



Anthony Colpo:

Der große Cholesterin-Schwindel. Warum alles, was man Ihnen über Cholesterin, Diät und Herzinfarkt erzählt hat, falsch ist! KOPP 2009
ISBN 3-938516-85-2

Der größte Schwindel in der Geschichte der Medizin!

Der Glaube, dass Cholesterin und gesättigtes Fett die gefürchteten Volkskrankheiten Arteriosklerose und Herzinfarkt verursachen, gehört zu den heiligsten Dogmen der modernen Medizin. Doch das ist völlig falsch!

Die meisten Menschen wären in der Tat sehr erstaunt, wenn sie wüssten, wie wenig Beweise es zur Unterstützung der Cholesterin-These gibt. Mit seiner außerordentlich sorgfältigen Recherche zerstört Anthony Colpo unbarmherzig den möglicherweise größten und erfolgreichsten Schwindel der Medizingeschichte!

Dieser Schwindel ist für viele Ärzte, Pharmafirmen und die Lebensmittelindustrie ein Milliardengeschäft.

Anthony Colpo beweist, dass cholesterinsenkende Medikamente nicht nur völlig überflüssig, sondern in vielen Fällen sogar lebensgefährlich sind. Entdecken Sie hier die wahren Ursachen von Arteriosklerose und Herzinfarkt und lernen Sie, was Sie persönlich zur Vorbeugung dieser Krankheiten tun können!

In diesem Buch erfahren Sie, dass:

- in wissenschaftlichen Studien wiederholt gezeigt wurde, dass Arteriosklerose und Herzinfarkt weder durch gesättigtes Fett noch durch einen erhöhten Cholesterinspiegel im Blut hervorgerufen werden.
- Menschen mit niedrigen Cholesterinwerten durchschnittlich am kürzesten leben.
- sich die Menschen in den Kulturen, in denen traditionsgemäß viel gesättigtes Fett konsumiert wird, einer ausgezeichneten Gesundheit erfreuen, und dass die Rate der Herzkrankheiten dort außerordentlich niedrig ist.
- Studien an Tieren und Menschen gezeigt haben, dass viele Diätetempfehlungen von »Experten«, die angeblich das Herzinfarktrisiko verringern, ganz im Gegenteil das Risiko von Herzkrankheit, Krebs, Diabetes und Fettleibigkeit erhöhen!
- das Paradigma gegen Cholesterin und gesättigte Fettsäuren nicht im Interesse der Gesundheit, sondern des Profits wegen propagiert wird!

Ich empfehle Ihnen von ganzem Herzen, das Buch »Der große Cholesterin-Schwindel« von der ersten bis zur letzten Seite zu lesen – die wertvollen Informationen, die die Seiten dieses längst überfälligen Buches füllen, könnten durchaus Ihr Leben retten!

Dr. med. Duane Graveline
(1931-2016)

ehemaliger US-Astronaut,
Raumfahrtmediziner der NASA: »The Statin Damage Crisis«
Introduction by Malcolm Kendrick, ISBN 1-4243-3869-7
GARDNERS 2009

Quelle: KOPP Verlag 2009,
www.kopp-verlag.de/

Wenn keine Medikamente, was dann? Klinisch bewiesene nichtmedikamentöse Maßnahmen zur KHK-Prävention

In Anthony Colpo: »Der große Cholesterin-Schwindel. Warum alles, was man Ihnen über Cholesterin, Diät und Herzinfarkt erzählt hat, falsch ist!« (The Great Cholesterol Con) KOPP 2009, ISBN 3-938516-85-2.

Wenn wir eine sichere und effektive nicht-medikamentöse Strategie zur Bekämpfung der KHK [Koronaren Herz Krankheit] entwickeln wollen, dann müssen wir zunächst einmal alle Behandlungsmethoden auflisten, die in randomisierten klinischen Untersuchungen tatsächlich zu einer Senkung der KHK- und der Gesamtsterblichkeit geführt haben. [...]

Studien über bestimmte **nicht-medikamentöse Behandlungsmaßnahmen** - wie etwa **Ernährungsumstellung, Nahrungsergänzungsmittel und Bewegung** - an denen sich sowohl Patienten mit einem hohen KHK-Risiko als auch risikofreie Patienten beteiligt haben.

Ein Blick [...] lässt erkennen, warum die Pharmaunternehmen gar nicht wollen, dass diese nicht-medikamentösen Behandlungsmethoden bekannt werden. Die durch sie bewirkte Senkung der koronaren und Gesamt-Sterblichkeit ist nämlich ähnlich hoch wie bei der Statinbehandlung, in einigen Fällen sogar noch höher.

Und noch wichtiger: Die durch diese natürlichen Maßnahmen [siehe Lit. unten folgend] bewirkte deutliche gesunkene Sterblichkeit ging nicht mit einem erhöhten Risiko von ~~Herzinsuffizienz~~, ~~Muskelschädigung~~, ~~Beeinträchtigung der kognitiven Fähigkeiten~~, ~~Leberstörungen~~, ~~Nierenversagen~~ oder gar vorzeitigem Tod ~~einher~~ (= (A) Statin-Nebenwirkungen)

(A) Mögliche Nebenwirkungen einer Statin-Therapie:

Muskelschwäche - Zunahme von Stürzen und Verletzungen, Muskelschmerzen (Myalgie), selten Rhabdomyolyse (Zerstörung der Muskulatur), Allgemeine Müdigkeit. Antriebslosigkeit, Erschöpfung, Lethargie, Atemnot, Leberschäden, periphere Neuropathie (Nervenschmerzen), Kardio-Myopathie - Herzschwäche, kognitive Störungen - Wahrnehmungsstörungen - Verwirrtheit bis Gedächtnisverlust. totale Amnesie, Schlafstörungen, Depressivität, sexuelle Störungen, Glaukom (Erhöhter Augendruck) usw.

Literaturangaben aus Kapitel 24 bis Kapitel 30:

Kapitel 24

1. Watts GF, et al. Effects on coronary artery disease of lipid-lowering diet, or diet plus cholestyramine, in the St Thomas atherosclerosis regression study (STARS). *Lancet*, 1992; 339: 563. 569.
2. De Lorgeril M, et al. Mediterranean alpha-linolenic acid-rich diet in secondary prevention of coronary heart disease. *Lancet*, 1994; 343: 1454. 1459.
3. Burr ML, et al. Effects of changes in fat, fish, and fibre intakes on death and myocardial reinfarction: diet and reinfarction trial (DART). *Lancet*, 1989; 2: 757. 761.
4. Marchioli R, et al. Early protection against sudden death by n-3 polyunsaturated fatty acids after myocardial infarction: time-course analysis of the results of the Gruppo Italiano per lo Studio della Sopravvivenza nell'Infarto Miocardico (GISSI)-Prevenzione. *Circulation*, 2002; 105: 1897. 1903.
5. Kuklinski B, et al. Coenzyme Q10 and antioxidants in acute myocardial infarction. *Molecular Aspects of Medicine*, 1994; 15 (Suppl): S143. 147.
6. Korpela H, et al. Effect of selenium supplementation after acute myocardial infarction. *Research Communications in Chemical Pathology and Pharmacology*, August 1989; 65 (2): 249. 252.
7. Davini P, et al. Controlled study on L-carnitine therapeutic efficacy in postinfarction. *Drugs Under Experimental And Clinical Research*, 1992; 18: 355. 365.
8. Jolliffe JA, et al. Exercise-based rehabilitation for coronary heart disease (Cochrane Review). In: *The Cochrane Library*, Issue 2, 2004. Chichester, UK: John Wiley & Sons, Ltd.
9. Ip, et al. Requirement of essential fatty acid for mammary tumorigenesis in the rat. *Cancer Research*, 1985; 45 (5): 1997. 2001.
10. Rose DP. Effects of dietary fatty acids on breast and prostate cancers: evidence from in vitro experiments and animal studies. *American Journal of Clinical Nutrition*, Dezember 1997; 66 (6 Suppl): 1513S. 1522S.
11. Fernandez E, et al. Fish consumption and cancer risk. *American Journal of Clinical Nutrition*, 1. Juli 1999; 70(1): 85. 90.
12. Terry P, et al. Fatty fish consumption and risk of prostate cancer. *Lancet*, 2. Juni 2001; 357 (9270): 1764. 1766.
13. Terry P, et al. Fatty fish consumption lowers the risk of endometrial cancer: a nationwide case-control study in Sweden. *Cancer Epidemiology, Biomarkers & Prevention*, Januar 2002; 11 (1): 143. 145.
14. Maillard V, et al. N-3 and N-6 fatty acids in breast adipose tissue and relative risk of breast cancer in a case-control study in Tours, France. *International Journal of Cancer*, 1. März 2002; 98 (1): 78. 83.
15. Kato I, et al. Prospective study of diet and female colorectal cancer: the New York University Women's Health Study. *Nutrition and Cancer*, 1997; 28: 276. 281.
16. Hakim IA, et al. Fat intake and risk of squamous cell carcinoma of the skin. *Nutrition and Cancer*, 2000; 36 (2): 155. 162.
17. Tanskanen A, et al. Fish Consumption and Depressive Symptoms in the General Population in Finland. *Psychiatric Services*, April 2001; 52: 529. 531.
18. Adams PB, et al. Arachidonic acid to eicosapentaenoic acid ratio in blood correlates positively with clinical symptoms of depression. *Lipids*, März 1996; 31 (Suppl): S157. 161.
19. Marmalakis G, et al. Depression and adipose essential polyunsaturated fatty acids. *Prostaglandins, Leukotrienes, and Essential Fatty Acids*, November 2002; 67 (5): 311. 318.
20. Laughane JD, et al. Fatty acids and schizophrenia. *Lipids*, März 1996; 31 (Suppl): S163. 165.
21. Olsen SF, Secher NJ. Low consumption of seafood in early pregnancy as a risk factor for preterm delivery: prospective cohort study. *British Medical Journal*, 23. Februar 2002; 324: 447.
22. Williams MA, et al. Omega-3 fatty acids in maternal erythrocytes and risk of preeclampsia. *Epidemiology*, Mai 1995; 6 (3): 232. 237.
23. Hibbeln JR. Seafood consumption, the DHA content of mothers' milk and prevalence rates of postpartum depression: a cross-national, ecological analysis. *Journal of Affective Disorders*, Mai 2002; 69(1. 3): 15. 29.
24. Turek JJ, et al. Dietary polyunsaturated fatty acids modulate responses of pigs to *Mycoplasma hyopneumoniae* infection. *Journal of Nutrition*, Jun, 1996; 126 (6): 1541. 1548.
25. Tully AM, et al. Low serum cholesteryl ester-docosahexaenoic acid levels in Alzheimer's disease: a case-control study. *British Journal of Nutrition*, April 2003; 89 (4): 483. 489.
26. Requirand P, et al. Serum fatty acid imbalance in bone loss: example with periodontal disease. *Clinical Nutrition*, August 2000; 19 (4): 271. 276.
27. Watkins BA, et al. Nutraceutical Fatty Acids as Biochemical and Molecular Modulators of Skeletal Biology. *Journal of the American College of Nutrition*, 2001; 20 (90005): 410S. 416S.
28. Reinwald S, et al. Repletion with (n-3) Fatty Acids Reverses Bone Structural Deficits in (n-3)-Deficient Rats. *Journal of Nutrition*, Februar 2004; 134: 388. 394.
29. Schwartz J. Role of polyunsaturated fatty acids in lung disease. *American Journal of Clinical Nutrition*, Januar 2000; 71 (suppl): 393S. 96S.
30. Shahar E, et al. Dietary n-3 polyunsaturated fatty acids and smoking-related chronic obstructive pulmonary disease. *New England Journal of Medicine*, 28. Juli 1994; 331 (4): 228. 233.
31. Deutch B. Menstrual pain in Danish women correlated with low n-3 polyunsaturated fatty acid intake. *European Journal of Clinical Nutrition*, 1995; 49: 508. 516.
32. Kalmijn, S., et al. Polyunsaturated fatty acids, antioxidants, and cognitive function in very old men. *American Journal of Epidemiology*, 1. Januar 1997; 145: 33. 41.
33. Seddon JM, et al. Dietary Fat and Risk for Advanced Age-Related Macular Degeneration. *Archives of Ophthalmology*, 2001; 119 (8): 1191. 1199.
34. Hodge L, et al. Consumption of oily fish and childhood asthma risk. *Medical Journal of Australia*, 1996; 164: 137. 140.
35. Burgess JR, et al. Long-chain polyunsaturated fatty acids in children with attention deficit hyperactivity disorder. *American Journal of Clinical Nutrition*, 2000; 71: 327. 330.
36. Dry J, Vincent D. Effect of a fish oil diet on asthma: results of a 1-year double-blind study. *International Archives of Allergy and Applied Immunology*, 1991; 95 (2/3): 156. 157.
37. Yehuda S, et al. Essential fatty acids preparation (SR-3) improves Alzheimer's patients quality of life. *International Journal of Neuroscience*, November 1996; 87 (3-4): 141. 149.
38. Geusens P et al. Long-term effect of omega-3 fatty acid supplementation in active rheumatoid arthritis, a 12-month, double-blind, controlled study. *Arthritis & Rheumatism*, Juni 1994; 37 (6): 824. 829.
39. Schiz Peet M, Horrobin DF. A dose-ranging study of the effects of ethyleicosapentaenoate in patients with ongoing depression despite apparently adequate treatment with standard drugs. *Archives of General Psychiatry*, Oktober 2002; 59 (10): 913-919.
40. Stoll AL, et al. Omega 3 fatty acids in bipolar disorder: a preliminary double-blind, placebo-controlled trial. *Archives of General Psychiatry*, Mai 1999; 56 (5): 407. 412.
41. Peet M, et al. Two double-blind placebo-controlled pilot studies of eicosapentaenoic acid in the treatment of schizophrenia. *Schizophrenia Research*, 30. April 2001; 49 (3): 243. 251.
42. Peet M, Horrobin DF. A dose-ranging exploratory study of the effects of ethyleicosapentaenoate in patients with persistent schizophrenic symptoms. *Journal of Psychiatric Research*, Januar/Februar 2002; 36 (1): 7. 18.
43. Hamazaki T, et al. The Effect of Docosahexaenoic Acid on Aggression in Young Adults. A Placebo-controlled Double-blind Study. *Journal of Clinical Investigation*, Februar 1996; 97 (4): 1129. 1134.
44. Jorgensen MH, et al. Effect of formula supplemented with docosahexaenoic acid and gamma-linolenic acid on fatty acid status and visual acuity in term infants. *Journal of Pediatric Gastroenterology and Nutrition*, 1998; 26: 412. 421.
45. Carlson SE, et al. Visual acuity and fatty acid status of term infants fed human milk and formulas with and without docosahexaenoate and arachidonate from egg yolk lecithin. *Pediatric Research*, 1996; 39: 882-888.
46. O'Connor DL, et al. Growth and Development in Preterm Infants Fed Long-Chain Polyunsaturated Fatty Acids: A Prospective, Randomized Controlled Trial. *Pediatrics*, 1. August 2001; 108 (2): 359. 371.

