

REFERENCES WITH LINKS

- AAPC (2019) US gets ball rolling with on ICD-11. <https://www.aapc.com/blog/48275-us-gets-the-ball-rolling-on-icd-11/>
- **AAPC = Advancing the Business of Health Care**
- Abbott DM, Mollen D (2018) Atheism as a concealable stigmatized identity: outness, anticipated stigma, and wellbeing. *The Counseling Psychologist*, 46(6):685-707. <https://www.apa.org/education-career/ce/atheism-identity.pdf>
- Abdalazim A, Albashir D (2020) The potential impacts of obesity on COVID-19. *Clinical Medicine (London)*, 20(4):e1093-e113.
- Abid Z, Cross AJ, Sinha R (2014) Meat, dairy, and cancer. *American Journal of Clinical Nutrition*. 100 (Suppl 1): 386S.
- Aboushanab T, Alsanad S (2018) Cupping therapy: an overview from a modern medicine perspective. *Journal of Acupuncture and Meridian Studies*, 11(3):53-7.
- Abshirini M, Coad J, Wolber FM, et al (2021) Green-lipped (greenshell) mussel (*Perna canaliculus*) extract supplementation in the treatment of osteoarthritis: a systematic review. *Inflammopharmacology*, 29(4):925-38.
- Abudayyeh HS, Glasser AM, Johnson AL, et al (2018) Social and substance use correlates of adult hookah use, 2016. *Addictive Behaviors*, 79:39-44.
- Academy of Nutrition and Dietetics (2022) Licensure statutes and information by state. <https://www.eatrightpro.org/advocacy/licensure/licensure-map>
- Acar S, Chen X, Cayirdag (2018) Schizophrenia and creativity: a meta-analytic review. *Schizophrenia Research*, 195:23-31.
- ACS (2020 Oct 28) Harmful chemicals in tobacco products. <https://www.cancer.org/cancer/cancer-causes/tobacco-and-cancer/carcinogens-found-in-tobacco-products.html>
- **ACS = American Cancer Society**
- ACSM (2018) ACSM's Guidelines for Exercise Testing and Prescription, 10th Ed. Baltimore, MD: Lippincott Williams & Wilkins.
- **ACSM = American College of Sport Medicine**
- ADA (n.d.) Recipes and nutrition [diabetes plate]. Retrieved May 8, 2022 from <https://www.diabetes.org/healthy-living/recipes-nutrition>
- **ADA = American Diabetes Association**
- Adam (2007) Possible interactions with calcium. Complementary and alternative medicine. St Luke's Hospital. <https://www.stlukes-stl.com/health-content/medicine/33/000945.htm>
- Adam O, Beringer C, Kless T, et al. (2003) Anti-inflammatory effects of a low arachidonic acid diet and fish oil in patients with rheumatoid arthritis. *Rheumatology International*. 23(1):27-36.
- Adame-Walker J, Zarrinkhameh L, Brogen A (2020) Connecting the classroom to the community: the effects of service learning on affective skills in Doctor of Physical Therapy students. *Journal of Rehabilitation Practices and Research*, 1:105.
- Adams A, Eschman J, Ge W (2017) Acupressure for chronic low back pain: a single system study. *Journal Physical Therapy Science*, 29(8):1416-1420.
- Adan RA, van der Beek EM, Buitelaar JK et al (2019) Nutritional psychiatry: towards improving mental health by what you eat. *European Neuropsychopharmacology*, 29(12):1321-32.
- Adlan AS, Chooi KY, Mat Adenan NA (2017) Acupressure as adjuvant treatment for the inpatient management of nausea and vomiting in early pregnancy: a double-blind randomized controlled trial. *Journal Obstetrics Gynaecology Research*, 43(4):662-668.
- Advancing the Business of Health Care – refer to AAPC
- Adverse Childhood Experiences (ACEs) (2019 Nov 5) <https://www.cdc.gov/vitalsigns/aces/index.html>.
- Afraa TA, Mahfouz W, Campeau L (2011) Normal lower urinary tract assessment in women: I. Uroflowmetry and post-void residual, pad tests, and bladder diaries. *International Urogynecology Journal*, 23(6):681-5.
- African American Wellness Project (n.d.) Retrieved May 8, 2022 from <https://www.aawellnessproject.org/>
- AFSP (2022) Suicide statistics. <https://afsp.org/suicide-statistics/>
- **AFSP = American Foundation for Suicide Prevention**
- Agency for Healthcare Research and Quality (AHRQ) (2009) HCUP Facts and Figures: Statistics on Hospital-based Care in the United States, 2009. http://www.hcup-us.ahrq.gov/reports/factsandfigures/2009/pdfs/FF_report_2009.pdf
- Aguiar AF, Januario RS, Pires R, et al (2013) Long-term creatine supplementation improves muscular performance during resistance training in older women. *European Journal of Applied Physiology*, 113(4):987-96.
- AHHA (2018) What is AHHA? <https://ahha.org/what-is-ahha/>
- **AHHA = American Holistic Health Association**
- Ahmad J, Odin JA, Hayashi P, et al (2021) Liver injury associated with kratom, a popular opioid-like product: experience from the U.S. drug induced liver injury network and a review of the literature. *Drug Alcohol Dependence*, 218:108426.
- Ainsworth BE, Haskell WL, Whitt MC, et al (2000) Compendium of physical activities: an update of activity codes and MET intensity. *Medicine & Science in Sports & Exercise*, 32(9):S498-S516.
- Akbulut AC, Pavlic A, Petsophosakul P, et al (2020) Vitamin K2 needs an RDI separate from vitamin K1. *Nutrients*, 12(6):1852.
- Akl EA, Gaddam S, Gunukula S, et al (2010) The effects of waterpipe tobacco smoking on health outcomes: a systematic review, *International Journal of Epidemiology*, 39(3):834-57.
- Al-Bedah AM, Elsubai IS, Qureshi NA, et al (2018) The medical perspective of cupping therapy: Effects and mechanisms of action. *Journal of Traditional and Complementary Medicine*, 9(2):90-97.
- ALA (2020 Feb 19) Facts about hookah. <https://www.lung.org/quit-smoking/smoking-facts/health-effects/facts-about-hookah>
- **ALA = American Lung Association**
- Albers JW, Chaudhry V, Cavaletti G, et al (2013) Interventions for preventing neuropathy caused by cisplatin and related compounds. *Cochrane Database Systemic Reviews*.
- Alderman MH (2016) Dietary sodium: where science and policy diverge. *American Journal of Hypertension*, 29(4): 424-7.
- Aldiss P, Betts J, Sale C, et al (2018) Exercise-induced 'browning' of adipose tissues. *Metabolism*, 81:63-70.
- Ali R, Tariq S, Kareem O, et al (2021) Nutraceuticals for sleep disorders. *Combinatorial Chemical & High Throughput Screening*, 24(10):1583-92.

- Allan GM, Finley CR, Ton J, et al (2018) Systematic review of systematic review for medical cannabinoids: pain, nausea and vomiting, spasticity, and harms. *Canadian Family Physician*, 64(2):e78-e94.
- Allen C (1998) Assessing animal cognition: ethological and philosophical perspectives. *Journal of Animal Science*, 76(1):42-7.
- Allen JP, Litten RZ, Fertig JB, et al (1997) A review of research on the Alcohol Use Disorders Identification Test (AUDIT). *Alcoholism: Clinical and Experimental Research*, 21(4):613-9.
- Allen SS, Bade T, Hatsukami D, et al (2008) Craving, withdrawal, and smoking urges on days immediately prior to smoking relapse. *Nicotine Tobacco Research*, 10(1):35-45.
- Allison K, Setchell J, Egerton T, et al (2019) In theory, yes, in practice, uncertain: a qualitative study exploring physical therapists' attitudes toward their roles in weight management for people with knee osteoarthritis. *Physical Therapy*, 99(5):601-11
- Allsop DJ, Norberg MN, Copeland J, et al (2011) The cannabis withdrawal scale development: patterns and predictors of cannabis withdrawal distress. *Drug Alcohol Dependence*, 119(1-2):123-9.
- Alltucker K (2021 Mar 12) Cigarette sales increased during pandemic as fewer smokers sought help quitting. *USA Today*. <https://www.usatoday.com/story/news/health/2021/03/12/cigarette-sales-increase-and-fewer-sought-help-to-quit-smoking-amid-covid-19-anxiety-and-isolation/4664323001/>
- Alonso-Coello P, Bellmunt S, McGorrian C, et al (2012) Antithrombotic therapy in peripheral artery disease. *Chest*, 141(2 Suppl):e669s-e690s.
- American Cancer Society – refer to ACS
- American College of Sport Medicine – refer to ACSM
- American Diabetes Association – refer to ADA
- American Foundation for Suicide Prevention – refer to AFSP
- American Holistic Health Association – refer to AHHA
- American Lung Association – refer to ALA
- American Nutrition Association (n.d.) Advocate: state regulation of nutrition practice. Retrieved May 8, 2022 from <https://theana.org/advocate>
- American Physical Therapy Association – refer to APTA
- American Psychiatric Association – refer to APA
- American Society for Nutrition – refer to ASN
- Amin R, Ali DW (2019) Pharmacology of medical cannabis. *Advances in Experimental Medicine and Biology*, 1162:151-65.
- An LC, Foldes SS, Alesci NL et al (2008) The impact of smoking cessation intervention by multiple health professionals. *American Journal of Preventative Medicine*, 34:54-60.
- Andre P, Laugereete F, Feart C (2019) Metabolic endotoxemia: a potential underlying mechanism of the relationship between dietary fat intake and risk for cognitive impairments in humans? *Nutrients*, 11(8):1887.
- Andréasson S, Chikritzhs T, Dangardt F, et al (2014) Evidence about health effects of “moderate” alcohol consumption: reasons for skepticism and public health implications. In: *Alcohol and Society*. Stockholm: Swedish Society of Medicine.
- Andrews E (2019 Oct 28) Who invented the internet? *History*. <https://www.history.com/news/who-invented-the-internet>
- Andrews P, Johnson RJ (2019) Evolutionary basis for the human diet: consequences for human health. *Journal of Internal Medicine*, 287(30):226-237.
- Angle-Traegner KD (2020 Jan) Why vegan. *Your Daily Vegan*. <https://www.yourdailyvegan.com/why-vegan/>.
- Annie Casey Foundation (2020) Children in single-parent families by race in the United States. <https://datacenter.kidscount.org/data/tables/107-children-in-single-parent-families-by-race#detailed/1/any/false/1729,37,871,870,573,869,36,868,867,133/10,11,9,12,1,185,13/432,431>
- Anonymous (2022) Medicine's stigma of mental illness made me hang up my stethoscope. *BMJ*: 376. doi:<https://doi.org/10.1136/bmj.o331>
- APA (2013) *Diagnostic and Statistical Manual of Mental Disorders, 5th edition: DSM-5*. Washington, D.C.: Author.
- APA (2017b) What are bipolar disorders? <https://www.psychiatry.org/patients-families/bipolar-disorders/what-are-bipolar-disorders>
- APA (2017d) Help with depression. <https://www.psychiatry.org/patients-families/depression>
- APA (2017t) Definitions of gender, sex, and sexual orientation and pronoun usage. <https://www.psychiatry.org/psychiatrists/diversity/education/transgender-and-gender-nonconforming-patients/definitions-and-pronoun-usage>
- APA (2020g) What is gender dysphoria? <https://www.psychiatry.org/patients-families/gender-dysphoria/what-is-gender-dysphoria>
- APA (2020s) *The American Psychiatric Association practice guideline for the treatment of patients with schizophrenia, third edition*. USA: Author. <https://psychiatryonline.org/doi/book/10.1176/appi.books.9780890424841>
- **APA = American Psychiatric Association**
- Apaydin EA, Maher A, Shanman R, et al (2016) A systematic review of St John's wort for major depressive disorder. *Systematic Review*, 5(1):148.
- Appleby PN, Allen NE, Key TJ (2011) Diet, vegetarianism, and cataract risk. *American Journal of Clinical Nutrition*, 93:1128–35.
- APTA (1993) Health promotion and wellness by physical therapists and physical therapist assistants HOD P06-93-23-50. {HOD and webpage is no longer provided by the APTA}
- APTA (1997) *Guide to Physical Therapist Practice*. Alexandria, VA: Author.
- APTA (2003) *Guide to Physical Therapist Practice, 2nd ed*. Alexandria, VA: Author.
- APTA (2004) Normative Model for Professional Physical Therapist Education: Version 2004. Alexandria, VA: Author. {Available in the References in the Textbook Supplement at WellnessSociety.org}
- APTA (2005d) Guidelines: physical therapist documentation of patient/client management BOD G03-05-16-41. {Available in the References in the Textbook Supplement at WellnessSociety.org}
- APTA (2005g) Goals that represent the priorities of the American Physical Therapy Association (APTA) HOD P06-05-15-24. {Webpage is no longer provided by the APTA} Cited in APTA (2018) 2018 House of Delegates Post-House Packet, Goal II {Available in the References in the Textbook Supplement at WellnessSociety.org} Cited in Millrood & Chua (2012) Adult fitness examination a physical therapy approach, p3, lines 3-4 {Available in the References in the Textbook Supplement at WellnessSociety.org}

- APTA (2005m) Minimum required skills of physical therapist graduates at entry-level BOD G11- 05-20-49. {Available in the References in the Textbook Supplement at WellnessSociety.org}
- APTA (2006) 2006 – 2020 Education Strategic Plan. Alexandria VA: Author.
- APTA (2007) Annual visit with a physical therapist HOD P06-18-22-30. {Available in the References in the Textbook Supplement at WellnessSociety.org}
- APTA (2011) Today's physical therapist: a comprehensive review of a 21st-century health care profession. {Available in the References in the Textbook Supplement at WellnessSociety.org} http://www.scottsevinsky.com/pt/todays_pt.pdf
- APTA (2012e) Diagnosis by physical therapists HOD P06-12-10-09. {Available in the References in the Textbook Supplement at WellnessSociety.org}
- APTA (2012p) Professional development, lifelong learning, and continuing competence in physical therapy <https://www.apta.org/apta-and-you/leadership-and-governance/policies/professional-development-lifelong-learning> {Available in the References in the Textbook Supplement at WellnessSociety.org}
- APTA (2014) Principles of physical therapist patient and client management. <http://guidetoptpractice.apta.org/content/1/SEC2.body>. {APTA membership required}
- APTA (2015 Jan 13) Physical therapist personal scope of practice. {Webpage is no longer provided by the APTA}
- APTA (2015 Jan 25) Process of review of new or emerging areas of physical therapist practice. {Webpage is no longer provided by the APTA}
- APTA (2015 Jan 8) Physical therapist jurisdictional scope of practice. {Webpage is no longer provided by the APTA}
- APTA (2015) Guide to Physical Therapist Practice 3.0. <https://guide.apta.org/> {APTA membership required}
- APTA (2015m) Physical therapist practice and the movement system. <https://www.apta.org/patient-care/interventions/movement-system-management/movement-system-white-paper> {Available in the References in the Textbook Supplement at WellnessSociety.org}
- APTA (2017m) Membership matters: FAQ about APTA membership. <https://www.apta.org/MembershipMatters/FAQ/>
- APTA (2017p) Physical therapist professional scope of practice. {Webpage is no longer provided by the APTA} Cited in Cederholm C (2017) RC 6-17: Definition of professional scope of practice. <https://pthinktank.com/2017/05/30/rc-6-17-definition-of-professional-scope-of-pt-practice/>
- APTA (2017s) Physical therapist's scope of practice HOD P06-17-16/HOD P06-17-08-07. {Available in the References in the Textbook Supplement at WellnessSociety.org}
- APTA (2018c) Complementary and integrative interventions HOD P06-18-17.14. {Available in the References in the Textbook Supplement at WellnessSociety.org}
- APTA (2018d) Elements of documentation within the patient/client management model. <https://www.apta.org/your-practice/documentation/defensible-documentation/elements-within-the-patientclient-management-model> {APTA membership required}
- APTA (2018m) Pharmacology in physical therapist practice. HOD P06-18-34-39. {Available in the References in the Textbook Supplement at WellnessSociety.org}
- APTA (2018n) Nutrition and physical therapy. <http://www.apta.org/PatientCare/Nutrition/>
- APTA (2019e) Code of ethics for the physical therapist HOD S06-19-47-67. {Available in the References in the Textbook Supplement at WellnessSociety.org}
- APTA (2019g) Guiding principles to achieve the vision HOD P06-19-46-54. {Available in the References in the Textbook Supplement at WellnessSociety.org}
- APTA (2019h) Health priorities for populations and individuals HOD P06-19-41-15. {Available in the References in the Textbook Supplement at WellnessSociety.org}
- APTA (2019n) The role of the physical therapist and the American Physical Therapy Association in diet and nutrition HOD-19-08-44. {Available in the References in the Textbook Supplement at WellnessSociety.org}
- APTA (2019r) Physical Therapist Roles in Prevention, Wellness, Fitness and Health Promotion, and Management of Disease and Disability HOD P06-19-27-12. {Available in the References in the Textbook Supplement at WellnessSociety.org}
- APTA (2019t) Telehealth HOD P06-19-15-09. {Available in the References in the Textbook Supplement at WellnessSociety.org}
- APTA (2019v) Vision statement HOD P06-13-18-22. {Available in the References in the Textbook Supplement at WellnessSociety.org}
- APTA (2020) APTA 100 years 1921-2021. <https://centennial.apta.org/centennial-timeline/>
- APTA (2020c) Councils – purposes, member qualifications, governance, and deliverables BOD Y06-20-08-09. {Available in the References in the Textbook Supplement at WellnessSociety.org}
- APTA (2020cv) Impact of COVID-19 on the physical therapy profession: a report from the American Physical Therapy Association. https://aptac.memberclicks.net/assets/APTA_impact-of-covid-19-on-physical-therapy-profession.pdf {Available in the References in the Textbook Supplement at WellnessSociety.org}
- APTA (2020n) Considerations related to the PT's role in nutrition and diet. <https://www.apta.org/patient-care/public-health-population-care/nutrition/pts-role-in-nutrition-and-diet>. {APTA membership required}
- APTA (2020p) Council on Prevention, Health Promotion, and Wellness. <https://www.apta.org/apta-and-you/councils/council-on-prevention-health-promotion-and-wellness>
- APTA (2020t) Impact of COVID-19 on the physical therapy profession over one year. A report from the American Physical therapy association. <https://www.apta.org/contentassets/15ad5dc898a14d02b8257ab1cdb67f46/covid-19-impact-report.pdf>
- APTA (n.d.) Scope of practice. Retrieved May 8, 2022 from <https://www.apta.org/your-practice/scope-of-practice> {Available in the References in the Textbook Supplement at WellnessSociety.org}
- APTA (n.d.e) Criteria for Inclusion of Emerging/Advancing Practice Area in the Current Scope of Practice. Retrieved July 30, 2020 from http://guidetoptpractice.apta.org/site/misc/Final_Scope_of_Practice_Criteria.pdf {APTA membership required}
- APTA (n.d.t) Telehealth in practice. <https://www.apta.org/your-practice/practice-models-and-settings/telehealth-practice> {Available in the References in the Textbook Supplement at WellnessSociety.org}

