

## Anti-inflammatorisk kost og levevis

Her finder du referencer og links til interessante artikler omkring antiinflammatorisk kost og levevis. Listen er et uddrag af den videnskabelige litteratur samt anden kompetent omtale. Fra de faglige artikler kan du via deres egne referencer komme videre i faglitteraturen. Mange er anvendt som research til mine to bøger om antiinflammatorisk kost. Nye referencer tilføjes løbende.

21 helbredende dage med antiinflammatorisk kost

[https://www.saxo.com/dk/21-helbredende-dage-med-antiinflammatorisk-kost\\_louise-bruunjerk-w-langer\\_indbundet\\_9788740030860](https://www.saxo.com/dk/21-helbredende-dage-med-antiinflammatorisk-kost_louise-bruunjerk-w-langer_indbundet_9788740030860)

21 nye helbredende dage med antiinflammatorisk kost

[https://www.saxo.com/dk/21-nye-helbredende-dage-med-antiinflammatorisk-kost\\_jerk-w-langerlouise-bruun\\_indbundet\\_9788740046595](https://www.saxo.com/dk/21-nye-helbredende-dage-med-antiinflammatorisk-kost_jerk-w-langerlouise-bruun_indbundet_9788740046595)

Sundt blodtryk på 14 dage

[https://www.saxo.com/dk/sundt-blodtryk-paa-14-dage\\_jerk-w-langerjens-linnet\\_indbundet\\_9788740046823](https://www.saxo.com/dk/sundt-blodtryk-paa-14-dage_jerk-w-langerjens-linnet_indbundet_9788740046823)

- se også bogens litteraturliste: <http://jerk.dk/Sundt-blodtryk-p%C3%A5-14-dage-litteraturliste.pdf>

Collagen - Stærk, sund og smertefri

[https://www.saxo.com/dk/collagen\\_jerk-w-langerkaren-lyager\\_indbundet\\_9788740059076](https://www.saxo.com/dk/collagen_jerk-w-langerkaren-lyager_indbundet_9788740059076)

- se også bogens litteraturliste: <http://jerk.dk/collagen-referencer.pdf>

Sænk dit Kolesterol

[https://www.saxo.com/dk/saenk-dit-kolesterol\\_jens-linnetjerk-w-langer\\_indbundet\\_9788740069167](https://www.saxo.com/dk/saenk-dit-kolesterol_jens-linnetjerk-w-langer_indbundet_9788740069167)

- se også bogens litteraturliste: <http://jerk.dk/S%C3%A6nk-dit-kolesterol-litteraturliste.pdf>

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## ANTI-INFLAMMATORISK KOST - HELBRED, SYGDOM

Chronic inflammation in the etiology of disease across the life span

Nature Medicine 2019;25(12):1822-1832

<https://www.nature.com/articles/s41591-019-0675-0.epdf>

Chronic inflammation

StatPearls. 13.12.2019

<https://www.ncbi.nlm.nih.gov/books/NBK493173/>

Anti-inflammatory diet in clinical practice: a review  
Nutrition and Inflammation 2017;32(3),318-325  
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An anti-inflammatory diet as a potential intervention for depressive disorders: A systematic review and meta-analysis  
Clinical Nutrition 2019;38, 5, 2045-2052  
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A diet based on multiple functional concepts improves cognitive performance in healthy subjects  
Nutrition & Metabolism 2013, 10:49  
<https://nutritionandmetabolism.biomedcentral.com/articles/10.1186/1743-7075-10-49>

The influence of an anti-inflammatory diet on gingivitis. A randomized controlled trial  
Journal of Clinical Periodontology 2019;46(4):481-490  
<https://onlinelibrary.wiley.com/doi/abs/10.1111/jcpe.13094>  
<http://www.efp.org/publications/jcp-digest/jcpdigest-2019-4-46-4-481-490.pdf>

Dietary interventions for induction and maintenance of remission in inflammatory bowel disease  
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Inflammatory potential of diet and risk of incident knee osteoarthritis: a prospective cohort study  
Arthritis Res Ther 2020;22(1):209  
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The effects of modified anti-inflammatory diet on fatigue, quality of life, and inflammatory biomarkers in relapsing-remitting multiple sclerosis patients: a randomized clinical trial

Int J Neurosci 2020;16;1-9

<https://www.tandfonline.com/doi/abs/10.1080/00207454.2020.1750398>

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<https://eurjrheumatol.org/en/relationship-between-diet-and-ankylosing-spondylitis-a-systematic-review-1618078>

An anti-inflammatory approach to the dietary management of multiple sclerosis: a condensed review

South African Journal of Clinical Nutrition 2018;31:3, 67-73

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Dietary Interventions for Treatment of Chronic Pain: Oxidative Stress and Inflammation

Pain and Therapy volume 9, pages487–498(2020)

