

LITERATUR, DIE METABOLIC BALANCE® BELEGT

Gesunde Ernährung, bessere Prävention gegen koronare Herzkrankheit als Medikamente

Dehghan, M.: *Relationship between healthy diet and risk of cardiovascular disease among patients on drug therapies for secondary prevention. A Prospective Cohort Study of 31 546 High-Risk Individuals from 40 Countries.* (freier Zugang zum Volltext)

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Verteilung der 3 Makronährstoffe (KH, Fett, Eiweiß)

Larsen et al.; „*Diogenes Studie Nov. 2010*“ (freier Zugang zum Volltext)

<http://www.nejm.org/doi/pdf/10.1056/NEJMoa1007137>

<http://www.diogenes->

[eu.org/Larsen%20et%20al%20Diogenes%20NEJM%20online%202010.PDF](http://www.diogenes-eu.org/Larsen%20et%20al%20Diogenes%20NEJM%20online%202010.PDF)

Hauner, H.: *Klinischer Fortschritt Ernährungstherapie* (Zusammenfassung)

<https://www.thieme-connect.com/ejournals/html/dmw/doi/10.1055/s-2006-94660>

Hauner, H.: *Der Internist, 2011, 4.374-82 Möglichkeiten der Adipositasbehandlung*

(Zusammenfassung) <http://link.springer.com/article/10.1007/s00108-010-2707-1>

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[secured/?target=fulltext.pdf&sid=oyyadlqv4gecau45mbr4ew55&sh=www.springerlink.com](https://springerlink3.metapress.com/content/rr66167510v03111/resource-secured/?target=fulltext.pdf&sid=oyyadlqv4gecau45mbr4ew55&sh=www.springerlink.com)

JO-JO-Effekt:

Dulloo, A.G, et.al.: *Poststarvation hyperphagia and body fat overshooting in humans: a role for feedback signals from lean and fat tissues* (freier Zugang zum Volltext)

<http://ajcn.nutrition.org/content/65/3/717.full.pdf+html?sid=867750f8-1039-4ce1-9e38-50d84ca158e0>

Keine Angst vor Fett

Forouhi, N.G et.al.: *Dietary fat intake and subsequent weight change in adults from the European Prospective Investigation into Cancer and Nutrition cohorts* (freier Zugang zum Volltext)

<http://ajcn.nutrition.org/content/90/6/1632.full.pdf+html>

Volek, J.S. et al.: *Carbohydrate Restriction has a More Favorable Impact on the Metabolic Syndrome than a Low Fat Diet* (freier Zugang zum Volltext)

<http://link.springer.com/article/10.1007/s11745-008-3274-2#page-1>

Skeaff, C.Murray: *Dietary Fat and Coronary Heart Disease*

<http://www.karger.com/Article/Abstract/229002>

Maria Carla Roncaglioni et al.: *3 Fatty Acids in Patients with Multiple Cardiovascular Risk Factors* N Engl J Med 2013; 368: 1800-8.DOI: 10.1056/NEJMoa1205409

Sara Holmberg et al.: *High dairy fat intake related to less central obesity: A male cohort study with 12 years*, Scandinavian Journal of Primary Health Care, 2013; 31: 89–94

Vergleich mit anderen Studien

Gerhard H. Scholz et al.: *Evaluation des DGE-Selbsthilfeprogramms "Ich nehme ab"*

Ernährungs-Umschau 52(2005) Heft 6 (Zusammenfassung)

http://www.ernaehrungs-umschau.de/themen/wissenschaft_aktuell/?id=2115

Ch. Rademacher, et al.: *"Ich nehme ab – das evaluierte Konzept der DGE zur Gewichtsreduktion und langfristigen Umstellung auf eine vollwertige Ernährung"* „Adipositas 2/2008“

(Zusammenfassung)

<http://www.schattauer.de/de/magazine/uebersicht/zeitschriften-a-z/adipositas/inhalt/archiv/issue/85/manuscript/9948/show.html>

Jolly, Kate: *Comparison of range of commercial or primary care led* (freier Zugang zum Volltext)

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Garulet, M.: *Timing of food intake predicts weight loss effectiveness/ Abendessen vor 21:00 Uhr kann Gewichtsabnahme verbessern* (Abstrakt)

<http://www.nature.com/ijo/journal/v37/n4/full/ijo2012229a.html>

Bewegung:

