

Бібліографія

Часть I

Глава 1

1. American Cancer Society. "Cancer Facts and Figures — 1998." Atlanta, GA: American Cancer Society, 1998.
2. Flegal K. M., Carroll M. D., Ogden C. L. et al. "Prevalence and trends in obesity among U.S. adults, 1999–2000." *JAMA* 288 (2002): 1723–1727.
3. National Center for Health Statistics. "Obesity still on the rise, new data show. The U.S. Department of Health and Human Services News Release." October 10, 2003. Washington, DC: 2002. Accessed at www.cdc.gov/nchs/releases/02news/obesityonrise.htm
4. Lin B-H., Guthrie J. and Frazao E. "Nutrient Contribution of Food Away from Home." In: E. Frazao (ed.), *America's Eating Habits: Changes and Consequences*. Washington, DC: Economic Research Service, USDA, 1999. Cited on p. 138 in: Information Plus. *Nutrition: a key to good health*. Wylie, TX: Information Plus, 1999.
5. Mokdad A. H., Ford E. S., Bowman B. A. et al. "Diabetes trends in the U.S.: 1990–1998." *Diabetes Care* 23 (2000): 1278–1283.
6. Centers for Disease Control and Prevention. "National Diabetes Fact Sheet: National Estimates and General Information on Diabetes in the United States, Revised Edition." Atlanta, GA: Centers for Disease Control and Prevention, 1998.

7. American Diabetes Association. "Economic consequences of diabetes mellitus in the U.S. in 1997." *Diabetes Care* 21 (1998): 296–309. Cited In: Mokdad A. H, Ford E. S., Bowman B. A. et al. "Diabetes trends in the U.S.: 1990–1998." *Diabetes Care* 23 (2000): 1278–1283.
8. American Heart Association. "Heart Disease and Stroke Statistics — 2003 Update." Dallas, TX: American Heart Association, 2002.
9. Ornish D., Brown S. E., Scherwitz L. W. et al. "Can lifestyle changes reverse coronary heart disease?" *Lancet* 336 (1990): 129–133.
10. Esselstyn C. B., Ellis S. G., Medendorp S. V. et al. "A strategy to arrest and reverse coronary artery disease: a 5-year longitudinal study of a single physician's practice." *J. Family Practice* 41 (1995): 560–568.
11. Starfield B. "Is U.S. health really the best in the world?" *JAMA* 284 (2000): 483–485.
12. Anderson R. N. "Deaths: leading causes for 2000." *National Vital Statistics Reports* 50 (16) (2002).
13. Phillips D., Christenfeld N. and Glynn L. "Increase in U.S. medication-error death between 1983 and 1993." *Lancet* 351 (1998): 643–644.
14. U.S. Congressional House Subcommittee Oversight Investigation. "Cost and quality of health care: unnecessary surgery." Washington, DC: 1976. Cited by: Leape, L. "Unnecessary surgery." *Ann. Rev. Publ. Health* 13 (1992): 363–383.
15. Lazarou J., Pomeranz B. and Corey P. N. "Incidence of adverse drug reactions in hospitalized patients." *JAMA* 279 (1998): 1200–1205.
16. World Health Organization. Technical Report Series No. 425. "International Drug Monitoring: the Role of the Hospital." Geneva, Switzerland: World Health Organization, 1966.
17. Health Insurance Association of America. *Source Book of Health Insurance Data: 1999–2000*. Washington, DC, 1999.
18. National Center for Health Statistics. *Health, United States, 2000 with Adolescent Health Chartbook*. Hyattsville, MD: National Center for Health Statistics, 2000.

19. Starfield B. *Primary Care: Balancing Health Needs, Services, and Technology*. New York, NY: Oxford University Press, 1998.
20. World Health Organization. World Health Report 2000: Press release. "World Health Organization assesses the world's health systems." June 21, 2000. Geneva. Accessed at www.who.int
21. Coble Y. D. American Medical Association press release. "AMA decries rise in number of uninsured Americans." September 30, 2003. Chicago, IL. Accessed at www.ama-assn.org/ama/pub/article/1617-8064.html
22. Campbell T. C. "Present day knowledge on aflatoxin." *Phil / Nutr* 20 (1967): 193–201.
23. Campbell T. C, Caedo J. P., Jr., Bulatao-Jayne J. et al. "Aflatoxin M₁ in human urine." *Nature* 227 (1970): 403–404.
24. Эта программа выполнялась совместно с Министерством здравоохранения Филиппин и финансировалась Агентством США по международному развитию (USAID).
25. Hu J., Zhao X., Jia J. et al. "Dietary calcium and bone density among middle-aged and elderly women in China." *Am. J. Clin. Nutr.* 58 (1993): 219–227.
26. Hu J., Zhao X., Parpia B. et al. "Dietary intakes and urinary excretion of calcium and acids: a cross-sectional study of women in China." *Am. J. Clin. Nutr.* 58 (1993): 398–406.
27. Hu J., Zhao X., Parpia B. et al. "Assessment of a modified household food weighing method in a study of bone health in China." *European J. Clin. Nutr.* 48 (1994): 442–452.
28. Potischman N., McCulloch C. E, Byers T. et al. "Breast cancer and dietary and plasma concentrations of carotenoids and vitamin A." *Am. J. Clin. Nutr.* 52 (1990): 909–915.
29. Potischman N., McCulloch C. E, Byers T. et al. "Associations between breast cancer, triglycerides and cholesterol." *Nutr. Cancer* 15 (1991): 205–215.
30. Chen J., Campbell T. C., Li J. et al. *Diet, life-style and mortality in China. A study of the characteristics of 65 Chinese counties*. Oxford, UK; Ithaca,

NY; Beijing, PRC: Oxford University Press; Cornell University Press; People's Medical Publishing House, 1990.

31. Campbell T. C. and Chen J. "Diet and chronic degenerative diseases perspectives from China." *Am. J. Clin. Nutr.* 59 (Suppl) (1994): 1153S–1161S.
32. Campbell T. C. "The dietary causes of degenerative diseases: nutrients vs foods." *In: N. J. Temple and D. P. Burkitt (eds.), Western diseases: their dietary prevention and reversibility*, pp. 119–152. Totowa, N. J.: Humana Press, 1994.
33. Campbell T. C. and Chen J. "Diet and chronic degenerative diseases: a summary of results from an ecologic study in rural China." *In: N. J. Temple and D. P. Burkitt (eds.), Western diseases: their dietary prevention and reversibility*, pp. 67–118. Totowa, N. J.: Humana Press, 1994.
34. Chittenden R. H. *Physiological economy in nutrition*. New York: F. A. Stokes, 1904.
35. Chittenden R. H. *The nutrition of man*. New York: F. A. Stokes, 1907.

Глава 2

1. Stillings B. R. "World supplies of animal protein." *In: J. W. G. Porter and B. A. Rolls (eds.), Proteins in Human Nutrition*, pp. 11–33. London: Academic Press, 1973.
2. Campbell T. C., Warner R. G. and Loosli J. K. "Urea and biuret for ruminants." *In: Cornell Nutrition Conference, Buffalo, NY, 1960*, pp. 96–103.
3. Campbell T. C., Loosli J. K., Warner R. G. et al. "Utilization of biuret by ruminants." *J. Animal Science* 22 (1963): 139–145.
4. Autret M. "World protein supplies and needs. Proceedings of the Sixteenth Easter School in Agricultural Science, University of Nottingham, 1969." *In: R. A. Laurie (ed.), Proteins in Human Food*, pp. 3–19. Westport, CT: Avi Publishing Company, 1970.
5. Scrimshaw N. S. and Young V. R. "Nutritional evaluation and the utilization of protein resources." *In: C. E. Bodwell (ed.), Evaluation of Proteins for Humans*, pp. 1–10. Westport, CT: The Avi Publishing Co., 1976.

