

## **Fachliteratur, die in „Keto – richtig gesund“ eingeflossen ist.**

Die Evidenzbasis zur ketogenen Ernährung wächst seit einigen Jahren stark. Derzeit (Stand Anfang 2020) erscheinen pro Jahr rund 400 Fachartikel über Ketone, Ketose und ketogene Ernährung allein in der Medizindatenbank PubMed.

Die wichtigsten unseren Aussagen in „Keto – richtig gesund“ zugrunde liegenden Fachpublikationen haben wir für Sie hier zusammengestellt.

### **Abnehmen**

Kondo T, et al.: Vinegar intake reduces body weight, body fat mass, and serum triglyceride levels in obese Japanese subjects. *Biosci Biotechnol Biochem* 2009, PMID 19661687

Maki KC et al.: Green Tea Catechin Consumption Enhances Exercise-Induced Abdominal Fat Loss in Overweight and Obese Adults. *J Nutr*, 139 (2), 264-70

Trasande L et al.: Association Between Urinary Bisphenol A Concentration and Obesity Prevalence in Children and Adolescents. *JAMA* 2012; 308 (11), 1113-21, PMID: 22990270

Hutchison, AT et al.: Time-Restricted Feeding Improves Glucose Tolerance in Men at Risk for Type 2 Diabetes: A Randomized Crossover Trial. *Obesity (Silver Spring)* 2019; 27 (5), 724-732

### **Darmerkrankungen**

Kaelberer, MM et al.: A Gut-Brain Neural Circuit for Nutrient Sensory Transduction. *Science* 2018; 361 (6408)

Umweltbundesamt: Bisphenol A – Massenschmiedikalie mit unerwünschten Wirkungen. 2010

Hofmann, H et al.: Der Darm als Grenzfläche zu Umweltbelastungen. *CoMed* 2019

Conrad, A et al.: Glyphosate in German adults - Time trend (2001 to 2015) of human exposure to a widely used herbicide. *Int J Hyg Environ Health*. 2017 Jan;220(1):8-16

Lu, P et al.: Extraoral Bitter Taste Receptors in Health and Disease. *J Gen Physiol* 2017; 149 (2), 181-197

### **Diabetes**

Lenzen-Schulte, M: Gegen Diabetes und Adipositas: Dein Freund, der Ketonkörper. *Dtsch Arztebl* 2018; 115(41): A-1810 / B-1524 / C-1510

Hallberg, SJ et al.: Effectiveness and Safety of a Novel Care Model for the Management of Type 2 Diabetes at 1 Year: An Open-Label, Non-Randomized, Controlled Study. *Diabetes Ther* 2018; 9 (2), 583-612

Magliano, DJ et al.: Persistent Organic Pollutants and Diabetes: A Review of the Epidemiological Evidence. *Diabetes Metab* 2014; 40 (1), 1-14

Ballasi, A et al.: Correction of Metabolic Acidosis Improves Insulin Resistance in Chronic Kidney Disease. *BMC Nephrol* 2016; 17 (1), 158

Mason, SA et al.: Ascorbic Acid Supplementation Improves Postprandial Glycaemic Control and Blood Pressure in Individuals With Type 2 Diabetes: Findings of a Randomized Cross-Over Trial. *Diabetes Obes Metab* 2019; 21 (3), 674-682

Gerstein, HC et al.: Effects of Intensive Glucose Lowering in Type 2 Diabetes. *Engl J Med* 2008; 358 (24), 2545-59

## **Leber**

Chiu, S et al.: Dietary Carbohydrates and Fatty Liver Disease: De Novo Lipogenesis. *Curr Opin Clin Nutr Metab Care* 2018; 21 (4), 277-282

Apostolopoulou, M et al.: Specific Hepatic Sphingolipids Relate to Insulin Resistance, Oxidative Stress, and Inflammation in Nonalcoholic Steatohepatitis. *Diabetes Care* 2018; 41 (6), 1235-1243

Mardinoglu, A et al.: An Integrated Understanding of the Rapid Metabolic Benefits of a Carbohydrate-Restricted Diet on Hepatic Steatosis in Humans. *Cell Metab* 2018; 27 (3), 559-571.e5

Chedid, V et al.: Herbal Therapy Is Equivalent to Rifaximin for the Treatment of Small Intestinal Bacterial Overgrowth. *Glob Adv Health Med* 2014; 3 (3), 16-24

## **Neurologische Erkrankungen**

Bischoff, A: Demenz, Depression und Schizophrenie über das Essen lindern. DGPPN-Kongressbericht, *Med Trib online*, 2.3.2019

Taylor, MK et al.: A high-glycemic diet is associated with cerebral amyloid burden in cognitively normal older adults. *Am J Clin Nutr* 2017;106(6):1463-1470

Choi, IY et al.: A Diet Mimicking Fasting Promotes Regeneration and Reduces Autoimmunity and Multiple Sclerosis Symptoms. *Cell Rep* 2016; 15 (10), 2136-2146

Nehls, M: Evolutionsbiologische Erklärung der Alzheimerentstehung – Mikronährstoffe in Prävention und Therapie. *Zf f Orthomol Med* 2015;2:11-15

Poole, R et al.: Coffee consumption and health. *BMJ* 2017;359:j5024

Külzow, N et al.: Impact of Omega-3 Fatty Acid Supplementation on Memory Functions in Healthy Older Adults. J Alzheimers Dis 2016; 51 (3), 713-25

