

FILIPPO ONGARO

MANGIARE CI FA BELLI

Bibliografia

PIEMME

Bibliografia

- ABBAS A.B., LICHTMAN A.H., *Ch.2 Innate Immunity*, in *Basic Immunology. Functions and disorders of the immune system*, Saunders (Elsevier), Philadelphia 2009.
- AGGARWAL B.B., ICHIKAWA H., *Molecular targets and anticancer potential of indole-3-carbinol and its derivatives*, «Cell Cycle» 2005, 9, pp. 1201-1215.
- ALGIRE C., AMREIN L., ZAKIKHANI M., PANACI L., POLLAK M., *Metformin blocks the stimulative effect of a high-energy diet on colon carcinoma growth in vivo and is associated with reduced expression of fatty acid synthase*, «Endocr Relat Cancer», giugno 2010, 17 (2), pp. 351-360.
- AMAGASE H., NANCE D.M., *A randomized, double-blind, placebo-controlled, clinical study of the general effects of a standardized Lycium barbarum (goji) juice, GoChi™*, «J Altern Complement Med», maggio 2008, 14 (4), pp. 403-412.
- AMES, B.N., *The metabolic tune-up: metabolic harmony and disease prevention*, «J Nutr» 2003, 133, pp. 1544S-1548S.
- AMES B.N. ET AL., *High-dose vitamin therapy stimulates variant enzymes with decreased coenzyme binding affinity (increased Km): relevance to genetic disease and polymorphisms*, «Am J Clin Nutr» 2002, 75 (4), pp. 616-658.
- ANDERSON R.A. ET AL., *Isolation and characterization of polyphenol type-A polymers from cinnamon with insulin-like biological activity*, «J Agric Food Chem», gennaio 2004, 14, 52 (1), pp. 65-70.

- ANDERSON G.L., *Responses of dauer larvae of Caenorhabditis elegans* (Nematoda: Rhabditidae) to thermal stress and oxygen deprivation, «Can J Zool» 1978, 56, pp. 1786-1791.
- ANDRE F. ET AL., *Assessment of the lactulose: mannitol test in Crohn's disease*, «Gut» 1988, 29, pp. 511-515.
- ANGELL M., *Is academic medicine for sale?*, «N Engl J Med» 2000, 342 (20), pp. 1516-1518.
- ARGYLE M., *The psychology of happiness*, Routledge Kegan and Paul, London 1987.
- AUSTAD S.N., *Life extension by dietary restriction in the bowl and doily spider*, Frontinella pyramitela, «Exp Gerontol» 1989, 24, pp. 83-92.
- , *Retarded senescence in an insular population of Virginia opossums* (Didelphis virginiana), «J Zool» 1993, 229, pp. 695-708.
- , *Why We Age*, Wiley, New York 1997.
- BALMER J.E., BLOMHOFF R., *Gene expression regulation by retinoic acid*, «J Lipid Res» 2002, 43, pp. 1773-1808.
- BARJA G., HERRERO A., *Oxidative damage to mitochondrial DNA is inversely related to maximum lifespan in the heart and brain of mammals*, «FASEB J» 2000, 14, pp. 312-318.
- BASTIANETTO S., YAO Z.X., PAPADOPOULOS V., QUIRION R., *Neuroprotective effects of green and black teas and their catechin gallate esters against beta-amyloid-induced toxicity*, «Eur J Neurosci» 2006, 23, pp. 55-64.
- BASTIANETTO S., ZHENG W.H., QUIRION R., *Neuroprotective abilities of resveratrol and other red wine constituents against nitric oxide-related toxicity in cultured hippocampal neurons*, «Br J Pharmacol» 2000, 131, pp. 711-720.
- BEAUCHAMP G.K. ET AL., *Ibuprofen-like activity in extra-virgin olive oil*, «Nature» 2005, 437, pp. 45-46.
- BELL G., *Evolutionary and non-evolutionary theories of senescence*, «Am Nat» 1984, 124, pp. 600-603.
- BERRY R.J., BRONSON F.H., *Life history and bioeconomy of the house mouse*, «Biol Rev», novembre 1992, 67 (4), pp. 519-550.