6. Jalil M. E. and Tahir W. M. "World supplies of plant proteins." *In*: J. W G. Porter and B. A. Rolls (eds.), *Proteins in Human Nutrition*, pp. 35–46. London: Academic Press, 1973.
7. Blount W. R. "Turkey "X" Disease." *Turkeys* 9 (1961): 52, 55–58, 61, 77.
8. Sargeant K., Sheridan A, O'Kelly J. et al. "Toxicity associated with certain samples of groundnuts." *Nature* 192 (1961): 1096–1097.
9. Lancaster M. C., Jenkins F. P. and Philp J. M. "Toxicity associated with certain samples of groundnuts." *Nature* 192 (1961): 1095–1096.
10. Wogan G. N. and Newberne P. M. "Dose-response characteristics of aflatoxin B₁ carcinogenesis in the rat." *Cancer Res.* 27 (1967): 2370–2376.
11. Wogan G. N., Paglialunga S. and Newberne P. M. "Carcinogenic effects of low dietary levels of aflatoxin B₁ in rats." *Food Cosmet. Toxicol.* 12 (1974): 681–685.
12. Campbell T. C., Caedo J. P., Jr., Bulatao-Jayme J. et al. "Aflatoxin M₁ in human urine." *Nature* 227 (1970): 403–404.
13. Madhavan T. V. and Gopalan C. "The effect of dietary protein on carcinogenesis of aflatoxin." *Arch. Path.* 85 (1968): 133–137.

Глава 3

1. Natural Resources Defense Council. "Intolerable risk: pesticides in our children's food." New York: Natural Resources Defense Council, February 27, 1989.
2. Winter C., Craigmill A. and Stimmann M. "Food Safety Issues II. NRDC report and Alar." *UC Davis Environmental Toxicology Newsletter* 9 (2) (1989): 1.
3. Lieberman A. J. and Kwon S. C. "Fact versus fears: a review of the greatest unfounded health scares of recent times." New York: American Council on Science and Health, June, 1998.
4. Whelan E. M. and Stare F. J. *Panic in the pantry: facts and fallacies about the food you buy*. Buffalo, NY: Prometheus Books, 1992.

5. U.S. Apple Association. "News release: synopsis of U.S. Apple Press Conference." McLean, VA: U.S. Apple Association, February 25, 1999.
6. Cassens R. G. *Nitrite-cured meat: a food safety issue in perspective*. Trumbull, CT: Food and Nutrition Press, Inc., 1990.
7. Lijinsky W. and Epstein S. S. "Nitrosamines as environmental carcinogens." *Nature* 225 (1970): 21–23.
8. National Toxicology Program. "Ninth report on carcinogens, revised January 2001." Washington, DC: U.S. Department of Health and Human Services, Public Health Service, January 2001. Accessed at ehis.niehs.nih.gov/roc/toc9.html#viewe
9. International Agency for Cancer Research. *IARC Monographs on the Evaluation of the Carcinogenic Risk of Chemicals to Humans: Some N-Nitroso Compounds*. Vol. 17 Lyon, France: International Agency for Research on Cancer, 1978.
10. Druckrey H., Janzowski R. and Preussmann R. "Organotrope carcinogene wirkungen bei 65 verschiedenen N-nitroso-verbindungen an BD-ratten." *Z. Krebsforsch.* 69 (1967): 103–201.
11. Thomas C. and So B. T. "Zur morphologie der durch N-nitroso-verbindungen erzeugten tumorenim oberen verdauungstrakt der ratte." *Arzneimittelforsch.* 19 (1969): 1077–1091.
12. Eisenbrand G., Spiegelhalter B., Janzowski C. et al. "Volatile and non-volatile N-nitroso compounds in foods and other environmental media." *IARC Sci. Publi.* 19 (1978): 311–324.
13. National Archives and Records Administration. "Code of Federal Regulations: Title 9, Animals and Animal Products, Section 319.180 (9CFR319.180)." Washington, DC: Government Printing Office, 2001.
14. Kanfer S. October 2, 1972. "The decline and fall of the American hot dog." *Time*: 86.
15. Newberne P. "Nitrite promotes lymphoma incidence in rats." *Science* 204 (1979): 1079–1081.
16. Madhavan T. V. and Gopalan C. "The effect of dietary protein on carcinogenesis of aflatoxin." *Arch. Path.* 85 (1968): 133–137.

17. Если данный дефект будет иметь место на первом этапе формирования дочерних клеток, то затем он распространится на последующие поколения клеток, при этом потенциально он в конечном итоге может быть обнаружен в виде клинически идентифицируемого рака. Однако это крайне упрощенное описание чрезвычайно сложного процесса. Возможно, два наиболее существенных момента, не учтенных в данном описании, — это гипотезы о том, что: 1) для инициации и промоции рака может потребоваться более одной мутации, и 2) не все генетические сбои приводят к возникновению рака.
18. Mgbodile MUK and Campbell T. C. "Effect of protein deprivation of male weanling rats on the kinetics of hepatic microsomal enzyme activity." *J. Nutr.* 102 (1972): 53–60.
19. Hayes J. R., Mgbodile M. U. K. and Campbell T. C. "Effect of protein deficiency on the inducibility of the hepatic microsomal drug-metabolizing enzyme system. I. Effect on substrate interaction with cytochrome P-450." *Biochem. Pharmacol.* 22 (1973): 1005–1014.
20. Mgbodile M. U. K., Hayes J. R. and Campbell T. C. "Effect of protein deficiency on the inducibility of the hepatic microsomal drug-metabolizing enzyme system. II. Effect on enzyme kinetics and electron transport system." *Biochem. Pharmacol.* 22 (1973): 1125–1132.
21. Hayes J. R. and Campbell T. C. "Effect of protein deficiency on the inducibility of the hepatic microsomal drug-metabolizing enzyme system. III. Effect of 3-methylcholanthrene induction on activity and binding kinetics." *Biochem. Pharmacol.* 23 (1974): 1721–1732.
22. Campbell T. C. "Influence of nutrition on metabolism of carcinogens (Martha Maso Honor's Thesis)." *Adv. Nutr. Res.* 2 (1979): 29–55.
23. Preston R. S., Hayes J. R. and Campbell T. C. "The effect of protein deficiency on the in vivo binding of aflatoxin B₁ to rat liver macromolecules." *Life Sci.* 19 (1976): 1191–1198.
24. Portman R. S., Plowman K. M. and Campbell T. C. "On mechanisms affecting species susceptibility to aflatoxin." *Biochim. Biophys. Acta* 208 (1970): 487–495.

25. Prince L. O. and Campbell T. C. "Effects of sex difference and dietary protein level on the binding of aflatoxin B₁ to rat liver chromatin proteins in vivo." *Cancer Res.* 42 (1982): 5053–5059.
26. Mainigi K. D. and Campbell T. C. "Subcellular distribution and covalent binding of aflatoxins as functions of dietary manipulation." *J Toxicol. Environ. Health* 6 (1980): 659–671.
27. Nerurkar L. S., Hayes J. R. and Campbell T. C. "The reconstitution of hepatic microsomal mixed function oxidase activity with fractions derived from weanling rats fed different levels of protein." *J. Nutr.* 108 (1978): 678–686.
28. Gurtoo H. L. and Campbell T. C. "A kinetic approach to a study of the induction of rat liver microsomal hydroxylase after pretreatment with 3,4-benzpyrene and aflatoxin B₁" *Biochem. Pharmacol.* 19 (1970): 1729–1735.
29. Adekunle A. A., Hayes J. R. and Campbell T. C. "Interrelationships of dietary protein level, aflatoxin B₁ metabolism, and hepatic microsomal epoxide hydrase activity." *Life Sci.* 21 (1977): 1785–1792.
30. Mainigi K. D. and Campbell T. C. "Effects of low dietary protein and dietary aflatoxin on hepatic glutathione levels in F-344 rats." *Toxicol Appl. Pharmacol* 59 (1981): 196–203.
31. Farber E. and Cameron R. "The sequential analysis of cancer development." *Adv. Cancer Res.* 31 (1980): 125–226.
32. Реакция очагов на различных графиках в этой главе в основном отражает «% от объема печени», который объединяет «количество очагов» и «размер очагов» — оба этих показателя показывают тенденцию формирования опухоли. Для того чтобы реакции очагов в различных экспериментах можно было сравнивать друг с другом, данные приведены в соответствие с единой шкалой, которая отражает реакцию в результате воздействия стандартной дозы афлатоксина при содержании белков в питании, равном 20%.
33. Appleton B. S. and Campbell T. C. "Inhibition of aflatoxin-initiated preneoplastic liver lesions by low dietary protein." *Nutr. Cancel* (1982): 200–206.
34. Dunaif G. E. and Campbell T. C. "Relative contribution of dietary protein level and Aflatoxin B₁ dose in generation of presumptive preneoplastic foci in rat liver." *J. Natl. Cancer Inst.* 78 (1987): 365–369.