47. Helland IB, et al. Maternal Supplementation With Very-Long-Chain n-3 Fatty Acids During Pregnancy and Lactation Augments Children's IQ at 4 Years of Age. *Pediatrics*, Januar 2003; 111 (1): e39. e44.
48. Dunstan JA, et al. Fish oil supplementation in pregnancy modifies neonatal allergenspecific immune responses and clinical outcomes in infants at high risk of atopy: a randomized, controlled trial. *Journal of Allergy and Clinical Immunology*, Dezember 2003; 112 (6): 1178. 1184.
49. Olsen SF, et al. Randomised controlled trial of effect of fish-oil supplementation on pregnancy duration. *Lancet*, 25. April 1992; 339 (8800): 1003. 1007.
50. Olsen SF, Secher NJ. A possible preventive effect of low-dose fish oil on early delivery and pre-eclampsia: indications from a 50-year-old controlled trial. *British Journal of Nutrition*, November 1990; 64 (3): 599. 609.
51. DeCaterina R et al. n-3 fatty acids and renal diseases. *American Journal of Kidney Diseases*, September 1994; 24 (3): 397. 415.
52. Harel Z et al. Supplementation with omega-3 polyunsaturated fatty acids in the management of dysmenorrhea in adolescents. *American Journal of Obstetrics & Gynecology*, April 1996; 174 (4): 1335. 1338.
53. Aslan A, Triadafilopoulos G. Fish oil fatty acid supplementation in active ulcerative colitis: A double-blind, placebo-controlled, crossover study. *American Journal of Gastroenterology*, April 1992; 87: 432. 37.
54. Salomon, P., et al. Treatment of ulcerative colitis with fish oil n-3 omega fatty acid: an open trial. *Journal of Clinical Gastroenterology*, April 1990; (12): 157-1161.
55. Belluzzi A et al. Effect of an enteric-coated fish-oil preparation on relapses in Crohn's disease. *New England Journal of Medicine*, 13. Juni 1996; 334 (24): 1557. 1560.
56. Lawrence R, Sorrell T. Eicosapentaenoic acid in cystic fibrosis: evidence of a pathogenetic role for leukotriene B4. *Lancet*, 21. August 1993; 342: 465. 469.
57. US Food and Drug Administration, Center for Food Safety and Applied Nutrition, Office of Seafood. Mercury Levels in Seafood Species. Mai 2001. Siehe <http://www.cfsan.fda.gov/~frf/sea-mehg.html> (Stand: 8. September 2005).
58. Hites RA, et al. Global assessment of organic contaminants in farmed salmon. *Science*, 9. Januar 2004; 303 (5655): 226. 229.
59. Foran SE, et al. Measurement of mercury levels in concentrated over-the-counter fish oil preparations: is fish oil healthier than fish? *Archives of Pathology and Laboratory Medicine*, 2003; 127 (12): 1603. 1605.
60. Schaller JL. Mercury and Fish Oil Supplements. *Medscape General Medicine*, April 13, 2001; 3 (2). Siehe <http://www.medscape.com/viewarticle/408125> (Stand: 8. September 2005).
61. ConsumerLab.com Product Review: Omega-3 Fatty Acids (EPA and DHA) from Fish/Marine Oils. Siehe <http://www.consumerlab.com/results/omega3.asp> (Stand: 8. September 2005).
62. Eritsland J, et al. Long-term effects of n-3 polyunsaturated fatty acids on haemostatic variables and bleeding episodes in patients with coronary artery disease. *Blood Coagulation & Fibrinolysis*, Februar 1995; 6 (1): 17. 22.
63. Saynor R, et al. The long-term effect of dietary supplementation with fish lipid concentrate on serum lipids, bleeding time, platelets and angina. *Atherosclerosis*, Januar 1984; 50 (1): 3. 10.
64. Eritsland J, et al. Effects of highly concentrated omega-3 polyunsaturated fatty acids and acetylsalicylic acid, alone and combined, on bleeding time and serum lipid profile. *Journal of the Oslo City Hospitals*, August/September 1989; 39 (8. 9): 97. 101.
65. Buckley MS, et al. Fish oil interaction with warfarin. *Annals of Pharmacotherapy*, Januar 2004; 38 (1): 50. 52.
66. Montori VM, et al. Fish oil supplementation in type 2 diabetes: a quantitative systematic review. *Diabetes Care*, 2000; 23: 1407. 1415.
67. Friedberg CE, et al. Fish oil and glycemic control in diabetes. A meta-analysis. *Diabetes Care*, April 1998; 21: 494. 500.
68. Burr ML, et al. Lack of benefit of dietary advice to men with angina: results of a controlled trial. *European Journal of Clinical Nutrition*, 2003; 57 (2): 193. 200.
69. Mori TA, Woodman RJ. The independent effects of eicosapentaenoic acid and docosahexaenoic acid on cardiovascular risk factors in humans. *Current Opinion in Clinical Nutrition and Metabolic Care*, März 2006; 9 (2): 95. 104.
70. Food and Agriculture Organization database. Siehe <http://faostat.fao.org/faostat/form?collection=FBS&Domain=FBS&servlet=1&hasbulk=&version=ext&language=EN> (Stand: 31. März 2006).
71. Raitt MH, et al. Fish oil supplementation and risk of ventricular tachycardia and ventricular fibrillation in patients with implantable defibrillators: a randomized controlled trial. *Journal of the American Medical Association*, 2005; 293: 2884. 2891.
72. Burr ML, Dunstan FD, George CH. Is fish oil good or bad for heart disease? Two trials with apparently conflicting results. *Journal of Membrane Biology*, Juli 2005; 206 (2): 155. 163.
73. Ross R, et al. Reduction in Obesity and Related Comorbid Conditions after Diet-Induced Weight Loss or Exercise-Induced Weight Loss in Men: A Randomized, Controlled Trial. *Annals of Internal Medicine*, Juli 2000; 133: 92. 103.
74. Fenicchia LM, et al. Influence of resistance exercise training on glucose control in women with type 2 diabetes. *Metabolism*, März 2004; 53 (3): 284-289.
75. Carlson JE, et al. Disability in Older Adults 2: Physical Activity as Prevention. *Behavioral Medicine, Disability in Older Adults*, Winter 1999; 24 (4): 157. 168.
76. Kelley GA, et al. Resistance training and bone mineral density in women: a metaanalysis of controlled trials. *American Journal of Physical Medicine & Rehabilitation*, Januar 2001; 80 (1): 65. 77.
77. Batty D, Thune I. Does physical activity prevent cancer? *British Medical Journal*, Dec 2000; 321: 1424. 1425. 78. Cuff DJ, et al. Effective exercise modality to reduce insulin resistance in women with type 2 diabetes. *Diabetes Care*, November 2003; 26 (11): 2977. 2982.
79. Hertog MG, et al. Fruit and vegetable consumption and cancer mortality in the Caerphilly Study. *Cancer Epidemiology, Biomarkers & Prevention*, September 1996; 5 (9): 673. 677.
80. Sauvaget C, et al. Vegetables and fruit intake and cancer mortality in the Hiroshima/Nagasaki Life Span Study. *British Journal of Cancer*, 10. März 2003; 88 (5): 689. 694.
81. Terry P, et al. Protective effect of fruits and vegetables on stomach cancer in a cohort of Swedish twins. *International Journal of Cancer*, 30. März 1998; 76 (1): 35. 37.
82. Smith-Wamer SA, et al. Fruits, vegetables and lung cancer: A pooled analysis of cohort studies. *International Journal of Cancer*, 20. Dezember 2003; 107 (6): 1001. 1011.
83. Smith-Wamer SA, et al. Intake of fruits and vegetables and risk of breast cancer: a pooled analysis of cohort studies. *Journal of the American Medical Association*, 14. Februar 2001; 285 (6): 769. 776.
84. Michels KB, et al. Prospective study of fruit and vegetable consumption and incidence of colon and rectal cancers. *Journal of the National Cancer Institute*, 1. November 2000; 92 (21): 1740. 1752.
85. Engelhart MJ, et al. Dietary Intake of Antioxidants and Risk of Alzheimer Disease. *Journal of the American Medical Association*, 2002; 287: 3223. 3229.
86. New SA, et al. Nutritional influences on bone mineral density: a cross-sectional study in premenopausal women. *American Journal of Clinical Nutrition*, 1997; 65: 1831. 1839.
87. New SA, et al. Dietary influences on bone mass and bone metabolism: further evidence of a positive link between fruit and vegetable consumption and bone health? *American Journal of Clinical Nutrition*, Januar 2000; 71 (1): 142. 151.
88. Tucker KL, et al. Bone mineral density and dietary patterns in older adults: the Framingham Osteoporosis Study. *American Journal of Clinical Nutrition*, Juli 2002; 76 (1): 245. 252.
89. Tykavsky FA, et al. Fruit and vegetable intakes are an independent predictor of bone size in early pubertal children. *American Journal of Clinical Nutrition*, Februar 2004; 79 (2): 311. 317.
90. Muhlbauer RC, et al. Various selected vegetables, fruits, mushrooms and red wine residue inhibit bone resorption in rats. *Journal of Nutrition*, November 2003; 133 (11): 3592. 3597.
91. Muhlbauer RC, et al. Onion and a mixture of vegetables, salads, and herbs affect bone resorption in the rat by a mechanism independent of their base excess. *Journal of Bone and Mineral Research*, Juli 2002; 17 (7): 1230. 1236.
92. Rissanen TH, et al. Low intake of fruits, berries and vegetables is associated with excess mortality in men: the Kuopio Ischaemic Heart Disease Risk Factor (KIHD) Study. *Journal of Nutrition*, Januar 2003; 133 (1): 199. 204.
93. Sahyoun NR, et al. Carotenoids, vitamins C and E, and mortality in an elderly population. *American Journal of Epidemiology*, 1996; 144: 501. 511.
94. Huijbregts P, et al. Dietary pattern and 20 year mortality in elderly men in Finland, Italy, and the Netherlands: longitudinal cohort study. *British Medical Journal*, 1997; 315: 13. 17.
95. Kalen A, et al. Age-related changes in the lipid compositions of rat and human tissues. *Lipids*, 1989; 24: 579. 584.
96. Rosenfeldt F, et al. Systematic review of effect of coenzyme Q10 in physical exercise, hypertension and heart failure. *Biofactors*, 2003; 18 (1-4): 91. 100.
97. Weber C, et al. Coenzyme Q10 in the diet - daily intake and relative bioavailability. *Molecular Aspects of Medicine*, 1997; 18 Suppl: S251. 254.
98. Weis M, et al. Bioavailability of four oral coenzyme Q10 formulations in healthy volunteers. *Molecular Aspects of Medicine*, 1994; 15 Suppl: S273. 280.
99. Lu VWL, et al. Total coenzyme Q10 concentrations in Asian men following multiple oral 50-mg doses administered as coenzyme Q10 sustained release tablets or regular tablets. *Biological & Pharmaceutical Bulletin*, Januar 2003; 26 (1): 52. 55.
100. Engelsen J, et al. Effect of coenzyme Q10 and Ginkgo biloba on warfarin dosage in stable, long-term warfarin treated outpatients. A randomised, double blind, placebo-crossover trial. *Thrombosis and Haemostasis*, Juni 2002; 87 (6): 1075. 1076.
101. Henriksen JE, et al. Impact of ubiquinone (coenzyme Q10) treatment on glycaemic control, insulin requirement and well-being in patients with Type 1 diabetes mellitus. *Diabetic Medicine*, April 1999; 16 (4): 312. 318.
102. Eriksson JG, et al. The effect of coenzyme Q10 administration on metabolic control in patients with type 2 diabetes mellitus. *Biofactors*, 1999; 9 (2. 4): 315. 318.
103. Playford DA, et al. Combined effect of coenzyme Q10 and fenofibrate on forearm microcirculatory function in type 2 diabetes. *Atherosclerosis*, Mai 2003; 168 (1): 169. 179.