- BIOLO G. ET AL., *Microgravity as a model of ageing*, «*Curr Opin Clin Nutr Metab Care*», gennaio 2003, 6 (1), pp. 31-40.
- BODMER M., MEIER C., KRAHENBUHL S., JICK S.S., MEIER C.R., *Long-term metformin use is associated with decreased risk of breast cancer*, «*Diabetes Care*», giugno 2010, 33 (6), pp. 1304-1308.
- BOLDYREV A.A., *Carnosine: new concept for the function of an old molecule*, «*Biochemistry (Mosc)*», aprile 2012, 77 (4), pp. 313-326.
- BRALLEY J.A, LORD R.S., *Laboratory Evaluations in Molecular Medicine: Nutrients, Toxicants and Metabolic Controls*, Institute for Advances in Molecular Medicine, Atlanta 2001.
- BUCK S., VETTRAINO J., FORCE A.G., ARKING R., *Extended longevity in Drosophila is consistently associated with a decrease in larval viability*, «*J. Gerontol*» 2000, A55, pp. B292-B301.
- BUETTNER D., *Thrive*, National Geographic Society, Washington 2010.
- , *Blue Zones*, National Geographic Society, Washington 2008.
- , *The secrets of living longer*, «*National Geographic*», novembre 2005, 208 (5), pp. 2-27.
- CANTRELL L.A., ZHOU C., MENDIVIL A., MALLOY K.M., GEHRIG P.A., BAE-JUMP V.L., *Metformin is a potent inhibitor of endometrial cancer cell proliferation; implications for a novel treatment strategy*, «*Gynecol Oncol*», gennaio 2010, 116 (1), pp. 92-98.
- CAO G. ET AL., *Oxygen-radical absorbance capacity assay for antioxidants*, «*Free Radic Biol Med*» 1993, 14 (3), pp. 303-311.
- CAO H. ET AL., *Cinnamon extract regulates glucose transporter and insulin-signaling gene expression in mouse adipocytes*, «*Phytomedicine*», maggio 2010, 27.
- CHARLESWORTH B., *Evolution in Age-Structured Populations*, Cambridge Univ. Press, Cambridge 1994.

- CHARLESWORTH B., HUGHES K.A., *Age-specific inbreeding depression and components of genetic variance in relation to the evolution of senescence*, «Proc Natl Acad Sci USA» 1996, 93, pp. 6140-6145.
- CHASSIN M.R., GALVIN R.W., *The urgent need to improve health care quality. Institute of Medicine National Roundtable on Health Care Quality*, «JAMA» 1998, 280 (11), pp. 1000-1005.
- CHOI S.W., FRISO S., *Epigenetics: A New Bridge between Nutrition and Health*, «Adv Nutr», novembre 2010, 1 (1), pp. 8-16. Epub, 16 novembre 2010.
- CHRISTAKIS N.A., FOWLER J.H., *Connected: the surprising power of our social networks and how they shape our lives*, Little, Brown and Company, New York 2009.
- , *The spread of obesity in a large social network over 32 years*, «The New England Journal of Medicine», 26 luglio 2007, 357 (4), pp. 370-379.
- CLÉMENT K. ET AL., *Weight loss regulates inflammation-related genes in white adipose tissue of obese subjects*, «FASEB J» 2004, 18 (14), pp. 1657-1669.
- COLMAN R.J. ET AL., *Caloric restriction delays disease onset and mortality in rhesus monkeys*, «Science», 10 luglio 2009, 325 (5937), pp. 201-204.
- CORDAIN L. ET AL., *Origins and evolution of the Western diet: health implications for the 21st century*, «Am J Clin Nutr», febbraio 2005, 81 (2), pp. 341-354.
- COUSSENS L.M., WERB Z., *Inflammation and cancer*, «Nature» 2002, 420 (6917), pp. 860-867.
- CUBERO F.J., NIETO N., *Kupffer cells and alcoholic liver disease*, «Rev Esp Enferm Dig», giugno 2006, 98 (6), pp. 460-472.
- CURRIE C.J. ET AL., *The influence of glucose-lowering therapies on cancer risk in type 2 diabetes*, «Diabetologia», settembre 2009, 52 (9), pp. 1766-1777.
- DEFURIA J. ET AL., *Dietary blueberry attenuates whole-body insulin resistance in high fat mice by reducing adipocyte de-*

- ath and its inflammatory sequelae*, «J Nutr», agosto 2009, 139 (8), pp. 1510-1516.
- DEL POZO-INSFRAN D. ET AL., *Açai* (*Euterpe oleracea Mart.*) *polyphenolics in their glycoside and aglycone forms induce apoptosis of HL-60 leukemia cells*, «J Agric Food Chem», 22 febbraio 2006, 54 (4), pp. 1222-1229.
- DEVOL R., BEDROUSSIAN A., *An Unhealthy America: The Economic Burden of Chronic Disease*, The Milken Institute, ottobre 2007.
- EATON S.B., *The ancestral human diet: what was it and should it be a paradigm for contemporary nutrition*, «Proceedings of the Nutrition Society», febbraio 2006, 65, pp. 1-6.
- EATON S.B. ET AL., *Stone agers in the fast lane: chronic degenerative diseases in evolutionary perspective*, «Am J Med», aprile 1988, 84 (4), pp. 739-49.
- EGNEW T.R., *The Meaning of Healing: Transcending Suffering*, «Ann Fam Med» 2005, 3(3), pp. 255-262.
- FASANO A., *Leaky gut and autoimmune disease*, «Clin Rev Allergy Immunol», febbraio 2012, 42 (1), pp. 71-78.
- , *Zonulin and its regulation of intestinal barrier function: the biological door to inflammation, autoimmunity, and cancer*, «Physiol Rev», gennaio 2011, 91 (1), pp. 151-175.
- 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», settembre 2005, 2 (9), pp. 416-422.
- FEATHERSTONE M. ET AL. (EDS), *Images of aging. Cultural Representations of Later Life*, Routledge, London 1995.
- FERRERO-MILIANI L. ET AL., *Chronic inflammation: importance of NOD2 and NALP3 in interleukin-1 β generation*, «Clin. Exp. Immunol», febbraio 2007, 147 (2), 061127015327006.
- FINCH C.E., *Longevity, Senescence and the Genome*, Chicago Univ. Press, Chicago 1990.
- , *The Regulation of Physiological Changes during Mammalian Aging*, «Quarterly Review of Biology» 1976, 51, pp. 49-83.

