate variability predicts alcohol craving in alcohol dependent outpatients: further evidence for HRV as a psychophysiological marker of self-regulation. *Drug Alcohol Depend*. 2013 Sep 1;132(1–2):395–8.
- Racca V, Bordoni B, Castiglion P, et al. Osteopathic Manipulative Treatment Improves Heart Surgery Outcomes: A Randomized Controlled Trial. *Ann Thorac Surg*. 2017 Jul;104(1):145–152.
- Rafie R, Hosseini SA, Hajiani E, et al. Effect of Ginger Powder Supplementation in Patients with Non-Alcoholic Fatty Liver Disease: A Randomized Clinical Trial. *Clin Exp Gastroenterol*. 2020;13:35–45.
- Raghupathi W, Raghupathi V. An Empirical Study of Chronic Diseases in the United States: A Visual Analytics Approach. *Int J Environ Res Public Health*. 2018;15(3):431.
- Rai D, Bhatia G, Sen T, et al. Anti-stress effects of Ginkgo biloba and Panax ginseng: a comparative study. *J Pharmacol Sci*. 2003 Dec;93(4):458–64
- Rajkumar V; Gupta V. Heavy Metal Toxicity. Treasure Island (FL): StatPearls Publishing; 2020 Jan-. <https://www.ncbi.nlm.nih.gov/books/NBK560920/> Zugriff 12/2020
- Rajpal, A., & Ismail-Beigi, F. (2020). Intermittent Fasting and “Metabolic Switch”: Effects on Metabolic Syndrome, Pre-diabetes and Type 2 Diabetes Mellitus. *Diabetes, Obesity and Metabolism*, May, 1–15. DOI: 10.1111/dom.14080
- Ranger TA1, Wong AM2, Cook JL3, Gaida JE4. Is there an association between tendinopathy and diabetes mellitus? A systematic review with meta-analysis. *Br J Sports Med*. 2016 Aug;50(16):982–9. DOI: 10.1136/bjsports-2015-094735. Epub 2015 Nov 23.
- Rao SSC, Rehman A, Yu S, Andino NM. Brain foginess, gas and bloating: a link between SIBO, probiotics and metabolic acidosis. *Clin Transl Gastroenterol*. 2018;9(6):162.
- Rao SSC, Yu S, Tetangco EP, Yan Y. Probiotics can Cause D-Lactic Acidosis and Brain Fogginess: Reply to Quigley et al. *Clin Transl Gastroenterol*. 2018;9(11):207.
- Rapaport MH, Schettler P, Bresee C. A preliminary study of the effects of repeated massage on hypothalamic-pituitary-adrenal and immune function in healthy individuals: a study of mechanisms of action and dosage. *J Altern Complement Med*. 2012;18(8):789–797.
- Re RN. Obesity-related hypertension. *Ochsner J*. 2009; 9(3):133–136.

- Read SA, Parnell G, Booth D. The antiviral role of zinc and metallothioneins in hepatitis C infection. *J Viral Hepat.* 2018 May;25(5):491–501
- Rechberger V, Biberschick M, Porthun J. Effectiveness of an osteopathic treatment on the autonomic nervous system: a systematic review of the literature. *Eur J Med Res.* 2019;24(1):36.
- Reddemann, L: *Imagination als heilsame Kraft. Zur Behandlung von Traumafolgen mit ressourcenorientierten Verfahren.* Cotta`sche Buchhandlung, Stuttgart, 2010.
- Redding J, Plaugher S, Cole J, et al. “Where’s the Music?” Using Music Therapy for Pain Management. *Fed Pract.* 2016;33(12):46–49.
- Regmi P, Heilbronn LK. Time-Restricted Eating: Benefits, Mechanisms, and Challenges in Translation. *iScience.* 2020;23(6):101161.
- Rêgo ML, Cabral DA, Costa EC, Fontes EB. Physical Exercise for Individuals with Hypertension: It Is Time to Emphasize its Benefits on the Brain and Cognition. *Clin Med Insights Cardiol.* 2019;13:1179546819839411.
- Rehman K, Fatima F, Waheed I, Akash MSH. Prevalence of exposure of heavy metals and their impact on health consequences. *J Cell Biochem.* 2018 Jan;119(1):157–184.
- Reichel H, Zee J, Tu C, et al. Chronic kidney disease progression and mortality risk profiles in Germany: results from the Chronic Kidney Disease Outcomes and Practice Patterns Study. *Nephrol Dial Transplant.* 2020;35(5):803–810.
- Reid D, McNair P. Passive force, angle, and stiffness changes after stretching of hamstring muscles. *Med Sci Sports Exerc.* 2004;36(11):1944–1948.
- Reiter RJ. *Melatonin.* New York: Bantam Books 1995.
- Remien K, Vilella RC. Osteopathic Manipulative Treatment: Lymphatic Procedures. 2020 Jul 6. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2020 Jan–.
- Ren Y, Miao M, Yuan W, et al. Sleep duration and all-cause mortality in the elderly in China: a population-based cohort study. *BMC Geriatr.* 2020;20(1):1–9
- Report on the Environment. Indoor Air Quality. United States Environmental Protection Agency <https://www.epa.gov/report-environment/indoor-air-quality>. Zugriff 5/2020.
- Retallick-Brown H, Blampied N, Rucklidge JJ. A pilot randomized treatment-controlled trial comparing vitamin B6 with broad-spectrum micronutrients for premenstrual syndrome. *J Altern Complement Med.* 2020;26(2):88–97
- Reynolds GK, Lewis DP, Richardson AM, Lidbury BA. Comorbidity of postural orthostatic tachycardia syndrome and chronic fatigue syndrome in an Australian cohort. *J Intern Med.* 2014;275(4):409–417.
- Reynolds LA, Finlay BB. Early life factors that affect allergy development. *Nat Rev Immunol.* 2017 Aug;17(8):518–528.
- Rezaei S, Akhlaghi M, Sasani MR, Barati Boldaji R. Olive oil lessened fatty liver severity independent of cardiometabolic correction in patients with non-alcoholic fatty liver disease: A randomized clinical trial. *Nutrition.* 2019 Jan;57:154–161.
- Rhoden CR, Wellenius GA, Ghelfi E, et al. PM-induced cardiac oxidative stress and dysfunction are mediated by autonomic stimulation. *Biochim Biophys Acta.* 2005 1725(3):305–313.
- Riccioni G, D’Orazio N, Palumbo N, et al. Relationship between plasma antioxidant concentrations and carotid intima-media thickness: the Asymptomatic Carotid Atherosclerotic Disease in Manfredonia Study. *European journal of cardiovascular prevention and rehabilitation: official journal of the European Society of Cardiology, Working Groups on Epidemiology & Prevention and Cardiac Rehabilitation and Exercise Physiology.* 2009; 16(3):351–357.
- Richman LS, Kubzansky L, Maselko J, et al. Positive emotion and health: going beyond the negative. *Health Psychol.* 2005 Jul;24(4):422–9.
- Richmont-Bryant J, Owen RC, Graham S, et al. Estimation of on-road NO₂ concentrations, NO₂/NOX ratios, and related roadway gradients from near-road monitoring data. *Air Qual Atm Health.* 2017; 10:611–25.
- Richter J, Herzog N, Janka S, et al. Twice as High Diet-Induced Thermogenesis After Breakfast vs Dinner On High-Calorie as Well as Low-Calorie Meals. *J Clin Endocrinol Metab.* 2020;105(3):211–221.
- Rillig JK and Sanfey AG. The neuroscience of social decision-making. *Annu. Rev. Psychol.* 2011. 62:23–48.
- Ripplinger CM. From drugs to devices and back again: chemical vagal nerve stimulation for the treatment of heart failure. *Cardiovasc Res.* 2017;113(11):1270–1272. DOI: 10.1093/cvr/cvx142
- Rizkalla MN, Henderson KK, Huntington-Alfano K, Heinling KP, Koroniewicz A, Knees M, Hoffman H, Elahi F, Impens A. Does Osteopathic Manipulative Treatment Make a Neuropsychological Difference in Adults With Pain? A Rationale for a New Approach. *J Am Osteopath Assoc.* 2018 Sep 1;118(9):617–622.
- Rizzo G, Laganà AS, Rapisarda AM, et al. Vitamin B12 among Vegetarians: Status, Assessment and Supplementation. *Nutrients.* 2016;8(12):767.
- RKI-Themenschwerpunkt Übergewicht https://www.rki.de/DE/Content/Gesundheitsmonitoring/Themen/Uebergewicht_Adipositas/Uebergewicht_Adipositas_node.html
- Robson PJ, Blannin AK, Walsh NP, et al. Effects of exercise intensity, duration and recovery on in vitro neutro-

- phil function in male athletes. *Int J Sports Med.* 1999 Feb;20(2):128–35.
- Roca-Rivada A, Al-Massadi O, Castelao C, et al. Muscle tissue as an endocrine organ: comparative secretome profiling of slow-oxidative and fast-glycolytic rat muscle explants and its variation with exercise. *J Proteomics.* 2012 Sep 18;75(17):5414–25.
- Rodriguez-Ayllon M, Cadena-Sánchez C, Estévez-López F, et al. Role of Physical Activity and Sedentary Behavior in the Mental Health of Preschoolers, Children and Adolescents: A Systematic Review and Meta-Analysis. *Sports Med.* 2019;49(9):1383–1410.
- Roenneberg T, Kantermann T, Juda M, et al. Light and the human circadian clock. *Handbook Exp. Pharmacol.* 2013; 217: 311–331.
- Rogerson D. Vegan diets: practical advice for athletes and exercisers. *J Int Soc Sports Nutr.* 2017;14:36. Published 2017 Sep 13. DOI: 10.1186/s12970-017-0192-9
- Roh YE, Kim BR, Choi WB, et al. Vitamin D deficiency in children aged 6 to 12 years: single center's experience in Busan. *Ann Pediatr Endocrinol Metab.* 2016;21(3):149–154.
- Roizen M. Lifestyle medicine: Treating the causes of diseases. *Altern Ther Health Med* 2009 Nov–Dec;15(6): 12–4.