- APTA (n.d.tc) APTA Telehealth Certificate Series. Retrieved May 8, 2022 from <https://learningcenter.apta.org/student/MyLP.aspx?id=054e0729-854a-454e-bd49-e0be81817e9a&ProgramID=dcca7f06-4cd9-4530-b9d3-4ef7d2717b5d&attempt=0> {Available in the References in the Textbook Supplement at WellnessSociety.org}
- **APTA = American Physical Therapy Association**
- Arah OA (2009) On the relationship between individual and population health. *Medicine, Health Care and Philosophy*, 12(3): 235-244.
- Archer T, Josefsson, Lindwall M (2014) Effects of physical exercise on depressive symptoms and biomarkers in depression. *CNS Neurological Disorder Drug Targets*, 13(10):1640-53.
- Ardell DB (1977) *High Level Wellness: An Alternative to Doctors, Drugs and Disease*. Emmaus, PA: Rodale Press.
- Ardell DB (1999) Definition of wellness. *Ardell Wellness Report*, 18(1): 1-5.
- Argyriou A, Chroni E, Koutras A et al (2006) A randomized controlled trial evaluating the efficacy and safety of vitamin E supplementation for protection against cisplatin-induced peripheral neuropathy: final results. *Supportive Care in Cancer*, 14(11).
- Arnarson A (2020 Apr 16) Top 20 food high in soluble fiber. Healthline. <https://www.healthline.com/nutrition/foods-high-in-soluble-fiber>
- Arora M, Barquera S, Farpour LNJ, et al (2019) Stigma and obesity: the cruz of the matter. *Lancet Public Health*, 4(11):e549.550.
- Arthurs C (2001 Dec 31) Vietnam's dog meat tradition BBC News. <http://news.bbc.co.uk/2/hi/asia-pacific/1735647.stm>
- Arzimanoglou A, Brandl U, Cross JH, et al (2020) Epilepsy and cannabidiol [CBD]: a guide to treatment. *Epileptic Disorders*, 22(1):1-14.
- Asa K, Beeching N, Gill G (2007) Hyperglycemia and mortality. *Journal of the Royal Society of Medicine*, 100(11):503-7.
- Ascherio A, Schwarzschild M (2016) The epidemiology of Parkinson's disease: risk factors and prevention. *Lancet Neurology*, 15(12):1257-72.
- Asher G, Corbett A, Hawke R (2017) Common Herbal Dietary Supplement-Drug Interactions. *American Family Physician*, 96(2).
- Ashton L (2022 Aug 22) Is CBD oil legal. Legal status of CBD in 50 states in 2022. CFAH. <https://cfah.org/cbd-legal-states/>.
- ASN (2011) Protein complementation. <https://nutrition.org/protein-complementation/>
- **ASN = American Society for Nutrition**
- Atakan Z (2012) Cannabis, a complex plant: different compounds and different effects on individuals. *Therapeutic Advance Psychopharmacology*, 2(6): 241-54.
- Atallah R, Filion KB, Wakil SM, et al (2014 Nov) Long-term effects of 4 popular diets on weight loss and cardiovascular risk factors: a systematic review of randomized controlled trials. *Circulatory Cardiovascular Qualitative Outcomes*, 7(6):815-27.
- Atkinson FS, Brand-Miller J, Foster-Powell K, et al (2021) International tables of glycemic index and glycemic load values 2021: a systematic review. *American Journal of Clinical Nutrition*, 114(5):1625-32. {Available in the References in the Textbook Supplement at WellnessSociety.org}
- Atkinson FS, Foster-Powell K, Brand-Miller J (2008) International tables of glycemic index and glycemic load values: 2008. *Diabetes Care*, 31(12):2281-3.
- Aveyard P, Massey L, Parsons A, et al (2009 Feb) The effect of transtheoretical model-based interventions on smoking cessation. *Social Science Medicine*, 68(3):397-403
- AVS [American Vegan Society] (2022) History. <https://americanvegan.org/AVS-history/>
- Aylett E, Small N, Bower P (2018 Jul) Exercise in the treatment of clinical anxiety in general practice – a systematic review and meta-analysis. *BMC Health Services Research*. 18(1):559.
- Baak JPA (2019 Nov) Qigong and musculoskeletal pain. *Current Rheumatology Reports*. 21(11):59.
- Bachmann S (2018) Epidemiology of suicide and the psychiatric perspective. *International Journal of Environmental Research and Public Health*, 15(7):1425.
- Baciú A, Negussie Y, Geller A, et al (ed) National Academies of Science, NIH. (2017) *Communities in Action: Pathways to Health Equity*. National Academies of Sciences. Washington DC: National Academies Press.
- Bada F (2019 Aug 15) What is the oldest religion in the world? World Facts. <https://www.worldatlas.com/articles/oldest-religions-in-the-world.html>
- Baden M, Liu G, Satija A et al (2019) Changes in Plant-Based Diet Quality and Total and Cause- Specific Mortality. *Circulation*, 140(12).
- Badgley C, Moghtader J, Quintero E, et al (2006) Organic agriculture and the global food supply, 22(2):86-108. *Renewable Agriculture and Food Systems*, 22(2):86-108.
- Bahji A, Stephenson C, Tyo R, et al (2020) Prevalence of cannabis withdrawal among people with regular of dependent use of cannabinoids, *JAMA Network Open*, 3(4): e202380.
- Baker CL, Bruno M, Grant L, et al (2017) Content validity of a willingness to quit toll for use with current smokers in clinical practice. *Advance Therapies*, 34(10):2295-2306.
- Baker TB, Piper ME, Stein JH, et al (2016) Effects of nicotine patch vs varenicline vs combination nicotine replacement therapy on smoking cessation at 26 weeks: a randomized clinical trial. *JAMA*, 315(4):371-9.
- Balbi AM, Gak AE, Kim ES, et al (2019) Brief motivational interviewing for substance use by medical students is effective in the emergency department. *Journal of Emergency Medicine*, S0736- 4679(19)30239-2.
- Banach M, Serban C, Sahebkar A, et al (2015) Effects of coenzyme Q10 on statin-induced myopathy: a meta-analysis of randomized controlled trials. In *Mayo Clinic Proceedings*, 90(1).
- Bao J, Atkinson F, Petocz P, et al (2011) Prediction of postprandial glycemia and insulinemia in lean, young, healthy adults: glycemic load compared with carbohydrate content alone. *American Journal of Clinical Nutrition*, 93(5):984-96. {Available in the References in the Textbook Supplement at WellnessSociety.org}
- Bao W, Rong, Y. Rong, et al (2012) Dietary iron intake, body iron stores, and the risk of type 2 diabetes: a systematic review and meta-analysis. *BMC medicine*, 10(1).
- Bar-Levav R (1976) The stigma of seeing a psychiatrist. *American Journal of Psychotherapy*, 30(3):473-82.
- Barbarawi M, Zayed Y, Barbarawi O, et al (2020) Effect of vitamin d supplementation on the incidence of diabetes mellitus. *Journal of Clinical Endocrinology & Metabolism*, 105(8):dgaa335.

- Barbosa C, McKnight-Eily LR, Grosse SD (2020) Alcohol screening and brief intervention in emergency departments: review of the impact on healthcare costs and utilization. *Journal Substance Abuse Treatment*, 117:108096.
- Barden W, Clarke HM, Young NL et al (2000) Effectiveness of telehealth for teaching specialized hand-assessment techniques to physical therapists. *Academic Medicine*, 75(10 Supplement): S43-6.
- Barker AL, Bird ML, Talevski J (2015) Effect of Pilates exercise for improving balance in older adults: a systematic review with meta-analysis. *Archives Physical Medicine Rehabilitation*, 96 (4): 715–23.
- Barnard ND, Bush AI, Ceccarelli A, et al (2014) Dietary and lifestyle guidelines for the prevention of Alzheimer’s disease. *Neurobiological Aging*, 35(Suppl 2):S74-8.
- Barnard ND, Scialli A, Turner-McGrievy G, et al (2005) The effects of a low-fat, plant-based dietary intervention on body weight, metabolism, and insulin sensitivity. *American Journal of Medicine*, 118(9):991-7.
- Barnes J, McRobbie H, Dong CY, et al (2019) Hypnotherapy for smoking cessation. *Cochrane Database Systems Review*. 6(6):CD001008.
- Baroni L, Bonetto C, Tesson F, et al (2011) Pilot dietary study with normoproteic protein-redistributed plant-food diet and motor performance in patients with Parkinson’s disease. *Nutritional Neuroscience*, 14(1):1-9.
- Barreau P (2019) [Support groups: talking with others to talk with oneself] *Soins*, 64(838):25-7. [article in French]
- Barthold D, Joyce G, Ferido P, et al (2021) Pharmaceutical treatment for Alzheimer’s disease and related dementias: utilization and disparities. *Journal of Alzheimer’s Disease*, 76(2):579-89.
- Bartow MJ, Raggio BS (2022) Liposuction. *StatPearls*. Treasure Island, Florida.
- Basso JC, McHale A, Ende V, et al (2019) Brief JC, McHale A, Ende V, et al (2019) Brief, daily meditation enhances attention, memory, mood, and emotional regulation in non-experienced mediators. *Behavioral Brain Research*, 356:108-20.
- Bastide N, Pierre F, Corpet D (2011) Heme iron from meat and risk of colorectal cancer: a meta- analysis and a review of the mechanisms involved. *Cancer Prevention Research*, 4(2).
- Bauer FL (2009) *Origins and Foundations of Computing: In Cooperation with Heinz Nixdorf Museums Forum*. USA: Springer Science & Business Media.
- Bauer I, Galvez JF, Hamilton J, et al (2016) Lifestyle interventions in targeting dietary habits and exercise in bipolar disorder: a systematic review. *Journal of Psychiatric Research*, 74:1-7.
- Bauer R, Conell J, Glenn T, et al (2017) International multi-site survey on the use of online support groups in bipolar disorder. *Nordic Journal of Psychiatry*, 71(6):473-6.
- BDD [Body Dysmorphic Disorder Foundation] (2021) What is BDD? <https://bddfoundation.org/>
- Becher T, Palanisamy S, Kramer DJ, et al (2021) Brown adipose tissue is associated with cardiometabolic health. *Nature Medicine*, 27(1):58-65.
- Bekoff M (2015) Pigs are intelligent, emotional, and cognitively complex. *Psychology Today*. <https://www.psychologytoday.com/us/blog/animal-emotions/201506/pigs-are-intelligent-emotional-and-cognitively-complex>
- Belisle HA, Hennink M, Ordonez CE, et al (2014 Jan) Concurrent use of traditional medicine and ART: perspectives of patients, providers and traditional healers in Durban, South Africa. *Global Public Health*, 10(1):71-87.
- Bellaimy J (2013 Aug 2) The hidden meanings of yin and yang. TED-Ed. <https://www.youtube.com/watch?v=ezmR9Attpyc>
- Benelam B, Wyness L (2010) Hydration and health: a review. *Nutrition Bulletin*, 35(1):3-25.
- Benetou V, Orfanos P, Pettersson-Kymmer U, et al (2012) Mediterranean diet and incidence of hip fractures in a European cohort. *Osteoporosis International*, 24(5).
- Benzer JK, Sullivan JL, Williams S, et al (2012, Jul) One-year cost implications of using mental health care after discharge from a general medical hospitalization. *Psychiatric Services*, 63(7):672-8.
- Berardelli I, Rogante E, Sarubbi S, et al (2021) The importance of suicide risk formulation in schizophrenia. *Psychological Therapy and Psychosomatics*. <https://doi.org/10.3389/fpsy.2021.779684>
- Bergamaschi M, Queiroz RH, Chagas MH, et al (2011) Cannabidiol Reduces the Anxiety Induced by Simulated Public Speaking in Treatment-Naïve Social Phobia Patients. *Neuropsychopharmacology*, 36(6):1219-1226.
- Berger I, Mooney-Somers J (2017) Smoking cessation programs for lesbian, gay, bisexual, transgender, and intersex people: a content-based systematic review. *Nicotine Tobacco Research*, 19(12):1408-17.
- Berkman D, Sheridan SL, Donahue KE, et al (2011). Low health literacy and health outcomes: an updated systematic review. *Annals of Internal Medicine*, 155(2). 97-107.
- Berkow SE, Bernar N (2006). Vegetarian diets and weight status. *Nutrition Review*, 64(4): 175-88.
- Bernad MW, Mumford J, Taylor C, et al (1982) Comparison of questionnaire and laboratory tests in the detection of excessive drinking and alcoholism. *Lancet*, 1(8267):352-8.
- Bernstein AM, Sun Q, Hu FB, et al (2010) Major dietary protein sources and the risk of coronary heart disease in women. *Circulation*. 122:876–883.
- Bertam JR, Porath A, Kalant H, et al (2020, Mar) Canadian guidelines on cannabis use disorder among older adults. *Canadian Geriatric Journal*, 23(1): 135-42.
- Bhatia P, Chhabra S (2018 Sep) Physiological and anatomical changes of pregnancy: Implications for anaesthesia. *Indian Journal of Anaesthesia*, 62(9): 651-657.
- Bialik K (2017) Key facts about race and marriage, 50 years after *Loving v. Virginia*. Pew Research Center. <https://www.pewresearch.org/fact-tank/2017/06/12/key-facts-about-race-and-marriage-50-years-after-loving-v-virginia/>
- Biesalski H, Tinz J (2017) Multivitamin/mineral supplements: Rationale and safety—A systematic review. *Nutrition*, 33.
- Bijlefeld M, Zoumbaris SK (2015) *Encyclopedia of Diet Fads: Understanding Science and Society*, 2nd ed. Santa Barbara, CA: Greenwood.
- Bimpong M (2017 Apr 30) Untreated mental illnesses: the causes and effects. *Princeton Public Health Review*. <https://pphr.princeton.edu/2017/04/30/untreated-mental-illnesses-the-causes-and-effects/>
- Birdee GS, Wayne PM, Davis RB (2009) Tai chi and qigong for health: patterns of use in the United States. *Journal of Alternative and Complementary Medicine*, 15(9):969–973.
- Biswas A, Oh PL, Faulkner GE et al (2015) Sedentary time and its association with risk for disease incidence, mortality, and hospitalization in adults: a systematic review and meta-analysis. *Annals of Internal Medicine*, 162(2):123-32.

- Bjartveit K, Tverde A (2005) Health consequences of smoking 1-4 cigarettes per day. *BMJ Journals*, 14(5):315-21.
- Black B, Ingman M, Janes J (2016) Physical therapist's in health promotion as perceived by the patient: Descriptive survey. *Physical Therapy*, 96(10):1588-1596. {Available in the References in the Textbook Supplement at WellnessSociety.org}
- Black B, Marcoux BC, Stiller C, et al (2012) Personal health behaviors and role-modeling attitudes of physical therapists and physical therapist students: a cross-sectional study. *Physical Therapy*, 92(11): 1419-36.
- Black C, Clar C, Henderson R, et al (2009) The clinical effectiveness of glucosamine and chondroitin supplements in slowing or arresting progression of osteoarthritis of the knee: a systematic review and economic evaluation. *Health Technology Assessment*, 13(52).
- Black Demographics (2020) Blackdemographics.com
- Black women for wellness (2019) <https://www.bwwla.org/> {Link provided at WellnessSociety.org}
- Blackless M, Charuvastra A, Derryck A, et al (2000) How sexually dimorphic are we? Review and synthesis. *American Journal of Human Biology*, 12:151-66.
- Blanc A, Fougere F, Valloatto (Writers) Fougere F, Guiot J (Directors) (2017) First Man [Documentary] Discovery Channel. Available with subscription at <https://curiositystream.com/video/1819>
- Blot S, Pach D, Eisenhart-RothSV, et al (2018, Feb) Effectiveness of app-based self-acupressure for women with menstrual pain compared to usual care: a randomized pragmatic trial, *American Journal Obstetrics and Gynecology*, 218(2):227.
- Bo K (2006) Can pelvic floor muscle training prevent and treat pelvic organ prolapse? *Acta Obstetrica et Gynecologica*. 85: 263-268.
- Bock BC, Dunsiger SI, Rosen RK, et al (2018 Oct 6) Yoga as a complementary therapy for smoking cessation: results from 'breathe easy,' a randomized clinical trial. *Nicotine Tobacco Research*. <https://www.ncbi.nlm.nih.gov/pubmed/30295912>
- Bodner MD, Dean E (2009) Advice as a smoking cessation strategy: a systemic review and implications for physical therapists. *Physiotherapy Theory and Practice*, 25:369-407
- Bonnevie T, Smondack P, Elkins M et al (2021 Jan) Advanced telehealth technology improves home-based exercise therapy for people with stable chronic obstructive pulmonary disease: a systematic review. *Journal of Physiotherapy*, 67(1):27-40.
- Bonomi M, Rochira V, Pasquali D, et al (2017) Klinefelter syndrome (KS): genetics, clinical phenotype and hypogonadism. *Journal of Endocrinological Investigation*, 40(2):123-34.
- Borah BJ (2015) Association of worksite wellness center attendance with weight loss and health care cost savings. *Journal Occupational Environmental Medicine*, 57(3):229-34.
- Borland R, Partos TR, Yong H et al (2012) How much unsuccessful quitting activity is going on among adult smokers? *Addiction*, 107(3): 673-82.
- Borrell-Carrió F, Suchman AL, Epstein RM (2004) The biopsychosocial model 25 years later: principles, practice, and scientific inquiry. *American Family Medicine*, 2:576-582
- Bovey A (2015 Apr 30) The medieval diet. *British Library*. <https://www.bl.uk/the-middle-ages/articles/the-medieval-diet>
- BPR [BPR Medical Group] (2019) The prevalence and impact of home oxygen fires in the U.S. <http://www.firebreaks.info/wp-content/uploads/2019/09/BPR-Study-Report-2019-v5.1.pdf> {Available in the References in the Textbook Supplement at WellnessSociety.org}
- Bradvik L (2018) Suicide risk and mental disorders. *International Journal of Environmental Research and Public Health*, 15(9):2028.
- Braun M, Klingelhofer D, Oremek GM, et al (2020) Influence of second-hand smoke and prenatal tobacco smoke exposure on biomarkers, genetics, and physiological processes in children – an overview in research insights of the last few years. *International Journal of Environmental Research and Public Health*, 17(9):3212.
- Braun M, Schwickert M, Nielsen A, et al. (2011) Effectiveness of traditional Chinese Gua sha therapy in patients with chronic neck pain: a randomized controlled trial. *Pain Medicine*, 12: 362-369.
- Brehm BJ, Seeley RJ, Daniels SR, et al (1993) A randomized trial comparing a very low carbohydrate diet and a calorie-restricted low-fat diet on body weight and cardiovascular risk factors in health women. *The Journal of Clinical Endocrinology & Metabolism*, 88(4):1617-1623
- Brethauer SA, Chand B, Schauer PR (2006) Risks and benefits of bariatric surgery: current evidence. *Cleveland Clinic Journal of Medicine*, 73(11): 993-1007
- Bridgett R, Klose P, Duffield R, et al (2018) Effects of cupping therapy in amateur and professional athletes: systematic review of randomized controlled trials. *Journal Alternative Complementary Medicine*, 24(3):208-19.
- Bringham J, Henningfield JE, Stitzer ML (1991) Smoking relapse: a review. *Internal Journal of Addiction*, 25(9A-10A):1239-55.
- Britannica (2021) Charles Babbage. [https://www.britannica.com/biography/ Charles-Babbage](https://www.britannica.com/biography/Charles-Babbage)
- Brondani MA, Alan R, Donnelly LR (2017) Stigma of addiction and mental illness in healthcare: the case of patients' experiences in dental settings. *PLoS ONE*, 12(5):e0177388.
- Brown L, Rosner B, Willett WW, et al (1999) Cholesterol-lowering effects of dietary fiber: a meta- analysis. *American Journal of Clinical Nutrition*, 69:30-42.
- Brown M (2010) What did the Romans eat and why? *Smithsonian National Museum of Natural History*. <https://naturalhistory.si.edu/sites/default/files/media/file/2010-brown-poster.pdf> {Available in the References in the Textbook Supplement at WellnessSociety.org}
- Brown MJ (2019) What are Advanced Glycation End Products (AGEs)? *Healthline*. <https://www.healthline.com/nutrition/advanced-glycation-end-products>
- Brown RL, Leonard T, Saunders LA, et al (1998) The prevalence of substance use disorders among inpatients age 18 to 49: an opportunity for prevention. *Preventative Medicine*, 27:101-110.
- Brunner D, Abramovitch A, Etherton J (2017 Aug 4) A yoga program for cognitive enhancement. *PLoS One*, 12(8).
- Bubnis D, Nichols H (2018 Aug) How does Yoga work? *Medical News Today*. <https://www.medicalnewstoday.com/articles/286745>
- Buchtling FO, Emory KT, Scout, et al (2018) Transgender use of cigarettes, cigars, and e-cigarettes in a national study, *American Journal of Preventative Medicine*, 53(1):e1-e7.
- Buck K, Zaineddin A, Vrieling A et al (2010) Meta-analyses of lignans and enterolignans in relation to breast cancer risk. *American Journal of Clinical Nutrition*, 92(1).
- Buckley P, Brown ES (2006) Prevalence and consequences of dual diagnosis. *Journal of Clinical Psychiatry*, 67(7):e01.

