

Quellennachweis Nutrition/drugs Survey

Wasser/Trinkmenge:

1. Human water needs: Antibiotika und Dysbiose: From gut dysbiosis to altered brain function and mental illness: mechanisms and pathways; DOI: 10.1111/j.1753-4887.2005.tb00152.x
2. Wirksamkeit eines Wasseraufnahmeprogramms am Arbeitsplatz bei den Ergebnissen der körperlichen und geistigen Gesundheit; Yin Luo, Chia Chen Hsu; DOI: 10.1177/00469580221085778
3. Die empfohlenen Trinkmengen; Dietger Mathias; https://doi.org/10.1007/978-3-662-44158-9_36

Frische Luft Aktivität:

1. Verbringen Sie Zeit im Freien für Ihr Gehirn - eine eingehende longitudinale MRT-Studie Simone Kühn, Anna Mascherek, Elisa Filevich; <https://doi.org/10.1080/15622975.2021.1938670>.
2. Die Beziehung zwischen Outdoor-Aktivität und Gesundheit bei älteren Erwachsenen mit GPS; Jacqueline Kerr, Simon Marshall, Suneeta Godbole; <https://doi.org/10.3390/ijerph9124615>
3. Zeiher J, Duch M, Kroll LE, et al Domain-specific physical activity patterns and cardiorespiratory fitness among the working population: Findings from the cross-sectional German Health Interview and Examination Survey BMJ Open 2020;10:e034610. doi: 10.1136/bmjopen-2019-034610

Kalorienaufnahme-Score:

1. Ageing Research Reviews Volume 13, January 2014, Pages 38-45; Wanda Rizza Nicola Veronese Luigi Fontana; Welche Rolle spielen Kalorienbeschränkung und Ernährungsqualität bei der Förderung einer gesunden Langlebigkeit?; <https://doi.org/10.1016/j.arr.2013.11.002>
2. Edward J. Masoro, Overview of caloric restriction and ageing, Mechanisms of Ageing and Development, Volume 126, Issue 9, 2005, Pages 913-922, <https://doi.org/10.1016/j.mad.2005.03.012>.

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2. Mark P. Mattson, Valter D. Longo, Michelle Harvie, Impact of intermittent fasting on health and disease processes, *Ageing Research Reviews*, Volume 39, 2017, Pages 46-58, <https://doi.org/10.1016/j.arr.2016.10.005>.
3. Yihang Zhao, Mengzhen Jia, Weixuan Chen, Zhigang Liu, The neuroprotective effects of intermittent fasting on brain aging and neurodegenerative diseases via regulating mitochondrial function, *Free Radical Biology and Medicine*, Volume 182, 2022, Pages 206-218, <https://doi.org/10.1016/j.freeradbiomed.2022.02.021>.
4. Harvie, M.; Howell, A. Potential benefits and harms of intermittent energy restriction and intermittent fasting amongst obese, overweight, and normal weight subjects—A narrative review of human and animal evidence. *Behav. Sci.* **2017**, *7*, E4.

Probiotik / Darmsanierung:

1. Paolo Aureli, Lucio Capurso, Anna Maria Castellazzi, Mario Clerici, Marcello Giovannini, Lorenzo Morelli, Andrea Poli, Fabrizio Pregliasco, Filippo Salvini, Gian Vincenzo Zuccotti, Probiotics and health: An evidence-based review, *Pharmacological Research*, Volume 63, Issue 5, 2011, Pages 366-376, <https://doi.org/10.1016/j.phrs.2011.02.006>.
 2. Sanders ME, Guarner F, Guerrant R, et al An update on the use and investigation of probiotics in health and disease *Gut* 2013;62:787-796. <http://dx.doi.org/10.1136/gutjnl-2012-302504>
- Fleisch/Wurst-Konsum:**
3. Nathalie Barrès. Nitrites and Nitrates Associated With Increased Cancer Risk - *Medscape* - Apr 19, 2022
 4. Pelkonen, M., Notkola, I. L., Lakka, T., Tukiainen, H. O., Kivinen, P., & Nissinen, A. (2003). Verzögerung des Rückgangs der Lungenfunktion bei körperlicher Aktivität: eine 25-jährige Nachbeobachtung. *American journal of respiratory and critical care medicine*, 168(4), 494-499

Ballaststoff-Konsum (Gemüse/Salate)

1. Youngyo Kim, Youjin Je, Aufnahme von Ballaststoffen und Gesamtsterblichkeit: Eine Metaanalyse potenzieller Kohortenstudien, *American Journal of Epidemiology*, Volume 180, Issue 6, 15 September 2014, Pages 565–573, <https://doi.org/10.1093/aje/kwu174> Jeffery IB, O'Toole PW. Diet-Microbiota Interactions and Their

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2. M.H. Ornstein, I. McLean Baird, Dietary fibre and the colon, *Molecular Aspects of Medicine*, Volume 9, Issue 1, 1987, Pages 41-67, [https://doi.org/10.1016/0098-2997\(87\)90016-1](https://doi.org/10.1016/0098-2997(87)90016-1).
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 5. Jessica Bayes, Janet Schloss, David Sibbritt, The effect of a Mediterranean diet on the symptoms of depression in young males (the “AMMEND” study): A Randomized Control Trial, *The American Journal of Clinical Nutrition*, 2022;, nqac106, <https://doi.org/10.1093/ajcn/nqac106>

Zucker-Konsum:

1. Mütterliche Zuckerkonsum während der Schwangerschaft und respiratorische und asthmatische Ereignisse in der Kindheit; Annabelle Bédard, Kate Northstone, John Henderson, Seif Shaheen; *European Respiratory Journal* Sep 2016, 48 (suppl 60) OA3303; **DOI:** 10.1183/13993003.congress-2016.OA3303
2. Heidi Splete, Depression Strikes More Than Half of Obese Adolescents - *Medscape* - Apr 22, 2022.

Süßstoff-Konsum (Aspartame):

1. Suez, J., Korem, T., Zeevi, D. *et al.* Künstliche Süßstoffe induzieren Glukoseintoleranz, indem sie die Darmmikrobiota verändern. *Nature* **514**, 181–186 (2014). <https://doi.org/10.1038/nature13793>
2. Mohamed A. Lebda, Hossam G. Tohamy, Yasser S. El-Sayed, Long-term soft drink and aspartame intake induces hepatic damage via dysregulation of adipocytokines and alteration of the lipid profile and antioxidant status *Nutrition Research*, Volume 41, 2017, Pages 47-55, <https://doi.org/10.1016/j.nutres.2017.04.002>.

Alkoholkonsum:

1. Manzo-Avalos S, Saavedra-Molina A. Cellular and Mitochondrial Effects of Alcohol Consumption. *International Journal of Environmental Research and Public Health*. 2010; 7(12):4281-4304. <https://doi.org/10.3390/ijerph7124281>

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1. McCance-Katz, E. F. (2019). The national survey on drug use and health: 2017. *Substance abuse and mental health services administration*.
2. Praetner, M. Drogenmissbrauch treibt die globale Krankheitslast nach oben. *InFo Neurologie* **16**, 37–38 (2014). <https://doi.org/10.1007/s15005-014-0729-2>

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4. Sinha, A., Mukherjee, S., Tripathi, S., & Dutta, S. (2021). Issues and challenges of polypharmacy in the elderly: A review of contemporary Indian literature. *Journal of Family Medicine and Primary Care*,10,3544.; doi:10.4103/jfmpc.jfmpc_2581_20
5. Gøtzsche, P. (2019). Survival in an overmedicated world: look up the evidence yourself. Art People.
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