- FONTANA L. ET AL., *Calorie restriction or exercise: effects on coronary heart disease risk factors. A randomized, controlled trial*, «American Journal of Physiology», luglio 2007, pp. E197-E202.
- FONTANA L., KLEIN S., *Aging, Adiposity, and Calorie Restriction*, «JAMA» 2007, 297, pp. 986-994.
- FRASER G.E. ET AL., *Ten years of life: is it a matter of choice?*, «Archives of Internal Medicine», 9 luglio 2001, pp. 1645-1652.
- FREEMANTLE N., STOCKEN D., *The commercialization of clinical research: who pays the piper, calls the tune?*, «Fam Pract» 2004, 21, pp. 335-336.
- FRIES J.F., *Aging, Natural Death, and the Compression of Morbidity*, «New England Journal of Medicine» 1980, 303, pp. 130-135.
- FRIES J.F., CRAPO L.M., *Vitality and Aging: Implications of the Rectangular Curve*, W.H. Freeman, San Francisco 1981.
- FRIES J.F., EHRLICH G.E., *Prognosis. Contemporary Outcomes of Disease*. Charles Press, Bowie 1980.
- GIGERENZER G., *Rationality for Mortals. How people cope with Uncertainty*, Oxford University Press, New York 2008.
- GHIRLANDA G. ET AL., *Evidence of plasma CoQ10-lowering effect by HMG-CoA reductase inhibitors: a double-blind, placebo-controlled study*, «J Clin Pharmacol», marzo 1993, 33 (3), pp. 226-229.
- GOMPERTZ B., *On the Nature of the Function Expressive of the Law of Human Mortality*, «Philosophical Transactions of the Royal Society of London» 1825, 1, pp. 513-585.
- GONZALEZ-ANGULO A.M., MERIC-BERNSTAM F., *Metformin: a therapeutic opportunity in breast cancer*, «Clin Cancer Res», 15 marzo 2010, 16 (6), pp. 1695-1700.
- GOWLETT J.A.J., *What actually was the stone age diet?*, «Journal of Nutritional & Environmental Medicine», settembre 2003, 13 (3), pp. 143-147.
- GRUBE K., BÜRKLE A., *Poly(ADP-ribose) polymerase activity in mononuclear leukocytes of 13 mammalian species cor-*

- relates with species-specific life span*, «Proc Natl Acad Sci USA» 1992, 89, pp. 11759-11763.
- HABER C., *Life extension and history; the continual search for the fountain of youth*, «The Journals of Gerontology», giugno 2004a, pp. B515-B522.
- HAMMES H.P. ET AL., *Benfotiamine blocks three major pathways of hyperglycemic damage and prevents experimental diabetic retinopathy*, «Nat Med», marzo 2003, 9 (3), pp. 294-299. Epub, 18 febbraio 2003.
- HAN J.M. ET AL., *Protective effect of sulforaphane against dopaminergic cell death*, «J Pharmacol Exp Ther» 2007, 321, pp. 249-256.
- HAQUE A.M., HASHIMOTO M., KATAKURA M., HARA Y., SHIDO O., *Green tea catechins prevent cognitive deficits caused by Abeta(1-40) in rats*, «J Nutr Biochem», settembre 2008, 19 (9), pp. 619-626. Epub, 15 febbraio 2008.
- HATFIELD A. ET AL., *Emotional contagion*, «Current Directions in Psychological Sciences» 1993, 2, pp. 96-99.
- HAYEK T. ET AL., *Reduced progression of atherosclerosis in apolipoprotein E-deficient mice following consumption of red wine, or its polyphenols quercetin or catechin, is associated with reduced susceptibility of LDL to oxidation and aggregation*, «Arterioscler Thromb Vasc Biol» 1997, 17, pp. 2744-2752.
- HAYES D.P., *Nutritional hormesis*, «Eur J Clin Nutr» 2007, 61, pp. 47-159.
- HAYFLICK L., *The Cell Biology of Human Aging*, «Scientific American» 1980, 242, pp. 58-65.
- HEANEY R.P., *Long-latency deficiency disease: insights from calcium and vitamin D*, «Am J Clin Nutr» 2003, 78, pp. 912-919.
- HEBER D., *Vegetables, fruits and phytoestrogens in the prevention of diseases*, «J Postgrad Med» 2004, 50, pp. 145-149.
- HEILBRONN L. ET AL., *Effect of 6 month calorie restriction on biomarkers of longevity, metabolic adaptation and oxidati-*

