

# SCIENTIFIC RESEARCH PAPERS ON THE PREVENTION, TREATMENT, AND REVERSAL OF CHRONIC HEALTH CONDITIONS

## ***Plant-Based Nutrition Generally***

Campbell II, T. M., & Campbell, T. C. (2012). The Breadth of Evidence Favoring a Whole Foods, Plant-based Diet: Part I: Metabolic Diseases and Diseases of Aging. *Primary Care Reports*, 18(2), 13-23.

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Tuso, P. (2013). Nutritional Update for Physicians: Plant-Based Diets. *Perm J*, 17(2), 61-66. doi:10.7812/tpp/12-085

Campbell, T. C., & Junshi, C. (1994). Diet and chronic degenerative diseases: perspectives from China. *Am J Clin Nutr*, 59(5), 1153S-1161S. doi:10.1093/ajcn/59.5.1153s

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McDougall, J., Thomas, L. E., McDougall, et al. (2014). Effects of 7 days on an ad libitum low-fat vegan diet: the McDougall Program cohort. *Nutrition Journal*, 13(1). doi:10.1186/1475-2891-13-99

## ***Cardiovascular (Heart) Disease / Heart Failure / Stroke***

Esselstyn, C.B., Gendy, G., Doyle, et al. (2014). A Way to Reverse CAD? *Journal of Family Practice* 63(7), 356–364b.

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Gould, K. L. & Ornish, D. (1995). Changes in Myocardial Perfusion Abnormalities by Positron Emission Tomography After Long-term, Intense Risk Factor Modification. *JAMA*, 274(11), 894. doi:10.1001/jama.1995.03530110056036

Ornish, D. (1998). Avoiding revascularization with lifestyle changes: the multicenter lifestyle demonstration project. *Am J Cardiol*, 82(10), 72-76. doi:10.1016/s0002-9149(98)00744-9

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Baden, M.Y., Shan Z., Wang F., et al. (2021). Quality of Plant-Based Diet and Risk of Total, Ischemic, and Hemorrhagic Stroke. *Neurology*, 96(15) e1940-1953. doi: 10.1212/WNL.00000000000011713

## ***Rheumatoid Arthritis***

Rose, S. (2018). Rheumatoid Arthritis – Prevention and Treatment with a Plant-Based Diet. *Orthopedics and Rheumatology Open Access Journal*, 13(1). doi:10.19080/oroaj.2018.13.555852

## ***Rheumatoid Arthritis (continued)***

Alwarith, J., Kahleova, H., Rembert, E., et al. (2019). Nutrition Interventions in Rheumatoid Arthritis: The Potential Use of Plant-Based Diets. A Review. *Front. Nutr.*,6(141), doi.org/10.3389/fnut.2019.00141

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## ***Diabetes / Kidney Disease / Insulin Sensitivity***

Satija, A., Bhupathiraju, S. N., Rimm, E. B., et al. (2016). Plant-Based Dietary Patterns and Incidence of Type 2 Diabetes in US Men and Women: Results from Three Prospective Cohort Studies. *PLOS Medicine*, 13(6), e1002039. doi:10.1371/journal.pmed.1002039

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Fouque, D., Pelletier, S., Mafra, D., et al. (2011). Nutrition and chronic kidney disease. *Kidney International*, 80(4), 348-357. doi: 10.1038/ki.2011.118

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## ***Inflammatory Bowel Disease / Ulcerative Colitis / Crohn's***

Chiba, M. (2018). Relapse Prevention in Ulcerative Colitis by Plant-Based Diet Through Educational Hospitalization: A Single-Group Trial. *Perm J*. doi:10.7812/tp/17-167

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Chiba, M. (2017). Induction with Infliximab and a Plant-Based Diet as First-Line (IPF) Therapy for Crohn Disease: A Single-Group Trial. *Perm J*. doi:10.7812/tp/17-009

