

Complete Reference Notes

Texts

- Arbuckle, Beryl E. *The Selected Writings of Beryl E. Arbuckle, D.O., F.A.C.O.P.* Camp Hill, Pa.: Published by the National Osteopathic Institute and Cerebral Palsy Foundation, 1977.
- Barral, J. P., Stephen Anderson, and Dan Bensky. *Urogenital Manipulation* [Manipulations urogénitales.]. English language ed. Seattle: Eastland Press, 1993.
- Barral, J. P. and Pierre Mercier. *Visceral Manipulation* [Manipulations viscérales.]. Rev ed. Seattle: Eastland Press, 2005.
- . *Visceral Manipulation II* [Manipulations viscérales.]. Rev ed. Seattle: Eastland Press, 2007.
- Bstan-'dzin-rgya-mtsho, Jon Kabat-Zinn, Richard J. Davidson, and Zara Houshmand. *The Mind's Own Physician: A Scientific Dialogue with the Dalai Lama on the Healing Power of Meditation.* Oakland, CA: New Harbinger Publications, 2012.
- Chikly, Bruno. *Silent Waves: Theory and Practice of Lymph Drainage Therapy : An Osteopathic Lymphatic Technique.* 2nd ed. Scottsdale, Ariz.: I.H.H. Pub., 2004.
- Chila, Anthony G. and American Osteopathic Association. *Foundations of Osteopathic Medicine.* 3rd ed. Philadelphia: Wolters Kluwer Health/Lippincott Williams & Wilkins, 2011.
- Cook, Trevor M. *Samuel Hahnemann: The Founder of Homoeopathic Medicine.* Wellingborough, Northamptonshire: Thorsons, 1981.
- Coulter, H. David. *Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners.* Honesdale, PA: Body and Breath, 2001.
- D'Adamo, Peter and Catherine Whitney. *Eat Right 4 (for) Your Type: The Individualized Diet Solution to Staying Healthy, Living Longer & Achieving Your Ideal Weight : 4 Blood Types, 4 Diets.* New York: G.P. Putnam's Sons, 1996.
- Danciger, Elizabeth. *Homeopathy: From Alchemy to Medicine.* Rochester, Vt.; New York: Healing Arts; Distributed to the book trade in the U.S. by Harper and Row, 1988.
- DiGiovanna, Eileen L., Stanley Schiowitz, and Dennis J. Dowling. *An Osteopathic Approach to Diagnosis and Treatment.* 3rd ed. Philadelphia: Lippincott Williams & Wilkins, 2005.
- Egoscue, Pete and Roger Gittines. *Pain Free: A Revolutionary Method for Stopping Chronic Pain.* New York: Bantam Books, 1998.
- Emmons, Henry. *The Chemistry of Calm: A Powerful, Drug-Free Plan to Quiet Your Fears and Overcome Your Anxiety.* 1 Touchone trade pbk ed. New York: Simon & Schuster, 2010.
- Fallon, Sally, Pat Connolly, and Mary G. Enig. *Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats.* 2nd ed. Washington, DC: NewTrends Pub., 1999.

- Farhi, Donna. *The Breathing Book: Good Health and Vitality through Essential Breath Work*. 1st ed. New York: Henry Holt, 1996.
- Foreman, Stephen M. *Whiplash Injuries*. Coronado, CA: SRISD Press, 2009.
- Foreman, Stephen M. and Arthur C. Croft. *Whiplash Injuries: The Cervical Acceleration/Deceleration Syndrome*. 2nd ed. Baltimore: Williams & Wilkins, 1995.
- . *Whiplash Injuries: The Cervical Acceleration/Deceleration Syndrome*. 3rd ed. Philadelphia: Lippincott Williams & Wilkins, 2002.
- Fulford, Robert and Gene Stone. *Dr. Fulford's Touch of Life: The Healing Power of the Natural Life Force* [Touch of life]. New York: Pocket Books, 1996.
- Fuller, David B. *Osteopathy and Swedenborg: The Influence of Emanuel Swedenborg on the Genesis and Development of Osteopathy, Specifically on Andrew Taylor Still and William Garner Sutherland*. Bryn Athyn, Pa.: Swedenborg Scientific Association Press, 2012.
- Gonzales, Laurence. *Deep Survival: Who Lives, Who Dies, and Why : True Stories of Miraculous Endurance and Sudden Death*. 1st ed. New York: W.W. Norton & Co., 2003.
- Guyton, Arthur C. and John E. Hall. *Textbook of Medical Physiology*. 10th ed. Philadelphia: W.B. Saunders, 2000.
- Hall, John E. and Arthur C. Guyton. *Guyton and Hall Textbook of Medical Physiology*. 12th ed. Philadelphia, Pa.: Saunders/Elsevier, 2011.
- Herbert, Martha R. and Karen Weintraub. *The Autism Revolution: Whole-Body Strategies for Making Life all it can be*. New York: Ballantine Books, 2012.
- Hershoff, Asa. *Homeopathy for Musculoskeletal Healing*. Berkeley, Calif. : North Atlantic Books; Emeryville, CA: Homeopathic Educational Services; Distributed to the trade by Publishers Group West, 1996.
- Hitzmann, Sue. *The Melt Method: A Breakthrough Self-Treatment System to Eliminate Chronic Pain, Erase the Signs of Aging, and Feel Fantastic in just 10 Minutes a Day!*. 1 , ed. New York: HarperOne, 2013.
- Hyman, Mark. *The UltraMind Solution: Fix Your Broken Brain by Healing Your Body First : The Simple Way to Defeat Depression, Overcome Anxiety and Sharpen Your Mind*. 1 Scribner hachette ed. New York: Scribner, 2008.
- Johnson, Larry. *Energetic Tai Chi Chuan*. San Francisco, Calif.: White Elephant Monastery, 1989.
- Kabat-Zinn, Jon. *Arriving at Your Own Door: 108 Lessons in Mindfulness*. New York: Hyperion, 2007.
- . *Coming to our Senses: Healing Ourselves and the World through Mindfulness*. 1st ed. New York: Hyperion, 2005.
- . *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*. Revis a updat , Bantam Books trade paperback ed. 2013.

- . *Mindfulness for Beginners: Reclaiming the Present Moment--and Your Life*. Boulder, CO: Sounds True, 2012.
- . *Wherever You Go, there You are*. New York, NY: MJF Books, 2009.
- Kabat-Zinn, Jon, Hor Tuck Loon, and Jon Kabat-Zinn. *Letting Everything Become Your Teacher: 100 Lessons in Mindfulness*. New York: Delta Trade Paperbacks, 2009.
- Kandel, Eric R. *Principles of Neural Science*. 5th ed. New York: McGraw-Hill, 2013.
- Kapandji, I. A. *The Physiology of the Joints* [Physiologie articulaire.]. 6th , English ed. Edinburgh ; New York: Churchill Livingstone, 2007.
- Kronenberg, Henry and Robert Hardin Williams. *Williams Textbook of Endocrinology*. 11th ed. Philadelphia: Saunders/Elsevier, 2008.
- Kuchera, Michael L. and William A. Kuchera. *Osteopathic Considerations in Systemic Dysfunction*. Kirksville, Mo.: M.L. and W.A. Kuchera, 1990; 1991.
- Kuchera, William A. and Michael L. Kuchera. *Osteopathic Principles in Practice*. 2nd ed. Kirksville, Mo.: W.A. and M.L. Kuchera, 1991.
- Leeds, Joshua. *The Power of Sound: How to be Healthy and Productive using Music and Sound*. Rochester, Vt.: Healing Arts Press, 2010.
- Levine, Peter A. *Waking the Tiger: Healing Trauma : The Innate Capacity to Transform Overwhelming Experiences*. Berkeley, Calif.: North Atlantic Books, 1997.
- Magoun, Harold I. and Sutherland Cranial Teaching Foundation. *Osteopathy in the Cranial Field*. 3d ed. S.L.: 1976.
- McCall, Timothy B. *Yoga as Medicine: The Yogic Prescription for Health & Healing : A Yoga Journal Book*. New York: Bantam Books, 2007.
- Murray, John F. and Robert J. Mason. *Murray and Nadel's Textbook of Respiratory Medicine*. 5th ed. Philadelphia, PA: Saunders/Elsevier, 2010.
- Myers, Thomas W. *Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists*. 2nd ed. Edinburgh ; New York: Elsevier, 2009.
- Newport, Mary T. *Alzheimer's Disease, what if there was a Cure?: The Story of Ketones*. Laguna Beach, CA: Basic Health Publications, 2011.
- Rosenbaum, Elana and Jon Kabat-Zinn. *Being Well (Even when You're Sick): Mindfulness Practices for People with Cancer and Other Serious Illnesses*. Boston: Shambhala, 2012.
- Scaer, Robert C. *The Trauma Spectrum: Hidden Wounds and Human Resiliency*. New York: Norton, 2005.
- Sears, Barry. *The Anti-Inflammation Zone: Reversing the Silent Epidemic that's Destroying our Health*. 1st ed. New York: ReganBooks, 2005.
- Seffinger, Michael A. and Raymond J. Hruby. *Evidence-Based Manual Medicine*. Philadelphia: Saunders/Elsevier, 2007.

- Shames, Richard and Karilee Halo Shames. *Thyroid Power: Ten Steps to Total Health*. 1st ed. New York, N.Y.: HarperResource, 2001.
- Silver, Jonathan M., Thomas W. McAllister, and Stuart C. Yudofsky. *Textbook of Traumatic Brain Injury*. 2nd ed. Washington, DC: American Psychiatric Pub., 2011.
- . *Textbook of Traumatic Brain Injury*. 1st ed. Washington, DC: American Psychiatric Pub., 2005.
- Standring, Susan and Henry Gray. *Gray's Anatomy*. 40th , anniversary ed. Edinburgh: Churchill Livingstone/Elsevier, 2008.
- Sutherland, William G. and Anne L. Wales. *Teachings in the Science of Osteopathy*. Cambridge, MA: Rudra Press, 1990.
- Ullman, Robert and Judyth Reichenberg-Ullman. *Homeopathic Self-Care: The Quick and Easy Guide for the Whole Family*. Seco English ed. 2012.
- Weil, Andrew. *Spontaneous Healing: How to Discover and Enhance Your Body's Natural Ability to Maintain and Heal itself*. 1st ed. New York: Knopf, 1995.
- Wheater, Paul R. *Basic Histopathology: A Colour Atlas and Text*. 2nd ed. Edinburgh ; New York: Churchill Livingstone, 1991.

Part 1 : Injury Shock

- Agren, T., J. Engman, A. Frick, J. Bjorkstrand, E. M. Larsson, T. Furmark, and M. Fredrikson. "Disruption of Reconsolidation Erases a Fear Memory Trace in the Human Amygdala." *Science (New York, N.Y.)* 337, no. 6101 (Sep 21, 2012): 1550-1552.
- Allen, L. V., Jr. "Adrenal Fatigue." *International Journal of Pharmaceutical Compounding* 17, no. 1 (Jan-Feb, 2013): 39-44.
- Atsak, P., B. Roozendaal, and P. Campolongo. "Role of the Endocannabinoid System in Regulating Glucocorticoid Effects on Memory for Emotional Experiences." *Neuroscience* 204, (Mar 1, 2012): 104-116.
- Avitsur, R., D. A. Padgett, and J. F. Sheridan. "Social Interactions, Stress, and Immunity." *Neurologic Clinics* 24, no. 3 (Aug, 2006): 483-491.
- Avitsur, R., N. Powell, D. A. Padgett, and J. F. Sheridan. "Social Interactions, Stress, and Immunity." *Immunology and Allergy Clinics of North America* 29, no. 2 (May, 2009): 285-293.
- Barnes, V. A., J. L. Rigg, and J. J. Williams. "Clinical Case Series: Treatment of PTSD with Transcendental Meditation in Active Duty Military Personnel." *Military Medicine* 178, no. 7 (Jul, 2013): e836-40.
- Black, P. H. "The Inflammatory Consequences of Psychologic Stress: Relationship to Insulin Resistance, Obesity, Atherosclerosis and Diabetes Mellitus, Type II." *Medical Hypotheses* 67, no. 4 (2006): 879-891.

- Blanchard, E. B., J. M. Lackner, J. Jaccard, D. Rowell, A. M. Carosella, C. Powell, K. Sanders, S. Krasner, and E. Kuhn. "The Role of Stress in Symptom Exacerbation among IBS Patients." *Journal of Psychosomatic Research* 64, no. 2 (Feb, 2008): 119-128.
- Borovikova, L. V., S. Ivanova, M. Zhang, H. Yang, G. I. Botchkina, L. R. Watkins, H. Wang, N. Abumrad, J. W. Eaton, and K. J. Tracey. "Vagus Nerve Stimulation Attenuates the Systemic Inflammatory Response to Endotoxin." *Nature* 405, no. 6785 (May 25, 2000): 458-462.
- Busillo, J. M. and J. A. Cidlowski. "The Five Rs of Glucocorticoid Action during Inflammation: Ready, Reinforce, Repress, Resolve, and Restore." *Trends in Endocrinology and Metabolism: TEM* 24, no. 3 (Mar, 2013): 109-119.
- Cappello, M. and A. De Troyer. "On the Respiratory Function of the Ribs." *Journal of Applied Physiology (Bethesda, Md.: 1985)* 92, no. 4 (Apr, 2002): 1642-1646.
- . "Role of Rib Cage Elastance in the Coupling between the Abdominal Muscles and the Lung." *Journal of Applied Physiology (Bethesda, Md.: 1985)* 97, no. 1 (Jul, 2004): 85-90.
- Cohen, S., D. Janicki-Deverts, W. J. Doyle, G. E. Miller, E. Frank, B. S. Rabin, and R. B. Turner. "Chronic Stress, Glucocorticoid Receptor Resistance, Inflammation, and Disease Risk." *Proceedings of the National Academy of Sciences of the United States of America* 109, no. 16 (Apr 17, 2012): 5995-5999.
- Danucalov, M. A., E. H. Kozasa, K. T. Ribas, J. C. Galduroz, M. C. Garcia, I. T. Verreschi, K. C. Oliveira, L. Romani de Oliveira, and J. R. Leite. "A Yoga and Compassion Meditation Program Reduces Stress in Familial Caregivers of Alzheimer's Disease Patients." *Evidence-Based Complementary and Alternative Medicine : ECAM* 2013, (2013): 513149.
- de Quervain, D. J., A. Aerni, G. Schelling, and B. Roozendaal. "Glucocorticoids and the Regulation of Memory in Health and Disease." *Frontiers in Neuroendocrinology* 30, no. 3 (Aug, 2009): 358-370.
- De Troyer, A. and A. M. Boriek. "Mechanics of the Respiratory Muscles." *Comprehensive Physiology* 1, no. 3 (Jul, 2011): 1273-1300.
- Dhabhar, F. S., A. N. Saul, T. H. Holmes, C. Daugherty, E. Neri, J. M. Tillie, D. Kusewitt, and T. M. Oberyszyn. "High-Anxious Individuals show Increased Chronic Stress Burden, Decreased Protective Immunity, and Increased Cancer Progression in a Mouse Model of Squamous Cell Carcinoma." *PLoS One* 7, no. 4 (2012): e33069.
- Ebrecht, M., J. Hextall, L. G. Kirtley, A. Taylor, M. Dyson, and J. Weinman. "Perceived Stress and Cortisol Levels Predict Speed of Wound Healing in Healthy Male Adults." *Psychoneuroendocrinology* 29, no. 6 (Jul, 2004): 798-809.
- Engel, R. and S. Vemulpad. "The Role of Spinal Manipulation, Soft-Tissue Therapy, and Exercise in Chronic Obstructive Pulmonary Disease: A Review of the Literature and Proposal of an Anatomical Explanation." *Journal of Alternative and Complementary Medicine (New York, N.Y.)* 17, no. 9 (Sep, 2011): 797-801.
- Engel, R. M., S. R. Vemulpad, and K. Beath. "Short-Term Effects of a Course of Manual Therapy and Exercise in People with Moderate Chronic Obstructive Pulmonary Disease: A Preliminary Clinical Trial." *Journal of Manipulative and Physiological Therapeutics* 36, no. 8 (Oct, 2013): 490-496.

- Ferry, B. and J. L. McGaugh. "Role of Amygdala Norepinephrine in Mediating Stress Hormone Regulation of Memory Storage." *Acta Pharmacologica Sinica* 21, no. 6 (Jun, 2000): 481-493.
- Finnerty, C. C., N. T. Mabvuure, A. Ali, R. A. Kozar, and D. N. Herndon. "The Surgically Induced Stress Response." *JPEN. Journal of Parenteral and Enteral Nutrition* 37, no. 5 Suppl (Sep-Oct, 2013): 21S-9S.
- Gouin, J. P. and J. K. Kiecolt-Glaser. "The Impact of Psychological Stress on Wound Healing: Methods and Mechanisms." *Immunology and Allergy Clinics of North America* 31, no. 1 (Feb, 2011): 81-93.
- Hammen, C. "Stress and Depression." *Annual Review of Clinical Psychology* 1, (2005): 293-319.
- Hammen, C., E. Y. Kim, N. K. Eberhart, and P. A. Brennan. "Chronic and Acute Stress and the Prediction of Major Depression in Women." *Depression and Anxiety* 26, no. 8 (2009): 718-723.
- Haroon, E., C. L. Raison, and A. H. Miller. "Psychoneuroimmunology Meets Neuropsychopharmacology: Translational Implications of the Impact of Inflammation on Behavior." *Neuropsychopharmacology : Official Publication of the American College of Neuropsychopharmacology* 37, no. 1 (Jan, 2012): 137-162.
- Hassert, D.L., Miyashita, T., and Williams, C.L. "Alterations in amygdala norepinephrine after vagal stimulation at a memory modulating intensity." *Behavioral Neuroscience* 118 (2004): 79-88.
- Heitkemper, M., M. Jarrett, K. C. Cain, R. Burr, R. L. Levy, A. Feld, and V. Hertig. "Autonomic Nervous System Function in Women with Irritable Bowel Syndrome." *Digestive Diseases and Sciences* 46, no. 6 (Jun, 2001): 1276-1284.
- Joels, M., G. Fernandez, and B. Roozendaal. "Stress and Emotional Memory: A Matter of Timing." *Trends in Cognitive Sciences* 15, no. 6 (Jun, 2011): 280-288.
- Jovanovic, T. and S. D. Norrholm. "Neural Mechanisms of Impaired Fear Inhibition in Posttraumatic Stress Disorder." *Frontiers in Behavioral Neuroscience* 5, (2011): 44.
- Kent, J. M. and S. L. Rauch. "Neurocircuitry of Anxiety Disorders." *Current Psychiatry Reports* 5, no. 4 (Aug, 2003): 266-273.
- Kim, S. H., S. M. Schneider, M. Bevans, L. Kravitz, C. Mermier, C. Qualls, and M. R. Burge. "PTSD Symptom Reduction with Mindfulness-Based Stretching and Deep Breathing Exercise: Randomized Controlled Clinical Trial of Efficacy." *The Journal of Clinical Endocrinology and Metabolism* 98, no. 7 (Jul, 2013): 2984-2992.
- Kim, S. H., S. M. Schneider, L. Kravitz, C. Mermier, and M. R. Burge. "Mind-Body Practices for Posttraumatic Stress Disorder." *Journal of Investigative Medicine : The Official Publication of the American Federation for Clinical Research* 61, no. 5 (Jun, 2013): 827-834.
- Kirby, E. D., A. C. Geraghty, T. Ubuka, G. E. Bentley, and D. Kaufer. "Stress Increases Putative Gonadotropin Inhibitory Hormone and Decreases Luteinizing Hormone in Male Rats." *Proceedings of the National Academy of Sciences of the United States of America* 106, no. 27 (Jul 7, 2009): 11324-11329.

- Kyrou, I. and C. Tsigos. "Chronic Stress, Visceral Obesity and Gonadal Dysfunction." *Hormones (Athens, Greece)* 7, no. 4 (Oct-Dec, 2008): 287-293.
- Lang, A. J., J. L. Strauss, J. Bomyea, J. E. Bormann, S. D. Hickman, R. C. Good, and M. Essex. "The Theoretical and Empirical Basis for Meditation as an Intervention for PTSD." *Behavior Modification* 36, no. 6 (Nov, 2012): 759-786.
- Levy, R. L., S. L. Langer, and W. E. Whitehead. "Social Learning Contributions to the Etiology and Treatment of Functional Abdominal Pain and Inflammatory Bowel Disease in Children and Adults." *World Journal of Gastroenterology : WJG* 13, no. 17 (May 7, 2007): 2397-2403.
- Levy, R. L., K. W. Olden, B. D. Naliboff, L. A. Bradley, C. Francisconi, D. A. Drossman, and F. Creed. "Psychosocial Aspects of the Functional Gastrointestinal Disorders." *Gastroenterology* 130, no. 5 (Apr, 2006): 1447-1458.
- Liu, R. T. and L. B. Alloy. "Stress Generation in Depression: A Systematic Review of the Empirical Literature and Recommendations for Future Study." *Clinical Psychology Review* 30, no. 5 (Jul, 2010): 582-593.
- Longacre, M., E. Silver-Highfield, P. Lama, and M. Grodin. "Complementary and Alternative Medicine in the Treatment of Refugees and Survivors of Torture: A Review and Proposal for Action." *Torture : Quarterly Journal on Rehabilitation of Torture Victims and Prevention of Torture* 22, no. 1 (2012): 38-57.
- Ma, X., R. Wang, X. Zhao, C. Zhang, J. Sun, J. Li, L. Zhang, et al. "Antidepressant-Like Effect of Flaxseed Secoisolariciresinol Diglycoside in Ovariectomized Mice Subjected to Unpredictable Chronic Stress." *Metabolic Brain Disease* 28, no. 1 (Mar, 2013): 77-84.
- Maddock, C. and C. M. Pariante. "How does Stress Affect You? an Overview of Stress, Immunity, Depression and Disease." *Epidemiologia e Psichiatria Sociale* 10, no. 3 (Jul-Sep, 2001): 153-162.
- Maes, M., C. Song, A. Lin, R. De Jongh, A. Van Gastel, G. Kenis, E. Bosmans, et al. "The Effects of Psychological Stress on Humans: Increased Production of Pro-Inflammatory Cytokines and a Th1-Like Response in Stress-Induced Anxiety." *Cytokine* 10, no. 4 (Apr, 1998): 313-318.
- Magarian, G. J., D. A. Middaugh, and D. H. Linz. "Hyperventilation Syndrome: A Diagnosis Begging for Recognition." *The Western Journal of Medicine* 138, no. 5 (May, 1983): 733-736.
- Manenschijn, L., L. Schaap, N. M. van Schoor, S. van der Pas, G. M. Peeters, P. Lips, J. W. Koper, and E. F. van Rossum. "High Long-Term Cortisol Levels, Measured in Scalp Hair, are Associated with a History of Cardiovascular Disease." *The Journal of Clinical Endocrinology and Metabolism* 98, no. 5 (May, 2013): 2078-2083.
- Marshall, G. D., Jr. "The Adverse Effects of Psychological Stress on Immunoregulatory Balance: Applications to Human Inflammatory Diseases." *Immunology and Allergy Clinics of North America* 31, no. 1 (Feb, 2011): 133-140.
- McIntyre, C. K. and B. Roozendaal. "Adrenal Stress Hormones and Enhanced Memory for Emotionally Arousing Experiences." In *Neural Plasticity and Memory: From Genes to Brain Imaging*, edited by Bermudez-Rattoni, F. Boca Raton (FL): Taylor & Francis Group, LLC, 2007.

- Miller, G. E., N. Rohleder, and S. W. Cole. "Chronic Interpersonal Stress Predicts Activation of Pro- and Anti-Inflammatory Signaling Pathways 6 Months Later." *Psychosomatic Medicine* 71, no. 1 (Jan, 2009): 57-62.
- Mohamed, A., G. Wilson, W. Johnson, M. Tucci, J. A. Cameron, Z. Cason, and H. Benghuzzi. "The Effects of Sustained Delivery of Corticosterone on the Adrenal Gland of Male and Female Rats - Biomed 2013." *Biomedical Sciences Instrumentation* 49, (2013): 94-100.
- Mori, H., H. Yamamoto, M. Kuwashima, S. Saito, H. Ukai, K. Hirao, M. Yamauchi, and S. Umemura. "How does Deep Breathing Affect Office Blood Pressure and Pulse Rate?" *Hypertension Research : Official Journal of the Japanese Society of Hypertension* 28, no. 6 (Jun, 2005): 499-504.
- Nahas, Z., L. B. Marangell, M. M. Husain, A. J. Rush, H. A. Sackeim, S. H. Lisanby, J. M. Martinez, and M. S. George. "Two-Year Outcome of Vagus Nerve Stimulation (VNS) for Treatment of Major Depressive Episodes." *The Journal of Clinical Psychiatry* 66, no. 9 (Sep, 2005): 1097-1104.
- Newcomer, J. W., G. Selke, A. K. Melson, T. Hershey, S. Craft, K. Richards, and A. L. Alderson. "Decreased Memory Performance in Healthy Humans Induced by Stress-Level Cortisol Treatment." *Archives of General Psychiatry* 56, no. 6 (Jun, 1999): 527-533.
- Newton, T. L., R. Fernandez-Botran, J. J. Miller, D. J. Lorenz, V. E. Burns, and K. N. Fleming. "Markers of Inflammation in Midlife Women with Intimate Partner Violence Histories." *Journal of Women's Health (2002)* 20, no. 12 (Dec, 2011): 1871-1880.
- Padgett, D. A. and R. Glaser. "How Stress Influences the Immune Response." *Trends in Immunology* 24, no. 8 (Aug, 2003): 444-448.
- Pena, D. F., N. D. Engineer, and C. K. McIntyre. "Rapid Remission of Conditioned Fear Expression with Extinction Training Paired with Vagus Nerve Stimulation." *Biological Psychiatry* 73, no. 11 (Jun 1, 2013): 1071-1077.
- Rahmani, N., S. A. Hashemi, and S. Ehteshami. "Vitamin E and its Clinical Challenges in Cosmetic and Reconstructive Medicine with Focus on Scars; a Review." *JPMA.the Journal of the Pakistan Medical Association* 63, no. 3 (Mar, 2013): 380-382.
- Ranabir, S. and K. Reetu. "Stress and Hormones." *Indian Journal of Endocrinology and Metabolism* 15, no. 1 (Jan, 2011): 18-22.
- Rives, J. D. and D. D. Baker. "Anatomy of the Attachments of the Diaphragm: Their Relation to the Problems of the Surgery of Diaphragmatic Hernia." *Annals of Surgery* 115, no. 5 (May, 1942): 745-755.
- Roosendaal, B., A. Barsegyan, and S. Lee. "Adrenal Stress Hormones, Amygdala Activation, and Memory for Emotionally Arousing Experiences." *Progress in Brain Research* 167, (2008): 79-97.
- Roosendaal, B., E. L. Hahn, S. V. Nathan, D. J. de Quervain, and J. L. McGaugh. "Glucocorticoid Effects on Memory Retrieval Require Concurrent Noradrenergic Activity in the Hippocampus and Basolateral Amygdala." *The Journal of Neuroscience : The Official Journal of the Society for Neuroscience* 24, no. 37 (Sep 15, 2004): 8161-8169.
- Roosendaal, B., B. S. McEwen, and S. Chattarji. "Stress, Memory and the Amygdala." *Nature Reviews.Neuroscience* 10, no. 6 (Jun, 2009): 423-433.

- Rosenberger, P. H., J. R. Ickovics, E. Epel, E. Nadler, P. Jokl, J. P. Fulkerson, J. M. Tillie, and F. S. Dhabhar. "Surgical Stress-Induced Immune Cell Redistribution Profiles Predict Short-Term and Long-Term Postsurgical Recovery. A Prospective Study." *The Journal of Bone and Joint Surgery.American Volume* 91, no. 12 (Dec, 2009): 2783-2794.
- Rosengren, A., S. Hawken, S. Ounpuu, K. Sliwa, M. Zubaid, W. A. Almahmeed, K. N. Blackett, et al. "Association of Psychosocial Risk Factors with Risk of Acute Myocardial Infarction in 11119 Cases and 13648 Controls from 52 Countries (the INTERHEART Study): Case-Control Study." *Lancet* 364, no. 9438 (Sep 11-17, 2004): 953-962.
- Saeed, R. W., S. Varma, T. Peng-Nemeroff, B. Sherry, D. Balakhaneh, J. Huston, K. J. Tracey, Y. Al-Abed, and C. N. Metz. "Cholinergic Stimulation Blocks Endothelial Cell Activation and Leukocyte Recruitment during Inflammation." *The Journal of Experimental Medicine* 201, no. 7 (Apr 4, 2005): 1113-1123.
- Sevenster, D., T. Beckers, and M. Kindt. "Prediction Error Governs Pharmacologically Induced Amnesia for Learned Fear." *Science (New York, N.Y.)* 339, no. 6121 (Feb 15, 2013): 830-833.
- Sheridan, J. F., C. Dobbs, J. Jung, X. Chu, A. Konstantinos, D. Padgett, and R. Glaser. "Stress-Induced Neuroendocrine Modulation of Viral Pathogenesis and Immunity." *Annals of the New York Academy of Sciences* 840, (May 1, 1998): 803-808.
- Sheridan, J. F., D. A. Padgett, R. Avitsur, and P. T. Marucha. "Experimental Models of Stress and Wound Healing." *World Journal of Surgery* 28, no. 3 (Mar, 2004): 327-330.
- Sherin, J. E. and C. B. Nemeroff. "Post-Traumatic Stress Disorder: The Neurobiological Impact of Psychological Trauma." *Dialogues in Clinical Neuroscience* 13, no. 3 (2011): 263-278.
- Shin, L. M. and I. Liberzon. "The Neurocircuitry of Fear, Stress, and Anxiety Disorders." *Neuropsychopharmacology : Official Publication of the American College of Neuropsychopharmacology* 35, no. 1 (Jan, 2010): 169-191.
- Song, C., G. Kenis, A. van Gastel, E. Bosmans, A. Lin, R. de Jong, H. Neels, et al. "Influence of Psychological Stress on Immune-Inflammatory Variables in Normal Humans. Part II. Altered Serum Concentrations of Natural Anti-Inflammatory Agents and Soluble Membrane Antigens of Monocytes and T Lymphocytes." *Psychiatry Research* 85, no. 3 (Mar 22, 1999): 293-303.
- Stroud, C. B., J. Davila, C. Hammen, and S. Vrshek-Schallhorn. "Severe and Nonsevere Events in First Onsets Versus Recurrences of Depression: Evidence for Stress Sensitization." *Journal of Abnormal Psychology* 120, no. 1 (Feb, 2011): 142-154.
- Suarez, K., C. Mayer, U. Ehlert, and U. M. Nater. "Psychological Stress and Self-Reported Functional Gastrointestinal Disorders." *The Journal of Nervous and Mental Disease* 198, no. 3 (Mar, 2010): 226-229.
- Tsigos, C. and G. P. Chrousos. "Hypothalamic-Pituitary-Adrenal Axis, Neuroendocrine Factors and Stress." *Journal of Psychosomatic Research* 53, no. 4 (Oct, 2002): 865-871.
- van Dixhoorn, J. and A. White. "Relaxation Therapy for Rehabilitation and Prevention in Ischaemic Heart Disease: A Systematic Review and Meta-Analysis." *European Journal of Cardiovascular Prevention and Rehabilitation : Official Journal of the European Society of Cardiology, Working Groups on Epidemiology & Prevention and Cardiac Rehabilitation and Exercise Physiology* 12, no. 3 (Jun, 2005): 193-202.

- van Dixhoorn, J. J. and H. J. Duivenvoorden. "Effect of Relaxation Therapy on Cardiac Events After Myocardial Infarction: A 5-Year Follow-Up Study." *Journal of Cardiopulmonary Rehabilitation* 19, no. 3 (May-Jun, 1999): 178-185.
- van Stegeren, A. H., B. Roozendaal, M. Kindt, O. T. Wolf, and M. Joels. "Interacting Noradrenergic and Corticosteroid Systems Shift Human Brain Activation Patterns during Encoding." *Neurobiology of Learning and Memory* 93, no. 1 (Jan, 2010): 56-65.
- Verrier, R. L. and M. A. Mittelman. "Cardiovascular Consequences of Anger and Other Stress States." *Bailliere's Clinical Neurology* 6, no. 2 (Jul, 1997): 245-259.
- Vgontzas, A. N., C. Tsigos, E. O. Bixler, C. A. Stratakis, K. Zachman, A. Kales, A. Vela-Bueno, and G. P. Chrousos. "Chronic Insomnia and Activity of the Stress System: A Preliminary Study." *Journal of Psychosomatic Research* 45, no. 1 (Jul, 1998): 21-31.
- Vileikyte, L. "Stress and Wound Healing." *Clinics in Dermatology* 25, no. 1 (Jan-Feb, 2007): 49-55.
- Vyas, S. and L. Maatouk. "Contribution of Glucocorticoids and Glucocorticoid Receptors to the Regulation of Neurodegenerative Processes." *CNS & Neurological Disorders Drug Targets* (Sep 4, 2013).
- Wager-Smith, K. and A. Markou. "Depression: A Repair Response to Stress-Induced Neuronal Microdamage that can Grade into a Chronic Neuroinflammatory Condition?" *Neuroscience and Biobehavioral Reviews* 35, no. 3 (Jan, 2011): 742-764.
- Walburn, J., K. Vedhara, M. Hankins, L. Rixon, and J. Weinman. "Psychological Stress and Wound Healing in Humans: A Systematic Review and Meta-Analysis." *Journal of Psychosomatic Research* 67, no. 3 (Sep, 2009): 253-271.
- Wallace, D. M., S. Shafazand, A. R. Ramos, D. Z. Carvalho, H. Gardener, D. Lorenzo, and W. K. Wohlgemuth. "Insomnia Characteristics and Clinical Correlates in Operation Enduring Freedom/Operation Iraqi Freedom Veterans with Post-Traumatic Stress Disorder and Mild Traumatic Brain Injury: An Exploratory Study." *Sleep Medicine* 12, no. 9 (Oct, 2011): 850-859.
- Wani, A., K. Trevino, P. Marnell, and M. M. Husain. "Advances in Brain Stimulation for Depression." *Annals of Clinical Psychiatry : Official Journal of the American Academy of Clinical Psychiatrists* 25, no. 3 (Aug, 2013): 217-224.
- Wilson, T., S. E. Baker, M. R. Freeman, M. R. Garbrecht, F. R. Ragsdale, D. A. Wilson, and C. Malone. "Relaxation Breathing Improves Human Glycemic Response." *Journal of Alternative and Complementary Medicine (New York, N.Y.)* 19, no. 7 (Jul, 2013): 633-636.
- Wium-Andersen, M. K., D. D. Orsted, S. F. Nielsen, and B. G. Nordestgaard. "Elevated C-Reactive Protein Levels, Psychological Distress, and Depression in 73, 131 Individuals." *JAMA Psychiatry (Chicago, Ill.)* 70, no. 2 (Feb, 2013): 176-184.
- Wright, C. E., M. Ebrecht, R. Mitchell, A. Anggiansah, and J. Weinman. "The Effect of Psychological Stress on Symptom Severity and Perception in Patients with Gastro-Oesophageal Reflux." *Journal of Psychosomatic Research* 59, no. 6 (Dec, 2005): 415-424.