104. Hodgson JM, et al. Coenzyme Q10 improves blood pressure and glycaemic control: a controlled trial in subjects with type 2 diabetes. *European Journal of Clinical Nutrition*, November 2002; 56 (11): 1137. 1142.
105. Watts GF, et al. Coenzyme Q(10) improves endothelial dysfunction of the brachial artery in Type II diabetes mellitus. *Diabetologia*, März 2002; 45 (3): 420. 426.
106. Bargossi AM, et al. Exogenous CoQ10 supplementation prevents plasma ubiquinone reduction induced by HMG-CoA reductase inhibitors. *Molecular Aspects of Medicine*, 1994; 15 (Suppl): S187. 193.
107. Langsjøen P, et al. Treatment of statin adverse effects with supplemental Coenzyme Q10 and statin drug discontinuation. *Biofactors*, 2005; 25: 147. 152.
108. Folkers K, et al. The activities of coenzyme Q10 and vitamin B6 for immune responses. *Biochemical and Biophysical Research Communications*, 28. Mai 1993; 193(1): 88. 92.
109. Barbieri B, et al. Coenzyme Q10 administration increases antibody titer in hepatitis B vaccinated volunteers- a single blind placebo-controlled and randomized clinical study. *Biofactors*, 1999; 9(2. 4): 351. 357.
110. Hodges S, et al. CoQ10: could it have a role in cancer management? *Biofactors*, 1999; 9(2. 4): 365. 370.
111. Lockwood K, et al. Partial and complete regression of breast cancer in patients in relation to dosage of coenzyme Q10. *Biochemical and Biophysical Research Communications*, 30. März 1994; 199 (3): 1504. 1508.
112. Rosenfeldt F, et al. Systematic review of effect of coenzyme Q10 in physical exercise, hypertension and heart failure. *Biofactors*, 2003; 18 (1. 4): 91. 100.
113. Hanioka T, et al. Effect of topical application of coenzyme Q10 on adult periodontitis. *Molecular Aspects of Medicine*, 1994; 15 (Suppl): S241. 248.
114. Shults CW, et al. Effects of coenzyme Q10 in early Parkinson disease: evidence of slowing of the functional decline. *Archives of Neurology*, Oktober 2002; 59 (10): 1541. 1550.
115. Chan A, et al. Metabolic changes in patients with mitochondrial myopathies and effects of coenzyme Q10 therapy. *Journal of Neurology*, Oktober 1998; 245 (10): 681. 685.
116. Chen RS, et al. Coenzyme Q10 treatment in mitochondrial encephalomyopathies. Short-term double-blind, crossover study. *European Neurology*, 1997; 37 (4): 212. 218.
117. Brigelius-Flohe R, et al. Selenium-dependent enzymes in endothelial cell function. *Antioxidants and Redox Signaling*, April 2003; 5 (2): 205. 215.
118. Clark LC, et al. Effects of selenium supplementation for cancer prevention in patients with carcinoma of the skin. A randomized controlled trial. *Nutritional Prevention of Cancer Study Group. Journal of the American Medical Association*, 25. Dezember 1996; 276 (24): 1957. 1963.
119. Yu SY, et al. Protective role of selenium against hepatitis B virus and primary liver cancer in Qidong. *Biological Trace Element Research*, 1997; 56 (1): 117. 124.
120. Blot WJ, et al. Nutrition intervention trials in Linxian, China: supplementation with specific vitamin/mineral combinations, cancer incidence, and disease-specific mortality in the general population. *Journal of the National Cancer Institute*, 15. September 1993; 85 (18): 1483. 1492.
121. Herberg S, et al. The SU.VI.MAX Study: A Randomized, Placebo-Controlled Trial of the Health Effects of Antioxidant Vitamins and Minerals. *Archives of Internal Medicine*, November 2004; 164: 2335. 2342.
Man beachte: Der fehlende Schutz vor Krebs bei Frauen kann daran gelegen haben, dass sie bei Beginn der Studie einen höheren Status an Antioxidantien hatten; Bluttests ergaben bei ihnen einen niedrigeren Grundspiegel an Blutzucker und höhere Grundspiegel an Vitamin C und Beta-Karotin als bei den männlichen Probanden. Was das Null-Risiko der KHK betrifft, so kann das ein Ausdruck des ohnehin schon geringen Risikos kardiovaskulärer Erkrankungen bei der französischen Bevölkerung gewesen sein.
122. Becker DJ, et al. Oral selenate improves glucose homeostasis and partly reverses abnormal expression of liver glycolytic and gluconeogenic enzymes in diabetic rats. *Diabetologia*, Januar 1996; 39 (1): 3. 11.
123. Ghosh R, et al. A novel effect of selenium on streptozotocin-induced diabetic mice. *Diabetes Research*, 1994; 25 (4): 165. 171.
124. Stapleton SR. Selenium: an insulin-mimetic. *Cellular and Molecular Life Sciences*, Dezember 2000; 57 (13. 14): 1874. 1879.
125. Foster HD. AIDS: The seleno-enzyme solution. *Nexus Magazine*, Dezember/ Januar 2004; 11 (1). Siehe <http://www.nexusmagazine.com/AIDS.Selenium.htm#44> (Stand: 1. Februar 2004).
126. Cowgill UM. The distribution of selenium and mortality owing to acquired immune deficiency syndrome in the continental United States. *Biological Trace Element Research*, Januar 1997; 56 (1): 43. 61.
127. Rubin RN, et al. Relationship of serum antioxidants to asthma prevalence in youth. *American Journal of Respiratory and Critical Care Medicine*, 1. Februar 2004; 169 (3): 393. 398.
128. Omland O, et al. Selenium serum and urine is associated to mild asthma and atopy. The SUS study. *Journal of Trace Elements in Medicine and Biology*, 2002; 16 (2): 123. 127.
129. Shaheen SO, et al. Dietary antioxidants and asthma in adults: population-based case-control study. *American Journal of Respiratory and Critical Care Medicine*, 15. November 2001; 164 (10 Pt 1): 1823. 1828.
130. Lyons G, et al. High-selenium wheat: biofortification for better health. *Nutrition Research Reviews*, 2003; 16: 45. 60.
131. Hasselmark L, et al. Selenium supplementation in intrinsic asthma. *Allergy*, Januar 1993; 48 (1): 30. 36.
132. Benton D, Cook R. The impact of selenium supplementation on mood. *Biological Psychiatry*, 1991; 29: 1092. 1098.
133. Tolonen M, et al. Vitamin E and selenium supplementation in geriatric patients A double-blind preliminary clinical trial. *Biological Trace Element Research*, 1985; 7: 161. 168.
134. Girodon F, et al. Effect of micronutrient supplementation on infection in institutionalized elderly subjects: a controlled trial. *Annals of Nutrition and Metabolism*, 1997; 41 (2): 98. 107.
135. Broome CS, et al. An increase in selenium intake improves immune function and poliovirus handling in adults with marginal selenium status. *American Journal of Clinical Nutrition*, Juli 2004; 80 (1): 154. 162.
136. Girodon F, et al. Impact of trace elements and vitamin supplementation on immunity and infections in institutionalized elderly patients: a randomized controlled trial. *MIN. VIT. AOX. geriatric network. Archives of Internal Medicine*, 12. April 1999; 159 (7): 748. 754.
137. The American Cancer Society, *Cancer Facts and Figures*, 2003: 30.
138. Combs GF Jr. Selenium in global food systems. *British Journal of Nutrition*, Mai 2001; 85 (5): 517. 47.
139. Kelly GS. L-Carnitine: Therapeutic Applications of a Conditionally-Essential Amino Acid. *Alternative Medicine Review*, 1998; 3 (5): 345. 360.
140. Cavallini G, et al. Carnitine versus androgen administration in the treatment of sexual dysfunction, depressed mood, and fatigue associated with male aging. *Urology*, April 2004; 63 (4): 641. 646.
141. Cederblad G. Effect of diet on plasma carnitine levels and urinary carnitine excretion in humans. *American Journal of Clinical Nutrition*, 1987; 45: 725. 729.