- Rojansky N, et al. Seasonality in Human Reproduction: An Update. *Human Reproduction,* 1992;7:735–745.
- Rolls BJ, Fedoroff IC, Guthrie JF, Lester LJ. Foods with different satiating effects in humans. *Appetite.* 1990;15(2):115–126. Flood JE, Rolls BJ. Soup preloads in a variety of forms reduce meal energy intake. *Appetite.* 2007;49(3):626–634.
- Rook GAW, Raison CL, Lowry CA. Microbial ‘old friends’, immunoregulation and socioeconomic status. *Clin Exp Immunol.* 2014;177(1):1–12
- Rosas-Balina M, Tracey KJ: The neurology of the immune system: neural reflexes regulate immunity. *Neuron.* 2009; 64: 28–32.
- Rosenblum Lichtenstein JH, Hsu YH, Gavin IM, et al. Environmental mold and mycotoxin exposures elicit specific cytokine and chemokine responses. *PLoS One.* 2015;10(5):e0126926.
- Rosenkranz MA, Lutz A, Perlman DM, et al. Reduced stress and inflammatory responsiveness in experienced meditators compared to a matched healthy control group. *Psychoneuroendocrinology.* 2016;68:117–125.
- Ross AJ, Medow MS, Rowe PC, et al. What is brain fog? An evaluation of the symptom in postural tachycardia syndrome. *Clin Auton Res.* 2013 Dec;23(6): 305–311.
- Ross AJ, Medow MS, Rowe PC, Stewart JM. What is brain fog? An evaluation of the symptom in postural tachycardia syndrome. *Clin Auton Res.* 2013;23(6):305–311.
- Roy J, Forest G. Greater circadian disadvantage during evening games for the National Basketball Association (NBA), National Hockey League (NHL) and National Football League (NFL) teams travelling westward. *J Sleep Res.* 2018;27(1):86–89.
- Rudert A, Portnoy J. Mold allergy: is it real and what do we do about it? *Expert Rev Clin Immunol.* 2017 Aug;13(8):823–835.
- Ruffini N, D'Alessandro G, Cardinali L, et al. Osteopathic manipulative treatment in gynecology and obstetrics: A systematic review. *Complement Ther Med.* 2016;26:72–78
- Rumana HS, Sharma RC, Beniwal V, et al. A retrospective approach to assess human health risks associated with growing air pollution in urbanized area of Thar Desert, Western Rajasthan, India. *J Environ Health Sci Eng.* 2014;12:23.
- Runacres A, Mackintosh KA, McNarry MA. Health Consequences of an Elite Sporting Career: Long-Term Detriment or Long-Term Gain? A Meta-Analysis of 165,000 Former Athletes. *Sport Med.* 2020;(0123456789)
- Russ TC, Reis S, van Tongeren M. Air pollution and brain health: defining the research agenda. *Curr Opin Psychiatry.* 2019 Mar;32(2):97–104.
- Russell N, Jennings S, Jennings B, et al. The mastocytosis society survey on mast cell disorders: part 2-patient clinical experiences and beyond. *J Allergy Clin Immunol Pract.* 2018.
- Rutjes AW, Denton DA, Di Nisio M, et al. Vitamin and mineral supplementation for maintaining cognitive function in cognitively healthy people in mid and late life. *Cochrane Database Syst Rev.* 2018;12(12): CD011906.
- Rynders CA, Thomas EA, Zaman A, Pan Z, Catenacci VA, Melanson EL. Effectiveness of Intermittent Fasting and Time-Restricted Feeding Compared to Continuous Energy Restriction for Weight Loss. *Nutrients.* 2019;11(10):2442.
- Rystedt LW, Cropley M, Devereux JJ, et al. The relationship between long-term job strain and morning and evening saliva cortisol secretion among white-collar workers. *J Occup Health Psychol.* 2008; (2)13: 105–113.
- Saba Ahmadi, Zolfaghari Rajabi, Mehdi Vasfi Marandi. Evaluation of the antiviral effects of aqueous extracts of red and yellow onions (*Allium Cepa*) against avian influenza virus subtype H9N2. *IJVST* 2018-2 (19): 23–27.
- Sabir MS, Haussler MR, Mallick S, et al. Optimal vitamin D spurs serotonin: 1,25-dihydroxyvitamin D represses serotonin reuptake transport (SERT) and degradation (MAO-A) gene expression in cultured rat serotonergic neuronal cell lines. *Genes Nutr.* 2018;13:19.
- Sacco R, Eggenhoffner R, Giacomelli L. Glutathione in the treatment of liver diseases: insights from cli-

- nical practice. *Minerva Gastroenterol Dietol.* 2016 Dec;62(4):316–324..
- Sachdeva S, Puri AS, Kumar A, Dalal A, Dahale AS. Brain Fogginess and SIBO: A Link or Just a Mirage? *Clin Transl Gastroenterol.* 2018;9(9):184.
- Sæbø A, Popek R, Nawrot B, et al. Plant species differences in particulate matter accumulation on leaf surfaces. *Sci Total Environ.* 2012 Jun 15;427–428:347–54.
- Saito YC, Maejima T, Nishitani M, Hasegawa E, Yanagawa Y, Mieda M, Sakurai T. Monoamines Inhibit GABAergic Neurons in Ventrolateral Preoptic Area That Make Direct Synaptic Connections to Hypothalamic Arousal Neurons. *J. of Neuroscience.* 11 2018: 2835–17.
- Saker P, Farrell MJ, Egan GF, McKinley MJ, Denton DA. Overdrinking, swallowing inhibition, and regional brain responses prior to swallowing. *Proceedings of the National Academy of Sciences.* 2016;113(43):12274–9.
- Salimpoor VN, Benovoy M, Larcher K, Dagher A, Zatorre RJ. Anatomically distinct dopamine release during anticipation and experience of peak emotion to music. *Nat Neurosci.* 2011 Feb;14(2):257–62.
- Sampath KK, Katare R, Tumilty S. Stress axis and osteopathy: A dual hormone approach. 2019; 33: 24–30.
- Samuels MH. Psychiatric and cognitive manifestations of hypothyroidism. *Curr Opin Endocrinol Diabetes oss* AJ, Medow MS, Rowe PC, Stewart JM. What is brain fog? An evaluation of the symptom in postural tachycardia syndrome. *Clin Auton Res.* 2013;23(6):305–311.
- Samuelson LC, Wiebauer K, Snow CM, Meisler MH. Retroviral and pseudogene insertion sites reveal the lineage of human salivary and pancreatic amylase genes from a single gene during primate evolution. *Mol Cell Biol.* 1990;10(6):2513–2520.
- Sandilands A, Sutherland C, Irvine AD, McLean WH. Filaggrin in the frontline: role in skin barrier function and disease. *J Cell Sci.* 2009 May 1;122(Pt 9):1285–94.
- Santus P, Corsico A, Solidoro P, et al. Oxidative stress and respiratory system: pharmacological and clinical reappraisal of N-acetylcysteine. *COPD.* 2014 Dec;11(6): 705–17.
- Saric S, Sivamani RK. Polyphenols and Sunburn. *Int J Mol Sci.* 2016 Sep 9;17(9):1521.
- Sarker MR, Franks SF. Efficacy of curcumin for age-associated cognitive decline: a narrative review of preclinical and clinical studies. *Geroscience.* 2018;40(2): 73–95.
- Sartori SB, Whittle N, Hetzenauer A, Singewald N. Magnesium deficiency induces anxiety and HPA axis dysregulation: modulation by therapeutic drug treatment. *Neuropharmacology.* 2012;62(1):304–312.
- Sayadaw, M. (1994). The progress of insight: a treatise on satipatthana meditation. Kandy, Sri Lanka: Buddhist Publication Society.
- Sayón-Orea C, Santiago S, Cuervo M, et al. Adherence to Mediterranean dietary pattern and menopausal symptoms in relation to overweight/obesity in Spanish perimenopausal and postmenopausal women. *Menopause.* 2015;22(7):750–757
- Scapagnini G, Davinelli S, Di Renzo L, et al. Cocoa bioactive compounds: significance and potential for the maintenance of skin health. *Nutrients.* 2014 Aug 11;6(8):3202–13.
- Schander A, Downey HF, Hodge LM. Lymphatic pump manipulation mobilizes inflammatory mediators into lymphatic circulation *Exp Biol Med.* 2012; 237 (1): 58–63.
- Scheiermann C, Kunisaki Y, Frenette PS. Circadian control of the immune system. *Nat Rev Immunol.* 2013;13(3):190–198. DOI: 10.1038/nri3386
- Schiavone S, Jaquet V, Trabace L, Krause KH. Severe life stress and oxidative stress in the brain: from animal models to human pathology. *Antioxid Redox Signal.* 2013;18(12):1475–1490.
- Schikowski T, Krutmann J. Air pollution (particulate matter and nitrogen dioxide) and skin aging. [Article in German] *Hautarzt.* 2019 Mar;70 (3):158–162.
- Schmidt K, Cowen PJ, Harmer CJ, Tzortzis G, Errington S, Burnet PW. Prebiotic intake reduces the waking cortisol response and alters emotional bias in healthy volunteers. *Psychopharmacology (Berl).* 2015;232(10):1793–1801.
- Schmidt K, Weber N, Steiner M, et al. A lecithin phosphatidylserine and phosphatidic acid complex (PAS) reduces symptoms of the premenstrual syndrome (PMS): Results of a randomized, placebo-controlled, double-blind clinical trial. *Clin Nutr ESPEN.* 2018;24:22–30
- Schmidt S. Brain Fog: Does Air Pollution Make Us Less Productive? [published correction appears in *Environ Health Perspect.* 2019 Jun;127(6):69003]. *Environ Health Perspect.* 2019;127(5):52001.
- Schoorlemmer RM, Peeters GM, van Schoor NM, et al. Relationships between cortisol level, mortality and chronic diseases in older persons. *Clin Endocrinol (Oxf).* 2009 Dec;71(6):779–86.
- Schwartz JR, Marsh RG, Draeger ZD. Zinc and skin health: overview of physiology and pharmacology. *Dermatol Surg.* 2005 Jul;31(7 Pt 2):837–47; discussion 847.