<https://link.springer.com/article/10.1007/s40122-020-00200-5>

Anti-inflammatory Effect of Mediterranean Diet in Type 2 Diabetes Is

Durable: 8-Year Follow-up of a Controlled Trial

Diabetes Care 2016;39:e44–e45

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Designing and developing a literature-derived, population-based dietary inflammatory index

Public Health Nutrition 2013, 17(8), 1689–1696

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Dietary inflammatory index and colorectal cancer risk—a meta-analysis

Nutrients 2017;20;9(9)

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Dietary inflammatory index and risk of gynecological cancers: a systematic review and meta-analysis of observational studies

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Systemic inflammation predicts all-cause mortality: a Glasgow inflammation outcome study

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Chronic inflammation is frightening. Here's what you can do about it.

Washington Post 2020.01.29

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Tackling inflammation to fight age-related ailments

New York Times 23.12.2019

<https://www.nytimes.com/2019/12/23/well/live/inflammation-aging-age-heart-disease-cancer-alzheimers-dementia-diabetes-depression-health.html>

Low-grade inflammation, diet composition and health: current research evidence and its translation

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Open Heart 2016;3:e000385. doi:10.1136/openhrt-2015-000385

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Harvard Medical School 2020

<https://www.health.harvard.edu/staying-healthy/the-best-anti-inflammatory-diets>

Fighting inflammation

Harvard Medical School 2020

<https://www.health.harvard.edu/promotions/harvard-health-publications/fighting-inflammation>

Playing with the fire of inflammation

Harvard Medical School 2016

<https://www.health.harvard.edu/staying-healthy/playing-with-the-fire-of-inflammation>

Understanding inflammation

Harvard Medical School Guides 2018

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Whole grain-rich diet reduces body weight and systemic low-grade inflammation without inducing major changes of the gut microbiome: a randomised cross-over trial

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Clinical Nutrition 2018, 37, 2, 542–550

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What is the role of dietary inflammation in severe mental illness? A review of observational and experimental findings

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Dietary Inflammatory Potential and Risk of Cardiovascular Disease Among Men and Women in the U.S.

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Low-grade inflammation, diet composition and health: current research evidence and its translation

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From depression to dementia, inflammation is medicine's new frontier

Guardian 19.1.2020

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Elevated C-reactive protein levels, psychological distress, and depression in 73,131 individuals

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Inflammation in midlife portends late-life brain shrinkage  
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Healthy brain, healthy life: a review of diet and exercise interventions to promote brain health and reduce Alzheimer's disease risk  
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Assessment of risk factors and biomarkers associated with risk of cardiovascular disease among women consuming a mediterranean diet.  
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Association of Diet With Erectile Dysfunction Among Men in the Health Professionals Follow-up Study  
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An update on diet and nutritional factors in systemic lupus erythematosus management  
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Food antioxidants and their anti-inflammatory properties: a potential role in cardiovascular diseases and cancer prevention.  
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The Mediterranean diet's fight against frailty  
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Heritage diets and culturally appropriate dietary advice may help combat chronic diseases.  
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The 2015 Dutch food-based dietary guidelines  
European Journal of Clinical Nutrition (2016) 70, 869–878  
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MIND diet slows cognitive decline with aging  
Alzheimer's & Dementia: The Journal of the Alzheimer's Association  
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Influence of dietary approaches to stop hypertension (dash) diet on blood pressure: a systematic review and meta-analysis on randomized controlled trial  
Nutrition, Metabolism and Cardiovascular Diseases 2014, 24 ,12 ,1253–1261  
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Nye internationale anbefalinger til type 2-diabetes-mad: Spis mere grøn mad, og få færre symptomer  
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Effect of low-fat vs low-carbohydrate diet on 12-month weight loss in overweight adults and the association with genotype pattern or insulin secretion. The DIETFITS Randomized  
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Dietary intake and age at natural menopause: results from the UK Women's Cohort Study  
J Epidemiol Community Health 2018;0:1–8  
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<https://jamanetwork.com/journals/jama/fullarticle/2759475>



What is the keto diet and does it work?

New York Times 2.1.2020

<https://www.nytimes.com/2020/01/02/style/self-care/keto-diet-explained-benefits.html>

Fat, fibre and cancer risk in African Americans and rural Africans. Nature Communications 2015; 6, 6342

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<https://www.cbsnews.com/news/two-week-diet-swap-shows-impact-on-colon-cancer-risk/>

## **MAVEFEDT – intraabdominal fedme, taljemål**

Abdominal obesity and your health

Harvard Medical School 2017

<https://www.health.harvard.edu/staying-healthy/abdominal-obesity-and-your-health>

Taking aim at belly fat

Harvard Medical School 2010

<https://www.health.harvard.edu/staying-healthy/taking-aim-at-belly-fat>

A proposal for a primary screening tool: 'Keep your waist circumference to less than half your height'

