SELECTED REFERENCES

Glycemic load, weight gain, heart disease, angiogenesis and cancer promotion

Mirrahimi A, Souza, Chiavaroli L, et al. Associations of Glycemic Index and Load With Coronary Heart Disease Events: A Systematic Review and Meta-Analysis of Prospective Cohorts. J Am Heart Asso 2012;1: e000752. Barclay AW, Petocz P, McMillan-Price J, et al. Glycemic index, glycemic load, and chronic disease risk—a meta-analysis of observational studies. Am J Clin Nutr. 2008 Mar;87(3):627-37. Gnagnarella P, Gandini S, La Vecchia C, et al: Glycemic index, glycemic load, and cancer risk: a meta-analysis. Am J Clin Nutr 2008;87:1793-1801. Dong JY, Qin LQ. Dietary glycemic index, glycemic load, and risk of breast cancer: meta-analysis of prospective cohort studies. Breast Cancer Res Treat. 2011 Apr;126(2):287-94.

Health risks of excess IGF-1

Fontana L, Weiss EP, Villareal DT, et al: Long-term effects of calorie or protein restriction on serum IGF-1 and IGFBP-3 concentration in humans. Aging Cell 2008;7:681-687. Crowe FL, Key TJ, Allen NE, et al. The association between diet and serum concentrations of IGF-I, IGFBP-1, IGFBP-2, and IGFBP-3 in the European Prospective Investigation into Cancer and Nutrition. Cancer Epidemiol Biomarkers Prev. 2009;18(5):1333-40. Endogenous Hormones and Breast Cancer Collaborative Group, Key TJ, Appleby PN, Reeves GK, Roddam AW. Insulin-like growth factor 1 (IGF1), IGF binding protein 3 (IGFBP3), and breast cancer risk: pooled individual data analysis of 17 prospective studies. Lancet Oncol. 2010;11(6):530-42. Chisalita SI, Dahistro U, Arnqvist HJ et al. Increased IGF1 levels in relation to heart failure and cardiovascular mortality in an elderly population: impact of ACE inhibitors. European Journal of Endocrinology 2011;165;891–898.

Increased Animal Protein and Death in Long-term Studies

Levine ME, Suarez JA, Brandhorst S, et al. Low Protein Intake Is Associated with a Major Reduction in IGF-1, Cancer, and Overall Mortality in the 65 and Younger but Not Older Population. Cell Metab 2014: 19(3);407-417. Lagiou P, Sandin S, Lof M, et al. Low carbohydrate-high protein diet and incidence of cardiovascular diseases in Swedish women: prospective cohort study. BMJ 2012*;* 344:e4026 Fung TT, van Dam RM, Hankinson SE, et al. Low-Carbohydrate Diets and All-Cause and Cause-Specific Mortality: Two Cohort Studies. Ann Intern Med, 2010;153(5): 289-298.

Weight reduction, cholesterol and blood pressure lowering from a Nutrient-Dense Plant-Rich (Nutritarian) Diet

Jenkins DJ, Kendall CW, Popovich DG, et al. Effect of a very-high-fiber vegetable, fruit and nut diet on serum lipids and colonic function. Metabolism 2001;113(8):625-9 Fuhrman J, Singer M. Improved Cardiovascular Parameter With a Nutrient-Dense, Plant-Rich Diet-Style: A Patient

Survey With Illustrative Cases. American Journal of Lifestyle Medicine. 1559827615611024. October 15, 2015 doi:10.1177/1559827615611024. Fuhrman J. Dietary Protocols to Maximize Disease Reversal and Long Term Safety. American Journal of Lifestyle Medicine. May 4, 2015 doi:10.1177/1559827615580971 Fuhrman JH, Ferreri DM, Singer ML. Long-Term Weight Loss Maintenance on a Nutrient-Dense, Plant-Rich (NDPR) Diet: A Survey Study. International Journal of Disease Reversal and Prevention 2019; 1:1.

Nuts, not oils as major source of dietary fat

Sabate J. Nut consumption, vegetarian diets, ischemic heart disease risk, and all-cause mortality: evidence from epidemiologic studies. Am J Clin Nutr 1999, 70:500S-503S. Fraser GE, Shavlik DJ. Ten years of life: Is it a matter of choice? Arch Intern Med 2001, 161:1645-1652. Tharrey M, Mariotti F, Mashchak A, et al. Patterns of plant and animal protein intake are strongly associated with cardiovascular mortality: the Adventist Health Study-2 cohort. Int J Epidemiol 2018;47(5):1603-1612.
Nurses' Health Study:
Baer HJ, Glynn RJ, Hu FB, et al. Risk factors for mortality in the nurses' health study: a competing risks analysis. Am J Epidemiol 2011, 173:319-329.
Physicians' Health Study:
Hshieh TT, Petrone AB, Gaziano JM, Djousse L. Nut consumption and risk of mortality in the Physicians' Health Study. Am J Clin Nutr 2015, 101:407-412.
Health Professionals Follow-Up Study:
Bao Y, Han J, Hu FB, et al. Association of nut consumption with total and cause-specific mortality. N Engl J Med 2013, 369:2001-2011.
Luu HN, Blot WJ, Xiang YB, et al. Prospective Evaluation of the Association of Nut/Peanut Consumption With Total and Cause-Specific Mortality. JAMA Intern Med 2015.
Meta-analyses:
van den Brandt PA, Schouten LJ. Relationship of tree nut, peanut and peanut butter intake with total and cause-specific mortality: a cohort study and meta-analysis. Int J Epidemiol 2015. Grosso G, Yang J, Marventano S, et al. Nut consumption on all-cause, cardiovascular, and cancer mortality risk: a systematic review and meta-analysis of epidemiologic studies. Am J Clin Nutr 2015, 101:783-793. Mayhew AJ, de Souza RJ, Meyre D, et al. A systematic review and meta-analysis of nut consumption and incident risk of CVD and all-cause mortality. Br J Nutr 2016, 115:212-225.

