

## REFERENTIES “Voeding & Gewichtsontstekingen”

Marijke de Waal Malefijt

[www.natuurdietisten.nl](http://www.natuurdietisten.nl)

### Referentie COX 2, Lipoxygenase en iNOS verlagende voedingsstoffen

Stig Bengmark. Curcumin, An Atoxic Antioxidant and Natural NFB, Cyclooxygenase-2, Lipooxygenase, and Inducible Nitric Oxide Synthase Inhibitor: A Shield Against Acute and Chronic Diseases. Curcumin, An Atoxic Antioxidant and Natural NFB, Cyclooxygenase-2, Lipooxygenase, and Inducible Nitric Oxide Synthase Inhibitor: A Shield Against Acute and Chronic Diseases. JPEN J Parenter Enteral Nutr 2006;30:45 – 5

CV Rao. Regulation of COX and LOX by curcumin. Adv Exp Med Biol, Jan 2007; 595: 213-26

YJ Surh, KS Chun, HH Cha, SS Han, YS Keum, KK Park, and SS Lee. Molecular mechanisms underlying chemopreventive activities of anti-inflammatory phytochemicals: down-regulation of COX-2 and iNOS through suppression of NF-kappa B activation. Mutat Res, Sep 2001; 480-481: 243-68

Y Kimura, H Okuda, and S Arichi. Studies on Scutellariae Radix; XIII1. Effects of Various Flavonoids on Arachidonate Metabolism in Leukocytes. Planta Med, April 1, 1985; 51(2): 132-6

David Y. Zhang, Josephine Wu, Fei Ye, Li Xue, Shiquan Jiang, Jizu Yi, Wandie Zhang, Huachen Wei, Max Sung, Wayne Wang, and Xiaoping Li. Inhibition of Cancer Cell Proliferation and Prostaglandin E2 Synthesis by Scutellaria Baicalensis. Cancer Res., Jul 2003; 63: 4037 – 4043

Jin Kyung Kim and Ryowon Choue. Water extracts of Scutellariae radix and Aloe vera decreased plasma level of Ig E and atopic dermatitis symptoms in NC/Nga mice. FASEB J, Apr 2007; 21: A374

### Referenties Vitamine D

P.M. Timms, N. Mannan, G.A. Hitman, K. Noonan, P.G. Mills, D. Syndercombe-court, E. Aganna, C.P. Price, and B.J. Boucher. Circulating MMP9, vitamin D and variation in the TIMP-1 response with VDR genotype: mechanisms for inflammatory damage in chronic disorders? QJM, Dec 2002; 95: 787 – 796

Myfanwy H. Hopkins, Joy Owen, Thomas Ahearn, Veronika Fedirko, W. Dana Flanders, Dean P. Jones, and Roberd M. Bostick. Effects of Supplemental Vitamin D and Calcium on Biomarkers of Inflammation in Colorectal Adenoma Patients: A Randomized, Controlled Clinical Trial. Cancer Prevention Research, Oct 2011; 4: 1645 – 1654

Mario Flores, Simon Barquera, Nayeli Macias, Jorge Salmeron, Andrew Greenberg, Richard Wood, Kurt Long, and Simin Meydani. Vitamin D supplementation reduces C-reactive protein and insulin resistance in women with type 2 diabetes mellitus. FASEB J, Apr 2010; 24: 342.1

Muhammad Amer and Rehan Qayyum. Abstract 20077: Relationship Between Serum 25-Hydroxyvitamin D and C-Reactive Protein: Findings From the Continuous National Health and Nutrition Examination Survey 2001-2006. Circulation, Nov 2010; 122: A20077

Yong Zhang, Donald Y. M. Leung, Brittany N. Richers, Yusen Liu, Linda K. Remigio, David W. Riches, and Elena Goleva. Vitamin D Inhibits Monocyte/Macrophage Proinflammatory Cytokine Production by Targeting MAPK Phosphatase-1. J Immunol 2012; 188: 2127 – 2135