35. Youngman L. D. and Campbell T. C. "High protein intake promotes the growth of preneoplastic foci in Fischer #344 rats: evidence that early remodeled foci retain the potential for future growth." *J. Nutr.* 121 (1991): 1454–1461.
36. Youngman L. D. and Campbell T. C. "Inhibition of aflatoxin B₁-induced gamma-glutamyl transpeptidase positive (GGT+) hepatic preneoplastic foci and tumors by low protein diets: evidence that altered GGT+ foci indicate neoplastic potential." *Carcinogenesis* 13 (1992): 1607–1613.
37. Dunaif G. E. and Campbell T. C. "Dietary protein level and aflatoxin B₁-induced preneoplastic hepatic lesions in the rat." *J. Nutr.* 117 (1987): 1298–1302.
38. Horio F., Youngman L. D., Bell R. C. et al. "Thermogenesis, low-protein diets, and decreased development of AFB₁-induced preneoplastic foci in rat liver." *Nutr. Cancer* 16 (1991): 31–41.
39. Согласно Национальному совету по исследованиям при Национальной академии наук, для максимизации скорости роста организма необходимо, чтобы доля белков в пище была равна 12%.
40. Subcommittee on Laboratory Animal Nutrition. *Nutrient requirements of laboratory animals. Second revised edition, number 10.* Washington, DC: National Academy Press, 1972.
41. National Research Council. *Recommended dietary allowances. Tenth edition.* Washington, DC: National Academy Press, 1989.
42. Schulsinger D. A., Root M. M. and Campbell T. C. "Effect of dietary protein quality on development of aflatoxin B₁-induced hepatic preneoplastic lesions." *J. Natl. Cancer Inst.* 81 (1989): 1241–1245.
43. Youngman L. D. *The growth and development of aflatoxin B₁-induced preneoplastic lesions, tumors, metastasis, and spontaneous tumors as they are influenced by dietary protein level, type, and intervention.* Ithaca, NY: Cornell University, Ph. D. Thesis, 1990.
44. Beasley R. P. "Hepatitis B virus as the etiologic agent in hepatocellular carcinoma-epidemiologic considerations." *Hepatol.* 2 (1982): 21S–26S.

45. Blumberg B. S., Larouze B., London W. T. et al. "The relation of infection with the hepatitis B agent to primary hepatic carcinoma." *Am. J. Pathol.* 81 (1975): 669–682.
46. Chisari F. V., Ferrari C. and Mondelli M. U. "Hepatitis B virus structure and biology." *Microbiol. Pathol.* 6 (1989): 311–325.
47. Hu J., Cheng Z., Chisari F. V. et al. "Repression of hepatitis B virus (HBV) transgene and HBV-induced liver injury by low protein diet." *Oncogene* 15 (1997): 2795–2801.
48. Cheng Z., Hu J., King J. et al. "Inhibition of hepatocellular carcinoma development in hepatitis B virus transfected mice by low dietary casein." *Hepatology* 26 (1997): 1351–1354.
49. Hawrylewicz E. J., Huang H. H., Kissane J. Q. et al. "Enhancement of the 7,12-dimethylbenz(a) anthracene (DMBA) mammary tumorigenesis by high dietary protein in rats." *Nutr. Reps. Int.* 26 (1982): 793–806.
50. Hawrylewicz E. J. "Fat-protein interaction, denned 2-generation studies." In: C. Ip, D. E Birt. A. E. Rogers and C. Mettlin (eds.), *Dietary fat and cancer*, pp. 403–434. New York: Alan R. Liss, Inc., 1986.
51. Huang H. H., Hawrylewicz E. J., Kissane J. Q. et al. "Effect of protein diet on release of prolactin and ovarian steroids in female rats." *Nutr. Rpts. Int.* 26 (1982): 807–820.
52. O'Connor T. P., Roebuck B. D. and Campbell T. C. "Dietary intervention during the post-dosing phase of L-azaserine-induced preneoplastic lesions." *Natl Cancer Inst* 75 (1985): 955–957.
53. O'Connor T. P., Roebuck B. D., Peterson F. et al. "Effect of dietary intake offish oil and fish protein on the development of L-azaserine-induced preneoplastic lesions in rat pancreas." *J Natl Cancer Inst* 75 (1985): 959–962.
54. He Y. *Effects of carotenoids and dietary carotenoid extracts on aflatoxin B₁-induced mutagenesis and hepatocarcinogenesis*. Ithaca, NY: Cornell University, PhD Thesis, 1990.
55. He Y. and Campbell T. C. "Effects of carotenoids on aflatoxin B₁-induced mutagenesis in *S. typhimurium* TA 100 and TA 98." *Nutr. Cancer* 13 (1990): 243–253.

Глава 4

1. Li J-Y., Liu B-Q., Li G-Y. et al. "Atlas of cancer mortality in the People's Republic of China. An aid for cancer control and research." *Int. J. Epid.* 10 (1981): 127–133.
2. Higginson J. "Present trends in cancer epidemiology." *Proc. Can. Cancer Conf.* 8 (1969): 40–75.
3. Wynder E. L. and Gori G. B. "Contribution of the environment to cancer incidence: an epidemiologic exercise." *J. Natl. Cancer Inst.* 58 (1977): 825–832.
4. Doll R. and Peto R. "The causes of cancer: Quantitative estimates of avoidable risks of cancer in the Unites States today." *J Natl Cancer Inst* 66 (1981): 1192–1265.
5. Fagin D. News release. "Breast cancer cause still elusive study: no clear link between pollution, breast cancer on LI." August 6, 2002. Newsday.com. Accessed at www.newsday.com/news/local/longisland/ny-licanc062811887aug06.story?coll=ny%2Dtop%2Dheadlines
6. Имелись данные по 82 заболеваниям, приводящим к смерти, но около трети этих случаев были повторением одной и той же болезни у людей различного возраста.
7. Употребление калорий в Китае приведено для мужчины весом 65 кг, занимающегося «легким физическим трудом». Приведенные для сравнения данные для американского мужчины скорректированы для веса тела, равного 65 кг.
8. SerVaas C. "Diets that protected against cancers in China." *The Saturday Evening Post* October 1990: 26–28.
9. Все имеющиеся данные по смертности от заболеваний были сведены в матрицу, чтобы можно было легко сопоставить показатель по каждой из болезней с показателем по любой другой. После каждого сопоставления полученному показателю присваивался знак «плюс» или «минус», в зависимости от того, наблюдалась ли между ними прямая или обратная взаимосвязь. Все случаи прямой корреляции были включены в один

список, а все случаи отрицательной корреляции — в другой. У каждой болезни в каждом из этих двух списков имелась, таким образом, прямая зависимость с болезнями из этого же списка, но обратная зависимость с болезнями из противоположного списка. Большая часть (хотя и не все) из этих показателей корреляции были статистически значимыми.

10. Campbell T. C., Chen J., Brun T. et al. "China: from diseases of poverty to diseases of affluence. Policy implications of the epidemiological transition." *Ecol. Food Nutr.* 27 (1992): 133–144.
11. Chen J., Campbell T. C., Li J. et al. *Diet, life-style and mortality in China*. A study of the characteristics of 65 Chinese counties. Oxford, UK; Ithaca, NY; Beijing, PRC: Oxford University Press; Cornell University Press; People's Medical Publishing House, 1990.
12. Lipid Research Clinics Program Epidemiology Committee. "Plasma lipid distributions in selected North American Population. The Lipid Research Clinics Program Prevalence Study." *Circulation* 60 (1979): 427–439.
13. Campbell T. C., Parpia B., and Chen J. "Diet, lifestyle, and the etiology of coronary artery disease: The Cornell China Study." *Am. J. Cardiol.* 82 (1998): 18T–21T.
14. Это данные для деревень SA, LC и RA для женщин и SA, QC и NB для мужчин, как показано в монографии (Чен и др. 1990).
15. Sirtori C. R., Nosedà G. and Descovich G. C. "Studies on the use of a soybean protein diet for the management of human hyperlipoproteinemias." In: M. J. Gibney and D. Kritchevsky (eds.), *Current Topics in Nutrition and Disease, Volume 8: Animal and Vegetable Proteins in Lipid Metabolism and Atherosclerosis*, pp. 135–148. New York, NY: Alan R. Liss, Inc., 1983.
16. Carroll K. K. "Dietary proteins and amino acids — their effects on cholesterol metabolism." In: M. J. Gibney and D. Kritchevsky (eds.), *Animal and Vegetable Proteins in Lipid Metabolism and Atherosclerosis*, pp. 9–17. New York, NY: Alan R. Liss, Inc., 1983.
17. Terpstra A. H. M., Hermus R. J. J. and West C. E. "Dietary protein and cholesterol metabolism in rabbits and rats." In: M. J. Gibney and D.