- Schwarz J, Dschietzig T, Schwarz J, et al. The influence of a whole food vegan diet with Nori algae and wild mushrooms on selected blood parameters. *Clin Lab.* 2014;60(12):2039–2050.
- Schwellnus MP, Derman WE, Jordaan E et al. Elite athletes travelling to international destinations >5 time zone differences from their home country have a 2–3-fold increased risk of illness *Br J Sports Med* 2012; 46: 816–821

- Schwerla F, Rother K, Rother D, et al. Osteopathic manipulative therapy in women with postpartum low back pain and disability: A pragmatic randomized controlled trial. *J Am Osteopath Assoc.* 2015;115(7):416–425
- Science M, Johnstone J, Roth DE. Zinc for the treatment of the common cold: a systematic review and meta-analysis of randomized controlled trials. *CMAJ*. July 10, 2012;184(10):E551–61
- Scragg R, Rahman J, Thornley S. Association of sun and UV exposure with blood pressure and cardiovascular disease: A systematic review. *J Steroid Biochem Mol Biol.* 2019 Mar;187:68–75.
- Scrivo R, Vasile M, Bartosiewicz I, Valesini G. Inflammation as “common soil” of the multifactorial diseases. *Autoimmun Rev.* 2011;10(7):369–374.
- Sears ME, Kerr KJ, Bray RI. Arsenic, cadmium, lead, and mercury in sweat: a systematic review. *J Environ Public Health.* 2012;2012:184745.
- Secades JJ. Citicoline: pharmacological and clinical review, 2010 update. *Rev Neurol.* 2011;52 Suppl 2:S1–S62. Grieb P. Neuroprotective properties of citicoline: facts, doubts and unresolved issues. *CNS Drugs.* 2014;28(3):185–193.
- Segal BM, Pogatchnik B, Holker E, et al. Primary Sjögren's syndrome: cognitive symptoms, mood, and cognitive performance. *Acta Neurol Scand.* 2012;125(4):272–278.
- Segal, Z. V., Williams, J. M. G., & Teasdale, J. D. (2013). Mindfulnessbased cognitive therapy for depression: a new approach to preventing relapse (2nd ed.). New York, NY: Guilford Press.
- Seligman, M. E. P. (1991). Learned optimism. New York: Alfred A. Knopf.
- Seltzer LJ, Ziegler TE, Pollak SD. Social vocalizations can release oxytocin in humans. *Proc Biol Sci.* 2010; 277(1694):2661–6.
- Senger DR, Li D, Jaminet SC, Cao S. Activation of the Nrf2 Cell Defense Pathway by Ancient Foods: Disease Prevention by Important Molecules and Microbes Lost from the Modern Western Diet. *PLoS One.* 2016 Feb 17;11(2):e0148042.
- Septon S, Spiegel D. Circadian disruption in cancer: a neuroendocrine-immune pathway from stress to disease? *Brain Behav Immun.* 2003; 17: 321–328.
- Serafini M, Peluso I. Functional Foods for Health: The Interrelated Antioxidant and Anti-Inflammatory Role of Fruits, Vegetables, Herbs, Spices and Cocoa in Humans. *Curr Pharm Des.* 2016;22(44):6701–6715.
- Serwinski B, Salavecz G, Kirschbaum C, et al. Associations between hair cortisol concentration, income, income dynamics and status incongruity in healthy middle-aged women. *Psychoneuroendocrinology.* 2006;67:182–188
- Seymour GJ, Ford PJ, Cullinan MP, Leishman S, Yamazaki K. Relationship between periodontal infections and systemic disease. *Clin Microbiol Infect.* 2007;13 Suppl 4:3–10.
- Shahar RT, Koren O, Matarasso S, et al. Attributes of Physical Activity and Gut Microbiome in Adults: A Systematic Review. *Int J Sports Med.* Published online 2020
- Shahidi M, Mojtabeh A, Modabbernia A, Mojtabeh M, Shafabady A, Delavar A, Honari H. Laughter yoga versus group exercise program in elderly depressed women: a randomized controlled trial. *Int J Geriatr Psychiatry.* 2011 Mar;26(3):322–7. DOI: 10.1002/gps.2545
- Shanks L, Jason LA, Evans M, Brown A. Cognitive impairments associated with CFS and POTS. *Front Physiol.* 2013;4:113.
- Sharma N. Efficacy of Garlic and Onion against virus. *International Journal of Research in Pharmaceutical Sciences.* 2019; 10(4), 3578–3586.
- Sharma RK, Agrawal M. Biological effects of heavy metals: an overview. *J Environ Biol.* 2005 Jun;26(2 Suppl): 301–13. PMID: 16334259.
- Sherrington A, Newham JJ, Bell R, et al. Systematic review and meta-analysis of internet-delivered interventions providing personalized feedback for weight loss in overweight and obese adults. *Obes Rev.* 2016;17:541–51
- Sherry MA, Best TM. A comparison of 2 rehabilitation programs in the treatment of acute hamstring strains. *J Orthop Sport Phys Ther.* 2004;34(3):116–125.
- Shi M, Mody CH. Fungal Infection in the Brain: What We Learned from Intravital Imaging. *Front Immunol.* 2016;7:292.
- Shin BK, Kang S, Kim DS, et al. Intermittent fasting protects against the deterioration of cognitive function, energy metabolism and dyslipidemia in Alzheimer's disease-induced estrogen deficient rats. *Exp Biol Med.* 2018;243(4):334–343
- Shojaie M, Ghanbari F, Shojaie N. Intermittent fasting could ameliorate cognitive function against distress by regulation of inflammatory response pathway. *J Adv Res.* 2017;8(6):697–701.
- Sieliski R, Rief W, Glombiewski JA. Efficacy of Biofeedback in Chronic back Pain: a Meta-Analysis. *Int J Behav Med.* 2017 Feb;24(1):25–41.
- Siems W, Wiswedel I, Salerno C, et al. Beta-carotene breakdown products may impair mitochondrial functions—potential side effects of high-dose beta-carotene supplementation. *J Nutr Biochem.* 2005; 16(7):385–397.
- Sikdar S, Papadopoulou M, Dubois J. What do we know about sulforaphane protection against photoaging? *J Cosmet Dermatol.* 2016 Mar;15(1):72–7.

- Silverberg JI. Atopic dermatitis: it's not just barrier dysfunction. *Br J Dermatol.* 2019 Mar;180(3):447–448. DOI: 10.1111/bjd.17499. PMID: 30821371.
- Simkó M, Mattsson MO. Risks from accidental exposures to engineered nanoparticles and neurological health effects: a critical review. *Part Fibre Toxicol.* 2010;7:42.
- Simpson HL, Campbell BJ. Review article: Dietary fibre-microbiota interactions. *Aliment Pharmacol Ther.* 2015;42(2):158–179
- Singer P, Shapiro H, Theilla M, et al. Anti-inflammatory properties of omega-3 fatty acids in critical illness: novel mechanisms and an integrative perspective. *Intensive Care Med.* 2008 Sep;34(9):1580–92.
- Singh U, Devaraj S, Jialal I (2005) Vitamin E, oxidative stress, and inflammation. *Annu Rev Nutr* 25:151–174.
- Sinha R. The clinical neurobiology of drug craving. *Curr Opin Neurobiol* 2013;23:649–654.
- Sjögren YM, Jenmalm MC, Böttcher MF, et al. Altered early infant gut microbiota in children developing allergy up to 5 years of age. *Clin Exp Allergy.* 2009;39(4):518–526
- Skein M, Duffield R, Edge J, et al. Intermittent-sprint performance and muscle glycogen after 30 h of sleep
- Skulas-Ray AC, Kris-Etherton PM, Harris WS, West SG. Effects of marine-derived omega-3 fatty acids on systemic hemodynamics at rest and during stress: a dose-response study. *Ann Behav Med.* 2012;44(3):301–308. DOI: 10.1007/s12160-012-9393-2
- Slominski A, Wortsman J, Paus R, Elias PM, Tobin DJ, Feingold KR. Skin as an endocrine organ: implications for its function. *Drug Discov Today Dis Mech.* 2008 Jun 1;5(2):137–144.
- Sluka KA, O'Donnell JM, Danielson J, et al. Regular physical activity prevents development of chronic pain and activation of central neurons. *J Appl Physiol.* 2013; 114:725–733.
- Small K, Mc Naughton L, Matthews M. A systematic review into the efficacy of static stretching as part of a warm-up for the prevention of exercise-related injury. *Res Sport Med.* 2008;16(3):213–231.
- Smith, A., Graham, L., & Senthinathan, S. (2007). Mindfulness-based cognitive therapy for recurring depression in older people: a qualitative study. *Aging & Mental Health,* 11(3), 346–357.
- Sohn MW, Manheim LM, Chang RW, et al. Sedentary behavior and blood pressure control among osteoarthritis initiative participants. *Osteoarthritis Cartilage.* 2014;22(9):1234–1240.
- Sohrabi N, Kashanian M, Ghafoori SS, et al. Evaluation of the effect of omega-3 fatty acids in the treatment of premenstrual syndrome: "a pilot trial." *Complement Ther Med.* 2013;21(3):141–146
- Somppi TL. Non-Thyroidal Illness Syndrome in Patients Exposed to Indoor Air Dampness Microbiota Treated Successfully with Triiodothyronine. *Front Immunol.* 2017;8:919.
- Song IS, Han K, Park YM, et al. Severe Periodontitis Is Associated with Insulin Resistance in Non-abdominal Obese Adults. *J Clin Endocrinol Metab.* 2016;101(1):4251–4259..
- Song SH, Kwak IS, Lee DW, Kang YH, Seong EY, Park JS. The prevalence of low triiodothyronine according to the stage of chronic kidney disease in subjects with a normal thyroid-stimulating hormone. *Nephrol Dial Transplant.* 2009 May;24(5):1534–8.
- Song Z, Hatton GI. Taurine and the control of basal hormone release from rat neurohypophysis. *Experimental neurology.* 2003;183(2):330–7.