BMC Med. 2014;12:207

<https://bmcmmedicine.biomedcentral.com/articles/10.1186/s12916-014-0207-1>

Structural and functional properties of deep abdominal subcutaneous adipose tissue explain its association with insulin resistance and cardiovascular risk in men

Diabetes Care 2014;37(3):821-829

<http://care.diabetesjournals.org/content/37/3/821.long>

Postmenopausal women with a "normal" bmi might be overweight or even obese

JAMA 2018;319(12):1185-1187

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Normal weight adiposity and postmenopausal breast cancer risk

JAMA Oncology, Published online 6.12. 2018

<https://jamanetwork.com/journals/jamaoncology/fullarticle/2717230>

Association of body fat and risk of breast cancer in postmenopausal women with normal body mass index

JAMA Oncol 2019;5(2):155-163

<https://jamanetwork.com/journals/jamaoncology/fullarticle/2717235>

What's the best way to treat normal-weight people with metabolic abnormalities?

JAMA 2018;320(3):223-225

<https://jamanetwork.com/journals/jama/fullarticle/2686826>

Association of normal-weight central obesity with all-cause and cause-specific mortality among postmenopausal women

JAMA Netw Open. 2019;2(7):e197337

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## **FEDTLEVER**

Non-alkoholisk fedtleversygdom (NAFLD): Diagnostik og behandling

Dansk Selskab for Gastroenterologi & Hepatologi. 7.9.2018

<https://www.dsgh.dk/index.php/lever/non-alkoholisk-fedtleversygdom-nafld-diagnostik-behandling>

Fast-food-based hyper-alimentation can induce rapid and profound elevation of serum alanine aminotransferase in healthy subjects.

Gut 2008;57:649-654

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## **FATIGUE – TRÆTHED**

The effects of modified anti-inflammatory diet on fatigue, quality of life, and inflammatory biomarkers in relapsing-remitting multiple sclerosis patients: a randomized clinical trial

Int J Neurosci 2020;16;1-9

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Træthed (fatigue) er værre end smerterne – tag kontrol over din træthed

Gigtforeningen 15.6.2020

<https://www.gigtforeningen.dk/nyheder/2020/1-halvaar/traethed-fatigue-er-vaerre-end-smerterne>

Træthed (fatigue) og gigt – det kan du selv gøre

Gigtforeningen 13.2.2017

<https://www.gigtforeningen.dk/nyheder/2017/1-halvaar/traethed-og-gigt-det-kan-du-selv-goere/>

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Gigtforeningen 1.11.2018

<https://www.gigtforeningen.dk/et-sundt-liv/traethed/>

## **SPISEADFÆRD OG PORTIONER**

Our gigantic problem with portions: why are we all eating too much?

Guardian. 25.4.2016

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Variations in Cereal Volume Affect the Amount Selected and Eaten for Breakfast

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<https://www.washingtonpost.com/food/2020/11/24/energy-density-diet/>

7 tips for heart-healthy eating away from home

Harvard Medical School

<http://www.health.harvard.edu/healthbeat/7-tips-for-heart-healthy-eating-away-from-home>

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## **SØVN**

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<https://jcs.m.aasm.org/doi/10.5664/jcs.m.5384>

Effects of inadequate sleep on blood pressure and endothelial inflammation in women

JAMA 2018;7:e008590

<https://doi.org/10.1161/JAHA.118.008590>

Sleeping in doesn't mitigate metabolic changes linked to sleep deficit

JAMA. May 15, 2019. doi:10.1001/jama.2019.4701

<https://jamanetwork.com/journals/jama/fullarticle/2734052>

## **FISK OG OMEGA-3**

The importance of a balanced  $\omega$ -6 to  $\omega$ -3 ratio in the prevention and management of obesity

Open Heart 2016;3:e000385

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Associations of Fish Consumption With Risk of Cardiovascular Disease and Mortality Among Individuals With or Without Vascular Disease From 58 Countries  
JAMA Intern Med. Published online March 8, 2021  
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Omega-3 and omega-6 intake modifies asthma severity and response to indoor air pollution in children  
Am J Respir Crit Care Med. 2019 Jun 15;199(12):1478-1486  
<https://www.atsjournals.org/doi/abs/10.1164/rccm.201808-1474OC>  
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Chronic migraine reversal and prevention with the LIFE diet: a nutrient dense whole food plant-based diet (WFPBD).  
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DTU Fødevareinstituttet 2019  
<https://www.food.dtu.dk/-/media/Institutter/Foedevareinstituttet/Publikationer/Pub-2019/Rapport-Naeringsstofindhold-i-fisk-med-ekstra-fokus-paa-laks.ashx>  
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DTU Fødevareinstituttet, Afdeling for Risikovurdering og Ernæring  
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