- Kritchevsky (eds.), *Animal and Vegetable Proteins in Lipid Metabolism and Atherosclerosis*, pp. 19–49. New York: Alan R. Liss, Inc., 1983.
18. Kritchevsky D., Tepper S. A, Czarnecki S. K. et al. “Atherogenicity of animal and vegetable protein. Influence of the lysine to arginine ratio.” *Atherosclerosis* 41 (1982): 429–431.
 19. Употребление пищевых жиров может быть выражено как доля от общего веса употребляемой пищи или от общего количества употребляемых калорий. Большинство специалистов и исследователей говорят об употреблении жиров как доли от общего количества калорий, поскольку мы питаемся прежде всего для того, чтобы удовлетворить свою потребность в калориях, а не в весе. В книге я пользуюсь именно этим методом.
 20. National Research Council. *Diet, Nutrition and Cancer*. Washington, DC: National Academy Press, 1982.
 21. United States Department of Health and Human Services. *The Surgeon General's Report on Nutrition and Health*. Washington, DC: Superintendent of Documents, U.S. Government Printing Office, 1988.
 22. National Research Council and Committee on Diet and Health. *Diet and health: implications for reducing chronic disease risk*. Washington, DC: National Academy Press, 1989.
 23. Expert Panel. *Food, nutrition and the prevention of cancer, a global perspective*. Washington, DC: American Institute for Cancer Research/World Cancer Research Fund, 1997.
 24. Среди исключений — пища, искусственно лишенная жира, такая как обезжиренное молоко.
 25. Armstrong D. and Doll R. “Environmental factors and cancer incidence and mortality in different countries, with special reference to dietary practices.” *Int. J. Cancer* 15 (1975): 617–631.
 26. U.S. Senate. “Dietary goals for the United States, 2nd Edition.” Washington, DC: U.S. Government Printing Office, 1977.
 27. Committee on Diet Nutrition and Cancer. *Diet, nutrition and cancer: directions for research*. Washington, DC: National Academy Press, 1983.

28. В это время существовали и многие другие политические программы и масштабные исследования людей, широко обсуждавшиеся в обществе, которые были организованы или интерпретированы в связи с вопросом о взаимосвязи между употреблением в пищу жиров и возникновением заболеваний. Среди них публикация серии докладов «Рекомендации по правильному питанию в США» (U.S. Dietary Guidelines) в 1980 г., запуск в Гарварде «Исследования здоровья медсестер» в 1984 г., первые отчеты о проведении «Фрамингемского исследования сердца» в 1960 г., «Исследование семи стран» Анселя Киса, «Интервенционное исследование множественных факторов риска» (Multiple Risk Factor Intervention Trial, MRFIT) и др.
29. Carroll K. K., Braden L. M., Bell J. A. et al. "Fat and cancer." *Cancer* 58 (1986): 1818–1825.
30. Drasar B. S. and Irving D. "Environmental factors and cancer of the colon and breast." *Br. J. Cancer* 27 (1973): 167–172.
31. Haenszel W. and Kurihara M. "Studies of Japanese Migrants: mortality from cancer and other disease among Japanese and the United States." *J Natl Cancer Inst* 40 (1968): 43–68.
32. Higginson J. and Muir C. S. "Epidemiology in Cancer." In: J. F. Holland and E. Frei (eds.), *Cancer Medicine*, pp. 241–306. Philadelphia, PA: Lea and Febiger, 1973.
33. Корреляция между приемом в пищу жиров и животных белков составляет 84% при рассмотрении употребления жиров в граммах и 70% как доли от употребляемых калорий.
34. Kelsey J. L., Gammon M. D. and Esther M. J. "Reproductive factors and breast cancer." *Epidemiol. Revs.* 15 (1993): 36–47.
35. de Stavola B. L., Wang D. Y., Allen D. S. et al. "The association of height, weight, menstrual and reproductive events with breast cancer: results from two prospective studies on the island of Guernsey (United Kingdom)." *Cancer Causes and Control* 4 (1993): 331–340.
36. Rautalahti M., Albanes D., Virtamo J. et al. "Lifetime menstrual activity — indicator of breast cancer risk." (1993): 17–25.

37. Невозможно было обнаружить статистически значимую корреляцию между уровнем гормонов в крови и риском возникновения рака молочной железы у этой группы женщин, поскольку забор анализов крови у них производился в различные дни менструального цикла и частота заболеваемости раком молочной железы была крайне низкой, таким образом, возможность выявления такой корреляции, даже в случае ее существования, была сведена к минимуму.
38. Key TJA, Chen J., Wang D. Y. et al. "Sex hormones in women in rural China and in Britain." *Brit. J. Cancer* 62 (1990): 631–636.
39. Это следующие биомаркеры: уровень меди в плазме, азот мочевины крови, эстрадиол, пролактин, тестостерон и (обратная зависимость) половой гормон, связывающий глобулин, для каждого из которых посредством более ранних исследований было установлено наличие корреляции с приемом в пищу животных белков.
40. Для употребления пищевой клетчатки в целом средние показатели для Китая и США составляли 33,3 и 11,1 г в день, соответственно. Диапазон колебания среднего значения по округам в Китае составляет 7,7–77,6 г в день по сравнению с 2,4–26,6 г в день в среднем для 90% американских мужчин.
41. Корреляция для растительных белков составляла +0,53***, а для животных белков +0,12.
42. Использование «преобладания заболевания раком среди членов семьи» для измерения результата позволяет более эффективно контролировать различные причины возникновения рака, которые коррелируют с различными разновидностями рака, что позволяет, таким образом, изучить изолированное влияние фактора питания.
43. Guo W., Li J., Blot W. J. et al. "Correlations of dietary intake and blood nutrient levels with esophageal cancer mortality in China." *Nutr. Cancer* 13 (1990): 121–127.
44. Полностью влияние этих жирорастворимых антиоксидантов может быть продемонстрировано лишь тогда, когда концентрация антиоксидантов корректируется с учетом уровня липопротеида низкой плотности (LDL) для каждого отдельного участника исследования. Это не было известно

на момент проведения исследования, поэтому такая корректировка не была предусмотрена.

45. Kneller R. W., Guo W., Hsing A. W. et al. "Risk factors for stomach cancer in sixty-five Chinese counties." *Cancer Epi. Biomarkers Prev.* 1 (1992): 113–118.
46. Information Plus. *Nutrition: a key to good health*. Wylie, TX: Information Plus, 1999.
47. Westman E. C., Yancy W. S., Edman J. S. et al. "Carbohydrate Diet Program." *Am. J. Med.* 113 (2002): 30–36.
48. Atkins R. C. *Dr. Atkins' New Diet Revolution*. New York, NY: Avon Books, 1999.
49. Wright J. D., Kennedy-Stephenson J., Wang C. Y. et al. "Trends in Intake of Energy and Macronutrients — United States, 1971–2000." *Morbidity and mortality weekly report* 53 (February 6, 2004): 80–82.
50. Noakes M. and Clifton P. M. "Weight loss and plasma lipids." *Curr. Opin. Lipidol.* 11 (2000): 65–70.
51. Bilsborough S. A. and Crowe T. C. "Low-carbohydrate diets: what are the potential short- and long-term health implications?" *Asia Pac. J. Clin. Nutr.* 12 (2003): 396–404.
52. Stevens A., Robinson D. P., Turpin J. et al. "Sudden cardiac death of an adolescent during dieting." *South. Med. J.* 95 (2002): 1047–1049.
53. Patty A. "Low-carb fad claims teen's life — Star diet blamed in death." *The Daily Telegraph (Sidney, Australia)* November 2, 2002: 10.
54. Atkins, 1999. Page 275.
55. Аткинс утверждал, что коктейль из антиоксидантов может защитить от сердечно-сосудистых и онкологических заболеваний и старения. Данное заявление было опровергнуто несколькими крупными исследованиями (см. главу 11).
56. Atkins, 1999. Page 103.
57. Bone J. "Diet doctor Atkins 'obese', had heart problems: coroner: Widow angrily denies that opponents' claims that heart condition caused by controversial diet." *Ottawa Citizen* February 11, 2004: A11.
58. Campbell T. C. "Energy balance: interpretation of data from rural China." *Toxicological Sciences* 52 (1999): 87–94.