- Bunner AE, Wells CL, Gonzales J (2015) A dietary intervention for chronic diabetic neuropathy pain: a randomized controlled pilot study. *Nutrition & Diabetes*, 5(5).
- Burgio KL (2013) Update on behavioral and physical therapies for incontinence and overactive bladder: the role of pelvic floor muscle training. *Current Urology Reports*, 14(5):457-64.
- Burkhart K, Phelps JR (2009 Dec) Amber lenses to block blue light and improve sleep: a randomized trial. *Chronobiology International*, 26(8):1602-12. <https://www.ncbi.nlm.nih.gov/pubmed/20030543>
- Burkholder J, Libra B, Weyer P, et al (2007) Impacts of waste from concentrated animal feeding operations on water quality. *Environmental Health Perspectives*, 115(2).
- Busse M, Quinn L, Drew C, Kelson M, Trubey R, McEwan K, Jones C, Townson J, Dawes H, Tudor- Edwards R, Rosser A, Hood K (2017 Jun) Physical Activity Self-Management and Coaching Compared to Social Interaction in Huntington Disease: Results From the ENGAGE-HD Randomized, Controlled Pilot Feasibility Trial. *Physical Therapy*, 97(6):625-39.
- Butler M, McCreedy E, Schwer N, et al (2016 Mar) Improving cultural competence to reduce health disparities. *Comparative Effectiveness Reviews*. U.S. Agency for Healthcare and Quality.
- Buysse DJ (2014) Sleep Health: Can We Define It? Does It Matter? *Sleep*, 37(1):9-17.
- Byrne NA, Hills AP, Hunter GR, et al (2005) Metabolic equivalent: one size does not fit all. *Journal of Applied Physiology*. Online: <https://doi.org/10.1152/jappphysiol.00023.2004>
- Cai H, Jin Y, Liu S, et al (2021) Prevalence of suicidal ideation and planning in patients with major depressive disorder: a meta-analysis of observation studies. *Journal of Affective Disorders*, 293:148-58.
- Cairns G, Angus K, Hastings G et al (2013). Systematic reviews of the evidence on the nature, extent and effects of food marketing to children. A retrospective summary. *Appetite*, 62.
- Calcagno M, Kahleova H, Alwarith J, et al (2019) The thermic effect of food: a review. *Journal of American College Nutrition*, 38(6):547-551
- Calcaterra SL, Burnett-Hartman AN, Powers JD, et al. (2020 May) A population-based survey to assess the association between cannabis and quality of life among colorectal cancer survivors. *BMC Cancer*, 20:373.
- Callaway JC (2004) Hempseed as a nutritional resource: an overview. *Euphytica*, 140:65-72.
- Campbell AP (2017) DASH eating plan: an eating pattern for diabetes management. *Diabetes Spectrum*, 30(2):76-81.
- Campbell B, Rohle D, Taylor L, et al (2005) Effects of the Curves@fitness & weight loss program III: Training adaptations. *Journal of the American Societies for Experimental Biology*. LBA:55.
- Campbell T (2017) A plant-based diet and stroke. *Journal of Geriatric Cardiology*, 14(5).
- Campbell T (2019) Evaluation of an eight-week whole-food plant-based lifestyle modification program. *Nutrients*, 11(9):2068.
- Campbell T, Parpia B, Chen J (1998) Diet, lifestyle, and the etiology of coronary artery disease: the Cornell China study. *American Journal of Cardiology*, 82(10B):18T-21T.
- Candido TLN, Bressan J, Alfenas R, et al (2018) Dysbiosis and metabolic endotoxemia induced by a high-fat diet. *Nutrition Hospital*, 35(6):1432-40.
- Cantril H (1965) *The Pattern of Human Concerns*. New Brunswick, NJ: Rutgers University Press
- Cao H, Han M, Li X, et al. (2010 Nov 16) Clinical research evidence of cupping therapy in China: a systemic literature review, *BMC Complimentary Alternative Medicine*, 10(70).
- Cappellini MD, Musallam KM, Taher AT (2019) Iron deficiency anemia revisited. *Journal of Internal Medicine*, 287(2):153-70.
- CAPTE [Commission on Accreditation in Physical Therapy Education] (2020p) Accreditation Handbook - Position Papers. Alexandria, VA: APTA {Available in the References in the Textbook Supplement at WellnessSociety.org}
- CAPTE [Commission on Accreditation in Physical Therapy Education] (2020s) Accreditation Handbook - Standards and Required Elements for Accreditation of Physical Therapist Education Programs. Alexandria, VA: APTA {Available in the References in the Textbook Supplement at WellnessSociety.org}
- CAPTE [Commission on Accreditation in Physical Therapy Education] (2022) Accreditation Handbook - Rules of Practice and Procedure. Version 22.1.20. Alexandria, VA: APTA. {Available in the References in the Textbook Supplement at WellnessSociety.org}
- Carding SE, Verbeke K, Vipond D, et al (2015) Dysbiosis of the gut microbiota in disease. *Microbial Ecology in Health and Disease*, 26:10.3402/mehd.v26.26191
- Carek PJ, Laibstain SE, Carek SM (2011) Exercise for the treatment of depression and anxiety. *International Journal of Psychiatry Medicine*, 41(1):15-28.
- Carlson MH, Halvorsen BL, Holte K, et al. (2010 Jan) The total antioxidant content of more than 2000 foods, beverages, spices, herbs, and supplements used worldwide. *Nutrition Journal*, 9:3.
- Carneiro L, Leloup C (2020) Mens Sana in Corpore Sano: Does the glycemic index have a role to play? *Nutrients*, 12(10):2989.
- Carroll DM, Soto C, Baezonde-Garbanati L, et al (2019) Tobacco industry marketing exposure and commercial tobacco produce use disparities among American Indians and Alaska natives. *Substance Use Misuse*, 55(2):261-270.
- Carvalho AF, Dimellis D, Gonda X, et al (2014 Jun) Rapid cycling in bipolar disorders: a systematic review. *Journal of Clinical Psychiatry*, 75(6):e578-86.
- Cash MC, Cunnane K, Fan C, et al (2020 Mar) Mapping cannabis potency in the United States. *PLoS One*, 15(3): e0230167.
- Castaneda R (2018 Jul) How being black in American is bad for your health. U.S. News and World Report. <https://health.usnews.com/wellness/articles/2018-07-26/how-being-black-in-america-is-bad-for-your-health>
- Catalino TA, Chiarello LA, Long T, et al (2015) Promoting professional development for physical therapists in early intervention. *Infants & Young Children*, 28(2):133-49.
- CDC (2003 Sep 5) Cigarette smoking – attributable morbidity – United States, 2000. *MMWR*, 52(35):842-844. <https://www.cdc.gov/mmwr/preview/mmwrhtml/mm5235a4.htm>
- CDC (2010) Community Health Assessment and Group Evaluation (CHANGE) Action Guide: Building a Foundation of Knowledge to Prioritize Community Needs. Atlanta: U.S. Department of Health and Human Services.
- CDC (2010c) How tobacco smoke causes disease: the biology and behavioral basis for smoking-attributable disease: a report of the surgeon general. 5: Cancer.
- CDC (2014p) Prevention. https://www.cdc.gov/pictureofamerica/pdfs/picture_of_america_prevention.pdf

- CDC (2014s) 2014 Surgeon General's report: the health consequences of smoking – 50 years of progress: a report of the surgeon general. Atlanta, GA: Author. https://www.cdc.gov/tobacco/data_statistics/sgr/50th-anniversary/index.htm#fact-sheets
- CDC (2017aa) African American health. <https://www.cdc.gov/vitalsigns/aahealth/index.html>
- CDC (2018b) Binge drinking. <https://www.cdc.gov/alcohol/fact-sheets/binge-drinking.htm>
- CDC (2018o) Obesity. <https://www.cdc.gov/nchs/products/databriefs/db360.htm>
- CDC (2018s) Exposure to secondhand smoke among nonsmokers – United States, 1988–2014. <https://www.cdc.gov/mmwr/volumes/67/wr/mm6748a3.htm>
- CDC (2019a) Alcohol and public health. <https://www.cdc.gov/alcohol/>
- CDC (2019c) Chronic obstructive pulmonary disease and smoking status – United States, 2017. *Morbidity and Mortality Weekly Report*, 68(24):533–538.
- CDC (2019m) Mental health. <https://www.cdc.gov/mentalhealth/>
- CDC (2019o) Overweight and Obesity: Frequently Asked Questions (FAQs) <https://www.cdc.gov/obesity/index.html>
- CDC (2019p) Physical Activity and Health: A Report of the Surgeon General. <https://www.cdc.gov/nccdphp/sgr/pdf/sgrfull.pdf> {Available in the References in the Textbook Supplement at WellnessSociety.org}
- CDC (2019s) Smoking & tobacco use. <https://www.cdc.gov/tobacco/>
- CDC (2019w) Well-being concepts. <https://www.cdc.gov/hrqol/wellbeing.htm>
- CDC (2020ai) Alcohol and public health: alcohol-related disease impact (ARDI). https://nccd.cdc.gov/DPH_ARDI/Default/Default.aspx
- CDC (2020d) Dietary guidelines for alcohol. <https://www.cdc.gov/alcohol/fact-sheets/moderate-drinking.htm>
- CDC (2020e) Smoking & tobacco use: outbreak of lung injury associated with e-cigarette use, or vaping. https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html#latest-information
- CDC (2020h) Healthy People 2020. https://www.cdc.gov/nchs/healthy_people/hp2020.htm
- CDC (2020t) Smoking and tobacco use: health effects. https://www.cdc.gov/tobacco/data_statistics/fact_sheets/smokeless/health_effects/index.htm
- CDC (2021) Action steps. <https://www.cdc.gov/nccdphp/dnpao/state-local-programs/change-tool/action-steps.html>
- CDC (2021c) About CHANGE. <https://www.cdc.gov/nccdphp/dnpao/state-local-programs/change-tool/about.html>
- CDC (2021d) Overviews of disease. CDC.gov
- CDC (2021e) E-cigarette, or vaping, products visual dictionary. https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/ecigarette-or-vaping-products-visual-dictionary-508.pdf {Available in the References in the Textbook Supplement at WellnessSociety.org}
- CDC (2021od) Overweight & obesity: defining adult overweight & obesity. <https://www.cdc.gov/obesity/adult/defining.html>
- CDC (2021oo) Overweight & obesity: adult obesity facts. <https://www.cdc.gov/obesity/data/adult.html>
- CDC (2021t) Smoking & tobacco use. https://www.cdc.gov/tobacco/data_statistics/fact_sheets/economics/econ_facts/index.htm
- **CDC = U.S. Centers for Disease Control and Prevention**
- Census Bureau (2018) Growth in interracial and interethnic married-couple household. <https://www.census.gov/newsroom/press-releases/2019/same-sex-households.html><https://www.census.gov/library/stories/2018/07/interracial-marriages.html>
- Census Bureau (2019) U.S. Census Bureau releases CPS estimates of same-sex household. <https://www.census.gov/newsroom/press-releases/2019/same-sex-households.html#:~:text=According%20to%20estimates%20from%20the,sex%20unmarried%20partners%20living%20together.>
- Census Bureau (2021) Quick facts. <https://www.census.gov/quickfacts/fact/table/US/PST045221>
- Census Bureau (2021p) Population under age 18 declined last decade. <https://www.census.gov/library/stories/2021/08/united-states-adult-population-grew-faster-than-nations-total-population-from-2010-to-2020.html#:~:text=In%202020%2C%20the%20U.S.%20Census,from%20234.6%20million%20in%202010.>
- Census Bureau (2022) Census Bureau releases new educational attainment data. <https://www.census.gov/newsroom/press-releases/2022/educational-attainment.html>
- **Census Bureau = U.S. Census Bureau**
- Centers for Medicare and Medicaid Services – refer to CMS
- Chaeon R (2016) Famous people with bipolar disorder. <https://robertchaen.com/2016/12/28/19947/>
- Chaffee BW, Watkins SL, Glantz SA (2018) Electronic cigarette use and progression from experimentation to established smoking. *Pediatrics*, 141(4):e20173594
- Chaiton M, Diemert L, Cohen J, et al (2016) Estimating the number of quit attempts it takes to quit smoking successfully in a longitudinal cohort of smokers. *BMJ Open*, 6(6):e11045.
- Chan RC, Operario D, Mak WW (2020) Bisexual individuals are at greater risk of poor mental health than lesbians and gay men: the mediating role of sexual identity stress at multiple levels. *Journal of Affected Disorders*, 260:292–301.
- Chan SHW, Tsang HWH (2019) The beneficial effects of Qigong on elderly depression, *Internal Reviews Neurobiology*, 147:155–158.
- Chang CM, Corey CG, Rostron BL et al (2015) Systematic review of cigar smoking and all cause and smoking related mortality. *BMC Public Health*, 15:390.
- Chang WD, Shuya Chen, Chia-Lun Lee, et al (2016) The effects of Tai Chi Chuan on improving mind-body health for knee osteoarthritis patients: a systematic review and meta-analysis. *Evidenced Based Complementary Alternative Medicine*, 1813971. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5011213/>
- Chaucer G (1915) *The Nun's Priest's Tale* [in *Canterbury Tales*. (Written in 1390, p27, lines 4028–9) United Kingdom: Macmillan. https://www.google.com/books/edition/The_Nun_s_Priest_s_Tale/6nFAAAAMAAJ?hl=en&gbpv=1&printsec=frontcover
- Chen J, Campbell TC, Li J, et al (1990) Diet, lifestyle and mortality in China. A study of the characteristics of 65 Chinese counties. A joint publication of: Oxford University Press, Cornell University Press and The People's Medical Publishing House.
- Chen J, Peto R, Pan W, et al (2006) *Mortality, Biochemistry, Diet and Lifestyle in Rural China. Geographic study of 69 counties in Mainland China and 16 areas in Taiwan*. Oxford University Press.

- Chen KM, Lin JN, Lin HS, et al (2008) The effects of a Simplified Tai-Chi Exercise Program (STEP) on the physical health of older adults living in long-term care facilities: a single group design with multiple time points. *International Journal of Nursing Studies*, 45(4):501-7.
- Chen L, Fang J, Ma R, et al (2016) Additional effects of acupuncture on early comprehensive rehabilitation in patients with mild to moderate acute ischemic stroke: a multicenter randomized controlled trial. *BMC Complement Alternative Medicine*, 16: 226.
- Chen P, Juo H, Chueh K (2010 Dec) Sleep hygiene education: efficacy on sleep quality in working women. *JNR Nursing Research*, 18(4):283-9.
- Chen X, Chen C, Fan S, et al (2018) Omega-3 polyunsaturated fatty acid attenuates the inflammatory response by modulating microglia polarization through SIRT1-mediated deacetylation of the HMGB1/NF- κ B pathway following experimental traumatic brain injury. *Journal of Neuroinflammation*, 15:116.
- Chen Y, Zhao S, Zhao Y (2015) Efficacy and tolerability of coenzyme A vs pantethine for the treatment of patients with hyperlipidemia: A randomized, double-blind, multicenter study. *Journal of clinical lipidology*, 9(5).
- Chen YW, Wang HH (2014) The effectiveness of acupressure on relieving pain: a systematic review. *Pain Management Nursing*, 15(2):539-550.
- Cherian SV, Kumar A, Estrada-Y-Martin R (2020) E-cigarette or vaping product-associated lung injury: a review. *American Journal of Medicine*, 133(6):657-63.
- Chernomas WM, Shapiro C (2013) Stress, depression, and anxiety among undergraduate nursing students. *Journal of Nursing Education and Scholarship*, 10(1).
- Chet G, Lutz A, Arenaza-Urquijo E, et al (2018) Why could meditation practice promote health and well-being in the aging? *Alzheimers Research Therapy*, 10:57 (online)
- Cheung YT, Lam TH, Chan CH, et al (2020) Brief handgrip and isometric exercise intervention for smoking cessation: a pilot randomized trial. *Addictive Behavior*, 100:1061109.
- Cheuvront SN (2003 Feb) The Zone Diet phenomenon: a closer look at science behind the claims. *Journal of American College of Nutrition*, (1):9-17.
- Chiarioni G, Popa SL, Dalbeni A, et al (2021) Vegan diet advice might benefit liver enzymes in nonalcoholic fatty liver disease: An open observational pilot study. *Journal of Gastrointestinal Liver Disease*, 30(1):81-7.
- Chikritzhs T, Fillmore K, Stockwell T (2009) A healthy dose of skepticism: four good reasons to think again about protective effects of alcohol on coronary artery disease. *Drug Alcohol Reviews*, 28:441-4.
- Chiodni I, Bollard MJ (2018) Calcium supplementation in osteoporosis: useful or harmful. *European Journal of Endocrinology*, 178(4)D13-D25.
- Chiu TH, Lin MKey TJ, Appleby PN, et al (2014) Cancer in British vegetarians: Updated analyses of 4998 incident cancers in a cohort of 32,491 meat eaters, 8612 fish eaters, 18,298 vegetarians, and 2246 vegans. *American Journal of Clinical Nutrition*, 100:378S–385S.
- Chiu TH, Min-Nan L, Pan WH, et al (2018) Vegetarian diet, food substitution, and nonalcoholic fatty liver. *Tzu Chi Medical Journal*, 30:102–109.
- Cho H, Huang C (2020) Why mental health-related stigma matters for physician wellbeing, burnout, and patient care. *Journal of General Internal Medicine*, 35(5):1579-81.
- Choi H (2021 Aug 19) The dangers of thirdhand smoke – especially to children and those who don't smoke. *The Cleveland Clinic*. <https://health.clevelandclinic.org/thirdhand-smoke/>
- Choi TY, Lee MS, Kim JI, et al (2017 Jun) Moxibustion for the treatment of osteoarthritis: an updated systematic review and meta-analysis. *Maturitas*, 100:33-48
- Chowdhury B (2017) Diabetes Reversal by Plant-Based Diet. *Journal of Metabolic Syndrome*, 06(04).
- Chroeder SA (2005) What to do with a patient who smokes. *JAMA*, 294:482-487.
- Chumbley EM, O'Hair N, Stolfi A, et al (2016) Home cervical traction to reduce neck pain in fighter pilots. *Aerospace Medical Human Performance*, 87(12):1010-15.
- Cirino E (2019) Bipolar and creativity. *Healthline*. <https://www.healthline.com/health/bipolar-disorder/famous-creative>
- Clair ML (2013) Subsistence strategies of the Oneta tradition in southwestern Wisconsin - a nutritional profile. *The Archaeological Studies Program Department of Sociology and Archaeology*. {Available in the References in the Textbook Supplement at WellnessSociety.org}
- Clarke TC, Black LI, Stussman BJ, et al (2015) Trends in the use of complementary health approaches among adults: United States: 2002-2012. *National health statistics reports*, no. 79. Hyattsville, MD: National Center for Health Statistics.
- Clarys P, Deliens T, Huybrechts I (2014) Comparison of the nutritional quality of the vegan, vegetarian, semi-vegetarian, pescovegetarian and omnivorous diet. *Nutrients*, 6(3):1318-1332.
- Clement S, van Nieuwenhuizen A, Kassam A, et al (2012) Filmed v. live social contact interventions to reduce stigma: randomized controlled trial. *The British Journal of Psychiatry*, 201(1):57-64.
- Clinton CM, O'Brien S, Law J, et al (2015). Whole-Foods, Plant-Based Diet Alleviates the Symptoms of Osteoarthritis. *Arthritis*.
- Club13 (n.d.) Extra strength Indo white kratom capsules. Retrieved May 8, 2022 from <https://club13.com/shop/kratom-capsules/white-vein/extra-strength-indo-white-kratom-capsules/>
- CMS (2019) OASIS-D guidance manual final. {Available in the References in the Textbook Supplement at WellnessSociety.org} <https://www.cms.gov/Medicare/Quality-Initiatives-Patient-Assessment-Instruments/HomeHealthQualityInits/Downloads/OASIS-D-Guidance-Manual-final.pdf>
- **CMS = Centers for Medicare and Medicaid Services**
- CNN Health (2012 Oct 21) Going to extremes: eating disorders. <https://insighttreatment.com/going-to-extremes-eating-disorders/>
- Cobb CO, Ward KD, Maziak W, et al (2010) Waterpipe tobacco smoking: an emerging health crisis in the United States. *American Journal of Health Behavior*, 34(3):275-85.
- Cobian D, Heiderscheit B (2016 Aug 15) Cupping: why we're all seeing spots. *PT Transforms*. <https://www.apta.org/Blogs/PTTransforms/2016/8/15/SeeingSpots/>
- Cobian D, Heiderscheit B (2016 Aug) Michael Phelps 2016 summer Olympics. *Mosaic Advancing Jewish Thought*. <https://mosaicmagazine.com/observation/arts-culture/2016/08/cupping-in-jewish-life-and-law/>