- ve stress in overweight individuals: a randomized controlled trial*, «JAMA», 5 aprile 2006, pp. 1539-1548.
- HERRERO A., BARJA G., *8-oxo-deoxyguanosine levels in heart and brain mitochondrial and nuclear DNA of two mammals and three birds in relation to their different rates of aging*, «Aging Clin Exp Res» 1999, 11, pp. 294-300.
- HIPKISS A.R., *Aging, Proteotoxicity, Mitochondria, Glycation, NAD and Carnosine: Possible Inter-Relationships and Resolution of the Oxygen Paradox*, «Front Aging Neurosci», 18 marzo 2010, 2, p. 10.
- HJELMBORG J. ET AL., *Genetic influence on human lifespan and longevity*, «Human Genetics», aprile 2006, pp. 312-321.
- HODGSON J.M. ET AL., *Effects on blood pressure of drinking green and black tea*, «J Hypertens», aprile 1999, 17 (4), pp. 457-463.
- HOLICK M.F., *Sunlight and vitamin D for bone health and prevention of autoimmune diseases, cancers, and cardiovascular diseases*, «Am J Clin Nutr» 2004, 80 (6 suppl), pp. 1678S-188S.
- HOLMAN H., *Chronic disease. The need for a new clinical education*, «JAMA» 2004, 292 (9), pp. 1057-1059.
- HUFFMAN M.A., *Animal self-medication and ethno-medicine: exploration and exploitation of the medicinal properties of plants*, «Proc Nutr Soc» 2003, 62, pp. 371-381.
- HUGHES K.A., CHARLESWORTH B., *A genetic analysis of senescence in Drosophila*, «Nature» 1994, 367, pp. 64-66.
- HUMBERT P. ET AL., *Intestinal permeability in patients with psoriasis*, «Journal of dermatological science» 1991, 2 (4), pp. 324-326.
- HUNDAL R.S. ET AL., *Metformin: new understandings, new uses*, «Drugs» 2003, 63 (18), pp. 1879-1894.
- IMPARL-RADOSEVICH J. ET AL., *Regulation of PTP-1 and insulin receptor kinase by fractions from cinnamon: implications for cinnamon regulation of insulin signaling*, «Horm Res», settembre 1998, 50 (3), pp. 177-182.

- ISSA A.M., *Personalized medicine and the practice of medicine in the 21st century*, «McGill J Med» 2007, 10 (1), pp. 53-57.
- JOHNSON T.E., HUTCHINSON E.W., *Absence of strong heterosis for life span and other life history traits in Caenorhabditis elegans*, «Genetics» 1993, 134, pp. 465-474.
- JONES B.C., *Facial symmetry and judgements of apparent health support for a “good genes” explanation of the attractiveness-symmetry relationship*, «Evolution and Human Behavior», novembre 2001, 22 (6), pp. 417-429.
- JONES D.S (EDITOR IN CHIEF), *Textbook of Functional Medicine*, Institute for Functional Medicine, Gig Harbor 2005.
- JUGE N., MITHEN R.F., TRAKA M., *Molecular basis for chemoprevention by sulforaphane: a comprehensive review*, «Cell Mol Life Sci» 2007, 9, pp. 1105-1127.
- KALLIO P. ET AL., *Dietary carbohydrate modification induces alterations in gene expression in abdominal subcutaneous adipose tissue in persons with the metabolic syndrome: the FUNGENUT Study*, «Am J Clin Nutr», maggio 2007, 85 (5), pp. 1417-1427.
- KAPALI P., BOULTON M.E., KIRKWOOD T.B.L., *Positive correlation between mammalian life span and cellular resistance to stress*, «Free Radical Biol. Med» 1999, 26, pp. 495-500.
- KATULA K.S., MCCAIN J.A., RADEWICZ A.T., *Relative ability of dietary compounds to modulate nuclear factor-kappaB activity as assessed in a cell-based reporter system*, «J Med Food» 2005, 8, pp. 269-274.
- KELLER L., GENOUD M., *Extraordinary lifespans in ants: a test of evolutionary theories of aging*, «Nature», 1997, 389, pp. 958-960.
- KERSHAW E.E., FLIER J.S., *Adipose tissue as an endocrine organ*, «J Clin Endocrinol Metab» 2004, 89 (6), pp. 2548-2556.
- KIRKWOOD T.B., AUSTAD S.N., *Why do we age?*, «Nature», 9 novembre 2000, 408, pp. 233-238.
- KIRKWOOD T.B.L., CREMER T., *Cytogerontology since 1881:*