Kapitel 25

1. Jacobs DR, et al. Whole-grain intake may reduce the risk of ischemic heart disease death in postmenopausal women: the Iowa Women's Health Study. *American Journal of Clinical Nutrition*, 1998; 68: 248. 257.
2. Burr ML, et al. Effects of changes in fat, fish, and fibre intakes on death and myocardial reinfarction: diet and reinfarction trial (DART). *Lancet*, 1989; 2: 757. 761.
3. Challen AD, et al. The effect of pectin and wheat bran on platelet function and haemostasis in man. *Human Nutrition: Clinical Nutrition*, Mai 1983; 37 (3): 209. 217.
4. Jenkins DJ, et al. Effect of wheat bran on glycemic control and risk factors for cardiovascular disease in type 2 diabetes. *Diabetes Care*, September 2002; 25 (9): 1522. 1528.
5. Asano T, McLeod RS. Dietary fibre for the prevention of colorectal adenomas and carcinomas (Cochrane Review). In: *The Cochrane Library*, Issue 2, 2002. Oxford.
6. Food and Drug Administration, HHS. Food Labeling: Health Claims; Soy Protein and Coronary Heart Disease. *Federal Register*, 26. Oktober 1999; 64 (206): 57699. 57733. Siehe <http://vm.cfsan.fda.gov/~lrd/fr991026.html> (Stand: 8. September 2005).
7. Anderson JW, et al. Meta-analysis of the effects of soy protein intake on serum lipids. *New England Journal of Medicine*, 1995; 333 (5): 276. 282.
8. Jenkins DJ, et al. Effects of high- and low-isoflavone soyfoods on blood lipids, oxidized LDL, homocysteine, and blood pressure in hyperlipidemic men and women. *American Journal of Clinical Nutrition*, August 2002; 76 (2): 365. 372.
9. Hwang J, et al. Synergistic inhibition of LDL oxidation by phytoestrogens and ascorbic acid. *Free Radical Biology & Medicine*, 1. Juli 2000; 29 (1): 79. 89.
10. Ashton EL, et al. Effect of meat replacement by tofu on CHD risk factors including copper induced LDL oxidation. *Journal of the American College of Nutrition*, November/Dezember 2000; 19 (6): 761. 767.
11. Cuevas AM, et al. Isolated soy protein improves endothelial function in postmenopausal hypercholesterolemic women. *European Journal of Clinical Nutrition*, August 2003; 57 (8): 889. 894.
12. Hale G, et al. Isoflavone supplementation and endothelial function in menopausal women. *Clinical Endocrinology*, Juni 2002; 56 (6): 693. 701.
13. Yamashita T, et al. Arterial compliance, blood pressure, plasma leptin, and plasma lipids in women are improved with weight reduction equally with a meat-based diet and a plant-based diet. *Metabolism*, November 1998; 47 (11): 1308. 1314.
14. Teede HJ, et al. Dietary soy has both beneficial and potentially adverse cardiovascular effects: a placebo-controlled study in men and postmenopausal women. *Journal of Clinical Endocrinology and Metabolism*, Juli 2001; 86 (7): 3053-3060.
15. Krejlikamp-Kaspers S, et al. Randomized controlled trial of the effects of soy protein containing isoflavones on vascular function in postmenopausal women. *American Journal of Clinical Nutrition*, Januar 2005; 81: 189. 195.

16. Gooderham MH, et al. A soy protein isolate rich in genistein and daidzein and its effects on plasma isoflavone concentrations, platelet aggregation, blood lipids and fatty acid composition of plasma phospholipid in normal men. *Journal of Nutrition*, August 1996; 126 (8): 2000. 2006.
17. Nilausen K, Meinertz H. Lipoprotein(a) and dietary proteins: casein lowers lipoprotein(a) concentrations as compared with soy protein. *American Journal of Clinical Nutrition*, März 1999; 69 (3): 419. 425.
18. Stauffer BL, et al. Soy diet worsens heart disease in mice. *Journal of Clinical Investigation*, 2006; 116: 209. 216.
19. Marin PM, et al. Phytoestrogen interaction with estrogen receptors in human breast cancer cells. *Endocrinology*, 1978; 103: 1860. 1867.
20. Hsieh CY, et al. Estrogenic effects of genistein on the growth of estrogen receptorpositive human breast cancer (MCF-7) cells in vitro and in vivo. *Cancer Research*, 1998; 58: 3833. 3838.
21. Allred CD, et al. Dietary genistin stimulates growth of estrogen-dependent breast cancer tumors similar to that observed with genistein. *Carcinogenesis*, 1. Oktober 2001; 22(10): 1667. 1673.
22. Ju YH, et al. Physiological Concentrations of Dietary Genistein Dose-Dependently Stimulate Growth of Estrogen-Dependent Human Breast Cancer (MCF-7) Tumors Implanted in Athymic Nude Mice. *Journal of Nutrition*, 2001; 131 (11): 2957. 2962.
23. Ju YH, et al. Dietary Genistein Negates the Inhibitory Effect of Tamoxifen on Growth of Estrogen-dependent Human Breast Cancer (MCF-7) Cells Implanted in Athymic Mice. *Cancer Research*, 2002; 62 (9): 2474. 2477.
24. Petrakis NL, et al. Stimulatory influence of soy protein isolate on breast fluid secretion in pre- and postmenopausal women. *Cancer Epidemiology, Biomarkers & Prevention*, 1996; 5: 785. 794.
25. Hargreaves DF, et al. Two-week dietary soy supplementation has an estrogenic effect on normal premenopausal breast. *Journal of Clinical Endocrinology and Metabolism*, 1999; 84: 4017. 4024.
26. Kimura S et al. Development of malignant goiter by defatted soybean with iodinefree diet in rats. *Gann*, 1976; 67: 763. 765.
27. Rao CV, et al. Enhancement of experimental colon cancer by genistein. *Cancer Research*, 1997; 57: 3717. 3722.
28. Sun CL, et al. Dietary Soy and Increased Risk of Bladder Cancer: the Singapore Chinese Health Study. *Cancer Epidemiology, Biomarkers & Prevention*, 2002; 11 (12): 1674. 1677.
29. Yellayi S, et al. The phytoestrogen genistein induces thymic and immune changes: a human health concern? *Proceedings of the National Academy of Sciences*, 2002; 99 (11): 7616. 7621.
30. Zoppi G, et al. Immunocompetence and dietary protein intake in early infancy. *Journal of Pediatric Gastroenterology and Nutrition*, 1982; 1 (2): 175. 182.
31. Zoppi G, et al. Diet and antibody response to vaccinations in healthy infants. *Lancet*, 2. Juli 1983; 2 (8340): 11. 14.
32. Van Wyk JJ, et al. The effects of a soybean product on thyroid function in humans. *Pediatrics*, November 1959; 24: 752. 760.
33. Shepard TH, et al. Soybean goiter: Report of three cases. *New England Journal of Medicine*, 1960; 262: 1099. 1103.
34. Hydoitz JD. Occurrence of goiter in an infant on a soy diet. *New England Journal of Medicine*, 1960; 26: 351. 353.
35. Ripp J. Soybean-induced goiter. *American Journal of Diseases of Children*, Juli 1961; 102: 106. 109.
36. Pinchera A, et al. Thyroid refractoriness in an athyreotic cretin fed soybean formula. *New England Journal of Medicine*, 1965; 265, 83. 87.
37. Chorazy PA, et al. Persistent hypothyroidism in an infant receiving a soy formula: Case report and review of the literature. *Pediatrics*, 1995; 148. 150.
38. Jabbar MA et al. Abnormal thyroid function tests in infants with congenital hypothyroidism: the influence of soy-based formula. *Journal of the American College of Nutrition*, 1997; 16: 280. 282.
39. Labib M, et al. Dietary malodice as a cause of hypothyroidism and short stature. *British Medical Journal*, 1989; 298: 232. 233.
40. Bell DS, Ovalle F. Use of soy protein supplement and resultant need for increased dose of levothyroxine. *Endocrine Practice*, Mai/Juni 2001; 7 (3): 193. 194.
41. Ishizuki Y, et al. The effects on the thyroid gland of soybeans administered experimentally in healthy subjects. *Nippon Naibunpi Gakkai Zasshi*, 1991; 67: 622. 629.
42. Duncan AM, et al. Soy isoflavones exert modest hormonal effects in premenopausal women. *Journal of Clinical Endocrinology and Metabolism*, 1999; 84:192. 197.
43. Watanabe S, et al. Effects of isoflavone supplement on healthy women. *Biofactors*, 2000; 12 (1. 4): 233. 241.
44. Ham JO, et al. Endocrinological response to soy protein and fiber in mildly hypercholesterolemic men. *Nutrition Research*, 1993; 13: 873. 884.
45. Persky WV, et al. Effect of soy protein on endogenous hormones in postmenopausal women. *American Journal of Clinical Nutrition*, 2002; 75 (1): 145. 153.
46. Huszno B, et al. Influence of iodine deficiency and iodine prophylaxis on thyroid cancer histotypes and incidence in endemic goiter area. *Journal of Endocrinological Investigation*, 2003; 26 (2 Suppl): 71. 76.
47. Fort P et al. Breast and soy-formula feeding feedings in early infancy and the prevalence of autoimmune thyroid disease in children. *Journal of the American College of Nutrition*, 1990; 9 (2): 164. 167.
48. Fort P et al. Breast feeding and insulin-dependent diabetes mellitus in children. *Journal of the American College of Nutrition*, 1986; 5 (5): 439. 441.
49. Nagata C, et al. Inverse association of soy product intake with serum androgen and estrogen concentrations in Japanese men. *Nutrition and Cancer*, 2000; 36 (1): 14. 18.
50. Habito RC, et al. Effects of replacing meat with soybean in the diet on sex hormone concentrations in healthy adult males. *British Journal of Nutrition*, 2000; 84: 557. 563.
51. Raben A, et al. Serum sex hormones and endurance performance after a lacto-ovo vegetarian and a mixed diet. *Medicine and Science in Sports and Exercise*, 1992; 24: 1290. 1297.
52. Gardner-Thorpe D, et al. Dietary supplements of soya flour lower serum testosterone concentrations and improve markers of oxidative stress in men. *European Journal of Clinical Nutrition*, Jan. 2003; 57 (1): 100. 106.
53. Zhong, et al. Effects of dietary supplement of soy protein isolate and low fat diet on prostate cancer. *FASEB Journal*, 2000; 14 (4): A531.11.
54. North K, Golding J. A maternal vegetarian diet in pregnancy is associated with hypospadias. *British Journal of Urology International*, Januar 2000 85:107. 113.
55. Hurrell RF, et al. Soy protein, phytate, and iron absorption in humans. *American Journal of Clinical Nutrition*, September 1992; 56 (3): 573. 578.
56. Koo VVWK, Kaplan LA, Krug-Wispé SK. Aluminum contamination of infant formulas. *JPEN: Journal of Parenteral and Enteral Nutrition*, 1988; 12: 170. 173.
57. Massey LK, et al. Oxalate content of soybean seeds (*Glycine max*: Leguminosae), soyfoods, and other edible legumes. *Journal of Agricultural and Food Chemistry*, September 2001; 49 (9): 4262. 4266.
58. Shu XO, et al. Soyfood intake during adolescence and subsequent risk of breast cancer among Chinese women. *Cancer Epidemiology, Biomarkers & Prevention*, Mai 2001; 10: 483. 488.
59. Nagata C, et al. Decreased serum total cholesterol concentration is associated with high intake of soy products in Japanese men and women. *Journal of Nutrition*, 1998; 128: 209. 213.
60. Rose GA, et al. Corn oil in treatment of ischaemic heart disease. *British Medical Journal*, 1965; 1: 1531. 1533.
61. Mutanen M, et al. Rapeseed oil and sunflower oil diets enhance platelet in vitro aggregation and thromboxane production in healthy men when compared with milk fat or habitual diets. *Thrombosis and Haemostasis*, 1992; 67: 352. 356.
62. Turpeinen AM, et al. Replacement of dietary saturated by unsaturated fatty acids: effects of platelet protein kinase C activity, urinary content of 2,3-dinor-TXB2 and in vitro platelet aggregation in healthy man. *Thrombosis and Haemostasis*, 1998; 80: 649. 655.
63. Turpeinen AM, et al. A high linoleic acid diet increases oxidative stress in vivo and affects nitric oxide metabolism in humans. *Prostaglandins, Leukotrienes and Essential Fatty Acids*, 1998; 59 (3): 229. 233.
64. Liu L, et al. Xuezhikang decreases serum lipoprotein(a) and C-reactive protein concentrations in patients with coronary heart disease. *Clinical Chemistry*, August 2003; 49 (8): 1347. 1352.
65. Zhao SP, et al. Effect of xuezhikang, a cholestin extract, on reflecting postprandial triglyceridemia after a high-fat meal in patients with coronary heart disease. *Atherosclerosis*, Juni 2003; 168 (2): 375. 380.
66. Yang HT, et al. Acute administration of red yeast rice (*Monascus purpureus*) depletes tissue coenzyme Q(10) levels in ICR mice. *British Journal of Nutrition*, Januar 2005; 93 (1): 131. 135.
67. Smith DJ, Olive KE. Chinese Red Rice-induced Myopathy. *Southern Medical Journal*, Dezember 2003; 96 (12): 1265.
68. Prasad GV, et al. Rhabdomyolysis due to red yeast rice (*Monascus purpureus*) in a renal transplant recipient. *Transplantation*, 27. Oktober 2002; 74 (8): 1200. 1201.
69. Rees K, et al. Psychological interventions for coronary heart disease (Cochrane Review). In: *The Cochrane Library*, Issue 2, 2004. Chichester, UK: John Wiley & Sons, Ltd.
70. Schneider RH, et al. A Randomized Controlled Trial of Stress Reduction for Hypertension in Older African Americans. *Hypertension*, 1995; 26: 820.
71. Castillo-Richmond A, et al. Effects of Stress Reduction on Carotid Atherosclerosis in Hypertensive African Americans. *Stroke*, 1. März 2000; 31 (3): 568. 573.
72. Schneider RH, et al. Long-Term Effects of Stress Reduction on Mortality in Persons >55 Years of Age With Systemic Hypertension. *American Journal of Cardiology*, 2005; 95: 1060. 1064.
73. Privater E-Mail-Austausch mit Robert H. Schneider, M.D., Director and Professor, Institute for Natural Medicine and Prevention, Maharishi University of Management, Iowa, USA.
74. Thayer RE, et al. Self-regulation of mood: strategies for changing a bad mood, raising energy, and reducing tension. *Journal of Personality and Social Psychology*, November 1994; 67 (5): 910. 925.
75. Jin P. Efficacy of Tai Chi, brisk walking, meditation, and reading in reducing mental and emotional stress. *Journal of Psychosomatic Medicine*, Mai 1992; 36 (4): 361. 370.
76. Roth DL, Holmes DS. Influence of aerobic exercise training and relaxation training on physical and psychologic health following stressful life events. *Psychosomatic Medicine*, Juli/August 1987; 49 (4): 355. 65.