- Cochran SD, Greer SJ, Mays VM (2003) Prevalence of mental disorders, psychological distress, and mental health services use among lesbian, gay, and bisexual adults in the United States. *Journal of Consulting and Clinical Psychology*, 71(1): 53-61.
- Coffield F, Moseley D, Hall E, Ecclestone K (2004) Is there a role for learning styles in personalized education and training? *International Journal of Lifelong Education*, 24(3):166-169.
- Coffino JA, Udo T, Grilo CM (2019 Aug) Rates of help-seeking in US adults with lifetime DSM-5 eating disorders: prevalence across diagnoses and differences by sex and ethnicity/race. *Mayo Clinical Proceedings*, 94(8):1415-1426.
- Colli MC, Bracht A, Soares AA (2012) Evaluation of the efficacy of the flaxseed meal and flaxseed extract in reducing menopausal symptoms. *Journal of Medicinal Food*, 15(9):840-845.
- Community Health Assessment and Group Evaluation (CHANGE) Tool (2019) <https://www.cdc.gov/nccdphp/dnpao/state-local-programs/change-tool/index.html>.
- Conboy L, Krol J, Tomas J, Yeh GY, Wayne P (2019 Apr) Tai chi for heart attack survivors: qualitative insights. *BMJ Support Palliative Care*. <https://www.ncbi.nlm.nih.gov/pubmed/30948446>
- Conroy J, Lin L, Ghaness A (2020) Why people aren't getting the care they need. *Monitor on Psychology*, 51(5):21.
- Cook JA, Copleland ME, Corey L, et al (2010) Developing the evidence base for peer-led services: changes among participants following Wellness Recovery Action Planning (WRAP) education in two statewide initiatives. *Psychiatric Rehabilitation Journal*, 34(2):113.
- Cooper B (2019 Aug) Now You're Talking. PT in Motion. <http://www.apta.org/PTinMotion/2019/8/WellToDo/>
- Cooper J, Borland R, Yong H et al (2010) To what extent do smokers make spontaneous quit attempts and what are the implications for smoking cessation maintenance. *Nicotine Tobacco Research*, 12 Suppl:S51-7.
- Cordain L, Eaton SB, Sebastain A, et al (2005) Origins and evolution of the Western Diet: health implications for the 21st century. *American Journal of Clinical Nutrition*, 82(2): 341-54.
- Cornelius ME, Wang TW, Jamal A, et al (2020) Tobacco product use among adults – United States. *MMWR Morbidity Mortality Weekly Report*, 69(46):1736-42.
- Cororve MB, Gleaves DH (2001) Body dysmorphic disorder: a review of conceptualizations, assessment, and treatment strategies. *Clinical Psychology Review*, 21(6):949-70.
- Corrigan PW (2004) Beat the stigma and discrimination! Chicago: Center for Psychiatric Rehabilitation at Evanston Northwestern Healthcare and The Chicago Consortium for Stigma Research. <http://www.stigmaandempowerment.org/images/stories/fourlessonsformentalhealthadvocates.pdf>
- Corrigan PW, Lundin RK (2012) Coming out proud to eliminate the stigma of mental illness. {Available in the References in the Textbook Supplement at WellnessSociety.org} http://comingoutproudprogram.org/files/COP%20Resources/coming_out_proud_manual_8_29.pdf
- Corrigan PW, Mittal D, Reaves CM, et al (2014 Aug) Mental health stigma and primary health care decisions. *Psychiatry Research*, 218(1-2):35-8.
- Corrigan PW, Rao D (2013) On the self-stigma of mental illness: stages, disclosure, and strategies for change. *Canadian Journal of Psychiatry*, 57(8):464-69.
- Corrigan PW, Watson AC (2022) Understanding the impact of stigma on people with mental illness. *World Psychiatry*, 1(1):16-20.
- Cosman F, de Beur SJ, LeBoff MS, et al (2014) Clinician's guide to prevention and treatment of osteoporosis. *Osteoporosis International*, 25(10):2359-81
- Costa B, Trovato AE, Comelli F, et al (2007 Feb) The non-psychoactive cannabis constituent cannabidiol is an orally effective therapeutic agent in rat chronic inflammatory and neuropathic pain. *European Journal of Pharmacology*. 5(556):75-83.
- Cotton MA, Ball C, Robinson P (2003 Jan) Four simple questions can help screen for eating disorders. *Journal of General Internal Medicine*, 18(1):53-6.
- Cottrell MA, Russell TG (2020 Aug) Telehealth for musculoskeletal physiotherapy. *Musculoskeletal Science Practice*, 48:102193.
- Council for Responsible Nutrition (CRN) (2019 Sep) Dietary supplements use reaches all-time high. Washington, D.C.: Author. <https://www.crnusa.org/newsroom/dietary-supplement-use-reaches-all-time-high>
- Covassin N, Singh P (2016) Sleep duration and cardiovascular disease risk: epidemiologic and experimental evidence. *Sleep Medicine Clinic*, 11(1):81-9.
- Cramer H, Klose P, Teut M, et al (2020) Cupping for patients with chronic pain: a systematic review and meta-analysis. *Journal of Pain*, 21(9-10):943-56.
- Cramer H, Lauche R, Azizi H, et al (2014) Yoga for multiple sclerosis: a systematic review and meta-analysis. *PLoS One*, 9(11)
- Cramer H, Lauche R, Langhorst J, et al (2013) Yoga for depression: a systematic review and meta-analysis. *Depression and Anxiety*, 30(11):1068-83.
- Cramer H, Ward L, Steel A (2016) Prevalence, patterns, predictors of yoga use: results of US Nationally representative survey. *American Journal of Preventative Medicine*, 50(2):230-5
- Crane M, Sample C (1994) Regression of Diabetic Neuropathy with Total Vegetarian (Vegan) Diet. *Journal of Nutritional Medicine*, 4(4).
- Creider JC, Hegele RA, Joy TR (2012) Niacin: another look at an underutilized lipid-lowering medication, *Nature Review Endocrinology*, 8(9):517-28.
- Crosby L, Davis B, Joshi S, et al (2021 Jul 16) Ketogenic diets and chronic diseases: weighing the benefits against the risks. *Frontiers in Nutrition*. <https://doi.org/10.3389/fnut.2021.702802>
- Crowe FL, Appleby PN, Travis RC, Key TJ (2013) Risk of hospitalization or death from ischemic heart disease among British vegetarians and nonvegetarians: Results from the EPIC-Oxford cohort study. *American Journal of Clinical Nutrition*, 97:597–603.
- Cruz P, Johnson BD, Karpinski SC, et al (2011) Validity of weight loss to estimate improvement in body composition in individuals attending a wellness center. *Obesity*, 9(11):2274-9.
- Cryer PE (1999) Symptoms of hypoglycemia, thresholds for their occurrence, and hypoglycemia unawareness. *Endocrinological & Metabolism Clinics in North America*, 28(3):495-500.
- CSAT [Center for Substance Abuse Treatment] (1999) Treatment Improvement Protocol (TIP) Series, No. 35, Chapter 3: Enhancing Motivation for Change in Substance Abuse Treatment. Rockville, MD: Substance Abuse and Mental Health Services Administration
- Csikszentmihalyi M (1991) *Flow: The Psychology of Optimal Experience*. New York, NY: Harper Perennial.

- Cummings MK (2015) Is it not time to reveal the secret sauce of nicotine addiction? *Tobacco Control*, 24(5):420-1. *Current Sports Medicine Reports*, 18(8):299-304.
- Cunningham JA, van Mierlo T, Fournier R (2008) An online support group for problem drinkers: alcoholhelpcenter.net. *Patient Education Counseling*, 70(2):193-8.
- Curry L (1990) A critique of the research on learning styles. *Educational Leadership*, 48(2):50-6.
- Cutler DM, Summers L (2020) The COVID-19 pandemic and the \$16 trillion virus. *JAMA*, 324(15):1495-6.
- Dai H, Hao J (2019) Sleep deprivation and chronic health conditions among sexual minority adults. *Behavioral Sleep Medicine*, 17(3):254-68.
- Dai Z, Niu J, Zhang Y et al (2017). Dietary intake of fiber and risk of knee osteoarthritis in two US prospective cohorts. *Annals of the Rheumatic Diseases*, 76(8).
- Daley J (2016 Dec 14) The paleo diet may need a rewrite, ancient humans feasted on a wide variety of plants. *Smithsonian Magazine*. <https://www.smithsonianmag.com/smart-news/paleo-diet-may-need-a-rewrite-ancient-humans-feasted-wide-variety-plants-180961402/>
- Danhauer SC, Addington EL, Sohl SJ, et al (2017 Apr) Review of yoga therapy during cancer treatment. *Support Care Cancer*, 25(4):1357-1372.
- Darkovska-Serafimovska M, Serafimovska T, Arsova-Saradinovska Z, et al (2018) Pharmacotherapeutic considerations for use of cannabinoids to relieve pain in patients with malignant diseases. *Journal Pain Research*. 11:837-842.
- Darwin C (1859) *The Origin of Species*. London: Dent.
- Darwin C (1871) *The Descent of Man*. London: John Murray. {Available in the References in the Textbook Supplement at WellnessSociety.org}
- Davey GK, Spencer EA, Appleby PN, et al (2003 May) EPIC– Oxford: lifestyle characteristics and nutrient intakes in a cohort of 33 883 meat-eaters and 31 546 non meat-eaters in the UK. *Heal. Nutrition*, 6:259–269.
- Davis C, Bryan J, Hodgson J, et al (2015) Definition of the Mediterranean diet: a literature review. *Nutrients*, 7(11):9139-53.
- Davis C, Salto E (1996) Dietary recommendations and how they have changed over time (Chapter 2: pp33-50). Washington, DC: USDA. {Available in the References in the Textbook Supplement at WellnessSociety.org}
- Davis MA, West AN, Weeks WB (2011). Health behaviors and utilization among users of complementary and alternative medicine for treatment versus health promotion. *Health Services Research*. 46(5):1402–1416.
- Davis SL, Cheeke PR (1998) Do domestic animals have minds and the ability to think? A provisional sample of opinions on the question. *Journal of Animal Science*, 76(8):2072-9.
- Dawkins R (2005) *The Ancestor's Tale: A Pilgrimage to the Dawn of Evolution*. USA: Houghton Mifflin Harcourt.
- Dawson GM, Noller JM, Skinner JC (2013) Models of smoking cessation brief interventions in oral health. *NSW Public Health Bulletin*, 24(3):131-4.
- De Jonge P, Roest AM, Lim CC, et al (2016) Cross-national epidemiology of panic disorder and panic attacks in the world mental health surveys. *Depression and Anxiety*, 33(12):1155-77.
- de Maagd GA, Davenport TC (2012 Jun) Management of urinary incontinence. *P&T*, 37(6): 345-361.
- de Moura C, Chaves Ed, Cardoso AC, et al (2018 Nov) Cupping therapy and chronic back pain: systematic review and meta-analysis. *Revista de Latin Americana de Enfermagem*, 14, 26: e3904.
- de Sa Filho AS, de Souza Moura AM, Lamego MK, et al (2015) Potential therapeutic effects of physical exercise for bipolar disorder. *CNS Neurological Disorders Drug Targets*, 14(10):1255-9.
- de Souza RJ, Mente A, Maroleanu A, et al (2015 Aug 12) Intake of saturated and trans unsaturated fatty acids and risk of all-cause mortality, cardiovascular disease, and type 2 diabetes: systematic review and meta-analysis of observational studies. *BMJ*.
- DEA [U.S. Drug Enforcement Agency] (n.d.) Drug scheduling. Retrieved May 8, 2022 from <https://www.dea.gov/drug-scheduling>
- Dean E, Skinner M, Myezwa H, et al. (2019 Sep) Health competency standards in physical therapist practice. *Physical Therapy*, 99(9):1242-54.
- DeBruyne L, Pinna K, Whitney E (2011) “Chapter 7: Nutrition in Practice – Fad Diets” in *Nutrition Diet Therapy*. Boston, MA: Cengage Learning.
- Deloitte Access Economics (2020 Jun) The social and economic cost of eating disorders in the United States of America: a report for the strategic training initiative for the prevention of eating disorders. <https://www.hsph.harvard.edu/striped/report-economic-costs-of-eating-disorders/>
- Demick DS, Lee TT, Summers AT (2020) Kratom: a growing substance of abuse in the United States. *Annals Clinical Psychiatry*, 32(4):275-80.
- Deng C, Xia W (2018 Feb) Effect of Tai Chi Chuan on degeneration of lumbar vertebrae and lumbar discs in middle-aged and aged people: a cross-sectional study based on magnetic resonance images. *Journal of Internal Medical Research*, 46(2): 578–585.
- Denham BE (2011) Dietary supplements—regulatory issues and implications for public health. *JAMA*. 306:428–429.
- DeSilver D (2016 Dec 13) What’s on your table? How America’s diet has changed over the decades. Pew Research Center <https://www.pewresearch.org/fact-tank/2016/12/13/whats-on-your-table-how-americas-diet-has-changed-over-the-decades/>
- Devaney E (2017 Aug) 8 guidelines for exceptional web design, usability, and user experience. *HubsSpot*. <https://blog.hubspot.com/blog/tabid/6307/bid/30557/6-guidelines-for-exceptional-website-design-and-usability.aspx>
- Deveza P, Hunter D (2016) An update on the treatment of osteoarthritis in obese patients. *Expert Opinion on Pharmacotherapy*, 17(6):753-5.
- Devin O, Cilio MR, Cross H, et al (2014 Jun) Cannabidiol: pharmacology and potential therapeutic role in epilepsy and other neuropsychiatric disorders. *Epilepsia*, 55(6):791-802.
- DeWitt-Foy ME, Nickel JC, Shoskes DA (2019 Jun). Management of chronic prostatitis/chronic pelvic pain syndrome. *Canadian Urological Association Journal*, 12(6 Suppl 3): S161-S163.
- Dham S, Shah V, Hirsch S et al (2006) The role of complementary and alternative medicine in diabetes. *Current Diabetes Reports*, 6(3).
- Dhamija R, Eckert S, Wirrell E (2013) Ketogenic diet. *Canadian Journal of Neurological Science*, 40(2):158-67.
- Di Liegro CM, Schiera G, Proia P, et al (2019) Physical activity and brain health. *Genes (Basel)*, 10(9):720.
- Diaz RJ, Rosenberg R (2008) Spreading dead zones and consequences for marine ecosystems. *Science*, 321(5891).

- Dickinson B, Havas S (2007) Reducing the population burden of cardiovascular disease by reducing sodium intake: a report of the Council on Science and Public Health. *Archives of Internal Medicine*, 167(14), 1460-1468.
- Diener E (2009) *Assessing well-being: the collected works of Ed Diener*. New York: Springer.
- Dietetics and Nutrition Practice Council (2019) Part x dietetics and nutrition practice (ss.468-501-468.518). https://www.floridahealth.gov/licensing-and-regulation/dietetic-nutrition/resources/_documents/laws-and-rules-handbook.pdf
- Dinardo P, Rome ES (2019) Vaping: the new wave of nicotine addiction. *Cleveland Clinical Journal of Medicine*, 86(12):789-98.
- Dinu M, Abbate R, Gensini GF, et al (2017) Vegetarian, vegan diets and multiple health outcomes: A systematic review with meta-analysis of observational studies. *Critical Reviews in Food Science and Nutrition*, 57(17):3640-9.
- DISA (n.d.) Marijuana legality by state. <https://disa.com/maps/marijuana-legality-by-state>
- Dishman RK, Vandenberg RJ, Motl RW, et al (2010 Oct) Using constructs of the transtheoretical model to predict classes of change in regular physical activity: a multi-ethnic longitudinal cohort study. *Annals of Behavioral Medicine*, 40(2): 150–163.
- Diver R, Jacobs EJ, Gapstur SM (2018) Secondhand smoke exposure in childhood and adulthood in relation to adult mortality among never smokers. *American Journal of Preventative Medicine*, 55(3):345-52.
- Dobson R, Demou E, Semple S (2021) Occupational exposure to second-hand tobacco smoke: development of a job exposure matrix. *Annals of Work Exposure Health*, 65(9):1133-1138.
- Doggweiler R, Whitmore KE, Meijlink JM, et al (2016) A standard for terminology in chronic pelvic pain syndromes: a report from the chronic pelvic pain working group of the international continence society. <https://www.ics.org/Documents/DocumentsDownload.aspx?DocumentID=4676>.
- Dome P, Rihmer Z, Gonda X (2019) Suicide risk in bipolar disease: a brief review. *Medicina (Kaunas)*, 55(8):403.
- Domínguez R, Cuenca E, Maté-Muñoz J et al (2017) Effects of Beetroot Juice Supplementation on Cardiorespiratory Endurance in Athletes. A Systematic Review. *Nutrients*, 9(1).
- Dos Santos, CC (2013 Apr) *Dimensions of Well-Being: Earnings, Happiness and Domestic Violence*. Thesis.
- Doupnik S, Rudd B, Schmutte T, et al (2020) Association between suicide prevention interventions with subsequent suicide attempts, linkage to follow-up care, and depression symptoms for acute care settings: a systematic review and meta-analysis. *JAMA Psychiatry*, 77(10):1021-30.
- Downey LA, Zun LS, Burke T (2012) Undiagnosed mental illness in the emergency department. *Journal of Emergency Medicine*, 43(5):876-82.
- Drake C, Roehrs T, Shambroom J, et al (2013) Caffeine effects on sleep taken 0,3, or 6 hours before going to bed. *Journal of Clinical Sleep Medicine*, 9(11):1195-200.
- Drescher J (2015) Out of DSM: depathologizing homosexuality. *Behavioral Sciences*, 5(4):565-575.
- Drownowski A, Spector SE (2004) Poverty and obesity: the role of energy density and energy costs. *American Journal of Clinical Nutrition*, 79(1):6-16.
- Dreyer H, Owen E, Kuehl K, et al (2018) Essential amino acid supplementation mitigates muscle atrophy after total knee arthroplasty: a randomized, double-blind, placebo-controlled trial. *Journal of Bone and Joint Surgery*, 3(2):e0006.
- Duffes JH, Nordbert M, Templeton DM (2007) Glossary of terms used in toxicology, 2nd ed. *Pure and Applied Chemistry*, 79(7):1153-1344. <https://www.degruyter.com/document/doi/10.1351/pac200779071153/html>
- Duffy TP (2011 Sep) The Flexner Report — 100 Years Later. *Yale Journal of Biological Medicine*, 84(3):269-276.
- Dunn HL (1956) Your world and mine – essays on human relations. Review by Richard A Blot. {Available in the References in the Textbook Supplement at WellnessSociety.org}
- Dunn HL (1957 Jul) Points of attack for raising the levels of wellness. *Journal of the National Medical Association*, 49(4): 225-235,211. {Available in the References in the Textbook Supplement at WellnessSociety.org}
- Dunn HL (1959 Jun) High-level wellness for man and society. *American Journal of Public Health*, 49(6):786-792. {Available in the References in the Textbook Supplement at WellnessSociety.org}
- Dunn HL (1961, 7th printing 1971) *High Level Wellness*. Arlington, VA: Beatty. {Available in the References in the Textbook Supplement at WellnessSociety.org}
- Dutton G, Laitner M, Perri M (2014) Lifestyle Interventions for Cardiovascular Disease Risk Reduction: A Systematic Review of the Effects of Diet Composition, Food Provision, and Treatment Modality on Weight Loss. *Current Atherosclerosis Reports*, 16(10).
- Dyde J (2022 Jan 5) Is El Salvador the first country in the world to promote fitness and wellbeing to combat Covid? *CentralAmerica.com*. <https://www.centralamerica.com/living/wellness/el-salvador-promotes-fitness-to-fight-covid/>
- Eastwood M, Kritchevsky D (2005) Dietary fiber: how did we get where we are? *Annual Review of Nutrition*. <https://www.annualreviews.org/doi/10.1146/annurev.nutr.25.121304.131658>.
- Eaves ER, Howerter A, Nichter M, et al (2017) Implementation of tobacco cessation brief intervention in complementary and alternative medicine practice: qualitative evaluation. *BMC Complementary Alternative Medicine*, 17:331.
- Ebbert JO, Elrashidi MY, Stead LF (2015) Interventions for smokeless tobacco cessation. *Cochrane Database Systematic Reviews*, (10):CD004306.
- Ebbert JO, Scharf ELL, Hurt RT (2018) Medical cannabis. *Mayo Clinic Proceedings*, 93(12):1842-7.
- Edemekong PF, Bomgaars DL, Sukumaran S, et al (2020) Activities of daily living. *StatPearls [Internet]* <https://www.ncbi.nlm.nih.gov/books/NBK470404/>
- Edgell P, Gerteis J, Hartmann D (2006 Apr 1) Atheists as “other”: moral boundaries and cultural membership in American society. *American Sociological Review*, 71(2):211-234.
- Eggleston W, Stoppacher R, Kyle S, et al (2019 Jul) Kratom use and toxicities in the United States. *Pharmacotherapy*, 39(7):775-777.
- El Sayed SM, Mahmoud HS (2013) Medical and scientific basis of wet cupping therapy (Al- Hijamah): in light of modern medicine and prophetic medicine. *Alternative Integrative Medicine*, 2:1- 16.
- El-Zaatari ZM, Chami H, Zaatari G (2015) Health Effects Associated with Waterpipe Smoking. *TC*, 24(S1):i31-i43.
- Eleazu CO (2016) The concept of low glycemic index and glycemic load foods as panacea for type 2 diabetes mellitus; prospects, challenges and solutions. *African Health Sciences*, 16(2):468-79.
- Elemraid M, Mackenzie I, Fraser W et al (2009) Nutritional factors in the pathogenesis of ear disease in children: a systematic review. *Annals of Tropical Paediatrics*, 29(2).