- Sorkin D, Rook KS, Lu JL. Loneliness, lack of emotional support, lack of companionship, and the likelihood of having a heart condition in an elderly sample. *Ann Behav Med.* 2002;24(4):290–8.
- Sosa-Reina MD, Nunez-Nagy S, Gallego-Izquierdo T, et al. Effectiveness of Therapeutic Exercise in Fibromyalgia Syndrome: A Systematic Review and Meta-Analysis of Randomized Clinical Trials. *Biomed Res Int.* 2017;2017:2356346.
- Souissi N, Sesboue B, Gauthier A, et al. Effects of one night's sleep deprivation on anaerobic performance the following day. *Eur J Appl Physiol.* 2003;89(3–4):359–66.20.
- Spiegel K, Sheridan JF, Van Cauter E. Effect of sleep deprivation on response to immunization. *JAMA.* 2002 Sep 25;288(12):1471–2.
- Spreadbury I. Comparison with ancestral diets suggests dense acellular carbohydrates promote an inflammatory microbiota, and may be the primary dietary cause of leptin resistance and obesity. *Diabetes Metab Syndr Obes.* 2012;5:175–89.
- Springer A, Venkatakrishnan A, Mohan S, Nelson L, Silva M, Pirolli P. Leveraging Self-Affirmation to Improve Behavior Change: A Mobile Health App Experiment. *JMIR Mhealth Uhealth.* 2018;6(7):e157.
- Spruill TM, Butler MJ, Thomas SJ, Tajeu GS, Kalinowski J, Castañeda SF, Langford AT, Abdalla M, Blackshear C, Allison M, Ogedegbe G, Sims M, Shimbo D. Association Between High Perceived Stress Over Time and Incident Hypertension in Black Adults: Findings From the Jackson Heart Study. *J Am Heart Assoc.* 2019 Nov 5;8(21):e012139.
- Srikanthan P, Karlamangla AS. Muscle mass index as a predictor of longevity in older adults. *Am J Med.* 2014; 127(6):547–553. DOI: 10.1016/j.amjmed.2014.02.007
- Srinivasan, S. (1996). Vipassana meditation as taught in the meditation centres initiated by S. N. Goenka. In Y. Haruki, Y. Ishii, & M. Suzuki (Eds.), Comparative and

- psychological study on meditation (pp. 49–56). Delft, Netherlands: Eburon Academic Publishers.
- Srivastava JK, Shankar E, Gupta S. Chamomile: A herbal medicine of the past with bright future. *Mol Med Rep.* 2010;3(6):895–901.
- Stahl W, Heinrich U, Aust O, Tronnier H, Sies H. Lycopene-rich products and dietary photoprotection. *Photochem Photobiol Sci.* 2006 Feb;5(2):238–42.
- Stahl W, Sies H. Carotenoids and flavonoids contribute to nutritional protection against skin damage from sunlight. *Mol Biotechnol.* 2007 Sep;37(1):26–30.
- Stahl W, Sies H. β-Carotene and other carotenoids in protection from sunlight. *Am J Clin Nutr.* 2012 Nov;96(5):1179S–84S.
- Stahl W. Carrots, tomatoes and cocoa: Research on dietary antioxidants in Düsseldorf. *Arch Biochem Biophys.* 2016 Apr 1;595:125–31.
- Stallmach A, Vehreschild M. *Mikrobiom.* Vol 53. de Gruyter; 2016
- Stangl, W., Online Lexikon für Psychologie und Pädagogik, Stichwort: „Schlafhomöostase“.
- Starks MA, Starks SL, Kingsley M, Purpura M, Jäger R. The effects of phosphatidylserine on endocrine response to moderate intensity exercise. *J Int Soc Sports Nutr.* 2008;5:11.
- Stefanon B, Colitti M. Original Research: Hydroxytyrosol, an ingredient of olive oil, reduces triglyceride accumulation and promotes lipolysis in human primary visceral adipocytes during differentiation. *Exp Biol Med (Maywood).* 2016;241(16):1796–1802.
- Stekovic S, Hofer SJ, Tripolt N, et al. Alternate Day Fasting Improves Physiological and Molecular Markers of Aging in Healthy, Non-obese Humans [published correction appears in *Cell Metab.* 2020 Apr 7;31(4):878–881]. *Cell Metab.* 2019;30(3):462–476.e6.
- Stępnik J, Kędra A, Czaprowski D. Short-term effect of osteopathic manual techniques (OMT) on respiratory function in healthy individuals. *PLoS One.* 2020;15(6):e0235308.
- Steptoe A, Dockray S, Wardle J. Positive affect and psychobiological processes relevant to health. *J Pers. 2009; 77(6):1747–1776*
- Steptoe A, Owen N, Kunz-Ebrecht SR, Brydon L. Loneliness and neuroendocrine, cardiovascular, and inflammatory stress responses in middle-aged men and women. *Psychoneuroendocrinology.* 2004 June;29(5):593–611.
- Steptoe A, Wardle J. Positive affect and biological function in everyday life. *Neurobiol Aging.* 2005 Dec;26 Suppl 1:108–12.
- Sternfeld B, Guthrie KA, Ensrud KE, et al. Efficacy of exercise for menopausal symptoms. *Menopause.* 2013;21(4):1
- Stewart SA. The effects of benzodiazepines on cognition. *J Clin Psychiatry.* 2005;66 Suppl 2:9–13.
- Stockman MC, Thomas D, Burke J, Apovian CM. Intermittent Fasting: Is the Wait Worth the Weight? *Curr Obes Rep.* 2018;7(2):172–185.
- Stokkan KA, S. Yamazaki et al. Entrainment of the circadian clock in the liver by feeding. *Science* 291 (5503): 490–3.
- Storch K F, O. Lipan et al. Extensive and divergent circadian gene expression in liver and heart. *Nature* 2001; 417 (6884): 78–83.
- Strasser B, Burtscher M. Survival of the fittest: VO_{2max}, a key predictor of longevity. *Front Biosci (Landmark Ed).* 2018;23(23):1505–1516.
- Streeter CC, Gerbarg PL, Saper RB. Effects of yoga on the autonomic nervous system, gamma-aminobutyric-acid, and allostasis in epilepsy, depression, and post-traumatic stress disorder. *Med Hypotheses.* 2012 May;78(5):571–9.
- Strominger N.L., Demarest R.J., Laemle L.B. The Reticular Formation and the Limbic System. In: Noback's Human Nervous System, Seventh Edition. Humana Press, Totowa, NJ, 2012.
- Stutzer, A. The role of income aspirations in individual happiness. *Journal of Economic Behaviour and Organisation.* 2004; 54: 89–109.
- Suades-González E, Gascon M, Guxens M, et al. Air pollution and neuropsychological development: a review of the latest evidence. *Endocrinology.* 2015;156:3473–82.
- Sudo N, Chida Y, Aiba Y, et al. Postnatal microbial colonization programs the hypothalamic-pituitary-adrenal system for stress response in mice. *J Physiol.* 2004;558(1):263–275
- Sudsuang R, Chentanez V, Veluvan K. Effect of Buddhist meditation on serum cortisol and total protein levels, blood pressure, pulse rate, lung volume and reaction time. *Physiol Behav.* 1991 Sep;50(3):543–8.
- Sumioka H, Nakae A, Kanai R, Ishiguro H. Huggable communication medium decreases cortisol levels. *Sci Rep.* 2013;3:3034.
- Summerhill V, Karagodin V, Grechko A, Myasoedova V, Orekhov A. Vasculoprotective Role of Olive Oil Compounds via Modulation of Oxidative Stress in Atherosclerosis. *Front Cardiovasc Med.* 2018 Dec 21;5:188.
- Sun Q, Wang B, Li Y, et al. Taurine Supplementation Lowers Blood Pressure and Improves Vascular Function in Prehypertension: Randomized, Double-Blind, Placebo-Controlled Study. *Hypertension.* 2016;67(3):541–549

- Sundelin T, Lekander M, Kecklund G, et al. Cues of fatigue: effects of sleep deprivation on facial appearance. *Sleep*. 2013;36(9):1355–1360.
- Sundström J, Sullivan L, D'Agostino RB, et al. Relations of serum uric acid to longitudinal blood pressure tracking and hypertension incidence. *Hypertension*. 2005 Jan;45(1):28–33.
- Sutton EF, Beyl R, Early KS, et al. Early Time-Restricted Feeding Improves Insulin Sensitivity, Blood Pressure, and Oxidative Stress Even without Weight Loss in Men with Prediabetes. *Cell Metab*. 2018 Jun 5;27(6):1212–1221.e3.
- Svennersten K, Gorewit RC, Sjaunja LO, Uvnäs-Moberg K. Feeding during milking enhances milking-related oxytocin secretion and milk production in dairy cows, whereas food deprivation decreases it. *Acta Physiol Scand* 1995;153:309–10.
- Swaminathan K, Klerman EB, Phillips AJK. Are Individual Differences in Sleep and Circadian Timing Amplified by Use of Artificial Light Sources? *J Biol Rhythms*. 2017;32(2):165–176.
- Szabo A, Hopkinson KL. Negative Psychological Effects of Watching the News in the Television: Relaxation or Another Intervention May Be Needed to Buffer Them! *International Journal of Behavioral Medicine*. 2007; 14(2): 57–62
- Székely M: The vagus nerve in thermoregulation and energy metabolism. *Auton. Neurosci*. 2000; 85(1–3): 26–38.
- Tal A, Wansink B. ‘Fattening Fasting: Hungry Grocery Shoppers Buy More Calories, Not More Food’, *JAMA Internal Medicine*, 2013; 173(12): 1146.
- Tal A, Zuckerman S, Wansink B. Watch what you eat: action-related television content increases food intake. *Med*. 2014 Nov;174(11):1842–3.
- Talarowska M, Bobińska K, Zajaczkowska M, Su KP, Maes M, Gałecki P. Impact of oxidative/nitrosative stress and inflammation on cognitive functions in patients with recurrent depressive disorders. *Med Sci Monit*. 2014;20:110–115.