77. Blumenthal JA, et al. Effects of Exercise Training on Older Patients With Major Depression. *Archives of Internal Medicine*, 1999; 159: 2349. 2356.
78. Babyak M, et al. Exercise treatment for major depression: maintenance of therapeutic benefit at 10 months. *Psychosomatic Medicine*, September/Oktober 2000; 62: 633. 638.

Kapitel 26

1. Gutierrez M, et al. Utility of a Short-Term 25% Carbohydrate Diet on Improving Glycemic Control in Type 2 Diabetes Mellitus. *Journal of the American College of Nutrition*, 1998; 17 (6): 595. 600.
2. Coulston AM, et al. Deleterious metabolic effects of high-carbohydrate, sucrose-containing diets in patients with non-insulin-dependent diabetes mellitus. *American Journal of Medicine*, Februar 1987; 82 (2): 213. 220.
3. Garg A, et al. Effects of varying carbohydrate content of diet in patients with noninsulin-dependent diabetes mellitus. *Journal of the American Medical Association*, 1994; 271: 1421. 1428.
4. Sestoft L, et al. High-carbohydrate, low-fat diet: effect on lipid and carbohydrate metabolism, GIP and insulin secretion in diabetics. *Danish Medical Bulletin*, März 1985; 32 (1): 64. 69.
5. Gannon MC, et al. An increase in dietary protein improves the blood glucose response in persons with type 2 diabetes. *American Journal of Clinical Nutrition*, 2003; 78: 734. 741.
6. The Diabetes Food Pyramid: Starches. American Diabetes Association web site.
Siehe <http://www.diabetes.org/nutrition-and-recipes/nutrition/starches.jsp> (Stand: 8. September 2005).
7. McKewen MV, et al. Glycemic control, muscle glycogen and exercise performance in IDDM athletes on diets of varying carbohydrate content. *International Journal of Sports Medicine*, 1999; 20: 349. 353.
8. Wing RR, et al. Cognitive effects of weight-reducing diets. *International Journal of Obesity*, 1995; 19: 811. 816.
9. Meckling KA, et al. Effects of a hypocaloric, low-carbohydrate diet on weight loss, blood lipids, blood pressure, glucose tolerance, and body composition in free-living overweight women. *Canadian Journal of Physiology and Pharmacology*, November 2002; 80 (11): 1095. 1105.
10. Allan CB, Lutz W. *Life Without Bread: How a Low-Carbohydrate Diet Can Save Your Life*. McGraw-Hill/Contemporary Books, Juli 2000.
11. Bisschop PH, et al. Dietary fat content alters insulin-mediated glucose metabolism in healthy men. *American Journal of Clinical Nutrition*, 2001; 73: 554. 559.
12. Takyi EE. Children's consumption of dark green, leafy vegetables with added fat enhances serum retinol. *Journal of Nutrition*, 1999; 129 (8): 1549. 1554.
13. Jalal F, et al. Serum retinol concentrations are affected by food sources of β -carotene, fat intake, and anthelmintic drug treatment. *American Journal of Clinical Nutrition*, 1998; 68: 623. 629.
14. Roodenburg JA, et al. Amount of fat in the diet affects bioavailability of lutein esters but not of α -carotene, β -carotene, and vitamin E in humans. *American Journal of Clinical Nutrition*, 2000; 71 (5): 1187. 1193.
15. Drammeh BS, et al. A Randomized, 4-Month Mango and Fat Supplementation Trial Improved Vitamin A Status among Young Gambian Children. *Journal of Nutrition*, 2002; 132 (12): 3693. 3699.
16. Chung H-Y, et al. Lutein Bioavailability Is Higher from Lutein-Enriched Eggs than from Supplements and Spinach in Men. *Journal of Nutrition*, 2004; 134: 1887. 1893.
17. Brown MJ, et al. Carotenoid bioavailability is higher from salads ingested with fullfat than with fat-reduced salad dressings as measured with electrochemical detection. *American Journal of Clinical Nutrition*, August 2004; 80: 396. 403.
18. Unlu NZ, et al. Carotenoid Absorption from Salad and Salsa by Humans Is Enhanced by the Addition of Avocado or Avocado Oil. *Journal of Nutrition*, März 2005; 135: 431. 436.
19. USDA National Nutrient Database for Standard Reference.
Siehe <http://www.nal.usda.gov/fnic/foodcomp/search/>
20. Giacobini E. Cholinergic function and Alzheimer's disease. *International Journal of Geriatric Psychiatry*, September 2003; 18 (Suppl 1): S1. S5.
21. Adams CW, et al. Modification of aortic atheroma and fatty liver in cholesterol-fed rabbits by intravenous injection of saturated and polyunsaturated lecithins. *Journal of Pathology and Bacteriology*, Juli 1967; 94 (1): 77. 87.
22. Howard A, et al. Atherosclerosis induced in hypercholesterolaemic baboons by immunological injury, and the effects of intravenous polyunsaturated PPC. *Atherosclerosis*, 1971; 14 (1): 17. 29.
23. Mahoney AW, et al. Effects of level and source of dietary fat on the bioavailability of iron from turkey meat for the anemic rat. *Journal of Nutrition*, 1980; 110 (8): 1703. 1708.
24. Johnson PE, et al. The effects of stearic acid and beef tallow on iron utilization by the rat. *Proceedings of the Society for Experimental Biology and Medicine*, 1992; 200 (4): 480. 486.
25. Koo SI, Ramlet JS. Effect of dietary linoleic acid on the tissue levels of zinc and copper, and serum high-density lipoprotein cholesterol. *Atherosclerosis*, 1984; 50 (2): 123. 132.
26. Lukaski HC, et al. Interactions among dietary fat, mineral status, and performance of endurance athletes: a case study. *International Journal of Sport Nutrition and Exercise Metabolism*, Juni 2001; 11 (2): 186. 198.
27. Van Dokkum W, et al. Effect of variations in fat and linoleic acid intake on the calcium, magnesium and iron balance of young men. *Annals of Nutrition & Metabolism*, 1983; 27 (5): 361. 369.
28. Emken EA, et al. Dietary linoleic acid influences desaturation and acylation of deuterium-labeled linoleic and linolenic acids in young adult males. *Biochimica et Biophysica Acta*, 4. August 1994; 1213 (3): 277. 288.
29. Garg ML, et al. Dietary saturated fat level alters the competition between alpha-linolenic and linoleic acid. *Lipids*, April 1989; 24 (4): 334-339.
30. Koopman JS, et al. Milk fat and gastrointestinal illness. *American Journal of Public Health*, 1984; 74: 1371. 1373.
31. Puertollano MA, et al. Relevance of Dietary Lipids as Modulators of Immune Functions in Cells Infected with *Listeria monocytogenes*. *Clinical and Diagnostic Laboratory Immunology*, März 2002; 9 (2): 352. 357.
32. de Pablo MA, et al. Determination of natural resistance of mice fed dietary lipids to experimental infection induced by *Listeria monocytogenes*. *FEMS Immunology and Medical Microbiology*, Februar 2000; 27 (2): 127. 133.
33. Volek JS, et al. Testosterone and cortisol in relationship to dietary nutrients and resistance exercise. *Journal of Applied Physiology*, Januar 1997; 82 (1): 49. 54.
34. Hamalainen EK, et al. Decrease of serum total and free testosterone during a low-fat high-fibre diet. *Journal of Steroid Biochemistry*, März 1983; 18 (3): 369. 370.
35. Reed MJ, et al. Dietary lipids: an additional regulator of plasma levels of sex hormone binding globulin. *Journal of Clinical Endocrinology and Metabolism*, 1987; 64: 1083. 1085.
36. Dorgan JF, et al. Effects of dietary fat and fiber on plasma and urine androgens and estrogens in men: a controlled feeding study. *American Journal of Clinical Nutrition*, Dezember 1996; 64 (6): 850. 855.
37. Cha YS, Sachan DS. Opposite effects of dietary saturated and unsaturated fatty acids on ethanol-pharmacokinetics, triglycerides and carnitines. *Journal of the American College of Nutrition*, August 1994; 13 (4): 338. 343.
38. Polavarapu R, et al. Increased lipid peroxidation and impaired antioxidant enzyme function is associated with pathological liver injury in experimental alcoholic liver disease in rats fed diets high in corn oil and fish oil. *Hepatology*, Mai 1998; 27 (5): 1317. 1323.
39. Nanji AA, et al. Dietary Saturated Fatty Acids Reverse Inflammatory and Fibrotic Changes in Rat Liver Despite Continued Ethanol Administration. *Journal of Pharmacology and Experimental Therapeutics*, November 2001; 299 (2): 638. 644.
40. Roris MJ, et al. Dietary Saturated Fat Reduces Alcoholic Hepatotoxicity in Rats by Altering Fatty Acid Metabolism and Membrane Composition. *Journal of Nutrition*, April 2004; 134: 904. 912.
41. Nanji AA, French SW. Dietary factors and alcoholic cirrhosis. *Alcoholism, Clinical and Experimental Research*, Juni 1986; 10 (3): 271. 273.
42. Xu H, et al. Vitamin E stimulates trabecular bone formation and alters epiphyseal cartilage morphometry. *Calcified Tissue International*, Oktober 1995; 57 (4): 293. 300.
43. Watkins BA, et al. Dietary Lipids Modulate Bone Prostaglandin E2 Production, Insulin-Like Growth Factor-I Concentration and Formation Rate in Chicks. *Journal of Nutrition*, Juni 1997; 127 (6): 1084. 1091.
44. Macdonald HM, et al. Nutritional associations with bone loss during the menopausal transition: evidence of a beneficial effect of calcium, alcohol, and fruit and vegetable nutrients and of a detrimental effect of fatty acids. *American Journal of Clinical Nutrition*, Januar 2004; 79 (1): 155. 165.
45. Chin SF, et al. Dietary sources of conjugated dienic isomers of linoleic acid, a newly recognized class of anticarcinogens. *Journal of Food Composition and Analysis*, 1992; 5: 185. 197.
46. Belury MA. Inhibition of Carcinogenesis by Conjugated Linoleic Acid: Potential Mechanisms of Action. *Journal of Nutrition*, 2002; 132: 2995. 2998.
47. Albers R, et al. Effects of cis-9, trans-11 and trans-10, cis-12 conjugated linoleic acid (CLA) isomers on immune function in healthy men. *European Journal of Clinical Nutrition*, April 2003; 57 (4): 595. 603.
48. Belury MA, et al. The Conjugated Linoleic Acid (CLA) Isomer, t10c12-CLA, Is Inversely Associated with Changes in Body Weight and Serum Leptin in Subjects with Type 2 Diabetes Mellitus. *Journal of Nutrition*, 2003; 133: 267S. 268S.
49. Gaulhier JM, et al. Conjugated linoleic acid supplementation for 1 y reduces body fat mass in healthy overweight humans. *American Journal of Clinical Nutrition*, Juni 2004; 79: 1118. 1125.
50. Kamphuis MM, et al. The effect of conjugated linoleic acid supplementation after weight loss on body weight regain, body composition, and resting metabolic rate in overweight subjects. *International Journal Of Obesity & Related Metabolic Disorders*, Juli 2003; 27 (7): 840. 847.