- a reappraisal of August Weismann and a review of modern progress*, «Hum Genet» 1982, 60, pp. 101-121.
- KIRKWOOD T.B.L., *DNA, mutations and aging*, «Mut. Res» 1989, 219, pp. 1-7.
- , *Evolution of ageing*, «Nature» 1977, 270, pp. 301-304.
- , *Human senescence*, «BioEssays» 1996, 18, pp. 1009-1016.
- , *Time of Our Lives. The Science of Human Ageing*, Oxford University Press, New York 1999.
- KLASS M., HIRSH D., *Non-ageing developmental variant of Caenorhabditis elegans*, «Nature» 1976, 260, pp. 523-525.
- KOLI I. ET AL., *Bioavailability of various polyphenols from a diet containing moderate amounts of berries*, «J Agric Food Chem», 14 gennaio 2010.
- KRACK A. ET AL., *The importance of the gastrointestinal system in the pathogenesis of heart failure*, «Eur Heart J», novembre 2005, 26 (22), pp. 2368-2374.
- KU H.-H., BRUNK U.T., SOHAL R.S., *Relationship between mitochondrial superoxide and hydrogen-peroxide production and longevity of mammalian-species*, «Free Radical Biol Med» 1993, 15, pp. 621-627.
- LANDMAN G.W., KLEEFSTRA N., VAN HATEREN K.J., GROENIER K.H., GANS R.O., BILO H.J., *Metformin associated with lower cancer mortality in type 2 diabetes: ZODIAC-16*, «Diabetes Care», febbraio 2010, 33 (2), pp. 322-326.
- LARSEN C.S., *Biological changes in human populations with agriculture*, «Ann Rev Anthr» 1995, 24, pp. 185-213.
- LAUKOETTER M.G, NAVA P., NUSRAT A., *Role of the intestinal barrier in inflammatory bowel disease*, «World J Gastroenterol», gennaio 2008, 14 (3), pp. 401-407.
- LE BOURG E., RATTAN S. (EDS), *Mild Stress and Healthy Aging. Applying hormesis in aging research and interventions*, Springer Publishers, Dordrecht 2008.
- LI D., YEUNG S.C., HASSAN M.M., KONOPLEVA M., AB-BRUZZESE J.L., *Antidiabetic therapies affect risk of pancreatic cancer*, «Gastroenterology», agosto 2009, 137 (2), pp. 482-488.

- LI N. ET AL., *Berberine attenuates pro-inflammatory cytokine-induced tight junction disruption in an in vitro model of intestinal epithelial cells*, «Eur J Pharm Sci», febbraio 2010, 40 (1), pp. 1-8.
- LICASTRO F. ET AL., *Innate immunity and inflammation in aging: a key for understanding age-related diseases*, «Immunity and Aging», 18 maggio 2005, 2, p. 8.
- LINDEBERG S. ET AL., *Biological and Clinical Potential of a Palaeolithic Diet*, «Journal of Nutritional & Environmental Medicine», settembre 2003, 13 (3), pp. 149-160.
- LITHGOW, G.J., *The molecular genetics of Caenorhabditis elegans aging*, in *Handbook of the Biology of Aging* (SCHNEIDER E.L., ROWE J.W. EDs), Academic Press, New York 1996, pp. 55-73.
- LIU B., FAN Z., EDGERTON S.M. ET AL., *Metformin induces unique biological and molecular responses in triple negative breast cancer cells*, «Cell Cycle», 1 luglio 2009, 8 (13), pp. 2031-2040.
- LIU R.H., *Potential synergy of phytochemicals in cancer prevention: mechanism of action*, «J Nutr» 2004, 134, pp. 3479S-3485S.
- LIU Z., LI N., NEU J., *Tight junctions, leaky intestines, and pediatric diseases*, «Acta Paediatr», aprile 2005, 94 (4), pp. 386-393.
- LOGAN J.G., BARKSDALE D.J., *Allostasis and allostatic load: expanding the discourse on stress and cardiovascular disease*, «J Clin Nurs», aprile 2008, 17 (7B), pp. 201-208.
- LOPEZ K.N., KNUDSON J.D., *Obesity: from the agricultural revolution to the contemporary pediatric epidemic*, «Congenit Heart Dis», marzo-aprile 2012, 7 (2), pp. 189-199.
- LUCKINBILL L.S., ARKING R., CLARE M.J., CIROCCO W.C., BUCK S.A., *Selection of delayed senescence in Drosophila melanogaster*, «Evolution» 1984, 38, pp. 996-1003.
- LUSTING R.H., SCHMIDT L.A., BRINDIS C.D., *Public health. The toxic truth about sugar*, «Nature», 1 febbraio 2012, 482 (7383), pp. 27-29.

- MAES M., LEUNIS J.C., *Normalization of leaky gut in chronic fatigue syndrome (CFS) is accompanied by a clinical improvement: effects of age, duration of illness and the translocation of LPS from gram-negative bacteria*, «Neuro Endocrinol Lett», dicembre 2008, 29 (6), pp. 902-910.
- MAGID C.S., *Developing tolerance for ambiguity*. «JAMA» 2001, 285 (1), p. 88.
- MANZET D., *Human missions to Mars: new psychological challenges and research issues*, «Acta Astronaut», agosto-novembre 2004, 55 (3-9), pp. 781-790.
- , *Monitoring of mental performance during spaceflight*, «Aviat Space Environ Med», settembre 2000, 71 (9 suppl), pp. A69-A75.
- MARIMUTHU K. ET AL., *Mechanisms regulating muscle mass during disuse atrophy and rehabilitation in humans*, «J Appl Physiol», febbraio 2011, 110 (2), pp. 555-560.
- MARTIN G.M., AUSTAD S.N., JOHNSON T.E., *Genetic analysis of aging: role of oxidative damage and environmental stresses*, «Nature Genet» 1996, 13, pp. 25-34.
- MARTINEZ D.E., *Mortality patterns suggest lack of senescence in hydra*, «Exp Gerontol», 1997, 33, pp. 217-225.
- MASORO E.J., *Influence of caloric intake on aging and on the response to stressors*, «J Toxicol Environ Health B Crit Rev» 1998, 1, pp. 243-257.
- MATTSON M.P., *Hormesis defined*, «Ageing Res Rev» 2008, 7, pp. 1-7.
- MC GUIRE S.O. ET AL., *Dietary supplementation with blueberry extract improves survival of transplanted dopamine neurons*, «Nutr Neurosci» 2006, 9, pp. 251-258.
- MEDAWAR P.B., *An Unsolved Problem of Biology*, Lewis, London 1952.
- MERTENS-TALCOTT S.U. ET AL., *Pharmacokinetics of anthocyanins and antioxidant effects after the consumption of anthocyanin-rich açai juice and pulp (Euterpe oleracea Mart.) in human healthy volunteers*, «J Agric Food Chem» 2008, 56, pp. 7796-7802.