- Tanaka A, Nishimura M, Sato Y, et al. Enhancement of the Th1-phenotype immune system by the intake of Oyster mushroom(Tamogitake) extract in a double-blind, placebo-controlled study. *J Tradit Complement Med*. 2015 Dec 29;6(4):424–430.
- Tang YY, Tang R, Posner MI. Mindfulness meditation improves emotion regulation and reduces drug abuse. *Drug Alcohol Depend*. 2016 Jun 1;163 Suppl 1:S13–8.
- Tapper K Can mindfulness influence weight management related eating behaviors? If so, how? *Clin Psychol Rev*. 2017 Apr;53:122–134.
- Tapper K. Mindfulness and craving: effects and mechanisms. *Clin Psychol Rev*. 2018 Feb;59:101–117.
- Tarsuslu T, Bol H, Simşek IE, Toylan IE, Cam S. The effects of osteopathic treatment on constipation in children with cerebral palsy: a pilot study. *J Manipulative Physiol Ther*. 2009 Oct;32(8):648–53.
- Tartagni M, Cicinelli MV, Tartagni MV, et al. Vitamin D Supplementation for Premenstrual Syndrome-Related Mood Disorders in Adolescents with Severe Hypovitaminosis D. *J Pediatr Adolesc Gynecol*. 2016;29(4):357–361
- Taylor AF, Kuo F, Sullivan W. Coping with ADD. The surprising connection to green play settings. *Environm and Behav* 2001; 33 (1): 54–77.
- Tchounwou PB, Yedjou CG, Patlolla AK, Sutton DJ. Heavy metal toxicity and the environment. *Exp Suppl*. 2012;101:133–164. DOI: 10.1007/978-3-7643-8340-4_6
- Tei C, Imamura T, Kinugawa K, Inoue T, Masuyama T, Inoue H, Noike H, Muramatsu T, Takeishi Y, Saku K, Harada K, Daida H, Kobayashi Y, Hagiwara N, Nagayama M, Momomura S, Yonezawa K, Ito H, Gojo S, Akaishi M, Miyata M, Ohishi M; WAON-CHF Study Investigators. Waon Therapy for Managing Chronic Heart Failure – Results From a Multicenter Prospective Randomized WAON-CHF Study. *Circ J*. 2016;80(4):827–34.
- Teixeira M de C, Sanchez-Lopez E, Espina M, et al. Sirtuins and SIRT6 in carcinogenesis and in diet. *Int J Mol Sci*. 2019;20(19):1–16
- Telang PS. Vitamin C in dermatology. *Indian Dermatol Online J*. 2013;4(2):143–146.
- Tellejohann, Richard [corrected to Telljohann, Richard]. *Free Radic Biol Med*. 2007;42(5):665–674.
- Telles S, Raghavendra BR, Naveen KV, Manjunath NK, Kumar S, Subramanya P. Changes in autonomic variables following two meditative states described in yoga texts. *J Altern Complement Med*. 2013;19(1):35–42.
- Teng YT, Taylor GW, Scannapieco F, et al. Periodontal health and systemic disorders. *J Can Dent Assoc*. 2002;68(3):188–192.
- Terra R, Alves PJ, Gonçalves da Silva SA, Salerno VP, Dutra PM. Exercise improves the Th1 response by modulating cytokine and NO production in BALB/c mice. *Int J Sports Med*. 2013;34(7):661–666.
- Tetangco EP, Rassameehiran S, Fiedler S, et al. Mo1610 – Characterizing Symptoms of Brain Fogginess and Its Association with D-Lactic Acidosis and Sibo. 2019; 156(6): S-800.
- The Scientist: <https://www.the-scientist.com/the-nutshell/nitrogen-dioxide-linked-to-thousands-of-premature-deaths-in-germany-29975> Zugriff 5/2020
- Theoharides TC, Stewart JM, Hatziagelaki E, et al. Brain “fog,” inflammation and obesity: key aspects of neuropsychiatric disorders improved by luteolin. *Front Neuosci*. 2015;9:225.

- Theoharides TC, Tsilioni I, Ren H. Recent advances in our understanding of mast cell activation – or should it be mast cell mediator disorders? *Expert Rev Clin Immunol*. 2019;15(6):639–656.
- Thirthalli J, Naveen GH, Rao MG, et al. Cortisol and antidepressant effects of yoga. *Indian J Psychiatry*. 2013 Jul;55(Suppl 3):S405–8.
- Thoma MV, La Marca R, Brönnimann R, et al. The effect of music on the human stress response. *PLoS One*. 2013;8(8):e70156.
- Thurston RC, Ewing LJ, Low CA, et al. Behavioral Weight Loss for the Management of Menopausal Hot Flashes: A Pilot Study. *Menopause*. 2015;22(1):59–65.
- Tick H. Nutrition and pain. *Phys Med Rehabil Clin N Am*. 2015 May;26(2):309–20.
- Tilvis RS, Kahonen-Vare MH, Jolkonen J, Valvanne J, Pitkala KH, Strandberg TE. Predictors of cognitive decline and mortality of aged people over a 10-year period. *J Gerontol Ser A Biol Med Sci*. 2004;59(3):M268–74.
- Tkach & Lyubomirsky (2006) Tkach C, Lyubomirsky S. How do people pursue happiness? Relating personality, happiness-increasing strategies, and well-being. *Journal of Happiness Studies*. 2006;7:183–225.
- Tolstrup JS, Kristiansen L, Becker U, Grønbæk M. Smoking and risk of acute and chronic pancreatitis among women and men: a population-based cohort study. *Arch Intern Med*. 2009 Mar 23;169(6):603–9.
- Torday JS. Evolution and Cell Physiology. 1. Cell signaling is all of biology. *Am J Physiol Cell Physiol*. 2013;305(7):C682–C689.
- Tran MM, Lefebvre DL, Dharma C, et al. Canadian Healthy Infant Longitudinal Development Study investigators. Predicting the atopic march: Results from the Canadian Healthy Infant Longitudinal Development Study. *J Allergy Clin Immunol*. 2018 Feb;141(2):601–607.e8.
- Trang T, Chan J, Graham DY. Pancreatic enzyme replacement therapy for pancreatic exocrine insufficiency in the 21(st) century. *World J Gastroenterol*. 2014 Sep 7;20(33):11467–85.
- Trejo JL, Carro E, Nuñez A, Torres-Aleman I. Sedentary life impairs self-reparative processes in the brain: the role of serum insulin-like growth factor-I. *Rev Neurosci*. 2002;13(4):365–374.
- Trikojat K, Buske-Kirschbaum A, Plessow F, et al. Memory and multitasking performance during acute allergic inflammation in seasonal allergic rhinitis. *Clin Exp Allergy*. 2017;47(4):479–487.
- Trompette A, Gollwitzer ES, Yadava K, et al. Gut microbiota metabolism of dietary fiber influences allergic airway disease and hematopoiesis. *Nat Med*. 2014 Feb;20(2):159–66. DOI: 10.1038/nm.3444. Epub 2014 Jan 5
- Tsakok T, Woolf R, Smith CH, et al. Atopic dermatitis: the skin barrier and beyond. *Br J Dermatol*. 2019 Mar;180(3):464–474.
- Tsao TM, Tsai MJ, Hwang JS, et al. Health effects of a forest environment on natural killer cells in humans: an observational pilot study. *Oncotarget*. 2018 Mar 27;9(23):16501–16511.
- Tully L, Humiston J, Cash A. Oxaloacetate reduces emotional symptoms in premenstrual syndrome (PMS): Results of a placebocontrolled, cross-over clinical trial. *Obstet Gynecol Sci*. 2020;63(2):195–204.
- Turakitwanakan W, Mekseepralard C, Busarakumtragul P. Effects of mindfulness meditation on serum cortisol of medical students. *J Med Assoc Thai*. 2013 Jan;96 Suppl 1:S90–5.
- Turan B, Foltz C, Cavanagh JF, et al. Anticipatory sensitization to repeated stressors: the role of initial cortisol reactivity and meditation/emotion skills training. *Psychoneuroendocrinology*. 2015 Feb;52:229–38.
- Turk DC, Wilson HD. Fear of pain as a prognostic factor in chronic pain: conceptual models, assessment, and treatment implications. *Curr Pain Headache Rep*. 2010;14(2):88–95.
- Turner RB, Woodfolk JA, Borish L, et al. Effect of probiotic on innate inflammatory response and viral shedding in experimental rhinovirus infection – a randomised controlled trial. *Benef Microbes*. 2017 Apr 26;8(2):207–215.
- U.S. Department of Agriculture. Dietary Guidelines for Americans 2015–2020, 8th ed.; US Department of Health and Human Services; U.S. Department of Agriculture: Washington, DC, USA, 2015
- U.S. Department of Health and Human Services. Your Guide to Lowering Blood Pressure. 2003 https://www.nhlbi.nih.gov/files/docs/public/heart/hbp_low.pdf Zugriff 10.01.2021
- U.S. Department of Health and Human Services. National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK): <https://www.niddk.nih.gov/health-information/diabetes/overview/risk-factors-type-2-diabetes> Zugriff 20.1.2021
- U.S. Environmental Protection Agency. 1997. Exposure factors handbook volume 3: Activity factors. EPA/600/P-95/002Fa. Washington, DC.
- U.S. Food and Drug Administration. Press Release P04-100. November 1, 2004: <http://www.fda.gov/bbs/topics/news/2004/NEW01129.htm>. Accessed October 26, 2016.
- Uedo N, Ishikawa H, Morimoto K, et al. Reduction in salivary cortisol level by music therapy during colonoscopic examination. *Hepatogastroenterology*. 2004 Mar-Apr;51(56):451–3.

- Umwelt Bundesamt: <https://www.umweltbundesamt.de/en/press/pressinformation/nitrogen-dioxide-has-serious-impact-on-health> Zugriff 05/2021
- Universität Zürich: <https://www.charakterstaerken.org> Zugriff 21.10.2021
- Uvnäs-Moberg, K., & Petersson, M. Oxytocin, ein Vermittler von Antistress, Wohlbefinden, sozialer Interaktion, Wachstum und Heilung/Oxytocin, a mediator of anti-stress, well-being, social interaction, growth and healing. Zeitschrift für psychosomatische Medizin und Psychotherapie. 2005; 51(1), 57–80.