- Yeager, M. P., P. A. Pioli, and P. M. Guyre. "Cortisol Exerts Bi-Phasic Regulation of Inflammation in Humans." *Dose-Response : A Publication of International Hormesis Society* 9, no. 3 (2011): 332-347.
- Yeager, M. P., P. A. Pioli, K. Wardwell, M. L. Beach, P. Martel, H. K. Lee, A. J. Rassias, and P. M. Guyre. "In Vivo Exposure to High Or Low Cortisol has Biphasic Effects on Inflammatory Response Pathways of Human Monocytes." *Anesthesia and Analgesia* 107, no. 5 (Nov, 2008): 1726-1734.
- Yeager, M. P., A. J. Rassias, M. P. Fillinger, A. W. Discipio, K. E. Gloor, J. A. Gregory, and P. M. Guyre. "Cortisol Antiinflammatory Effects are Maximal at Postoperative Plasma Concentrations." *Critical Care Medicine* 33, no. 7 (Jul, 2005): 1507-1512.
- The Effects of Yoga, Tai Chi, Qigong, Breathing Exercises, Meditation, and Acupuncture on Stress and PTSD**
- "The Health Benefits of Tai Chi. this Gentle Form of Exercise can Prevent Or Ease Many Ills of Aging and could be the Perfect Activity for the Rest of Your Life." *Harvard Women's Health Watch* 16, no. 9 (May, 2009): 2-4.
- Abbott, R. and H. Lavretsky. "Tai Chi and Qigong for the Treatment and Prevention of Mental Disorders." *The Psychiatric Clinics of North America* 36, no. 1 (Mar, 2013): 109-119.
- Adhana, R., R. Gupta, J. Dvivedii, and S. Ahmad. "The Influence of the 2:1 Yogic Breathing Technique on Essential Hypertension." *Indian Journal of Physiology and Pharmacology* 57, no. 1 (Jan-Mar, 2013): 38-44.
- Amano, S., J. R. Nocera, S. Vallabhajosula, J. L. Juncos, R. J. Gregor, D. E. Waddell, S. L. Wolf, and C. J. Hass. "The Effect of Tai Chi Exercise on Gait Initiation and Gait Performance in Persons with Parkinson's Disease." *Parkinsonism & Related Disorders* (Jul 5, 2013).
- Agarwal, Shaski. "Evidence-Based Medical Benefits of Yoga." *Indian Journal of Science* 2, No. 3 (Jan 2013): 1-4.
- Baxter, A. and A. J P Francis. "Positive Impact of Tai Chi Chuan Participation on Biopsychosocial Quality of Life Compared to Exercise and Sedentary Controls: A Cross-Sectional Survey." *Journal of Complementary & Integrative Medicine* 10, (May 24, 2013): 10.1515/jcim-2012-0008.
- Bhavanani, A. B., Madanmohan, Z. Sanjay, and I. V. Basavaraddi. "Immediate Cardiovascular Effects of Pranava Pranayama in Hypertensive Patients." *Indian Journal of Physiology and Pharmacology* 56, no. 3 (Jul-Sep, 2012): 273-278.
- Cappello, M. and A. De Troyer. "On the Respiratory Function of the Ribs." *Journal of Applied Physiology (Bethesda, Md.: 1985)* 92, no. 4 (Apr, 2002): 1642-1646.
- Chang, M. Y., S. C. Yeh, M. C. Chu, T. M. Wu, and T. H. Huang. "Associations between Tai Chi Chung Program, Anxiety, and Cardiovascular Risk Factors." *American Journal of Health Promotion : AJHP* 28, no. 1 (Sep-Oct, 2013): 16-22.
- Creswell, J. D., M. R. Irwin, L. J. Burklund, M. D. Lieberman, J. M. Arevalo, J. Ma, E. C. Breen, and S. W. Cole. "Mindfulness-Based Stress Reduction Training Reduces Loneliness and

- Pro-Inflammatory Gene Expression in Older Adults: A Small Randomized Controlled Trial." *Brain, Behavior, and Immunity* 26, no. 7 (Oct, 2012): 1095-1101.
- Creswell, J. D., H. F. Myers, S. W. Cole, and M. R. Irwin. "Mindfulness Meditation Training Effects on CD4+ T Lymphocytes in HIV-1 Infected Adults: A Small Randomized Controlled Trial." *Brain, Behavior, and Immunity* 23, no. 2 (Feb, 2009): 184-188.
- Ding, M. "Tai Chi for Stroke Rehabilitation: A Focused Review." *American Journal of Physical Medicine & Rehabilitation / Association of Academic Physiatrists* 91, no. 12 (Dec, 2012): 1091-1096.
- Dorcas, A. and P. Yung. "Qigong: Harmonising the Breath, the Body and the Mind." *Complementary Therapies in Nursing & Midwifery* 9, no. 4 (Nov, 2003): 198-202.
- Drabkin, A. and R. Glickman-Simon. "Capsaicin for Postherpetic Neuralgia, Antenatal Self-Hypnosis Training, Tai Chi to Reduce Fall Risk, Acupuncture for Acute Low Back Pain, and Biofeedback for Tension Headache." *Explore (New York, N.Y.)* 9, no. 5 (Sep-Oct, 2013): 334-337.
- Eshkevari, L., E. Permaul, and S. E. Mulrone. "Acupuncture Blocks Cold Stress-Induced Increases in the Hypothalamus-Pituitary-Adrenal Axis in the Rat." *The Journal of Endocrinology* 217, no. 1 (Mar 15, 2013): 95-104.
- Fayed, N., Y. Lopez Del Hoyo, E. Andres, A. Serrano-Blanco, J. Bellon, K. Aguilar, A. Cebolla, and J. Garcia-Campayo. "Brain Changes in Long-Term Zen Meditators using Proton Magnetic Resonance Spectroscopy and Diffusion Tensor Imaging: A Controlled Study." *PloS One* 8, no. 3 (2013): e58476.
- Field, T. "Tai Chi Research Review." *Complementary Therapies in Clinical Practice* 17, no. 3 (Aug, 2011): 141-146.
- Field, T., M. Diego, and M. Hernandez-Reif. "Tai chi/yoga Effects on Anxiety, Heartrate, EEG and Math Computations." *Complementary Therapies in Clinical Practice* 16, no. 4 (Nov, 2010): 235-238.
- Fong, S. S., S. S. Ng, W. S. Luk, J. W. Chung, L. M. Chung, W. W. Tsang, and L. P. Chow. "Shoulder Mobility, Muscular Strength, and Quality of Life in Breast Cancer Survivors with and without Tai Chi Qigong Training." *Evidence-Based Complementary and Alternative Medicine : ECAM* 2013, (2013): 787169.
- Fong, S. S., S. S. Ng, W. S. Luk, J. W. Chung, J. S. Ho, M. Ying, and A. W. Ma. "Effects of Qigong Exercise on Upper Limb Lymphedema and Blood Flow in Survivors of Breast Cancer: A Pilot Study." *Integrative Cancer Therapies* (Jun 7, 2013).
- Gallegos, A. M., M. Hoerger, N. L. Talbot, J. A. Moynihan, and P. R. Duberstein. "Emotional Benefits of Mindfulness-Based Stress Reduction in Older Adults: The Moderating Roles of Age and Depressive Symptom Severity." *Ageing & Mental Health* 17, no. 7 (Sep, 2013): 823-829.
- Hochberg, M. C., R. D. Altman, K. T. April, M. Benkhalti, G. Guyatt, J. McGowan, T. Towheed, et al. "American College of Rheumatology 2012 Recommendations for the use of Nonpharmacologic and Pharmacologic Therapies in Osteoarthritis of the Hand, Hip, and Knee." *Arthritis Care & Research* 64, no. 4 (Apr, 2012): 465-474.

- Jahnke, R., L. Larkey, C. Rogers, J. Etnier, and F. Lin. "A Comprehensive Review of Health Benefits of Qigong and Tai Chi." *American Journal of Health Promotion : AJHP* 24, no. 6 (Jul-Aug, 2010): e1-e25.
- Jahnke, R. A., L. K. Larkey, and C. Rogers. "Dissemination and Benefits of a Replicable Tai Chi and Qigong Program for Older Adults." *Geriatric Nursing (New York, N.Y.)* 31, no. 4 (Jul-Aug, 2010): 272-280.
- Jindal, V., S. Gupta, and R. Das. "Molecular Mechanisms of Meditation." *Molecular Neurobiology* (Jun 5, 2013).
- Jones, B. M. "Changes in Cytokine Production in Healthy Subjects Practicing Guolin Qigong : A Pilot Study." *BMC Complementary and Alternative Medicine* 1, (2001): 8.
- Kearney, D. J., C. A. Malte, C. McManus, M. E. Martinez, B. Felleman, and T. L. Simpson. "Loving-Kindness Meditation for Posttraumatic Stress Disorder: A Pilot Study." *Journal of Traumatic Stress* 26, no. 4 (Aug, 2013): 426-434.
- Kearney, D. J., K. McDermott, C. Malte, M. Martinez, and T. L. Simpson. "Effects of Participation in a Mindfulness Program for Veterans with Posttraumatic Stress Disorder: A Randomized Controlled Pilot Study." *Journal of Clinical Psychology* 69, no. 1 (Jan, 2013): 14-27.
- Kerr Grieve, J., S. Flucker, and J. O'Riordan. "Acupuncture is an Effective Treatment for Pain and Other Ms Symptoms." *Journal of Neurology, Neurosurgery, and Psychiatry* 84, no. 11 (Nov, 2013): e2.
- Kim, S. H., S. M. Schneider, M. Bevans, L. Kravitz, C. Mermier, C. Qualls, and M. R. Burge. "PTSD Symptom Reduction with Mindfulness-Based Stretching and Deep Breathing Exercise: Randomized Controlled Clinical Trial of Efficacy." *The Journal of Clinical Endocrinology and Metabolism* 98, no. 7 (Jul, 2013): 2984-2992.
- Kimbrough, E., T. Magyari, P. Langenberg, M. Chesney, and B. Berman. "Mindfulness Intervention for Child Abuse Survivors." *Journal of Clinical Psychology* 66, no. 1 (Jan, 2010): 17-33.
- King, A. P., T. M. Erickson, N. D. Giardino, T. Favorite, S. A. Rauch, E. Robinson, M. Kulkarni, and I. Liberzon. "A Pilot Study of Group Mindfulness-Based Cognitive Therapy (MBCT) for Combat Veterans with Posttraumatic Stress Disorder (PTSD)." *Depression and Anxiety* 30, no. 7 (Jul, 2013): 638-645.
- Kohn, David. *Mindfulness and meditation Training Could ease PTSD symptoms, researchers say.* www.washingtonpost.com/national/health-science/mindfulness-and-meditation-training-could-ease-ptsd-symptoms-researchers-say/2013/02/16/a296a52a-4ad2-11e2-b709-667035ff9029_story.html
- Lam, L. C., R. C. Chau, B. M. Wong, A. W. Fung, V. W. Lui, C. C. Tam, G. T. Leung, et al. "Interim Follow-Up of a Randomized Controlled Trial Comparing Chinese Style Mind Body (Tai Chi) and Stretching Exercises on Cognitive Function in Subjects at Risk of Progressive Cognitive Decline." *International Journal of Geriatric Psychiatry* 26, no. 7 (Jul, 2011): 733-740.
- Lee, M. S. and E. Ernst. "Systematic Reviews of t'Ai Chi: An Overview." *British Journal of Sports Medicine* 46, no. 10 (Aug, 2012): 713-718.

- Lei, X. F., A. H. Bi, Z. X. Zhang, and Z. Y. Cheng. "The Antitumor Effects of Qigong-Emitted External Qi and its Influence on the Immunologic Functions of Tumor-Bearing Mice." *Journal of Tongji Medical University = Tong Ji Yi Ke Da Xue Xue Bao* 11, no. 4 (1991): 253-256.
- Li, H. and R. W. Geib. "Exploring the use of Five Color Flow Cytometry to Examine the Effect of Acute Tai Chi Practice on Pro Inflammatory Monocyte Subtypes - Biomed 2013." *Biomedical Sciences Instrumentation* 49, (2013): 209-215.
- Li, Q. Z., P. Li, G. E. Garcia, R. J. Johnson, and L. Feng. "Genomic Profiling of Neutrophil Transcripts in Asian Qigong Practitioners: A Pilot Study in Gene Regulation by Mind-Body Interaction." *Journal of Alternative and Complementary Medicine (New York, N.Y.)* 11, no. 1 (Feb, 2005): 29-39.
- Lin, C. L., C. P. Lin, and S. Y. Lien. "The Effect of Tai Chi for Blood Pressure, Blood Sugar, Blood Lipid Control for Patients with Chronic Diseases: A Systematic Review." *Hu Li Za Zhi the Journal of Nursing* 60, no. 1 (Feb, 2013): 69-77.
- Lorenc, A. B., Y. Wang, S. L. Madge, X. Hu, A. M. Mian, and N. Robinson. "Meditative Movement for Respiratory Function: A Systematic Review." *Respiratory Care* (Jul 23, 2013).
- Manko, G., A. Ziolkowski, A. Mirski, and M. Klosinski. "The Effectiveness of Selected Tai Chi Exercises in a Program of Strategic Rehabilitation Aimed at Improving the Self-Care Skills of Patients Aroused from Prolonged Coma After Severe TBI." *Medical Science Monitor : International Medical Journal of Experimental and Clinical Research* 19, (Sep 16, 2013): 767-772.
- Mori, H., H. Yamamoto, M. Kuwashima, S. Saito, H. Ukai, K. Hirao, M. Yamauchi, and S. Umemura. "How does Deep Breathing Affect Office Blood Pressure and Pulse Rate?" *Hypertension Research : Official Journal of the Japanese Society of Hypertension* 28, no. 6 (Jun, 2005): 499-504.
- Mortimer, J. A., D. Ding, A. R. Borenstein, C. DeCarli, Q. Guo, Y. Wu, Q. Zhao, and S. Chu. "Changes in Brain Volume and Cognition in a Randomized Trial of Exercise and Social Interaction in a Community-Based Sample of Non-Demented Chinese Elders." *Journal of Alzheimer's Disease : JAD* 30, no. 4 (2012): 757-766.
- Park, M. and R. Song. "Effects of Tai Chi on Fall Risk Factors: A Meta-Analysis." *Journal of Korean Academy of Nursing* 43, no. 3 (Jun, 2013): 341-351.
- Peng, P. W. "Tai Chi and Chronic Pain." *Regional Anesthesia and Pain Medicine* 37, no. 4 (Jul-Aug, 2012): 372-382.
- Rees, B. "Overview of Outcome Data of Potential Meditation Training for Soldier Resilience." *Military Medicine* 176, no. 11 (Nov, 2011): 1232-1242.
- Rosenthal, J. Z., S. Grosswald, R. Ross, and N. Rosenthal. "Effects of Transcendental Meditation in Veterans of Operation Enduring Freedom and Operation Iraqi Freedom with Posttraumatic Stress Disorder: A Pilot Study." *Military Medicine* 176, no. 6 (Jun, 2011): 626-630.
- Rogers, C., C. Keller, and L. K. Larkey. "Perceived Benefits of Meditative Movement in Older Adults." *Geriatric Nursing (New York, N.Y.)* 31, no. 1 (Jan-Feb, 2010): 37-51.

- Rosado-Perez, J., R. Ortiz, E. Santiago-Osorio, and V. M. Mendoza-Nunez. "Effect of Tai Chi Versus Walking on Oxidative Stress in Mexican Older Adults." *Oxidative Medicine and Cellular Longevity* 2013, (2013): 298590.
- Siddarth, D., P. Siddarth, and H. Lavretsky. "An Observational Study of the Health Benefits of Yoga Or Tai Chi Compared with Aerobic Exercise in Community-Dwelling Middle-Aged and Older Adults." *The American Journal of Geriatric Psychiatry : Official Journal of the American Association for Geriatric Psychiatry* (May 1, 2013).
- Sinha, A. N., D. Deepak, and V. S. Gusain. "Assessment of the Effects of pranayama/alternate Nostril Breathing on the Parasympathetic Nervous System in Young Adults." *Journal of Clinical and Diagnostic Research : JCDR* 7, no. 5 (May, 2013): 821-823.
- Streeter, C. C., P. L. Gerbarg, R. B. Saper, D. A. Ciraulo, and R. P. Brown. "Effects of Yoga on the Autonomic Nervous System, Gamma-Aminobutyric-Acid, and Allostasis in Epilepsy, Depression, and Post-Traumatic Stress Disorder." *Medical Hypotheses* 78, no. 5 (May, 2012): 571-579.
- Streeter, C. C., J. E. Jensen, R. M. Perlmutter, H. J. Cabral, H. Tian, D. B. Terhune, D. A. Ciraulo, and P. F. Renshaw. "Yoga Asana Sessions Increase Brain GABA Levels: A Pilot Study." *Journal of Alternative and Complementary Medicine (New York, N.Y.)* 13, no. 4 (May, 2007): 419-426.
- Sullivan, A. B., J. Scheman, D. Venesy, and S. Davin. "The Role of Exercise and Types of Exercise in the Rehabilitation of Chronic Pain: Specific Or Nonspecific Benefits." *Current Pain and Headache Reports* 16, no. 2 (Apr, 2012): 153-161.
- Tang, Y. Y., Q. Lu, M. Fan, Y. Yang, and M. I. Posner. "Mechanisms of White Matter Changes Induced by Meditation." *Proceedings of the National Academy of Sciences of the United States of America* 109, no. 26 (Jun 26, 2012): 10570-10574.
- Telles, S., A. Yadav, N. Kumar, S. Sharma, N. K. Visweshwaraiah, and A. Balkrishna. "Blood Pressure and Purdue Pegboard Scores in Individuals with Hypertension After Alternate Nostril Breathing, Breath Awareness, and no Intervention." *Medical Science Monitor : International Medical Journal of Experimental and Clinical Research* 19, (Jan 21, 2013): 61-66.
- Tiedemann, A., S. O'Rourke, R. Sesto, and C. Sherrington. "A 12-Week Iyengar Yoga Program Improved Balance and Mobility in Older Community-Dwelling People: A Pilot Randomized Controlled Trial." *The Journals of Gerontology. Series A, Biological Sciences and Medical Sciences* 68, no. 9 (Sep, 2013): 1068-1075.
- van Dixhoorn, J. and A. White. "Relaxation Therapy for Rehabilitation and Prevention in Ischaemic Heart Disease: A Systematic Review and Meta-Analysis." *European Journal of Cardiovascular Prevention and Rehabilitation : Official Journal of the European Society of Cardiology, Working Groups on Epidemiology & Prevention and Cardiac Rehabilitation and Exercise Physiology* 12, no. 3 (Jun, 2005): 193-202.
- van Dixhoorn, J. J. and H. J. Duivenvoorden. "Effect of Relaxation Therapy on Cardiac Events After Myocardial Infarction: A 5-Year Follow-Up Study." *Journal of Cardiopulmonary Rehabilitation* 19, no. 3 (May-Jun, 1999): 178-185.

- Waite-Jones, J. M., C. A. Hale, and H. Y. Lee. "Psychosocial Effects of Tai Chi Exercise on People with Rheumatoid Arthritis." *Journal of Clinical Nursing* (Sep 13, 2013).
- Wang, C. "Role of Tai Chi in the Treatment of Rheumatologic Diseases." *Current Rheumatology Reports* 14, no. 6 (Dec, 2012): 598-603.
- Wang, C. W., C. L. Chan, R. T. Ho, H. W. Tsang, C. H. Chan, and S. M. Ng. "The Effect of Qigong on Depressive and Anxiety Symptoms: A Systematic Review and Meta-Analysis of Randomized Controlled Trials." *Evidence-Based Complementary and Alternative Medicine : ECAM* 2013, (2013): 716094.
- Wang, F., E. K. Lee, T. Wu, H. Benson, G. Fricchione, W. Wang, and A. S. Yeung. "The Effects of Tai Chi on Depression, Anxiety, and Psychological Well-being: A Systematic Review and Meta-Analysis." *International Journal of Behavioral Medicine* (Sep 28, 2013).
- Wang, J., B. Feng, X. Yang, W. Liu, F. Teng, S. Li, and X. Xiong. "Tai Chi for Essential Hypertension." *Evidence-Based Complementary and Alternative Medicine : ECAM* 2013, (2013): 215254.
- Wang, N., X. Zhang, Y. B. Xiang, H. Li, G. Yang, J. Gao, W. Zheng, and X. O. Shu. "Associations of Tai Chi, Walking, and Jogging with Mortality in Chinese Men." *American Journal of Epidemiology* 178, no. 5 (Sep 1, 2013): 791-796.
- Wang, X. M. and S. L. Yang. "The Effect of Acupuncture in 90 Cases of Sequelae of Brain Concussion." *Journal of Traditional Chinese Medicine = Chung i Tsa Chih Ying Wen Pan / Sponsored by all-China Association of Traditional Chinese Medicine, Academy of Traditional Chinese Medicine* 8, no. 2 (Jun, 1988): 127-128.
- Wilson, T., S. E. Baker, M. R. Freeman, M. R. Garbrecht, F. R. Ragsdale, D. A. Wilson, and C. Malone. "Relaxation Breathing Improves Human Glycemic Response." *Journal of Alternative and Complementary Medicine (New York, N.Y.)* 19, no. 7 (Jul, 2013): 633-636.
- Yadav, R. K., D. Magan, N. Mehta, R. Sharma, and S. C. Mahapatra. "Efficacy of a Short-Term Yoga-Based Lifestyle Intervention in Reducing Stress and Inflammation: Preliminary Results." *Journal of Alternative and Complementary Medicine (New York, N.Y.)* 18, no. 7 (Jul, 2012): 662-667.
- Yang, K. D., W. C. Chang, H. Chuang, P. W. Wang, R. T. Liu, and S. H. Yeh. "Increased Complement Factor H with Decreased Factor B Determined by Proteomic Differential Displays as a Biomarker of Tai Chi Chuan Exercise." *Clinical Chemistry* 56, no. 1 (Jan, 2010): 127-131.
- Zollman, F. S., E. B. Larson, L. K. Wasek-Throm, C. M. Cyborski, and R. K. Bode. "Acupuncture for Treatment of Insomnia in Patients with Traumatic Brain Injury: A Pilot Intervention Study." *The Journal of Head Trauma Rehabilitation* 27, no. 2 (Mar-Apr, 2012): 135-142.

Part II : Inflammation and Healing

Inflammation

- Amerini, S., M. Ziche, S. T. Greiner, and D. C. Zawieja. "Effects of Substance P on Mesenteric Lymphatic Contractility in the Rat." *Lymphatic Research and Biology* 2, no. 1 (2004): 2-10.
- Angeli, V. and G. J. Randolph. "Inflammation, Lymphatic Function, and Dendritic Cell Migration." *Lymphatic Research and Biology* 4, no. 4 (2006): 217-228.
- Anglund, D. C. and M. K. Channell. "Contribution of Osteopathic Medicine to Care of Patients with Chronic Wounds." *The Journal of the American Osteopathic Association* 111, no. 9 (Sep, 2011): 538-542.
- Bellingan, G. J., H. Caldwell, S. E. Howie, I. Dransfield, and C. Haslett. "In Vivo Fate of the Inflammatory Macrophage during the Resolution of Inflammation: Inflammatory Macrophages do Not Die Locally, but Emigrate to the Draining Lymph Nodes." *Journal of Immunology (Baltimore, Md.: 1950)* 157, no. 6 (Sep 15, 1996): 2577-2585.
- Black, P. H. "The Inflammatory Consequences of Psychologic Stress: Relationship to Insulin Resistance, Obesity, Atherosclerosis and Diabetes Mellitus, Type II." *Medical Hypotheses* 67, no. 4 (2006): 879-891.
- . "The Inflammatory Response is an Integral Part of the Stress Response: Implications for Atherosclerosis, Insulin Resistance, Type II Diabetes and Metabolic Syndrome X." *Brain, Behavior, and Immunity* 17, no. 5 (Oct, 2003): 350-364.
- . "Stress and the Inflammatory Response: A Review of Neurogenic Inflammation." *Brain, Behavior, and Immunity* 16, no. 6 (Dec, 2002): 622-653.
- Black, P. H. and L. D. Garbutt. "Stress, Inflammation and Cardiovascular Disease." *Journal of Psychosomatic Research* 52, no. 1 (Jan, 2002): 1-23.
- Bongi, S. M., A. Del Rosso, M. Passalacqua, S. Miccio, and M. M. Cerinic. "Manual Lymph Drainage Improving Upper Extremity Edema and Hand Function in Patients with Systemic Sclerosis in Edematous Phase." *Arthritis Care & Research* 63, no. 8 (Aug, 2011): 1134-1141.
- Borroni, E. M., C. Buracchi, Y. M. de la Torre, E. Galliera, A. Vecchi, R. Bonecchi, A. Mantovani, and M. Locati. "The Chemoattractant Decoy Receptor D6 as a Negative Regulator of Inflammatory Responses." *Biochemical Society Transactions* 34, no. Pt 6 (Dec, 2006): 1014-1017.
- Broadbent, E., A. Kahokehr, R. J. Booth, J. Thomas, J. A. Windsor, C. M. Buchanan, B. R. Wheeler, T. Sammour, and A. G. Hill. "A Brief Relaxation Intervention Reduces Stress and Improves Surgical Wound Healing Response: A Randomised Trial." *Brain, Behavior, and Immunity* 26, no. 2 (Feb, 2012): 212-217.
- Butterfield, T. A., T. M. Best, and M. A. Merrick. "The Dual Roles of Neutrophils and Macrophages in Inflammation: A Critical Balance between Tissue Damage and Repair." *Journal of Athletic Training* 41, no. 4 (Oct-Dec, 2006): 457-465.

- Cannell, J. J., M. Zasloff, C. F. Garland, R. Scragg, and E. Giovannucci. "On the Epidemiology of Influenza." *Virology Journal* 5, (Feb 25, 2008): 29-422X-5-29.
- Chakraborty, S., M. Gurusamy, D. C. Zawieja, and M. Muthuchamy. "Lymphatic Filariasis: Perspectives on Lymphatic Remodeling and Contractile Dysfunction in Filarial Disease Pathogenesis." *Microcirculation (New York, N.Y.: 1994)* 20, no. 5 (Jul, 2013): 349-364.
- Chakraborty, S., S. Zawieja, W. Wang, D. C. Zawieja, and M. Muthuchamy. "Lymphatic System: A Vital Link between Metabolic Syndrome and Inflammation." *Annals of the New York Academy of Sciences* 1207 Suppl 1, (Oct, 2010): E94-102.
- . "Lymphatic System: A Vital Link between Metabolic Syndrome and Inflammation." *Annals of the New York Academy of Sciences* 1207 Suppl 1, (Oct, 2010): E94-102.
- Choi, I., S. Lee, and Y. K. Hong. "The New Era of the Lymphatic System: No Longer Secondary to the Blood Vascular System." *Cold Spring Harbor Perspectives in Medicine* 2, no. 4 (Apr, 2012): a006445.
- Creasy, C., A. Schander, A. Orlowski, and L. M. Hodge. "Thoracic and Abdominal Lymphatic Pump Techniques Inhibit the Growth of *S. Pneumoniae* Bacteria in the Lungs of Rats." *Lymphatic Research and Biology* 11, no. 3 (Sep, 2013): 183-186.
- Cueni, L. N. and M. Detmar. "The Lymphatic System in Health and Disease." *Lymphatic Research and Biology* 6, no. 3-4 (2008): 109-122.
- Das, U. N. "Is Multiple Sclerosis a Proresolution Deficiency Disorder?" *Nutrition (Burbank, Los Angeles County, Calif.)* 28, no. 10 (Oct, 2012): 951-958.
- Davis, M. J., M. M. Lane, A. M. Davis, D. Durtschi, D. C. Zawieja, M. Muthuchamy, and A. A. Gashev. "Modulation of Lymphatic Muscle Contractility by the Neuropeptide Substance P." *American Journal of Physiology. Heart and Circulatory Physiology* 295, no. 2 (Aug, 2008): H587-97.
- . "Modulation of Lymphatic Muscle Contractility by the Neuropeptide Substance P." *American Journal of Physiology. Heart and Circulatory Physiology* 295, no. 2 (Aug, 2008): H587-97.
- deCathelineau, A. M. and P. M. Henson. "The Final Step in Programmed Cell Death: Phagocytes Carry Apoptotic Cells to the Grave." *Essays in Biochemistry* 39, (2003): 105-117.
- Degenhardt, B. F. and M. L. Kuchera. "Update on Osteopathic Medical Concepts and the Lymphatic System." *The Journal of the American Osteopathic Association* 96, no. 2 (Feb, 1996): 97-100.
- Dhabhar, F. S., W. B. Malarkey, E. Neri, and B. S. McEwen. "Stress-Induced Redistribution of Immune Cells--from Barracks to Boulevards to Battlefields: A Tale of Three Hormones--Curt Richter Award Winner." *Psychoneuroendocrinology* 37, no. 9 (Sep, 2012): 1345-1368.
- Dixon, J. B. "Lymphatic Lipid Transport: Sewer Or Subway?" *Trends in Endocrinology and Metabolism: TEM* 21, no. 8 (Aug, 2010): 480-487.
- do Vale, A., C. Costa-Ramos, A. Silva, D. S. Silva, F. Gartner, N. M. dos Santos, and M. T. Silva. "Systemic Macrophage and Neutrophil Destruction by Secondary Necrosis Induced

- by a Bacterial Exotoxin in a Gram-Negative Septicaemia." *Cellular Microbiology* 9, no. 4 (Apr, 2007): 988-1003.
- Egger, G. "In Search of a Germ Theory Equivalent for Chronic Disease." *Preventing Chronic Disease* 9, (2012): E95.
- . "Obesity, Chronic Disease, and Economic Growth: A Case for "Big Picture" Prevention." *Advances in Preventive Medicine* 2011, (2011): 149158.
- Elenkov, I. J. and G. P. Chrousos. "Stress Hormones, Proinflammatory and Antiinflammatory Cytokines, and Autoimmunity." *Annals of the New York Academy of Sciences* 966, (Jun, 2002): 290-303.
- . "Stress, Cytokine Patterns and Susceptibility to Disease." *Bailliere's Best Practice & Research. Clinical Endocrinology & Metabolism* 13, no. 4 (Dec, 1999): 583-595.
- Fitzpatrick, L. R. "Probiotics for the Treatment of Clostridium Difficile Associated Disease." *World Journal of Gastrointestinal Pathophysiology* 4, no. 3 (Aug 15, 2013): 47-52.
- Freire, M. O. and T. E. Van Dyke. "Natural Resolution of Inflammation." *Periodontology* 2000 63, no. 1 (Oct, 2013): 149-164.
- Garcia-Romo, G. S., S. Caielli, B. Vega, J. Connolly, F. Allantaz, Z. Xu, M. Punaro, et al. "Netting Neutrophils are Major Inducers of Type I IFN Production in Pediatric Systemic Lupus Erythematosus." *Science Translational Medicine* 3, no. 73 (Mar 9, 2011): 73ra20.
- . "Netting Neutrophils are Major Inducers of Type I IFN Production in Pediatric Systemic Lupus Erythematosus." *Science Translational Medicine* 3, no. 73 (Mar 9, 2011): 73ra20.
- Guo, R., Q. Zhou, S. T. Proulx, R. Wood, R. C. Ji, C. T. Ritchlin, B. Pytowski, et al. "Inhibition of Lymphangiogenesis and Lymphatic Drainage Via Vascular Endothelial Growth Factor Receptor 3 Blockade Increases the Severity of Inflammation in a Mouse Model of Chronic Inflammatory Arthritis." *Arthritis and Rheumatism* 60, no. 9 (Sep, 2009): 2666-2676.
- Heasman, S. J., K. M. Giles, C. Ward, A. G. Rossi, C. Haslett, and I. Dransfield. "Glucocorticoid-Mediated Regulation of Granulocyte Apoptosis and Macrophage Phagocytosis of Apoptotic Cells: Implications for the Resolution of Inflammation." *The Journal of Endocrinology* 178, no. 1 (Jul, 2003): 29-36.
- Hodge, L. M. "Osteopathic Lymphatic Pump Techniques to Enhance Immunity and Treat Pneumonia." *International Journal of Osteopathic Medicine : IJOM* 15, no. 1 (Mar, 2012): 13-21.
- Hodge, L. M., M. K. Bearden, A. Schander, J. B. Huff, A. Williams Jr, H. H. King, and H. F. Downey. "Lymphatic Pump Treatment Mobilizes Leukocytes from the Gut Associated Lymphoid Tissue into Lymph." *Lymphatic Research and Biology* 8, no. 2 (Jun, 2010): 103-110.
- Hodge, L. M. and H. F. Downey. "Lymphatic Pump Treatment Enhances the Lymphatic and Immune Systems." *Experimental Biology and Medicine (Maywood, N.J.)* 236, no. 10 (Oct, 2011): 1109-1115.
- Hodge, L. M., H. H. King, A. G. Williams Jr, S. J. Reder, T. Belavadi, J. W. Simecka, S. T. Stoll, and H. F. Downey. "Abdominal Lymphatic Pump Treatment Increases Leukocyte Count