- Elenskaia K, Thakar R, Sultan AH, et al (2011) The effect of pregnancy and childbirth on pelvic floor muscle function. *International Urogynecology Journal*, 22: 1421-1427.
- Elfhag K, Rossner S. (2005) Who succeeds in maintaining weight loss? A conceptual review of factors associated with weight loss maintenance and weight regain. *Obesity Review*, 6(1):67-85.
- Elibero A, Van Rensburg KJ, Drobos DJ (2011) Acute effects of aerobic exercise and Hatha yoga on craving to smoke. *Nicotine Tobacco Research*, 12(11):1140-8.
- Els D, de la Rey RP (2006) Developing a holistic wellness model. *SA Journal of Human Resource Management*, 4(2):46-56.
- Ems T, Lucia K, Huecker MR (2021) Biochemistry, iron absorption. StatPearls, online.
- EMTprep (2019 Dec 27) *Lung sounds collection*. [Video] YouTube. <https://www.youtube.com/watch?v=KRtAqeEGq2Q>
- Eng M (2021) Molybdenum toxicity symptoms, causes, and blood test. Selfdecode. <https://labs.selfdecode.com/blog/molybdenum-toxicity/>
- Engel G (1977) The need for a new medical model: a challenge for biomedicine. *Science*, 196:129- 136
- Engel, G (1980) The clinical application of the biopsychosocial model. *American Journal of Psychiatry*, 137(5):535-544.
- Epstein SS (1990) Losing the war against cancer: who's to blame and what to do about it. *Internal Journal of Health Services*, 20(1):53-71.
- Erin NR (2017 Sep) The physical education of women is fraught with issues of body, sexuality, and gender. Timeline. <https://timeline.com/physical-education-women-book-2106bafcc553>
- Ernst E (2002) The Risk–Benefit Profile of Commonly Used Herbal Therapies: Ginkgo, St. John's Wort, Ginseng, Echinacea, Saw Palmetto, and Kava. *Annals of Internal Medicine*, 136(1).
- Escaloni J, Young I, Loss J. (2019, Feb) Cupping with neural glides for the management of peripheral neuropathic plantar foot pain: a case study. *Journal of Manipulative Therapy*, 1(54-61).
- Esch T, Duckstein J, Welke J, et al (2007, Nov) Mind/body techniques for physiological and psychological stress reduction: stress management via Tai Chi training - a pilot study. *Medicine Science Monitor*, 13(11):CR488-497.
- Espejo-Antunez L, Tejeda JF, Albornoz-Cabello M, et al (2017) Dry needling in the management of myofascial trigger points: a systematic review of randomized controlled trials. *Complementary Therapies in Medicine*, 33:47-57.
- Esposito K, Maiorino MI, Ceriello A, et al (2010) Prevention and control of type 2 diabetes by Mediterranean diet: A systematic review. *Diabetes Research and Clinical Practice*, 89(2).
- Esselstyn CB, Gendy G, Doyle J, et al (2014) A way to reverse CAD? *The Journal of Family Practice*, 63(7).
- Essenmacher J (2012 Nov 8) Nicotine content in tobacco products. University of Florida. Webinar. Session 3031 Handout. {Available in the References in the Textbook Supplement at WellnessSociety.org}
- Estruch R, Ros E, Salas-Salvado J, et al. (2013) Primary prevention of cardiovascular disease with a Mediterranean diet. *New England Journal of Medicine*, 368(14):1279-90.
- Etter J (2005) A self-administered questionnaire to measure cigarette withdrawal symptoms: the cigarette withdrawal scale. *Nicotine & Tobacco Research*, 7(1):47-57.
- Etter J (2014) Levels of saliva cotinine in electronic cigarette users. *Addiction*, 109(5):825-9.
- Fahmy D (2018) Key findings about American's belief in God. Pew Research Center. <https://www.pewresearch.org/fact-tank/2018/04/25/key-findings-about-americans-belief-in-god/>
- Fair SE (1989) The effects of moderate versus a modest exercise regime on the quality of weight loss of obese women on a very low-calorie diet. Paper for The Maryland Metabolic Institute, Baltimore, MD.
- Fair SE (2000h) The humanistic model of wellness. Paper for the Southern California University for Professional Studies, Palo Alto, CA.
- Fair SE (2000o) The efficacy of the 420 calorie Optifast diet in one hospital-based clinic. Paper for the Southern California University for Professional Studies, Palo Alto, CA.
- Fair SE (2003) A comparison of the perception of self-wellness of PT students. *American Physical Therapy Association: Journal of the Section on Women's Health*.
- Fair SE (2004 Dec) A comparison of the self-wellness of female and male students in one entry-level physical therapy program. *American Physical Therapy Association: Journal of the Section on Women's Health*, 28(3):15-21. {Available in the References in the Textbook Supplement at WellnessSociety.org}
- Fair SE (2004) An online seminar in wellness for physical therapists. In: Program and abstracts of the XIV International Conference on College Teaching and Learning, 29 March – 2 April 2004; Jacksonville, FL.
- Fair SE (2005 Apr) The fitness self-wellness of physical therapists. *Dissertation Abstracts International*, 66(1):236. (ProQuest Information and Learning (formerly UMI) No. 3162726). {Available in the References in the Textbook Supplement at WellnessSociety.org}
- Fair SE (2005 Nov 10) Health promotion and physical therapy: The fitness and nutritional dimensions of wellness [Abstract] APTA Preview 2020, Las Vegas, NV.
- Fair SE (2005 Nov 11) Health promotion and physical therapy: The psychological dimension of wellness and literature relating to PT and wellness [Abstract] APTA Preview 2020, Las Vegas, NV.
- Fair SE (2005 Oct) Wellness and Physical Therapy. Presentation at Tennessee State University, Department of Physical Therapy.
- Fair SE (2005 Sep) Wellness and Physical Therapy. Presentation at Kaiser Permanente, Los Angeles, CA.
- Fair SE (2007) A comparison of the aerobic capacity wellness of female and male physical therapy members of the American Physical Therapy Association. *American Physical Therapy Association: Journal of the Section on Women's Health*, 31(1):6-10. {Available in the References in the Textbook Supplement at WellnessSociety.org}
- Fair SE (2007) Wellness and Physical Therapy. St Augustine, FL: Embury.
- Fair SE (2010) Wellness and Physical Therapy. Boston: Jones & Bartlett.
- Fair SE (2020) Wellness and Holistic Physical Therapy. Palatka, FL: Wellness Society.
- Fair SE (2021) Aerobic capacity wellness of 'wellness oriented' physical therapists. Wellness Society.
- Falcão M, Tannuri U (2002) Nutrition for the pediatric surgical patient: approach in the peri-operative period. *Revista do Hospital das Clínicas*, 57(6).

- Falkai P, Malchow B, Schmitt A (2017 May) Aerobic exercise and its effects on cognition in schizophrenia. *Current Opinion in Psychiatry*, 30(3):171-7.
- Fater DC, Kernozek TW (2008) Comparison of cervical vertebral separation in the supine and seated positions using home traction units. *Physiotherapy Theories & Practice*, 24(6):430-6.
- FDA (2015) FDA 101: Dietary Supplements. <https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm050803.htm>
- FDA (2016) Food labeling: revision of the nutrition and supplements facts labels. <https://www.federalregister.gov/documents/2016/05/27/2016-11867/food-labeling-revision-of-the-nutrition-and-supplement-facts-labels>
- FDA (2019s) Questions and answers on dietary supplements. <https://www.fda.gov/food/information-consumers-using-dietary-supplements/questions-and-answers-dietary-supplements>
- FDA (2020c) FDA and cannabis: research and drug approval. <https://www.fda.gov/news-events/public-health-focus/fda-and-cannabis-research-and-drug-approval-process>
- FDA (2020cc) FDA regulation of cannabis and cannabis – derived products, including cannabidiol (CBD) . <https://www.fda.gov/news-events/public-health-focus/fda-regulation-cannabis-and-cannabis-derived-products-including-cannabidiol-cbd#approved>
- FDA (2020h) Hookah tobacco (shisha or waterpipe tobacco). <https://www.fda.gov/tobacco-products/products-ingredients-components/hookah-tobacco-shisha-or-waterpipe-tobacco>
- FDA (n.d.) Medication watch voluntary report. Retrieved May 8, 2022 from <https://www.accessdata.fda.gov/scripts/medwatch/index.cfm?action=professional.reporting1>
- **FDA = U.S. Food and Drug Administration**
- Federation of State Boards of Physical Therapy – refer to FSBPT
- Feliu A, Fu M, Russo M, et al (2020) Exposure to second-hand tobacco smoke in waterpipe cafes in Barcelona, Spain: an assessment of airborne nicotine and PM_{2.5}. *Chemosphere*, 242:109347.
- Felsenreich DM, Bichler C, Langer FB et al (2020) Sleeve gastrectomy: surgical technique, outcomes, and complications. *Surgery Technology International*, 36:63-9.
- Feng F, Yu S, Wang Z, et al (2019) Non-pharmacological and pharmacological interventions relieve insomnia symptoms by modulating a shared network: a controlled longitudinal study. *Neuroimage Clinical*, 22:10745.
- Ferguson DM, Warner RD. (2008) Have we underestimated the impact of pre-slaughter stress on meat quality in ruminants? *Meat Science*, 80(1):12-9.
- Field T (2016) Yoga research review. *Complements Therapeutic Clinical Practice*, 24:145-61.
- Figueiro M, Wood B, Plitnick B, et al (2011) The impact of light from computer monitors on melatonin levels in college students. *Neuroendocrinol Letters*, 32(2):158-63.
- Filippini T, Malavolti M, Borrelli F, et al (2020) Green tea (*Camellia sinensis*) for the prevention of cancer. *Cochrane Library*, (3):CD005004.
- Fink ML, Black B, Butt SL, et al (2014 Nov) Health behaviors of physical therapists and physical therapist students in South-central Pennsylvania. *Physical Therapy Journal of Policy, Administration and Leadership*, 14(4):3-14.
- Finkelstein EA, Trogon JG, Cohen JW, et al (2009) Annual medical spending attributable to obesity: Payer- and service-specific estimates. *Neuroimage Clinical*, 22:101745.
- Fiore MC, Croyle RT, Curry SJ, et al (2004) Preventing 3 million premature deaths and helping 5 million smokers quit: a national action plan for tobacco cessation. *American Journal of Public Health*, 94:205-210.
- Fiorillo S (2019) Is CBD Oil Legal in 2019? State-By-State and Future Legality. *The Source*. <https://www.thestreet.com/lifestyle/health/is-cbd-oil-legal-14802001>
- Firenzuoli F, Gori L (2007) European Traditional Medicine – International Congress – introductory statement. *Evidence Based Complementary and Alternative Medicine*, 4(Suppl 1): 432(2):385-8.
- Fischer V, Haffner-Luntzer M, Amling M, et al (2018) Calcium and vitamin D in bone fracture healing and traumatic bone turnover. *European Cell Materials Journal*. *JAMA*, 318(24):2466-2482.
- Fish LJ, Pollak KI, Scheuermann TS, et al (2015) Comparison of native light daily smokers and light daily smokers who were former heavy smokers. *Nicotine & Tobacco Research*, 17(5):546-51.
- Flexeder C, Zock J, Jarvis D, et al (2019) Second-hand smoke exposure in adulthood and lower respiratory health during 20 year follow up in the European Community Respiratory Health Survey. *Respiratory Research*, 20:33.
- Florida Board of Physical Therapy (FBPT) (2021 Aug) Board of physical therapy practices laws and rules. <https://floridasphysicaltherapy.gov/forms/pt-study.pdf> {Available in the References in the Textbook Supplement at WellnessSociety.org}
- Food and Drug Administration – refer to FDA
- Food Insight (2020) Potassium fact sheet. <https://foodinsight.org/potassium-fact-sheet/>
- Ford J (2020 May 21) How many interracial marriages are there in the United States? Answers To All. <https://answerstoall.com/miscellaneous/how-many-interracial-marriages-are-there-in-the-united-states/>
- Forsdike L, Pirota M (2019) St John's wort for depression: scoping review about perceptions and use by general practitioners in clinical practice. *Journal of Pharmacy and Pharmacology*, 71(1):117-128.
- Forsyth A, Deane FP, Williams P (2015 Dec) A lifestyle intervention for primary care patients with depression and anxiety: a randomized control trial. *Psychiatry Research*, 230(2):537-44.
- Fortmann S, Burda B, Senger C et al (2013) Vitamin and mineral supplements in the primary prevention of cardiovascular disease and cancer: an updated systematic evidence review for the US Preventive Services Task Force. *Annals of internal medicine*, 159(12).
- Foster GD, Karpyn A, Wojtanowski AC, et al (2014) Placement and promotion strategies to increase sales of healthier products in supermarkets in low-income, ethnically diverse neighborhoods: a randomized controlled trial. *American Journal of Clinical Nutrition*, 99(6).
- Foster GD, Phelan S, Wadden TA, et al (2004) Promoting more modest weight losses: a pilot study. *Obesity Research*. 12(8):1271-7.
- Fredriksen-Goldsen KI, Simoni JM, Kim H, et al (2014) The health equality promotion model: reconceptualization of lesbian, gay, bisexual, and transgender (LGBT) health disparities. *American Journal of Orthopsychiatry*, 84(6): 653-63.

- Fretts A, Follis J, Nettleton J, et al (2015) Consumption of meat is associated with higher fasting glucose and insulin concentrations regardless of glucose and insulin genetic risk scores: a meta-analysis of 50,345 Caucasians. *American Journal of Clinical Nutrition*, 102(5):1266-78.
- Frieden J (2020 Apr 13) Physical therapists adapting to COVID-19, but some are struggling. Medpage Today. <https://www.medpagetoday.com/infectiousdisease/covid19/85943>
- Friedman E, Trail TE, Vaughan CA, et al (2018) Online peer support groups for family caregivers: are they reaching the caregivers with the greatest needs? *Journal of American Medical Association*, 25(9):1130-6.
- FruitsInfo (2019) Alphabetical list of fruits. <https://www.fruitsinfo.com/fruit-list.php>
- Fryar CD, Carroll MD, Afful J, et al (2021) Prevalence of overweight, obesity, and severe obesity among adults aged 20 and over: United States, 1960-1962 through 2017-2018. CDC National Center for Health Statistics.
- FSBPT (2017) Medications: defining the role and responsibility of physical therapy practice. <https://www.fsbpt.org/Portals/0/documents/free-resources/WinterForum2017Medications.pdf?ver=pf8bn4ZwoorAAg1PECZLfw%3D%3D> {Available in the References in the Textbook Supplement at WellnessSociety.org}
- FSBPT (2020) The model practice act for physical therapy. {Available in the References in the Textbook Supplement at WellnessSociety.org} <https://www.fsbpt.org/portals/0/documents/free-resources/ModelPracticeAct.pdf>
- FSBPT (2022) Licensing authorities contact information. <https://www.fsbpt.org/Free-Resources/Licensing-Authorities-Contact-Information>
- **FSBPT = Federation of State Boards of Physical Therapy**
- Fu R, O'Connor S, Diemert L, et al (2021). Real-world vaping experiences and smoking cessation among cigarette smoking. *Addiction Behavior*, 116:106814.
- Fuhrman J, Ferreri D (2019) Treatment and Remission of Symptoms in Type 1 Diabetes with a Nutrient-Dense, Plant-Rich (NDPR) Diet: Case Studies. *International Journal of Disease Reversal and Prevention*, 1(1).
- Fuld J (2005). Creatine supplementation during pulmonary rehabilitation in chronic obstructive pulmonary disease. *Thorax*, 60(7).
- Fung TT, McCullough M, van Dam RM, et al (2007). A Prospective Study of Overall Diet Quality and Risk of Type 2 Diabetes in Women. *Diabetes Care*, 30(7).
- Furhad S, Bokhari AA (2019) Cupping therapy. Treasure Island, FL: Stat Pearls.
- Furnham A, Thomson, McClelland (1988) The allocation of scarce medical resources across medical conditions. *Psychology and Psychotherapy: Theory, Research, and Practice*, 75(2).
- Future Kind (2018) 10 vegan celebrities that will surprise you. <https://www.futurekind.com/blogs/vegan/10-vegan-celebrities>
- Gabbidon J, Clement S, Nieuwenhuizen AV, et al (2013) Mental illness: clinicians' attitudes (MICA) scale. Psychometric properties of a version for students and professionals in any healthcare discipline. *Psychometric properties of a version for students and professionals in any healthcare discipline. Psychiatry Research*, 206:81-87.
- Galland L (2010) Diet and inflammation. *Nutrition in Clinical Practice*, 25(6):634-40.
- Galligan CG, Markkanen PK, Fantasia LM, et al (2015) A growing fire hazard concern in communities: home oxygen therapy and continued smoking habits, 24(4):535-54.
- Galmiche M, Dechelotte P, Lambert G, et al (2019) Prevalence of eating disorders over the 2000-2018 period: a systematic literature review. *American Journal of Clinical Nutrition*, 109(5):1402-13.
- Ganjre AP, Sarode GS (2016) Third hand smoke – a hidden demon. *Oral Oncology*, 54:e3-e4.
- Garcia-Gomez L, Hernandez-Perez A, Noe-Diaz (2019) Smoking cessation treatments: current psychological and pharmacological options. *Rev Investigations Clinical [Mexican]*, 71:7-16.
- Gardner CD, Kiazand A, Alhassan S, et al (2007) Comparison of the Atkins, Zone, Ornish, and LEARN diets for change in weight and related risk factors among overweight premenopausal women: the A to X weight loss study: a randomized trial. *JAMA*, 297(9):969-77.
- Garner DM, Olmsted MP, Bohr Y, et al (1982) The eating attitudes test: psychometric features and clinical correlates. *Psychological Medicine*, 12(4):871-8.
- Garrel DR, Jobin N, de Jonge LH (1996) Should we still use the Harris and Benedict equations? *Nutrition Clinical Practice*, 11(3):99-103.
- Gattie E, Cleland JA, Snodgrass S (2017) The effectiveness of trigger point dry needling for musculoskeletal conditions by physical therapists: a systematic review and meta-analysis. *Journal of Orthopedic Sports Physical Therapy*, 47(3):133-49.
- Gay JD, Grimes JD (1972) Idiopathic hypoparathyroidism with impaired vitamin B12 absorption and neuropathy. *Canadian Medical Association Journal*, 107(1):54-56.
- Ge W, Leson C, Vukovic C (2017 May) Dry cupping for plantar fasciitis: a randomized controlled trial. *Journal of Physical Therapy Science*, 29(5):859-862.
- Gelenberg AJ, Freeman MP, Markowitz JC, et al (2000) Practice guideline for the treatment of patients with major depressive disorder (revision) of the American Psychiatric Association. *American Journal of Psychiatry*, 157(4 suppl):1-45.
- Genç F, Tan M (2015) The effects of acupressure application on chemotherapy-induced nausea, vomiting, and anxiety in patients with breast cancer. *Palliative Support Care*, 13(2):275-84.
- Gerada (2018) Doctors, suicide and mental illness. *BJ Psych Bulletin*, 42(4):165-168.
- Ghadiri-Anari A, Mozafari Z, Gholami S, et al (2019) Dose vitamin D supplementation improve peripheral diabetic neuropathy? A before-after clinical trial. *Diabetes Metabolic Syndrome*, 13(1):890-3.
- Ghaisas S, Maher J, Kanthasamy A (2016) Gut microbiome in health and disease: Linking the microbiome–gut–brain axis and environmental factors in the pathogenesis of systemic and neurodegenerative diseases. *Pharmacology & Therapeutics*, 158.
- Gillespie C (2020 Jul 27) 14 famous people with bipolar disorder. Health. <https://www.health.com/condition/bipolar/bipolar-celebrities-does-it-make-them-more-creative>
- Girder SJ, Confino JE, Woesner ME (2019 Feb) Exercise as a treatment for schizophrenia. *Psychopharmacological Bulletin*, 49(1):56-69. PMID: 30858639
- Giulietti F, Filippini A, Rosettani G, et al (2020) Pharmacological approach to smoking cessation: an updated review for daily clinical practice. *High Blood Pressure Cardiovascular Prevention*, 27(5):349-62.