- V, Beavin LE, Zak PJ. Massage increases oxytocin and reduces adrenocorticotropin hormone in humans. Alternative Therapies in Health and Medicine. 2012;18(6):11.
- Vaghela N, Mishra D, Sheth M, et al. To compare the effects of aerobic exercise and yoga on Premenstrual syndrome. J Educ Health Promot. 2019;8(1)
- Vakhapova V, Cohen T, Richter Y, et al. Phosphatidylserine containing omega-3 fatty acids may improve memory abilities in non-demented elderly with memory complaints: a double-blind placebo-controlled trial. Dement Geriatr Cogn Disord. 2010;29(5):467–74.
- Vakhapova V, Cohen T, Richter Y, et al. Phosphatidylserine containing omega-3 fatty acids may improve memory abilities in non-demented elderly with memory complaints: a double-blind placebo-controlled trial. Dement Geriatr Cogn Disord. 2010;29(5):467–74.
- Valtonen V. Clinical Diagnosis of the Dampness and Mold Hypersensitivity Syndrome: Review of the Literature and Suggested Diagnostic Criteria. Front Immunol. 2017;8:951.
- Van De Wier B, Koek GH, Bast A, et al. The potential of flavonoids in the treatment of non-alcoholic fatty liver disease. Crit Rev Food Sci Nutr. 2017 Mar 4;57(4): 834–855.
- Van Den Berg AE, Custers MH. Gardening promotes neuroendocrine and affective restoration from stress. J Health Psychol. 2011 Jan;16(1):3–11.
- Van den Berg B, Ferrer-I-Carbonell A. Monetary valuation of informal care: the well-being valuation method. Health Econ. 2007 Nov;16(11):1227–44.
- Van den Brink GR, van den Boogaardt DE, van Deventer SJ, et al. Feed a cold, starve a fever? Clin Diagn Lab Immunol. 2002 Jan;9(1):182–3.
- Van Die MD, Bone KM, Burger HG, et al. Effects of a combination of Hypericum perforatum and Vitex agnus-castus on PMS-like symptoms in late-perimenopausal women: findings from a subpopulation analysis. J Altern Complement Med. 2009;15(9):1045–1048
- Van Dyke TE, Sheilesh D. Risk factors for periodontitis. J Int Acad Periodontol. 2005;7(1):3–7.
- Van Erp EA, van Kampen MR, an Kasteren PB, de Wit J. Viral Infection of Human Natural Killer Cells. Viruses 2019, 11, 243
- Van Hall G, Steensberg A, Sacchetti M, et al. Interleukin-6 stimulates lipolysis and fat oxidation in humans. J Clin Endocrinol Metab. 2003 Jul;188(7):3005–10.
- Van Langenberg DR, Yelland GW, Robinson SR, et al. Cognitive impairment in Crohn's disease is associated with systemic inflammation, symptom burden and sleep disturbance. United European Gastroenterol J. 2017;5(4):579–587.
- VanBruggen MD, Hackney AC, McMurray RG, et al. The relationship between serum and salivary cortisol levels in response to different intensities of exercise. Int J Sports Physiol Perform. 2011 Sep;6(3):396–407.
- Vance CGT, Dailey DL, Rakel BA, Sluka KA. Using TENS for Pain Control: The State of the Evidence. Pain Management. 2014; 4(3): 197–209
- Variability Biofeedback for the Treatment of Major Depression. Appl Psychophysiol Biofeedback 2007;32:19–30.
- Vaschillo EG, Vaschillo B, Lehrer PM. Characteristics of Resonance in Heart Rate Variability Stimulated by Biofeedback. Appl Psychophysiol Biofeedback 2006; 3:129–142.
- Veena J, Rao BS, Sri Kumar BN. Regulation of adult neurogenesis in the hippocampus by stress, acetylcholine and dopamine. J Nat Sci Biol Med. 2011;2(1):26–37.
- Vehviläinen T, Lindholm H, Rintamäki H, et al. High indoor CO₂ concentrations in an office environment increases the transcutaneous CO₂ level and sleepiness during cognitive work. J Occup Environ Hyg. 2016;13(1): 19–29.
- Veldhuis-Vlug AG, Fliers E, Bisschop PH. Bone as a regulator of glucose metabolism. Neth J Med. 2013;71(8):396–400.
- Vella A, Farrugia G. D-lactic acidosis: pathologic consequence of saprophytism. Mayo Clin Proc. 1998;73(5):451–6.
- Verbalis JG, McCann MJ, McHale CM, Stricker EM. Oxytocin secretion in response to cholecystokinin and food: differentiation of nausea from satiety. Science. 1986 Jun 13;232(4756):1417–9.
- Verbraucherzentrale: <https://www.verbraucherzentrale.de/wissen/umwelt-haushalt/wasser/wasserbehandlung-im-haushalt-wasserfilter-und-filteranlagen-5525>
- Vermutet Gerritsen RJS, Band GPH. Breath of Life: The Respiratory Vagal Stimulation Model of Contemplative Activity. Front Hum Neurosci. 2018;12:397.
- Veronesi B, Makwana O, Pooler M, et al. Effects of subchronic exposures to concentrated ambient particles. VII. Degeneration of dopaminergic neurons in Apo E-/mice. Inhal Toxicol. 2005;17: 235–41.

- Vickhoff B, Malmgren H, Aström R, et al. Music structure determines heart rate variability of singers [published correction appears in *Front Psychol*. 2013 Sep 05;4:599]. *Front Psychol*. 2013;4:334.
- Vi CT, Obrist M. Sour Promotes Risk-Taking: An Investigation into the Effect of Taste on Risk-Taking Behaviour in Humans. *Sci Rep*. 2018;8(1):7987.
- Vieira AT, Castelo PM, Ribeiro DA, et al. Influence of oral and gut microbiota in the health of menopausal women. *Front Microbiol*. 2017;8(SEP):1–7.
- Vismara L, Manzotti A, Tarantino AG, Bianchi G, Nonis A, La Rocca S, Lombardi E, Lista G, Agosti M. Timing of oral feeding changes in premature infants who underwent osteopathic manipulative treatment. *Complement Ther Med*. 2019 Apr;43:49–52.
- Vittner D, McGrath J, Robinson J, et al. Increase in oxytocin from skin-to-skin contact enhances development of parent–infant relationship. *Biological research for nursing*. 2018;20(1):54–62.
- Vivanco-Hidalgo RM, Wellenius GA, Basagaña X, et al. Short-term exposure to traffic-related air pollution and ischemic stroke onset in Barcelona, Spain. *Environ Res*. 2018 Apr;162:160–165.
- Vlachopoulos C, Xaplanteris P, Alexopoulos N, et al. Divergent effects of laughter and mental stress on arterial stiffness and central hemodynamics. *Psychosom Med*. 2009 May;71(4):446–53.
- Vojdani A. Molecular mimicry as a mechanism for food immune reactivities and autoimmunity. *Altern Ther Health Med*. 2015;21 Suppl 1:34–45.
- Vojdani A, Tarash I. Cross-Reaction between Gliadin and Different Food and Tissue Antigens. *Food and Nutrition Sciences*, 2013, 4, 20–32
- Voulgaropoulou SD, van Amelsvoort TAMJ, Prickaerts J, Vingerhoets C. The effect of curcumin on cognition in Alzheimer's disease and healthy aging: A systematic review of pre-clinical and clinical studies. *Brain Res*. 2019;1725:146476.
- Vujasinovic M, Hedström A, Maisonneuve P, et al. Zinc deficiency in patients with chronic pancreatitis. *World J Gastroenterol*. 2019;25(5):600–607.
- Walitt B, Čeko M, Khatiwada M, et al. Characterizing “fibrofog”: Subjective appraisal, objective performance, and task-related brain activity during a working memory task. *Neuroimage Clin*. 2016;11:173–180.
- Walkowski S, Singh M, Puertas J, Pate M, Goodrum K, Benencia F. Osteopathic manipulative therapy induces early plasma cytokine release and mobilization of a population of blood dendritic cells. *PLoS One*. 2014;9(3):e90132.
- Walton EL. Tainted air: The link between pollution and Alzheimer's disease. *Biomed J*. 2018;41(3):137–140.
- Wang H, Chen W, Li D, et al. Vitamin D and chronic diseases. *Aging Dis* 2017;8:346.
- Wang M, Hou ZH, Xu H, et al. Association of Estimated Long-term Exposure to Air Pollution and Traffic Proximity With a Marker for Coronary Atherosclerosis in a Nationwide Study in China. *JAMA Netw Open*. 2019;2(6):e196553. Published 2019 Jun 5. DOI: 10.1001/jamanetworkopen.2019.6553
- Wang M, Phadke M, Packard D, et al. Zinc: Roles in pancreatic physiology and disease. *Pancreatology*. 2020 Oct;20(7):1413–1420.
- Wang Y, Tong J, Chang B, et al. Effects of alcohol on intestinal epithelial barrier permeability and expression of tight junction-associated proteins. *Mol Med Rep*. 2014 Jun;9(6):2352–6.
- Wang Y, Kondo T, Suzukamo Y, et al. Vagal nerve regulation is essential for the increase in gastric motility in response to mild exercise. *Tohoku J Exp Med*. 2010 Oct;222(2):155–63.
- Wang YP, Cheng ML, Zhang BF, Mu M, Zhou MY, Wu J, Li CX. Effect of blueberry on hepatic and immunological functions in mice. *Hepatobiliary Pancreat Dis Int*. 2010 Apr;9(2):164–8.
- Wansink B, van Kleef E. Dinner rituals that correlate with child and adult BMI. *Obesity (Silver Spring)*. 2014;22(5):91–95.
- Wansink B. Environmental factors that increase the food intake and consumption volume of unknowing consumers. *Annu Rev Nutr*. 2004;24:455–479.