Fast Food and Brain Damage

Gale CR, Martyn CN, Marriott LD, et al. Dietary patterns in infancy and cognitive and neuropsychological function in childhood. J Child Psychol Psychiatry 2009;50(7):816-23. Purtell KM, Gershoff ET. Fast food consumption and academic growth in late childhood. Clin Ped. 2015;54(9):871-7. Moore SC, Carter LM, van Goozen SHM, et al. Confectionery consumption in childhood and adult violence. The British Journal of Psychiatry 2009;195, 366–367. Sanchez-Villegas A, Toledo E, d Irala J, et al. Fast-food and commercial baked goods consumption and the risk of depression. Public Health Nutr 2012;15(3):424-32.

Dr. Fuhrman's scientific journal publications include:

- Fuhrman JH, Ferreri DM. Nuts And Seeds For Heart Disease Prevention. International Journal of Disease Reversal and Prevention 2020; 2(1), 8.
- Fuhrman JH, Ferreri DM, Singer ML. Long-Term Weight Loss Maintenance on a Nutrient-Dense, Plant-Rich (NDPR) Diet: A Survey Study. International Journal of Disease Reversal and Prevention 2019; 1:1.
- Fuhrman JH, Ferreri DM. Treatment and Remission of Symptoms in Type 1 Diabetes with a Nutrient-Dense, Plant-Rich (NDPR) Diet – Case Studies. International Journal of Disease Reversal and Prevention 2019; 1:1.
- Maldonado-Puebla M, Price A, Gonzalez A, Fuhrman J, Nichols A. Efficacy of a Plant-Based Anti-Inflammatory Diet as Monotherapy in Psoriasis. International Journal of Disease Reversal and Prevention 2019, 1:1.
- Jay Sutliffe, Julia Scheid, Michelle Gorman, Mary Jo Carnot, Alison Adams, Wendy Wetzel, Tricia Fortin, Chloe Sutliffe, Joel Fuhrman Implementation of a Worksite Based 9-Week Micronutrient Dense Nutrition Intervention on Measures of Well-Being in a Cohort of Employees. J Food Nutr 2018;4:103.
- Sutliffe JT, Carnot MJ, Fuhrman J, Sutliffe CA, Scheid JC. A Worksite Nutrition Intervention is Effective at Improving Employee Well-Being: A Pilot Study. Journal of Nutrition and Metabolism 2018
- Sutliffe J. Scheid J. Gorman M, Adams A, Carnot MJ, Wetzel W, Fortin T, Sutliffe C, Fuhrman J. Worksite Nutrition: Is a Nutrient-Dense Diet the Answer for a Healthier Workforce? American Journal of Lifestyle Medicine. Published online April 9, 2018.
- Fuhrman J. The Hidden Dangers of Fast and Processed Food. American Journal of Lifestyle Medicine, April 2018, SAGE Publishing. DOI: 10.1177/1559827618766483 **Condensed and adapted from Fast Food Genocide (HarperCollins 2017) for a lecture given at the ACLM annual conference Tuscan, Arizona, October 2017.*
- Sutliffe JT, Fuhrman J, Carnot MJ, Beetham R. Nutrient-dense, Plant-rich Dietary Intervention Effective at Reducing Cardiovascular Disease Risk Factors for Worksites: A Pilot Study. *Alternative Therapies*. Sept/Oct 2016;**22(5)**:32-36.
- Fuhrman J, Singer M. Improved Cardiovascular Parameter With a Nutrient-Dense, Plant-Rich Diet-Style: A Patient Survey With Illustrative Cases. *American Journal of Lifestyle Medicine*. 1559827615611024. October 15, 2015 doi:10.1177/1559827615611024.
- Fuhrman J. Dietary Protocols to Maximize Disease Reversal and Long Term Safety. *American Journal of Lifestyle Medicine*. May 4, 2015 doi:10.1177/1559827615580971
- Dunaief DM, Fuhrman J, Dunaief JL, Ying G. Glycemic and cardiovascular parameters improved in Type 2 Diabetes with the high nutrient density (HND) diet. *Open Journal of Preventive Medicine.* 2012 Aug;**2(3):**364-371
- Fuhrman J, Sarter B, Glaser D, Acocella S. Changing perceptions of hunger on a high nutrient density diet. *Nutrition Journal.* 2010 Nov 7;**9:**51
- Fuhrman J, Ferreri DM. Fueling the vegetarian (vegan) athlete. *Current Sports Medicine Reports.* 2010 Jul-Aug;**9(4):**233-41

- Fuhrman J, Sarter B, Calabro DJ. Brief case reports of medically supervised, water-only fasting associated with remission of autoimmune disease. *Alternative Therapies in Health and Medicine.* 2002 Jul-Aug;8(4):112, 110-1

Fuhrman J, Selzer ME, Kaplan FS. A shoulder-facial synkinesis in normal human subjects. *University of Pennsylvania Orthopaedic Journal.* 1991;7:43-45.