59. Horio F., Youngman L. D., Bell R. C. et al. "Thermogenesis, low-protein diets, and decreased development of AFB₁-induced preneoplastic foci in rat liver." *Nutr. Cancer* 16 (1991): 31–41.
60. Krieger E., Youngman L. D. and Campbell T. C. "The modulation of aflatoxin (AFB₁) induced preneoplastic lesions by dietary protein and voluntary exercise in Fischer 344 rats." *FASEB J.* 2 (1988): 3304 Abs.
61. Цитируемые данные о корреляции для приема животных и растительных белков взяты из рукописи, находившейся на рецензировании.
62. Campbell T. C., Chen J., Liu C. et al. "Non-association of aflatoxin with primary liver cancer in a cross-sectional ecologic survey in the People's Republic of China." *Cancer Res.* 50 (1990): 6882–6893.

Часть II

Глава 5

1. Adams C. E. "How many times does your heart beat per year?" Accessed October 20, 2003. Accessed at www.straightdope.com/classics/al_088a.html
2. National Heart, Lung and Blood Institute. "Morbidity and Mortality: 2002 Chart Book on Cardiovascular, Lung, and Blood Diseases." Bethesda, MD: National Institutes of Health, 2002.
3. American Heart Association. "Heart Disease and Stroke Statistics — 2003 Update." Dallas, TX: American Heart Association, 2002.
4. Braunwald E. "Shattuck lecture-cardiovascular medicine at the turn of the millenium: triumphs, concerns and opportunities." *New Engl. J. Med.* 337 (1997): 1360–1369.
5. American Cancer Society. "Cancer Facts and Figures — 1998." Atlanta, GA: American Cancer Society, 1998.
6. Anderson R. N. "Deaths: leading causes for 2000." *National Vital Statistics Reports* 50 (16) (2002).
7. Enos W. E., Holmes R. H. and Beyer J. "Coronary disease among United States soldiers killed in action in Korea." *JAMA* 152 (1953): 1090–1093.

8. Esselstyn C. J. "Resolving the coronary artery disease epidemic through plant-based nutrition." *Prev. Cardiol.* 4 (2001): 171–177.
9. Antman E. M. and Braunwald E. "Acute myocardial infarction." In: E. Braunwald (ed.), *Heart disease, a textbook of cardiovascular disease*, Vol. II (Fifth Edition), pp. 1184–1288. Philadelphia: WB. Saunders Company, 1997.
10. Esselstyn C. J. "Lecture: Reversing heart disease." December 5, 2002. Ithaca, NY: Cornell University, 2002.
11. Ambrose J. A. and Fuster V. "Can we predict future acute coronary events in patients with stable coronary artery disease?" *JAMA* 277 (1997): 343–344.
12. Forrester J. S. and Shah P. K. "Lipid lowering versus revascularization: an idea whose time (for testing) has come." *Circulation* 96 (1997): 1360–1362.
13. Now named the National Heart, Lung, and Blood Institute of the National Institutes of Health in Bethesda, Maryland.
14. Gofman J. W., Lindgren F., Elliot H. et al. "The role of lipids and lipoproteins in atherosclerosis." *Science* 111 (1950): 166.
15. Kannel W. B., Dawber T. R., Kagan A. et al. "Factors of risk in the development of coronary heart disease — six-year follow-up experience." *Ann. Internal Med.* 55 (1961): 33–50.
16. Jolliffe N., and Archer M. "Statistical associations between international coronary heart disease death rates and certain environmental factors." *J. Chronic Dis.* 9 (1959): 636–652.
17. Scrimgeour E. M., McCall M. G., Smith D. E., et al. "Levels of serum cholesterol, triglyceride, HDL cholesterol, apolipoproteins A-I and B, and plasma glucose, and prevalence of diastolic hypertension and cigarette smoking in Papua New Guinea Highlanders." *Pathology* 21 (1989): 46–50.
18. Campbell T. C., Parpia B. and Chen J. "Diet, lifestyle, and the etiology of coronary artery disease: The Cornell China Study." *Am. J. Cardiol.* 82 (1998): 18T–21T.
19. Kagan A., Harris B. R., Winkelstein W. et al. "Epidemiologic studies of coronary heart disease and stroke in Japanese men living in Japan, Hawaii and California." *J. Chronic Dis.* 27 (1974): 345–364.

20. Kato H., Tillotson J., Nichaman M. Z., et al. "Epidemiologic studies of coronary heart disease and stroke in Japanese men living in Japan, Hawaii and California: serum lipids and diet." *Am. J. Epidemiol* 97 (1973): 372–385.
21. Morrison L. M. "Arteriosclerosis." *JAMA* 145 (1951): 1232–1236.
22. Morrison L. M. "Diet in coronary atherosclerosis." *JAMA* 173 (1960): 884–888.
23. Lyon T. P., Yankley A., Golman J. W., et al. "Lipoproteins and diet in coronary heart disease." *California Med.* 84 (1956): 325–328.
24. Gibney M. J., and Kritchevsky D., eds. *Current Topics in Nutrition and Disease, Volume 8: Animal and Vegetable Proteins in Lipid Metabolism and Atherosclerosis*. New York, NY: Alan R. Liss, Inc., 1983.
25. Sirtori C. R., Nosedà G., and Descovich G. C. "Studies on the use of a soybean protein diet for the management of human hyperlipoproteinemias." In: M. J. Gibney and D. Kritchevsky (eds.), *Current Topics in Nutrition and Disease, Volume 8: Animal and Vegetable Proteins in Lipid Metabolism and Atherosclerosis*, pp. 135–148. New York, NY: Alan R. Liss, Inc., 1983.
26. G. S. Myers, personal communication, cited by Groom, D. "Population studies of atherosclerosis." *Ann. Internal Med.* 55 (1961): 51–62.
27. Centers for Disease Control. "Smoking and Health: a national status report." *Morbidity and Mortality Weekly Report* 35 (1986): 709–711.
28. Centers for Disease Control. "Cigarette smoking among adults — United States, 2000." *Morbidity and Mortality Weekly Report* 51 (2002): 642–645.
29. Age-adjusted, pages 25–74.
30. Marwick C. "Coronary bypass grafting economics, including rehabilitation. Commentary." *Curr. Opin. Cardiol.* 9 (1994): 635–640.
31. Page 1319 in Gersh B. J., Braunwald E. and Rutherford J. D. "Chronic coronary artery disease." In: E. Braunwald (ed.), *Heart Disease: A Textbook of cardiovascular Medicine*, Vol. 2 (Fifth Edition), pp. 1289–1365. Philadelphia, PA: W.B. Saunders, 1997.
32. Ornish D. "Avoiding revascularization with lifestyle changes: the Multicenter Lifestyle Demonstration Project." *Am. J. Cardiol.* 82 (1998): 72T–76T