- Ward E. Addressing nutritional gaps with multivitamin and mineral supplements. *Nutr J*. 2014;13:72. Published 2014 Jul 15. DOI: 10.1186/1475-2891-13-72
- Weaver ICG, Cervoni N, Champagne FA, et al. Epigenetic programming by maternal behavior. *Nat Neurosci*. 2004;7(8):847–854
- Weber ND1, Andersen DO, North JA, et al. In vitro virucidal effects of Allium sativum (garlic) extract and compounds. *Planta Med*. 1992 Oct;58(5):417–23.
- Weerakkody U, Dover JW, Mitchell P, et al. Quantification of the traffic-generated particulate matter capture by plant species in a living wall and evaluation of the important leaf characteristics. *Sci Total Environ*. 2018 Sep 1;635:1012–1024
- Wei GX, Li YF, Yue XL, et al. Tai Chi Chuan modulates heart rate variability during abdominal breathing in elderly adults. *Psych J*. 2016 Mar;5(1):69–77.
- Wei M, Brandhorst S, Shelehchi M, et al. Fasting-mimicking diet and markers/risk factors for aging, diabetes, cancer, and cardiovascular disease. *Sci Transl Med*. 2017;9(377):eaai8700.
- Wei S, Xu H, Xia D, et al. Curcumin attenuates the effects of transport stress on serum cortisol concentration, hippocampal NO production, and BDNF ex-

- pression in the pig. *Domest Anim Endocrinol.* 2010 Nov;39(4):231–9.
- Weir HJ, Yao P, Huynh FK, et al. Dietary Restriction and AMPK Increase Lifespan via Mitochondrial Network and Peroxisome Remodeling. *Cell Metab.* 2017;26(6):884–896.e5.
- Weisbeck A, Jansen RJ. Nutrients and the Pancreas: An Epigenetic Perspective. *Nutrients.* 2017;9(3):283.
- Wellenius GA, Boyle LD, Wilker EH, et al. Ambient fine particulate matter alters cerebral hemodynamics in the elderly. *Stroke.* 2013;44:1532–6.
- Welton, S., Minty, R., Willms, H., Poirier, D., Madden, S., & Kelly, L. (2020). Systematic review - Intermittent fasting and weight loss. *Canadian Family Physician*, 66, 117–125.
- Wennberg P, Boraxbekk CJ, Wheeler M, et al. Acute effects of breaking up prolonged sitting on fatigue and cognition: a pilot study. *BMJ Open.* 2016;6(2):e009630.
- Wheeler MJ, Dempsey PC, Grace MS, et al. Sedentary behavior as a risk factor for cognitive decline? A focus on the influence of glycemic control in brain health. *Alzheimers Dement (N Y).* 2017;3(3):291–300.
- Whisman MA. Loneliness and the metabolic syndrome in a population-based sample of middle-aged and older adults. *Health Psychol.* 2010 Sep;29(5):550–4.
- Whisner CM, Castillo LF. Prebiotics, Bone and Mineral Metabolism. *Calcif Tissue Int.* 2018;102(4):443–479.
- Whitcomb DC, Lowe ME. Human pancreatic digestive enzymes. *Dig Dis Sci.* 2007 Jan;52(1):1–17.
- White CA, Utzl B, Holder MD. Meta-analyses of positive psychology interventions: The effects are much smaller than previously reported. *PLoS One.* 2019;14(5):e0216588.
- White DJ, Cox KH, Peters R, Pipingas A, Scholey AB. Effects of Four-Week Supplementation with a Multi-Vitamin/Mineral Preparation on Mood and Blood Biomarkers in Young Adults: A Randomised, Double-Blind, Placebo-Controlled Trial. *Nutrients.* 2015;7(11):9005–9017.
- White L. D-Lactic Acidosis: More Prevalent Than We Think? *PRACTICAL GASTROENTEROLOGY.* 2015; 26, 28, 30–32, 43–45.
- WHO (World Health Organization). Dioxins and Their Effects on Human Health. <https://www.who.int/news-room/fact-sheets/detail/dioxins-and-their-effects-on-human-health> Zugriff 5/2020
- WHO Regional Office for Europe, .Physical Activity Factsheets For The 28 European Union Member States. 2018:148.
- WHO, 2018: <https://airqualitynews.com/2018/05/02/who-links-7-million-deaths-to-particulate-pollution/> Zugriff 5/2020
- WHO. Air Pollution. WHO: <http://www.who.int/airpollution/en/> Zugriff 5/2020
- Wright KP Jr, McHill AW, Birks BR, et al. Entrainment of the human circadian clock to the natural light-dark cycle. *Curr Biol.* 2013;23(16):1554–1558.
- Wieting JM, Beal C, Roth GL, et al. The effect of osteopathic manipulative treatment on postoperative medical and functional recovery of coronary artery bypass graft patients. *J Am Osteopath Assoc.* 2013 May;113(5):384–93.
- Williams CM, Burdge G. Long-chain n-3 PUFA: plant v. Marine sources. *Pr Nutr Soc.* 2006;65(1):42–50.
- Williams, J. M. G., Duggan, D. S., Crane, C., & Fennell, M. J. V. (2006). Mindfulness-based cognitive therapy for prevention of recurrence of suicidal behavior. *Journal of Clinical Psychology*, 62(2), 201–210.
- Wilson K, Senay I, Durantini M, et al. When it comes to lifestyle recommendations, more is sometimes less: a meta-analysis of theoretical assumptions underlying the effectiveness of interventions promoting multiple behavior domain change. *Psychol Bull.* 2015 Mar;141(2):474–509.
- Wilson RS, Krueger KR, Arnold SE, Schneider JA, Kelly JF, Barnes LL, Tang Y, Bennett DA. Loneliness and risk of Alzheimer disease. *Arch Gen Psychiatry.* 2007;64(2):234–40.
- Wilson, J.L.: *Grundlos erschöpft?* Goldmann, München, 2011, Ebook Pos. 1584–1588.
- Winett RA, Ogletree AM. Evidence-Based, High-Intensity Exercise and Physical Activity for Compressing Mortality in Older Adults: A Narrative Review. *Innov Aging.* 2019 Jul 26;3(2):igz020.
- Wing JJ, Adar SD, Sánchez BN, et al. Short-term exposures to ambient air pollution and risk of recurrent ischaemic stroke. *Environ Res.* 2017;152:304–307.
- Winter G, Hart RA, Charlesworth RPG, et al. Gut microbiome and depression: what we know and what we need to know. *Rev Neurosci.* 2018;29(6):629–643
- Winter V, De Boer RJ, Bonhoeffer S, et al. An evolutionary perspective on the systems of adaptive immunity. *Biol Rev.* 2018;93(1):505–528
- Wiyasihati SI, Purwanto B. Lung Vital Capacity of Choir Singers and Nonsingers: A Comparative Study. *J Voice.* 2016 Nov;30(6):717–720.
- Wójcik O, Koenig K, Zeleniuch-Jacquotte A, et al. The potential protective effects of taurine on coronary heart disease. *Atherosclerosis.* 2010;208(1)
- Wojciszke, B., Barylak, W., Szymkow-Sudziarska, A., Parzuchowski, M. & Kowalczyk, K. (2009). Saying is experiencing: Affective consequences of complaining and affirming. *Polish Psychology Bulletin*, 40, 74–84.

- Women's Health Initiative (WHI) Dietary Trial and Norwegian Vitamin Trial (NORVIT). DOI: 10.1111/j.1520-037X.2006.04993.x
- Wong M, Kling M, Munson P, et al. Pronounced and sustained central hypernoradrenergic function in major depression with melancholic features: relation to hypercortisolism and corticotropin-releasing hormone. *Proc Natl Acad Sci USA.* 2000;97:325–330.
- Wood B, Rea MS, Plitnick B, Figueiro MG. Light level and duration of exposure determine the impact of self-luminous tablets on melatonin suppression. *Appl Ergon.* 2013;44(2):237–240.
- World Health Organization (WHO). Physical inactivity a leading cause of disease and disability, warns WHO. <https://www.who.int/mediacentre/news/releases/release23/en/> Zugriff 25.3.2020.
- Worthington EL Jr, Berry JW, Hook JN, et al. Forgiveness-reconciliation and communication-conflict-resolution interventions versus retested controls in early married couples. *J Couns Psychol.* 2015;62(1):14–27.
- Wu A, Noble EE, Tyagi E, Ying Z, Zhuang Y, Gomez-Pinilla F. Curcumin boosts DHA in the brain: Implications for the prevention of anxiety disorders. *Biochim Biophys Acta.* 2015;1852(5):951–961.
- Wu F, Jacobs D, Mitchell C, Miller D, Karol MH. Improving indoor environmental quality for public health: impediments and policy recommendations. *Environ Health Perspect.* 2007;115(6):953–957.
- Wu L, Meng J, Shen Q, et al. Caffeine inhibits hypothalamic A1R to excite oxytocin neuron and ameliorate dietary obesity in mice. *Nature communications.* 2017; 8:15904.
- Wu SX, Jiang X, Liu YY, Chen LF, Tao J. Effects and mechanisms of a new multivitamin on chronic metabolic syndromes and aging. *Afr J Tradit Complement Altern Med.* 2016;14(1):52–61.
- Wu Y et al. Effect of various extracts and a polysaccharide from the edible mycelia of *Cordyceps sinensis* on cellular and humoral immune response against ovalbumin in mice. *Phytother Res.* 2006;20(8):646–52.
- Wu Y, Du S, Johnson JL, et al. Microglia and amyloid precursor protein coordinate control of transient *Candida cerebritis* with memory deficits. *Nat Commun.* 2019;10(1):58.
- Wu YC, Lin YC, Yu HL, et al. Association between air pollutants and dementia risk in the elderly. *Alzheimers Dement (Amst).* 2015;1(2):220–228.
- Wyman M, Leonard M, Morledge T. Coenzyme Q10: a therapy for hypertension and statin-induced myalgia? *Cleve Clin J Med.* 2010; 77: 435–42.
- Yamamoto SS, Phalkey R, Malik AA. A systematic review of air pollution as a risk factor for cardiovascular disease in South Asia: Limited evidence from India and Pakistan. *Int J Hyg Environ Health.* 2014;217:133–44.