- MILNE J.C. ET AL., *Small molecule activators of SIRT1 as therapeutics for the treatment of type 2 diabetes*, «Nature» 2007, 450, pp. 712-716.
- MIURA Y. ET AL., *Tea catechins prevent the development of atherosclerosis in apoprotein E-deficient mice*, «J Nutr» 2001, 131, pp. 27-32.
- MUTCH D.M., WAHLI W., WILLIAMSON G., *Nutrigenomics and nutrigenetics: the emerging faces of nutrition*, «FASEB J» 2005, 19, pp. 1602-1616.
- NETTLE D., *Happiness: the science behind your smile*, Oxford University Press, New York 2005.
- NINFALI P. ET AL., *Antioxidant capacity of vegetables, spices and dressings relevant to nutrition*, «British Journal of Nutrition», febbraio 2005, 93 (2), pp. 25-266.
- OGBURN C.E. ET AL., *Cultured renal epithelial cells from birds and mice: enhanced resistance of avian cells to oxidative stress and DNA damage*, «J Gerontol» 1998, 53, pp. B287-B292.
- OHORI H. ET AL., *Synthesis and biological analysis of new cumin analogues bearing an enhanced potential for the medicinal treatment of cancer*, «Mol Cancer Ther» 2006, 5, pp. 2563-2571.
- OLSHANSKY S.J. ET AL., *Peering into the future of american longevity*, «Discovery Medicine», aprile 2005, 5 (26), pp. 130-134.
- , *A potential decline in life expectancy in the United States in the 21st century*, «NEJM» 2005, 352 (11), pp. 1138-1145.
- PARK L.K. ET AL., *Nutritional influences on epigenetics and age-related disease*, «Proc Nutr Soc», febbraio 2012, 71 (1), pp. 75-83.
- PARTRIDGE L., BARTON N.H., *On measuring the rate of ageing*, «Proc R Soc Lond» 1996, B 263, pp. 1365-1371.
- PARTRIDGE L., PROWSE N., PIGNATELLI P., *Another set of responses and correlated responses to selection on age of reproduction in Drosophila melanogaster*, «Proc R Soc Lond» 1999, B 266, pp. 255-261.

- PETERSEN A.M., PEDERSEN B.K., *The anti-inflammatory effect of exercise*, «J Appl Physiol» 2005, 98 (4), pp. 1154-1162.
- PHELAN J.P., AUSTAD S.N., *Natural selection, dietary restriction and extended longevity*, «Growth Dev Aging» 1989, 53, pp. 4-6.
- PHOENIX K.N., VUMBACA F., FOX M.M., EVANS R., CLAFFEY K.P., *Dietary energy availability affects primary and metastatic breast cancer and metformin efficacy*, «Breast Cancer Res Treat», settembre 2010, 123 (2), pp. 333-344. Epub, 22 novembre 2009.
- PIKE M.G. ET AL., *Increased Intestinal Permeability in Atopic Eczema*, «Journal of Investigative Dermatology» 1986, 86 (2), pp. 101-104.
- POULAIN M., PES G.M., GRASLAND C. ET AL., *Identification of a geographic area characterized by extreme longevity in the Sardinia island: the AKEA study*, «Experimental Gerontology», settembre 2004, 39 (9), pp. 1423-1429.
- PRENTICE R.L. ET AL., *Nutrition and physical activity and chronic disease prevention: research strategies and recommendations*, «J Natl Canc Inst» 2004, 96 (17), pp. 1276-1287.
- PROMISLOW D.E.L., TATAR M., KHAZAEI A.A., CURTSINGER J.W., *Age-specific patterns of genetic variation in Drosophila melanogaster*, «I Mortality Genetics» 1995, 143, pp. 839-848.
- QIN B. ET AL., *Cinnamon extract (traditional herb) potentiates in vivo insulin-regulated glucose utilization via enhancing insulin signaling in rats*, «Diabetes Res Clin Pract», dicembre 2003, 62 (3), pp. 139-148.
- , *Cinnamon extract prevents the insulin resistance induced by a high-fructose diet*, «Horm Metab Res», febbraio 2004, 36 (2), pp. 119-125.
- RADAK Z. ET AL., *Exercise, oxidative stress and hormesis*, «Ageing Res Rev» 2008, 7, pp. 34-42.
- RANKIN M.A., PHILIP P.J., *An epidemic of laughing in the Bu-koba District of Tanganyka*, «Central African Journal of Medicine» 1963, 9, pp. 167-170.