33. Shaw P. J., Bates D., Cartlidge N. E. F. et al. "Early intellectual dysfunction following coronary bypass surgery." *Quarterly J. Med.* 58 (1986): 59–68.
34. Cameron A. A. C., Davis K. B., and Rogers W. J. "Recurrence of angina after coronary artery bypass surgery. Predictors and prognosis (CASS registry)." *J. Am. Coll. Cardiol.* 26 (1995): 895–899.
35. Page 1320 in Gersh B. J., Braunwald E. and Rutherford J. D. "Chronic coronary artery disease." *In*: E. Braunwald (ed.), *Heart Disease: A Textbook of Cardiovascular Medicine*, Vol. 2 (Fifth Edition), pp. 1289–1365. Philadelphia, PA: W.B. Saunders, 1997.
36. Kirklin J. W., Naftel D. C., Blackstone E. H. et al. "Summary of a consensus concerning death and ischemic events after coronary artery bypass grafting." *Circulation* 79 (Suppl 1) (1989): 181–191.
37. Page 1368–9 in Lincoff A. M. and Topol E. J. "Interventional catheterization techniques." *In*: E. Braunwald (ed.), *Heart Disease: A Textbook of Cardiovascular Medicine*, pp. 1366–1391. Philadelphia, PA: W.B. Saunders, 1997.
38. Hirshfeld J. W., Schwartz J. S., Jugo R. et al. "Restenosis after coronary angioplasty: a multivariate statistical model to relate lesion and procedure variables to restenosis." *J. Am. Coll. Cardiol.* 18 (1991): 647–656.
39. Information Plus. *Nutrition: a key to good health*. Wylie, TX: Information Plus, 1999.
40. Naifeh S. W. *The Best Doctors in America, 1994–1995*. Aiken, S.C.: Woodward & White, 1994.
41. Esselstyn C. B., Jr. "Foreword: changing the treatment paradigm for coronary artery disease." *Am. J. Cardiol.* 82 (1998): 2T–4T.
42. Esselstyn C. B., Ellis S. G., Medendorp S. V., et al. "A strategy to arrest and reverse coronary artery disease: a 5-year longitudinal study of a single physician's practice." *J. Family Practice* 41 (1995): 560–568.
43. Esselstyn C. J. "Introduction: more than coronary artery disease." *Am. J. Cardiol.* 82 (1998): 5T–9T.
44. Кровоток соответствует четвертой степени радиуса. Таким образом, уменьшение на 7% приблизительно соответствует увеличению кровотока

на 30%, хотя невозможно путем расчетов определить данный показатель более точно.

45. Personal communication with Dr. Esselstyn, 9/15/03.
46. Ornish D., Brown S. E., Scherwitz L. W., et al. "Can lifestyle changes reverse coronary heart disease?" *Lancet* 336 (1990): 129–133.
47. Ratliff N. B. "Of rice, grain, and zeal: lessons from Drs. Kempner and Esselstyn." *Cleveland Clin. J. Med.* 67 (2000): 565–566.
48. American Heart Association. "AHA Dietary Guidelines. Revision 2000: A Statement for Healthcare Professionals from the Nutrition Committee of the American Heart Association." *Circulation* 102 (2000): 2296–2311.
49. National Cholesterol Education Program. "Third report of the National Cholesterol Education Program (NCEP) expert panel on detection, evaluation and treatment of high blood cholesterol in adult (adult treatment panel III): executive summary." Bethesda, MD: National Institutes of Health, 2001.
50. Castelli W. "Take this letter to your doctor." *Prevention* 48 (1996): 61–64.
51. Schuler G., Hambrecht R., Schlierf G., et al. "Regular physical exercise and low-fat diet." *Circulation* 86 (1992): 1–11.

Глава 6

1. Flegal K. M., Carroll M. D., Ogden C. L. et al. "Prevalence and trends in obesity among U.S. adults, 1999–2000." *JAMA* 288 (2002): 1723–1727.
2. Ogden C. L., Flegal K. M., Carroll M. D. et al. "Prevalence and trends in overweight among U.S. children and adolescents." *JAMA* 288 (2002): 1728–1732.
3. Dietz W. H. "Health consequences of obesity in youth: childhood predictors of adult disease." *Pediatrics* 101 (1998): 518–525.
4. Fontaine K. R., and Barofsky I. "Obesity and health-related quality of life." *Obesity Rev.* 2 (2001): 173–182.
5. Colditz G. A. "Economic costs of obesity and inactivity." *Med. Sci. Sports Exerc.* 31 (1999): S663–S667.

6. Adcox S. "New state law seeks to cut down obesity." *Ithaca Journal* Sept. 21, 2002: 5A.
7. Ellis F. R. and Montegriffo V. M. E. "Veganism, clinical findings and investigations." *Am. J. Clin. Nutr.* 23 (1970): 249–255.
8. Berenson G., Srinivasan S., Bao W., Newman W. P. R., Tracy R. E., and Wattigney W. A. "Association between multiple cardiovascular risk factors and atherosclerosis to children and young adults. The Bogalusa Heart Study." *New Engl. J. Med.*, 338: 1650–1656, 1998.
9. Key T. J., Fraser G. E., Thorogood M. et al. "Mortality in vegetarians and nonvegetarians: detailed findings from a collaborative analysis of 5 prospective studies." *Am. J. Clin. Nutri.* 70 (Suppl) (1999): 516S–524S.
10. Bergan J. G. and Brown P. T. "Nutritional status of "new" vegetarians." *J. Am. Diet. Assoc.* 76 (1980): 151–155.
11. Appleby P. N., Thorogood M., Mann J. et al. "Low body mass index in non-meat eaters: the possible roles of animal fat, dietary fibre, and alcohol." *Int J. Obes.* 22 (1998): 454–460.
12. Dwyer J. T. "Health aspects of vegetarian diets." *Am. J. Clin. Nutr.* 48 (1988): 712–738.
13. Key T. J. and Davey G. "Prevalence of obesity is low in people who do not eat meat." *Brit. Med. Journ.* 313 (1996): 816–817.
14. Shintani T. T., Hughes C. K., Beckham S. et al. "Obesity and cardiovascular risk intervention through the ad libitum feeding of traditional Hawaiian diet." *Am. J. Clin. Nutr.* 53 (1991): 1647S–1651S.
15. Barnard R. J. "Effects of life-style modification on serum lipids." *Arch. Intern. Med.* 151 (1991): 1389–1394.
16. McDougall J., Litzau K., Haver E. et al. "Rapid reduction of serum cholesterol and blood pressure by a twelve-day very low fat, strictly vegetarian diet." *J. Am. Coll. Nutr.* 14 (1995): 491–496.
17. Ornish D., Scherwitz L. W., Doody R. S. et al. "Effects of stress management training and dietary changes in treating ischemic heart disease." *JAMA* 249 (1983): 54–59.

18. Shintani T. T., Beckham S., Brown A. C. et al. "The Hawaii diet: ad libitum high carbohydrate, low fat multi-cultural diet for the reduction of chronic disease risk factors: obesity, hypertension, hypercholesterolemia, and hyperglycemia." *Hawaii Med. Journ.* 60 (2001): 69–73.
19. Nicholson A. S., Sklar M., Barnard N. D. et al. "Toward improved management of NIDDM: a randomized, controlled, pilot intervention using a lowfat, vegetarian diet." *Prev. Med.* 29 (1999): 87–91.
20. Ornish D., Scherwitz L. W., Billings J. H. et al. "Intensive lifestyle changes for reversal of coronary heart disease." *JAMA* 280 (1998): 2001–2007.
21. Astrup A., Toubro S., Raben A. et al. "The role of low-fat diets and fat substitutes in body weight management: what have we learned from clinical studies?" *J. Am. Diet. Assoc.* 97 (Suppl) (1997): S82–S87.
22. Duncan K. H., Bacon J. A. and Weinsier R. L. "The effects of high and low energy density diets on satiety, energy intake, and eating time of obese and nonobese subjects." *Am. J. Clin. Nutr.* 37 (1983): 763–767.
23. Heaton K. W. "Food fibre as an obstacle to energy intake." *Lancet* (1973): 1418–1421.
24. Levin N., Rattan J. and Gilat T. "Energy intake and body weight in ovo-lacto vegetarians." *J. Clin. Gastroenterol.* 8 (1986): 451–453.
25. Campbell T. C. "Energy balance: interpretation of data from rural China." *Toxicological Sciences* 52 (1999): 87–94.
26. Poehlman E. T., Arciero P. J., Melby C. L. et al. "Resting metabolic rate and postprandial thermogenesis in vegetarians and nonvegetarians." *Am. J. Clin. Nutr.* 48 (1988): 209–213.
27. Исследование, проведенное Поэльманом и др., показало высокий уровень поглощения кислорода и более высокую скорость обмена веществ в состоянии покоя, но эти результаты были неверно истолкованы авторами. Мы получили очень похожие результаты в ходе опытов на крысах.
28. Fogelholm M. and Kukkonen-Harjula K. "Does physical activity prevent weight gain — a systematic review." *Obesity Rev.* 1 (2000): 95–111.