- Yamazaki S, Numano R et al. Resetting central and peripheral circadian oscillators in transgenic rats. *Science* 2000; 288 (5466): 682–5
- Yamori Y, Liu L, Mori M, et al. Taurine as the Nutritional Factor for the Longevity of the Japanese Revealed by a World-Wide Epidemiological Survey. In: *Taurine 7;* 2009:13–25.
- Yamshchikov AV, Desai NS, Blumberg HM, et al. Vitamin D for treatment and prevention of infectious diseases: a systematic review of randomized controlled trials. *Endocr Pract.* 2009 Jul-Aug;15(5):438–49.
- Yan JH, Guan BJ, Gao HY, et al. Omega-3 polyunsaturated fatty acid supplementation and non-alcoholic fatty liver disease: A meta-analysis of randomized controlled trials. *Medicine (Baltimore).* 2018 Sep;97(37):e12271.
- Yan W, Ji X, Shi J, et al. Acute nitrogen dioxide inhalation induces mitochondrial dysfunction in rat brain. *Environ Res.* 2015 Apr;138:416–24.
- Yang BY, Qian ZM, Li S, et al. Ambient air pollution in relation to diabetes and glucose-homoeostasis markers in China: a cross-sectional study with findings from the 33 Communities Chinese Health Study. *Lancet Planet Health.* 2018 Feb;2(2):e64–e73.
- Yang J, Christoppi CA, Farioli A, et al. Association Between Push-up Exercise Capacity and Future Cardiovascular Events Among Active Adult Men. *JAMA Netw Open.* 2019 Feb 1;2(2):e188341.
- Yang JL, Chen GY, Kuo CD. Comparison of effect of 5 recumbent positions on autonomic nervous modulation in patients with coronary artery disease. *Circ J.* 2008 Jun;72(6):902–8.
- Yano Y, Vongpatanasin W, Ayers C, et al. Regional Fat Distribution and Blood Pressure Level and Variability: The Dallas Heart Study. *Hypertension.* 2016;68(3):576–583.
- Yao S, Hassani J, Gagne M, et al. Osteopathic manipulative treatment as a useful adjunctive tool for pneumonia. *J Vis Exp.* 2014;(87):50687.
- Yao S, Mikhail N, Koutsouras G, et al. Osteopathic Considerations in the Infections of the Respiratory Tract Sheldon Osteopathic Family Physician. 2017; 17–25.
- Yeager MP, Pioli PA, Guyre PM. Cortisol exerts bi-phasic regulation of inflammation in humans. *Dose Response.* 2011;9(3):332–347.
- Yehuda R, Daskalakis NP, Lehrner A, et al. Influences of maternal and paternal PTSD on epigenetic regulation of the glucocorticoid receptor gene in Holocaust survivor offspring. *Am J Psychiatry.* 2014;171(8):872–880.
- Yetley EA. Multivitamin and multimineral dietary supplements: definitions, characterization, bioa-

- vailability, and drug interactions. *Am J Clin Nutr*. 2007;85:269S-276S.
- Yim J. Therapeutic Benefits of Laughter in Mental Health: A Theoretical Review. *Tohoku J Exp Med*. 2016;239(3):243–249.
- Ylinen J, Kautiainen H, Wirén K, et al. Stretching exercises vs manual therapy in treatment of chronic neck pain: a randomized, controlled cross-over trial. *J Rehabil Med*. 2007;39(2):126–132.
- Yoshikawa TT, Norman DC, eds. *Infectious Disease in the Aging: A Clinical Handbook*. Totowa, NJ: Humana Press; 2001:3–6.
- Youm, Y., Nguyen, K., Grant, R. et al. The ketone metabolite β -hydroxybutyrate blocks NLRP3 inflammasome-mediated inflammatory disease. *Nat Med* 21, 263–269 (2015).
- Younan D, Tuvblad C, Franklin M, et al. Longitudinal Analysis of Particulate Air Pollutants and Adolescent Delinquent Behavior in Southern California. *J Abnorm Child Psychol*. 2018;46(6):1283–1293.
- Your lungs and exercise. *Breathe (Sheff)*. 2016;12(1):97–100.
- Yu Z, Wang F. Income Inequality and Happiness: An Inverted U-Shaped Curve. *Front Psychol*. 2017;8:2052.
- Yu, J. M., Cho, S. T., Oh, C., & Kim, T. (2020). Beneficial Effects of Time-Restricted Eating on Metabolic Diseases: A Systemic Review.
- Yuan PQ, Taché Y, Miampamba M, et al. Acute cold exposure induces vagally mediated Fos expression in gastric myenteric neurons in conscious rats. *Am J Physiol Gastrointest Liver Physiol*. 2001 Aug;281(2):G560-8.
- Zaccaro A, Piarulli A, Laurino M, et al. How Breath-Control Can Change Your Life: A Systematic Review on Psycho-Physiological Correlates of Slow Breathing. *Front Hum Neurosci*. 2018;12:353.
- Zak PJ. Why inspiring stories make us react: The neuroscience of narrative. In *Cerebrum: The Dana forum on brain science 2015 Jan* (Vol. 2015). Dana Foundation
- Zanotti E, Berardinelli P, Bizzarri C, et al. Osteopathic manipulative treatment effectiveness in severe chronic obstructive pulmonary disease: a pilot study. *Complement Ther Med*. 2012 Feb-Apr;20(1-2):16–22.
- Zeevi D, Korem T, Zmora N, Israeli D, Rothschild D, Weinberger A, Ben-Yacov O, Lador D, Avnit-Sagi T, Lotan-Pompan M, Suez J, Mahdi JA, Matot E, Malka G, Kosower N, Rein M, Zilberman-Schapira G, Dohnalová L, Pevsner-Fischer M, Bikovsky R, Halpern Z, Elinav E, Segal E. Personalized Nutrition by Prediction of Glycemic Responses. *Cell*. 2015 Nov 19;163(5):1079–1094.
- Zeevi D, Korem T, Zmora N. Personalized Nutrition by Prediction of Glycemic Responses. *Cell*. 2015 Nov 19;163(5):1079–1094.
- Zeki S. The neurobiology of love. *EBS Letters*. 2007; 581: 2575–2579.
- Zeng Y, Luo T, Xie H, et al. Health benefits of qigong or tai chi for cancer patients: a systematic review and meta-analyses. *Complement Ther Med*. 2014 Feb;22(1):173–86.
- Zenz G, Jačan A, Reichmann F, Farzi A and Holzer P. Intermittent Fasting Exacerbates the Acute Immune and Behavioral Sickness Response to the Viral Mimic Poly(I:C) in Mice. *Front. Neurosci*. 2019;13:359.
- Zhang D, Li S, Wang N, et al. The Cross-Talk Between Gut Microbiota and Lungs in Common Lung Diseases. *Front Microbiol*. 2020;11:301.
- Zhang L, Yang Y, Li Y, et al. Short-term and long-term effects of PM2.5 on acute nasopharyngitis in 10 communities of Guangdong, China. *Sci Total Env*. 2019; 688:136–42.
- Zhang W, Qian CN, Zeng YX. Air pollution: A smoking gun for cancer. *Chin J Cancer*. 2014;33:173–5.
- Zhao L, Liang HR, Chen FY, et al. Association between air pollution and cardiovascular mortality in China: a systematic review and meta-analysis. *Oncotarget*. 2017;8(39):66438–66448.
- Zhang Q, Ju Y, Ma Y, et al. N-acetylcysteine improves oxidative stress and inflammatory response in patients with community acquired pneumonia: A randomized controlled trial. *Medicine (Baltimore)*. 2018;97(45):e13087.
- Zhang Y, Xie C, Wang H, et al. Irisin exerts dual effects on browning and adipogenesis of human white adipocytes. *Am J Physiol Endocrinol Metab*. 2016 Aug 1;311(2):E530-41.
- Zhang YY, Yang LQ, Guo LM. Effect of phosphatidylserine on memory in patients and rats with Alzheimer's disease. *Genet Mol Res*. 2015 Aug 10;14(3):9325–33.
- Zhernakova A, Kurilshikov A, Bonder MJ, et al. Population-based metagenomics analysis reveals markers for gut microbiome composition and diversity. *Science* (80-). 2016;352(6285):565–569.
- Zhou N, Cui Z, Yang S, et al. Air pollution and decreased semen quality: A comparative study of Chongqing urban and rural areas. *Environ Pollut*. 2014;187:145–52.
- Zhou T, Hu Z, Yang S, et al. Role of Adaptive and Innate Immunity in Type 2 Diabetes Mellitus. *J Diabetes Res*. 2018 Nov 8;2018:7457269.
- Zhu JX, Zhu XY, Owyang C, Li Y. Intestinal serotonin acts as a paracrine substance to mediate vagal signal transmission evoked by luminal factors in the rat. *J Physiol*. 2001;530(Pt 3):431–442.
- Zhu L, Cai X, Guo Q, et al. Effect of N-acetyl cysteine on enterocyte apoptosis and intracellular signalling pathways' response to oxidative stress in weaned piglets. *Br J Nutr*. 2013 Dec 14;110(11):1938–47

- Zhu TH, Zhu TR, Tran KA, et al. Epithelial barrier dysfunctions in atopic dermatitis: a skin-gut-lung model linking microbiome alteration and immune dysregulation. *Br J Dermatol.* 2018 Sep;179(3):570–581.
- Ziaaldini MM, Marzetti E, Picca A, Murlasits Z. Biochemical Pathways of Sarcopenia and Their Modulation by Physical Exercise: A Narrative Review. *Front Med (Lausanne).* 2017;4:167.
- Zope SA, Zope RA. Sudarshan kriya yoga: Breathing for health. *International journal of yoga.* 2013;6(1):4.
- Zou L, Zhang Y, Yang L, et al. Are Mindful Exercises Safe and Beneficial for Treating Chronic Lower Back Pain? A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *J Clin Med.* 2019;8(5):628.
- Zubrzycki A, Cierpka-Kmiec K, Kmiec Z, Wronska A. The role of low-calorie diets and intermittent fasting in the treatment of obesity and type-2 diabetes. *J Physiol Pharmacol.* 2018;69(5):10.26402/jpp.2018.5.02.