- and Flux in Thoracic Duct Lymph." *Lymphatic Research and Biology* 5, no. 2 (2007): 127-133.
- Hoffmann, P. R., A. M. deCathelineau, C. A. Ogden, Y. Leverrier, D. L. Bratton, D. L. Daleke, A. J. Ridley, V. A. Fadok, and P. M. Henson. "Phosphatidylserine (PS) Induces PS Receptor-Mediated Macropinocytosis and Promotes Clearance of Apoptotic Cells." *The Journal of Cell Biology* 155, no. 4 (Nov 12, 2001): 649-659.
- Huff, J. B., A. Schander, H. F. Downey, and L. M. Hodge. "Lymphatic Pump Treatment Augments Lymphatic Flux of Lymphocytes in Rats." *Lymphatic Research and Biology* 8, no. 4 (Dec, 2010): 183-187.
- Huggenberger, R., S. S. Siddiqui, D. Brander, S. Ullmann, K. Zimmermann, M. Antsiferova, S. Werner, K. Alitalo, and M. Detmar. "An Important Role of Lymphatic Vessel Activation in Limiting Acute Inflammation." *Blood* 117, no. 17 (Apr 28, 2011): 4667-4678.
- Huggenberger, R., S. Ullmann, S. T. Proulx, B. Pytowski, K. Alitalo, and M. Detmar. "Stimulation of Lymphangiogenesis Via VEGFR-3 Inhibits Chronic Skin Inflammation." *The Journal of Experimental Medicine* 207, no. 10 (Sep 27, 2010): 2255-2269.
- Hwang, S. T. "Homeward Bound: How do Skin Dendritic Cells Find their Way into the Lymph System?" *The Journal of Investigative Dermatology* 132, no. 4 (Apr, 2012): 1070-1073.
- Isobe, Y., T. Kato, and M. Arita. "Emerging Roles of Eosinophils and Eosinophil-Derived Lipid Mediators in the Resolution of Inflammation." *Frontiers in Immunology* 3, (2012): 270.
- Jaillon, S., M. R. Galdiero, D. Del Prete, M. A. Cassatella, C. Garlanda, and A. Mantovani. "Neutrophils in Innate and Adaptive Immunity." *Seminars in Immunopathology* 35, no. 4 (Jul, 2013): 377-394.
- Johnson, A. M. and J. M. Olefsky. "The Origins and Drivers of Insulin Resistance." *Cell* 152, no. 4 (Feb 14, 2013): 673-684.
- Kajiya, K., R. Huggenberger, I. Drinnenberg, B. Ma, and M. Detmar. "Nitric Oxide Mediates Lymphatic Vessel Activation Via Soluble Guanylate Cyclase alpha1beta1-Impact on Inflammation." *FASEB Journal : Official Publication of the Federation of American Societies for Experimental Biology* 22, no. 2 (Feb, 2008): 530-537.
- Kajiya, K., M. Sawane, R. Huggenberger, and M. Detmar. "Activation of the VEGFR-3 Pathway by VEGF-C Attenuates UVB-Induced Edema Formation and Skin Inflammation by Promoting Lymphangiogenesis." *The Journal of Investigative Dermatology* 129, no. 5 (May, 2009): 1292-1298.
- Kashiwagi, S., K. Hosono, T. Suzuki, A. Takeda, E. Uchinuma, and M. Majima. "Role of COX-2 in Lymphangiogenesis and Restoration of Lymphatic Flow in Secondary Lymphedema." *Laboratory Investigation; a Journal of Technical Methods and Pathology* 91, no. 9 (Sep, 2011): 1314-1325.
- Kasuga, K., R. Yang, T. F. Porter, N. Agrawal, N. A. Petasis, D. Irimia, M. Toner, and C. N. Serhan. "Rapid Appearance of Resolvin Precursors in Inflammatory Exudates: Novel Mechanisms in Resolution." *Journal of Immunology (Baltimore, Md.: 1950)* 181, no. 12 (Dec 15, 2008): 8677-8687.
- Kataru, R. P., K. Jung, C. Jang, H. Yang, R. A. Schwendener, J. E. Baik, S. H. Han, K. Alitalo, and G. Y. Koh. "Critical Role of CD11b+ Macrophages and VEGF in Inflammatory

- Lymphangiogenesis, Antigen Clearance, and Inflammation Resolution." *Blood* 113, no. 22 (May 28, 2009): 5650-5659.
- Knott, E. M., J. D. Tune, S. T. Stoll, and H. F. Downey. "Increased Lymphatic Flow in the Thoracic Duct during Manipulative Intervention." *The Journal of the American Osteopathic Association* 105, no. 10 (Oct, 2005): 447-456.
- Kohli, P. and B. D. Levy. "Resolvins and Protectins: Mediating Solutions to Inflammation." *British Journal of Pharmacology* 158, no. 4 (Oct, 2009): 960-971.
- Kumar, Rakesh K. and Denis Wakefield. "Inflammation: Chronic." In *Els*: John Wiley & Sons, Ltd, 2001.
- Lawrence, T. "Inflammation and Cancer: A Failure of Resolution?" *Trends in Pharmacological Sciences* 28, no. 4 (Apr, 2007): 162-165.
- Lawrence, T. and D. W. Gilroy. "Chronic Inflammation: A Failure of Resolution?" *International Journal of Experimental Pathology* 88, no. 2 (Apr, 2007): 85-94.
- Lech, M. and H. J. Anders. "Macrophages and Fibrosis: How Resident and Infiltrating Mononuclear Phagocytes Orchestrate all Phases of Tissue Injury and Repair." *Biochimica Et Biophysica Acta* 1832, no. 7 (Jul, 2013): 989-997.
- Lech, M., R. Grobmayr, M. Weidenbusch, and H. J. Anders. "Tissues use Resident Dendritic Cells and Macrophages to Maintain Homeostasis and to Regain Homeostasis upon Tissue Injury: The Immunoregulatory Role of Changing Tissue Environments." *Mediators of Inflammation* 2012, (2012): 951390.
- Lenz, A., G. A. Franklin, and W. G. Cheadle. "Systemic Inflammation After Trauma." *Injury* 38, no. 12 (Dec, 2007): 1336-1345.
- Maddock, C. and C. M. Pariante. "How does Stress Affect You? an Overview of Stress, Immunity, Depression and Disease." *Epidemiologia e Psichiatria Sociale* 10, no. 3 (Jul-Sep, 2001): 153-162.
- Maderna, P. and C. Godson. "Lipoxins: Resolutionary Road." *British Journal of Pharmacology* 158, no. 4 (Oct, 2009): 947-959.
- Malbrain, M. L., P. Pelosi, I. De laet, M. Lattuada, and G. Hedenstierna. "Lymphatic Drainage between Thorax and Abdomen: Please Take Good Care of this Well-Performing Machinery.." *Acta Clinica Belgica.Supplementum* (1), no. 1 (2007): 152-161.
- Mantovani, A., M. A. Cassatella, C. Costantini, and S. Jaillon. "Neutrophils in the Activation and Regulation of Innate and Adaptive Immunity." *Nature Reviews.Immunology* 11, no. 8 (Jul 25, 2011): 519-531.
- Marttila-Ichihara, F., R. Turja, M. Miiluniemi, M. Karikoski, M. Maksimow, J. Niemela, L. Martinez-Pomares, M. Salmi, and S. Jalkanen. "Macrophage Mannose Receptor on Lymphatics Controls Cell Trafficking." *Blood* 112, no. 1 (Jul 1, 2008): 64-72.
- Marwick, J. A., D. A. Dorward, C. D. Lucas, K. O. Jones, T. A. Sheldrake, S. Fox, C. Ward, et al. "Oxygen Levels Determine the Ability of Glucocorticoids to Influence Neutrophil Survival in Inflammatory Environments." *Journal of Leukocyte Biology* (Aug 20, 2013).

- Maskrey, B. H., I. L. Megson, P. D. Whitfield, and A. G. Rossi. "Mechanisms of Resolution of Inflammation: A Focus on Cardiovascular Disease." *Arteriosclerosis, Thrombosis, and Vascular Biology* 31, no. 5 (May, 2011): 1001-1006.
- McLoughlin, R. M., J. Witowski, R. L. Robson, T. S. Wilkinson, S. M. Hurst, A. S. Williams, J. D. Williams, S. Rose-John, S. A. Jones, and N. Topley. "Interplay between IFN-Gamma and IL-6 Signaling Governs Neutrophil Trafficking and Apoptosis during Acute Inflammation." *The Journal of Clinical Investigation* 112, no. 4 (Aug, 2003): 598-607.
- Michlewska, S., I. Dransfield, I. L. Megson, and A. G. Rossi. "Macrophage Phagocytosis of Apoptotic Neutrophils is Critically Regulated by the Opposing Actions of Pro-Inflammatory and Anti-Inflammatory Agents: Key Role for TNF-Alpha." *FASEB Journal : Official Publication of the Federation of American Societies for Experimental Biology* 23, no. 3 (Mar, 2009): 844-854.
- Miller, G. E., N. Rohleder, and S. W. Cole. "Chronic Interpersonal Stress Predicts Activation of Pro- and Anti-Inflammatory Signaling Pathways 6 Months Later." *Psychosomatic Medicine* 71, no. 1 (Jan, 2009): 57-62.
- Mittal, A., V. Ranganath, and A. Nichani. "Omega Fatty Acids and Resolution of Inflammation: A New Twist in an Old Tale." *Journal of Indian Society of Periodontology* 14, no. 1 (Jan, 2010): 3-7.
- Molski, P., J. Kruczynski, A. Molski, and S. Molski. "Manual Lymphatic Drainage Improves the Quality of Life in Patients with Chronic Venous Disease: A Randomized Controlled Trial." *Archives of Medical Science : AMS* 9, no. 3 (Jun 20, 2013): 452-458.
- Mouta, C. and M. Herault. "Inflammatory Triggers of Lymphangiogenesis." *Lymphatic Research and Biology* 1, no. 3 (2003): 201-218.
- Musk, P. "Unfulfilled Inflammatory Resolution Leads to Chronic Inflammatory Diseases." *Discovery Medicine* 4, no. 22 (Jun, 2004): 191-193.
- Narahari, S. R., T. J. Ryan, K. S. Bose, K. S. Prasanna, and G. M. Aggithaya. "Integrating Modern Dermatology and Ayurveda in the Treatment of Vitiligo and Lymphedema in India." *International Journal of Dermatology* 50, no. 3 (Mar, 2011): 310-334.
- Newton, T. L., R. Fernandez-Botran, J. J. Miller, D. J. Lorenz, V. E. Burns, and K. N. Fleming. "Markers of Inflammation in Midlife Women with Intimate Partner Violence Histories." *Journal of Women's Health (2002)* 20, no. 12 (Dec, 2011): 1871-1880.
- Norrmén, C., T. Tammela, T. V. Petrova, and K. Alitalo. "Biological Basis of Therapeutic Lymphangiogenesis." *Circulation* 123, no. 12 (Mar 29, 2011): 1335-1351.
- Olefsky, J. M. and C. K. Glass. "Macrophages, Inflammation, and Insulin Resistance." *Annual Review of Physiology* 72, (2010): 219-246.
- Olszewski, W. L. "The Lymphatic System in Body Homeostasis: Physiological Conditions." *Lymphatic Research and Biology* 1, no. 1 (2003): 11-21; discussion 21-4.
- Podgrabinska, S., O. Kamalu, L. Mayer, M. Shimaoka, H. Snoeck, G. J. Randolph, and M. Skobe. "Inflamed Lymphatic Endothelium Suppresses Dendritic Cell Maturation and Function Via Mac-1/ICAM-1-Dependent Mechanism." *Journal of Immunology (Baltimore, Md. : 1950)* 183, no. 3 (Aug 1, 2009): 1767-1779.

- Racanelli, V. and B. Rehermann. "The Liver as an Immunological Organ." *Hepatology (Baltimore, Md.)* 43, no. 2 Suppl 1 (Feb, 2006): S54-62.
- Rosas-Ballina, M., P. S. Olofsson, M. Ochani, S. I. Valdes-Ferrer, Y. A. Levine, C. Reardon, M. W. Tusche, et al. "Acetylcholine-Synthesizing T Cells Relay Neural Signals in a Vagus Nerve Circuit." *Science (New York, N.Y.)* 334, no. 6052 (Oct 7, 2011): 98-101.
- Rydell-Tormanen, K., L. Uller, and J. S. Erjefalt. "Direct Evidence of Secondary Necrosis of Neutrophils during Intense Lung Inflammation." *The European Respiratory Journal* 28, no. 2 (Aug, 2006): 268-274.
- . "Neutrophil Cannibalism--a Back Up when the Macrophage Clearance System is Insufficient." *Respiratory Research* 7, (Dec 14, 2006): 143.
- Saggio, G., S. Docimo, J. Pilc, J. Norton, and W. Gilliar. "Impact of Osteopathic Manipulative Treatment on Secretory Immunoglobulin a Levels in a Stressed Population." *The Journal of the American Osteopathic Association* 111, no. 3 (Mar, 2011): 143-147.
- Savill, J. and V. Fadok. "Corpse Clearance Defines the Meaning of Cell Death." *Nature* 407, no. 6805 (Oct 12, 2000): 784-788.
- Schander, A., H. F. Downey, and L. M. Hodge. "Lymphatic Pump Manipulation Mobilizes Inflammatory Mediators into Lymphatic Circulation." *Experimental Biology and Medicine (Maywood, N.J.)* 237, no. 1 (Jan, 2012): 58-63.
- Serhan, C. N. "Controlling the Resolution of Acute Inflammation: A New Genus of Dual Anti-Inflammatory and Proresolving Mediators." *Journal of Periodontology* 79, no. 8 Suppl (Aug, 2008): 1520-1526.
- . "Systems Approach with Inflammatory Exudates Uncovers Novel Anti-Inflammatory and Pro-Resolving Mediators." *Prostaglandins, Leukotrienes, and Essential Fatty Acids* 79, no. 3-5 (Sep-Nov, 2008): 157-163.
- Serhan, C. N. and N. Chiang. "Endogenous Pro-Resolving and Anti-Inflammatory Lipid Mediators: A New Pharmacologic Genus." *British Journal of Pharmacology* 153 Suppl 1, (Mar, 2008): S200-15.
- . "Resolution Phase Lipid Mediators of Inflammation: Agonists of Resolution." *Current Opinion in Pharmacology* 13, no. 4 (Aug, 2013): 632-640.
- Serhan, C. N., N. Chiang, and T. E. Van Dyke. "Resolving Inflammation: Dual Anti-Inflammatory and Pro-Resolution Lipid Mediators." *Nature Reviews.Immunology* 8, no. 5 (May, 2008): 349-361.
- Serhan, C. N. and J. Savill. "Resolution of Inflammation: The Beginning Programs the End." *Nature Immunology* 6, no. 12 (Dec, 2005): 1191-1197.
- Serhan, C. N., S. Yacoubian, and R. Yang. "Anti-Inflammatory and Proresolving Lipid Mediators." *Annual Review of Pathology* 3, (2008): 279-312.
- Serhan, C. N., R. Yang, K. Martinod, K. Kasuga, P. S. Pillai, T. F. Porter, S. F. Oh, and M. Spite. "Maresins: Novel Macrophage Mediators with Potent Antiinflammatory and Proresolving Actions." *The Journal of Experimental Medicine* 206, no. 1 (Jan 16, 2009): 15-23.

- Sherin, J. E. and C. B. Nemeroff. "Post-Traumatic Stress Disorder: The Neurobiological Impact of Psychological Trauma." *Dialogues in Clinical Neuroscience* 13, no. 3 (2011): 263-278.
- Silva, M. T. "Bacteria-Induced Phagocyte Secondary Necrosis as a Pathogenicity Mechanism." *Journal of Leukocyte Biology* 88, no. 5 (Nov, 2010): 885-896.
- . "Macrophage Phagocytosis of Neutrophils at inflammatory/infectious Foci: A Cooperative Mechanism in the Control of Infection and Infectious Inflammation." *Journal of Leukocyte Biology* 89, no. 5 (May, 2011): 675-683.
- . "Neutrophils and Macrophages Work in Concert as Inducers and Effectors of Adaptive Immunity Against Extracellular and Intracellular Microbial Pathogens." *Journal of Leukocyte Biology* 87, no. 5 (May, 2010): 805-813.
- . "When Two is Better than One: Macrophages and Neutrophils Work in Concert in Innate Immunity as Complementary and Cooperative Partners of a Myeloid Phagocyte System." *Journal of Leukocyte Biology* 87, no. 1 (Jan, 2010): 93-106.
- Silva, M. T. and M. Correia-Neves. "Neutrophils and Macrophages: The Main Partners of Phagocyte Cell Systems." *Frontiers in Immunology* 3, (2012): 174.
- Solinas, G., C. Vilcu, J. G. Neels, G. K. Bandyopadhyay, J. L. Luo, W. Naugler, S. Grivennikov, et al. "JNK1 in Hematopoietically Derived Cells Contributes to Diet-Induced Inflammation and Insulin Resistance without Affecting Obesity." *Cell Metabolism* 6, no. 5 (Nov, 2007): 386-397.
- Tan, I. C., E. A. Maus, J. C. Rasmussen, M. V. Marshall, K. E. Adams, C. E. Fife, L. A. Smith, W. Chan, and E. M. Sevick-Muraca. "Assessment of Lymphatic Contractile Function after Manual Lymphatic Drainage using Near-Infrared Fluorescence Imaging." *Archives of Physical Medicine and Rehabilitation* 92, no. 5 (May, 2011): 756-764.e1.
- Uller, L., C. G. Persson, and J. S. Erjefalt. "Resolution of Airway Disease: Removal of Inflammatory Cells through Apoptosis, Egression Or both?" *Trends in Pharmacological Sciences* 27, no. 9 (Sep, 2006): 461-466.
- Vandivier, R. W., T. R. Richens, S. A. Horstmann, A. M. deCathelineau, M. Ghosh, S. D. Reynolds, Y. Q. Xiao, et al. "Dysfunctional Cystic Fibrosis Transmembrane Conductance Regulator Inhibits Phagocytosis of Apoptotic Cells with Proinflammatory Consequences." *American Journal of Physiology. Lung Cellular and Molecular Physiology* 297, no. 4 (Oct, 2009): L677-86.
- Vetrano, S., E. M. Borroni, A. Sarukhan, B. Savino, R. Bonecchi, C. Correale, V. Arena, et al. "The Lymphatic System Controls Intestinal Inflammation and Inflammation-Associated Colon Cancer through the Chemokine Decoy Receptor D6." *Gut* 59, no. 2 (Feb, 2010): 197-206.
- Vileikyte, L. "Stress and Wound Healing." *Clinics in Dermatology* 25, no. 1 (Jan-Feb, 2007): 49-55.
- Von Der Weid, P. Y. and S. Rehal. "Lymphatic Pump Function in the Inflamed Gut." *Annals of the New York Academy of Sciences* 1207 Suppl 1, (Oct, 2010): E69-74.
- von der Weid, P. Y. and D. C. Zawieja. "Lymphatic Smooth Muscle: The Motor Unit of Lymph Drainage." *The International Journal of Biochemistry & Cell Biology* 36, no. 7 (Jul, 2004): 1147-1153.

- Wallace, D. M., S. Shafazand, A. R. Ramos, D. Z. Carvalho, H. Gardener, D. Lorenzo, and W. K. Wohlgemuth. "Insomnia Characteristics and Clinical Correlates in Operation Enduring Freedom/Operation Iraqi Freedom Veterans with Post-Traumatic Stress Disorder and Mild Traumatic Brain Injury: An Exploratory Study." *Sleep Medicine* 12, no. 9 (Oct, 2011): 850-859.
- Walsh, N. P., M. Gleeson, R. J. Shephard, M. Gleeson, J. A. Woods, N. C. Bishop, M. Fleshner, et al. "Position Statement. Part One: Immune Function and Exercise." *Exercise Immunology Review* 17, (2011): 6-63.
- Wang, Y. and G. Oliver. "Current Views on the Function of the Lymphatic Vasculature in Health and Disease." *Genes & Development* 24, no. 19 (Oct 1, 2010): 2115-2126.
- Wright, H. L., B. Chikura, R. C. Bucknall, R. J. Moots, and S. W. Edwards. "Changes in Expression of Membrane TNF, NF- κ B Activation and Neutrophil Apoptosis during Active and Resolved Inflammation." *Annals of the Rheumatic Diseases* 70, no. 3 (Mar, 2011): 537-543.
- Wu, T. F., W. K. MacNaughton, and P. Y. von der Weid. "Lymphatic Vessel Contractile Activity and Intestinal Inflammation." *Memorias do Instituto Oswaldo Cruz* 100 Suppl 1, (Mar, 2005): 107-110.
- Zawieja, D. C. "Lymphatic Microcirculation." *Microcirculation (New York, N.Y.: 1994)* 3, no. 2 (Jun, 1996): 241-243.
- Zawieja, D. C., S. T. Greiner, K. L. Davis, W. M. Hinds, and H. J. Granger. "Reactive Oxygen Metabolites Inhibit Spontaneous Lymphatic Contractions." *The American Journal of Physiology* 260, no. 6 Pt 2 (Jun, 1991): H1935-43.
- Zraggen, S., A. M. Ochsenbein, and M. Detmar. "An Important Role of Blood and Lymphatic Vessels in Inflammation and Allergy." *Journal of Allergy* 2013, (2013): 672381.
- Zhou, Q., R. Guo, R. Wood, B. F. Boyce, Q. Liang, Y. J. Wang, E. M. Schwarz, and L. Xing. "Vascular Endothelial Growth Factor C Attenuates Joint Damage in Chronic Inflammatory Arthritis by Accelerating Local Lymphatic Drainage in Mice." *Arthritis and Rheumatism* 63, no. 8 (Aug, 2011): 2318-2328.

Food and Inflammation

- Alexander, J. C. "Chemical and Biological Properties Related to Toxicity of Heated Fats." *Journal of Toxicology and Environmental Health* 7, no. 1 (Jan, 1981): 125-138.
- Baliga, M. S., N. Joseph, M. V. Venkataranganna, A. Saxena, V. Ponemone, and R. Fayad. "Curcumin, an Active Component of Turmeric in the Prevention and Treatment of Ulcerative Colitis: Preclinical and Clinical Observations." *Food & Function* 3, no. 11 (Nov, 2012): 1109-1117.
- Barnett, M. P., J. M. Cooney, Y. E. Dommels, K. Nones, D. T. Brewster, Z. Park, C. A. Butts, W. C. McNabb, W. A. Laing, and N. C. Roy. "Modulation of Colonic Inflammation in Mdr1a(-/-) Mice by Green Tea Polyphenols and their Effects on the Colon Transcriptome and Proteome." *The Journal of Nutritional Biochemistry* 24, no. 10 (Oct, 2013): 1678-1690.

- Beck, A. L., J. Tschann, N. F. Butte, C. Penilla, and L. C. Greenspan. "Association of Beverage Consumption with Obesity in Mexican American Children." *Public Health Nutrition* (Jan 11, 2013): 1-7.
- Bornhoeft, J., D. Castaneda, T. Nemoseck, P. Wang, S. M. Henning, and M. Y. Hong. "The Protective Effects of Green Tea Polyphenols: Lipid Profile, Inflammation, and Antioxidant Capacity in Rats Fed an Atherogenic Diet and Dextran Sodium Sulfate." *Journal of Medicinal Food* 15, no. 8 (Aug, 2012): 726-732.
- Boue, C., N. Combe, C. Billeaud, C. Mignerot, B. Entressangles, G. Thery, H. Geoffrion, J. L. Brun, D. Dallay, and J. J. Leng. "Trans Fatty Acids in Adipose Tissue of French Women in Relation to their Dietary Sources." *Lipids* 35, no. 5 (May, 2000): 561-566.
- Bray, G. A. "Soft Drink Consumption and Obesity: It is all about Fructose." *Current Opinion in Lipidology* 21, no. 1 (Feb, 2010): 51-57.
- Bruunsgaard, H. "Physical Activity and Modulation of Systemic Low-Level Inflammation." *Journal of Leukocyte Biology* 78, no. 4 (Oct, 2005): 819-835.
- Bullo, M., R. Casas, M. P. Portillo, J. Basora, R. Estruch, A. Garcia-Arellano, A. Lasa, M. Juanola-Falgarona, F. Aros, and J. Salas-Salvado. "Dietary Glycemic index/load and Peripheral Adipokines and Inflammatory Markers in Elderly Subjects at High Cardiovascular Risk." *Nutrition, Metabolism, and Cardiovascular Diseases : NMCD* 23, no. 5 (May, 2013): 443-450.
- Chapkin, R. S., W. Kim, J. R. Lupton, and D. N. McMurray. "Dietary Docosahexaenoic and Eicosapentaenoic Acid: Emerging Mediators of Inflammation." *Prostaglandins, Leukotrienes, and Essential Fatty Acids* 81, no. 2-3 (Aug-Sep, 2009): 187-191.
- Chatterjee, A., M. Saluja, G. Agarwal, and M. Alam. "Green Tea: A Boon for Periodontal and General Health." *Journal of Indian Society of Periodontology* 16, no. 2 (Apr, 2012): 161-167.
- Cheah, K. Y., S. E. Bastian, T. M. Acott, S. M. Abimosleh, K. A. Lymn, and G. S. Howarth. "Grape Seed Extract Reduces the Severity of Selected Disease Markers in the Proximal Colon of Dextran Sulphate Sodium-Induced Colitis in Rats." *Digestive Diseases and Sciences* 58, no. 4 (Apr, 2013): 970-977.
- Conner, E. M. and M. B. Grisham. "Inflammation, Free Radicals, and Antioxidants." *Nutrition (Burbank, Los Angeles County, Calif.)* 12, no. 4 (Apr, 1996): 274-277.
- Coussens, A. K., R. J. Wilkinson, Y. Hanifa, V. Nikolayevskyy, P. T. Elkington, K. Islam, P. M. Timms, et al. "Vitamin D Accelerates Resolution of Inflammatory Responses during Tuberculosis Treatment." *Proceedings of the National Academy of Sciences of the United States of America* 109, no. 38 (Sep 18, 2012): 15449-15454.
- Cunha, C. A., F. S. Lira, J. C. Rosa Neto, G. D. Pimentel, G. I. Souza, C. M. da Silva, C. T. de Souza, et al. "Green Tea Extract Supplementation Induces the Lipolytic Pathway, Attenuates Obesity, and Reduces Low-Grade Inflammation in Mice Fed a High-Fat Diet." *Mediators of Inflammation* 2013, (2013): 635470.
- de Koning, L., V. S. Malik, M. D. Kellogg, E. B. Rimm, W. C. Willett, and F. B. Hu. "Sweetened Beverage Consumption, Incident Coronary Heart Disease, and Biomarkers of Risk in Men." *Circulation* 125, no. 14 (Apr 10, 2012): 1735-41, S1.

- Deng, T., C. J. Lyon, L. J. Minze, J. Lin, J. Zou, J. Z. Liu, Y. Ren, et al. "Class II Major Histocompatibility Complex Plays an Essential Role in Obesity-Induced Adipose Inflammation." *Cell Metabolism* 17, no. 3 (Mar 5, 2013): 411-422.
- Devaraj, S., J. M. Yun, C. R. Duncan-Staley, and I. Jialal. "Low Vitamin D Levels Correlate with the Proinflammatory State in Type 1 Diabetic Subjects with and without Microvascular Complications." *American Journal of Clinical Pathology* 135, no. 3 (Mar, 2011): 429-433.
- Dickinson, S., D. P. Hancock, P. Petocz, A. Ceriello, and J. Brand-Miller. "High-Glycemic Index Carbohydrate Increases Nuclear Factor-kappaB Activation in Mononuclear Cells of Young, Lean Healthy Subjects." *The American Journal of Clinical Nutrition* 87, no. 5 (May, 2008): 1188-1193.
- Drewnowski, A. and C. D. Rehm. "Energy Intakes of US Children and Adults by Food Purchase Location and by Specific Food Source." *Nutrition Journal* 12, (May 8, 2013): 59-2891-12-59.
- Ebbeling, C. B., J. F. Swain, H. A. Feldman, W. W. Wong, D. L. Hachey, E. Garcia-Lago, and D. S. Ludwig. "Effects of Dietary Composition on Energy Expenditure during Weight-Loss Maintenance." *JAMA : The Journal of the American Medical Association* 307, no. 24 (Jun 27, 2012): 2627-2634.
- Ebrahimi, M., M. Ghayour-Mobarhan, S. Rezaiean, M. Hoseini, S. M. Parizade, F. Farhoudi, S. J. Hosseini, et al. "Omega-3 Fatty Acid Supplements Improve the Cardiovascular Risk Profile of Subjects with Metabolic Syndrome, Including Markers of Inflammation and Auto-Immunity." *Acta Cardiologica* 64, no. 3 (Jun, 2009): 321-327.
- Enig, M. G., S. Atal, M. Keeney, and J. Sampugna. "Isomeric Trans Fatty Acids in the U.S. Diet." *Journal of the American College of Nutrition* 9, no. 5 (Oct, 1990): 471-486.
- Ervin, R. B., B. K. Kit, M. D. Carroll, and C. L. Ogden. "Consumption of Added Sugar among U.S. Children and Adolescents, 2005-2008." *NCHS Data Brief* (87), no. 87 (Mar, 2012): 1-8.
- Espeland, M. A., R. N. Bryan, J. S. Goveas, J. G. Robinson, M. S. Siddiqui, S. Liu, P. E. Hogan, et al. "Influence of Type 2 Diabetes on Brain Volumes and Changes in Brain Volumes: Results from the Women's Health Initiative Magnetic Resonance Imaging Studies." *Diabetes Care* 36, no. 1 (Jan, 2013): 90-97.
- Feher, J., I. Kovacs, and C. Balacco Gabrieli. "Role of Gastrointestinal Inflammations in the Development and Treatment of Depression." *Orvosi Hetilap* 152, no. 37 (Sep 11, 2011): 1477-1485.
- Fernandes, G., A. Bhattacharya, M. Rahman, K. Zaman, and J. Banu. "Effects of n-3 Fatty Acids on Autoimmunity and Osteoporosis." *Frontiers in Bioscience : A Journal and Virtual Library* 13, (May 1, 2008): 4015-4020.
- Fu, L. W. and R. Vender. "Systemic Role for Vitamin d in the Treatment of Psoriasis and Metabolic Syndrome." *Dermatology Research and Practice* 2011, (2011): 276079.
- Fuentes, L., T. Roszer, and M. Ricote. "Inflammatory Mediators and Insulin Resistance in Obesity: Role of Nuclear Receptor Signaling in Macrophages." *Mediators of Inflammation* 2010, (2010): 219583.

- Goran, M. I., S. J. Ulijaszek, and E. E. Ventura. "High Fructose Corn Syrup and Diabetes Prevalence: A Global Perspective." *Global Public Health* 8, no. 1 (2013): 55-64.
- Green, E. and C. Murphy. "Altered Processing of Sweet Taste in the Brain of Diet Soda Drinkers." *Physiology & Behavior* 107, no. 4 (Nov 5, 2012): 560-567.
- Gupta, S. C., S. Patchva, and B. B. Aggarwal. "Therapeutic Roles of Curcumin: Lessons Learned from Clinical Trials." *The AAPS Journal* 15, no. 1 (Jan, 2013): 195-218.
- Hamburg, N. M., C. J. McMackin, A. L. Huang, S. M. Shenouda, M. E. Widlansky, E. Schulz, N. Gokce, N. B. Ruderman, J. F. Keaney Jr, and J. A. Vita. "Physical Inactivity Rapidly Induces Insulin Resistance and Microvascular Dysfunction in Healthy Volunteers." *Arteriosclerosis, Thrombosis, and Vascular Biology* 27, no. 12 (Dec, 2007): 2650-2656.
- Hamdy, M. A., S. A. El-Maraghy, and M. A. Kortam. "Modulatory Effects of Curcumin and Green Tea Extract Against Experimentally Induced Pulmonary Fibrosis: A Comparison with N-Acetyl Cysteine." *Journal of Biochemical and Molecular Toxicology* 26, no. 11 (Nov, 2012): 461-468.
- Hamer, M., S. Sabia, G. D. Batty, M. J. Shipley, A. G. Tabak, A. Singh-Manoux, and M. Kivimaki. "Physical Activity and Inflammatory Markers Over 10 Years: Follow-Up in Men and Women from the Whitehall II Cohort Study." *Circulation* 126, no. 8 (Aug 21, 2012): 928-933.
- Haramizu, S., N. Ota, T. Hase, and T. Murase. "Catechins Suppress Muscle Inflammation and Hasten Performance Recovery After Exercise." *Medicine and Science in Sports and Exercise* 45, no. 9 (Sep, 2013): 1694-1702.
- Iijima, H., S. Shinzaki, and T. Takehara. "The Importance of Vitamins D and K for the Bone Health and Immune Function in Inflammatory Bowel Disease." *Current Opinion in Clinical Nutrition and Metabolic Care* 15, no. 6 (Nov, 2012): 635-640.
- Jakobsen, M. U., C. Dethlefsen, K. M. Due, A. M. May, D. Romaguera, A. C. Vergnaud, T. Norat, et al. "Fish Consumption and Subsequent Change in Body Weight in European Women and Men." *The British Journal of Nutrition* 109, no. 2 (Jan 28, 2013): 353-362.
- Jonnalagadda, S. S., L. Harnack, R. H. Liu, N. McKeown, C. Seal, S. Liu, and G. C. Fahey. "Putting the Whole Grain Puzzle Together: Health Benefits Associated with Whole Grains-- Summary of American Society for Nutrition 2010 Satellite Symposium." *The Journal of Nutrition* 141, no. 5 (May, 2011): 1011S-22S.
- Kang, S., S. P. Lee, K. E. Kim, H. Z. Kim, S. Memet, and G. Y. Koh. "Toll-Like Receptor 4 in Lymphatic Endothelial Cells Contributes to LPS-Induced Lymphangiogenesis by Chemotactic Recruitment of Macrophages." *Blood* 113, no. 11 (Mar 12, 2009): 2605-2613.
- Karalius, V. P. and D. A. Shoham. "Dietary Sugar and Artificial Sweetener Intake and Chronic Kidney Disease: A Review." *Advances in Chronic Kidney Disease* 20, no. 2 (Mar, 2013): 157-164.
- Kohli, R., M. Kirby, S. A. Xanthakos, S. Softic, A. E. Feldstein, V. Saxena, P. H. Tang, et al. "High-Fructose, Medium Chain Trans Fat Diet Induces Liver Fibrosis and Elevates Plasma Coenzyme Q9 in a Novel Murine Model of Obesity and Nonalcoholic Steatohepatitis." *Hepatology (Baltimore, Md.)* 52, no. 3 (Sep, 2010): 934-944.