- Goday A, Bellido D, Sajoux I, et al (2016 Sep) Short-term safety, tolerability and efficacy of a very low-calorie-ketogenic diet interventional weight loss program versus a hypocaloric diet in patients with type 2 diabetes mellitus. *Nutritional Diabetes*, 6(9):e230.
- Goldbach JT, Rhoades H, Green D et al (2019) Is there a need for LGBT-specific suicide crisis services. *Crisis*, 40(3):203-8.
- Golem DL, Martin-Biggers JT, Koenings MM, et al (2014 Nov) An integrative review of sleep for nutrition professionals. *Advanced Nutrition*, 5(6):742-759.
- Gomez-Ambrosi J, Silva C, Catalan V, et al (2012 Feb) Clinical usefulness of a new equation for estimating body fat. *Diabetes Care*, 35(2): 383-388.
- Gong H, Ni C, Shen X, et al (2015 Feb) Yoga for prenatal depression: a systematic review and meta- analysis. *BMC Psychiatry*, 15:14.
- Gong H, Ni CX, Liu YZ, et al (2016 Oct) Mindfulness meditation for insomnia: a meta-analysis of randomized controlled studies. *Journal Psychosomatic Research*, 89:1-6.
- Goniewicz ML, Kuma T, Gawron M, et al (2013) Nicotine levels in electronic cigarettes. *Nicotine & Tobacco Research*, 15(1):158-66.
- Gonschor J, Eisma M, Barke A, et al (2020) Public stigma towards prolonged grief disorder: does diagnostic label matter? *PLoS One*, 15(9):e0237021.
- Goodman M, Grossman LI, Wildman DE (2005) Moving primate genomics beyond the chimpanzee genome. *Trends Genet.* 2005;9:511-7.
- Goraya N, Wesson DE (2015) Dietary interventions to improve outcomes in chronic kidney disease *Current Opinion Nephrology Hypertension* 24(6):505-10.
- Gordon BR, McDowell CP, Lyons M, et al (2017 Dec) The effects of resistance exercise training on anxiety: a meta-analysis and meta-regression analysis of randomized controlled studies. *Sports Medicine*, 47(12):2521-32.
- Gotshalk L, Kraemer, W, Mendonca M, et al (2008) Creatine supplementation improves muscular performance in older women. *European Journal of Applied Physiology*, 102(2).
- Gotshalk L, Volek JS, Staron RS, et al (2002) Creatine supplementation improves muscular performance in older women. *Medicine Science in Sports Exercise*, 34(3):537-43.
- Government of Canada (2019) Canada's dietary guidelines. <https://food-guide.canada.ca/sites/default/files/artifact-pdf/CDG-EN-2018.pdf> {Available in the References in the Textbook Supplement at [WellnessSociety.org](https://www.wellnesssociety.org)}
- Government of Canada (2020) Canada's food guide. <https://food-guide.canada.ca/en/>
- Grant JM, Mottet LA, Tanis J et al (2011) Injustice at every turn: a report of the National Transgender Discrimination Survey. *National Center for Transgender Equality*:1-219. {Available in the References in the Textbook Supplement at [WellnessSociety.org](https://www.wellnesssociety.org)}
- Grave RD (2020) Nutrition and fitness: mental health. *Nutrients*, 12(6):1804.
- Gray A, Threlkeld RJ (2019) Nutritional recommendations for individuals with diabetes. In: Feingold KR, Anawalt B, Boyce A, et al, editors. *Endotext* [Internet] South Dartmouth, MA: MDText.com, Inc.
- Gray AC, Steel A, Adams J (2019 Mar) A critical integrative review of complementary medicine education research: key issues and empirical gaps. *BMC Complementary Alternative Medicine*. 19(1):73.
- Green R, Allen L, Bjørke M et al (2017) Vitamin B12 deficiency. *Nature reviews Disease primers*, 3.
- Green R, Levitt N, Fried M, et al (2020 Mar 18) PODCAST: 5 Pearls on Transgender Health: Gender Affirming Care Episode 1. [Video Podcast] CoreIM. Accessed January 2022 at <https://www.coreimpodcast.com/2020/03/18/5-pearls-on-transgender-health-gender-affirming-care-episode-1/>
- Greenlee H, Hershman D, Jacobson J (2008) Use of antioxidant supplements during breast cancer treatment: a comprehensive review. *Breast Cancer Research and Treatment*, 115(3).
- Greenwald M, Wettick E (2010 Jun 4) Multidisciplinary management of complicated eating disorder patients on university and college campuses. *American College of Health Association Annual Meeting*. <https://slideplayer.com/slide/5764755/>
- Greenwood (2017) Defining entry-level practice in acute care physical therapist practice. *Journal of Acute Care Physical Therapy*, 8(1):3-10.
- Greenwood TA (2020) Creativity and bipolar disorder: a shared genetic vulnerability. *Annual Review of Clinical Psychology*, 16:239-264.
- Greger M (2020) A whole food plant-based diet is effective for weight loss: the evidence. *American Journal of Lifestyle Medicine*, 14(5):500-510.
- Griffin L, Clyde K, Byng R, et al (2021) Sex, gender and gender identity - a re-evaluation of the evidence. *British Journal Psychiatry Bulletin*, 45(5):291-9. <https://www.cambridge.org/core/journals/bjpsych-bulletin/article/sex-gender-and-gender-identity-a-reevaluation-of-the-evidence/76A3DC54F3BD91E8D631B93397698B1A#> {Available in the References in the Textbook Supplement at [WellnessSociety.org](https://www.wellnesssociety.org)}
- Griffiths DA (2018) Shifting syndromes: sex chromosome variations and intersex classifications. *Social Studies Science*, 48(1):125-48.
- Grinbert A, Goodwin R (2016) Prevalence and correlates of hookah use: a nationally representative sample of United States adults ages 18 to 40 years old. *American Journal of Drug and Alcohol Abuse*, 42(5):567-76.
- Groessl EJ, Liu L, Chang DG, et al (2017 Nov) Yoga for military veterans with chronic low back pain: a randomized clinical trial. *Journal Preventative Medicine*, 53(5):599-608.
- Gross R (2012) *The Science of Mind and Behavior, 6th edition*. UK: Hachette.
- Grover BT, Morell MC, Kothari SN, et al (2019) Defining weight loss after bariatric surgery: a call for standardization. *Obesity Surgery*, 29(11):3493-9.
- Grunge (2020 Aug 12) What Native American actually ate before Europeans came. You Tube Video. <https://www.youtube.com/watch?v=tUjFj2PScPM>
- Gu S, Pei J (2017) Innovating Chinese herbal medicine: from traditional health practice to scientific drug discovery. *Frontiers in Pharmacology*, 8:381.
- Guelinckx I, Tavoularis G, König J et al (2016) Contribution of water from food and fluids to total water intake: analysis of a French and UK population surveys. *Nutrients*, 8(10).
- Guerdjikova AI, Mori N, Casuto L, et al (2019) Update on binge eating disorder. *Medical Clinics North America*, 103(4):669-80.

- Guerdjikova AI, Mori N, Casuto LS, et al (2017) Binge eating disorder. *Psychiatric Clinics of North America*, 40(2):255-66.
- Gulytaeva VV, Zinchenko MI, Urymtsev DY, et al (2019) Exercise for depression treatment. Physiological mechanisms. *ZhNevrol Psikhiatr Im S S Korsakova [Russian]* 119&7):112-19.
- Gupta AK, Nethan ST, Mehrotra R (2021) Tobacco use as a well-recognized cause of severe COVID-19 manifestations. *Respiratory Medicine*, 176:106233.
- Gurley BJ (2015 Mar 18) How does St John's Wort interact with drugs? You Tube. <https://www.youtube.com/watch?v=k8-4FJvQe6>
- Gusho CA, Court T (2020 Mar) Cannabidiol: a brief review of its therapeutic and pharmacologic efficacy in the management of joint disease. *Cureus*, 12(3):e7375.
- Guyton AC, Hall JE (2006) *Textbook of Medical Physiology*, 11th Ed. Philadelphia. Elsevier Saunders.
- Ha EJ, Caine-Bish N (2009) Effect of Nutrition Intervention Using a General Nutrition Course for Promoting Fruit and Vegetable Consumption among College Students. *Journal of Nutrition Education and Behavior*, 41(2).
- Hagan KA, Munger KL, Ascherio A et al (2016) Epidemiology of Major Neurodegenerative Diseases in Women: Contribution of the Nurses' Health Study. *American Journal of Public Health*, 106(9):1650-5.
- Haghghatdoost F, Bellissimo N, Totosty, et al (2017) Association of vegetarian diet with inflammatory biomarkers: a systematic review and meta-analysis of observational studies. *Public Health Nutrition*, 20(15).
- Hales CM, Fryar CD, Carroll MD, et al (2018) Differences in Obesity Prevalence by Demographic Characteristics and Urbanization Level Among Adults in the United States, 2013-2016. *Journal of the American Medical Association*, 319(23):2419-2429.
- Han Y, Yang J, Wang H, et al (2020) Comparative analysis of weight loss and resolution of comorbidities between laparoscopic sleeve gastrectomy and Roux-en-Y gastric bypass: a systematic review and meta-analysis based on 18 studied. *International Journal of Surgery*, 76:101-111.
- Hang B, Mao J, Snijders A (2019) Genetic susceptibility of thirdhand-smoke-induced lung cancer development. *Nicotine Tobacco Research*, 21(9):1294-6.
- Hang B, Sarker AH, Havel C, et al (2013) Thirdhand smoke causes DNA damage in human cells. *Mutagenesis*, 28(4):381-91.
- Hankir AK, Northall A, Zaman R (2014 Sep) Stigma and mental health challenges in medical students. *BMJ Case Reports*.
- Hanninen O, Kaartinen K, Rauma AL, et al (2000) Antioxidants in vegan diet and rheumatic disorders. *Toxicology*, 155:45-53.
- Harari MJ, Waehler CA, Rogers JR (2004 Dec) An empirical investigation of a theoretically based measure of perceived wellness. *Journal of Counseling Psychology*, 52(1):93-103.
- Harmer B, Lee S, Duong T, et al (2022) *Suicidal Ideation*. Treasure Island, FL: StatPearls Publishing.
- Harrington C (2014 Dec 19) Teach learning skills, not learning styles: we are ALL multi-sensory learners. Cengage Blog.
- Harris JA, Benedict FG (1919) A Biometric Study of Basal Metabolism of Man. Washington, DC: Carnegie Institution of Washington. <https://archive.org/details/biometricstudyof00harruoft/page/n4/mode/2up>
- Harrison Y, Horne JA (1999) One night of sleep loss impairs innovative thinking and flexible decision making. *Organizational Behavior and Human Decision Processes*, 78(2):128-45.
- Harvard (2011) The nutrition source: healthy eating plate. <https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>
- Harvard (2022i) The nutrition source iron. <https://www.hsph.harvard.edu/nutritionsource/iron/#:~:text=UL%3A%20The%20Tolerable%20Upper%20Intake,the%20UL%20is%2040%20mg>.
- Harvard (2022m) The nutrition source magnesium. <https://www.hsph.harvard.edu/nutritionsource/magnesium/#:~:text=UL%3A%20The%20Tolerable%20Upper%20Intake,350%20milligrams%20from%20supplements%20only>.
- Harvard (2022s) The nutrition source selenium. <https://www.hsph.harvard.edu/nutritionsource/selenium/#:~:text=Recommended%20Amounts&text=UL%3A%20The%20Tolerable%20Upper%20Intake,cause%20harmful%20effects%20on%20health>.
- **Harvard = Harvard School of Public Health**
- Harvey AG, Soehner AM, Kaplan KA, et al (2015) Treating insomnia improves mood state, sleep, and functioning in bipolar disorder: a pilot randomized controlled study. *Journal of Consulting Clinical Psychology*, 83(3):564-77.
- Harvey AG, Talbot LS, Gershon A (2009) Sleep disturbance in bipolar disorder across the lifespan. *Clinical Psychology (New York)*, 16(2):256-77.
- Harvie M (2014) Nutritional supplements and cancer: potential benefits and proven harms. *American Society Clinical Oncology Education Book*: e478-86.
- Hash RB, Munna RK, Vogel RL, et al (2003) Does physician weight affect perception of health advice? *Preventative Medicine*, 36(1):41-4.
- Hawk TF, Shah AJ (2007) Using learning styles instruments to enhance student learning. *Decision Sciences Journal of Innovative Education*, 5(1):1-19.
- Healthline (2021) 8 foods that are high in copper. <https://www.healthline.com/nutrition/foods-high-in-copper>
- HealthyChildren.org (2020 Mar 9) Ketogenic diet: treating children's seizures with food. <https://www.healthychildren.org/English/health-issues/conditions/seizures/Pages/Ketogenic-Diet.aspx>. Source: Children and Youth Epilepsy Advisory Committee of the American Academy of Pediatrics
- Heatherton TF, Kozlowski LT, Frecker RC, et al (1991) The fagerstrom test for nicotine dependence: a revision of the fagerstrom tolerance questionnaire. *British Journal of Addiction*, 84(7):791-9.
- Heden T, Shepard S, Smith J, et al (2008) Resulting shifts in percentile and standard placements after comparing BOD POD and DXA. *International Journal of Exercise Science*, 15(1):113-24.
- Heffler B (2001) Individual learning style and the learning style inventory. *Educational Studies*, 27(3):307-316.
- Helft M (1997 Jun 6) Pig video arcades critique life in the pen. *Wired*. <https://www.wired.com/1997/06/pig-video-arcades-critique-life-in-the-pen/>
- Hemilä H, Chalker E (2013) Vitamin C for preventing and treating the common cold. *Cochrane database of systematic reviews*, (1):CD000980.
- Henderson C, Noblett J, Parke H, et al (2014) Mental health-related stigma in health care and mental care settings. *The Lancet*, 1(6):467-82.

- Hendriks T, de Jong J, Cramer H (2017) The effects of yoga on positive mental health among healthy adults: a systematic review and meta-analysis. *Journal Alternative and Complementary Medicine*, (7):505-517.
- Henley SJ, Thun MJ, Chao A, et al (2004) Association between exclusive pipe smoking and mortality from cancer and other diseases. *Journal of the National Cancer Institute*, 96(11): 853-861.
- Herek GM, Garnets LD (2007) Sexual orientation and mental health. *Annuals Review Clinical Psychology*, 3:353-75.
- Herzog Hal (2011) *Some We Love, Some We Hate, Some We Eat: Why It's So Hard to Think Straight About Animals*. NY, NY: Harper Collins Publishers.
- Hettema J, Steel J, Miller WR (2005) Motivational interviewing. *Annals Review Clinical Psychology*, 1:91-111.
- Hettler B (1976) Six dimensions of wellness. National Wellness Institute. <https://cdn.ymaws.com/www.nationalwellness.org/resource/resmgr/pdfs/sixdimensionsfactsheet.pdf>
- Hever J, Cronise RJ (2017 May) Plant-based nutrition for healthcare professionals: implementing diet as a primary modality in the prevention and treatment of chronic disease. *Journal of Geriatric Cardiology*, 14(5): 355-368.
- Hew-Butler T, Ayus J, Kipps C, et al (2008) Statement of the second international exercise-associated hyponatremia consensus development conference, New Zealand, 2007. *Clinical Journal of Sport Medicine*, 18(2):111-21.
- Hew-Butler T, Loi V, Pani A et al (2017) Exercise-associated hyponatremia: 2017 update. *Frontiers in medicine*, 4, 21.
- Higgins-Biddle JC, Babor TF (2018) The review of the Alcohol Use Disorders Identification Test (AUDIT), AUDIT-C, and USAAUDIT for screening in the United States: Past issues and future directions. *American Journal on Drug and Alcohol Abuse*, 44(6):578-86.
- Hilbert A (2019) Bing-eating disorder. *Psychiatric Clinics of North American*, 42(1):33-43.
- Hill JO (1998) Environmental Contributions to the Obesity Epidemic. *Science*, 280(5368).
- Hilton L, Hempel S, Ewing BA, et al (2017 Apr) Mindful meditation for chronic pain: systematic review and meta-analysis. *Annuals Behavior Medicine*, 51(2):199-213.
- Hines M (2011) Prenatal influences on sexual orientation and on sexually differentiated childhood behavior. *Frontiers in Neuroendocrinology*, 32(2):170-82.
- Hirschfeld R, Williams J, Spitzer RL, et al. (2000) Development and validation of a screening instrument for bipolar spectrum disorder: Mood Disorder Questionnaire. *American Journal of Psychiatry*, 157:1873-1875. {Available in the References in the Textbook Supplement at WellnessSociety.org}
- Hirsh J (1987 Feb) The set point theory. Symposium at the City University of New York Queens College, Flushing, NY.
- Hirshkowitz M, Whiton K, Albert S, et al (2015) *Sleep Health*, 1(1):40-3.
- Hoffer LJ (2016 May) Human protein and amino acid requirements. *Journal Parenteral and Enteral Nutrition*, 40(4): 560-74.
- Holitzki H, Dowsett L, Spackman E, et al (2017) Health effects of exposure to second- and third-hand marijuana smoke: a systematic review. *CMAJ Open*, 5(4):E814-E822.
- Holmes MV, Dale CE, Zuccolo L, et al (2015) Association between alcohol and cardiovascular disease: Mendelian randomization analysis based on individual participant data. *BMJ*, 349:g4164
- Hong M, Lee I, Choi D, et al (2020) Attentional bias toward cupping therapy marks: an eye-tracking study. *Journal Pain Research*, 13:1041-7.
- Horwarth CC, Schembre SM, Motl RW, et al (2013 Jul-Aug) Does the Transtheoretical Model of Behavior Change Provide a Useful Basis for Interventions to Promote Fruit and Vegetable Consumption. *American Journal of Health Promotion*, 27(6).
- Hosang GM, Korszun A, Jones L, et al (2012) Life-event specificity: bipolar compared with unipolar depression. *British Journal of Psychiatry*, 201(6):458-65.
- Hout M, Smith TW (2015) Fewer Americans affiliate with organized religions, belief and practice unchanged: key findings from the 2014 general social survey. *General Social Survey*. https://www.norc.org/PDFs/GSS%20Reports/GSS_Religion_2014.pdf {Available in the References in the Textbook Supplement at WellnessSociety.org}
- Howes S, Hartmann-Boyce J, Livingstone-Banks et al (2020) Antidepressants for smoking cessation. *Cochrane Database Systematic Reviews* (4):CD000031.
- Hribar C (2010) Understanding concentrated animal feeding operations and their impact on communities. Bowling Green, Ohio: National Association of Local Boards of Health. https://www.cdc.gov/nceh/ehs/docs/understanding_cafos_nalboh.pdf {Available as pdf at WellnessSociety.org}
- Hrynowski Z (2022) What percentage of Americans are vegetarian? Gallup. <https://news.gallup.com/poll/267074/percentage-americans-vegetarian.aspx>
- Huang RY, Huang CC, Hu FB, et al (2016) Vegetarian diets and weight reduction: a meta-analysis of randomized controlled studies. *Journal of Internal Medicine*, 31(1):109-16.
- Huang S, Wang P, Yamaji N, Ma JF (2020) Plant nutrition for human nutrition: hints from rice research and future perspectives. *Molecular Plant*, 13(6):825-35.
- Huang T, Yang B, Zheng J, et al (2012) Cardiovascular disease mortality and cancer incidence in vegetarians: a meta-analysis and systematic review. *Annals of Nutrition and Metabolism*, 60(4).
- Huang Y, Lu Y, Huang Y, et al (2020 Dec) Obesity in patients with COVID-19: a systematic review and meta-analysis. *Metabolism*, 113:154378.
- Huber-Disla N (2021) What is a whole food, plant-based diet? T. Colin Campbell Center for Nutrition Studies. <https://nutritionstudies.org/what-is-a-whole-food-plant-based-diet/>
- Hudson JI, Hiripi E, Pope HG, et al (2007) The prevalence and correlates of eating disorders and comorbidity. *Biological Psychiatry*, 61(3):348-58.
- Hughes JW, Fresco DM, Myerscough R, et al (2013) Mindfulness-based stress reduction helps lower blood pressure, technique incorporating meditation and yoga shows benefits in patients with 'prehypertension'. *Psychosomatic Medicine: Journal of Biobehavioral Medicine*, 75(8):721-8. Summary in *Medical News Today* <https://www.medicalnewstoday.com/articles/267528>.
- Hughes TL. Chapter 9: Alcohol use and alcohol-related problems among lesbians and gay men. *Annual Review of Nursing Research*, 23:283-325.
- Human International Society (HIS) (2020) Factory farming. <https://www.hsi.org/issues/factory-farming/>
- Humane League (n.d.) Our mission. Retrieved May 8, 2022 from <https://thehumaneleague.org/our-mission>