Ly NP, Litonjua A, [...], Celedón JC. Gut microbiota, probiotics, and vitamin D: interrelated exposures influencing allergy, asthma, and obesity? J Allergy Clin Immunol 2011; 127(5):1087-94

### Referenties magnesium

Dana E. King, Arch G. Mainous, III, Mark E. Geesey, and Robert F. Woolson. Dietary Magnesium and C-reactive Protein Levels. J. Am. Coll. Nutr., Jun 2005; 24: 166 - 171

Yiqing Song, Tricia Y Li, Rob M van Dam, JoAnn E Manson, and Frank B Hu. Magnesium intake and plasma concentrations of markers of systemic inflammation and endothelial dysfunction in women. Am J Clin Nutr, Apr 2007; 85: 1068 - 1074

### Referenties koolhydraten en overgewicht m.b.t ontstekingen

Buyken AE, Flood V, [...], Mitchell P. Carbohydrate nutrition and inflammatory disease mortality in older adults. Am J Clin Nutr 2010; 92(3):634-43

- Bray GA, Nielsen SJ, Popkin BM. Consumption of high-fructose corn syrup in beverages may play a role in the epidemic of obesity. *Am J Clin Nutr* 2004;79:537–43
- Stanhope K, Schwarz JM et al. Consuming fructose-sweetened, not glucose-sweetened, beverages increases visceral adiposity and lipids and decreases insulin sensitivity in overweight/obese humans. *J Clin Invest.* 2009; 119:1322-1334
- Andrzej Brymora, Mariusz Flisinski, Richard J. Johnson, Grazyna Goszka, Anna Stefanska, and Jacek Manitius. Low-fructose diet lowers blood pressure and inflammation in patients with chronic kidney disease. *Nephrol. Dial. Transplant.*, May 2011; 10.1093/ndt/gfr223
- Martin-Romero, C., J. Santos-Alvarez, R. Goberna, V. Sanchez-Margalef. Human leptin enhances activation and proliferation of human circulating T lymphocytes. *Cell. Immunol.* 2000;199:15
- Pajvani UB, Du X, Combs TP, Berg AH, Rajala MW, Schultheiss T, Engel J, Brownlee M, Scherer PE: Structure-function studies of the adipocyte-secreted hormone Acrp30/adiponectin: implications for metabolic regulation and bioactivity. *J Biol Chem* 2003;278:9073–9085
- Tsao TS, Tomas E, Murrey HE, Hug C, Lee DH, Ruderman NB, Heuser JE, Lodish HF: Role of disulfide bonds in Acrp30/adiponectin structure and signaling specificity: different oligomers activate different signal transduction pathways. *J Biol Chem* 2003;278:50810–50817
- Yang WS, Lee WJ, Funahashi T, Tanaka S, Matsuzawa Y, Chao CL, Chen CL, Tai TY & Chuang LM. Weight reduction increases plasma levels of an adipose-derived anti-inflammatory protein, adiponectin. *Journal of Clinical Endocrinology and Metabolism* 2001;86:3815–3819
- Yamauchi T, Kamon J, Waki H, Terauchi Y, Kubota N, Hara K, Mori Y, Ide T, Murakami K, Tsuboyama-Kasaoka N, Ezaki O, Akanuma Y, Gavrilova O, Vinson C, Reitman ML, Kagechika H, Shudo K, Yoda M, Nakano Y, Tobe K, Nagai R, Kimura S, Tomita M, Froguel P & Kadowaki T. The fat-derived hormone adiponectin reverses insulin resistance associated with both lipodystrophy and obesity. *Nature Medicine* 2001;7:941-946
- Weyer C, Funahashi T, Tanaka S, et al. Hypoadiponectinemia in obesity and type 2 diabetes: close association with insulin resistance and hyperinsulinemia. *J Clin Endocrinol Metab* 2001;86:1930–1935
- Yoshimasa Aso, Ruriko Yamamoto, Sadao Wakabayashi, Toshihiko Uchida, Kan Takayanagi, Kohzo Takebayashi, Takehiko Okuno, Teruo Inoue, Koichi Node, Takashi Tobe, Toshihiko Inukai, and Yasuko Nakano. Comparison of Serum High–Molecular Weight (HMW) Adiponectin With Total Adiponectin Concentrations in Type 2 Diabetic Patients With Coronary Artery Disease Using a Novel Enzyme-Linked Immunosorbent Assay to Detect HMW Adiponectin. *Diabetes* 2006;55:1954-1960
- Simona Bo, Marilena Durazzo, Sabrina Guidi, Monica Carello, Carlotta Sacerdote, Barbara Silli, Rosalba Rosato, Maurizio Cassader, Luigi Gentile, and Gianfranco Pagano. Dietary magnesium and fiber intakes and inflammatory and metabolic indicators in middle-aged subjects from a population-based cohort. *Am J Clin Nutr*, Nov 2006; 84: 1062 - 1069