- La Berge, A. F. "How the Ideology of Low Fat Conquered America." *Journal of the History of Medicine and Allied Sciences* 63, no. 2 (Apr, 2008): 139-177.
- Levitan, E. B., N. R. Cook, M. J. Stampfer, P. M. Ridker, K. M. Rexrode, J. E. Buring, J. E. Manson, and S. Liu. "Dietary Glycemic Index, Dietary Glycemic Load, Blood Lipids, and C-Reactive Protein." *Metabolism: Clinical and Experimental* 57, no. 3 (Mar, 2008): 437-443.
- Levitan, E. B., P. M. Ridker, J. E. Manson, M. J. Stampfer, J. E. Buring, N. R. Cook, and S. Liu. "Association between Consumption of Beer, Wine, and Liquor and Plasma Concentration of High-Sensitivity C-Reactive Protein in Women Aged 39 to 89 Years." *The American Journal of Cardiology* 96, no. 1 (Jul 1, 2005): 83-88.
- Lin, W. T., H. L. Huang, M. C. Huang, T. F. Chan, S. Y. Ciou, C. Y. Lee, Y. W. Chiu, et al. "Effects on Uric Acid, Body Mass Index and Blood Pressure in Adolescents of Consuming Beverages Sweetened with High-Fructose Corn Syrup." *International Journal of Obesity (2005)* 37, no. 4 (Apr, 2013): 532-539.
- Liu, S., J. E. Manson, J. E. Buring, M. J. Stampfer, W. C. Willett, and P. M. Ridker. "Relation between a Diet with a High Glycemic Load and Plasma Concentrations of High-Sensitivity C-Reactive Protein in Middle-Aged Women." *The American Journal of Clinical Nutrition* 75, no. 3 (Mar, 2002): 492-498.
- Livesey, G., R. Taylor, H. Livesey, and S. Liu. "Is there a Dose-Response Relation of Dietary Glycemic Load to Risk of Type 2 Diabetes? Meta-Analysis of Prospective Cohort Studies." *The American Journal of Clinical Nutrition* 97, no. 3 (Mar, 2013): 584-596.
- Maes, M. "An Intriguing and Hitherto Unexplained Co-Occurrence: Depression and Chronic Fatigue Syndrome are Manifestations of Shared Inflammatory, Oxidative and Nitrosative (IO&NS) Pathways." *Progress in Neuro-Psychopharmacology & Biological Psychiatry* 35, no. 3 (Apr 29, 2011): 784-794.
- Marcotorchino, J., E. Gouranton, B. Romier, F. Tourniaire, J. Astier, C. Malezet, M. J. Amiot, and J. F. Landrier. "Vitamin D Reduces the Inflammatory Response and Restores Glucose Uptake in Adipocytes." *Molecular Nutrition & Food Research* 56, no. 12 (Dec, 2012): 1771-1782.
- Margolis, K. L., F. Wei, I. H. de Boer, B. V. Howard, S. Liu, J. E. Manson, Y. Mossavar-Rahmani, et al. "A Diet High in Low-Fat Dairy Products Lowers Diabetes Risk in Postmenopausal Women." *The Journal of Nutrition* 141, no. 11 (Nov, 2011): 1969-1974.
- Meister, D. and S. Ghosh. "Effect of Fish Oil Enriched Enteral Diet on Inflammatory Bowel Disease Tissues in Organ Culture: Differential Effects on Ulcerative Colitis and Crohn's Disease." *World Journal of Gastroenterology : WJG* 11, no. 47 (Dec 21, 2005): 7466-7472.
- Milovanovic, M., G. Pesic, V. Nikolic, T. Jevtovic-Stoimenov, K. Vasic, Z. Jovic, M. Deljanin-Ilic, and S. Pesic. "Vitamin D Deficiency is Associated with Increased IL-17 and TNFalpha Levels in Patients with Chronic Heart Failure." *Arquivos Brasileiros De Cardiologia* 98, no. 3 (Mar, 2012): 259-265.
- Morris, M. S., L. Sakakeeny, P. F. Jacques, M. F. Picciano, and J. Selhub. "Vitamin B-6 Intake is Inversely Related to, and the Requirement is Affected by, Inflammation Status." *The Journal of Nutrition* 140, no. 1 (Jan, 2010): 103-110.

- Neuhouse, M. L., Y. Schwarz, C. Wang, K. Breymer, G. Coronado, C. Y. Wang, K. Noar, X. Song, and J. W. Lampe. "A Low-Glycemic Load Diet Reduces Serum C-Reactive Protein and Modestly Increases Adiponectin in Overweight and Obese Adults." *The Journal of Nutrition* 142, no. 2 (Feb, 2012): 369-374.
- Parker, E. D., S. Liu, L. Van Horn, L. F. Tinker, J. M. Shikany, C. B. Eaton, and K. L. Margolis. "The Association of Whole Grain Consumption with Incident Type 2 Diabetes: The Women's Health Initiative Observational Study." *Annals of Epidemiology* 23, no. 6 (Jun, 2013): 321-327.
- Parsaei, P., M. Karimi, S. Y. Asadi, and M. Rafieian-Kopaei. "Bioactive Components and Preventive Effect of Green Tea (*Camellia Sinensis*) Extract on Post-Laparotomy Intra-Abdominal Adhesion in Rats." *International Journal of Surgery (London, England)* (Aug 29, 2013).
- Peake, J. and K. Suzuki. "Neutrophil Activation, Antioxidant Supplements and Exercise-Induced Oxidative Stress." *Exercise Immunology Review* 10, (2004): 129-141.
- Phillips, M. D., R. M. Patrizi, D. J. Cheek, J. S. Wooten, J. J. Barbee, and J. B. Mitchell. "Resistance Training Reduces Subclinical Inflammation in Obese, Postmenopausal Women." *Medicine and Science in Sports and Exercise* 44, no. 11 (Nov, 2012): 2099-2110.
- Poudyal, H., S. K. Panchal, L. C. Ward, J. Waanders, and L. Brown. "Chronic High-Carbohydrate, High-Fat Feeding in Rats Induces Reversible Metabolic, Cardiovascular, and Liver Changes." *American Journal of Physiology. Endocrinology and Metabolism* 302, no. 12 (Jun 15, 2012): E1472-82.
- Qian, G., K. Xue, L. Tang, F. Wang, X. Song, M. C. Chyu, B. C. Pence, C. L. Shen, and J. S. Wang. "Mitigation of Oxidative Damage by Green Tea Polyphenols and Tai Chi Exercise in Postmenopausal Women with Osteopenia." *PloS One* 7, no. 10 (2012): e48090.
- Quintanilha, A. T., L. Packer, J. M. Davies, T. L. Racanelli, and K. J. Davies. "Membrane Effects of Vitamin E Deficiency: Bioenergetic and Surface Charge Density Studies of Skeletal Muscle and Liver Mitochondria." *Annals of the New York Academy of Sciences* 393, (1982): 32-47.
- Regnault, T., S. Gentill, O. Sarr, C. Toop, and D. Sloboda. "Fructose, Pregnancy and Later Life Impacts." *Clinical and Experimental Pharmacology & Physiology* (Aug 20, 2013).
- Riegsecker, S., D. Wiczynski, M. J. Kaplan, and S. Ahmed. "Potential Benefits of Green Tea Polyphenol EGCG in the Prevention and Treatment of Vascular Inflammation in Rheumatoid Arthritis." *Life Sciences* 93, no. 8 (Sep 3, 2013): 307-312.
- Roncal-Jimenez, C. A., M. A. Lanaspa, C. J. Rivard, T. Nakagawa, L. G. Sanchez-Lozada, D. Jalal, A. Andres-Hernando, et al. "Sucrose Induces Fatty Liver and Pancreatic Inflammation in Male Breeder Rats Independent of Excess Energy Intake." *Metabolism: Clinical and Experimental* 60, no. 9 (Sep, 2011): 1259-1270.
- Sakakeeny, L., R. Roubenoff, M. Obin, J. D. Fontes, E. J. Benjamin, Y. Bujanover, P. F. Jacques, and J. Selhub. "Plasma Pyridoxal-5-Phosphate is Inversely Associated with Systemic Markers of Inflammation in a Population of U.S. Adults." *The Journal of Nutrition* 142, no. 7 (Jul, 2012): 1280-1285.

- Sakata, R., T. Nakamura, T. Torimura, T. Ueno, and M. Sata. "Green Tea with High-Density Catechins Improves Liver Function and Fat Infiltration in Non-Alcoholic Fatty Liver Disease (NAFLD) Patients: A Double-Blind Placebo-Controlled Study." *International Journal of Molecular Medicine* 32, no. 5 (Nov, 2013): 989-994.
- Sareen, R., N. Jain, and V. Pandit. "Curcumin: A Boon to Colonic Diseases." *Current Drug Targets* 14, no. 10 (Sep, 2013): 1210-1218.
- Seo, D. Y., S. Lee, A. Figueroa, Y. S. Kwak, N. Kim, B. D. Rhee, K. S. Ko, H. S. Bang, Y. H. Baek, and J. Han. "Aged Garlic Extract Enhances Exercise-Mediated Improvement of Metabolic Parameters in High Fat Diet-Induced Obese Rats." *Nutrition Research and Practice* 6, no. 6 (Dec, 2012): 513-519.
- Shaik-Dasthagirisahab, Y. B., G. Varvara, G. Murmura, A. Saggini, A. Caraffa, P. Antinolfi, S. Tete', et al. "Role of Vitamins D, E and C in Immunity and Inflammation." *Journal of Biological Regulators and Homeostatic Agents* 27, no. 2 (Apr-Jun, 2013): 291-295.
- Shen, C. L., M. C. Chyu, J. K. Yeh, Y. Zhang, B. C. Pence, C. K. Felton, J. M. Brismee, B. H. Arjmandi, S. Doctolero, and J. S. Wang. "Effect of Green Tea and Tai Chi on Bone Health in Postmenopausal Osteopenic Women: A 6-Month Randomized Placebo-Controlled Trial." *Osteoporosis International : A Journal Established as Result of Cooperation between the European Foundation for Osteoporosis and the National Osteoporosis Foundation of the USA* 23, no. 5 (May, 2012): 1541-1552.
- Song, Y., J. E. Manson, J. E. Buring, H. D. Sesso, and S. Liu. "Associations of Dietary Flavonoids with Risk of Type 2 Diabetes, and Markers of Insulin Resistance and Systemic Inflammation in Women: A Prospective Study and Cross-Sectional Analysis." *Journal of the American College of Nutrition* 24, no. 5 (Oct, 2005): 376-384.
- Sorensen, L. B., A. Raben, S. Stender, and A. Astrup. "Effect of Sucrose on Inflammatory Markers in Overweight Humans." *The American Journal of Clinical Nutrition* 82, no. 2 (Aug, 2005): 421-427.
- Spreadbury, I. "Comparison with Ancestral Diets Suggests Dense Acellular Carbohydrates Promote an Inflammatory Microbiota, and may be the Primary Dietary Cause of Leptin Resistance and Obesity." *Diabetes, Metabolic Syndrome and Obesity : Targets and Therapy* 5, (2012): 175-189.
- Swithers, S. E. "Artificial Sweeteners Produce the Counterintuitive Effect of Inducing Metabolic Derangements." *Trends in Endocrinology and Metabolism: TEM* 24, no. 9 (Sep, 2013): 431-441.
- Thota, C., T. Farmer, R. E. Garfield, R. Menon, and A. Al-Hendy. "Vitamin D Elicits Anti-Inflammatory Response, Inhibits Contractile-Associated Proteins, and Modulates Toll-Like Receptors in Human Myometrial Cells." *Reproductive Sciences (Thousand Oaks, Calif.)* 20, no. 4 (Apr, 2013): 463-475.
- Tiosano, D., G. Wildbaum, V. Gepstein, O. Verbitsky, Y. Weisman, N. Karin, and A. Eztioni. "The Role of Vitamin D Receptor in Innate and Adaptive Immunity: A Study in Hereditary Vitamin D-Resistant Rickets Patients." *The Journal of Clinical Endocrinology and Metabolism* 98, no. 4 (Apr, 2013): 1685-1693.
- Vanhees, K., I. G. Vonhogen, F. J. van Schooten, and R. W. Godschalk. "You are what You Eat, and so are Your Children: The Impact of Micronutrients on the Epigenetic Programming of Offspring." *Cellular and Molecular Life Sciences : CMLS* (Jul 27, 2013).

- Walsh, C. O., C. B. Ebbeling, J. F. Swain, R. L. Markowitz, H. A. Feldman, and D. S. Ludwig. "Effects of Diet Composition on Postprandial Energy Availability during Weight Loss Maintenance." *PloS One* 8, no. 3 (2013): e58172.
- Wilde, P., E. Morgan, J. Roberts, A. Schpok, and T. Wilson. "Relationship between Funding Sources and Outcomes of Obesity-Related Research." *Physiology & Behavior* 107, no. 1 (Aug 20, 2012): 172-175.
- Witham, M. D. "Vitamin D in Chronic Heart Failure." *Current Heart Failure Reports* 8, no. 2 (Jun, 2011): 123-130.
- Xiao, J., C. T. Ho, E. C. Liang, A. A. Nanji, T. M. Leung, T. Y. Lau, M. L. Fung, and G. L. Tipoe. "Epigallocatechin Gallate Attenuates Fibrosis, Oxidative Stress, and Inflammation in Non-Alcoholic Fatty Liver Disease Rat Model through TGF/SMAD, PI3 K/Akt/FoxO1, and NF-Kappa B Pathways." *European Journal of Nutrition* (Mar 21, 2013).
- Ye, E. Q., S. A. Chacko, E. L. Chou, M. Kugizaki, and S. Liu. "Greater Whole-Grain Intake is Associated with Lower Risk of Type 2 Diabetes, Cardiovascular Disease, and Weight Gain." *The Journal of Nutrition* 142, no. 7 (Jul, 2012): 1304-1313.
- Zhang, Y., D. Y. Leung, B. N. Richers, Y. Liu, L. K. Remigio, D. W. Riches, and E. Goleva. "Vitamin D Inhibits monocyte/macrophage Proinflammatory Cytokine Production by Targeting MAPK Phosphatase-1." *Journal of Immunology (Baltimore, Md.: 1950)* 188, no. 5 (Mar 1, 2012): 2127-2135.
- Zwerina, K., W. Baum, R. Axmann, G. R. Heiland, J. H. Distler, J. Smolen, S. Hayer, J. Zwerina, and G. Schett. "Vitamin D Receptor Regulates TNF-Mediated Arthritis." *Annals of the Rheumatic Diseases*, 2011 June 70(6): 1122-9.

Part III : Restoring Motion

The Neck, Chest, Back, Pelvis, and Sacrum

- "Hands-on Treatment Helps Low Back Pain." *Harvard Women's Health Watch* 20, no. 10 (Jun, 2013): 8.
- Attali, T. V., M. Bouchoucha, and R. Enamouzig. "Treatment of Refractory Irritable Bowel Syndrome with Visceral Osteopathy: Short-Term and Long-Term Results of a Randomized Trial." *Journal of Digestive Diseases* (Aug 26, 2013).
- Baltazar, G. A., M. P. Betler, K. Akella, R. Khatri, R. Asaro, and A. Chendrasekhar. "Effect of Osteopathic Manipulative Treatment on Incidence of Postoperative Ileus and Hospital Length of Stay in General Surgical Patients." *The Journal of the American Osteopathic Association* 113, no. 3 (Mar, 2013): 204-209.
- Benjamin, M. "The Fascia of the Limbs and Back--a Review." *Journal of Anatomy* 214, no. 1 (Jan, 2009): 1-18.
- Bogduk, N. "On Cervical Zygapophysial Joint Pain After Whiplash." *Spine* 36, no. 25 Suppl (Dec 1, 2011): S194-9.

- Boyle, K. L., J. Olinick, and C. Lewis. "The Value of Blowing Up a Balloon." *North American Journal of Sports Physical Therapy : NAJSPT* 5, no. 3 (Sep, 2010): 179-188.
- Campbell, S. M., R. R. Winkelmann, and S. Walkowski. "Osteopathic Manipulative Treatment: Novel Application to Dermatological Disease." *The Journal of Clinical and Aesthetic Dermatology* 5, no. 10 (Oct, 2012): 24-32.
- Carlsson, A., A. Linder, J. Davidsson, W. Hell, S. Schick, and M. Svensson. "Dynamic Kinematic Responses of Female Volunteers in Rear Impacts and Comparison to Previous Male Volunteer Tests." *Traffic Injury Prevention* 12, no. 4 (Aug, 2011): 347-357.
- Carlsson, A., G. P. Siegmund, A. Linder, and M. Y. Svensson. "Motion of the Head and Neck of Female and Male Volunteers in Rear Impact Car-to-Car Impacts." *Traffic Injury Prevention* 13, no. 4 (2012): 378-387.
- Clinical Guideline Subcommittee on Low Back Pain and American Osteopathic Association. "American Osteopathic Association Guidelines for Osteopathic Manipulative Treatment (OMT) for Patients with Low Back Pain." *The Journal of the American Osteopathic Association* 110, no. 11 (Nov, 2010): 653-666.
- Cohen-Lewe, A. "Osteopathic Manipulative Treatment for Colonic Inertia." *The Journal of the American Osteopathic Association* 113, no. 3 (Mar, 2013): 216-220.
- Corey, S. M., M. A. Vizzard, G. J. Badger, and H. M. Langevin. "Sensory Innervation of the Nonspecialized Connective Tissues in the Low Back of the Rat." *Cells, Tissues, Organs* 194, no. 6 (2011): 521-530.
- Corey, S. M., M. A. Vizzard, N. A. Bouffard, G. J. Badger, and H. M. Langevin. "Stretching of the Back Improves Gait, Mechanical Sensitivity and Connective Tissue Inflammation in a Rodent Model." *PLoS One* 7, no. 1 (2012): e29831.
- Creasy, C., A. Schander, A. Orlowski, and L. M. Hodge. "Thoracic and Abdominal Lymphatic Pump Techniques Inhibit the Growth of *S. Pneumoniae* Bacteria in the Lungs of Rats." *Lymphatic Research and Biology* 11, no. 3 (Sep, 2013): 183-186.
- Croft, A. C. and M. D. Freeman. "Correlating Crash Severity with Injury Risk, Injury Severity, and Long-Term Symptoms in Low Velocity Motor Vehicle Collisions." *Medical Science Monitor : International Medical Journal of Experimental and Clinical Research* 11, no. 10 (Oct, 2005): RA316-21.
- Cruser, dA, D. Maurer, K. Hensel, S. K. Brown, K. White, and S. T. Stoll. "A Randomized, Controlled Trial of Osteopathic Manipulative Treatment for Acute Low Back Pain in Active Duty Military Personnel." *The Journal of Manual & Manipulative Therapy* 20, no. 1 (Feb, 2012): 5-15.
- Dougherty, P. E., R. M. Engel, S. Vemulpad, and J. Burke. "Spinal Manipulative Therapy for Elderly Patients with Chronic Obstructive Pulmonary Disease: A Case Series." *Journal of Manipulative and Physiological Therapeutics* 34, no. 6 (Jul-Aug, 2011): 413-417.
- Drabkin, A. and R. Glickman-Simon. "Capsaicin for Postherpetic Neuralgia, Antenatal Self-Hypnosis Training, Tai Chi to Reduce Fall Risk, Acupuncture for Acute Low Back Pain, and Biofeedback for Tension Headache." *Explore (New York, N.Y.)* 9, no. 5 (Sep-Oct, 2013): 334-337.

- Engel, R. and S. Vemulpad. "The Role of Spinal Manipulation, Soft-Tissue Therapy, and Exercise in Chronic Obstructive Pulmonary Disease: A Review of the Literature and Proposal of an Anatomical Explanation." *Journal of Alternative and Complementary Medicine (New York, N.Y.)* 17, no. 9 (Sep, 2011): 797-801.
- Engel, R. M., S. R. Vemulpad, and K. Beath. "Short-Term Effects of a Course of Manual Therapy and Exercise in People with Moderate Chronic Obstructive Pulmonary Disease: A Preliminary Clinical Trial." *Journal of Manipulative and Physiological Therapeutics* 36, no. 8 (Oct, 2013): 490-496.
- Foreman, Stephen M. and Arthur C. Croft. *Whiplash Injuries: The Cervical Acceleration-Deceleration Syndrome*. 3rd ed. Philadelphia: Lippincott Williams & Wilkins, 2002.
- Fraix, M., A. Gordon, V. Graham, E. Hurwitz, and M. A. Seffinger. "Use of the SMART Balance Master to Quantify the Effects of Osteopathic Manipulative Treatment in Patients with Dizziness." *The Journal of the American Osteopathic Association* 113, no. 5 (May, 2013): 394-403.
- Franke, H. and K. Hoesele. "Osteopathic Manipulative Treatment (OMT) for Lower Urinary Tract Symptoms (LUTS) in Women." *Journal of Bodywork and Movement Therapies* 17, no. 1 (Jan, 2013): 11-18.
- Giles, P. D., K. L. Hensel, C. F. Pacchia, and M. L. Smith. "Suboccipital Decompression Enhances Heart Rate Variability Indices of Cardiac Control in Healthy Subjects." *Journal of Alternative and Complementary Medicine (New York, N.Y.)* 19, no. 2 (Feb, 2013): 92-96.
- Hedenstierna, G. and M. Lattuada. "Lymphatics and Lymph in Acute Lung Injury." *Current Opinion in Critical Care* 14, no. 1 (Feb, 2008): 31-36.
- Hodge, L. M. "Osteopathic Lymphatic Pump Techniques to Enhance Immunity and Treat Pneumonia." *International Journal of Osteopathic Medicine : IJOM* 15, no. 1 (Mar, 2012): 13-21.
- Hodges, P. W., A. E. Eriksson, D. Shirley, and S. C. Gandevia. "Intra-Abdominal Pressure Increases Stiffness of the Lumbar Spine." *Journal of Biomechanics* 38, no. 9 (Sep, 2005): 1873-1880.
- Hoheisel, U., T. Taguchi, R. D. Treede, and S. Mense. "Nociceptive Input from the Rat Thoracolumbar Fascia to Lumbar Dorsal Horn Neurons." *European Journal of Pain (London, England)* 15, no. 8 (Sep, 2011): 810-815.
- Hruby, R. J. and K. N. Hoffman. "Avian Influenza: An Osteopathic Component to Treatment." *Osteopathic Medicine and Primary Care* 1, (Jul 9, 2007): 10.
- Ivancic, P. C. "Cervical Neural Space Narrowing during Simulated Rear Crashes with Anti-Whiplash Systems." *European Spine Journal : Official Publication of the European Spine Society, the European Spinal Deformity Society, and the European Section of the Cervical Spine Research Society* 21, no. 5 (May, 2012): 879-886.
- . "Facet Joint and Disc Kinematics during Simulated Rear Crashes with Active Injury Prevention Systems." *Spine* 36, no. 18 (Aug 15, 2011): E1215-24.

- Ivancic, P. C. and M. Xiao. "Cervical Spine Curvature during Simulated Rear Crashes with Energy-Absorbing Seat." *The Spine Journal : Official Journal of the North American Spine Society* 11, no. 3 (Mar, 2011): 224-233.
- . "Understanding Whiplash Injury and Prevention Mechanisms using a Human Model of the Neck." *Accident; Analysis and Prevention* 43, no. 4 (Jul, 2011): 1392-1399.
- Janssens, L., S. Brumagne, A. K. McConnell, G. Hermans, T. Troosters, and G. Gayan-Ramirez. "Greater Diaphragm Fatigability in Individuals with Recurrent Low Back Pain." *Respiratory Physiology & Neurobiology* 188, no. 2 (Aug 15, 2013): 119-123.
- Johnson, C. "Back to Back: Postnatal Osteopathic Care." *The Practising Midwife* 16, no. 5 (May, 2013): 26-27.
- Klein, R., A. Bareis, A. Schneider, and K. Linde. "Strain-Counterstrain to Treat Restrictions of the Mobility of the Cervical Spine in Patients with Neck Pain: A Sham-Controlled Randomized Trial." *Complementary Therapies in Medicine* 21, no. 1 (Feb, 2013): 1-7.
- Kolar, P., J. Sulc, M. Kyncl, J. Sanda, O. Cakrt, R. Andel, K. Kumagai, and A. Kobesova. "Postural Function of the Diaphragm in Persons with and without Chronic Low Back Pain." *The Journal of Orthopaedic and Sports Physical Therapy* 42, no. 4 (Apr, 2012): 352-362.
- Kramp, M. E. "Combined Manual Therapy Techniques for the Treatment of Women with Infertility: A Case Series." *The Journal of the American Osteopathic Association* 112, no. 10 (Oct, 2012): 680-684.
- Langevin, H. M. and K. J. Sherman. "Pathophysiological Model for Chronic Low Back Pain Integrating Connective Tissue and Nervous System Mechanisms." *Medical Hypotheses* 68, no. 1 (2007): 74-80.
- Langevin, H. M., D. Stevens-Tuttle, J. R. Fox, G. J. Badger, N. A. Bouffard, M. H. Krag, J. Wu, and S. M. Henry. "Ultrasound Evidence of Altered Lumbar Connective Tissue Structure in Human Subjects with Chronic Low Back Pain." *BMC Musculoskeletal Disorders* 10, (Dec 3, 2009): 151-2474-10-151.
- Langevin, H. M., J. R. Fox, C. Koptiuch, G. J. Badger, A. C. Greenan-Naumann, N. A. Bouffard, E. E. Konofagou, W. N. Lee, J. J. Triano, and S. M. Henry. "Reduced Thoracolumbar Fascia Shear Strain in Human Chronic Low Back Pain." *BMC Musculoskeletal Disorders* 12, (Sep 19, 2011): 203-2474-12-203.
- Licciardone, J. C. "Osteopathic Manipulative Treatment: Much More than Simply a "Hands-on" Phenomenon." *The Journal of the American Osteopathic Association* 112, no. 11 (Nov, 2012): 704-5; author reply pg 705.
- Licciardone, J. C. and S. Aryal. "Prevention of Progressive Back-Specific Dysfunction during Pregnancy: An Assessment of Osteopathic Manual Treatment Based on Cochrane Back Review Group Criteria." *The Journal of the American Osteopathic Association* 113, no. 10 (Oct, 2013): 728-736.
- Licciardone, J. C., C. M. Kearns, and D. E. Minotti. "Outcomes of Osteopathic Manual Treatment for Chronic Low Back Pain According to Baseline Pain Severity: Results from the OSTEOPATHIC Trial." *Manual Therapy* (Jun 8, 2013).

- Licciardone, J. C., D. E. Minotti, R. J. Gatchel, C. M. Kearns, and K. P. Singh. "Osteopathic Manual Treatment and Ultrasound Therapy for Chronic Low Back Pain: A Randomized Controlled Trial." *Annals of Family Medicine* 11, no. 2 (Mar-Apr, 2013): 122-129.
- Liptan, G. L. "Fascia: A Missing Link in our Understanding of the Pathology of Fibromyalgia." *Journal of Bodywork and Movement Therapies* 14, no. 1 (Jan, 2010): 3-12.
- Loukas, M., M. M. Shoja, T. Thurston, V. L. Jones, S. Linganna, and R. S. Tubbs. "Anatomy and Biomechanics of the Vertebral Aponeurosis Part of the Posterior Layer of the Thoracolumbar Fascia." *Surgical and Radiologic Anatomy : SRA* 30, no. 2 (Mar, 2008): 125-129.
- Maigne, R. "Low Back Pain of Thoracolumbar Origin." *Archives of Physical Medicine and Rehabilitation* 61, no. 9 (Sep, 1980): 389-395.
- Marx, S., U. Cimniak, M. Rutz, and K. L. Resch. "Long-Term Effects of Osteopathic Treatment of Chronic Prostatitis with Chronic Pelvic Pain Syndrome: A 5-Year Follow-Up of a Randomized Controlled Trial and Considerations on the Pathophysiological Context." *Der Urologe.Ausg.A* 52, no. 3 (Mar, 2013): 384-390.
- Meyer, P. M. and S. M. Gustowski. "Osteopathic Manipulative Treatment to Resolve Head and Neck Pain After Tooth Extraction." *The Journal of the American Osteopathic Association* 112, no. 7 (Jul, 2012): 457-460.
- Mueller, D. M. "The 2012-2013 Influenza Epidemic and the Role of Osteopathic Manipulative Medicine." *The Journal of the American Osteopathic Association* 113, no. 9 (Sep, 2013): 703-707.
- Noll, D. R., J. H. Shores, R. G. Gamber, K. M. Herron, and J. Swift Jr. "Benefits of Osteopathic Manipulative Treatment for Hospitalized Elderly Patients with Pneumonia." *The Journal of the American Osteopathic Association* 100, no. 12 (Dec, 2000): 776-782.
- Parker, J., K. P. Heinking, and R. E. Kappler. "Efficacy of Osteopathic Manipulative Treatment for Low Back Pain in Euhydrated and Hypohydrated Conditions: A Randomized Crossover Trial." *The Journal of the American Osteopathic Association* 112, no. 5 (May, 2012): 276-284.
- Pepino, V. C., J. D. Ribeiro, M. A. Ribeiro, M. de Noronha, M. A. Mezzacappa, and C. I. Schivinski. "Manual Therapy for Childhood Respiratory Disease: A Systematic Review." *Journal of Manipulative and Physiological Therapeutics* 36, no. 1 (Jan, 2013): 57-65.
- Posadzki, P., M. S. Lee, and E. Ernst. "Osteopathic Manipulative Treatment for Pediatric Conditions: A Systematic Review." *Pediatrics* 132, no. 1 (Jul, 2013): 140-152.
- Riley, G. W. "Osteopathic Success in the Treatment of Influenza and Pneumonia. 1919." *The Journal of the American Osteopathic Association* 100, no. 5 (May, 2000): 315-319.
- Riley, G. W. "Success of Osteopathy in Treatment of Epidemic Pneumonia and Influenza." *The Journal of Osteopathy* 58, no. 5 (May, 1951): 14-16.
- Rives, J. D. and D. D. Baker. "Anatomy of the Attachments of the Diaphragm: Their Relation to the Problems of the Surgery of Diaphragmatic Hernia." *Annals of Surgery* 115, no. 5 (May, 1942): 745-755.

- Rosenkranz, Melissa A., Richard J. Davidson, Donal G. MacCoon, John F. Sheridan, Ned H. Kalin, and Antoine Lutz. "A Comparison of Mindfulness-Based Stress Reduction and an Active Control in Modulation of Neurogenic Inflammation." *Brain, Behavior, and Immunity* 27, no. 0 (1, 2013): 174-184.
- Ruhlen, R. L., E. J. Snider, N. J. Sargentini, B. D. Worthington, V. K. Singh, V. K. Pazdernik, J. C. Johnson, and B. F. Degenhardt. "Influence of Manual Therapy on Functional Mobility After Joint Injury in a Rat Model." *The Journal of the American Osteopathic Association* 113, no. 10 (Oct, 2013): 738-752.
- Saggio, G., S. Docimo, J. Pilc, J. Norton, and W. Gilliar. "Impact of Osteopathic Manipulative Treatment on Secretory Immunoglobulin a Levels in a Stressed Population." *The Journal of the American Osteopathic Association* 111, no. 3 (Mar, 2011): 143-147.
- Schilder, A., U. Hoheisel, W. Magerl, J. Benrath, T. Klein, and R. D. Treede. "Sensory Findings After Stimulation of the Thoracolumbar Fascia with Hypertonic Saline Suggest its Contribution to Low Back Pain." *Pain* (Sep 25, 2013).
- Schuenke, M. D., A. Vleeming, T. Van Hoof, and F. H. Willard. "A Description of the Lumbar Interfascial Triangle and its Relation with the Lateral Raphe: Anatomical Constituents of Load Transfer through the Lateral Margin of the Thoracolumbar Fascia." *Journal of Anatomy* 221, no. 6 (Dec, 2012): 568-576.
- Schwerla, F., A. K. Kaiser, R. Gietz, and R. Kastner. "Osteopathic Treatment of Patients with Long-Term Sequelae of Whiplash Injury: Effect on Neck Pain Disability and Quality of Life." *Journal of Alternative and Complementary Medicine (New York, N.Y.)* 19, no. 6 (Jun, 2013): 543-549.
- Severinsson, Y., O. Bunketorp, and B. Wenneberg. "Jaw Symptoms and Signs and the Connection to Cranial Cervical Symptoms and Post-Traumatic Stress during the First Year After a Whiplash Trauma." *Disability and Rehabilitation* 32, no. 24 (2010): 1987-1998.
- Smith, M. D., A. Russell, and P. W. Hodges. "Disorders of Breathing and Continence have a Stronger Association with Back Pain than Obesity and Physical Activity." *The Australian Journal of Physiotherapy* 52, no. 1 (2006): 11-16.
- . "Do Incontinence, Breathing Difficulties, and Gastrointestinal Symptoms Increase the Risk of Future Back Pain?" *The Journal of Pain : Official Journal of the American Pain Society* 10, no. 8 (Aug, 2009): 876-886.
- . "The Relationship between Incontinence, Breathing Disorders, Gastrointestinal Symptoms, and Back Pain in Women: A Longitudinal Cohort Study." *The Clinical Journal of Pain* (Mar 12, 2013).
- Stemper, B. D., N. Yoganandan, F. A. Pintar, and D. J. Maiman. "The Relationship between Lower Neck Shear Force and Facet Joint Kinematics during Automotive Rear Impacts." *Clinical Anatomy (New York, N.Y.)* 24, no. 3 (Apr, 2011): 319-326.
- Swanson, R. L., 2nd. "Biotensegrity: A Unifying Theory of Biological Architecture with Applications to Osteopathic Practice, Education, and Research--a Review and Analysis." *The Journal of the American Osteopathic Association* 113, no. 1 (Jan, 2013): 34-52.
- Tan, A. Y. and R. L. Verrier. "The Role of the Autonomic Nervous System in Cardiac Arrhythmias." *Handbook of Clinical Neurology* 117C, (2013): 135-145.