- Hunt GE, Malhi GS, Clearly M, et al (2016) Prevalence of comorbid bipolar and substance use disorders in clinical settings, 1990-2015: systematic review and meta-analysis. *Journal of Affective Disorders*, 206:331-49.
- Hunter RW, Bailey MA (2019) Hyperkalemia: pathophysiology, risk factors and consequences. *Nephrology Dialysis Transplantation*, 34(Suppl 3):ii2-ii11.
- Huntley L (2017) 14 major trigger points. Almawi Limited The Holistic Center. <http://almawiclinic.com/2017/02/20/benefits-medical-massage/14-major-trigger-points-2/>
- Hurrell R, Egli I (2010) Iron bioavailability and dietary reference values. *American Journal of Clinical Nutrition*, 91(5):1461S-67S.
- Huston P, McFarlane B (2016) Health benefits of tai chi: what is the evidence? *Canadian Family Physician*, 62(11):881-90
- Hvas A, Nexø E (2006) Diagnosis and treatment of vitamin B12 deficiency--an update. *Haematologica*, 91(11).
- Hyde AJ, May BH, Dong L, et al (2017) Herbal medicine for management of the behavioural and psychological symptoms of dementia (BPSD): A systematic review and meta-analysis. *Journal of Psychopharmacology*, 31(2): 169-183.
- IARC (2007) Smokeless tobacco and some tobacco-specific n-nitrosamines. <https://www.ncbi.nlm.nih.gov/books/NBK326503/>
- **IARC = International Agency for Research on Cancer**
- ICD10Data (2022) ICD-10-CM diagnosis code U09.9 Post COVID-19 condition, unspecified. <https://www.icd10data.com/ICD10CM/Codes/U00-U85/U00-U49/U09-/U09.9>
- Infante M, Leoni M, Caprio M, et al (2021) Long-term metformin therapy and vitamin B12 deficiency: an association to bear in mind. *World Journal of Diabetes*, 12(7):916-31.
- INMA (2005) Dietary reference intakes energy, carbohydrate, fiber, fat, fatty acids, cholesterol, protein, and amino acids. {Available in the References in the Textbook Supplement at WellnessSociety.org} https://www.nal.usda.gov/sites/default/files/fnic_uploads/energy_full_report.pdf
- **INMA = Institute of Medicine of the National Academies Food and Nutrition Board**
- Innis SM (2014) Omega-3 fatty acid biochemistry: perspectives from human nutrition. *Military Medicine*, 179(11S).
- Inskip HM, Harris EC, Barraclough B (1998) Lifetime risk of suicide for affective disorder, alcoholism, and schizophrenia. *British Journal of Psychiatry*, 172:35-7.
- Institute for Wellness Education (2019) The 10 dimensions of wellness. <https://instituteforwellness.com/10-dimensions-of-wellness/>
- Institute of Medicine of the National Academies Food and Nutrition Board – refer to INMA
- International Agency for Research on Cancer – refer to IARC
- International Continence Society (n.d.). ICS Glossary. Retrieved May 8, 2022 from <https://www.ics.org/glossary>.
- International Organization of Physical Therapists in Mental Health – refer to IOPTMH
- International Pelvic Pain Society (2019) Basic chronic pelvic pain. <https://www.pelvicpain.org/public/resources/educational-resources/informational-handouts>
- Interstitial Cystitis Association. (n.d.) Foods to avoid. Retrieved May 8, 2022 from <https://www.ichelp.org/living-with-ic/interstitial-cystitis-and-diet/foods-to-avoid>.
- Ioannou GN, Morrow OB, Conolly ML, et al (2009) Association between dietary nutrient composition and the incidence of cirrhosis or liver cancer in the United States population. *Hepatology*, 50(1), 175-184.
- IOPTMH (2022) International Organization of Physical Therapists in Mental Health. *World Physiotherapy*. <https://world.physio/subgroups/mental-health>
- **IOPTMH = International Organization of Physical Therapists in Mental Health**
- Isenberg-Grzeda E, Alici Y, Hatzoglou V, et al (2016) Nonalcoholic thiamine-related encephalopathy (Wernicke-Korsakoff syndrome) among inpatients with cancer: a series of 18 cases. *Psychosomatics*, 57(1).
- Ismail I, Wahab S, Sidi H, et al (2019) Kratom and future treatment for the opioid addiction and chronic pain: periculo beneficium? *Current Drug Targets*, 20(2):166-72.
- Jack ME, Beasley M, Ibrahim H, et al (2020) Kratom – associated with ventricular fibrillation. *American Journal of Therapy*, 28(6):e792-5.
- Jacob P, Benowitz NL, Destailats H, et al (2018) Thirdhand smoke: new evidence, challenges, and future directions. *Chemical Research in Toxicology*, 30(1):270-94.
- Jacob P, Raddaha AH, Dempsey D, et al (2013) Comparison of nicotine and carcinogen exposure with water pipe and cigarette smoking. *Cancer Epidemiological Biomarkers Prevention*, 22(5):765-72.
- Jahnke R, Larkey L, Rogers C (2010) A comprehensive review of health benefits of Qigong and Tai Chi. *American Journal of Health Promotion*, 24(6): e1–e25.
- Jain A, Mitra P (2021) Bipolar affective disorder. Statpearls [Internet] Treasure Island, FL: StatPearls Publishing.
- Jaklevic MC (2021) COVID-19 and the “lost year” for smokers trying to quit. *JAMA*, 325(19):1929-30.
- Jamison KR (2015) *Touched with Fire*. USA: Free Press.
- Jeffery E, Church C, Holtrup B, et al (2015) Rapid depot-specific activation of adipocyte precursor cells at the onset of obesity. *Nature Cell Biology*, 17:376-85.
- Jenkins DJ, Kendall CW, Marchie A, et al (2003c) The effect of combining plant sterols, soy protein, viscous fibers, and almonds in treating hypercholesterolemia. *Metabolism*, 52(11):1478-83.
- Jenkins DJ, Kendall CW, Marchie A, et al (2003s) Effects of a dietary portfolio of cholesterol-lowering foods vs lovastatin on serum lipids and C-reactive protein. *JAMA*, 290:502–510.
- Jenkins DJ, Kendall CW, Marchie, et al (2005) Direct comparison of a dietary portfolio of cholesterol-lowering foods with a statin in hypercholesterolemic participants. *American Journal of Clinical Nutrition*, 81:380–387.
- Jennaro TS, Fang F, Kidwell KM (2020) Vitamin D deficiency increases severity of paclitaxel-induced peripheral neuropathy. *Breast Cancer Research Treatment*, 180(3):707-14.
- Jeter PE, Nkodo AF, Moonaz SH, et al (2014 Apr) A systematic review of yoga for balance in a healthy population. *Journal of Alternative Complementary Medicine*, 20(4):221-32.
- Jha P (2020) The hazards of smoking and the benefits of cessation: a critical summation of the epidemiological evidence in high-income countries. *eLife*, 9:e49979.
- Jiang R, Manson JE, Stampfer MJ, et al (2002) Nut and peanut butter consumption and risk of type 2 diabetes in women. *JAMA*, 288(20):2554-60.

- Jiang W, Ju C, Jiang H, et al (2014) Dairy foods intake and risk of Parkinson's disease: a dose– response meta-analysis of prospective cohort studies. *European Journal of Epidemiology*, 29(9).
- Jin C, Ishikawa A, Sengoku Y, et al (2000). A telehealth project for supporting an isolated physiotherapist in a rural community in Hokkaido. *Journal of Telemedicine Telecare*, 6 Supplement (2): S35-5.
- Jo J, Gavrilova O, Pack S, et al (2009) Hypertrophy and/or hyperplasia: dynamics of adipose tissue growth. *PLoS Computational Biology*, 5(3): e1000324.
- Johns Hopkins Medicine (2021) Suggested Protein Supplements. Baltimore, MD: Johns Hopkins Bariatric Surgery. {Available in the References in the Textbook Supplement at WellnessSociety.org}
https://www.hopkinsmedicine.org/johns_hopkins_bayview/_docs/medical_services/bariatrics/nutrition-suggested-protein-supplements.pdf
- Johnson LE, Balyan L, Magdalany A, et al (2020) The potential for kratom as an antidepressant and antipsychotic. *Yale Journal of Biological Medicine*, 93(2):283-9.
- Johnson SL, Murray G, Fredrickson B, et al (2012 Feb) Creativity and bipolar disorder: touched by fire or burning questions. *Clinical Psychological Review*, 32(1):1-12.
- Jonas S (2000) Talking about Health and Wellness with your Patients: Integrating health promotion and disease prevention into your practice. New York, NY: Springer Publishing Company.
- Jones F, Harris P, Waller H, et al (2005) Adherence to an exercise prescription scheme: the role of expectations, self-efficacy, stage of change and psychological well-being. *British Journal of Health Psychology*, 3:359-78.
- Jones JM (2012 Jun) Atheists, Muslims see most bias as Presidential candidates. Gallup.
<https://news.gallup.com/poll/155285/atheists-muslims-bias-presidential-candidates.aspx>
- Jones JM (2021) LGBT identification rises to 5.6% in latest U.S. estimate. Gallup. <https://news.gallup.com/poll/329708/lgbt-identification-rises-latest-estimate.aspx>
- Jones KD, Sherman CA, Mist SD (2012) A randomized controlled trial of 8-form tai chi improves symptoms and functional mobility in fibromyalgia patients. *Clinical Rheumatology*. 31(8):1205–1214.
- Jordon CJ, Zheng-Xiong XI (2018) Discovery and development of varenicline for smoking cessation. *Expert Opinion Drug Discovery*, 13(7):671-83.
- Joseph A, Cliffe C, Hillyard M, et al (2017) Gender identity and the management of the transgender patient: a guide for non-specialists. *Journal of the Royal Society of Medicine*, 110(4):144-52.
- Joy M (2010) Why We Love Dogs, Eat Pigs, and Wear Cows. San Francisco, CA: Conari Press.
- Ju ZY, Wang K, Cui HS, et al (2017 Dec) Acupuncture for neuropathic pain in adults. *Cochrane Database Systems Review*. (12):CD012057.
- Jun J, Nan X (2018) Comparative risk assessment and cessation information seeking among smokeless tobacco users. *Addictive Behavior*, 80:14-21.
- Jung SB, Nagaraja V, Kapur A, et al (2015) Association between vitamin B12 deficiency and long-term use of acid-lowering agents: a systematic review and meta-analysis. *Internal Medical Journal*, 45(5):409-16.
- Kaartinen K, Lammi M, Hypen M (2000) Vegan diet alleviates fibromyalgia symptoms. *Scandinavian Journal of Rheumatology*, 29(5):308-13.
- Kahleova H, Levin S, Barnard ND (2018) Vegetarian dietary patterns and cardiovascular disease. *Progress in Cardiovascular Disease*, 61(1):54-61.
- Kahleova H, Tura A, Hill M et al (2018) A plant-based diet improves beta-cell function and insulin resistance in overweight adult—a 16-week randomized clinical trial. *Diabetes*, 67(Suppl 1).
- Kaluza J, Wolk A, Larsson S (2013) Heme iron intake and risk of stroke: a prospective study of men. *Stroke*, 44(2).
- Kamel F, Goldman SM, Umbach DM, et al (2014) Dietary fat intake, pesticide use, and Parkinson's disease. *Parkinsonism & Related Disorders*, 20(1):82-7.
- Kanji S, Seely D, Yazdi F, et al (2012) Interactions of commonly used dietary supplements with cardiovascular drugs: a systematic review. *Systematic Reviews*, 1:26.
- Kanter JW, Rusch LC, Brondino MJ (2008) Depression self-stigma: a new measure and preliminary findings. *Journal of Nervous and Mental Disorders*, 196(9):663-70.
- Kapothanasis C (2022) Yin yang concept – traditional Chinese medicine and acupuncture.
<https://www.youtube.com/watch?v=heJCQPkCLHU>
- Karidi MV, Vassilopoulou D, Savvidou E, et al (2015) Bipolar disorder and self-stigma: a comparison with schizophrenia. *Journal of Affective Disorders*, 184:209-15.
- Karim ZA, Alshbool FZ, Vemana HP, et al (2015) Third-hand smoke: impact on hemostasis and thrombogenesis. *Journal of Cardiovascular Pharmacology*, 66(2):177-82.
- Karonova T, Stephanova A, Bystrova A, et al (2020) High-dose vitamin D supplementation improves microcirculation and reduces inflammation in diabetic neuropathy patients. *Nutrients*, 12(9):2518.
- Kasdovasilis P, Alikari V, Zyga S, et al (2019) Film clips smoking behavior and nicotine craving: the interrelationship between stress, smoking cues and craving. *Psychiatriki*, 30(3):226-34.
- Kassam A, Papish A, Modgill G, et al (2012) The development and psychometric properties of a new scale to measure mental illness related stigma by healthcare providers: the Opening Minds Scale for Health Care Providers (OMS-HC). *BMC Psychiatry*, 12(62).
- Katz DL, Doughty K, Ali A (2011) Cocoa and chocolate in human health and disease. *Antioxidants & Redox Signaling*, 15(10):2779-2811.
- Kaur B, Rowe B, Stovold E (2013) Vitamin C supplementation for asthma. *Cochrane Database of Systematic Reviews*.
doi.org/10.1002/14651858.CD000993.pub4
- Kazmierczak-Baranska J, Boguszewska K, Adamus-Grabicka A et al (2020) Two faces of vitamin C – antioxidative and pro-oxidative agent. *Nutrients*, 12(5):1501.
- Ke Cheng, L. Susan Wieland, Li Shih Min, et al (2012) Acupuncture for treatment of irritable bowel syndrome. *Cochrane Database Systematic Review*, 5(5):CD005111.

- Kearney G, Cioppa-Mosca J, Peterson MGE, et al (2007) Physical therapy and complementary and alternative medicine: an educational tool for enhancing integration. *Musculoskeletal Journal of Hospital for Special Surgery*, 3(2):198-201.
- Kelley GA, Kelley KS (2017) Exercise and sleep: a systematic review of previous meta- analyses. *Journal of Evidenced Based Medicine*, 10(1):26-36.
- Kelly JF, Hoffman L, Vilsaint C, et al (2019) Peer support for mood disorder: characteristics and benefits from attending the depression and bipolar support alliance mutual-help organization. *Journal of Affective Disorders*, 255: 127-35.
- Kelly RB (2009) Acupuncture for pain. *American Family Physician*, 80(5):481-4.
- Kendrick D, Kumar A, Carpenter H (2014) Exercise for reducing fear of falling in older people living in the community. *Cochrane Database of Systemic Reviews*, (11):CD009848.
- Kenjale A, Ham K, Stabler T et al (2011) Dietary nitrate supplementation enhances exercise performance in peripheral arterial disease. *Journal of Applied Physiology*, 110(6).
- Kennedy CM, Turcea AM, Bradley CS (2009) Prevalence of vulvar and vaginal symptoms during pregnancy and the puerperium. *International Journal of Gynecology and Obstetrics*, 105: 236 –239.
- Kenneth K (2019) What is health? The four dimensions of health. <https://www.kennethmd.com/the-four-dimensions-of-health/>
- Kessler RC, Chiu WT, Demler O, et al (2010) Prevalence, severity, and comorbidity of 12-month DSM-IV Disorders in the national comorbidity survey replication. *Archives of General Psychiatry*, 62(6), 593–602.
- Kessler RC, Petukhova M, Sampson NA, et al (2012) Twelve-month and lifetime prevalence and lifetime morbid risk of anxiety and mood disorders in the United States. *International Journal of Methods Psychiatric Research*, 21(3):169-184.
- Key TJ, Appleby PN, Crowe FL, et al (2014) Cancer in British vegetarians: updated analyses of 4998 incident cancers in a cohort of 32,491 meat eaters; 8612 fish eaters; 18,298 vegetarians; and 2246 vegans. *American Journal of Clinical Nutrition*; 100:378S–385S.
- Khantzian EJ (1997) The self-medication hypothesis of substance use disorders: a reconsideration and recent applications. *Harvard Review Psychiatry*, 4(5):231-44.
- Killip S, Bennett J, Chambers MD (2007) Iron deficiency anemia. *American Family Physician*, 75(5):671-8.
- Kim DD, Basu A (2016) Estimating the medical care costs of obesity in the United States: systematic review, meta-analysis, and empirical analysis. *Value Health*, 19(5):602-13.
- Kim H, Caulfield LE, Garcia-Larsen V (2019) Plant-based diets and incident CKD and kidney function. *Clinical Journal of the American Society of Nephrology*, 14(5):682-91.
- Kim H, Caulfield LE, Garcia-Larsen V, et al (2019) Plant-based diets are associated with a lower risk of incident cardiovascular disease, cardiovascular disease mortality, and all-cause mortality in a general population of middle-aged adults. *Journal of the American Heart Association*, 8(16).
- Kim JP, Yoo HY, Yu HJ, et al (1998) The effect of ginseng on the nutritional status and the immune functions after curative operations on gastric carcinoma patients. *Journal Korean Surgical Society*. 54(6):854-62.
- Kim M, Choi M, Sung C (2007) Bone mineral density of Korean postmenopausal women is similar between vegetarians and nonvegetarians. *Nutrition Research*, 27(10):612-7.
- Kim S, Lee Y (2014) Numerical analysis of the change in skin color due to ecchymosis and petechiae generated by cupping: a pilot study. *Journal of Acupuncture*, 7(6):306-7.
- Kimmerle H (2006) The world of spirits and the respect for nature: towards a new appreciation for animism. *The Journal of Transdisciplinary Research in Southern Africa*, 2(2):15.
- Kimmunen T, Leeman R, Kirhonen T, et al (2013) Exercise as an adjunct to nicotine gum in treating tobacco dependence among women. *Nicotine Tobacco Research*, 10(4):689-703.
- Kira G, Maddison R, Hull M, et al (2014) Sleep education improves the sleep duration of adolescents: a randomized controlled pilot study. *Journal Clinical Sleep Medicine*. 10:787–92.
- Kissler H, Settmacher U (2013) Bariatric surgery to treat obesity. *Seminars Nephrology*, 33(1):75-89.
- Klaus L, Allais G, Brinkhaus B, et al (2016) Acupuncture for the prevention of episodic migraine. *Cochrane Database Syst Review* (6):CD001218.
- Kleemann E, Bracht CG, Stanton R, et al (2020) Exercise prescription for people with mental illness: an evaluation of mental health professionals' knowledge, beliefs, barriers, and behaviors. *Brazilian Journal of Psychiatry*, 42(3):271-7.
- Klein PJ, Baumgarden J, Schneider (2019) Qigong and tai chi as therapeutic exercise: survey of systematic reviews and meta-analyses addressing physical health conditions. *Alternative Therapeutic Health Medicine*, 4(3): pii:E59.
- Klemperer EM, Mermelstein R, Baker TB, et al (2020) Predictors of smoking cessation attempts and success following motivations-phase interventions among people initially unwilling to quit smoking. *Nicotine Tobacco Research*, 22(9):1446-1452.
- Knaak S, Mantler E, Szeto A (2017) Mental illness-related stigma in healthcare – barriers to access and care and evidence-based solutions. *Healthcare Management Forum*, 30(2):111-116.
- Knickman JR, Elbel B (ed) (2018) *Jonas & Kovner's Health care and delivery in the United States*, 12th ed. New York, NY: Springer Publishing.
- Knott CS, Coombs N, Stamatakis E, et al (2015) All cause mortality and the case for age specific alcohol consumption guidelines: pooled analysis of up to 10 population cohorts. *BMJ*, 350:h384.
- Kochanek KD, Xu JQ, Arias E (2020) Mortality in the United States. *HCHS Data Brief*, no 395. Hyattsville, MD: National Center for Health Statistics.
- Koenders MA, Giltay EJ, Hoencamp E, et al (2015) The bidirectional impact of perceived and enacted support on mood in bipolar outpatients: A two-year prospective study. *Comprehensive Psychiatry*, 60:59-67.
- Koenders MA, Giltay EJ, Spijker AT, et al (2014) Stressful life events in bipolar I and II disorder: cause or consequence of mood symptoms. *Journal of Affective Disorders*, 161:55-64.
- Koithan M, Farrell C (2010) Indigenous Native American healing traditions. *Journal Nursing Practice*. 6(6):477-8.
- Korpsisarn S, Safer JD (2019) Etiology of gender identity. *Endocrinology Metabolism Clinics in North American*, 48(2):323-9.
- Kramlinger KG, Post RM (1996) Ultra-rapid and ultradian cycling in bipolar affective illness. *British Journal of Psychiatry*, 168(3):314-23.