### **Referenties vetten en ontsteking**

- Janssen, LJ. Isoprostanes: generation, pharmacology, and roles in free radical-mediated effects in the lung. *Pulm Pharmacol Ther* 2000;13: 149-155
- Janssen LJ. Isoprostanes: an overview and putative roles in pulmonary pathophysiology. *Am J Physiol Lung Cell Mol Physiol* 2001;280: L1067-L1082
- Nathalie T. Bendsen, Steen Stender, Pal B. Szecsi, Steen B. Pedersen, Samar Basu, Lars I. Hellgren, John W. Newman, Thomas M. Larsen, Steen B. Haugaard, and Arne Astrup. Effect of industrially produced trans fat on markers of systemic inflammation: evidence from a randomized trial in women. *J. Lipid Res.*, Oct 2011; 52: 1821 – 1828
- Lopez-Garcia E, Schulze MB, Meigs JB, et al. Consumption of trans fatty acids is related to plasma biomarkers of inflammation and endothelial dysfunction *J Nutr* 2005;135:562-566
- Pischon T, Hankinson SE, Hotamisligil GS, et al. Habitual dietary intake of n-3 and n-6 fatty acids in relation to inflammatory markers among U.S. men and women. *Circulation* 2003;108:155-160
- Rallidis LS, Paschos G, Liakos GK, et al. Dietary alpha-linolenic acid decreases C-reactive protein, serum amyloid A and interleukin 6 in dyslipidemic patients *Atherosclerosis* 2003;167:237-242