Eckert, GP: Erhaltung kognitiver Funktionen im Alter. Datenlage zur Rolle der Omega-3-Fettsäuren. Ernährung & Medizin 2018; 33(01): 9-12

Small, GW et al.: Memory and Brain Amyloid and Tau Effects of a Bioavailable Form of Curcumin in Non-Demented Adults: A Double-Blind, Placebo-Controlled 18-Month Trial. Am J Geriatr Psychiatry 2018;26(3):266-277

Zhu, LN et al.: Curcumin Intervention for Cognitive Function in Different Types of People: A Systematic Review and Meta-Analysis. Phytother Res 2019; 33 (3), 524-533

Spitz, J et al.: Die Life SMS Methodik. EHK 2014

## **Haut**

Versini, M et al.: Obesity in Autoimmune Diseases: Not a Passive Bystander. Autoimmun Rev 2014; 13 (9), 981-1000

Chrubasik-Hausmann, S: Stiefmütterchen. Zeitschrift für Komplementärmedizin 2019; 11(03): 40-41

Boca, AN et al.: Sea Buckthorn Extract in the Treatment of Psoriasis. Exp Ther Med 2019; 17 (2), 1020-1023

Brandt, S: The Clinical Effects of Zinc as a Topical or Oral Agent on the Clinical Response and Pathophysiologic Mechanisms of Acne: A Systematic Review of the Literature. J Drugs Dermatol 2013; 12 (5), 542-5

## **Krebs**

Kämmerer, U et al.: Krebszellen lieben Zucker, Patienten brauchen Fett. systemed Verlag

Imoberndorf, R et al.: Krebs und Ernährung – ein Paradigmenwechsel. Aktuelle Ernährungsmedizin 2015;40(03):143-146

Warburg, O et al.: Über den Stoffwechsel der Carcinomzelle. Biochem Z 1924; 152:309-344

[www.biokrebs.de/therapien](http://www.biokrebs.de/therapien)

<https://www.klinikum.uni-heidelberg.de/chirurgische-klinik-zentrum/allgemein-viszeral-und-transplantationschirurgie/forschung/pankreasforschung/sektion-pankreaskarzinomforschung/ag-molekulare-onkochirurgie/patienteninformationen>

Holtan, SG et al.: Food-frequency Questionnaire-Based Estimates of Total Antioxidant Capacity and Risk of non-Hodgkin Lymphoma. *Int J Cancer* 2012; 131 (5), 1158-68

Fabian, CJ et al.: Reduction in Ki-67 in Benign Breast Tissue of High-Risk Women With the Lignan Secoisolariciresinol Diglycoside. *Cancer Prev Res (Phila)* 2010; 3 (10), 1342-50

Vucenik, I, Shamsuddin, AM: Protection Against Cancer by Dietary IP6 and Inositol. *Nutr Cancer* 2006; 55 (2), 109-25

Nagata, C et al.: Soy Intake and Breast Cancer Risk: An Evaluation Based on a Systematic Review of Epidemiologic Evidence Among the Japanese Population. *Jpn J Clin Oncol* 2014; 44 (3), 282-95

Bagnardi, V et al.: Light Alcohol Drinking and Cancer: A Meta-Analysis. *Ann Oncol* 2013; 24 (2), 301-8

## **Herz**

Berger, S et al.: Dietary Cholesterol and Cardiovascular Disease: A Systematic Review and Meta-Analysis. *Am J Clin Nutr* 2015; 102 (2), 276-94

Friedrichsen, HP: Cholesterin – Baustein oder Risikofaktor. *Zs f Orthomol Med* 2019; 17(01): 10-16

Wu, JHY et al.: Contribution of Trans-Fatty Acid Intake to Coronary Heart Disease Burden in Australia: A Modelling Study. *Nutrients* 2017; Jan 18

Paterson, JR et al.: Salicylic Acid Content of Spices and Its Implications. *J Agric Food Chem* 2006; 54 (8), 2891-6

Reynolds, A et al.: Carbohydrate Quality and Human Health: A Series of Systematic Reviews and Meta-Analyses. *Lancet* 2019; 393 (10170), 434-445

## **Autoimmunerkrankungen**

Youm, YH et al.: The Ketone Metabolite  $\beta$ -Hydroxybutyrate Blocks NLRP3 Inflammasome-Mediated Inflammatory Disease. *Nat Med* 2015; 21 (3), 263-9

Choi, IY et al.: A Diet Mimicking Fasting Promotes Regeneration and Reduces Autoimmunity and Multiple Sclerosis Symptoms. *Cell Rep* 2016; 15 (10), 2136-2146

Bielenberg, J: Arthrose: Hagebutte auf dem Prüfstand. *Pharm Zeitung* 2007; 6

Fasano, A, Shea-Donohue, T: Mechanisms of Disease: The Role of Intestinal Barrier Function in the Pathogenesis of Gastrointestinal Autoimmune Diseases. *Nat Clin Pract Gastroenterol Hepatol* 2005; 2 (9), 416-22

Intestinal barrier damage in multiple sclerosis. Science Daily, 4 September 2014 (Nouri, M et al.: Intestinal Barrier Dysfunction Develops at the Onset of Experimental Autoimmune Encephalomyelitis, and Can Be Induced by Adoptive Transfer of Auto-Reactive T Cells. PLoS ONE, 2014; 9 (9): e106335

Sarah, CR et al.: Oral NaHCO<sub>3</sub> Activates a Splenic Anti-Inflammatory Pathway: Evidence That Cholinergic Signals Are Transmitted via Mesothelial Cells. J Immunol 2018; 200 (10), 3568-3586