- Thomas, L. C., D. A. Rivett, G. Bateman, P. Stanwell, and C. R. Levi. "Effect of Selected Manual Therapy Interventions for Mechanical Neck Pain on Vertebral and Internal Carotid Arterial Blood Flow and Cerebral Inflow." *Physical Therapy* (Jun 27, 2013).
- Tozzi, P. "Selected Fascial Aspects of Osteopathic Practice." *Journal of Bodywork and Movement Therapies* 16, no. 4 (Oct, 2012): 503-519.
- Tozzi, P., D. Bongiorno, and C. Vitturini. "Fascial Release Effects on Patients with Non-Specific Cervical Or Lumbar Pain." *Journal of Bodywork and Movement Therapies* 15, no. 4 (Oct, 2011): 405-416.
- . "Low Back Pain and Kidney Mobility: Local Osteopathic Fascial Manipulation Decreases Pain Perception and Improves Renal Mobility." *Journal of Bodywork and Movement Therapies* 16, no. 3 (Jul, 2012): 381-391.
- van der Giessen, L. J., D. Liekens, K. J. Rutgers, A. Hartman, P. G. Mulder, and A. P. Oranje. "Validation of Beighton Score and Prevalence of Connective Tissue Signs in 773 Dutch Children." *The Journal of Rheumatology* 28, no. 12 (Dec, 2001): 2726-2730.
- Vleeming, A., A. L. Pool-Goudzwaard, D. Hammudoghlu, R. Stoeckart, C. J. Snijders, and J. M. Mens. "The Function of the Long Dorsal Sacroiliac Ligament: Its Implication for Understanding Low Back Pain." *Spine* 21, no. 5 (Mar 1, 1996): 556-562.
- Vleeming, A., A. L. Pool-Goudzwaard, R. Stoeckart, J. P. van Wingerden, and C. J. Snijders. "The Posterior Layer of the Thoracolumbar Fascia. its Function in Load Transfer from Spine to Legs." *Spine* 20, no. 7 (Apr 1, 1995): 753-758.
- Vostatek, P., D. Novak, T. Rychnovsky, and S. Rychnovska. "Diaphragm Postural Function Analysis using Magnetic Resonance Imaging." *PloS One* 8, no. 3 (2013): e56724.
- Wieting, J. M., C. Beal, G. L. Roth, S. Gorbis, L. Dillard, D. Gilliland, and J. Rowan. "The Effect of Osteopathic Manipulative Treatment on Postoperative Medical and Functional Recovery of Coronary Artery Bypass Graft Patients." *The Journal of the American Osteopathic Association* 113, no. 5 (May, 2013): 384-393.
- Willard, F. H., A. Vleeming, M. D. Schuenke, L. Danneels, and R. Schleip. "The Thoracolumbar Fascia: Anatomy, Function and Clinical Considerations." *Journal of Anatomy* 221, no. 6 (Dec, 2012): 507-536.
- Zanotti, E., P. Berardinelli, C. Bizzarri, A. Civardi, A. Manstretta, S. Rossetti, and C. Fracchia. "Osteopathic Manipulative Treatment Effectiveness in Severe Chronic Obstructive Pulmonary Disease: A Pilot Study." *Complementary Therapies in Medicine* 20, no. 1-2 (Feb-Apr, 2012): 16-22.

Sexual Healing

- Baird, A. D., S. J. Wilson, P. F. Bladin, M. M. Saling, and D. C. Reutens. "The Amygdala and Sexual Drive: Insights from Temporal Lobe Epilepsy Surgery." *Annals of Neurology* 55, no. 1 (Jan, 2004): 87-96.
- Burra, P. "Liver Abnormalities and Endocrine Diseases." *Best Practice & Research. Clinical Gastroenterology* 27, no. 4 (Aug, 2013): 553-563.

- . "Sexual Dysfunction After Liver Transplantation." *Liver Transplantation : Official Publication of the American Association for the Study of Liver Diseases and the International Liver Transplantation Society* 15 Suppl 2, (Nov, 2009): S50-6.
- Burra, P., G. Germani, A. Masier, E. De Martin, M. Gambato, A. Salonia, P. Bo, et al. "Sexual Dysfunction in Chronic Liver Disease: Is Liver Transplantation an Effective Cure?" *Transplantation* 89, no. 12 (Jun 27, 2010): 1425-1429.
- Cacioppo, S., F. Bianchi-Demicheli, C. Frum, J. G. Pfaus, and J. W. Lewis. "The Common Neural Bases between Sexual Desire and Love: A Multilevel Kernel Density fMRI Analysis." *The Journal of Sexual Medicine* 9, no. 4 (Apr, 2012): 1048-1054.
- Cook, Trevor M. *Samuel Hahnemann: The Founder of Homoeopathic Medicine*. Wellingborough, Northamptonshire: Thorsons, 1981.
- Danciger, Elizabeth. *Homeopathy: From Alchemy to Medicine*. Rochester, Vt.; New York: Healing Arts; Distributed to the book trade in the U.S. by Harper and Row, 1988.
- Danciger, Elizabeth. *Homeopathy: From Alchemy to Medicine*. Rochester, Vt.; New York: Healing Arts; Distributed to the book trade in the U.S. by Harper and Row, 1988.
- Hulter, B. and P. O. Lundberg. "Sexual Function in Women with Hypothalamo-Pituitary Disorders." *Archives of Sexual Behavior* 23, no. 2 (Apr, 1994): 171-183.
- Kringelbach, M. L. and K. C. Berridge. "The Joyful Mind." *Scientific American* 307, no. 2 (Aug, 2012): 40-45.
- Lundberg, P. O. and B. Hulter. "Sexual Dysfunction in Patients with Hypothalamo-Pituitary Disorders." *Experimental and Clinical Endocrinology* 98, no. 2 (1991): 81-88.
- Richmond, T. S., J. D. Amsterdam, W. Guo, T. Ackerson, V. Gracias, K. M. Robinson, and J. E. Hollander. "The Effect of Post-Injury Depression on Return to Pre-Injury Function: A Prospective Cohort Study." *Psychological Medicine* 39, no. 10 (Oct, 2009): 1709-1720.
- Rowland, D. L. "Neurobiology of Sexual Response in Men and Women." *CNS Spectrums* 11, no. 8 Suppl 9 (Aug, 2006): 6-12.

Structural Obstacles to Cure

- van der Giessen, L. J., D. Liekens, K. J. Rutgers, A. Hartman, P. G. Mulder, and A. P. Oranje. "Validation of Beighton Score and Prevalence of Connective Tissue Signs in 773 Dutch Children." *The Journal of Rheumatology* 28, no. 12 (Dec, 2001): 2726-2730.

Part IV : Healing Head and Brain Injury

Head and Brain Injury

- Abadi, M. R., M. Ghodsi, M. Merazin, and H. Roozbeh. "Pituitary Function Impairment After Moderate Traumatic Brain Injury." *Acta Medica Iranica* 49, no. 7 (2011): 438-441.

- Acosta, S. A., N. Tajiri, K. Shinozuka, H. Ishikawa, B. Grimmig, D. Diamond, P. R. Sanberg, P. C. Bickford, Y. Kaneko, and C. V. Borlongan. "Long-Term Upregulation of Inflammation and Suppression of Cell Proliferation in the Brain of Adult Rats Exposed to Traumatic Brain Injury using the Controlled Cortical Impact Model." *PLoS One* 8, no. 1 (2013): e53376.
- Afzal, S., S. E. Bojesen, and B. G. Nordestgaard. "Reduced 25-Hydroxyvitamin D and Risk of Alzheimer's Disease and Vascular Dementia." *Alzheimer's & Dementia : The Journal of the Alzheimer's Association* (Jul 18, 2013).
- Aguzzi, A., B. A. Barres, and M. L. Bennett. "Microglia: Scapegoat, Saboteur, Or Something Else?" *Science (New York, N.Y.)* 339, no. 6116 (Jan 11, 2013): 156-161.
- Aktas, O., T. Prozorovski, A. Smorodchenko, N. E. Savaskan, R. Lauster, P. M. Kloetzel, C. Infante-Duarte, S. Brocke, and F. Zipp. "Green Tea Epigallocatechin-3-Gallate Mediates T Cellular NF-Kappa B Inhibition and Exerts Neuroprotection in Autoimmune Encephalomyelitis." *Journal of Immunology (Baltimore, Md.: 1950)* 173, no. 9 (Nov 1, 2004): 5794-5800.
- Aktas, O., O. Ullrich, C. Infante-Duarte, R. Nitsch, and F. Zipp. "Neuronal Damage in Brain Inflammation." *Archives of Neurology* 64, no. 2 (Feb, 2007): 185-189.
- Amenta, P. S., J. I. Jallo, R. F. Tuma, and M. B. Elliott. "A Cannabinoid Type 2 Receptor Agonist Attenuates Blood-Brain Barrier Damage and Neurodegeneration in a Murine Model of Traumatic Brain Injury." *Journal of Neuroscience Research* 90, no. 12 (Dec, 2012): 2293-2305.
- Amor, S., F. Puentes, D. Baker, and P. van der Valk. "Inflammation in Neurodegenerative Diseases." *Immunology* 129, no. 2 (Feb, 2010): 154-169.
- Annweiler, C., B. Brugg, J. M. Peyrin, R. Bartha, and O. Beauchet. "Combination of Memantine and Vitamin D Prevents Axon Degeneration Induced by Amyloid-Beta and Glutamate." *Neurobiology of Aging* (Sep 4, 2013).
- Annweiler, C., M. Montero-Odasso, D. J. Llewellyn, S. Richard-Devantoy, G. Duque, and O. Beauchet. "Meta-Analysis of Memory and Executive Dysfunctions in Relation to Vitamin D." *Journal of Alzheimer's Disease : JAD* 37, no. 1 (Jan 1, 2013): 147-171.
- Arbogast, K. B., A. D. McGinley, C. L. Master, M. F. Grady, R. L. Robinson, and M. R. Zonfrillo. "Cognitive Rest and School-Based Recommendations Following Pediatric Concussion: The Need for Primary Care Support Tools." *Clinical Pediatrics* 52, no. 5 (May, 2013): 397-402.
- Arenth, P. M., K. C. Russell, J. M. Scanlon, L. J. Kessler, and J. H. Ricker. "Corpus Callosum Integrity and Neuropsychological Performance After Traumatic Brain Injury: A Diffusion Tensor Imaging Study." *The Journal of Head Trauma Rehabilitation* (Apr 3, 2013).
- Atif, F., I. Sayeed, T. Ishrat, and D. G. Stein. "Progesterone with Vitamin D Affords Better Neuroprotection Against Excitotoxicity in Cultured Cortical Neurons than Progesterone Alone." *Molecular Medicine (Cambridge, Mass.)* 15, no. 9-10 (Sep-Oct, 2009): 328-336.
- Babikian, T., P. Satz, K. Zaucha, R. Light, R. S. Lewis, and R. F. Asarnow. "The UCLA Longitudinal Study of Neurocognitive Outcomes Following Mild Pediatric Traumatic Brain Injury." *Journal of the International Neuropsychological Society : JINS* 17, no. 5 (Sep, 2011): 886-895.

- Bachstetter, A. D., R. K. Rowe, M. Kaneko, D. Goulding, J. Lifshitz, and L. J. Van Eldik. "The p38alpha MAPK Regulates Microglial Responsiveness to Diffuse Traumatic Brain Injury." *The Journal of Neuroscience : The Official Journal of the Society for Neuroscience* 33, no. 14 (Apr 3, 2013): 6143-6153.
- Bailes, J. E., A. L. Petraglia, B. I. Omalu, E. Nauman, and T. Talavage. "Role of Subconcussion in Repetitive Mild Traumatic Brain Injury." *Journal of Neurosurgery* (Aug 23, 2013).
- Bankston, A. N., M. D. Mandler, and Y. Feng. "Oligodendroglia and Neurotrophic Factors in Neurodegeneration." *Neuroscience Bulletin* 29, no. 2 (Apr, 2013): 216-228.
- Barkhoudarian, G., D. A. Hovda, and C. C. Giza. "The Molecular Pathophysiology of Concussive Brain Injury." *Clinics in Sports Medicine* 30, no. 1 (Jan, 2011): 33-48, vii-iii.
- Barreto, G. E., J. Gonzalez, Y. Torres, and L. Morales. "Astrocytic-Neuronal Crosstalk: Implications for Neuroprotection from Brain Injury." *Neuroscience Research* 71, no. 2 (Oct, 2011): 107-113.
- Baugh, C. M., J. M. Stamm, D. O. Riley, B. E. Gavett, M. E. Shenton, A. Lin, C. J. Nowinski, R. C. Cantu, A. C. McKee, and R. A. Stern. "Chronic Traumatic Encephalopathy: Neurodegeneration Following Repetitive Concussive and Subconcussive Brain Trauma." *Brain Imaging and Behavior* 6, no. 2 (Jun, 2012): 244-254.
- Baxter, D., D. J. Sharp, C. Feeney, D. Papadopoulou, T. E. Ham, S. Jilka, P. J. Hellyer, et al. "Pituitary Dysfunction After Blast Traumatic Brain Injury: UK BIOSAP Study." *Annals of Neurology* (Jun 22, 2013).
- Benner, E. J., D. Luciano, R. Jo, K. Abdi, P. Paez-Gonzalez, H. Sheng, D. S. Warner, C. Liu, C. Eroglu, and C. T. Kuo. "Protective Astrogenesis from the SVZ Niche After Injury is Controlled by Notch Modulator Thbs4." *Nature* 497, no. 7449 (May 16, 2013): 369-373.
- Bennett, M. V., J. M. Garre, J. A. Orellana, F. F. Bukauskas, M. Nedergaard, and J. C. Saez. "Connexin and Pannexin Hemichannels in Inflammatory Responses of Glia and Neurons." *Brain Research* 1487, (Dec 3, 2012): 3-15.
- Bigler, E. D. "Neuroinflammation and the Dynamic Lesion in Traumatic Brain Injury." *Brain : A Journal of Neurology* 136, no. Pt 1 (Jan, 2013): 9-11.
- Bingham, D., C. M. John, J. Levin, S. S. Panter, and G. A. Jarvis. "Post-Injury Conditioning with Lipopolysaccharide Or Lipooligosaccharide Reduces Inflammation in the Brain." *Journal of Neuroimmunology* 256, no. 1-2 (Mar 15, 2013): 28-37.
- Blennow, K., J. Hardy, and H. Zetterberg. "The Neuropathology and Neurobiology of Traumatic Brain Injury." *Neuron* 76, no. 5 (Dec 6, 2012): 886-899.
- Boone, D. R., S. L. Sell, M. A. Micci, J. M. Crookshanks, M. Parsley, T. Uchida, D. S. Prough, D. S. DeWitt, and H. L. Hellmich. "Traumatic Brain Injury-Induced Dysregulation of the Circadian Clock." *PloS One* 7, no. 10 (2012): e46204.
- Borgens, R. B. and P. Liu-Snyder. "Understanding Secondary Injury." *The Quarterly Review of Biology* 87, no. 2 (Jun, 2012): 89-127.
- Bouzat, P., N. Sala, J. F. Payen, and M. Oddo. "Beyond Intracranial Pressure: Optimization of Cerebral Blood Flow, Oxygen, and Substrate Delivery After Traumatic Brain Injury." *Annals of Intensive Care* 3, no. 1 (Jul 10, 2013): 23-5820-3-23.

- Carare, R. O., C. A. Hawkes, M. Jeffrey, R. N. Kalaria, and R. O. Weller. "Review: Cerebral Amyloid Angiopathy, Prion Angiopathy, CADASIL and the Spectrum of Protein Elimination Failure Angiopathies (PEFA) in Neurodegenerative Disease with a Focus on Therapy." *Neuropathology and Applied Neurobiology* 39, no. 6 (Oct, 2013): 593-611.
- Casano-Sancho, P., L. Suarez, L. Ibanez, G. Garcia-Fructuoso, J. Medina, and A. Febrer. "Pituitary Dysfunction After Traumatic Brain Injury in Children: Is there a Need for Ongoing Endocrine Assessment?" *Clinical Endocrinology* (May 7, 2013).
- Castro, M. A., F. A. Beltran, S. Brauchi, and I. I. Concha. "A Metabolic Switch in Brain: Glucose and Lactate Metabolism Modulation by Ascorbic Acid." *Journal of Neurochemistry* 110, no. 2 (Jul, 2009): 423-440.
- Cekic, M. and D. G. Stein. "Traumatic Brain Injury and Aging: Is a Combination of Progesterone and Vitamin D Hormone a Simple Solution to a Complex Problem?" *Neurotherapeutics : The Journal of the American Society for Experimental NeuroTherapeutics* 7, no. 1 (Jan, 2010): 81-90.
- Chen, G., L. Go, and B. Mao. "Biomechanical Mechanism of Diffuse Axonal Injury." *Sheng Wu Yi Xue Gong Cheng Xue Za Zhi = Journal of Biomedical Engineering = Shengwu Yixue Gongchengxue Zazhi* 19, no. 3 (Sep, 2002): 500-504.
- Cho, H. J., V. S. Sajja, P. J. Vandevord, and Y. W. Lee. "Blast Induces Oxidative Stress, Inflammation, Neuronal Loss and Subsequent Short-Term Memory Impairment in Rats." *Neuroscience* 253C, (Aug 31, 2013): 9-20.
- Chovanes, G. I. and R. M. Richards. "The Predominance of Metabolic Regulation of Cerebral Blood Flow and the Lack of "Classic" Autoregulation Curves in the Viable Brain." *Surgical Neurology International* 3, (2012): 12-7806.92185. Epub 2012 Jan 21.
- Clapham, R., E. O'Sullivan, R. O. Weller, and R. O. Carare. "Cervical Lymph Nodes are found in Direct Relationship with the Internal Carotid Artery: Significance for the Lymphatic Drainage of the Brain." *Clinical Anatomy (New York, N.Y.)* 23, no. 1 (Jan, 2010): 43-47.
- Clarke, C. B., M. R. Suter, and R. D. Gosselin. "Glial Cells and Chronic Pain: From the Laboratory to Clinical Hope." *Revue Medicale Suisse* 9, no. 392 (Jun 26, 2013): 1342-1345.
- Cohen-Lewe, A. "Osteopathic Manipulative Treatment for Colonic Inertia." *The Journal of the American Osteopathic Association* 113, no. 3 (Mar, 2013): 216-220.
- Cole, J. T., C. M. Mitala, S. Kundu, A. Verma, J. A. Elkind, I. Nissim, and A. S. Cohen. "Dietary Branched Chain Amino Acids Ameliorate Injury-Induced Cognitive Impairment." *Proceedings of the National Academy of Sciences of the United States of America* 107, no. 1 (Jan 5, 2010): 366-371.
- Conte, V., K. Uryu, S. Fujimoto, Y. Yao, J. Rokach, L. Longhi, J. Q. Trojanowski, V. M. Lee, T. K. McIntosh, and D. Pratico. "Vitamin E Reduces Amyloidosis and Improves Cognitive Function in Tg2576 Mice Following Repetitive Concussive Brain Injury." *Journal of Neurochemistry* 90, no. 3 (Aug, 2004): 758-764.
- Cooke, P. S., M. K. Nanjappa, Z. Yang, and K. K. Wang. "Therapeutic Effects of Progesterone and its Metabolites in Traumatic Brain Injury may Involve Non-Classical Signaling Mechanisms." *Frontiers in Neuroscience* 7, (2013): 108.

- Creasy, C., A. Schander, A. Orlowski, and L. M. Hodge. "Thoracic and Abdominal Lymphatic Pump Techniques Inhibit the Growth of *S. Pneumoniae* Bacteria in the Lungs of Rats." *Lymphatic Research and Biology* 11, no. 3 (Sep, 2013): 183-186.
- Czirjak, S., K. Racz, and M. Goth. "Neuroendocrine Dysfunctions and their Consequences Following Traumatic Brain Injury." *Orvosi Hetilap* 153, no. 24 (Jun 17, 2012): 927-933.
- Daneshvar, D. H., D. O. Riley, C. J. Nowinski, A. C. McKee, R. A. Stern, and R. C. Cantu. "Long-Term Consequences: Effects on Normal Development Profile After Concussion." *Physical Medicine and Rehabilitation Clinics of North America* 22, no. 4 (Nov, 2011): 683-700, ix.
- Dashti, S. R., P. Nakaji, Y. C. Hu, D. F. Frei, A. A. Abla, T. Yao, and D. Fiorella. "Styloidogenic Jugular Venous Compression Syndrome: Diagnosis and Treatment: Case Report." *Neurosurgery* 70, no. 3 (Mar, 2012): E795-9.
- Ding, M. C., Q. Wang, E. H. Lo, and G. B. Stanley. "Cortical Excitation and Inhibition Following Focal Traumatic Brain Injury." *The Journal of Neuroscience : The Official Journal of the Society for Neuroscience* 31, no. 40 (Oct 5, 2011): 14085-14094.
- Du, B., A. Shan, Y. Zhang, X. Zhong, D. Chen, and K. Cai. "Zolpidem Arouses Patients in Vegetative State After Brain Injury: Quantitative Evaluation and Indications." *The American Journal of the Medical Sciences* (Mar 4, 2013).
- Dubourg, J. and M. Messerer. "Sports-Related Chronic Repetitive Head Trauma as a Cause of Pituitary Dysfunction." *Neurosurgical Focus* 31, no. 5 (Nov, 2011): E2.
- Durham, J. L., K. A. Jordan, M. J. Devos, E. K. Williams, and N. J. Sandstrom. "Estradiol Protects Against Hippocampal Damage and Impairments in Fear Conditioning Resulting from Transient Global Ischemia in Mice." *Brain Research* 1443, (Mar 14, 2012): 64-74.
- Dursun, E., D. Gezen-Ak, and S. Yilmazer. "A New Mechanism for Amyloid-Beta Induction of iNOS: Vitamin D-VDR Pathway Disruption." *Journal of Alzheimer's Disease : JAD* 36, no. 3 (Jan 1, 2013): 459-474.
- Edmonds, C. J., R. Crombie, and M. R. Gardner. "Subjective Thirst Moderates Changes in Speed of Responding Associated with Water Consumption." *Frontiers in Human Neuroscience* 7, (2013): 363.
- Ekmark-Lewen, S., J. Flygt, O. Kiwanuka, B. J. Meyerson, A. Lewen, L. Hillered, and N. Marklund. "Traumatic Axonal Injury in the Mouse is Accompanied by a Dynamic Inflammatory Response, Astroglial Reactivity and Complex Behavioral Changes." *Journal of Neuroinflammation* 10, (Apr 4, 2013): 44-2094-10-44.
- Engel, R. and S. Vemulpad. "The Role of Spinal Manipulation, Soft-Tissue Therapy, and Exercise in Chronic Obstructive Pulmonary Disease: A Review of the Literature and Proposal of an Anatomical Explanation." *Journal of Alternative and Complementary Medicine (New York, N.Y.)* 17, no. 9 (Sep, 2011): 797-801.
- Engel, R. M., S. R. Vemulpad, and K. Beath. "Short-Term Effects of a Course of Manual Therapy and Exercise in People with Moderate Chronic Obstructive Pulmonary Disease: A Preliminary Clinical Trial." *Journal of Manipulative and Physiological Therapeutics* 36, no. 8 (Oct, 2013): 490-496.

- Faden, A. I. "Microglial Activation and Traumatic Brain Injury." *Annals of Neurology* 70, no. 3 (Sep, 2011): 345-346.
- Farooqui, A. A., W. Y. Ong, L. A. Horrocks, P. Chen, and T. Farooqui. "Comparison of Biochemical Effects of Statins and Fish Oil in Brain: The Battle of the Titans." *Brain Research Reviews* 56, no. 2 (Dec, 2007): 443-471.
- Fernandez-Fernandez, S., A. Almeida, and J. P. Bolanos. "Antioxidant and Bioenergetic Coupling between Neurons and Astrocytes." *The Biochemical Journal* 443, no. 1 (Apr 1, 2012): 3-11.
- Finnie, J. W. "Neuroinflammation: Beneficial and Detrimental Effects After Traumatic Brain Injury." *Inflammopharmacology* 21, no. 4 (Aug, 2013): 309-320.
- Fishbain, D. A., B. Cole, J. E. Lewis, and J. Gao. "What is the Evidence that Neuropathic Pain is Present in Chronic Low Back Pain and Soft Tissue Syndromes? an Evidence-Based Structured Review." *Pain Medicine (Malden, Mass.)* (Oct 4, 2013).
- Flygt, J., A. Djupsjo, F. Lenne, and N. Marklund. "Myelin Loss and Oligodendrocyte Pathology in White Matter Tracts Following Traumatic Brain Injury in the Rat." *The European Journal of Neuroscience* 38, no. 1 (Jul, 2013): 2153-2165.
- . "Myelin Loss and Oligodendrocyte Pathology in White Matter Tracts Following Traumatic Brain Injury in the Rat." *The European Journal of Neuroscience* 38, no. 1 (Jul, 2013): 2153-2165.
- Fox, W. C., M. S. Park, S. Belverud, A. Klugh, D. Rivet, and J. M. Tomlin. "Contemporary Imaging of Mild TBI: The Journey Toward Diffusion Tensor Imaging to Assess Neuronal Damage." *Neurological Research* 35, no. 3 (Apr, 2013): 223-232.
- Fukuda, A. M., A. Adami, V. Pop, J. A. Bellone, J. S. Coats, R. E. Hartman, S. Ashwal, A. Obenaus, and J. Badaut. "Posttraumatic Reduction of Edema with Aquaporin-4 RNA Interference Improves Acute and Chronic Functional Recovery." *Journal of Cerebral Blood Flow and Metabolism : Official Journal of the International Society of Cerebral Blood Flow and Metabolism* 33, no. 10 (Oct, 2013): 1621-1632.
- Gatson, J. W., M. M. Liu, K. Abdelfattah, J. G. Wigginton, S. Smith, S. Wolf, and J. P. Minei. "Resveratrol Decreases Inflammation in the Brain of Mice with Mild Traumatic Brain Injury." *The Journal of Trauma and Acute Care Surgery* 74, no. 2 (Feb, 2013): 470-4; discussion 474-5.
- Gatson, J. W., V. Warren, K. Abdelfattah, S. Wolf, L. S. Hynan, C. Moore, R. Diaz-Arrastia, J. P. Minei, C. Madden, and J. G. Wigginton. "Detection of Beta-Amyloid Oligomers as a Predictor of Neurological Outcome After Brain Injury." *Journal of Neurosurgery* 118, no. 6 (Jun, 2013): 1336-1342.
- Gillette-Guyonnet, S., M. Secher, and B. Vellas. "Nutrition and Neurodegeneration: Epidemiological Evidence and Challenges for Future Research." *British Journal of Clinical Pharmacology* 75, no. 3 (Mar, 2013): 738-755.
- Glynn, N. and A. Agha. "Which Patient Requires Neuroendocrine Assessment Following Traumatic Brain Injury, when and how?" *Clinical Endocrinology* 78, no. 1 (Jan, 2013): 17-20.

- Hannon, M. J., R. K. Crowley, L. A. Behan, E. P. O'Sullivan, M. M. O'Brien, M. Sherlock, D. Rawluk, R. O'Dwyer, W. Tormey, and C. J. Thompson. "Acute Glucocorticoid Deficiency and Diabetes Insipidus are Common After Acute Traumatic Brain Injury and Predict Mortality." *The Journal of Clinical Endocrinology and Metabolism* 98, no. 8 (Aug, 2013): 3229-3237.
- Hellewell, S. C. and M. C. Morganti-Kossmann. "Guilty Molecules, Guilty Minds? the Conflicting Roles of the Innate Immune Response to Traumatic Brain Injury." *Mediators of Inflammation* 2012, (2012): 356494.
- Hernandez-Ontiveros, D. G., N. Tajiri, S. Acosta, B. Giunta, J. Tan, and C. V. Borlongan. "Microglia Activation as a Biomarker for Traumatic Brain Injury." *Frontiers in Neurology* 4, (2013): 30.
- Hessen, E., V. Anderson, and K. Nestvold. "MMPI-2 Profiles 23 Years After Paediatric Mild Traumatic Brain Injury." *Brain Injury : [BI]* 22, no. 1 (Jan, 2008): 39-50.
- Ho, A. J., C. A. Raji, J. T. Becker, O. L. Lopez, L. H. Kuller, X. Hua, I. D. Dinov, et al. "The Effects of Physical Activity, Education, and Body Mass Index on the Aging Brain." *Human Brain Mapping* 32, no. 9 (Sep, 2011): 1371-1382.
- Howes, M. J. and P. J. Houghton. "Ethnobotanical Treatment Strategies Against Alzheimer's Disease." *Current Alzheimer Research* 9, no. 1 (Jan, 2012): 67-85.
- Howes, M. J. and E. Perry. "The Role of Phytochemicals in the Treatment and Prevention of Dementia." *Drugs & Aging* 28, no. 6 (Jun 1, 2011): 439-468.
- Hussey, H. H. "Editorial: Punch Drunk." *JAMA : The Journal of the American Medical Association* 236, no. 5 (Aug 2, 1976): 485.
- Huston, J. M. "The Vagus Nerve and the Inflammatory Reflex: Wandering on a New Treatment Paradigm for Systemic Inflammation and Sepsis." *Surgical Infections* 13, no. 4 (Aug, 2012): 187-193.
- Iloff, J. J., H. Lee, M. Yu, T. Feng, J. Logan, M. Nedergaard, and H. Benveniste. "Brain-Wide Pathway for Waste Clearance Captured by Contrast-Enhanced MRI." *The Journal of Clinical Investigation* 123, no. 3 (Mar 1, 2013): 1299-1309.
- Iloff, J. J. and M. Nedergaard. "Is there a Cerebral Lymphatic System?" *Stroke; a Journal of Cerebral Circulation* 44, no. 6 Suppl 1 (Jun, 2013): S93-5.
- Iloff, J. J., M. Wang, Y. Liao, B. A. Plogg, W. Peng, G. A. Gundersen, H. Benveniste, et al. "A Paravascular Pathway Facilitates CSF Flow through the Brain Parenchyma and the Clearance of Interstitial Solutes, Including Amyloid Beta." *Science Translational Medicine* 4, no. 147 (Aug 15, 2012): 147ra111.
- Inoue, K., M. Tsuda, and H. Tozaki-Saitoh. "Role of the Glia in Neuropathic Pain Caused by Peripheral Nerve Injury." *Brain and Nerve = Shinkei Kenkyu no Shinpo* 64, no. 11 (Nov, 2012): 1233-1239.
- Jakovcevic, D. and D. R. Harder. "Role of Astrocytes in Matching Blood Flow to Neuronal Activity." *Current Topics in Developmental Biology* 79, (2007): 75-97.
- Jia, Z., H. Zhu, J. Li, X. Wang, H. Misra, and Y. Li. "Oxidative Stress in Spinal Cord Injury and Antioxidant-Based Intervention." *Spinal Cord* 50, no. 4 (Apr, 2012): 264-274.