51. Thom E, et al. Conjugated linoleic acid reduces body fat in healthy exercising humans. *Journal Of International Medical Research*, September/Oktober 2001; 29 (5): 392. 396. 52. Smedman A, Vessby B. Conjugated linoleic acid supplementation in humans - metabolic effects. *Lipids*, August 2001; 36 (8): 773. 781.
53. Riserus U, et al. Conjugated linoleic acid (CLA) reduced abdominal adipose tissue in obese middle-aged men with signs of the metabolic syndrome: a randomized controlled trial. *International Journal Of Obesity & Related Metabolic Disorders*, August 2001; 25 (8): 1129. 35.
54. Blankson H, et al. Conjugated linoleic acid reduces body fat mass in overweight and obese humans. *Journal of Nutrition*, Dezember 2000; 130 (12): 2943. 2948.
55. Noone EJ, et al. The effect of dietary supplementation using isomeric blends of conjugated linoleic acid on lipid metabolism in healthy human subjects. *British Journal of Nutrition*, September 2002; 88 (3): 243. 251.
56. Malpuech-Brugère CB, et al. Effects of Two Conjugated Linoleic Acid Isomers on Body Fat Mass in Overweight Humans. *Obesity Research*, April 2004; 12: 591. 598.
57. Kreider RB, et al. Effects of conjugated linoleic acid supplementation during resistance training on body composition, bone density, strength, and selected hematological markers. *Journal Of Strength And Conditioning Research*, August 2002; 16 (3): 325. 34.
58. Zambell KL, et al. Conjugated linoleic acid supplementation in humans: effects on body composition and energy expenditure. *Lipids*, Juli 2000; 35 (7): 777. 782.
59. Mozaffarian D, et al. Dietary fats, carbohydrate, and progression of coronary atherosclerosis in postmenopausal women. *American Journal of Clinical Nutrition*, 2004; 80: 1175. 1184.
60. Dhiman TR, et al. Conjugated linoleic acid content of milk from cows fed different diets. *Journal of Dairy Science*, Oktober 1999; 82 (10): 2146. 2156.
61. French P, et al. Fatty acid composition, including conjugated linoleic acid, of intramuscular fat from steers offered grazed grass, grass silage, or concentrate-based diets. *Journal of Animal Science*, November 2000; 78 (11): 2849. 2855.
62. O'Sullivan A, et al. Grass silage versus maize silage effects on retail packaged beef quality. *Journal of Animal Science*, 2002; 80: 1556. 1563.
63. Hebeisen DF, et al. Increased concentrations of omega-3 fatty acids in milk and platelet rich plasma of grass-fed cows. *International Journal for Vitamin and Nutrition Research*, 1993; 63 (3): 229. 233.
64. Simopoulos AP, Salem N Jr. Egg yolk as a source of long-chain polyunsaturated fatty acids in infant feeding. *American Journal of Clinical Nutrition*, Februar 1992; 55 (2): 411. 414.

Kapitel 27

1. Smith R. The most important BMJ for 50 years? *British Medical Journal*, Juni 2003; 326: 0. f.
2. Wald NJ, Law MR. A strategy to reduce cardiovascular disease by more than 80%. *British Medical Journal*, 28. Juni 2003; 326 (7404): 1419.
3. Regush NM. Shabby Medical Thinking. *British Medical Journal Rapid Responses*.
Siehe <http://bmj.bmjournals.com/cgi/eletters/326/7404/1419#33770> (Stand: 3. September 2004).
4. Banerjee SK, Maulik SK. Effect of garlic on cardiovascular disorders: a review. *Nutrition Journal*, 19. November 2002; 1 (1): 4.
5. Campbell JH, et al. Molecular basis by which garlic suppresses atherosclerosis. *Journal of Nutrition*, März 2001; 131 (3s): 1006S. 1009S.
6. Efendy JL, et al. The effect of the aged garlic extract, Kyolic on the development of experimental atherosclerosis. *Atherosclerosis*, 11. Juli 1997; 132 (1): 37. 42.
7. Koscielny J, et al. The antiatherosclerotic effect of *Allium sativum*. *Atherosclerosis*, Mai 1999; 144 (1): 237. 49.
8. Budoff MJ, et al. Inhibiting progression of coronary calcification using Aged Garlic Extract in patients receiving statin therapy: a preliminary study. *Preventive Medicine*, November 2004; 39 (5): 985. 991.
9. Kieseetter H, et al. Effects of garlic coated tablets in peripheral arterial occlusive disease. *Clinical Investigator*, Mai 1993; 71 (5): 383. 386.
10. Rose KD, et al. Spontaneous Spinal Epidural Hematoma with Associated Platelet Dysfunction from Excessive Garlic Ingestion: A case Report. *Neurosurgery*, 1990; 26: 880. 882.
11. Sunter W. Warfarin and garlic. *Pharmacology*, 1991; 246: 722.
12. Burnham BE. Garlic as a possible risk for postoperative bleeding. *Plastic and Reconstructive Surgery*, 1995; 95: 213.
13. Fugh-Berman A. Herb-drug interactions. *Lancet*, 2000; 355: 134. 138.
14. Petry JJ. Garlic and postoperative bleeding. *Plastic and Reconstructive Surgery*, 1995; 96: 483. 484.
15. Gao CM, et al. Protective effect of allium vegetables against both esophageal and stomach cancer: a simultaneous case-referent study of a high-epidemic area in Jiangsu Province, China. *Japanese Journal of Cancer Research*, Juni 1999; 90 (6): 614. 621.
16. Hu J, et al. Diet and brain cancer in adults: a case-control study in northeast China. *International Journal of Cancer*, März 1999; 31; 81 (1): 20. 23.
17. Steinmetz KA, et al. Vegetables, fruit, and colon cancer in the Iowa Women's Health Study. *American Journal of Epidemiology*, 1994; 139: 1. 15.
18. Hsing AW, et al. Allium vegetables and risk of prostate cancer: a population-based study. *Journal of the National Cancer Institute*, 6. November 2002; 94 (21): 1648. 1651.
19. Hong JY, et al. Inhibitory effects of diallyl sulfide on the metabolism and tumorigenicity of tobacco-specific carcinogen 4-methylnitrosamino-1-3-pyridyl-1-butanone (NNK) in A/J mouse lung. *Carcinogenesis*, 1992; 13: 901. 904.
20. Spamins VL, et al. Effects of organosulfur compounds from garlic and onions on benzo[a]pyrene-induced neoplasia and glutathione S-transferase activity in the mouse. *Carcinogenesis*, Januar 1988; 9 (1): 131-134.
21. Wargovich MJ, et al. Chemoprevention of N-nitrosomethylbenzylamine-induced esophageal cancer in rats by the naturally occurring thioether, diallyl sulfide. *Cancer Research*, 1998; 48 (23): 6872. 6875.
22. Nishino H, et al. Antitumor-promoting activity of garlic extracts. *Oncology*, 1989; 46: 277. 280.
23. Schaffer EM, et al. Garlic and associated allylsulfur components inhibit N-methyl-N-nitrosourea induced rat mammary carcinogenesis. *Cancer Letters*, 1996; 102: 199. 204.
24. Schaffer EM, et al. Garlic powder and allyl sulfur compounds enhance the ability of dietary selenite to inhibit 7,12-dimethylbenz(a)anthracene-induced mammary DNA adducts. *Nutrition and Cancer*, 1997; 27: 162. 168.
25. Liu JZ, et al. Inhibition of 7,12-dimethylbenz(a)anthracene-induced mammary tumors and DNA adducts by garlic powder. *Carcinogenesis*, 1992; 13: 1847. 1851.
26. Nishiyama N, et al. Beneficial effects of aged garlic extract on learning and memory impairment in the senescence-accelerated mouse. *Experimental Gerontology*, 1997; 32: 149. 160.
27. Moriguchi T, et al. Anti-aging effect of aged garlic extract in the inbred brain atrophy mouse model. *Clinical and Experimental Pharmacology and Physiology*, 1997; 24: 235. 242.
28. Hu JJ, et al. Protective effects of diallyl sulfide on acetaminophen-induced toxicities. *Food and Chemical Toxicology*, Oktober 1996; 34 (10): 963. 969.
29. Josling P. Preventing the common cold with a garlic supplement: a double-blind, placebo-controlled survey. *Advances in Therapy*, Juli/August 2001; 18 (4): 189. 193.
30. Song K, Milner JA. The Influence of Heating on the Anticancer Properties of Garlic. *Journal of Nutrition*, 1. März 2001; 131 (3): 1054S. 1057.
31. Yin MC, Cheng WS. Inhibition of *Aspergillus niger* and *Aspergillus flavus* by some herbs and spices. *Journal of Food Protection*, 1998; 61: 123. 125.
32. Chen HC, et al. Antibacterial properties of some spice plants before and after heat treatment. *Zhonghua Min Guo Wei Sheng Wu Ji Mian Yi Xue Za Zhi*, August 1985; 18 (3): 190. 195.
33. Chen JH, et al. Chronic consumption of raw but not boiled Welsh onion juice inhibits rat platelet function. *Journal of Nutrition*, Januar 2000; 130 (1): 34. 37.
34. Ali M, et al. Effect of raw versus boiled aqueous extract of garlic and onion on platelet aggregation. *Prostaglandins, Leukotrienes, and Essential Fatty Acids*, Januar 1999; 60 (1): 43. 47.
35. Fox C, et al. Magnesium: its proven and potential clinical significance. *Southern Medical Journal*, Dezember 2001; 94 (12): 1195. 1201.
36. Shechter M, et al. Effects of oral magnesium therapy on exercise tolerance, exercise-induced chest pain, and quality of life in patients with coronary artery disease. *American Journal of Cardiology*, 1. März 2003; 91 (5): 517. 521.
37. Shechter M, et al. Beneficial antithrombotic effects of the association of pharmacological oral magnesium therapy with aspirin in coronary heart disease patients. *Magnesium Research*, Dezember 2000; 13 (4): 275. 284.
38. Shechter M, et al. Oral magnesium therapy improves endothelial function in patients with coronary artery disease. *Circulation*, 7. November 2000; 102 (19): 2353. 2358.
39. Guerrero-Romero F, et al. Oral magnesium supplementation improves insulin sensitivity in non-diabetic subjects with insulin resistance. A double-blind placebo-controlled randomized trial. *Diabetes & Metabolism*, Juni 2004; 30 (3): 253. 258.
40. Rodriguez-Moran M, Guerrero-Romero F. Oral magnesium supplementation improves insulin sensitivity and metabolic control in type 2 diabetic subjects: a randomized double-blind controlled trial. *Diabetes Care*, April 2003; 26 (4): 1147. 1152.
41. Ford ES, Mokdad, AH. Dietary Magnesium Intake in a National Sample of U.S. Adults. *Journal of Nutrition*, 2003; 133: 2879. 2882.
42. Fox CH, et al. Magnesium deficiency in African-Americans: does it contribute to increased cardiovascular risk factors? *Journal of the National Medical Association*, April 2003; 95 (4): 257. 62.
43. Massey LK, Whiting SJ. Caffeine, urinary calcium, calcium metabolism and bone. *Journal of Nutrition*, 1993; 123: 1611. 1614.
44. Massey LK, Berg T. Effect of dietary caffeine on urinary excretion of calcium, magnesium, phosphorus, sodium, potassium, chloride and zinc in healthy males. *Nutrition Research*, 1985; 5: 1281. 1284.
45. Die Angaben für Lipitor beruhen auf den Endpreisen für 90 x 10mg Lipitor Tabletten auf der Walgreen-Internetseite am 29. September 2006 (<http://www.walgreens.com>). Die Preise für alle Ergänzungsmittel außer Life Extension Two-Per-Day stammen von Bodybuilding.com am 29.09.2006. Der Preis für Life Extension Two-Per-Day stammt von www.lef.org am 29.09.2006.