- McPhee S, Hodges LD, Wright PF et al. Anti-cyclooxygenase effects of lipid extracts from the New Zealand green-lipped mussel, *Perna canaliculus*. *Comp Biochem Physiol B Biochem Mol Biol.* 2007; 146(3):346-56.
- Fung TT, Rimm EB, Spiegelman D, et al. Association between dietary patterns and plasma biomarkers of obesity and cardiovascular disease risk *Am J Clin Nutr* 2001;73:61-67
- King DE, Egan BM, Geesey ME. Relation of dietary fat and fiber to elevation of C-reactive protein *Am J Cardiol* 2003;92:1335-1339
- Treschow AP, Hodges LD, Wright PF et al. Novel anti-inflammatory omega- 3 PUFAs from the New Zealand green-lipped mussel, *Perna canaliculus*. *Comp Biochem Physiol B Biochem Mol Biol.* 2007;147(4):645-56.
- Lee CH, Lum JH, Ng CK et al. Pain controlling and cytokine-regulating effects of Lyprinol, a lipid extract of *Perna canaliculus*, in a rat adjuvantinduced arthritis model. *Evid Based Complement Alternat Med.* 2007 Sep 26
- Simopoulos AP, Leaf A, Salem N, Jr. Workshop statement on the essentiality of and recommended dietary intakes for Omega-6 and Omega-3 fatty acids. *Prostaglandins Leukot Essent Fatty Acids.* 2000;63(3):119-121
- Levy, B. D., C. B. Clish, B. Schmidt, K. Gronert, C. N. Serhan. Lipid mediator class switching during acute inflammation: signals in resolution. *Nat. Immunol.* 2001;2: 612-619
- Bannenberg, G. L., N. Chiang, A. Ariel, M. Arita, E. Tjonahen, K. H. Gotlinger, S. Hong, C. N. Serhan. Molecular circuits of resolution: formation and actions of resolvins and protectins. *J. Immunol.* 2005;174: 4345-4355
- Serhan, C. N., J. Savill. Resolution of inflammation: the beginning programs the end. *Nat. Immunol.* 2005;6: 1191-1197
- MA Micallef, IA Munro, and ML Garg. An inverse relationship between plasma n-3 fatty acids and C-reactive protein in healthy individuals. *Eur J Clin Nutr*, 2009; 63(9): 1154-1156
- Bas C. T. van Bussel, Ronald M. A. Henry, Casper G. Schalkwijk, Isabel Ferreira, Edith J. M. Feskens, Martinette T. Streppel, Yvo M. Smulders, Jos W. R. Twisk, and Coen D. A. Stehouwer. Fish Consumption in Healthy Adults Is Associated with Decreased Circulating Biomarkers of Endothelial Dysfunction and Inflammation during a 6-Year Follow-Up. *J. Nutr.*, Sep 2011; 141: 1719 – 1725
- Machado FS, Johndrow JE, Esper L, et al. Anti-inflammatory actions of lipoxin A4 and aspirin-triggered lipoxin are SOCS-2 dependent. *Nat Med* 2006;12(3):330-4
- Parkinson JF. Lipoxin and synthetic lipoxin analogs: an overview of anti-inflammatory functions and new concepts in immunomodulation. *Inflamm Allergy Drug Targets* 2006;5(2): 91-106
- Chiang N, Serhan CN, Dahlén SE, et al. The lipoxin receptor ALX: potent ligandspecific and sterioselective actions in-vivo. *Pharmacol Rev* 2006;Rev 58(3): 463-87
- Schwab JM, Sherhan CN. Lipoxins and new lipid mediators in the resolution of inflammation. *Curr Opin Pharmacol* 2006;6(4):414-20
- Serhan CN, Chiang N. Novel endogenous small molecules as th echeckpoint controllers in inflammation and resolution:entrée for resoleomics. *Rheum Dis Clin North Am* 2004;30(1):69-95
- Weylandt KH, Kang JX, Wiedemann B, et al. Lipoxins and resolvins in inflammatory bowel disease. *Inflamm Bowel Disease*; 2007

#### **Referenties flavonoïden en carotenoïden**

- Landberg R, Sun Q, [...], van Dam RM. Selected dietary flavonoids are associated with markers of inflammation and endothelial dysfunction in u.s. Women. *J Nutr* 2011; 141(4):618-25
- Watzl B et al. A 4-wk intervention with high intake of carotenoid-rich vegetables and fruit reduces plasma C-reactive protein in healthy, non smoking men. *Am J Clin Nutr.* 2005 Nov;82(5):1052-8
- Mattivi F, Guzzon R, Vrhovsek U, Stefanini M, Velasco R. Metabolite profiling of grape: flavonols and anthocyanins. *J Agric Food Chem* 2006;54:7692-702

Chia-Chi Chuang, Kristina Martinez, Guoxiang Xie, Arion Kennedy, Akkarach Bumrungpert, Angel Overman, Wei Jia, and Michael K McIntosh. Quercetin is equally or more effective than resveratrol in attenuating tumor necrosis factor—mediated inflammation and insulin resistance in primary human adipocytes. *Am J Clin Nutr*, Dec 2010; 92: 1511 - 1521

Yuan JP, Wang JH, Liu X. Metabolism of dietary soy isoflavones to equol by human intestinal microflora--implications for health. *Mol Nutr Food Res*. 2007;51(7):765-81.