- Johanson, C. E., J. A. Duncan 3rd, P. M. Klinge, T. Brinker, E. G. Stopa, and G. D. Silverberg. "Multiplicity of Cerebrospinal Fluid Functions: New Challenges in Health and Disease." *Cerebrospinal Fluid Research* 5, (May 14, 2008): 10-8454-5-10.
- Johnson, V. E., J. E. Stewart, F. D. Begbie, J. Q. Trojanowski, D. H. Smith, and W. Stewart. "Inflammation and White Matter Degeneration Persist for Years After a Single Traumatic Brain Injury." *Brain : A Journal of Neurology* 136, no. Pt 1 (Jan, 2013): 28-42.
- Johnson, V. E., W. Stewart, and D. H. Smith. "Axonal Pathology in Traumatic Brain Injury." *Experimental Neurology* 246, (Aug, 2013): 35-43.
- Johnston, M. "The Importance of Lymphatics in Cerebrospinal Fluid Transport." *Lymphatic Research and Biology* 1, no. 1 (2003): 41-4; discussion 45.
- Johnston, M., D. Armstrong, and L. Koh. "Possible Role of the Cavernous Sinus Veins in Cerebrospinal Fluid Absorption." *Cerebrospinal Fluid Research* 4, (Apr 16, 2007): 3.
- Johnston, M., A. Zakharov, C. Papaiconomou, G. Salmasi, and D. Armstrong. "Evidence of Connections between Cerebrospinal Fluid and Nasal Lymphatic Vessels in Humans, Non-Human Primates and Other Mammalian Species." *Cerebrospinal Fluid Research* 1, no. 1 (Dec 10, 2004): 2.
- Juurlink, B. H. and P. G. Paterson. "Review of Oxidative Stress in Brain and Spinal Cord Injury: Suggestions for Pharmacological and Nutritional Management Strategies." *The Journal of Spinal Cord Medicine* 21, no. 4 (Oct, 1998): 309-334.
- Kao, C., J. A. Forbes, W. J. Jermakowicz, D. A. Sun, B. Davis, J. Zhu, A. H. Lagrange, and P. E. Konrad. "Suppression of Thalamocortical Oscillations Following Traumatic Brain Injury in Rats." *Journal of Neurosurgery* 117, no. 2 (Aug, 2012): 316-323.
- Kapoor, K. G., S. E. Katz, D. M. Grzybowski, and M. Lubow. "Cerebrospinal Fluid Outflow: An Evolving Perspective." *Brain Research Bulletin* 77, no. 6 (Dec 16, 2008): 327-334.
- Kasturi, B. S. and D. G. Stein. "Progesterone Decreases Cortical and Sub-Cortical Edema in Young and Aged Ovariectomized Rats with Brain Injury." *Restorative Neurology and Neuroscience* 27, no. 4 (2009): 265-275.
- Koh, L., G. Nagra, and M. Johnston. "Properties of the Lymphatic Cerebrospinal Fluid Transport System in the Rat: Impact of Elevated Intracranial Pressure." *Journal of Vascular Research* 44, no. 5 (2007): 423-432.
- Koh, L., A. Zakharov, and M. Johnston. "Integration of the Subarachnoid Space and Lymphatics: Is it Time to Embrace a New Concept of Cerebrospinal Fluid Absorption?" *Cerebrospinal Fluid Research* 2, (Sep 20, 2005): 6.
- Kovesdi, E., A. B. Gyorgy, S. K. Kwon, D. L. Wingo, A. Kamnaksh, J. B. Long, C. E. Kasper, and D. V. Agoston. "The Effect of Enriched Environment on the Outcome of Traumatic Brain Injury; a Behavioral, Proteomics, and Histological Study." *Frontiers in Neuroscience* 5, (2011): 42.
- Kozlowski Moreau, O., E. Yollin, E. Merlen, W. Daveluy, and M. Rousseaux. "Lasting Pituitary Hormone Deficiency After Traumatic Brain Injury." *Journal of Neurotrauma* 29, no. 1 (Jan 1, 2012): 81-89.

- Kumar, A. and D. J. Loane. "Neuroinflammation After Traumatic Brain Injury: Opportunities for Therapeutic Intervention." *Brain, Behavior, and Immunity* 26, no. 8 (Nov, 2012): 1191-1201.
- . "Neuroinflammation After Traumatic Brain Injury: Opportunities for Therapeutic Intervention." *Brain, Behavior, and Immunity* 26, no. 8 (Nov, 2012): 1191-1201.
- Kumar, A., P. Rinwa, and H. Dhar. "Microglial Inhibitory Effect of Ginseng Ameliorates Cognitive Deficits and Neuroinflammation Following Traumatic Head Injury in Rats." *Inflammopharmacology* (Sep 20, 2013).
- Laman, J. D. and R. O. Weller. "Drainage of Cells and Soluble Antigen from the CNS to Regional Lymph Nodes." *Journal of Neuroimmune Pharmacology : The Official Journal of the Society on NeuroImmune Pharmacology* 8, no. 4 (Sep, 2013): 840-856.
- Lazzaro, M. A., O. O. Zaidat, N. Mueller-Kronast, M. A. Taqi, and D. Woo. "Endovascular Therapy for Chronic Cerebrospinal Venous Insufficiency in Multiple Sclerosis." *Frontiers in Neurology* 2, (2011): 44.
- Le, M. N., W. Kim, S. Lee, A. C. McKee, and G. F. Hall. "Multiple Mechanisms of Extracellular Tau Spreading in a Non-Transgenic Tauopathy Model." *American Journal of Neurodegenerative Disease* 1, no. 3 (2012): 316-333.
- Lenzlinger, P. M., M. C. Morganti-Kossmann, H. L. Laurer, and T. K. McIntosh. "The Duality of the Inflammatory Response to Traumatic Brain Injury." *Molecular Neurobiology* 24, no. 1-3 (Aug-Dec, 2001): 169-181.
- Lewis, M., P. Ghassemi, and J. Hibbeln. "Therapeutic use of Omega-3 Fatty Acids in Severe Head Trauma." *The American Journal of Emergency Medicine* 31, no. 1 (Jan, 2013): 273.e5-273.e8.
- Lewis, M. D. and J. Bailes. "Neuroprotection for the Warrior: Dietary Supplementation with Omega-3 Fatty Acids." *Military Medicine* 176, no. 10 (Oct, 2011): 1120-1127.
- Lim, S. W., C. C. Wang, Y. H. Wang, C. C. Chio, K. C. Niu, and J. R. Kuo. "Microglial Activation Induced by Traumatic Brain Injury is Suppressed by Postinjury Treatment with Hyperbaric Oxygen Therapy." *The Journal of Surgical Research* 184, no. 2 (Oct, 2013): 1076-1084.
- Lippi, G. and G. Cervellin. "Diagnostic Approach to the Mild Head Trauma of the Adult in Emergency Medicine: Between Biomarkers and Imaging." *Recenti Progressi in Medicina* 104, no. 3 (Mar, 2013): 120-132.
- Lobanov, O. V., F. Zeidan, J. G. McHaffie, R. A. Kraft, and R. C. Coghill. "From Cue to Meaning: Brain Mechanisms Supporting the Construction of Expectations of Pain." *Pain* (Sep 17, 2013).
- Lopez, N. E., M. J. Krzyzaniak, C. Blow, J. Putnam, Y. Ortiz-Pomales, A. M. Hageny, B. Eliceiri, R. Coimbra, and V. Bansal. "Ghrelin Prevents Disruption of the Blood-Brain Barrier After Traumatic Brain Injury." *Journal of Neurotrauma* 29, no. 2 (Jan 20, 2012): 385-393.
- Lopez, N. E., M. J. Krzyzaniak, T. W. Costantini, J. Putnam, A. M. Hageny, B. Eliceiri, R. Coimbra, and V. Bansal. "Vagal Nerve Stimulation Decreases Blood-Brain Barrier Disruption After Traumatic Brain Injury." *The Journal of Trauma and Acute Care Surgery* 72, no. 6 (Jun, 2012): 1562-1566.

- Lu'o'ng, K. V. and L. T. Nguyen. "The Role of Vitamin D in Alzheimer's Disease: Possible Genetic and Cell Signaling Mechanisms." *American Journal of Alzheimer's Disease and Other Dementias* 28, no. 2 (Mar, 2013): 126-136.
- Magnuson, J., F. Leonessa, and G. S. Ling. "Neuropathology of Explosive Blast Traumatic Brain Injury." *Current Neurology and Neuroscience Reports* 12, no. 5 (Oct, 2012): 570-579.
- Marchetti, B. and S. Pluchino. "Wnt Your Brain be Inflamed? Yes, it Wnt!" *Trends in Molecular Medicine* 19, no. 3 (Mar, 2013): 144-156.
- Maroon, J. C., J. W. Bost, M. K. Borden, K. M. Lorenz, and N. A. Ross. "Natural Antiinflammatory Agents for Pain Relief in Athletes." *Neurosurgical Focus* 21, no. 4 (Oct 15, 2006): E11.
- Maroon, J. C., J. W. Bost, and A. Maroon. "Natural Anti-Inflammatory Agents for Pain Relief." *Surgical Neurology International* 1, (Dec 13, 2010): 80-7806.73804.
- Maroon, J. C., D. B. Lepere, R. L. Blaylock, and J. W. Bost. "Postconcussion Syndrome: A Review of Pathophysiology and Potential Nonpharmacological Approaches to Treatment." *The Physician and Sportsmedicine* 40, no. 4 (Nov, 2012): 73-87.
- Masel, B. E. and D. S. DeWitt. "Traumatic Brain Injury: A Disease Process, Not an Event." *Journal of Neurotrauma* 27, no. 8 (Aug, 2010): 1529-1540.
- Mayer, C. L., B. R. Huber, and E. Peskind. "Traumatic Brain Injury, Neuroinflammation, and Post-Traumatic Headaches." *Headache* 53, no. 9 (Oct, 2013): 1523-1530.
- Men, W., D. Falk, T. Sun, W. Chen, J. Li, D. Yin, L. Zang, and M. Fan. "The Corpus Callosum of Albert Einstein's Brain: Another Clue to His High Intelligence?" *Brain : A Journal of Neurology* (Sep 24, 2013).
- Mendez, M. F., E. M. Owens, G. Reza Berenji, D. C. Peppers, L. J. Liang, and E. A. Licht. "Mild Traumatic Brain Injury from Primary Blast Vs. Blunt Forces: Post-Concussion Consequences and Functional Neuroimaging." *Neurorehabilitation* 32, no. 2 (2013): 397-407.
- Miquel, E., A. Cassina, L. Martinez-Palma, C. Bolatto, E. Trias, M. Gandelman, R. Radi, L. Barbeito, and P. Cassina. "Modulation of Astrocytic Mitochondrial Function by Dichloroacetate Improves Survival and Motor Performance in Inherited Amyotrophic Lateral Sclerosis." *PLoS One* 7, no. 4 (2012): e34776.
- Mizwicki, M. T., G. Liu, M. Fiala, L. Magpantay, J. Sayre, A. Siani, M. Mahanian, et al. "¹alpha,25-Dihydroxyvitamin D3 and Resolvin D1 Retune the Balance between Amyloid-Beta Phagocytosis and Inflammation in Alzheimer's Disease Patients." *Journal of Alzheimer's Disease : JAD* 34, no. 1 (Jan 1, 2013): 155-170.
- Mollanji, R., R. Bozanovic-Sosic, I. Silver, B. Li, C. Kim, R. Midha, and M. Johnston. "Intracranial Pressure Accommodation is Impaired by Blocking Pathways Leading to Extracranial Lymphatics." *American Journal of Physiology.Regulatory, Integrative and Comparative Physiology* 280, no. 5 (May, 2001): R1573-81.
- Monti, J. M., M. W. Voss, A. Pence, E. McAuley, A. F. Kramer, and N. J. Cohen. "History of Mild Traumatic Brain Injury is Associated with Deficits in Relational Memory, Reduced Hippocampal Volume, and Less Neural Activity Later in Life." *Frontiers in Aging Neuroscience* 5, (Aug 22, 2013): 41.

- Moon, Y. J., J. Y. Lee, M. S. Oh, Y. K. Pak, K. S. Park, T. H. Oh, and T. Y. Yune. "Inhibition of Inflammation and Oxidative Stress by Angelica Dahuricae Radix Extract Decreases Apoptotic Cell Death and Improves Functional Recovery After Spinal Cord Injury." *Journal of Neuroscience Research* 90, no. 1 (Jan, 2012): 243-256.
- Morganti-Kossmann, M. C., L. Satgunaseelan, N. Bye, and T. Kossmann. "Modulation of Immune Response by Head Injury." *Injury* 38, no. 12 (Dec, 2007): 1392-1400.
- Moser, R. S. and P. Schatz. "A Case for Mental and Physical Rest in Youth Sports Concussion: It's Never Too Late." *Frontiers in Neurology* 3, (2012): 171.
- Munoz, A. and R. Urban. "Neuroendocrine Consequences of Traumatic Brain Injury." *Current Opinion in Endocrinology, Diabetes, and Obesity* 20, no. 4 (Aug, 2013): 354-358.
- Nagra, G., L. Koh, A. Zakharov, D. Armstrong, and M. Johnston. "Quantification of Cerebrospinal Fluid Transport Across the Cribiform Plate into Lymphatics in Rats." *American Journal of Physiology. Regulatory, Integrative and Comparative Physiology* 291, no. 5 (Nov, 2006): R1383-9.
- Nagra, G., M. E. Wagshul, S. Rashid, J. Li, J. P. McAllister 2nd, and M. Johnston. "Elevated CSF Outflow Resistance Associated with Impaired Lymphatic CSF Absorption in a Rat Model of Kaolin-Induced Communicating Hydrocephalus." *Cerebrospinal Fluid Research* 7, no. 1 (Feb 10, 2010): 4-8454-7-4.
- Nariai, T., M. Inaji, Y. Tanaka, M. Hiura, C. Hosoda, K. Ishii, and K. Ohno. "PET Molecular Imaging to Investigate Higher Brain Dysfunction in Patients with Neurotrauma." *Acta Neurochirurgica. Supplement* 118, (2013): 251-254.
- Nedergaard, M. "Neuroscience. Garbage Truck of the Brain." *Science (New York, N.Y.)* 340, no. 6140 (Jun 28, 2013): 1529-1530.
- Nelissen, S., E. Lemmens, N. Geurts, P. Kramer, M. Maurer, J. Hendriks, and S. Hendrix. "The Role of Mast Cells in Neuroinflammation." *Acta Neuropathologica* 125, no. 5 (May, 2013): 637-650.
- Nimmagadda, V. K., C. T. Bever, N. R. Vattikunta, S. Talat, V. Ahmad, N. K. Nagalla, D. Trisler, et al. "Overexpression of SIRT1 Protein in Neurons Protects Against Experimental Autoimmune Encephalomyelitis through Activation of Multiple SIRT1 Targets." *Journal of Immunology (Baltimore, Md.: 1950)* 190, no. 9 (May 1, 2013): 4595-4607.
- Obermann, K. R., J. C. Morris, and C. M. Roe. "Exploration of 100 Commonly used Drugs and Supplements on Cognition in Older Adults." *Alzheimer's & Dementia : The Journal of the Alzheimer's Association* (Aug 14, 2013).
- Orsu, P., B. V. Murthy, and A. Akula. "Cerebroprotective Potential of Resveratrol through Anti-Oxidant and Anti-Inflammatory Mechanisms in Rats." *Journal of Neural Transmission (Vienna, Austria : 1996)* 120, no. 8 (Aug, 2013): 1217-1223.
- Pardridge, W. M. "Drug Transport Across the Blood-Brain Barrier." *Journal of Cerebral Blood Flow and Metabolism : Official Journal of the International Society of Cerebral Blood Flow and Metabolism* 32, no. 11 (Nov, 2012): 1959-1972.
- Patterson, Z. R. and M. R. Holahan. "Understanding the Neuroinflammatory Response Following Concussion to Develop Treatment Strategies." *Frontiers in Cellular Neuroscience* 6, (2012): 58.

- Pekna, M. and M. Pekny. "The Neurobiology of Brain Injury." *Cerebrum : The Dana Forum on Brain Science* 2012, (Jul, 2012): 9.
- Pellicane, A. J., S. R. Millis, S. E. Zimmerman, and E. J. Roth. "Calorie and Protein Intake in Acute Rehabilitation Inpatients with Traumatic Spinal Cord Injury Versus Other Diagnoses." *Topics in Spinal Cord Injury Rehabilitation* 19, no. 3 (Summer, 2013): 229-235.
- Perrin, R. N. "Lymphatic Drainage of the Neuraxis in Chronic Fatigue Syndrome: A Hypothetical Model for the Cranial Rhythmic Impulse." *The Journal of the American Osteopathic Association* 107, no. 6 (Jun, 2007): 218-224.
- Perry, E. and M. J. Howes. "Medicinal Plants and Dementia Therapy: Herbal Hopes for Brain Aging?" *CNS Neuroscience & Therapeutics* 17, no. 6 (Dec, 2011): 683-698.
- . "Medicinal Plants and Dementia Therapy: Herbal Hopes for Brain Aging?" *CNS Neuroscience & Therapeutics* 17, no. 6 (Dec, 2011): 683-698.
- Peskind, E. R., D. Brody, I. Cernak, A. McKee, and R. L. Ruff. "Military- and Sports-Related Mild Traumatic Brain Injury: An Overview." *The Journal of Clinical Psychiatry* 74, no. 8 (Aug, 2013): e17.
- Piao, C. S., B. A. Stoica, J. Wu, B. Sabirzhanov, Z. Zhao, R. Cabatbat, D. J. Loane, and A. I. Faden. "Late Exercise Reduces Neuroinflammation and Cognitive Dysfunction After Traumatic Brain Injury." *Neurobiology of Disease* 54, (Jun, 2013): 252-263.
- Pomschar, A., I. Koerte, S. Lee, R. P. Laubender, A. Straube, F. Heinen, B. Ertl-Wagner, and N. Alperin. "MRI Evidence for Altered Venous Drainage and Intracranial Compliance in Mild Traumatic Brain Injury." *PloS One* 8, no. 2 (2013): e55447.
- Ponsford, J., P. Cameron, M. Fitzgerald, M. Grant, and A. Mikočka-Walus. "Long-Term Outcomes After Uncomplicated Mild Traumatic Brain Injury: A Comparison with Trauma Controls." *Journal of Neurotrauma* 28, no. 6 (Jun, 2011): 937-946.
- Ponsford, J., P. Cameron, M. Fitzgerald, M. Grant, A. Mikočka-Walus, and M. Schonberger. "Predictors of Postconcussive Symptoms 3 Months After Mild Traumatic Brain Injury." *Neuropsychology* 26, no. 3 (May, 2012): 304-313.
- Pontifex, M. B., S. P. Broglio, E. S. Drollette, M. R. Scudder, C. R. Johnson, P. M. O'Connor, and C. H. Hillman. "The Relation of Mild Traumatic Brain Injury to Chronic Lapses of Attention." *Research Quarterly for Exercise and Sport* 83, no. 4 (Dec, 2012): 553-559.
- Pop, V. and J. Badaut. "A Neurovascular Perspective for Long-Term Changes After Brain Trauma." *Translational Stroke Research* 2, no. 4 (Dec 1, 2011): 533-545.
- Prabhakar, O. "Cerebroprotective Effect of Resveratrol through Antioxidant and Anti-Inflammatory Effects in Diabetic Rats." *Naunyn-Schmiedeberg's Archives of Pharmacology* 386, no. 8 (Aug, 2013): 705-710.
- Prodam, F., V. Gasco, M. Caputo, M. Zavattaro, L. Pagano, P. Marzullo, S. Belcastro, et al. "Metabolic Alterations in Patients Who Develop Traumatic Brain Injury (TBI)-Induced Hypopituitarism." *Growth Hormone & IGF Research : Official Journal of the Growth Hormone Research Society and the International IGF Research Society* 23, no. 4 (Aug, 2013): 109-113.

- Ramlackhansingh, A. F., D. J. Brooks, R. J. Greenwood, S. K. Bose, F. E. Turkheimer, K. M. Kinnunen, S. Gentleman, et al. "Inflammation After Trauma: Microglial Activation and Traumatic Brain Injury." *Annals of Neurology* 70, no. 3 (Sep, 2011): 374-383.
- Rangroo Thrane, V., A. S. Thrane, B. A. Plog, M. Thiyagarajan, J. J. Iliff, R. Deane, E. A. Nagelhus, and M. Nedergaard. "Paravascular Microcirculation Facilitates Rapid Lipid Transport and Astrocyte Signaling in the Brain." *Scientific Reports* 3, (Sep 4, 2013): 2582.
- Ren, Z., J. J. Iliff, L. Yang, J. Yang, X. Chen, M. J. Chen, R. N. Giese, B. Wang, X. Shi, and M. Nedergaard. "'Hit & Run' Model of Closed-Skull Traumatic Brain Injury (TBI) Reveals Complex Patterns of Post-Traumatic AQP4 Dysregulation." *Journal of Cerebral Blood Flow and Metabolism : Official Journal of the International Society of Cerebral Blood Flow and Metabolism* 33, no. 6 (Jun, 2013): 834-845.
- Renner, C., H. Hummelsheim, A. Kopczak, D. Steube, H. J. Schneider, M. Schneider, I. Kreitschmann-Andermahr, M. Jordan, E. Uhl, and G. K. Stalla. "The Influence of Gender on the Injury Severity, Course and Outcome of Traumatic Brain Injury." *Brain Injury : [BI]* 26, no. 11 (2012): 1360-1371.
- Rosenfeld, J. V., A. C. McFarlane, P. Bragge, R. A. Armonda, J. B. Grimes, and G. S. Ling. "Blast-Related Traumatic Brain Injury." *Lancet Neurology* 12, no. 9 (Sep, 2013): 882-893.
- Rossi, D. and A. Volterra. "Astrocytic Dysfunction: Insights on the Role in Neurodegeneration." *Brain Research Bulletin* 80, no. 4-5 (Oct 28, 2009): 224-232.
- Sabet, A. A., E. Christoforou, B. Zatlin, G. M. Genin, and P. V. Bayly. "Deformation of the Human Brain Induced by Mild Angular Head Acceleration." *Journal of Biomechanics* 41, no. 2 (2008): 307-315.
- Sayeed, I. and D. G. Stein. "Progesterone as a Neuroprotective Factor in Traumatic and Ischemic Brain Injury." *Progress in Brain Research* 175, (2009): 219-237.
- Sherin, J. E. and C. B. Nemeroff. "Post-Traumatic Stress Disorder: The Neurobiological Impact of Psychological Trauma." *Dialogues in Clinical Neuroscience* 13, no. 3 (2011): 263-278.
- Shiramizu, H., A. Masuko, H. Ishizaka, M. Shibata, H. Atsumi, M. Imai, T. Osada, Y. Mizokami, T. Baba, and M. Matsumae. "Mechanism of Injury to the Corpus Callosum, with Particular Reference to the Anatomical Relationship between Site of Injury and Adjacent Brain Structures." *Neurologia Medico-Chirurgica* 48, no. 1 (Jan, 2008): 1-7; discussion 6-7.
- Shitaka, Y., H. T. Tran, R. E. Bennett, L. Sanchez, M. A. Levy, K. Dikranian, and D. L. Brody. "Repetitive Closed-Skull Traumatic Brain Injury in Mice Causes Persistent Multifocal Axonal Injury and Microglial Reactivity." *Journal of Neuropathology and Experimental Neurology* 70, no. 7 (Jul, 2011): 551-567.
- Skaper, S. D., L. Facci, and P. Giusti. "Mast Cells, Glia and Neuroinflammation: Partners in Crime?" *Immunology* (Sep 11, 2013).
- Smith, C., S. M. Gentleman, P. D. Leclercq, L. S. Murray, W. S. Griffin, D. I. Graham, and J. A. Nicoll. "The Neuroinflammatory Response in Humans After Traumatic Brain Injury." *Neuropathology and Applied Neurobiology* 39, no. 6 (Oct, 2013): 654-666.

- Sofroniew, M. V. "Multiple Roles for Astrocytes as Effectors of Cytokines and Inflammatory Mediators." *The Neuroscientist : A Review Journal Bringing Neurobiology, Neurology and Psychiatry* (Oct 8, 2013).
- Stam, J. "Thrombosis of the Cerebral Veins and Sinuses." *The New England Journal of Medicine* 352, no. 17 (Apr 28, 2005): 1791-1798.
- Stein, D. G. and I. Sayeed. "Is Progesterone Worth Consideration as a Treatment for Brain Injury?" *AJR.American Journal of Roentgenology* 194, no. 1 (Jan, 2010): 20-22.
- Stein, D. G. and D. W. Wright. "Progesterone in the Clinical Treatment of Acute Traumatic Brain Injury." *Expert Opinion on Investigational Drugs* 19, no. 7 (Jul, 2010): 847-857.
- Stern, R. A., D. O. Riley, D. H. Daneshvar, C. J. Nowinski, R. C. Cantu, and A. C. McKee. "Long-Term Consequences of Repetitive Brain Trauma: Chronic Traumatic Encephalopathy." *PM & R : The Journal of Injury, Function, and Rehabilitation* 3, no. 10 Suppl 2 (Oct, 2011): S460-7.
- Sun, B. L., Z. L. Xia, Z. W. Yan, Y. S. Chen, and M. F. Yang. "Effects of Blockade of Cerebral Lymphatic Drainage on Cerebral Ischemia After Middle Cerebral Artery Occlusion in Rats." *Clinical Hemorheology and Microcirculation* 23, no. 2-4 (2000): 321-325.
- Sundaram, N. K., E. B. Geer, and B. D. Greenwald. "The Impact of Traumatic Brain Injury on Pituitary Function." *Endocrinology and Metabolism Clinics of North America* 42, no. 3 (Sep, 2013): 565-583.
- Sword, J., T. Masuda, D. Croom, and S. A. Kirov. "Evolution of Neuronal and Astroglial Disruption in the Peri-Contusional Cortex of Mice Revealed by in Vivo Two-Photon Imaging." *Brain : A Journal of Neurology* 136, no. Pt 5 (May, 2013): 1446-1461.
- Szmydynger-Chodobska, J., N. Strazielle, J. R. Gandy, T. H. Keefe, B. J. Zink, J. F. Ghersi-Egea, and A. Chodobski. "Posttraumatic Invasion of Monocytes Across the Blood-Cerebrospinal Fluid Barrier." *Journal of Cerebral Blood Flow and Metabolism : Official Journal of the International Society of Cerebral Blood Flow and Metabolism* 32, no. 1 (Jan, 2012): 93-104.
- Szmydynger-Chodobska, J., N. Strazielle, B. J. Zink, J. F. Ghersi-Egea, and A. Chodobski. "The Role of the Choroid Plexus in Neutrophil Invasion After Traumatic Brain Injury." *Journal of Cerebral Blood Flow and Metabolism : Official Journal of the International Society of Cerebral Blood Flow and Metabolism* 29, no. 9 (Sep, 2009): 1503-1516.
- Taleb, L., N. S. Ferguson, and C. L. Morfey. "Modelling the Brain for Rotational Loading: Shear Effects and Other Complications." *Computer Methods in Biomechanics and Biomedical Engineering* 3, no. 4 (2000): 297-308.
- Tanei, T., Y. Eguchi, Y. Yamamoto, M. Hirano, S. Takebayashi, and N. Nakahara. "Isolated Adrenocorticotrophic Hormone Deficiency Associated with Hashimoto's Disease and Thyroid Crisis Triggered by Head Trauma. Case Report." *Neurologia Medico-Chirurgica* 52, no. 1 (2012): 44-47.
- Tang, H., F. Hua, J. Wang, I. Sayeed, X. Wang, Z. Chen, S. Yousuf, F. Atif, and D. G. Stein. "Progesterone and Vitamin D: Improvement After Traumatic Brain Injury in Middle-Aged Rats." *Hormones and Behavior* 64, no. 3 (Aug, 2013): 527-538.

- Teng, S. X. and P. Molina. "Acute Alcohol Intoxication Prolongs Neuroinflammation without Exacerbating Neurobehavioral Dysfunction Following Mild Traumatic Brain Injury." *Journal of Neurotrauma* (Sep 19, 2013).
- Thomas, J., M. L. Garg, and D. W. Smith. "Dietary Supplementation with Resveratrol and/or Docosahexaenoic Acid Alters Hippocampal Gene Expression in Adult C57Bl/6 Mice." *The Journal of Nutritional Biochemistry* 24, no. 10 (Oct, 2013): 1735-1740.
- Thrane, A. S., T. Takano, V. Rangroo Thrane, F. Wang, W. Peng, O. P. Ottersen, M. Nedergaard, and E. A. Nagelhus. "In Vivo NADH Fluorescence Imaging Indicates Effect of Aquaporin-4 Deletion on Oxygen Microdistribution in Cortical Spreading Depression." *Journal of Cerebral Blood Flow and Metabolism : Official Journal of the International Society of Cerebral Blood Flow and Metabolism* 33, no. 7 (Jul, 2013): 996-999.
- van Veldhoven, L. M., A. M. Sander, M. A. Struchen, M. Sherer, A. N. Clark, G. E. Hudnall, and H. J. Hannay. "Predictive Ability of Preinjury Stressful Life Events and Post-Traumatic Stress Symptoms for Outcomes Following Mild Traumatic Brain Injury: Analysis in a Prospective Emergency Room Sample." *Journal of Neurology, Neurosurgery, and Psychiatry* 82, no. 7 (Jul, 2011): 782-787.
- Vileikyte, L. "Stress and Wound Healing." *Clinics in Dermatology* 25, no. 1 (Jan-Feb, 2007): 49-55.
- Walter, B. A., V. A. Valera, S. Takahashi, and T. Ushiki. "The Olfactory Route for Cerebrospinal Fluid Drainage into the Peripheral Lymphatic System." *Neuropathology and Applied Neurobiology* 32, no. 4 (Aug, 2006): 388-396.
- Wang, E., J. Gao, Q. Yang, M. O. Parsley, T. J. Dunn, L. Zhang, D. S. DeWitt, L. Denner, D. S. Prough, and P. Wu. "Molecular Mechanisms Underlying Effects of Neural Stem Cells Against Traumatic Axonal Injury." *Journal of Neurotrauma* 29, no. 2 (Jan 20, 2012): 295-312.
- Wang, F., E. K. Lee, T. Wu, H. Benson, G. Fricchione, W. Wang, and A. S. Yeung. "The Effects of Tai Chi on Depression, Anxiety, and Psychological Well-being: A Systematic Review and Meta-Analysis." *International Journal of Behavioral Medicine* (Sep 28, 2013).
- Weinstein, E., M. Turner, B. B. Kuzma, and H. Feuer. "Second Impact Syndrome in Football: New Imaging and Insights into a Rare and Devastating Condition." *Journal of Neurosurgery.Pediatrics* 11, no. 3 (Mar, 2013): 331-334.
- Weller, R. O., D. Boche, and J. A. Nicoll. "Microvasculature Changes and Cerebral Amyloid Angiopathy in Alzheimer's Disease and their Potential Impact on Therapy." *Acta Neuropathologica* 118, no. 1 (Jul, 2009): 87-102.
- Weller, R. O., E. Djuanda, H. Y. Yow, and R. O. Carare. "Lymphatic Drainage of the Brain and the Pathophysiology of Neurological Disease." *Acta Neuropathologica* 117, no. 1 (Jan, 2009): 1-14.
- Weller, R. O., I. Galea, R. O. Carare, and A. Minagar. "Pathophysiology of the Lymphatic Drainage of the Central Nervous System: Implications for Pathogenesis and Therapy of Multiple Sclerosis." *Pathophysiology : The Official Journal of the International Society for Pathophysiology / ISP* 17, no. 4 (Sep, 2010): 295-306.

- Weller, R. O., A. Massey, Y. M. Kuo, and A. E. Roher. "Cerebral Amyloid Angiopathy: Accumulation of A Beta in Interstitial Fluid Drainage Pathways in Alzheimer's Disease." *Annals of the New York Academy of Sciences* 903, (Apr, 2000): 110-117.
- Weller, R. O., S. D. Preston, M. Subash, and R. O. Carare. "Cerebral Amyloid Angiopathy in the Aetiology and Immunotherapy of Alzheimer Disease." *Alzheimer's Research & Therapy* 1, no. 2 (Oct 12, 2009): 6.
- Weller, R. O., M. Subash, S. D. Preston, I. Mazanti, and R. O. Carare. "Perivascular Drainage of Amyloid-Beta Peptides from the Brain and its Failure in Cerebral Amyloid Angiopathy and Alzheimer's Disease." *Brain Pathology (Zurich, Switzerland)* 18, no. 2 (Apr, 2008): 253-266.
- Whedon, J. M. and D. Glassey. "Cerebrospinal Fluid Stasis and its Clinical Significance." *Alternative Therapies in Health and Medicine* 15, no. 3 (May-Jun, 2009): 54-60.
- Wilkinson, C. W., K. F. Pagulayan, E. C. Petrie, C. L. Mayer, E. A. Colasurdo, J. B. Shofer, K. L. Hart, D. Hoff, M. A. Tarabochia, and E. R. Peskind. "High Prevalence of Chronic Pituitary and Target-Organ Hormone Abnormalities After Blast-Related Mild Traumatic Brain Injury." *Frontiers in Neurology* 3, (2012): 11.
- Woodcock, T. and M. C. Morganti-Kossmann. "The Role of Markers of Inflammation in Traumatic Brain Injury." *Frontiers in Neurology* 4, (2013): 18.
- Xie, L., H. Kang, Q. Xu, M. J. Chen, Y. Liao, M. Thiyagarajan, J. O'Donnell, et al. "Sleep Drives Metabolite Clearance from the Adult Brain." *Science (New York, N.Y.)* 342, no. 6156 (Oct 18, 2013): 373-377.
- Yamanaka, H. and K. Noguchi. "Pathophysiology of Neuropathic Pain: Molecular Mechanisms Underlying Central Sensitization in the Dorsal Horn in Neuropathic Pain." *Brain and Nerve = Shinkei Kenkyu no Shinpo* 64, no. 11 (Nov, 2012): 1255-1265.
- Yang, L., B. T. Kress, H. J. Weber, M. Thiyagarajan, B. Wang, R. Deane, H. Benveniste, J. J. Iliff, and M. Nedergaard. "Evaluating Glymphatic Pathway Function Utilizing Clinically Relevant Intrathecal Infusion of CSF Tracer." *Journal of Translational Medicine* 11, no. 1 (May 1, 2013): 107.
- Yao, L., E. M. Kan, J. Lu, A. Hao, S. T. Dheen, C. Kaur, and E. A. Ling. "Toll-Like Receptor 4 Mediates Microglial Activation and Production of Inflammatory Mediators in Neonatal Rat Brain Following Hypoxia: Role of TLR4 in Hypoxic Microglia." *Journal of Neuroinflammation* 10, (Feb 6, 2013): 23-2094-10-23.
- Yi, J., D. J. Padalino, L. S. Chin, P. Montenegro, and R. C. Cantu. "Chronic Traumatic Encephalopathy." *Current Sports Medicine Reports* 12, no. 1 (Jan-Feb, 2013): 28-32.
- Yoganandan, N., J. Li, J. Zhang, F. A. Pintar, and T. A. Gennarelli. "Influence of Angular Acceleration-Deceleration Pulse Shapes on Regional Brain Strains." *Journal of Biomechanics* 41, no. 10 (Jul 19, 2008): 2253-2262.
- Yoshiyama, Y., K. Uryu, M. Higuchi, L. Longhi, R. Hoover, S. Fujimoto, T. McIntosh, V. M. Lee, and J. Q. Trojanowski. "Enhanced Neurofibrillary Tangle Formation, Cerebral Atrophy, and Cognitive Deficits Induced by Repetitive Mild Brain Injury in a Transgenic Tauopathy Mouse Model." *Journal of Neurotrauma* 22, no. 10 (Oct, 2005): 1134-1141.