- RATTAN S.I.S., *Principles and practice of hormetic treatment of aging and age-related diseases*, «Human and Experimental Toxicology» 2008, 27, pp. 151-154.
- RIBEIRO J.C. ET AL., *Evaluation of the genotoxic and antigenotoxic effects after acute and subacute treatments with açaí pulp (Euterpe oleracea Mart.) on mice using the erythrocytes micronucleus test and the comet assay*, «Mutat Res», gennaio 2010, 695 (1), pp. 22-28.
- RICKLEFS R.E., *Evolutionary theories of aging: confirmation of a fundamental prediction, with implications for the genetic basis and evolution of life span*, «Am Nat» 1998, 152, pp. 24-44.
- ROSE M.R., CHARLESWORTH B., *A test of evolutionary theories of senescence*, «Nature» 1980, 287, pp. 141-142.
- ROSE M.R., *Evolutionary Biology of Ageing*, Oxford University Press, New York 1991.
- ROSENFELDT F.L. ET AL., *Coenzyme Q10 improves the tolerance of the senescent myocardium to aerobic and ischemic stress: studies in rats and in human atrial tissue*, «Biofactors» 1999, 9 (2-4), pp. 291-299.
- SANDEK A., RAUCHHAUS M., ANKER S.D., VON HAEHLING S., *The emerging role of the gut in chronic heart failure*, «Curr Opin Clin Nutr Metab Care», settembre 2008, 11 (5), pp. 632-639.
- SCAPAGNINI G. ET AL., *Curcumin activates defensive genes and protects neurons against oxidative stress*, «Antioxid Redox Signal» 2006, 8, pp. 395-403.
- SCHAUSS A.G. ET AL., *Antioxidant capacity and other bioactivities of the freeze-dried Amazonian palm berry, Euterpe oleraceae mart. (acai)*, «J Agric Food Chem», 1 novembre 2006, 54 (22), pp. 8604-8610.
- SCOTT J.G. ET AL., *Understanding Healing Relationships in Primary Care*, «Ann Fam Med» 2008, 6 (4), pp. 315-322.
- SELL D.R. ET AL., *Longevity and the genetic determination of collagen glycoxidation kinetics in mammalian senescence*, «Proc Natl Acad Sci USA» 1996, 93, pp. 485-490.

- SERVICE P.M., HUTCHINSON E.W., ROSE M.R., *Multiple genetic mechanisms for the evolution of senescence in Drosophila melanogaster*, «Evolution» 1988, 42, pp. 708-716.
- SGRÒ C.M., PARTRIDGE L., *A delayed wave of death from reproduction in Drosophila*, «Science» 1999, 286, pp. 2521-2524.
- SHANLEY D.P., KIRKWOOD T.B.L., *Calorie restriction and aging: a life history analysis*, «Evolution» 2000, 54, pp. 740-750.
- SHAW F.H., PROMISLOW D.E.L., TATAR M., HUGHES K.A., GEYES C.J., *Toward reconciling inferences concerning genetic variation in Drosophila melanogaster*, «Genetics» 1999, 152, pp. 553-566.
- SOHAL R.S., DONATO H., *Effects of experimentally altered life span on the accumulation of fluorescent age pigment in the housefly, Musca domestica*, «Exp Gerontol» 1978, 13, pp. 335-341.
- SOHAL R.S., KU H.-H., AGARWAL S., *Biochemical correlates of longevity in two closely-related rodent species*, «Biochem Biophys Res Comm» 1993, 196, pp. 7-11.
- SON T.G. ET AL., *Hormetic dietary phytochemicals*, «Neuro-molecular Med» 2008, 10 (4), pp. 236-246.
- STEARNS S.C., *The Evolution of Life Histories*, Oxford University Press, New York 1992.
- STEARNS S.C., ACKERMANN M., DOEBELI M., KAISER M., *Experimental evolution of aging, growth, and reproduction in fruitflies*, «Proc Natl Acad Sci USA» 2000, 97, pp. 3309-3313.
- STEARNS S.C., PARTRIDGE L., *The genetics of aging in Drosophila*, in *Handbook of the Biology of Aging* (MASORO E.J., AUSTAD S.N. EDS), Academic Press, San Diego 2011, pp. 353-368.
- STIRBAN A. ET AL., *Benfotiamine prevents macro- and microvascular endothelial dysfunction and oxidative stress following a meal rich in advanced glycation end products in individuals with type 2 diabetes*, «Diabetes Care», settembre 2006, 29 (9), pp. 2064-2071.