29. Ravussin E., Lillioja S., Anderson T. E. et al. "Determinants of 24-hour energy expenditure in man. Methods and results using a respiratory chamber." *J. Clin. Invest.* 78 (1986): 1568–1578.
30. Thorburn A. W. and Proietto J. "Biological determinants of spontaneous physical activity." *Obesity Rev.* 1 (2000): 87–94.
31. Krieger E., Youngman L. D. and Campbell T. C. "The modulation of aflatoxin (AFBI) induced preneoplastic lesions by dietary protein and voluntary exercise in Fischer 344 rats." *FASEB J.* 2 (1988): 3304 Abs.
32. Heshka S. and Allison D. B. "Is obesity a disease?" *Int. J. Obesity Rel. Dis.* 25 (2001): 1401–1404.
33. Kopelman P. G. and Finer N. "Reply: is obesity a disease?" *Int J. Obes.* 25 (2001): 1405–1406.
34. Campbell T. C. "Are your genes hazardous to your health?" *Nutrition Advocate* 1 (1995): 1–2, 8.
35. Campbell T. C. "Genetic seeds of disease. How to beat the odds." *Nutrition Advocate* 1 (1995): 1–2, 8.
36. Campbell T. C. "The 'Fat Gene' dream machine." *Nutrition Advocate* 2 (1996): 1–2.

Глава 7

1. Mokdad A. H., Ford E. S., Bowman B. A. et al. "Diabetes trends in the U.S.: 1990–1998." *Diabetes Care* 23 (2000): 1278–1283.
2. Centers for Disease Control and Prevention. "National Diabetes Fact Sheet: General Information and National Estimates on Diabetes in the United States, 2000." Atlanta, GA: Centers for Disease Control and Prevention.
3. Griffin K. L. "New lifestyles: new lifestyles, hope for kids with diabetes." *Milwaukee Journal Sentinel* 22 July 2002: 1G.
4. American Diabetes Association. "Type 2 diabetes in children and adolescents." *Diabetes Care* 23 (2000): 381–389.
5. Himsworth H. P. "Diet and the incidence of diabetes mellitus." *Clin. Sci.* 2 (1935): 117–148.

6. West K. M. and Kalbfleisch J. M. "Glucose tolerance, nutrition, and diabetes in Uruguay, Venezuela, Malaya, and East Pakistan." *Diabetes* 15 (1966): 9–18.
7. West K. M. and Kalbfleisch J. M. "Influence of nutritional factors on prevalence of diabetes." *Diabetes* 20 (1971): 99–108.
8. Fraser G. E. "Associations between diet and cancer, ischemic heart disease, and all-cause mortality in non-Hispanic white California Seventh-day Adventists." *Am. J. Clin. Nutr.* 70 (Suppl) (1999): 532S–538S.
9. Snowdon D. A. and Phillips R. L. "Does a vegetarian diet reduce the occurrence of diabetes?" *Am. J. Publ. Health* 75 (1985): 507–512.
10. Tsunehara C. H., Leonetti D. L. and Fujimoto W. Y. "Diet of second generation Japanese-American men with and without non-insulin-dependent diabetes." *Am. J. Clin. Nutr.* 52 (1990): 731–738.
11. Marshall J., Hamman R. F. and Baxter J. "High-fat, low-carbohydrate diet and the etiology of non-insulin-dependent diabetes mellitus: the San Luis Valley Study." *Am. J. Epidemiol.* 134 (1991): 590–603.
12. Kittagawa T., Owada M., Urakami T. et al. "Increased incidence of non-insulin-dependent diabetes mellitus among Japanese schoolchildren correlates with an increased intake of animal protein and fat." *Clin. Pediatr.* 37 (1998): 111–116.
13. Trowell H. "Diabetes mellitus death-rates in England and Wales 1920–1970 and food supplies." *Lancet* 2 (1974): 998–1002.
14. Meyer K. A., Kushi L. H., Jacobs D. R., Jr. et al. "Carbohydrates, dietary fiber, and incident Type 2 diabetes in older women." *Am. J. Clin. Nutr.* 71 (2000): 921–930.
15. Anderson J. W. "Dietary fiber in nutrition management of diabetes." In: G. Vahouny V and D. Kritchevsky (eds.), *Dietary Fiber: Basic and Clinical Aspects*, pp. 343–360. New York: Plenum Press, 1986.
16. Anderson J. W., Chen W. L. and Sieling B. "Hypolipidemic effects of high-carbohydrate, high-fiber diets." *Metabolism* 29 (1980): 551–558.
17. Story L., Anderson J. W., Chen W. L. et al. "Adherence to high-carbohydrate, high-fiber diets: long-term studies of non-obese diabetic men." *Journ. Am. Diet. Assoc.* 85 (1985): 1105–1110.

18. Barnard R. J., Lattimore L., Holly R. G. et al. "Response of non-insulin-dependent diabetic patients to an intensive program of diet and exercise." *Diabetes Care* 5 (1982): 370–374.
19. Barnard R. J., Massey M. R., Cherny S. et al. "Long-term use of a high-complex-carbohydrate, high-fiber, low-fat diet and exercise in the treatment of NIDDM patients." *Diabetes Care* 6 (1983): 268–273.
20. Anderson J. W., Gustafson N. J., Bryant C. A. et al. "Dietary fiber and diabetes: a comprehensive review and practical application." *J. Am. Diet. Assoc.* 87 (1987): 1189–1197.
21. Jenkins D. J. A, Wolever T. M. S, Bacon S. et al. "Diabetic diets: high carbohydrate combined with high fiber." *Am. J. Clin. Nutri.* 33 (1980): 1729–1733.
22. Diabetes Prevention Program Research Group. "Reduction in the incidence of Type 2 diabetes with lifestyle intervention or Metformin." *New Engl. J. Med.* 346 (2002): 393–403.
23. Tuomilehto J., Lindstrom J., Eriksson J. G. et al. "Prevention of Type 2 diabetes mellitus by changes in lifestyle among subjects with impaired glucose tolerance." *New Engl. J. Med.* 344 (2001): 1343–1350.

Глава 8

1. Эстроген, присутствующий в своей свободной, несвязанной форме.
2. Активность эстрогена обусловлена различными его разновидностями, но обычно связана с эстрадиолом. Я буду использовать общий термин «эстроген», объединяющий все стероиды и связанные с ними женские гормоны, влияние которых соответствует воздействию эстрадиола. Небольшое количество тестостерона в организме женщин оказывает аналогичное воздействие.
3. Wu A. H., Pike M. C. and Stram D. O. "Meta-analysis: dietary fat intake, serum estrogen levels, and the risk of breast cancer." *J. Nat. Cancer Inst.* 91 (1999): 529–534.

