



The Nutrition Prescription

Don Forrester – May 2010

Cited Articles

1. Anderson, RN. "Deaths: leading causes for 2000." National Vital Statistics Reports 50(16), 2002. Also Morbidity/Mortality Report CDC.
2. Medco Health Solutions, Inc. Study, 2008 reported in Sacramento Bee, 5/19/2008, AP story by Linda Johnson.
3. Vogt F, Armstrong D, Marteau TM, General practitioners perceptions of the effectiveness of medical interventions: an exploration of underlying constructs. *Implement Sci* 2010 Feb 16; 5(1): 17.
4. Frank E, Rothenberg, R, Lewis C, Belodoff BF. Correlates of physicians' prevention-related practice. *Arch Fam Med* 2000; 9:359-367.
5. Lewis CE, Clancy C, Leake B, Schwartz JS, The counseling practices of internists. *Ann Intern Med.* 1991; 114:46-53.
6. Frank, E., Physician Health and Patient Care, *JAMA*, p 637, 291(5), 2004.
7. Frank E, Breyan J, Elon L., Physician disclosure of healthy personal behaviors improves credibility and ability to motivate. *Arch Fam Med* 2000; 9:287-290.
8. Lea, LJ et al, Consumers' readiness to eat a plant-based diet, *Eur J Clin Nutr* 2006, 60, 342-51.
9. Sparks et al, *Diabetes*, 52(2002): Fat in diet down regulates the genes that produce mitochondria.
10. Petersen et al, *NEJM*, 350(2004): Fat in diet increases insulin resistance within cells.
11. Goff et al, *European Journal of Clinical Nutrition*, 59(2005): Vegan diet shows reduced intracellular fat and decreased insulin resistance.
12. Barnard, et al, Effect of low fat vegan diet with Type 2 Diabetes, *Diabetes Care*, v 29, n 8, 8/06.
13. Steinbrecher et al, *Proc Natl Acad Sci USA* (1984): Peroxidation and degradation of LDL phospholipids by endothelium.
14. Harrison et al, *J Clin Invest*, v80, (1987): Diet restores endothelium mediated relaxation.
15. Ambrose et al, *J Am Coll Card*, v12; Little et al, *Circulation*, v78, (1988): Acute coronary events not related to severity of stenosis and usually less than 50% stenosis.
16. Simon et al, *J Clin Invest* v86 (1990): oxidized LDL impairs relaxation of endothelium.
17. Ornish et al, Can lifestyle changes reverse coronary heart disease, *Lancet*, v336, 1990.
18. Ornish et al, Intensive Lifestyle Changes for Reversal of CAD, *JAMA*, v280, 1998.
19. Esselstyn, Ellis, et al, "A strategy to arrest and reverse CAD: A 5 year longitudinal study of A single physicians practice", *J. Family Practice*, 41; 560-568, 1995.
20. Esselstyn, CB, Resolving the Coronary Artery Disease Epidemic Through Plant-based Nutrition, *Preventive Cardiology* 4:171, 2001.