- STURNILO G.C. ET AL., Zinc supplementation tightens “leaky gut” in Crohn’s disease, «Inflamm Bowel Dis», maggio 2001, 7 (2), pp. 94-98.
- SUBBIAH M.T., Nutrigenetics and nutraceuticals: the next wave riding on personalized medicine, «Trans Res» 2007, 149, pp. 55-61.
- TAK P.P., FIRESTEIN G.S., NF- κ B: a key role in inflammatory disease, «J Clin Invest» 2001, 107 (1), pp. 7-11.
- TAPSELL L.C. ET AL., Health benefits of herbs and spices: the past, the present, the future, «The Medical Journal of Australia», 21 agosto 2006, 185 (4 suppl), pp. S4-24.
- TUTEJA N. ET AL., Molecular mechanisms of DNA damage and repair: progress in plants, «Crit Rev Biochem Mol Biol» 2001, 36, pp. 337-397.
- USDA Database for the Oxygen Radical Absorbance Capacity (ORAC) of Selected Foods, Release 2 (2010), United States Department of Agriculture, Agricultural Research Service, 16 maggio 2012.
- VAARALA O. ET AL., The “perfect storm” for type 1 diabetes: the complex interplay between intestinal microbiota, gut permeability, and mucosal immunity, «Diabetes», ottobre 2008, 57 (10), pp. 2555-2562.
- VAN VOORHEIS W.A., WARD S., Genetic and environmental conditions that increase longevity in Caenorhabditis elegans decrease metabolic rate, «Proc Natl Acad Sci USA» 1999, 95, pp. 11399-11403.
- VANFLETEREN S.L., DE VREESE A., Rate of aerobic metabolism and superoxide production rate potential in the nematode Caenorhabditis elegans, «J Exp Zool» 1996, 274, pp. 93-100.
- VGONTZAS A.N. ET AL., Adverse effects of modest sleep restriction on sleepiness, performance, and inflammatory cytokines, «J Clin Endocrinol Metab», maggio 2004, 89 (5), pp. 2119-2126.
- VIJG J., Aging of the genome: the dual role of DNA in life and death, Oxford University Press, New York 2007.

- WADLEY G., MARTIN A., *The origins of agriculture. A biological perspective and a new hypothesis*, «Australian Biologist», giugno 1993, 6, pp. 96-105.
- WALFORD R.L., SPINDLER S.R., *The response to calorie restriction in mammals shows features also common to hibernation: a cross-adaptation hypothesis*, «J Gerontol» 1997, 52, pp. B179-B183.
- WALKER D.W., MCCOLL G., JENKINS N.L., HARRIS J., LITH-GOW G.J., *Evolution of lifespan in C. elegans*, «Nature» 2000, 405, pp. 296-297.
- WEINDRUCH R., WALFORD R.L., *The Retardation of Aging and Disease by Dietary Restriction*, Thomas, Springfield 1988.
- WEISEL T. ET AL., *An anthocyanin/polyphenolic-rich fruit juice reduces oxidative DNA damage and increases glutathione level in healthy probands*, «Biotechnol J», aprile 2006, 1 (4), pp. 388-397.
- WESTERTERP-PLANTENGA M. ET AL., *Metabolic effects of spices, teas, and caffeine*, «Physiol Behav», 30 agosto 2006, 89 (1), pp. 85-91.
- WIEDERMANN U. ET AL., *Vitamin A deficiency increases inflammatory responses*, «Scand J Immunol» 1996, 44 (6), pp. 578-584.
- WILCOX D.C., WILCOX B.J., HSUEH W.-C., SUZUKI M., *Genetic determinants of exceptional human longevity: insights from the Okinawa Centenarian Study*, «Age», dicembre 2006, 28 (4), pp. 313-332.
- WILLET W.C., *Balancing life-style and genomics research for disease prevention*, «Science» 2002, 296, pp. 695-698.
- WILLIAMS G.C., *Pleiotropy, natural selection and the evolution of senescence*, «Evolution» 1957, 11, pp. 398-411.
- WITTERS L.A., *The blooming of the French lilac*, «J Clin Invest», ottobre 2001, 108 (8), pp. 1105-1107.
- WOLFRAM S. ET AL., *Anti-obesity effects of green tea: from bedside to bench*, «Mol Nutr Food Res», febbraio 2006, 50 (2), pp. 176-187.

- WRIGHT J.L., STANFORD J.L., *Metformin use and prostate cancer in Caucasian men: results from a population-based case-control study*, «Cancer Causes Control», novembre 2009, 20 (9), pp. 1617-1622.
- WYSOCKI P.J., WIERUSZ-WYSOCKA B., *Obesity, hyperinsulinemia and breast cancer: novel targets and a novel role for metformin*, «Expert Rev Mol Diagn», maggio 2010, 10 (4), pp. 509-519.
- YAMAGISHI S., NAKAMURA K., INOUE H., KIKUCHI S., TAKEUCHI M., *Possible participation of advanced glycation end products in the pathogenesis of colorectal cancer in diabetic patients*, «Med Hypotheses» 2005, 64 (6), pp. 1208-1210.
- YAMAMOTO Y., GAYNOR R.B., *Therapeutic potential of inhibition of the NF- κ B pathway in the treatment of inflammation and cancer*, «J Clin Invest» 2001, 107 (2), pp. 135-142.
- YU Y.B. ET AL., *Cinnamomum cassia bark in two herbal formulas increases life span in Caenorhabditis elegans via insulin signaling and stress response pathways*, «PLoS One», 22 febbraio 2010, 5 (2), p. e933.
- ZAFRA-STONE S. ET AL., *Berry anthocyanins as novel antioxidants in human health and disease prevention*, «Mol Nutr Food Res», giugno 2007, 51 (6), pp. 675-683.
- ZWAAN B.J., BIJLSMA R., HOEKSTRA R.F., *Direct selection on lifespan in Drosophila melanogaster*, «Evolution» 1995, 49, pp. 649-659.