### **Referenties zure kers (ORAC waarde)**

- Seeram NP, Momin RA, Nair MG, Bourquin LD. Cyclooxygenase inhibitory and antioxidant cyanidin glycosides in cherries and berries. *Phytomedicine*. 2001;8:362–9
- Kirakosyan A, Seymour EM, Urcuyo Llanes DE, Kaufman PB, Bolling SF. Chemical profile and antioxidant capacities of tart cherry products. *Food Chem*. 2009;115:20–5
- Wang H, Muraleedharan GN, Strasburg GM, Booren AM, Gray JL. Novel antioxidant compounds from tart cherries (*Prunus cerasus*). *J Nat Prod*. 1999;62:86–8
- E Mitchell Seymour, Daniel Urcuyo-Llanes, Ara Kirakosyan, Peter B Kaufman, Steven F Bolling, and Maurice R Bennink. Comparative impact of tart cherry-enriched diets on metabolic syndrome and inflammation in rats fed high versus low carbohydrate diets. *FASEB J*, Mar 2008; 22: 702.7
- E Mitchell Seymour, Daniel Urcuyo-Llanes, Steven F Bolling, and Maurice R Bennink. Tart cherry intake reduces plasma and tissue inflammation in obesity-prone rats. *FASEB J*, Apr 2010; 24: 335.1
- EM Seymour, SK Lewis, DE Urcuyo-Llanes, II Tanone, A Kirakosyan, PB Kaufman, and SF Bolling. Regular tart cherry intake alters abdominal adiposity, adipose gene transcription, and inflammation in obesity-prone rats fed a high fat diet. *J Med Food*, Oct 2009; 12(5): 935-42

### **Referenties lichaamsbeweging**

- Bruunsgaard H. Physical activity and modulation of systemic low-level inflammation. *Journal of leukocyte biology* 2005; 78: 819-35
- Febbraio MA, Pedersen BK. Muscle-derived interleukin-6: mechanisms for activation and possible biological roles. *FASEB Journal* 2002; 16: 1335-47
- Febbraio MA, Pedersen BK. Contraction-induced myokine production and release: is skeletal muscle an endocrine organ? *Exercise and sport sciences reviews* 2005; 33: 114-9
- Colbert LH, Visser M, Simonsick EM, Tracy RP, Newman AB, Kritchevsky SB, et al. Physical activity, exercise, and inflammatory markers in older adults: findings from the health, aging, and body composition study. *Journal of american geriatric society* 2004; 52: 1098-104
- King DE, Carek P, Mainous III AG, Pearson WS. Inflammatory markers and exercise: differences related to exercise type. *Medicine and science in sports and exercise* 2003; 35: 575-81
- Jankord R, Jemiolo B. Influence of physical activity on serum IL-6 and IL-10 levels in healthy older men. *Medicine and science in sports and exercise* 2004; 36: 960-4
- Pradhan AD, Manson JE, Rossouw JE, Siscovick DS, Mouton CP, Rifai N, et al. Inflammatory biomarkers, hormone replacement therapy, and incident coronary heart disease: prospective analysis from the Women's Health Initiative observational study. *JAMA : the journal of the American Medical Association* 2002; 288: 980-7
- Stauffer BL, Hoetzer GL, Smith DT, DeSouza CA. Plasma C-reactive protein is not elevated in physically active postmenopausal women taking hormone replacement therapy. *Journal of applied physiology: respiratory and exercise physiology* 2004 96: 143-8

### **Referentie GLP-1 en GLP-2**

- Benjamin MA, McKay DM, Yang P-C, Perdue MH. Glucagon-like peptide-2 enhances epithelial barrier function of both transcellular and paracellular pathways in the mouse. *Gut* 2000;47:112–119

## Boeken over gezondheid m.b.t voorkomen van ontstekingen