21. Frattaroli, Weidner, Ornish et al, *Am.J.Cardio*, 911-918, 2008.
22. Dod, Bhardway, Ornish, et al., Effect of Intensive Lifestyle Changes on Endothelial Function & Inflammatory Markers of Atherosclerosis. *Am J Cardio online*, p362-7,9/09.
23. Ledikwe et al, *Am J Clin Nutr* 2006; 83:1362-8.
24. *Breaking the Food Seduction*, Neal Barnard, St. Martin's Griffin, 2003.
25. Teschemacher H et al, Milk protein-derived opioid receptor ligands. *Biopolymers* 1997; 43: 99-117.
26. Chabonce, B et al, Casein peptide release and passage into blood in humans during digestion of milk and yogurt. *Biochimie* 1998; 80; 155-65.
27. Meisel, H et al., Opioid peptides encrypted in intact milk protein sequences. *Br J Nutr* 2000, 84;(suppl 1); s27-31.
28. S. Berkow and N.D.Barnard, "Blood Pressure Regulation and Vegetarian Diets, *Nutrition Reviews* 63 (2005): 1-8.
29. Melby CL, Lyle RM, Poehlman ET. Blood pressure and body mass index in elderly long-term vegetarians and nonvegetarians. *Nutr Rep Int*. 1988; 37:47-55.
30. Ophir, O. et al, Low Blood pressure in vegetarians: the possible role of potassium. *Am J Clin Nutr*. 1983, 37, 47-55., et al.
31. Margetts, BM et al., A randomized control trial of a vegetarian diet in treatment of mild hypertension. *Clin Exp Pharmacolo Physiol*. 1985; 12:263-266.
32. Rouse IL et al., Blood-pressure-lowering effect of a vegetarian diet: controlled trial in normotensive subjects. *Lancet*. 1983; 1: 5-10.
33. Lindahl, O et al. A vegan regime reduced medication in the treatment of hypertension. *Br J Nutr*. 1984:52: 11-20.
34. Knight et al., Nurses Health Study, *Annals*, 138(2003); 460-7.
35. Shintani et al., The Hawaii Diet: Ad Libitum High Carbohydrate, Low Fat Diet for reduction of Chronic Disease Risk Factors: Obesity, Hypertension, Hypercholesterolemia, and Hyperglycemia, *Hawaii Med J* 60: 69-73; Mar 2001.
36. *Building Bone Vitality*, Amy Lanou & Michael Castleman, McGraw Hill, 2009.
37. Remer & Manz, *J Am Dietetic Assn*, 95:791. 1995 .
38. Bailar & Gornick, "Cancer Undeclared", *NEJM*, 336, 22, p1569 (1997).
39. Madhavan, MB et al, "The effect of Dietary Protein on Carcinogenesis of Aflatoxin", *Arch Path*, v 85, 2/1968.
40. Youngman & Campbell, "Inhibition of AFB¹ induced hepatic preneoplastic foci and tumors by low protein diets", *Carcinogenesis*, v13; n9, 1607, 1992.
41. *J Surg Oncol*. 1997 Aug;65(4):284-97.
42. Schecter et al., *J Toxicology & Environmental Health*, 63: 1-18, 5/2001.
43. EPA Dioxin Reassessment Summary, V 1, p37, 4/1994.
44. *Sources of Dioxin*, National Academy of Sciences, 2003.
45. Ferrara, N et al, Angiogenesis as a therapeutic target, *Nature*, 2005, 438(7070):967-74.

46. Spencer L et al, The effect of omega 3 fatty acids on tumour angiogenesis and their therapeutic potential. *Eur J Cancer* 2009, Aug 45(12), 2077-86.
47. Women's Healthy Eating and Living Study, Pierce, J. et al.
48. Women's Interventional Study.
49. Berrino, et al, *Cancer Epidemiology, Biomarkers, & Prevention*, v10, p25-33, 2001,
50. Carter et al, *J Am Coll Nutr.* 1993; 12:209-226.
51. Ornish et al, *J Urol*, 2005;174: 1065-1070.
52. Saxe et al, *Integr Cancer Therapy*, 2006; 5:206-13.
53. Ornish et al. *PNAS*; 2008; 105:24, 8369-8374.
54. , *The Human/ Animal Interface: Emergence and Resurgence of Zoonotic Infectious Diseases*, *Crit Rev Microb* 33: 243-299. 2007.
55. Carroll, K., "Experimental Evidence of Dietary Factors and hormone-dependent Cancers", *Cancer Research*, v35, 3374-3383, 1975.
56. Armstrong & Doll, "Environmental Factors and Cancer Incidence and Mortality in Different Countries, with special reference to Dietary Practices", *J. Cancer*, v15, 617-631, 1975.
57. Willett et al, *JAMA*, 1992.
58. Greger, M., *The Human/ Animal Interface: Emergence and Resurgence of Zoonotic Infectious Diseases*, *Crit Rev Microb*, 33: 2543-299, 2007.
59. Singer & Mason, *The Way We Eat Why our Food Choices Matter*, Rodale, 2006.
60. Dysfunction to Many Leading Causes of Death in Adults – The Adverse Childhood Experiences (ACE) Study", *Am J Prev Med* 14(4), 1998.
61. "Where Do You Get Your Protein?" *The McDougall Newsletter*, April 2007.
62. "A Brief History of Protein: Passion, Social Bigotry, Rats and Enlightenment", *The McDougall Newsletter*, December 2003.
63. Bjelakovic et al., *JAMA*, 297, 2/2007.

Don Forrester BSChE MD CPE