## **Hypertension (High Blood Pressure) / Hyperlipidemia (High Cholesterol) / Obesity**

- Yokoyama, Y., Nishimura, K., Barnard, N. D., et al. (2014). Vegetarian Diets and Blood Pressure. *JAMA Internal Medicine*, 174(4), 577. doi:10.1001/jamainternmed.2013.14547
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- Spencer, E. A., Appleby, P. N., Davey, G. K., et al. (2003). Diet and body mass index in 38 000 EPIC-Oxford meat-eaters, fish-eaters, vegetarians and vegans. *International Journal of Obesity*, 27(6), 728-734. doi:10.1038/sj.ijo.0802300
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- Friedman S.M., Barnett C.H., Franki R., et al. (2021) Jumpstarting Health With a 15-Day Whole-Food Plant-Based Program. *American Journal of Lifestyle Medicine*. doi:10.1177/15598276211006349

## **Cancer**

- Ornish, D., Weidner, G., Fair, W.R., et al. (2005). Intensive Lifestyle Changes May Affect the Progression of Prostate Cancer. *Journal of Urology*, 174(3), 1065-1070. doi:10.1097/01.ju.0000169487.49018.73
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## **Osteoarthritis (Arthritis)**

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## **Multiple Sclerosis**

Swank, R., & Dugan, B. (1990). Effect of low saturated fat diet in early and late cases of multiple sclerosis. *The Lancet*, 336(8706), 37-39. doi: 10.1016/0140-6736(90)91533-g

Yadav, V., Marracci, G., Kim, E., McDougall, J. et al. (2016). Low-fat, plant-based diet in multiple sclerosis: A randomized controlled trial. *Multiple Sclerosis and Related Disorders*, 9, 80-90. doi:10.1016/j.msard.2016.07.001

## **Dementia / Alzheimer's**

Whitmer, R. A., Gunderson, E. P., Barrett-Connor, E., et al. (2005). Obesity in middle age and future risk of dementia: a 27 year longitudinal population based study. *BMJ*, 330(7504), 1360. doi:10.1136/bmj.38446.466238.e0

Scarmeas, N. (2009). Physical Activity, Diet, and Risk of Alzheimer Disease. *JAMA*, 302(6), 627. doi:10.1001/jama.2009.1144

## **Depression / Mental Health**

Akbaraly, T. N., Brunner, E. J., Ferrie, et al. (2009). Dietary pattern and depressive symptoms in middle age. *British Journal of Psychiatry*, 195(5), 408-413. doi:10.1192/bjp.bp.108.058925

Lassale, C., Batty, G. D., Baghdadli, A., et al. (2018). Healthy dietary indices and risk of depressive outcomes: a systematic review and meta-analysis of observational studies. *Molecular Psychiatry*, 24(7), 965-986. doi:10.1038/s41380-018-0237-8

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## **COVID-19**

Kim H., Rebolz C.M., Hegde S., et al. (2021). Plant-based diets, pescatarian diets and COVID-19 severity: a population-based case-control study in six countries. *BMJ Nutrition, Prevention & Health*. doi:10.1136/bmjnp-2021-000272

Merino J, Joshi AD, Nguyen LH, et al. (2021). Diet quality and risk and severity of COVID-19: a prospective cohort study. medRxiv (preprint). doi: 10.1101/2021.06.24.21259283v1

Campbell, T. Colin. (2021). A Nutritional Link for COVID-19? *EC Nutrition* 16(2): 18-26.

## **Other Conditions (Migraine, Acne, Cataract, Macular Degeneration, Hot Flashes, Asthma, Ulcer, GERD/Reflux Disease)**

Bunner, A. E., Agarwal, U., Barnard, N. D., et al. (2014). Nutrition intervention for migraine: a randomized crossover trial. *J Headache Pain*, 15(1). doi:10.1186/1129-2377-15-69

Spencer, E. H., Ferdowsian, H. R., & Barnard, N. D. (2009). Diet and acne: a review of the evidence. *Int. J. Dermatol*, 48(4), 339-347.

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Misciagna, G., Cisternino, A., & Freudenheim, J. (2000). Diet and duodenal ulcer. *Digestive And Liver Disease*, 32(6), 468-472. doi: 10.1016/s1590-8658(00)80002-x

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Alwarith J., Kahleova H., Barnard, N.D., et al. (2020). The role of nutrition in asthma prevention and treatment. *Nutrition Reviews*, 78(11), 928-938. doi.org/10.1093/nutrit/nuaa005

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