46. Keine Autorengabe. Vegetables Without Vitamins. Life Extension Magazine, März 2001. Siehe http://www.lef.org/magazine/mag2001/mar2001_report_vegetables.html (Stand: 8. September 2005).

Kapitel 28

1. Pate RR, et al. Physical activity and public health. A recommendation from the Centers for Disease Control and Prevention and the American College of Sports Medicine, *Journal of the American Medical Association*, Februar 1995; 273: 402. 407.
2. Keine Autorengabe. Prevalence of physical activity, including lifestyle activities among Adults. United States, 2000. 2001. *MMR Weekly*, 15. August 2003; 52 (32): 764. 769.
3. Lee IM, Skerrett PJ. Physical activity and all-cause mortality: what is the dose-response relation? *Medicine and Science in Sports and Exercise*, 2001; 33 (6 Suppl): S459. S471.
4. Lee IM, et al. The «Weekend Warrior» and Risk of Mortality. *American Journal of Epidemiology*, 1. Oktober 2004; 160 (7): 636. 641.
5. Dupen F, et al. The source of risk factor information for general practitioners: is physical activity under-recognised? *Medical Journal of Australia*, 6.-20. Dezember 1999; 171 (11-12): 601. 603.
6. Pierson LM, et al. Effects of combined aerobic and resistance training versus aerobic training alone in cardiac rehabilitation. *Journal of Cardiopulmonary Rehabilitation*, März/April 2001; 21 (2): 101. 110.
7. Paffenbarger RS Jr, et al. Physical activity as an index of heart attack risk in college alumni. *American Journal of Epidemiology*, 1978; 108: 161. 175.
8. Dom J, et al. Results of a multicenter randomized clinical trial of exercise and long-term survival in myocardial infarction patients: The National Exercise and Heart Disease Project (NEHDP). *Circulation*, Oktober 1999; 100: 1764. 1769.
9. Arab-Zadeh A, et al. Effect of aging and physical activity on left ventricular compliance. *Circulation*, September 2004; 110: 1799. 1805.
10. Keine Autorengabe. Lifelong exercise prevents heart disease. *Washington Times*, 14. September 2004. Siehe <http://washingtontimes.com/upi-breaking/20040914-105102-2529r.htm> (Stand: 8. September 2005).
11. Tabata I, et al. Effects of moderate-intensity endurance and high-intensity intermittent training on anaerobic capacity and VO₂max. *Medicine & Science in Sports & Exercise*, Oktober 1996; 28 (10): 1327. 1330.
12. Laursen PB, Jenkins DG. The scientific basis for high-intensity interval training: optimising training programmes and maximising performance in highly trained endurance athletes. *Sports Medicine*, 2002; 32 (1): 53. 73.
13. Warburton DER, et al. Effectiveness of High-Intensity Interval Training for the Rehabilitation of Patients With Coronary Artery Disease. *American Journal of Cardiology*, 2005; 95: 1080. 1084.
14. Persinger R, et al. Consistency of the talk test for exercise prescription. *Medicine & Science in Sports & Exercise*, September 2004; 36 (9): 1632. 1636.

Kapitel 29

1. Lee DR, McKenzie RB. *Getting Rich in America*. HarperPerennial, New York, NY, 2000.
2. Berkman LF, Syme SL. Social networks, host resistance, and mortality: a nine-year follow-up study of Alameda County residents. *American Journal of Epidemiology*, Februar 1979; 109 (2): 186. 204.
3. House JS, et al. The association of social relationships and activities with mortality: prospective evidence from the Tecumseh Community Health Study. *American Journal of Epidemiology*, Juli 1982; 116 (1): 123. 140.
4. Seeman TE. Health promoting effects of friends and family on health outcomes in older adults. *American Journal of Health Promotion*, Juli/August 2000; 14 (6): 362. 370.
5. Cohen S, et al. Emotional Style and Susceptibility to the Common Cold. *Psychosomatic Medicine*, Juli/August 2003; 65: 652. 657.
6. Helgeson VS, Fritz HL. Cognitive Adaptation as a Predictor of New Coronary Events After Percutaneous Transluminal Coronary Angioplasty. *Psychosomatic Medicine*, 1999; 61: 488. 495.
7. Butler G, Hope T. *Managing Your Mind: The Mental Fitness Guide*. Oxford University Press, 1996.
8. Thayer RE, et al. Self-regulation of mood: strategies for changing a bad mood, raising energy, and reducing tension. *Journal of Personality and Social Psychology*, November 1994; 67 (5): 910. 925.
9. Jin P. Efficacy of Tai Chi, brisk walking, meditation, and reading in reducing mental and emotional stress. *Journal of Psychosomatic Medicine*, Mai 1992; 36 (4): 361. 370.
10. Roth DL, Holmes DS. Influence of aerobic exercise training and relaxation training on physical and psychologic health following stressful life events. *Psychosomatic Medicine*, Juli/August 1987; 49 (4): 355. 65.
11. Blumenthal JA, et al. Effects of Exercise Training on Older Patients With Major Depression. *Archives of Internal Medicine*, 1999; 159: 2349. 2356.
12. Babyak M, et al. Exercise treatment for major depression: maintenance of therapeutic benefit at 10 months. *Psychosomatic Medicine*, September/Oktober 2000; 62: 633. 638.
13. Martinsen EW, et al. Comparing aerobic with nonaerobic forms of exercise in the treatment of clinical depression: a randomized trial. *Comprehensive Psychiatry*, Juli/August 1989; 30 (4): 324. 331.
14. Wells AS, et al. Alterations in mood after changing to a low-fat diet. *British Journal of Nutrition*, Januar 1998; 79 (1): 23. 30.
15. Kaplan JR, et al. The effects of fat and cholesterol on social behavior in monkeys. *Psychosomatic Medicine*, November/Dezember 1991; 53 (6): 634. 642.
16. Hibbeln JR. Fish consumption and major depression. *Lancet*, 1998; 351: 1213.
17. Hibbeln JR. Seafood consumption and homicide mortality. A cross-national ecological analysis. *World Review of Nutrition and Dietetics*, 2001; 88: 41. 46.
18. Tanskanen A, et al. Fish Consumption and Depressive Symptoms in the General Population in Finland. *Psychiatric Services*, April 2001; 52: 529. 531.
19. Magnusson A, et al. Lack of seasonal mood change in the Icelandic population: results of a cross-sectional study. *American Journal of Psychiatry*, 2000; 157: 234. 238.
20. Cott J, Hibbeln JR. Lack of seasonal mood change in Icelanders. *American Journal of Psychiatry*, 2001; 158: 328.
21. Iribarren C, et al. Dietary intake of n-3, n-6 fatty acids and fish: Relationship with hostility in young adults. the CARDIA study. *European Journal of Clinical Nutrition*, Januar 2004; 58: 24. 31.
22. Peet M, Horrobin DF. A dose-ranging study of the effects of ethyl-eicosapentaenoate in patients with ongoing depression despite apparently adequate treatment with standard drugs. *Archives of General Psychiatry*, Oktober 2002; 59 (10): 913. 919.
23. Stoll AL, et al. Omega 3 fatty acids in bipolar disorder: a preliminary double-blind, placebo-controlled trial. *Archives of General Psychiatry*, Mai 1999; 56 (5): 407. 412.
24. Peet M, et al. Two double-blind placebo-controlled pilot studies of eicosapentaenoic acid in the treatment of schizophrenia. *Schizophrenia Research*, 2001; 49 (3): 243. 251.
25. Peet M, Horrobin DF. A dose-ranging exploratory study of the effects of ethyl-eicosapentaenoate in patients with persistent schizophrenic symptoms. *Journal of Psychiatric Research*, Januar/Februar 2002; 36 (1): 7. 18.
26. Hamazaki T, et al. The Effect of Docosahexaenoic Acid on Aggression in Young Adults. A Placebo-controlled Double-blind Study. *Journal of Clinical Investigation*, Februar 1996; 97 (4): 1129. 1134.
27. Sawazaki S, et al. The effect of docosahexaenoic acid on plasma catecholamine concentrations and glucose tolerance during long-lasting psychological stress: a double-blind placebo-controlled study. *Journal of Nutritional Science and Vitaminology*, Oktober 1999; 45 (5): 655. 665.
28. Fontani G, et al. Cognitive and physiological effects of Omega-3 polyunsaturated fatty acid supplementation in healthy subjects. *European Journal of Clinical Investigation*, 2005; 35 (11): 691. 699.
29. Ninth Special Report to the U.S. Congress on Alcohol and Health. National Institute on Alcohol Abuse and Alcoholism, National Institutes of Health, Bethesda, Maryland, 1987.

Kapitel 30

1. Mokdad AH, et al. Actual Causes of Death in the United States, 2000. *Journal of the American Medical Association*, 2004; 291: 1238. 1245.
2. The Economic Costs of Alcohol and Drug Abuse in the United States, 1992. Prepared by the Lewin Group for the National Institute on Drug Abuse and the National Institute on Alcohol Abuse and Alcoholism, Mai 1998.
3. Murray CJL, Lopez AD. *The Global Burden of Disease: a comprehensive assessment of mortality and disability from diseases, injuries and risk factors in 1990 and projected to 2020*. Cambridge, Mass: Harvard University Press on behalf of the World Health Organization and the World Bank, 1996.
4. Rehm J, Semplos CT. Alcohol consumption and all-cause mortality. *Addiction*, 1995; 90: 471. 480.
5. White IR. The level of alcohol consumption at which all-cause mortality is least. *Journal of Clinical Epidemiology*, 1999; 52: 967. 975.
6. Holman CDJ, et al. Meta-analysis of alcohol and all-cause mortality: a validation of NHMRC recommendations. *Medical Journal of Australia*, 1996; 164: 141. 145.
7. Andreasson S, et al. Alcohol, social factors and mortality among young men. *British Journal of Addiction*, 1991; 86: 877. 887.
8. National Highway Traffic Safety Administration. *Traffic safety facts 2001, alcohol*. Washington, D.C.: Department of Transportation, 2001.
9. Middleton K, et al. Moderate alcohol use and reduced mortality risk: Systematic error in prospective studies. *Addiction Research and Theory*, 4. April 2006. Siehe <http://www.journalsonline.tandf.co.uk/media/e05d2179yndqwk0mtfg/contributions/m/3/5/0/m350jp7v218202g8.pdf> (Stand: 10. April 2006).