Villareal, D.T. et al.: N Engl J Med Volume 364(13):1218-1229 March 31, 2011

Weight Loss, Exercise, or Both and Physical Function in Obese Older Adults

(freier Zugang zum Volltext) <http://www.nejm.org/doi/full/10.1056/NEJMoa1008234>

Weitere wichtige Literatur zum Programm metabolic balance

Viberti, G. et al.: *A Diabetes Outcome Progression Tria (ADOPT)*

<http://care.diabetesjournals.org/content/25/10/1737.full.pdf+html>

Müller, M. et al.: *Prävention und Therapie von Übergewicht im Kindes- und Jugendalter*

<http://www.aerzteblatt.de/pdf/103/6/a334.pdf>

Ludwig, D.S. et al.: *High Glycemic Index Foods, Overeating and Obesity*

<http://pediatrics.aappublications.org/content/103/3/e26.full.pdf+html>

Facchini, F. et al.: *Insulin Resistance as a Predictor of Age-Related Diseases*

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Reaven, GM: *Banting lecture 1988. Role of insulin resistance in human disease*

<http://www.ncbi.nlm.nih.gov/pubmed/3056758?dopt=Abstract>

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<http://ajcn.nutrition.org/content/78/4/690.full.pdf>

Naegeli, C.: *Bewegung kommt mit dem Appetit*

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Pawlak, D.B. et al.: *Effects of dietary glycemic index on adiposity, glucose homoestasis, and plasma lipids in animals* <http://www.ncbi.nlm.nih.gov/pubmed/15337404>

McCrary, M.A.: *Dietary variety within food groups: association with energy intake and body fatness in men and woman* <http://ajcn.nutrition.org/content/69/3/440.full.pdf+html>

Nissen, S.E. et al.: *Effect of Rosiglitazone on the Risk of Myocardial Infarction and Death from Cardiovascular Causes* <http://www.nejm.org/doi/pdf/10.1056/NEJMoa072761>

Weiss, R. et al.: *Obesity and the Metabolic Syndrome in Children and Adolescents*
<http://www.nejm.org/doi/pdf/10.1056/NEJMoa072761>

Eckel, R. H.: *Egg consumption in relation to cardiovascular disease and mortality the Physicians Health Study* <http://ajcn.nutrition.org/content/87/4/964.full.pdf+html>

Djousse, L. et al.: *Egg consumption in relation to cardiovascular disease and mortality: The story gets more complex* <http://ajcn.nutrition.org/content/87/4/964.full.pdf+html>

The Heart Outcomes Prevention Evaluation (HOPE) 2 Investigators:
Homocysteine Lowering with Folic Acid and Vitamins in Vascular Disease
<http://www.nejm.org/doi/pdf/10.1056/NEJMoa060900>

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<http://www.nature.com/ijo/journal/v21/n10/pdf/0800499a.pdf>

Calle, Eugenia E.: *Overweight, Obesity, and Mortality from Cancer*
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Stoffel, Markus: *Regulation of adaptive behavior during fasting by hypothalamic Foxa 2*

<http://www.nature.com/nature/journal/v462/n7273/abs/nature08589.html>

Mozaffarian, Dariush: *Changes in Diet and Lifestyle and Long-Term Weight Gain in Women and Men* <http://www.foodpolitics.com/wp-content/uploads/NEJMoa1014296.pdf>

Sumithran, Priya: *Long-Term Persistence of Hormonal Adaptations to Weight Loss*

<http://de.scribd.com/deleted/70535726>

Tirosh, Amir: *Adolescent BMI Trajectory and Risk of Diabetes versus Coronary Disease*

<http://www.nejm.org/doi/pdf/10.1056/NEJMoa1006992>

Messerli, F.H. (2012): *Chocolate Consumption, Cognitive Function, and Nobel Laureates.* The New England Journal of Medicine. Doi: 10. 1056/NeJMon1211064

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Zomer Ella; Owen, Alice; Magliano, Dianna J; Lew, Danny; Reid, Christopher M.: *The Effectiveness and Cost Effectiveness of Dark Chocolate Consumption as Prevention Therapy in People at High Risk of Cardiovascular Disease: Best Case Scenario Analysis using a Markov Mode*, BMJ May 2012 <http://www.bmj.com/content/344<7bmj.e3657>