[Купить книгу на сайте kniga.biz.ua >>>](http://kniga.biz.ua)

4. Bernstein L. and Ross R. K. "Endogenous hormones and breast cancer risk." *Epidemiol. Revs.* 15 (1993): 48–65.
5. Pike M. C., Spicer D. V., Dahmouch L. et al. "Estrogens, progestogens, normal breast cell proliferation, and breast cancer risk." *Epidemiol. Revs.* 15 (1993): 17–35.
6. Bocchinfuso W. P., Lindzey J. K., Hewitt S. C. et al. "Induction of mammary gland development in estrogen receptor-alpha knockout mice." *Endocrinology* 141 (2000): 2982–2994.
7. Atwood C. S., Hovey R. C., Glover J. P. et al. "Progesterone induces side-branching of the ductal epithelium in the mammary glands of peripubertal mice." *J. Endocrinol.* 167 (2000): 39–52.
8. Rose D. P., and Pruitt B. T. "Plasma prolactin levels in patients with breast cancer." *Cancer* 48 (1981): 2687–2691.
9. Dorgan J. F., Longcope C., Stephenson H. E. Jr. et al. "Relation of prediagnostic serum estrogen and androgen levels to breast cancer risk." *Cancer Epidemiol Biomarkers Prev* 5 (1996): 533–539.
10. Dorgan J. F., Stanczyk F. Z., Longcope C. et al. "Relationship of serum dehydroepiandrosterone (DHEA), DHEA sulfate, and 5-androstene-3 beta, 17 beta-diol to risk of breast cancer in postmenopausal women." *Cancer Epidemiol Biomarkers Prev* 6 (1997).
11. Thomas H. V., Key T. J., Allen D. S. et al. "A prospective study of endogenous serum hormone concentrations and breast cancer risk in post-menopausal women on the island of Guernsey." *Brit.J. Cancer* 76 (1997): 410–405.
12. Hankinson S. E., Willett W., Manson J. E. et al. "Plasma sex steroid hormone levels and risk of breast cancer in postmenopausal women." *J. Nat. Cancer Inst.* 90 (1998): 1292–1299.
13. Rosenthal M. B., Barnard R. J., Rose D. P. et al. "Effects of a high-complex-carbohydrate, low-fat, low-cholesterol diet on levels of serum lipids and estradiol." *Am. J. Med.* 78 (1985): 23–27.
14. Adlercreutz H. "Western diet and Western diseases: some hormonal and biochemical mechanisms and associations." *Scand. J. Clin. Lab. Invest.* 50 (Suppl 201) (1990): 3–23.

15. Heber D., Ashley J. M., Leaf D. A. et al. "Reduction of serum estradiol in postmenopausal women given free access to low-fat high-carbohydrate diet." *Nutrition* 7 (1991): 137–139.
16. Rose D. P., Goldman M., Connolly J. M. et al. "High-fiber diet reduces serum estrogen concentrations in premenopausal women." *Am. J. Clin. Nutr.* 54 (1991): 520–525.
17. Rose D. P., Lubin M. and Connolly J. M. "Effects of diet supplementation with wheat bran on serum estrogen levels in the follicular and luteal phases of the menstrual cycle." *Nutrition* 13 (1997): 535–539.
18. Tymchuk C. N., Tessler S. B. and Barnard R. J. "Changes in sex hormone-binding globulin, insulin, and serum lipids in postmenopausal women on a low-fat, high-fiber diet combined with exercise." *Nutr. Cancer* 38 (2000): 158–162.
19. Key T. J. A., Chen J., Wang D. Y. et al. "Sex hormones in women in rural China and in Britain." *Brit. J. Cancer* 62 (1990): 631–636.
20. Prentice R., Thompson D., Clifford C. et al. "Dietary fat reduction and plasma estradiol concentration in healthy postmenopausal women." *J. Natl. Cancer Inst.* 82 (1990): 129–134.
21. Boyar A. P., Rose D. P. and Wynder E. L. "Recommendations for the prevention of chronic disease: the application for breast disease." *Am. J. Clin. Nutr.* 48 (3 Suppl) (1988): 896–900.
22. Nandi S., Guzman R. C. and Yang J. "Hormones and mammary carcinogenesis in mice, rats and humans: a unifying hypothesis." *Proc. National Acad. Sci* 92 (1995): 3650–3657.
23. Peto J., Easton D. F., Matthews F. E. et al. "Cancer mortality in relatives of women with breast cancer, the OPCS study." *Int. J. Cancer* 65 (1996): 275–283.
24. Colditz G. A., Willett W., Hunter D. J. et al. "Family history, age, and risk of breast cancer. Prospective data from the Nurses' Health Study." *JAMA* 270 (1993): 338–343.
25. National Human Genome Research Institute. "Learning About Breast Cancer." Accessed at www.genome.gov/10000507#ql

26. Futreal P. A., Liu Q., Shattuck-Eidens D. et al. "BRCA1 mutations in primary breast and ovarian carcinomas." *Science* 266 (1994): 120–122.
27. Miki Y., Swensen J., Shattuck-Eidens D. et al. "A strong candidate for the breast and ovarian cancer susceptibility gene BRCA1." *Science* 266 (1994): 66–71.
28. Wooster R., Bignell G., Lancaster J. et al. "Identification of the breast cancer susceptibility gene BRCA2." *Nature* 378 (1995): 789–792.
29. Tavtigian S. V., Simard J., Rommens J. et al. "The complete BRCA2 gene and mutations in chromosome 13q-linked kindreds." *Nat. Genet.* 12 (1996): 333–337.
30. Ford D., Easton D., Bishop D. P. et al. "Risks of cancer in BRCA1 mutation carriers." *Lancet* 343 (1994): 692–695.
31. Antoniou A., Pharoah P. D. P., Narod S. et al. "Average risks of breast and ovarian cancer associated with BRCA1 or BRCA2 mutations detected in case series unselected for family history: a combined analysis of 22 studies." *Am. J. Hum. Genet.* 72 (2003): 1117–1130.
32. Newman B., Mu H., Butler L. M. et al. "Frequency of breast cancer attributable to BRCA1 in a population-based series of American women." *JAMA* 279 (1998): 915–921.
33. Peto J., Collins N., Barfoot R. et al. "Prevalence of BRCA1 and BRCA2 gene mutations in patients with early-onset breast cancer." *J. Nat. Cancer Inst.* 91 (1999): 943–949.
34. Tabar L., Fagerberg G., Chen H. H. et al. "Efficacy of breast cancer screening by age. New results from the Swedish Two-County Trial." *Cancer* 75 (1995): 2507–2517.
35. Bjurstram N., Bjorneld L., Duffy S. W. et al. "The Gothenburg Breast Cancer Screening Trial: first results on mortality, incidence, and mode of detection for women ages 39–49 years at randomization." *Cancer* 80 (1997): 2091–2099.
36. Frisell J., Lidbrink E., Hellstrom L. et al. "Follow-up after 11 years: update of mortality results in the Stockholm mammographic screening trial." *Breast Cancer Res. Treat* 45 (1997): 263–270.

37. Greenlee R. T., Hill-Harmon M. B., Murray T. et al. "Cancer statistics, 2001." *CA Cancer J. Clin.* 51 (2001): 15–36.
38. Cairns J. "The treatment of diseases and the War against Cancer." *Sci. Am.* 253 (1985): 31–39.
39. Cuzick J. and Baum M. "Tamoxifen and contralateral breast cancer." *Lancet* 2 (1985): 282.
40. Cuzick J., Wang D. Y. and Bulbrook R. D. "The prevention of breast cancer." *Lancet* 1 (1986): 83–86.
41. Fisher B., Costantino J. P., Wickerham D. L. et al. "Tamoxifen for prevention of breast cancer: report of the National Surgical Adjuvant Breast and Bowel Project P-1 Study." *J. Nat. Cancer Inst.* 90 (1998): 1371–1388.
42. Freedman A. N., Graubard B. I., Rao S. R. et al. "Estimates of the number of U.S. women who could benefit from tamoxifen for breast cancer chemoprevention." *J. Nat. Cancer Inst.* 95 (2003): 526–532.
43. Powles T., Eeles R., Ashley S. et al. "Interim analysis of the incidence of breast cancer in the Royal Marsden Hospital tamoxifen randomised chemoprevention trial." *Lancet* 352 (1998): 98–101.
44. Veronesi U., Maisonneuve P., Costa A. et al. "Prevention of breast cancer with tamoxifen: preliminary findings from the Italian randomised trial among hysterectomised women." *Lancet* 352 (1998): 93–97.
45. Cuzick J. "A brief review of the current breast cancer prevention trials and proposals for future trials." *Eur J Cancer* 36 (2000): 1298–1302.
46. Cummings S. R., Eckert S., Krueger K. A. et al. "The effect of raloxifene on risk of breast cancer in postmenopausal women: results from the MORE randomized trial." *JAMA* 281 (1999): 2189–2197.
47. Dorgan J. F., Hunsberger S. A., McMahon R. P. et al. "Diet and sex hormones in girls: findings from a randomized controlled clinical trial." *J. Nat. Cancer Inst.* 95 (2003): 132–141.
48. Ornish D., Scherwitz L. W., Billings J. H. et al. "Intensive lifestyle changes for reversal of coronary heart disease." *JAMA* 280 (1998): 2001–2007.