10. Trevisan MT, et al. Drinking Pattern and Mortality: The Italian Risk Factor and Life Expectancy Pooling Project. *Annals of Epidemiology*, Juli 2001; 11 (5): 312. 319.
11. McKee M, Britton A. The positive relation between alcohol and coronary heart disease in Eastern Europe: potential physiological mechanisms. *Journal of the Royal Society of Medicine*, 1998; 91: 402. 407.
12. Puddley IB, et al. Influence of drinking on cardiovascular disease and cardiovascular risk factors . a review. *Addiction*, 1999; 94: 649. 663.
13. Murray RP, et al. Alcohol volume, drinking pattern and cardiovascular disease morbidity and mortality: is there a U-shaped function? *American Journal of Epidemiology*, 2002; 155: 242. 248.
14. Rehm J, et al. Average volume of alcohol consumption, patterns of drinking and risk of coronary heart disease . a review. *Journal of Cardiovascular Risk*, 2003; 10: 15. 20.
15. Puddley IB, et al. Influence of pattern of drinking on cardiovascular disease and cardiovascular risk factors . a review. *Addiction*, Mai 1999; 94 (5): 649. 663.
16. Nissen MB, Lemberg L. The «holiday heart»-syndrome. *Heart & Lung*, Januar 1984; 13 (1): 89. 92.
17. Pancec RJ, et al. Sudden death associated with alcohol consumption. *Pacing and Clinical Electrophysiology*, April 1988; 11 (4): 423. 424.
18. Kupari M, Koskinen P. Alcohol, cardiac arrhythmias and sudden death. *Novartis Foundation Symposium*, 1998; 216: 68. 79.
19. Klatsky AL. Alcohol, coronary disease, and hypertension. *Annual Review of Medicine*, 1996; 47: 149. 160.
20. Henriksson KM, et al. Body composition, ethnicity and alcohol consumption as determinants for the development of blood pressure in a birth cohort of young middle-aged men. *European Journal of Epidemiology*, 2003; 18 (10): 955. 963.
21. Potter JF, Beevers DG. Pressor effect of alcohol in hypertension. *Lancet*, 21. Januar 1984; 1 (8369): 119. 122.
22. Rao MN, et al. Light, but not heavy alcohol drinking, stimulates paraoxonase by upregulating liver mRNA in rats and humans. *Metabolism*, 2003; 52 (10): 1287. 1294.
23. Rimm EB, et al. Review of moderate alcohol consumption and reduced risk of coronary heart disease: is the effect due to beer, wine, or spirits? *British Medical Journal*, März 1996; 312: 731. 736.
24. Hendriks HF, et al. Effect of moderate dose of alcohol with evening meal on fibrinolytic factors. *British Medical Journal*, 1994; 308: 1003. 1006.
25. Prickett CD, et al. Alcohol: Friend or foe? Alcoholic beverage hormesis for cataract and atherosclerosis is related to plasma antioxidant activity. *Nonlinearity in Biology, Toxicology, and Medicine*, Oktober/Dezember 2004; 2: 353. 370.
26. Zador P, et al. Alcohol-related relative risk of driving fatalities and driver impairment in fatal crashes in relation to driver age and gender: An update using 1996 data. *Journal of Studies on Alcohol*, 2000; 61: 387. 395.
27. Moskowitz H, Fiorentino D. A Review of the Literature on the Effects of Low Doses of Alcohol on Driving Related Skills. Pub. No. DOT HS-809-028. Springfield, VA: U.S. Department of Transportation, National Highway Traffic Safety Administration, 2000.
28. Kesmodel U, et al. Moderate alcohol intake in pregnancy and the risk of spontaneous abortion. *Alcohol and Alcoholism*, Januar/Februar 2002; 37 (1): 87. 92.
29. Floyd RL, et al. Alcohol use prior to pregnancy recognition. *American Journal of Preventive Medicine*, August 1999; 17 (2): 101. 107.
30. Camargo CA Jr. Moderate alcohol consumption and stroke. The epidemiologic evidence. *Stroke*, Dezember 1989; 20 (12): 1611. 1626.
31. Iso H, et al. Alcohol intake and the risk of cardiovascular disease in middle-aged Japanese men. *Stroke*, Mai 1995; 26 (5): 767. 773.
32. Tsugane S, et al. Alcohol consumption and all-cause and cancer mortality among middle-aged Japanese men: seven-year follow-up of the JPHC study Cohort I. *Japan Public Health Center. American Journal of Epidemiology*, 1. Dezember 1999; 150 (11): 1201. 1207.
33. Grant BF, Dawson DA. Age at onset of alcohol use and its association with DSM-IV alcohol abuse and dependence: results from the National Longitudinal Alcohol Epidemiologic Survey. *Journal of Substance Abuse*, 1997; 9: 103. 110.
34. Toumbourou JW, et al. Adolescent alcohol-use trajectories in the transition from high school. *Drug and Alcohol Review*, Juni 2003; 22 (2): 111. 116.

Epilog

1. Whyte WH, Nocera J. *The Organization Man*. Doubleday, New York, 1956.
2. Gold T. The effect of peer review on progress. Looking back on 50 years in science. *Journal of American Physicians and Surgeons*, 2003; 8 (3): 80. 82.

Anhang A

1. Fraser GE. Associations between diet and cancer, ischemic heart disease, and all-cause mortality in non-Hispanic white California Seventh-day Adventists. *American Journal of Clinical Nutrition*, September 1999; 70 (3): 532S. 538S.
2. Phillips RL. Role of lifestyle and dietary habits in risk of cancer among Seventh-Day Adventists. *Cancer Research*, November 1975; 35: 3513. 3522.
3. Layman DK, et al. Dietary protein and exercise have additive effects on body composition during weight loss in adult women. *Journal of Nutrition*, August 2005; 135: 1903. 1910.
4. Layman DK, et al. A reduced ratio of dietary carbohydrate to protein improves body composition and blood lipid profiles during weight loss in adult women. *Journal of Nutrition*, Februar 2003; 133: 411. 417.
5. Hakala P, Karvetti RL. Weight reduction on lactovegetarian and mixed diets. Changes in weight, nutrient intake, skinfold thicknesses and blood pressure. *European Journal of Clinical Nutrition*, Juni 1989; 43 (6): 421. 430.
6. Key TJ, et al. Dietary habits and mortality in 11.000 vegetarians and health conscious people: results of a 17 year follow up. *British Medical Journal*, 28. September 1996; 313 (7060): 775. 779.
7. Thorogood M, et al. Risk of death from cancer and ischaemic heart disease in meat and non-meat eaters. *British Medical Journal*, Juni 1994; 308: 1667. 1670.
8. Key TJ, et al. Mortality in vegetarians and non-vegetarians: detailed findings from a collaborative analysis of 5 prospective studies. *American Journal of Clinical Nutrition*, 1999; 70 (S): 516S. 524S.
9. Key TJ, et al. Mortality in British vegetarians: review and preliminary results from EPIC-Oxford. *American Journal of Clinical Nutrition*, 2003; 78: 533S. 538S.
10. Chang-Claude J, et al. Mortality pattern of German vegetarians after 11 years of follow-up. *Epidemiology*, September 1992; 3 (5): 395. 401.
11. Chang-Claude J, et al. Dietary and lifestyle determinants of mortality among German vegetarians. *International Journal of Epidemiology*, April 1993; 22 (2): 228. 236.
12. Enstrom JE. Health practices and cancer mortality among active California Mormons. *Journal of the National Cancer Institute*, 6. Dezember 1989; 81 (23): 1807-1814.
13. Enstrom JE, et al. The relationship between vitamin C intake, general health practices, and mortality in Alameda County, California. *American Journal of Public Health*, September 1986; 76 (9): 1124. 1130.

Anhang B

1. Ornish D, et al. Can lifestyle changes reverse coronary heart disease? The Lifestyle Heart Trial. *Lancet*, 21. Juli 1990; 336 (8708): 129. 133.
2. Vona M, et al. Impact of physical training and detraining on endothelium-dependent vasodilation in patients with recent acute myocardial infarction. *American Heart Journal*, Juni 2004; 147 (6): 1039. 1046.
3. Watts K, et al. Exercise training normalizes vascular dysfunction and improves central adiposity in obese adolescents. *Journal of the American College of Cardiology*, 19. Mai 2004; 43 (10): 1823. 1827.
4. Karason K, et al. Weight loss and progression of early atherosclerosis in the carotid artery: a four-year controlled study of obese subjects. *International Journal of Obesity and Related Metabolic Disorders*, September 1999; 23 (9): 948. 956.
5. Raitakari M, et al. Weight reduction with very-low-caloric diet and endothelial function in overweight adults: role of plasma glucose. *Arteriosclerosis, Thrombosis, and Vascular Biology*, Januar 2004; 24 (1): 124. 128.
6. Maron DJ. Flavonoids for reduction of atherosclerotic risk. *Current Atherosclerosis Reports*, Januar 2004; 6 (1): 73. 78.
7. Ornish D, et al. Intensive lifestyle changes for reversal of coronary heart disease. *Journal of the American Medical Association*, 16. Dezember 1998; 280 (23): 2001. 2007.
8. Koertge J, et al. Improvement in medical risk factors and quality of life in women and men with coronary artery disease in the Multicenter Lifestyle Demonstration Project. *American Journal of Cardiology*, 1. Juni 2003; 91 (11): 1316. 1322.
9. Ornish D. Dr. Dean Ornish's Program for Reversing Heart Disease: The Only System Scientifically Proven to Reverse Heart Disease Without Drugs or Surgery. Ivy Books, 1995.
10. De Lorgeril M, et al. Mediterranean alpha-linolenic acid-rich diet in secondary prevention of coronary heart disease. *Lancet*, 1994; 343: 1454. 1459.
11. Warner M. Is a Trip to McDonald's Just What the Doctor Ordered? *New York Times*, 2. Mai 2005.
12. Gittleman AL. *Beyond Pritikin*. Bantam Books, 1996.

Mit freundlicher Genehmigung und Verfügungstellung KOPP VERLAG e.K. Pfeiferstraße 52, D-72108 Rottenburg am Neckar Mayrhofer, am 13.9.2010, www.kopp-verlag.de

Weitere Literatur:

- Roland Scholz** (1934- , Arzt, Prof. f. Physiologische Chemie, Physikalische Biochemie, Zellbiologie Uni München): **Lernbuch in Einzeldarstellungen . Medizinische Biochemie . Kapitel 1: Einführung in die Biochemie, Kapitel 2: Kohlenhydrate, Eiweiße und Nukleinsäuren**%ZUCKSCHWERDT VERLAG MÜNCHEN 2005, **Kapitel 5: Häm und Hämoglobin, Kapitel 6: Eisen und Eisenstoffwechsel**%ZUCKSCHWERDT VERLAG MÜNCHEN 2003, **Kapitel 9: Cholesterin und Lipoproteine, Kapitel 10: Steroidhormone**%ZUCKSCHWERDT VERLAG MÜNCHEN 2004, **Kapitel 11: Biotransformation: Fremdstoffe, Häm, Cholesterin, Kapitel 12: Blutgerinnung und Fibrinolyse**%ZUCKSCHWERDT VERLAG MÜNCHEN 2003, **Kapitel 13: Karzinogenese, Kapitel 14: Alkohol-Stoffwechsel**%ZUCKSCHWERDT VERLAG MÜNCHEN 2004
- Hans Jürgen Holtmeier** (Prof.em.Dr., FA f. Innere Medizin, UNI Freiburg, Ernährungsphysiologie Stuttgart): **Cholesterin . Zur Physiologie, Pathophysiologie und Klinik**%SPRINGER 1996
- Walter Hartenbach**: **Cholesterin - wertvollster Baustein des Lebens**%FRIELING 1999, **Die Cholesterin-Lüge . Das Märchen vom bösen Cholesterin**%HERBIG 2002, **Gesundheitsfahrplan**%HERBIG 1993
- Dieter Borgers**: **Cholesterin: Das Scheitern eines Dogmas**%WZB 1993 Edition Sigma
- Anthony Colpo**: **Der große Cholesterin-Schwindel. Warum alles, was man Ihnen über Cholesterin, Diät und Herzinfarkt erzählt hat, falsch ist!**%KOPP 2009
- Uffe Ravnskov**: **The Cholesterol Myths - Exposing the Fallacy that saturated Fat and Cholesterol cause Heart Disease**%New Trends Publishing 2000, **Mythos Cholesterin . Die zehn größten Irrtümer+herausgegeben von Udo Pollmer (b.1954) HIRZEL 3.Auflage 2005 (2002)**
- Glenn A. Gaesser**: **Big Fat Lies . Learn the astonishing facts . The Truth about Your Weight and Your Health**+GÜRZE BOOKS 2002
- Mary G. Enig** (b.1931, US-Chemikerin, Fettextpertin): **Know Your Fats: The complete Primer for understanding the Nutrition of Fat, Oils and Cholesterol**%Bethesda Press 2000
- Udo Erasmus**: **Fats that Heal, Fats that Kill**%ALIVE 2004
- Malcolm Kendrick**: **The Great Cholesterol Con: The Truth About What Really Causes Heart Disease and How to Avoid It**+BLAKE PUBLISHING 2008
- Gary Taubes** (US WS-Journalist): **What if It's All Been a Big Fat Lie? The New York Times, 7. Juli 2002; The Soft Science of Dietary Fat**+Science , 30.März 2001