- Zaben, M., W. El Ghouli, and A. Belli. "Post-Traumatic Head Injury Pituitary Dysfunction." *Disability and Rehabilitation* 35, no. 6 (Mar, 2013): 522-525.
- Zakharov, A., C. Papaiconomou, and M. Johnston. "Lymphatic Vessels Gain Access to Cerebrospinal Fluid through Unique Association with Olfactory Nerves." *Lymphatic Research and Biology* 2, no. 3 (2004): 139-146.
- Zamanian, J. L., L. Xu, L. C. Foo, N. Nouri, L. Zhou, R. G. Giffard, and B. A. Barres. "Genomic Analysis of Reactive Astroglia." *The Journal of Neuroscience : The Official Journal of the Society for Neuroscience* 32, no. 18 (May 2, 2012): 6391-6410.
- Ze, Y., R. Hu, X. Wang, X. Sang, X. Ze, B. Li, J. Su, et al. "Neurotoxicity and Gene-Expressed Profile in Brain-Injured Mice Caused by Exposure to Titanium Dioxide Nanoparticles." *Journal of Biomedical Materials Research. Part A* (Mar 27, 2013).
- Zeidan, F., K. T. Martucci, R. A. Kraft, N. S. Gordon, J. G. McHaffie, and R. C. Coghill. "Brain Mechanisms Supporting the Modulation of Pain by Mindfulness Meditation." *The Journal of Neuroscience : The Official Journal of the Society for Neuroscience* 31, no. 14 (Apr 6, 2011): 5540-5548.
- Zhang, B. L., X. Chen, T. Tan, Z. Yang, D. Carlos, R. C. Jiang, and J. N. Zhang. "Traumatic Brain Injury Impairs Synaptic Plasticity in Hippocampus in Rats." *Chinese Medical Journal* 124, no. 5 (Mar, 2011): 740-745.
- Zhou, Y., M. P. Milham, Y. W. Lui, L. Miles, J. Reaume, D. K. Sodickson, R. I. Grossman, and Y. Ge. "Default-Mode Network Disruption in Mild Traumatic Brain Injury." *Radiology* 265, no. 3 (Dec, 2012): 882-892.
- Zipp, F. and O. Aktas. "The Brain as a Target of Inflammation: Common Pathways Link Inflammatory and Neurodegenerative Diseases." *Trends in Neurosciences* 29, no. 9 (Sep, 2006): 518-527.

Treating Brain Injury

- Afzal, S., S. E. Bojesen, and B. G. Nordestgaard. "Reduced 25-Hydroxyvitamin D and Risk of Alzheimer's Disease and Vascular Dementia." *Alzheimer's & Dementia : The Journal of the Alzheimer's Association* (Jul 18, 2013).
- Agarwal, R., S. K. Goel, and J. R. Behari. "Detoxification and Antioxidant Effects of Curcumin in Rats Experimentally Exposed to Mercury." *Journal of Applied Toxicology : JAT* 30, no. 5 (Jul, 2010): 457-468.
- Aktas, O., T. Prozorovski, A. Smorodchenko, N. E. Savaskan, R. Lauster, P. M. Kloetzel, C. Infante-Duarte, S. Brocke, and F. Zipp. "Green Tea Epigallocatechin-3-Gallate Mediates T Cellular NF-Kappa B Inhibition and Exerts Neuroprotection in Autoimmune Encephalomyelitis." *Journal of Immunology (Baltimore, Md. : 1950)* 173, no. 9 (Nov 1, 2004): 5794-5800.
- Amenta, P. S., J. I. Jallo, R. F. Tuma, and M. B. Elliott. "A Cannabinoid Type 2 Receptor Agonist Attenuates Blood-Brain Barrier Damage and Neurodegeneration in a Murine Model of Traumatic Brain Injury." *Journal of Neuroscience Research* 90, no. 12 (Dec, 2012): 2293-2305.

- Annweiler, C., B. Brugg, J. M. Peyrin, R. Bartha, and O. Beauchet. "Combination of Memantine and Vitamin D Prevents Axon Degeneration Induced by Amyloid-Beta and Glutamate." *Neurobiology of Aging* (Sep 4, 2013).
- Annweiler, C., M. Montero-Odasso, D. J. Llewellyn, S. Richard-Devantoy, G. Duque, and O. Beauchet. "Meta-Analysis of Memory and Executive Dysfunctions in Relation to Vitamin D." *Journal of Alzheimer's Disease : JAD* 37, no. 1 (Jan 1, 2013): 147-171.
- Atif, F., I. Sayeed, T. Ishrat, and D. G. Stein. "Progesterone with Vitamin D Affords Better Neuroprotection Against Excitotoxicity in Cultured Cortical Neurons than Progesterone Alone." *Molecular Medicine (Cambridge, Mass.)* 15, no. 9-10 (Sep-Oct, 2009): 328-336.
- Bingham, D., C. M. John, J. Levin, S. S. Panter, and G. A. Jarvis. "Post-Injury Conditioning with Lipopolysaccharide Or Lipooligosaccharide Reduces Inflammation in the Brain." *Journal of Neuroimmunology* 256, no. 1-2 (Mar 15, 2013): 28-37.
- Castro, M. A., F. A. Beltran, S. Brauchi, and I. I. Concha. "A Metabolic Switch in Brain: Glucose and Lactate Metabolism Modulation by Ascorbic Acid." *Journal of Neurochemistry* 110, no. 2 (Jul, 2009): 423-440.
- Cekic, M. and D. G. Stein. "Traumatic Brain Injury and Aging: Is a Combination of Progesterone and Vitamin D Hormone a Simple Solution to a Complex Problem?" *Neurotherapeutics : The Journal of the American Society for Experimental NeuroTherapeutics* 7, no. 1 (Jan, 2010): 81-90.
- Conte, V., K. Uryu, S. Fujimoto, Y. Yao, J. Rokach, L. Longhi, J. Q. Trojanowski, V. M. Lee, T. K. McIntosh, and D. Pratico. "Vitamin E Reduces Amyloidosis and Improves Cognitive Function in Tg2576 Mice Following Repetitive Concussive Brain Injury." *Journal of Neurochemistry* 90, no. 3 (Aug, 2004): 758-764.
- Di Giorgio, A. M., Y. Hou, X. Zhao, B. Zhang, B. G. Lyeth, and M. J. Russell. "Dimethyl Sulfoxide Provides Neuroprotection in a Traumatic Brain Injury Model." *Restorative Neurology and Neuroscience* 26, no. 6 (2008): 501-507.
- Durham, J. L., K. A. Jordan, M. J. Devos, E. K. Williams, and N. J. Sandstrom. "Estradiol Protects Against Hippocampal Damage and Impairments in Fear Conditioning Resulting from Transient Global Ischemia in Mice." *Brain Research* 1443, (Mar 14, 2012): 64-74.
- Farooqui, A. A., W. Y. Ong, L. A. Horrocks, P. Chen, and T. Farooqui. "Comparison of Biochemical Effects of Statins and Fish Oil in Brain: The Battle of the Titans." *Brain Research Reviews* 56, no. 2 (Dec, 2007): 443-471.
- Gatson, J. W., M. M. Liu, K. Abdelfattah, J. G. Wigginton, S. Smith, S. Wolf, and J. P. Minei. "Resveratrol Decreases Inflammation in the Brain of Mice with Mild Traumatic Brain Injury." *The Journal of Trauma and Acute Care Surgery* 74, no. 2 (Feb, 2013): 470-4; discussion 474-5.
- Gomez-Pinilla, F. "Collaborative Effects of Diet and Exercise on Cognitive Enhancement." *Nutrition and Health* 20, no. 3-4 (2011): 165-169.
- Hall, E. D., R. A. Vaishnav, and A. G. Mustafa. "Antioxidant Therapies for Traumatic Brain Injury." *Neurotherapeutics : The Journal of the American Society for Experimental NeuroTherapeutics* 7, no. 1 (Jan, 2010): 51-61.

- Hannon, M. J., R. K. Crowley, L. A. Behan, E. P. O'Sullivan, M. M. O'Brien, M. Sherlock, D. Rawluk, R. O'Dwyer, W. Tormey, and C. J. Thompson. "Acute Glucocorticoid Deficiency and Diabetes Insipidus are Common After Acute Traumatic Brain Injury and Predict Mortality." *The Journal of Clinical Endocrinology and Metabolism* 98, no. 8 (Aug, 2013): 3229-3237.
- He, L. F., H. J. Chen, L. H. Qian, G. Y. Chen, and J. S. Buzby. "Curcumin Protects Pre-Oligodendrocytes from Activated Microglia in Vitro and in Vivo." *Brain Research* 1339, (Jun 21, 2010): 60-69.
- Ho, A. J., C. A. Raji, J. T. Becker, O. L. Lopez, L. H. Kuller, X. Hua, I. D. Dinov, et al. "The Effects of Physical Activity, Education, and Body Mass Index on the Aging Brain." *Human Brain Mapping* 32, no. 9 (Sep, 2011): 1371-1382.
- Holly, L. T., D. Blaskiewicz, A. Wu, C. Feng, Z. Ying, and F. Gomez-Pinilla. "Dietary Therapy to Promote Neuroprotection in Chronic Spinal Cord Injury." *Journal of Neurosurgery.Spine* 17, no. 2 (Aug, 2012): 134-140.
- Howes, M. J. and P. J. Houghton. "Ethnobotanical Treatment Strategies Against Alzheimer's Disease." *Current Alzheimer Research* 9, no. 1 (Jan, 2012): 67-85.
- Howes, M. J. and E. Perry. "The Role of Phytochemicals in the Treatment and Prevention of Dementia." *Drugs & Aging* 28, no. 6 (Jun 1, 2011): 439-468.
- Huston, J. M. "The Vagus Nerve and the Inflammatory Reflex: Wandering on a New Treatment Paradigm for Systemic Inflammation and Sepsis." *Surgical Infections* 13, no. 4 (Aug, 2012): 187-193.
- Jin, C. Y., J. D. Lee, C. Park, Y. H. Choi, and G. Y. Kim. "Curcumin Attenuates the Release of Pro-Inflammatory Cytokines in Lipopolysaccharide-Stimulated BV2 Microglia." *Acta Pharmacologica Sinica* 28, no. 10 (Oct, 2007): 1645-1651.
- Kakkar, V., S. K. Muppu, K. Chopra, and I. P. Kaur. "Curcumin Loaded Solid Lipid Nanoparticles: An Efficient Formulation Approach for Cerebral Ischemic Reperfusion Injury in Rats." *European Journal of Pharmaceutics and Biopharmaceutics : Official Journal of Arbeitsgemeinschaft Fur Pharmazeutische Verfahrenstechnik e.V* (Feb 27, 2013).
- Kasturi, B. S. and D. G. Stein. "Progesterone Decreases Cortical and Sub-Cortical Edema in Young and Aged Ovariectomized Rats with Brain Injury." *Restorative Neurology and Neuroscience* 27, no. 4 (2009): 265-275.
- Kim, D. S., J. Y. Kim, and Y. Han. "Curcuminoids in Neurodegenerative Diseases." *Recent Patents on CNS Drug Discovery* 7, no. 3 (Dec, 2012): 184-204.
- King, M. D., D. J. McCracken, F. M. Wade, S. E. Meiler, C. H. Alleyne Jr, and K. M. Dhandapani. "Attenuation of Hematoma Size and Neurological Injury with Curcumin Following Intracerebral Hemorrhage in Mice." *Journal of Neurosurgery* 115, no. 1 (Jul, 2011): 116-123.
- Kumar, A., P. Rinwa, and H. Dhar. "Microglial Inhibitory Effect of Ginseng Ameliorates Cognitive Deficits and Neuroinflammation Following Traumatic Head Injury in Rats." *Inflammopharmacology* (Sep 20, 2013).

- Kuo, C. P., C. H. Lu, L. L. Wen, C. H. Cherng, C. S. Wong, C. O. Borel, D. T. Ju, C. M. Chen, and C. T. Wu. "Neuroprotective Effect of Curcumin in an Experimental Rat Model of Subarachnoid Hemorrhage." *Anesthesiology* 115, no. 6 (Dec, 2011): 1229-1238.
- Laird, M. D., S. Sukumari-Ramesh, A. E. Swift, S. E. Meiler, J. R. Vender, and K. M. Dhandapani. "Curcumin Attenuates Cerebral Edema Following Traumatic Brain Injury in Mice: A Possible Role for Aquaporin-4?" *Journal of Neurochemistry* 113, no. 3 (May, 2010): 637-648.
- Lazzaro, M. A., O. O. Zaidat, N. Mueller-Kronast, M. A. Taqi, and D. Woo. "Endovascular Therapy for Chronic Cerebrospinal Venous Insufficiency in Multiple Sclerosis." *Frontiers in Neurology* 2, (2011): 44.
- Lewis, M., P. Ghassemi, and J. Hibbeln. "Therapeutic use of Omega-3 Fatty Acids in Severe Head Trauma." *The American Journal of Emergency Medicine* 31, no. 1 (Jan, 2013): 273.e5-273.e8.
- Lewis, M. D. and J. Bailes. "Neuroprotection for the Warrior: Dietary Supplementation with Omega-3 Fatty Acids." *Military Medicine* 176, no. 10 (Oct, 2011): 1120-1127.
- Liu, Z. J., W. Liu, L. Liu, C. Xiao, Y. Wang, and J. S. Jiao. "Curcumin Protects Neuron Against Cerebral Ischemia-Induced Inflammation through Improving PPAR-Gamma Function." *Evidence-Based Complementary and Alternative Medicine : ECAM* 2013, (2013): 470975.
- Lopez, N. E., M. J. Krzyzaniak, C. Blow, J. Putnam, Y. Ortiz-Pomales, A. M. Hageny, B. Eliceiri, R. Coimbra, and V. Bansal. "Ghrelin Prevents Disruption of the Blood-Brain Barrier After Traumatic Brain Injury." *Journal of Neurotrauma* 29, no. 2 (Jan 20, 2012): 385-393.
- Lopez, N. E., M. J. Krzyzaniak, T. W. Costantini, J. Putnam, A. M. Hageny, B. Eliceiri, R. Coimbra, and V. Bansal. "Vagal Nerve Stimulation Decreases Blood-Brain Barrier Disruption After Traumatic Brain Injury." *The Journal of Trauma and Acute Care Surgery* 72, no. 6 (Jun, 2012): 1562-1566.
- Lu'o'ng, K. V. and L. T. Nguyen. "The Role of Vitamin D in Alzheimer's Disease: Possible Genetic and Cell Signaling Mechanisms." *American Journal of Alzheimer's Disease and Other Dementias* 28, no. 2 (Mar, 2013): 126-136.
- Mishra, S. and K. Palanivelu. "The Effect of Curcumin (Turmeric) on Alzheimer's Disease: An Overview." *Annals of Indian Academy of Neurology* 11, no. 1 (Jan, 2008): 13-19.
- Mizwicki, M. T., G. Liu, M. Fiala, L. Magpantay, J. Sayre, A. Siani, M. Mahanian, et al. "1alpha,25-Dihydroxyvitamin D3 and Resolvin D1 Retune the Balance between Amyloid-Beta Phagocytosis and Inflammation in Alzheimer's Disease Patients." *Journal of Alzheimer's Disease : JAD* 34, no. 1 (Jan 1, 2013): 155-170.
- Moon, Y. J., J. Y. Lee, M. S. Oh, Y. K. Pak, K. S. Park, T. H. Oh, and T. Y. Yune. "Inhibition of Inflammation and Oxidative Stress by Angelica Dahuricae Radix Extract Decreases Apoptotic Cell Death and Improves Functional Recovery After Spinal Cord Injury." *Journal of Neuroscience Research* 90, no. 1 (Jan, 2012): 243-256.
- Moser, R. S. and P. Schatz. "A Case for Mental and Physical Rest in Youth Sports Concussion: It's Never Too Late." *Frontiers in Neurology* 3, (2012): 171.

- Nabiuni, M., Z. Nazari, Z. Safaeinejad, B. Delfan, and J. A. Miyan. "Curcumin Downregulates Aquaporin-1 Expression in Cultured Rat Choroid Plexus Cells." *Journal of Medicinal Food* 16, no. 6 (Jun, 2013): 504-510.
- Obermann, K. R., J. C. Morris, and C. M. Roe. "Exploration of 100 Commonly used Drugs and Supplements on Cognition in Older Adults." *Alzheimer's & Dementia : The Journal of the Alzheimer's Association* (Aug 14, 2013).
- Orsu, P., B. V. Murthy, and A. Akula. "Cerebroprotective Potential of Resveratrol through Anti-Oxidant and Anti-Inflammatory Mechanisms in Rats." *Journal of Neural Transmission (Vienna, Austria : 1996)* 120, no. 8 (Aug, 2013): 1217-1223.
- Peeyush Kumar, T., S. Antony, S. Soman, K. P. Kuruvilla, N. George, and C. S. Paulose. "Role of Curcumin in the Prevention of Cholinergic Mediated Cortical Dysfunctions in Streptozotocin-Induced Diabetic Rats." *Molecular and Cellular Endocrinology* 331, no. 1 (Jan 1, 2011): 1-10.
- Pellicane, A. J., S. R. Millis, S. E. Zimmerman, and E. J. Roth. "Calorie and Protein Intake in Acute Rehabilitation Inpatients with Traumatic Spinal Cord Injury Versus Other Diagnoses." *Topics in Spinal Cord Injury Rehabilitation* 19, no. 3 (Summer, 2013): 229-235.
- Perry, E. and M. J. Howes. "Medicinal Plants and Dementia Therapy: Herbal Hopes for Brain Aging?" *CNS Neuroscience & Therapeutics* 17, no. 6 (Dec, 2011): 683-698.
- Piao, C. S., B. A. Stoica, J. Wu, B. Sabirzhanov, Z. Zhao, R. Cabatbat, D. J. Loane, and A. I. Faden. "Late Exercise Reduces Neuroinflammation and Cognitive Dysfunction After Traumatic Brain Injury." *Neurobiology of Disease* 54, (Jun, 2013): 252-263.
- Rastogi, M., R. P. Ojha, G. V. Rajamanickam, A. Agrawal, A. Aggarwal, and G. P. Dubey. "Curcuminoids Modulates Oxidative Damage and Mitochondrial Dysfunction in Diabetic Rat Brain." *Free Radical Research* 42, no. 11-12 (Nov, 2008): 999-1005.
- Sayeed, I. and D. G. Stein. "Progesterone as a Neuroprotective Factor in Traumatic and Ischemic Brain Injury." *Progress in Brain Research* 175, (2009): 219-237.
- Sharma, S., Z. Ying, and F. Gomez-Pinilla. "A Pyrazole Curcumin Derivative Restores Membrane Homeostasis Disrupted After Brain Trauma." *Experimental Neurology* 226, no. 1 (Nov, 2010): 191-199.
- Sharma, S., Y. Zhuang, Z. Ying, A. Wu, and F. Gomez-Pinilla. "Dietary Curcumin Supplementation Counteracts Reduction in Levels of Molecules Involved in Energy Homeostasis After Brain Trauma." *Neuroscience* 161, no. 4 (Jul 21, 2009): 1037-1044.
- Shen, Y. and L. C. Yu. "Potential Protection of Curcumin Against Hypoxia-Induced Decreases in Beta-III Tubulin Content in Rat Prefrontal Cortical Neurons." *Neurochemical Research* 33, no. 10 (Oct, 2008): 2112-2117.
- Sukumari-Ramesh, S., M. D. Laird, N. Singh, J. R. Vender, C. H. Alleyne Jr, and K. M. Dhandapani. "Astrocyte-Derived Glutathione Attenuates Hemin-Induced Apoptosis in Cerebral Microvascular Cells." *Glia* 58, no. 15 (Nov 15, 2010): 1858-1870.
- Sun, Y., M. Dai, Y. Wang, W. Wang, Q. Sun, G. Y. Yang, and L. Bian. "Neuroprotection and Sensorimotor Functional Improvement by Curcumin After Intracerebral Hemorrhage in Mice." *Journal of Neurotrauma* 28, no. 12 (Dec, 2011): 2513-2521.

- Tang, H., F. Hua, J. Wang, I. Sayeed, X. Wang, Z. Chen, S. Yousuf, F. Atif, and D. G. Stein. "Progesterone and Vitamin D: Improvement After Traumatic Brain Injury in Middle-Aged Rats." *Hormones and Behavior* 64, no. 3 (Aug, 2013): 527-538.
- Tang, H., D. Lu, R. Pan, X. Qin, H. Xiong, and J. Dong. "Curcumin Improves Spatial Memory Impairment Induced by Human Immunodeficiency Virus Type 1 Glycoprotein 120 V3 Loop Peptide in Rats." *Life Sciences* 85, no. 1-2 (Jul 3, 2009): 1-10.
- Thomas, J., M. L. Garg, and D. W. Smith. "Dietary Supplementation with Resveratrol and/or Docosahexaenoic Acid Alters Hippocampal Gene Expression in Adult C57Bl/6 Mice." *The Journal of Nutritional Biochemistry* 24, no. 10 (Oct, 2013): 1735-1740.
- Wakade, C., M. D. King, M. D. Laird, C. H. Alleyne Jr, and K. M. Dhandapani. "Curcumin Attenuates Vascular Inflammation and Cerebral Vasospasm After Subarachnoid Hemorrhage in Mice." *Antioxidants & Redox Signaling* 11, no. 1 (Jan, 2009): 35-45.
- Wu, A., Z. Ying, D. Schubert, and F. Gomez-Pinilla. "Brain and Spinal Cord Interaction: A Dietary Curcumin Derivative Counteracts Locomotor and Cognitive Deficits After Brain Trauma." *Neurorehabilitation and Neural Repair* 25, no. 4 (May, 2011): 332-342.
- Wu, J., Q. Li, X. Wang, S. Yu, L. Li, X. Wu, Y. Chen, J. Zhao, and Y. Zhao. "Neuroprotection by Curcumin in Ischemic Brain Injury Involves the Akt/Nrf2 Pathway." *PloS One* 8, no. 3 (2013): e59843.
- Xie, L., X. K. Li, and S. Takahara. "Curcumin has Bright Prospects for the Treatment of Multiple Sclerosis." *International Immunopharmacology* 11, no. 3 (Mar, 2011): 323-330.
- Yousef, M. I., S. A. Omar, M. I. El-Guendi, and L. A. Abdelmegid. "Potential Protective Effects of Quercetin and Curcumin on Paracetamol-Induced Histological Changes, Oxidative Stress, Impaired Liver and Kidney Functions and Haematotoxicity in Rat." *Food and Chemical Toxicology : An International Journal Published for the British Industrial Biological Research Association* 48, no. 11 (Nov, 2010): 3246-3261.
- Zeidan, F., K. T. Martucci, R. A. Kraft, N. S. Gordon, J. G. McHaffie, and R. C. Coghill. "Brain Mechanisms Supporting the Modulation of Pain by Mindfulness Meditation." *The Journal of Neuroscience : The Official Journal of the Society for Neuroscience* 31, no. 14 (Apr 6, 2011): 5540-5548.
- Zhuang, R., M. X. Lin, Q. Y. Song, and J. Li. "Effects of Curcumin on the Expression of Nuclear Factor-kappaB and Intercellular Adhesion Molecular 1 in Rats with Cerebral Ischemia-Reperfusion Injury." *Nan Fang Yi Ke Da Xue Xue Bao = Journal of Southern Medical University* 29, no. 6 (Jun, 2009): 1153-1155.

Part V : Participate In Your Healing Journey

Sleep

- "The Effects of Sleep Deprivation on Sleepiness, Performance, Stress and Immune System." *Glas. Srpska Akademija Nauka i Umetnosti. Odeljenje Medicinskih Nauka* (50), no. 50 (2009): 111-123.

- Abbasi, B., M. Kimiagar, K. Sadeghniaat, M. M. Shirazi, M. Hedayati, and B. Rashidkhani. "The Effect of Magnesium Supplementation on Primary Insomnia in Elderly: A Double-Blind Placebo-Controlled Clinical Trial." *Journal of Research in Medical Sciences : The Official Journal of Isfahan University of Medical Sciences* 17, no. 12 (Dec, 2012): 1161-1169.
- Ackermann, K., V. L. Revell, O. Lao, E. J. Rombouts, D. J. Skene, and M. Kayser. "Diurnal Rhythms in Blood Cell Populations and the Effect of Acute Sleep Deprivation in Healthy Young Men." *Sleep* 35, no. 7 (Jul 1, 2012): 933-940.
- Alvarenga, T. A., M. F. Aguiar, R. Mazaro-Costa, S. Tufik, and M. L. Andersen. "Effects of Sleep Deprivation during Pregnancy on the Reproductive Capability of the Offspring." *Fertility and Sterility* (Sep 10, 2013).
- Antony, J. W., E. W. Gobel, J. K. O'Hare, P. J. Reber, and K. A. Paller. "Cued Memory Reactivation during Sleep Influences Skill Learning." *Nature Neuroscience* 15, no. 8 (Jun 26, 2012): 1114-1116.
- Aydin, A., Y. Selvi, L. Besiroglu, M. Boysan, A. Atli, O. Ozdemir, S. Kilic, and R. Balaharoglu. "Mood and Metabolic Consequences of Sleep Deprivation as a Potential Endophenotype' in Bipolar Disorder." *Journal of Affective Disorders* 150, no. 2 (Sep 5, 2013): 284-294.
- Bat-Pitault, F. and D. Da Fonseca. "What are the Effects and Management of Short Sleep Duration in Adolescents?" *Archives De Pediatrie : Organe Officiel De La Societe Francaise De Pediatrie* 19, no. 10 (Oct, 2012): 1095-1099.
- Benedict, C., C. D. Chapman, and H. B. Schiöth. "Growth Hormone-Releasing Hormone Improves Cognitive Function in Older Adults: Sleep on it." *JAMA Neurology* 70, no. 4 (Apr, 2013): 529.
- Bennion, K. A., K. R. Mickley Steinmetz, E. A. Kensinger, and J. D. Payne. "Sleep and Cortisol Interact to Support Memory Consolidation." *Cerebral Cortex (New York, N.Y.: 1991)* (Sep 26, 2013).
- Berridge, M. J. "Calcium Regulation of Neural Rhythms, Memory and Alzheimer's Disease." *The Journal of Physiology* (Jul 16, 2013).
- Breton, J. and E. M. Robertson. "Memory Processing: The Critical Role of Neuronal Replay during Sleep." *Current Biology : CB* 23, no. 18 (Sep 23, 2013): R836-8.
- Broussard, J. L., D. A. Ehrmann, E. Van Cauter, E. Tasali, and M. J. Brady. "Impaired Insulin Signaling in Human Adipocytes After Experimental Sleep Restriction: A Randomized, Crossover Study." *Annals of Internal Medicine* 157, no. 8 (Oct 16, 2012): 549-557.
- Burgess, H. J. "Evening Ambient Light Exposure can Reduce Circadian Phase Advances to Morning Light Independent of Sleep Deprivation." *Journal of Sleep Research* 22, no. 1 (Feb, 2013): 83-88.
- Buxton, O. M., M. L'Hermite-Baleriaux, F. W. Turek, and E. van Cauter. "Daytime Naps in Darkness Phase Shift the Human Circadian Rhythms of Melatonin and Thyrotropin Secretion." *American Journal of Physiology.Regulatory, Integrative and Comparative Physiology* 278, no. 2 (Feb, 2000): R373-82.
- Cai, D. J., S. A. Mednick, E. M. Harrison, J. C. Kanady, and S. C. Mednick. "REM, Not Incubation, Improves Creativity by Priming Associative Networks." *Proceedings of the*

- National Academy of Sciences of the United States of America* 106, no. 25 (Jun 23, 2009): 10130-10134.
- Calvin, A. D., R. E. Carter, T. Adachi, P. G. Macedo, F. N. Albuquerque, C. van der Walt, J. Bukartyk, D. E. Davison, J. A. Levine, and V. K. Somers. "Effects of Experimental Sleep Restriction on Caloric Intake and Activity Energy Expenditure." *Chest* 144, no. 1 (Jul, 2013): 79-86.
- Castanon-Cervantes, O., M. Wu, J. C. Ehlen, K. Paul, K. L. Gamble, R. L. Johnson, R. C. Besing, M. Menaker, A. T. Gewirtz, and A. J. Davidson. "Dysregulation of Inflammatory Responses by Chronic Circadian Disruption." *Journal of Immunology (Baltimore, Md.: 1950)* 185, no. 10 (Nov 15, 2010): 5796-5805.
- Caufriez, A., R. Moreno-Reyes, R. Leproult, F. Vertongen, E. Van Cauter, and G. Copinschi. "Immediate Effects of an 8-h Advance Shift of the Rest-Activity Cycle on 24-h Profiles of Cortisol." *American Journal of Physiology. Endocrinology and Metabolism* 282, no. 5 (May, 2002): E1147-53.
- Chao, C. Y., J. S. Wu, Y. C. Yang, C. C. Shih, R. H. Wang, F. H. Lu, and C. J. Chang. "Sleep Duration is a Potential Risk Factor for Newly Diagnosed Type 2 Diabetes Mellitus." *Metabolism: Clinical and Experimental* 60, no. 6 (Jun, 2011): 799-804.
- Chen, H. C., T. P. Su, and P. Chou. "A Nine-Year Follow-Up Study of Sleep Patterns and Mortality in Community-Dwelling Older Adults in Taiwan." *Sleep* 36, no. 8 (Aug 1, 2013): 1187-1198.
- Costa, R. J., A. H. Smith, S. J. Oliver, R. Walters, N. Maassen, J. L. Bilzon, and N. P. Walsh. "The Effects of Two Nights of Sleep Deprivation with Or without Energy Restriction on Immune Indices at Rest and in Response to Cold Exposure." *European Journal of Applied Physiology* 109, no. 3 (Jun, 2010): 417-428.
- Cote, K. A., C. M. McCormick, S. N. Geniole, R. P. Renn, and S. D. MacAulay. "Sleep Deprivation Lowers Reactive Aggression and Testosterone in Men." *Biological Psychology* 92, no. 2 (Feb, 2013): 249-256.
- Czeisler, C. A. "Perspective: Casting Light on Sleep Deficiency." *Nature* 497, no. 7450 (May 23, 2013): S13.
- de Carvalho, L. B., L. B. do Prado, V. R. Ferreira, M. B. da Rocha Figueiredo, A. Jung, J. F. de Moraes, and G. F. do Prado. "Symptoms of Sleep Disorders and Objective Academic Performance." *Sleep Medicine* 14, no. 9 (Sep, 2013): 872-876.
- Deurveilher, S., M. E. Seary, and K. Semba. "Ovarian Hormones Promote Recovery from Sleep Deprivation by Increasing Sleep Intensity in Middle-Aged Ovariectomized Rats." *Hormones and Behavior* 63, no. 4 (Apr, 2013): 566-576.
- Dkhar, P. and R. Sharma. "Attenuation of Age-Related Increase of Protein Carbonylation in the Liver of Mice by Melatonin and Curcumin." *Molecular and Cellular Biochemistry* 380, no. 1-2 (Aug, 2013): 153-160.
- Everson, C. A., C. D. Thalacker, and N. Hogg. "Phagocyte Migration and Cellular Stress Induced in Liver, Lung, and Intestine during Sleep Loss and Sleep Recovery." *American Journal of Physiology. Regulatory, Integrative and Comparative Physiology* 295, no. 6 (Dec, 2008): R2067-74.

- Garcia-Garcia, F., E. Juarez-Aguilar, J. Santiago-Garcia, and D. P. Cardinali. "Ghrelin and its Interactions with Growth Hormone, Leptin and Orexins: Implications for the Sleep-Wake Cycle and Metabolism." *Sleep Medicine Reviews* (Jun 28, 2013).
- Garrido, M., D. Gonzalez-Gomez, M. Lozano, C. Barriga, S. D. Paredes, and A. B. Rodriguez. "A Jerte Valley Cherry Product Provides Beneficial Effects on Sleep Quality. Influence on Aging." *The Journal of Nutrition, Health & Aging* 17, no. 6 (2013): 553-560.
- Ge, X., F. Han, Y. Huang, Y. Zhang, T. Yang, C. Bai, and X. Guo. "Is Obstructive Sleep Apnea Associated with Cardiovascular and all-Cause Mortality?" *PloS One* 8, no. 7 (Jul 25, 2013): e69432.
- Genzel, L., K. Ahrberg, C. Roselli, S. Niedermaier, A. Steiger, M. Dresler, and T. Roenneberg. "Sleep Timing is More Important than Sleep Length Or Quality for Medical School Performance." *Chronobiology International* 30, no. 6 (Jul, 2013): 766-771.
- Grandner, M. A., M. R. Sands-Lincoln, V. M. Pak, and S. N. Garland. "Sleep Duration, Cardiovascular Disease, and Proinflammatory Biomarkers." *Nature and Science of Sleep* 5, (Jul 22, 2013): 93-107.
- Grandner, M. A., N. Jackson, J. R. Gerstner, and K. L. Knutson. "Sleep Symptoms Associated with Intake of Specific Dietary Nutrients." *Journal of Sleep Research* (Sep 2, 2013).
- Gronli, J., G. Dagestad, A. M. Milde, R. Murison, and C. R. Bramham. "Post-Transcriptional Effects and Interactions between Chronic Mild Stress and Acute Sleep Deprivation: Regulation of Translation Factor and Cytoplasmic Polyadenylation Element-Binding Protein Phosphorylation." *Behavioural Brain Research* 235, no. 2 (Dec 1, 2012): 251-262.
- Haapasalo-Pesu, K. M. and M. Karukivi. "Sleep Disorders among Adolescents--a Major Problem in Mental Health Care." *Duodecim; Laaketieteellinen Aikakauskirja* 128, no. 22 (2012): 2319-2325.
- Hirotsu, C., M. Rydlewski, M. S. Araujo, S. Tufik, and M. L. Andersen. "Sleep Loss and Cytokines Levels in an Experimental Model of Psoriasis." *PloS One* 7, no. 11 (2012): e51183.
- Iftikhar, I. H., C. E. Kline, and S. D. Youngstedt. "Effects of Exercise Training on Sleep Apnea: A Meta-Analysis." *Lung* (Sep 29, 2013).
- Jackson, C. L., S. Redline, I. Kawachi, and F. B. Hu. "Association between Sleep Duration and Diabetes in Black and White Adults." *Diabetes Care* (Sep 11, 2013).
- Jauch-Chara, K., S. M. Schmid, M. Hallschmid, K. M. Oltmanns, and B. Schultes. "Pituitary-Gonadal and Pituitary-Thyroid Axis Hormone Concentrations before and during a Hypoglycemic Clamp After Sleep Deprivation in Healthy Men." *PloS One* 8, no. 1 (2013): e54209.
- Javaheri, S., S. Javaheri, and A. Javaheri. "Sleep Apnea, Heart Failure, and Pulmonary Hypertension." *Current Heart Failure Reports* (Oct 6, 2013).
- Joo, E. Y., C. W. Yoon, D. L. Koo, D. Kim, and S. B. Hong. "Adverse Effects of 24 Hours of Sleep Deprivation on Cognition and Stress Hormones." *Journal of Clinical Neurology (Seoul, Korea)* 8, no. 2 (Jun, 2012): 146-150.

- Kahan, V., M. L. Andersen, J. Tomimori, and S. Tufik. "Can Poor Sleep Affect Skin Integrity?" *Medical Hypotheses* 75, no. 6 (Dec, 2010): 535-537.
- Kalinchuk, A. V., R. W. McCarley, T. Porkka-Heiskanen, and R. Basheer. "Sleep Deprivation Triggers Inducible Nitric Oxide-Dependent Nitric Oxide Production in Wake-Active Basal Forebrain Neurons." *The Journal of Neuroscience : The Official Journal of the Society for Neuroscience* 30, no. 40 (Oct 6, 2010): 13254-13264.
- Kireev, R. A., E. Vara, and J. A. Tresguerres. "Growth Hormone and Melatonin Prevent Age-Related Alteration in Apoptosis Processes in the Dentate Gyrus of Male Rats." *Biogerontology* 14, no. 4 (Aug, 2013): 431-442.
- Knutson, K. L., E. Van Cauter, P. Zee, K. Liu, and D. S. Lauderdale. "Cross-Sectional Associations between Measures of Sleep and Markers of Glucose Metabolism among Subjects with and without Diabetes: The Coronary Artery Risk Development in Young Adults (CARDIA) Sleep Study." *Diabetes Care* 34, no. 5 (May, 2011): 1171-1176.
- Konishi, M., M. Takahashi, N. Endo, S. Numao, S. Takagi, M. Miyashita, T. Midorikawa, K. Suzuki, and S. Sakamoto. "Effects of Sleep Deprivation on Autonomic and Endocrine Functions Throughout the Day and on Exercise Tolerance in the Evening." *Journal of Sports Sciences* 31, no. 3 (2013): 248-255.
- Krawczyk, M., I. Flinta, M. Garncarek, E. A. Jankowska, W. Banasiak, R. Germany, S. Javaheri, and P. Ponikowski. "Sleep Disordered Breathing in Patients with Heart Failure." *Cardiology Journal* 20, no. 4 (2013): 345-355.
- Kudlow, P. A., D. S. Cha, R. W. Lam, and R. S. McIntyre. "Sleep Architecture Variation: A Mediator of Metabolic Disturbance in Individuals with Major Depressive Disorder." *Sleep Medicine* 14, no. 10 (Oct, 2013): 943-949.
- LeGates, T. A., C. M. Altimus, H. Wang, H. K. Lee, S. Yang, H. Zhao, A. Kirkwood, E. T. Weber, and S. Hattar. "Aberrant Light Directly Impairs Mood and Learning through Melanopsin-Expressing Neurons." *Nature* 491, no. 7425 (Nov 22, 2012): 594-598.
- Leproult, R. and E. Van Cauter. "Effect of 1 Week of Sleep Restriction on Testosterone Levels in Young Healthy Men." *JAMA : The Journal of the American Medical Association* 305, no. 21 (Jun 1, 2011): 2173-2174.
- "Role of Sleep and Sleep Loss in Hormonal Release and Metabolism." *Endocrine Development* 17, (2010): 11-21.
- Leproult, R., E. F. Colecchia, M. L'Hermite-Baleriaux, and E. Van Cauter. "Transition from Dim to Bright Light in the Morning Induces an Immediate Elevation of Cortisol Levels." *The Journal of Clinical Endocrinology and Metabolism* 86, no. 1 (Jan, 2001): 151-157.
- Levy, P., S. Ryan, O. Oldenburg, and G. Parati. "Sleep Apnoea and the Heart." *European Respiratory Review : An Official Journal of the European Respiratory Society* 22, no. 129 (Sep 1, 2013): 333-352.
- Lin, L., Q. X. Huang, S. S. Yang, J. Chu, J. Z. Wang, and Q. Tian. "Melatonin in Alzheimer's Disease." *International Journal of Molecular Sciences* 14, no. 7 (Jul 12, 2013): 14575-14593.

- Luca, A., M. Luca, and C. Calandra. "Sleep Disorders and Depression: Brief Review of the Literature, Case Report, and Nonpharmacologic Interventions for Depression." *Clinical Interventions in Aging* 8, (2013): 1033-1039.
- Lucassen, E. A., K. I. Rother, and G. Cizza. "Interacting Epidemics? Sleep Curtailment, Insulin Resistance, and Obesity." *Annals of the New York Academy of Sciences* 1264, no. 1 (Aug, 2012): 110-134.
- Lungato, L., M. L. Gazarini, E. J. Paredes-Gamero, I. L. Tersariol, S. Tufik, and V. D'Almeida. "Sleep Deprivation Impairs Calcium Signaling in Mouse Splenocytes and Leads to a Decreased Immune Response." *Biochimica Et Biophysica Acta* 1820, no. 12 (Dec, 2012): 1997-2006.
- Machado, R. B., S. Tufik, and D. Suchecki. "Role of Corticosterone on Sleep Homeostasis Induced by REM Sleep Deprivation in Rats." *PLoS One* 8, no. 5 (May 7, 2013): e63520.
- Maggio, M., E. Colizzi, A. Fisichella, G. Valenti, G. Ceresini, E. Dall'Aglio, L. Ruffini, F. Lauretani, L. Parrino, and G. P. Ceda. "Stress Hormones, Sleep Deprivation and Cognition in Older Adults." *Maturitas* 76, no. 1 (Sep, 2013): 22-44.
- Mah, C. D., K. E. Mah, E. J. Kezirian, and W. C. Dement. "The Effects of Sleep Extension on the Athletic Performance of Collegiate Basketball Players." *Sleep* 34, no. 7 (Jul 1, 2011): 943-950.
- Mander, B. A., K. J. Reid, V. K. Davuluri, D. M. Small, T. B. Parrish, M. M. Mesulam, P. C. Zee, and D. R. Gitelman. "Sleep Deprivation Alters Functioning within the Neural Network Underlying the Covert Orienting of Attention." *Brain Research* 1217, (Jun 27, 2008): 148-156.
- Mander, B. A., V. Rao, B. Lu, J. M. Saletin, J. R. Lindquist, S. Ancoli-Israel, W. Jagust, and M. P. Walker. "Prefrontal Atrophy, Disrupted NREM Slow Waves and Impaired Hippocampal-Dependent Memory in Aging." *Nature Neuroscience* 16, no. 3 (Mar, 2013): 357-364.
- Markwald, R. R., E. L. Melanson, M. R. Smith, J. Higgins, L. Perreault, R. H. Eckel, and K. P. Wright Jr. "Impact of Insufficient Sleep on Total Daily Energy Expenditure, Food Intake, and Weight Gain." *Proceedings of the National Academy of Sciences of the United States of America* 110, no. 14 (Apr 2, 2013): 5695-5700.
- Melgarejo-Gutierrez, M., E. Acosta-Pena, A. Venebra-Munoz, C. Escobar, J. Santiago-Garcia, and F. Garcia-Garcia. "Sleep Deprivation Reduces Neuroglobin Immunoreactivity in the Rat Brain." *Neuroreport* 24, no. 3 (Feb 13, 2013): 120-125.
- Merikanto, I., T. Lahti, R. Puusniekka, and T. Partonen. "Late Bedtimes Weaken School Performance and Predispose Adolescents to Health Hazards." *Sleep Medicine* (Aug 11, 2013).
- Morita, E., M. Imai, M. Okawa, T. Miyaura, and S. Miyazaki. "A before and After Comparison of the Effects of Forest Walking on the Sleep of a Community-Based Sample of People with Sleep Complaints." *BioPsychoSocial Medicine* 5, (Oct 14, 2011): 13-0759-5-13.
- Muller, T. D. and M. H. Tschop. "Ghrelin - a Key Pleiotropic Hormone-Regulating Systemic Energy Metabolism." *Endocrine Development* 25, (2013): 91-100.

- Naidoo, N., J. G. Davis, J. Zhu, M. Yabumoto, K. Singletary, M. Brown, R. Galante, B. Agarwal, and J. A. Baur. "Aging and Sleep Deprivation Induce the Unfolded Protein Response in the Pancreas: Implications for Metabolism." *Aging Cell* (Sep 18, 2013).
- Oganesian, G. A., I. V. Romanova, A. L. Mikhrina, N. M. Paskarenko, and V. V. Kuzik. "Reaction of Dopaminergic and Vasopressinergic Systems in Sleep Deprivation in Rats." *Rossiiskii Fiziologicheskii Zhurnal Imeni I.M.Sechenova / Rossiiskaia Akademiia Nauk* 98, no. 11 (Nov, 2012): 1307-1313.
- Oudiette, D., G. Santostasi, and K. A. Paller. "Reinforcing Rhythms in the Sleeping Brain with a Computerized Metronome." *Neuron* 78, no. 3 (May 8, 2013): 413-415.
- Oudiette, D., J. W. Antony, J. D. Creery, and K. A. Paller. "The Role of Memory Reactivation during Wakefulness and Sleep in Determining which Memories Endure." *The Journal of Neuroscience : The Official Journal of the Society for Neuroscience* 33, no. 15 (Apr 10, 2013): 6672-6678.
- Paller, K. A. and J. L. Voss. "Memory Reactivation and Consolidation during Sleep." *Learning & Memory (Cold Spring Harbor, N.Y.)* 11, no. 6 (Nov-Dec, 2004): 664-670.
- Passos, G. S., D. Poyares, M. G. Santana, C. V. D'Aurea, S. D. Youngstedt, S. Tufik, and M. T. de Mello. "Effects of Moderate Aerobic Exercise Training on Chronic Primary Insomnia." *Sleep Medicine* 12, no. 10 (Dec, 2011): 1018-1027.
- Penev, P., K. Spiegel, T. Marcinkowski, and E. Van Cauter. "Impact of Carbohydrate-Rich Meals on Plasma Epinephrine Levels: Dysregulation with Aging." *The Journal of Clinical Endocrinology and Metabolism* 90, no. 11 (Nov, 2005): 6198-6206.
- Prather, A. A., E. S. Epel, B. E. Cohen, T. C. Neylan, and M. A. Whooley. "Gender Differences in the Prospective Associations of Self-Reported Sleep Quality with Biomarkers of Systemic Inflammation and Coagulation: Findings from the Heart and Soul Study." *Journal of Psychiatric Research* 47, no. 9 (Sep, 2013): 1228-1235.
- Reynolds, A. C., J. Dorrian, P. Y. Liu, H. P. Van Dongen, G. A. Wittert, L. J. Harmer, and S. Banks. "Impact of Five Nights of Sleep Restriction on Glucose Metabolism, Leptin and Testosterone in Young Adult Men." *PloS One* 7, no. 7 (2012): e41218.
- Ritter, S. M., M. Strick, M. W. Bos, R. B. van Baaren, and A. Dijksterhuis. "Good Morning Creativity: Task Reactivation during Sleep Enhances Beneficial Effect of Sleep on Creative Performance." *Journal of Sleep Research* 21, no. 6 (Dec, 2012): 643-647.
- Robertson, M. D., D. Russell-Jones, A. M. Umpleby, and D. J. Dijk. "Effects of Three Weeks of Mild Sleep Restriction Implemented in the Home Environment on Multiple Metabolic and Endocrine Markers in Healthy Young Men." *Metabolism: Clinical and Experimental* 62, no. 2 (Feb, 2013): 204-211.
- Sampol, G., X. Munoz, M. T. Sagales, S. Marti, A. Roca, M. Dolores de la Calzada, P. Lloberes, and F. Morell. "Long-Term Efficacy of Dietary Weight Loss in Sleep apnoea/hypopnoea Syndrome." *The European Respiratory Journal* 12, no. 5 (Nov, 1998): 1156-1159.
- Sarlak, G., A. Jenwitheesuk, B. Chetsawang, and P. Govitrapong. "Effects of Melatonin on Nervous System Aging: Neurogenesis and Neurodegeneration." *Journal of Pharmacological Sciences* 123, no. 1 (Sep 20, 2013): 9-24.

- Sayon-Orea, C., M. Bes-Rastrollo, S. Carlos, J. J. Beunza, F. J. Basterra-Gortari, and M. A. Martinez-Gonzalez. "Association between Sleeping Hours and Siesta and the Risk of Obesity: The SUN Mediterranean Cohort." *Obesity Facts* 6, no. 4 (2013): 337-347.
- Schmalgemeier, H., T. Bitter, T. Fischbach, D. Horstkotte, and O. Oldenburg. "C-Reactive Protein is Elevated in Heart Failure Patients with Central Sleep Apnea and Cheyne-Stokes Respiration." *Respiration; International Review of Thoracic Diseases* (Aug 28, 2013).
- Schmid, S. M., M. Hallschmid, K. Jauch-Chara, M. C. Kuck, H. Lehnert, and B. Schultes. "Partial Sleep Restriction Modulates Secretory Activity of Thyrotropic Axis in Healthy Men." *Journal of Sleep Research* 22, no. 2 (Apr, 2013): 166-169.
- Shechter, A., R. Rising, J. B. Albu, and M. P. St-Onge. "Experimental Sleep Curtailment Causes Wake-Dependent Increases in 24-h Energy Expenditure as Measured by Whole-Room Indirect Calorimetry." *The American Journal of Clinical Nutrition* (Oct 2, 2013).
- Spiegel, K., E. Tasali, P. Penev, and E. Van Cauter. "Brief Communication: Sleep Curtailment in Healthy Young Men is Associated with Decreased Leptin Levels, Elevated Ghrelin Levels, and Increased Hunger and Appetite." *Annals of Internal Medicine* 141, no. 11 (Dec 7, 2004): 846-850.
- Spiegel, K., E. Tasali, R. Leproult, and E. Van Cauter. "Effects of Poor and Short Sleep on Glucose Metabolism and Obesity Risk." *Nature Reviews. Endocrinology* 5, no. 5 (May, 2009): 253-261.
- Spiegel, K., R. Leproult, and E. Van Cauter. "Impact of Sleep Debt on Physiological Rhythms." *Revue Neurologique* 159, no. 11 Suppl (Nov, 2003): 6S11-20.
- Spiegel, K., R. Leproult, M. L'hermite-Baleriaux, G. Copinschi, P. D. Penev, and E. Van Cauter. "Leptin Levels are Dependent on Sleep Duration: Relationships with Sympathovagal Balance, Carbohydrate Regulation, Cortisol, and Thyrotropin." *The Journal of Clinical Endocrinology and Metabolism* 89, no. 11 (Nov, 2004): 5762-5771.
- St-Onge, M. P. "The Role of Sleep Duration in the Regulation of Energy Balance: Effects on Energy Intakes and Expenditure." *Journal of Clinical Sleep Medicine : JCSM : Official Publication of the American Academy of Sleep Medicine* 9, no. 1 (Jan 15, 2013): 73-80.
- St-Onge, M. P., M. O'Keefe, A. L. Roberts, A. RoyChoudhury, and B. Laferrere. "Short Sleep Duration, Glucose Dysregulation and Hormonal Regulation of Appetite in Men and Women." *Sleep* 35, no. 11 (Nov 1, 2012): 1503-1510.
- Steiger, A., M. Dresler, M. Kluge, and P. Schussler. "Pathology of Sleep, Hormones and Depression." *Pharmacopsychiatry* 46 Suppl 1, (May, 2013): S30-5.
- Sterniczuk, R., O. Theou, B. Rusak, and K. Rockwood. "Sleep Disturbance is Associated with Incident Dementia and Mortality." *Current Alzheimer Research* 10, no. 7 (Sep, 2013): 767-775.
- Stickgold, R. and M. Walker. "To Sleep, Perchance to Gain Creative Insight?" *Trends in Cognitive Sciences* 8, no. 5 (May, 2004): 191-192.
- Tamminen, J., M. A. Lambon Ralph, and P. A. Lewis. "The Role of Sleep Spindles and Slow-Wave Activity in Integrating New Information in Semantic Memory." *The Journal of Neuroscience : The Official Journal of the Society for Neuroscience* 33, no. 39 (Sep 25, 2013): 15376-15381.

- Tan, A. Y. and R. L. Verrier. "The Role of the Autonomic Nervous System in Cardiac Arrhythmias." *Handbook of Clinical Neurology* 117C, (2013): 135-145.
- Tobaldini, E., C. Cogliati, E. M. Fiorelli, V. Nunziata, M. A. Wu, M. Prado, M. Bevilacqua, D. Trabattoni, A. Porta, and N. Montano. "One Night on-Call: Sleep Deprivation Affects Cardiac Autonomic Control and Inflammation in Physicians." *European Journal of Internal Medicine* 24, no. 7 (Oct, 2013): 664-670.
- Twoogor, S. S., Y. Yasui, M. V. Vitiello, R. S. Schwartz, C. M. Ulrich, E. J. Aiello, M. L. Irwin, D. Bowen, J. D. Potter, and A. McTiernan. "Effects of a Yearlong Moderate-Intensity Exercise and a Stretching Intervention on Sleep Quality in Postmenopausal Women." *Sleep* 26, no. 7 (Nov 1, 2003): 830-836.
- Unalan, D., A. Ozturk, S. Ismailogullari, N. Akgul, and M. Aksu. "The Effect of Sleep Duration and Quality on Academical Success of the Elementary School Children in Kayseri Turkey." *JPMA.the Journal of the Pakistan Medical Association* 63, no. 5 (May, 2013): 576-580.
- Van Cauter, E. and G. Copinschi. "Interrelationships between Growth Hormone and Sleep." *Growth Hormone & IGF Research : Official Journal of the Growth Hormone Research Society and the International IGF Research Society* 10 Suppl B, (Apr, 2000): S57-62.
- Van Cauter, E., F. Latta, A. Nedeltcheva, K. Spiegel, R. Leproult, C. Vandenbril, R. Weiss, J. Mockel, J. J. Legros, and G. Copinschi. "Reciprocal Interactions between the GH Axis and Sleep." *Growth Hormone & IGF Research : Official Journal of the Growth Hormone Research Society and the International IGF Research Society* 14 Suppl A, (Jun, 2004): S10-7.
- Van Cauter, E., K. Spiegel, E. Tasali, and R. Leproult. "Metabolic Consequences of Sleep and Sleep Loss." *Sleep Medicine* 9 Suppl 1, (Sep, 2008): S23-8.
- van Liempt, S., J. Arends, P. J. Cluitmans, H. G. Westenberg, R. S. Kahn, and E. Vermetten. "Sympathetic Activity and Hypothalamo-Pituitary-Adrenal Axis Activity during Sleep in Post-Traumatic Stress Disorder: A Study Assessing Polysomnography with Simultaneous Blood Sampling." *Psychoneuroendocrinology* 38, no. 1 (Jan, 2013): 155-165.
- Veasey, S. C., J. Lear, Y. Zhu, J. B. Grinspan, D. J. Hare, S. Wang, D. Bunch, P. A. Doble, and S. R. Robinson. "Long-Term Intermittent Hypoxia Elevates Cobalt Levels in the Brain and Injures White Matter in Adult Mice." *Sleep* 36, no. 10 (Oct 1, 2013): 1471-1481.
- Vecsey, C. G., L. Peixoto, J. H. Choi, M. Wimmer, D. Jaganath, P. J. Hernandez, J. Blackwell, et al. "Genomic Analysis of Sleep Deprivation Reveals Translational Regulation in the Hippocampus." *Physiological Genomics* 44, no. 20 (Oct 17, 2012): 981-991.
- Venancio, D. P., M. L. Andersen, P. S. Vilamaior, F. C. Santos, A. Zager, S. Tufik, S. R. Taboga, and M. T. De Mello. "Sleep Deprivation Alters Rat Ventral Prostate Morphology, Leading to Glandular Atrophy: A Microscopic Study Contrasted with the Hormonal Assays." *Journal of Biomedicine & Biotechnology* 2012, (2012): 285938.
- Vgontzas, A. N., J. Fernandez-Mendoza, T. Miksiewicz, I. Kritikou, M. L. Shaffer, D. Liao, M. Basta, and E. O. Bixler. "Unveiling the Longitudinal Association between Short Sleep Duration and the Incidence of Obesity: The Penn State Cohort." *International Journal of Obesity (2005)* (Sep 12, 2013).

- Vinogradova, I. and V. Anisimov. "Melatonin Prevents the Development of the Metabolic Syndrome in Male Rats Exposed to Different light/dark Regimens." *Biogerontology* 14, no. 4 (Aug, 2013): 401-409.
- Voderholzer, U., B. L. Fiebich, R. Dersch, B. Feige, H. Piosczyk, M. Kopasz, D. Riemann, and K. Lieb. "Effects of Sleep Deprivation on Nocturnal Cytokine Concentrations in Depressed Patients and Healthy Control Subjects." *The Journal of Neuropsychiatry and Clinical Neurosciences* 24, no. 3 (Summer, 2012): 354-366.
- Walker, M. P. "The Role of Sleep in Cognition and Emotion." *Annals of the New York Academy of Sciences* 1156, (Mar, 2009): 168-197.
- Westerberg, C. E., B. A. Mander, S. M. Florczak, S. Weintraub, M. M. Mesulam, P. C. Zee, and K. A. Paller. "Concurrent Impairments in Sleep and Memory in Amnesic Mild Cognitive Impairment." *Journal of the International Neuropsychological Society : JINS* 18, no. 3 (May, 2012): 490-500.
- Westerberg, C. E., E. M. Lundgren, S. M. Florczak, M. M. Mesulam, S. Weintraub, P. C. Zee, and K. A. Paller. "Sleep Influences the Severity of Memory Disruption in Amnesic Mild Cognitive Impairment: Results from Sleep Self-Assessment and Continuous Activity Monitoring." *Alzheimer Disease and Associated Disorders* (Jun 29, 2010).
- Xiao, Q., H. Arem, S. C. Moore, A. R. Hollenbeck, and C. E. Matthews. "A Large Prospective Investigation of Sleep Duration, Weight Change, and Obesity in the NIH-AARP Diet and Health Study Cohort." *American Journal of Epidemiology* (Sep 18, 2013).
- Yaffe, K. and T. Hoang. "Nonpharmacologic Treatment and Prevention Strategies for Dementia." *Continuum (Minneapolis, Minn.)* 19, no. 2 Dementia (Apr, 2013): 372-381.
- Yaffe, K., A. M. Laffan, S. L. Harrison, S. Redline, A. P. Spira, K. E. Ensrud, S. Ancoli-Israel, and K. L. Stone. "Sleep-Disordered Breathing, Hypoxia, and Risk of Mild Cognitive Impairment and Dementia in Older Women." *JAMA : The Journal of the American Medical Association* 306, no. 6 (Aug 10, 2011): 613-619.
- Youngstedt, S. D. "Effects of Exercise on Sleep." *Clinics in Sports Medicine* 24, no. 2 (Apr, 2005): 355-65, xi.
- Youngstedt, S. D., D. F. Kripke, and J. A. Elliott. "Circadian Phase-Delaying Effects of Bright Light Alone and Combined with Exercise in Humans." *American Journal of Physiology.Regulatory, Integrative and Comparative Physiology* 282, no. 1 (Jan, 2002): R259-66.
- . "Is Sleep Disturbed by Vigorous Late-Night Exercise?" *Medicine and Science in Sports and Exercise* 31, no. 6 (Jun, 1999): 864-869.
- Youngstedt, S. D., P. J. O'Connor, J. B. Crabbe, and R. K. Dishman. "The Influence of Acute Exercise on Sleep Following High Caffeine Intake." *Physiology & Behavior* 68, no. 4 (Feb, 2000): 563-570.
- Yu, Q. C., W. J. Ma, Y. F. Zou, G. M. Chen, Y. Y. Yao, P. Y. Su, and F. B. Tao. "Impact of Evening Exercise on College Students' Sleep Quality." *Zhonghua Yu Fang Yi Xue Za Zhi [Chinese Journal of Preventive Medicine]* 47, no. 6 (Jun, 2013): 542-546.

Zanuto, R., M. A. Siqueira-Filho, L. C. Caperuto, R. F. Bacurau, E. Hirata, R. A. Peliciari-Garcia, F. G. do Amaral, et al. "Melatonin Improves Insulin Sensitivity Independently of Weight Loss in Old Obese Rats." *Journal of Pineal Research* 55, no. 2 (Sep, 2013): 156-165.

Zhang, S. L., Y. Li, J. Zhu, Z. F. Huang, J. L. Zhang, and F. Huang. "Relationship between Sleep Quality and Nocturnal Pain in Ankylosing Spondylitis." *Zhonghua Yi Xue Za Zhi* 93, no. 13 (Apr 2, 2013): 970-972.

Zielinski, M. R., J. M. Davis, J. R. Fadel, and S. D. Youngstedt. "Influence of Chronic Moderate Sleep Restriction and Exercise Training on Anxiety, Spatial Memory, and Associated Neurobiological Measures in Mice." *Behavioral Brain Research* 250, (Aug 1, 2013): 74-80.

Homeopathy

Bornhoft, G., U. Wolf, K. von Ammon, M. Righetti, S. Maxion-Bergemann, S. Baumgartner, A. E. Thurneysen, and P. F. Matthiessen. "Effectiveness, Safety and Cost-Effectiveness of Homeopathy in General Practice - Summarized Health Technology Assessment." *Forschende Komplementarmedizin (2006)* 13 Suppl 2, (2006): 19-29.

Chapman, E. H., R. J. Weintraub, M. A. Milburn, T. O. Pirozzi, and E. Woo. "Homeopathic Treatment of Mild Traumatic Brain Injury: A Randomized, Double-Blind, Placebo-Controlled Clinical Trial." *The Journal of Head Trauma Rehabilitation* 14, no. 6 (Dec, 1999): 521-542.

Jacobs, J., L. M. Jimenez, S. S. Gloyd, J. L. Gale, and D. Crothers. "Treatment of Acute Childhood Diarrhea with Homeopathic Medicine: A Randomized Clinical Trial in Nicaragua." *Pediatrics* 93, no. 5 (May, 1994): 719-725.

Jacobs, J., L. M. Jimenez, S. Malthouse, E. Chapman, D. Crothers, M. Masuk, and W. B. Jonas. "Homeopathic Treatment of Acute Childhood Diarrhea: Results from a Clinical Trial in Nepal." *Journal of Alternative and Complementary Medicine (New York, N.Y.)* 6, no. 2 (Apr, 2000): 131-139.

Jacobs, J., W. B. Jonas, M. Jimenez-Perez, and D. Crothers. "Homeopathy for Childhood Diarrhea: Combined Results and Metaanalysis from Three Randomized, Controlled Clinical Trials." *The Pediatric Infectious Disease Journal* 22, no. 3 (Mar, 2003): 229-234.

Kean, W. F., S. Tocchio, M. Kean, and K. D. Rainsford. "The Musculoskeletal Abnormalities of the Similaun Iceman ("OTZI"): Clues to Chronic Pain and Possible Treatments." *Inflammopharmacology* 21, no. 1 (Feb, 2013): 11-20.

Mayne, P. J. "Emerging Incidence of Lyme Borreliosis, Babesiosis, Bartonellosis, and Granulocytic Ehrlichiosis in Australia." *International Journal of General Medicine* 4, (2011): 845-852.

Seeley, B. M., A. B. Denton, M. S. Ahn, and C. S. Maas. "Effect of Homeopathic Arnica Montana on Bruising in Face-Lifts: Results of a Randomized, Double-Blind, Placebo-Controlled Clinical Trial." *Archives of Facial Plastic Surgery* 8, no. 1 (Jan-Feb, 2006): 54-59.

Spence, D. S., E. A. Thompson, and S. J. Barron. "Homeopathic Treatment for Chronic Disease: A 6-Year, University-Hospital Outpatient Observational Study." *Journal of Alternative and Complementary Medicine (New York, N.Y.)* 11, no. 5 (Oct, 2005): 793-798.

- Totonchi, A. and B. Guyuron. "A Randomized, Controlled Comparison between Arnica and Steroids in the Management of Postrhinoplasty Ecchymosis and Edema." *Plastic and Reconstructive Surgery* 120, no. 1 (Jul, 2007): 271-274.
- von Ammon, K., G. Bornhoft, S. Maxion-Bergemann, M. Righetti, S. Baumgartner, A. Thurneysen, U. Wolf, and P. F. Matthiessen. "Familiarity, Objectivity--and Misconduct. Counterstatement to Shaw DM. the Swiss Report on Homoeopathy: A Case Study of Research Misconduct. Swiss Med Wkly. 2012;142:W13594." *Swiss Medical Weekly* 143, (Jan 17, 2013): w13720.
- Witt, C. M., R. Ludtke, R. Baur, and S. N. Willich. "Homeopathic Treatment of Patients with Chronic Low Back Pain: A Prospective Observational Study with 2 Years' Follow-Up." *The Clinical Journal of Pain* 25, no. 4 (May, 2009): 334-339.
- Witt, C. M., R. Ludtke, and S. N. Willich. "Homeopathic Treatment of Patients with Migraine: A Prospective Observational Study with a 2-Year Follow-Up Period." *Journal of Alternative and Complementary Medicine (New York, N.Y.)* 16, no. 4 (Apr, 2010): 347-355.

Hidden Medical Obstacles to Cure

- Barlow, T., C. Downham, and D. Barlow. "The Effect of Complementary Therapies on Post-Operative Pain Control in Ambulatory Knee Surgery: A Systematic Review." *Complementary Therapies in Medicine* 21, no. 5 (Oct, 2013): 529-534.
- Broker, M. "Following a Tick Bite: Double Infections by Tick-Borne Encephalitis Virus and the Spirochete *Borrelia* and Other Potential Multiple Infections." *Zoonoses and Public Health* 59, no. 3 (May, 2012): 176-180.
- Cerar, T., K. Ogrinc, S. Lotric-Furlan, J. Kobal, S. Levicnik-Stežinar, F. Strle, and E. Ruzic-Sabljić. "Diagnostic Value of Cytokines and Chemokines in Lyme Neuroborreliosis." *Clinical and Vaccine Immunology : CVI* 20, no. 10 (Oct, 2013): 1578-1584.
- Col, N. F., M. I. Surks, and G. H. Daniels. "Subclinical Thyroid Disease: Clinical Applications." *JAMA : The Journal of the American Medical Association* 291, no. 2 (Jan 14, 2004): 239-243.
- Daikh, B. E., F. E. Emerson, R. P. Smith, F. L. Lucas, and C. A. McCarthy. "Lyme Arthritis: A Comparison of Presentation, Synovial Fluid Analysis, and Treatment Course in Children and Adults." *Arthritis Care & Research* (Aug 7, 2013).
- Jacobs, J., L. M. Jimenez, S. S. Gloyd, J. L. Gale, and D. Crothers. "Treatment of Acute Childhood Diarrhea with Homeopathic Medicine: A Randomized Clinical Trial in Nicaragua." *Pediatrics* 93, no. 5 (May, 1994): 719-725.
- Jacobs, J., L. M. Jimenez, S. Malthouse, E. Chapman, D. Crothers, M. Masuk, and W. B. Jonas. "Homeopathic Treatment of Acute Childhood Diarrhea: Results from a Clinical Trial in Nepal." *Journal of Alternative and Complementary Medicine (New York, N.Y.)* 6, no. 2 (Apr, 2000): 131-139.
- Jacobs, J., W. B. Jonas, M. Jimenez-Perez, and D. Crothers. "Homeopathy for Childhood Diarrhea: Combined Results and Metaanalysis from Three Randomized, Controlled Clinical Trials." *The Pediatric Infectious Disease Journal* 22, no. 3 (Mar, 2003): 229-234.

- Johnson, R. C., C. Kodner, J. Jarnefeld, D. K. Eck, and Y. Xu. "Agents of Human Anaplasmosis and Lyme Disease at Camp Ripley, Minnesota." *Vector Borne and Zoonotic Diseases (Larchmont, N.Y.)* 11, no. 12 (Dec, 2011): 1529-1534.
- Kean, W. F., S. Tocchio, M. Kean, and K. D. Rainsford. "The Musculoskeletal Abnormalities of the Similaun Iceman ("OTZI"): Clues to Chronic Pain and Possible Treatments." *Inflammopharmacology* 21, no. 1 (Feb, 2013): 11-20.
- Mayne, P. J. "Emerging Incidence of Lyme Borreliosis, Babesiosis, Bartonellosis, and Granulocytic Ehrlichiosis in Australia." *International Journal of General Medicine* 4, (2011): 845-852.
- Stricker, R. B. and L. Johnson. "Borrelia Burgdorferi Aggrecanase Activity: More Evidence for Persistent Infection in Lyme Disease." *Frontiers in Cellular and Infection Microbiology* 3, (2013): 40.
- . "Lyme Disease: The Next Decade." *Infection and Drug Resistance* 4, (2011): 1-9.
- Stricker, R. B. and L. Johnson. "Borrelia Burgdorferi Aggrecanase Activity: More Evidence for Persistent Infection in Lyme Disease." *Frontiers in Cellular and Infection Microbiology* 3, (2013): 40.
- . "Lyme Disease: The Next Decade." *Infection and Drug Resistance* 4, (2011): 1-9.