- Krasnopolsky-Levine, Olender-Russo (1992) Nutrition in Health and Wellness: Planning and Services. In J Rothman & RE Levine (Eds.), *Prevention Practice: Strategies for Physical Therapy and Occupational Therapy*. USA: WB Saunders Co.
- KratomSpot (n.d.) Retrieved May 8, 2022 from <https://kratomspot.com/>
- Krebs P, Norcross, JC, Nicholson JM, et al (2018) Stages of change and psychotherapy outcomes: a review and meta-analysis. *Journal of Clinical Psychology*, 74(11):1964-1979.
- Krieger JJ, Lee SW, Jeon J, et al (2008 Feb) Epidemiology of prostatitis. *Int J Antimicrobial Agents*, 31(Suppl 1): S85–S90.
- Krikorian R, Nash T, Shidler M et al (2009) Concord grape juice supplementation improves memory function in older adults with mild cognitive impairment. *British Journal of Nutrition*, 103(5).
- Kris-Etherton PM, Akabas SR, Bales CW, et al (2019 Apr) Complementary and alternative medicine research in practice-based research networks: a critical review. *Complementary Therapies in Medicine*. 43:7-19.
- Kris-Etherton PM, Peterson KS, Hibbein JR, et al (2021) Nutrition and behavioral disorders: depression and anxiety. *Nutrition Review*, 79(3):247-60.
- Krishnamoorthy D, Hoy RC, Natelson DM, et al (2018) Dietary advanced glycation end-product consumption leads to mechanical stiffening of murine intervertebral discs. *Disease Models & Mechanisms*, 11(12).
- Krishnaswami A, Ashok R, Sidney S, et al (2018) Real-world effectiveness of a medically supervised weight management program in a large integrated health care delivery system: five-year outcomes. *The Permanente Journal*, 22:17-82.
- Kriska AM, Caspersen CJ (Eds.) (1997) A collection of physical activity questionnaires for health-related research. *Medicine & Science in Sports & Exercise*. 29: S1-S205.
- Krolak M, Jezewska-Zychowica, Sajdakowska, et al (2017 Nov) Does perception of dietary fiber mediate the impact of nutrition knowledge on eating fiber-rich bread? *Nutrition*, 9(11):1255.
- Kryger M, Roth T, Dement W (2016) *Principles and Practice of Sleep Medicine* (6th Ed) Amsterdam, The Netherlands: Elsevier.
- Kübler-Ross, E (1969) *On Death and Dying*. New York, NY: The MacMillan Company.
- Kuchta K, Hladikova M, Thomsen M, et al (2021) Kava (Piper methysticum) extract for the treatment of nervous anxiety, tension and restlessness. *Drug Research (Stuttg)* 71(2):83-93.
- Kulda V (2012) Vitamin D metabolism. *Vnitr Lek [Czech]*, 58(5):400-4.
- Kumar PR, Essa MM, Al-Adawi S (2014) Omega-3 fatty acids could alleviate the risks of traumatic brain injury- a mini review. *Journal of Traditional Complementary Medicine*, 4(2):89-92.
- Kuntic M, Hahad O, Daiber A, et al (2020) Could e-cigarette vaping contribute to heart disease? *Expert Review Respiratory Medicine*, 14(11):1131-39.
- Kuo H, Rees VW (2019) Third-hand smoke (THS): what is it and what should we do about it? *Journal of the Formosan Medical Association*, 118(11):1478-9.
- Kvam S, Kleppe CL, Nordhus AH, et al (2016) Exercise as a treatment for depression: a meta-analysis. *Journal of Affective Disorders*, 202:67-86.
- Kwok CS, Umar S, Myint PK, et al (2014) Vegetarian diet, Seventh Day Adventists and risk of cardiovascular mortality: A systematic review and meta-analysis. *International Journal of Cardiology*, 176(3):680-6.
- Kwok S, Adam S, Ho J, et al (2020 Dec) Obesity: a critical risk factor in the COVID-19 pandemic. *Clinical Obesity*, 10(6):e12403.
- La Trobe University (2020) What does LGBTIA+ mean? <https://www.latrobe.edu.au/students/support/wellbeing/resource-hub/lgbtqa/what-lgbtqa-means>
- Laguipo A (2018 Oct 8) Dysbiosis diagnosis. *News Medical Life Sciences*. <https://www.news-medical.net/health/Dysbiosis-Diagnosis.aspx>
- Lai ZW, Hanczko R, Bonilla E, et al (2012) N-acetylcysteine reduces disease activity by blocking mammalian target of rapamycin in T cells from systemic lupus erythematosus patients: A randomized, double-blind, placebo-controlled trial. *Arthritis & Rheumatism*, 64(9).
- Lakkis N, Mahmassani DM (2015 Jan) Screening instruments for depression in primary care: a concise review for clinicians. *Postgraduate Medicine Journal*, 127(1):99-106.
- Lam F, Khan T, Faidah H, et al (2019) Effectiveness of whey protein supplements on the serum levels of amino acid, creatinine kinase and myoglobin of athletes: a systematic review and meta-analysis. *Systematic Reviews*, 8(1).
- Lan C, Chen SY, Wong MK, et al (2013 Nov) Tai Chi Chuan Exercise for Patients with Cardiovascular Disease. *Evidence Based Complementary Medicine*, 983208
- Landry J (2004, May) Reflections on responsibility. *PT Magazine*, 12(1):9.
- Langhorst J, Klose P, Dobos GJ (2013) Efficacy and safety of meditative movement therapies in fibromyalgia syndrome: a systematic review and meta-analysis of randomized controlled trials. *Rheumatology International*, 33(1):193–207.
- Lansdown AB, Mirastschijski U, Stubbs N, et al (2007) Zinc in wound healing: Theoretical, experimental, and clinical aspects. *Wound Repair and Regeneration*, 15(1).
- Lara-Castro C, Garvey WT (2004) Diet, insulin resistance, and obesity: zoning in on data for Atkins dieters living in South Beach. *Journal of Clinical Endocrinology & Metabolism*, 89(9):4197- 205.
- Lasater J (1997) Untying the knot: yoga as physical therapy. In C.M. Davis (Ed.) *Complementary Therapies in Rehabilitation* (pp. 125-131) Danvers: Slack Inc.
- Latavola K, Kamaradova D, Prasko (2014) Suicide in bipolar: a review. *Psychiatric Danubina* (26(2):108-14.
- Lauche R, Peng W, Ferguson C, et al (2017) Efficacy of tai chi and qigong for the prevention of stroke and stroke risk factors: a systematic review with meta-analysis. *Medicine (Baltimore)*, 96(45): e8517.
- Lauche R, Wubbeling K, Ludtke R, et al (2012) Randomized controlled pilot study: pain intensity and pressure pain thresholds in patients with neck and low back pain before and after traditional East Asian Gua sha therapy. *American Journal of Chinese Medicine*, 40: 905–917.
- Laurel C (2015) MIND Diet Slows Cognitive Decline in Stroke Survivors. *Alzheimer's & Dementia*, 90(15S).
- Lautenschlager F, Weiss M, Feuerer S, et al (2021) Kratom – a short review for pain medicine. *Der Schmerz*:1-6.
- Lawhon D, Humfleet GL, Hall SM, et al (2009) Longitudinal analysis of abstinence – specific social support and smoking cessation. *Health Psychology*, 28(4):465-72.

- Lawler TS, Stanfill SB, deCastro BR, et al (2018) Surveillance of nicotine and pH in cigarette and cigar filler. *Tobacco Regulation Science*, 3(Suppl1):11.
- Layden JE, Ghinai I, Pray I, et al (2020) Pulmonary illness related to e-cigarette use in Illinois and Wisconsin – final report. *New England Journal of Medicine*, 82(10):903-16.
- Layman DK (2004) Protein quantity and quality at levels above the RDA improves adult weight loss. *Journal of American College of Nutrition*, 23(6 Suppl):631S-636S.
- Le L, Sabaté J (2014) Beyond meatless, the health effects of vegan diets: findings from the Adventist cohorts. *Nutrients*, 6(6):2131-47.
- Leach MJ, Page AT (2014) Herbal medicine for insomnia: a systematic review and meta-analysis. *Sleep Medicine Reviews*, 24:1-12.
- Lee E, Kang H, Kim H (2016) Ketogenic diet for children with epilepsy: a practical meal plan in a hospital. *Clinical Nutrition Research*. 5(1):60-63.
- Lee EJ, Frazier SK (2011) The efficacy of acupressure for symptoms management: a systematic review. *Journal of Pain Symptomology Management*, 41(4): 589-603.
- Lee H, Peng W, Steel A, Reid R, et al (2019 Apr) Complementary and alternative medicine research in practice-based research networks: A critical review. *Complementary Therapies in Medicine*. 43:7- 19.
- Lee S, Choi Y, Jeong H, et al (2018) Effect of different cooking methods on the content of vitamins and true retention in selected vegetables. *Food science and biotechnology*, 27(2).
- Lee S, Park H (2019) Effects of auricular acupressure on pain and disability in adults with chronic neck pain. *Applied Nursing Research*, 45:12-16.
- Lee TL, Marx BL (2018) Noninvasive, multimodality approach to treating plantar fasciitis: a case study. *Journal of Acupuncture and Meridian Studies*, 11(4):162-4.
- Lee Y, Bae S, Song G (2012) Omega-3 Polyunsaturated Fatty Acids and the Treatment of Rheumatoid Arthritis: A Meta-analysis. *Archives of Medical Research*, 43(5).
- Lee YH, Chang G, Change H (2019) Effects of education and support groups organized by IBCLCs in early postpartum on breastfeeding. *Midwifery*, 75:5-11.
- Leggit JC (2018 Jul) Musculoskeletal therapies: acupuncture, dry needling, and cupping. *FP Essentials*, 470:27-31.
- Lehman BA (1988 Dec 13) Winfrey fed two big weight-loss myths. *Deseret News*.
<https://www.deseret.com/1988/12/13/18787912/winfrey-fed-two-big-weight-loss-myths>
- Lehr J, Marwinski G, Lehr S, et al (2005) Ambient odors of orange and lavender reduce anxiety and improve mood in a dental office. *Physiology & Behavior*, 86(1-2):92-5.
- Lein DH, Clark D, Garaham C, et al (2017) A model to integrate health promotion and wellness in physical therapist practice: development and validation. *Physical Therapy*, 97(12):1169-81.
- Leite W, Svinicki M, Shi Y (2010) Attempted validation of the scores of the VARK: learning styles inventory with multitrait-multimethod confirmatory factor analysis models. *Educational and Psychological Measurement*, 70(2):323-9.
- Leitzmann C (2014) Vegetarian nutrition: past, present, future. *American Journal of Clinical Nutrition*, 100(Suppl 1): 496S-502S.
- Leitzmann C (2014) Vegetarian nutrition: Past, present, future. *American Journal of Clinical Nutrition*, 100:496–502.
- Leppälä J, Virtamo J, Fogelholm R, et al (2000) Controlled Trial of α -Tocopherol and β -Carotene Supplements on Stroke Incidence and Mortality in Male Smokers. *Arteriosclerosis, Thrombosis, and Vascular Biology*, 20(1).
- Leproult R, Cauter EV (2010) Role of sleep and sleep loss in hormonal release and metabolism. *Endocrine Development*, 17:11-21.
- Leskowitz E (2003) *Complementary and Alternative Medicine in Rehabilitation*. New York: Churchill Livingstone.
- Levine J (1990) The relative value of consultation, questionnaires and laboratory investigation of excessive alcohol consumption. *Alcohol and Alcoholism*, 25(5):539-53
- Lew J, Kim J, Nair P (2021) Comparison of dry needling and trigger point manual therapy in patients with neck and upper back myofascial pain syndrome: a systematic review and meta-analysis. *Journal of Manual Manipulative Therapy*, 29(3):136-46.
- Lewis KS, Gordon-Smith K, Forty L, et al (2017 Sep) Sleep loss as a trigger of mood episodes in bipolar disorder: individual differences based on diagnostic subtype and gender. *British Journal of Psychiatry*, 211(3):169-174.
- Lewis MD (2016) Concussion, traumatic brain injury, and the innovative use of omega-3s. *Journal of American College of Nutrition*, 35(5):469-75.
- Lewis S (2019 May 29) World Health Organization removes “gender identity disorder” from list of mental illnesses. *CBS News*.
<https://www.cbsnews.com/news/world-health-organization-removes-gender-dysphoria-from-list-of-mental-illnesses/>
- Lex C, Bazner E, Meyer TD (2017 Jan) Does stress play a significant role in bipolar disorder? A meta-analysis. *Journal of Affective Disorders*, 208:298-308.
- Li F, Harmer P, Fitzgerald K (2012) Tai chi and postural stability in patients with Parkinson’s disease. *New England Journal of Medicine*, 366(6):511–519.
- Li F, Harmer P, Liu Y (2014) A randomized controlled trial of patient-reported outcomes with tai chi exercise in Parkinson’s disease. *Movement Disorders*, 29(4):539–545.
- Li FS, Harmer P, Fisher J (2005) Tai chi and fall reductions in older adults: a randomized controlled trial. *The Journal of Gerontology*, 60A:187-194.
- Li FS, Weng JK (2017) Demystifying traditional herbal medicine with modern approach. *Nature Plants*, 3:17-19.
- Li HH, Livneh H, Yeh CC, et al (2019, Apr) Association between use of Chinese herbal medicine and depression risk in patients with rheumatoid arthritis: a nationwide retrospective cohort study. *Internal Journal Rheumatic Disease*, 22(6):986-94.
- Li JQ, Guo W, Sun ZG, et al (2017 Aug) Cupping therapy for knee osteoarthritis: the evidence from systemic review and meta-analysis. *Complementary Therapies Clinical Practices*, 28:152-60.
- Li LW, Harris RE, Tsodikov A, et al (2018 Feb) Self-acupressure for older adults with symptomatic knee osteoarthritis: a randomized controlled trial. *Arthritis Care Research*, 70(2):221-229.
- Li X, Han Y, Cui J, Yan P, Di Z, Li L (2016 Oct) Efficacy of Warm Needle Moxibustion on Lumbar Disc Herniation: A Meta-Analysis. *Journal Evidence Based Complementary Alternative Medicine*, 21(4):311-9.
- Li X, Song S, Tippin M, et al (2021) Kava root extracts hinder prostate cancer development and tumorigenesis by involvement of dual inhibition of MAO-A and LSD1. *Journal Translational Genetics and Genomics*, 5:163-72.
- Li Y, Li S, Meng X, et al (2017) Dietary natural products for prevention and treatment of breast cancer. *Nutrients*, 9(7):728.

- Lichtenstein AH, Appel LJ, Brands M (2006) Diet and lifestyle recommendations revision 2006. A scientific statement from the American Heart Association nutrition committee. *Circulation*, 114:82–96.
- Lilly LN, Heiss CJ, Maragoudakis SF, et al (2019) The effect of added peanut butter on the glycemic response to a high-glycemic index meal: a pilot study. *Journal of American College of Nutrition*, 38(4):351-7.
- Lin K, Liu T (2019) Exercise on bipolar in humans. *International Reviews of Neurobiology*, 147:189-98.
- Linares IM, Zuardi AW, Pereira LC, et al (2019) Cannabidiol presents an inverted U-shaped dose response curve in a simulated public speaking test. *Brazil Journal of Psychiatry*, 41(1):9-14.
- Lindford AJ, Tehrani H, Sassoon et al (2006) Home oxygen therapy and cigarette smoking: a dangerous practice. *Annals Burns and Fire Disasters*, 19(2):99-100.
- Lindson N, Klemperer E, Hong B, et al (2019) Smoking reduction interventions for smoking cessation. *Cochrane Database of Systematic Reviews*, (9):CD013183.
- Link BG, Phelan JC (2001) Conceptualizing stigma. *Annual Review of Sociology*, 27(1):363–85.
- Lipka M (2019 Dec 6) 10 facts about atheists. Pew Research Center. <https://www.pewresearch.org/fact-tank/2019/12/06/10-facts-about-atheists/>
- Little B (2019 Sep 11) When cigarette companies used doctors to push smoking. *History*. <https://www.history.com/news/cigarette-ads-doctors-smoking-endorsement>
- Liu F, Cui J, Liu X, et al (2020) The effect of tai chi and qigong exercise on depression and anxiety of individuals with substance use disorders: a systematic review and meta-analysis. *BMC Complementary Medicine Therapy*, 20:161.
- Liu HH, Yeh NC, Wu YF, et al (2019) Effects of tai chi exercise on reducing falls and improving balance performance in Parkinson's disease: a meta-analysis. *Parkinson's Disease*. 9626934.
- Liu Q, Lawrence AJ, Liang J (2011) Traditional Chinese medicine for treatment and alcoholism: from ancient and modern. *American Journal of Chinese Medicine*, 39(1):1-13.
- Liu X, Clark J, Siskind D, et al (2015) A systematic review and meta-analysis of the effects of Qigong and Tai Chi for depressive symptoms. *Complementary Therapeutic Medicine*, 23(4):516-34.
- Liu X, Machado GC, Eyles JP et al (2017) Dietary supplements for treating osteoarthritis: a systematic review and meta-analysis. *British Journal of Sports Medicine*, 52(3):167-75.
- Liu X, Miller YD, Burton NW, et al (2011) Qi-gong mind-body therapy and diabetes control: a randomized controlled study. *American Journal Preventative Medicine*, 41(2):152-8.
- Lloyd WC (2021 Jan 9) Calcium deficiency. *HealthGrades*. <https://www.healthgrades.com/right-care/food-nutrition-and-diet/calcium-deficiency>
- Lock A, Schneiderhan J, Zick SM (2018) Diets for health: goals and guidelines. *American Family Physician*, 97(11):721-8.
- Logko D, Stelmach-Mardas, Suwalska (2018) Is diet important in bipolar disorder? *Psychiatry*, 52(5):783-95.
- Lomas-Vega R, Obrero-Gaitan E, Molina-Ortega FJ, et al (2017) Tai Chi for risk of falls: a meta- analysis. *Journal of American Geriatric Society*, 65(9):2037-2043.
- Long G, Sadeghirad B, Ball G (2020) Comparison of dietary macronutrient patterns of 14 popular named dietary programs for weight and cardiovascular risk factor education in adults: systematic review and network meta-analysis of randomized trials. *British Medical Journal*, 369:m696.
- Lotzke H, Brisby H, Gutke A, et al (2019) A person-centered prehabilitation program based on cognitive-behavioral physical therapy for patients scheduled for lumbar fusion surgery: a randomized controlled trial. *Physical Therapy*, 99(8):1069-88.
- Louie L (2014) The effectiveness of yoga for depression: a critical literature review. *Issues Mental Health Nursing*, 35(4):265-76.
- Lourenco R, Camilo M (2002) Taurine: a conditionally essential amino acid in humans? An overview in health and disease. *Nutrition Hospital*, 17(6).
- Lourida I, Soni M, Thompson-Coon J, et al. Mediterranean diet, cognitive function, and dementia: a systemic review. *Epidemiology*, 24(4):479-89.
- Low DW, Tomiyama AJ (2015 Jan) Air displacement versus dual-energy x-ray absorptiometry in underweight, normal-weight, and overweight/obese individuals. *PLoS One*, 10(1).
- Lowe B, Decker O, Muller S, et al (2008 Mar) Validation and standardization of the Generalized Anxiety Disorder Screener (GAD-7) in the general population. *Medical Care*, 46(3):266-74.
- Lowe DT (2017 Sep) Cupping therapy: an analysis of the effects of suction on skin and the possible influence on human health. *Complementary Therapy Clinical Practice*, 29:162-8.
- Lowry R, Wechsler H, Galuska DA, et al (2002) Television viewing and its association with overweight, sedentary lifestyle, and insufficient consumption of fruits and vegetables among US high- school students: Differences by race, ethnicity, and gender. *Journal School Health*, 72:413–21.
- Luat AF, Coyle L, Kamat D (2016 Dec) The ketogenic diet: a practical guide for pediatricians. *Pediatric Annals*, 45(12):e446-50.
- Lubas MM, de Leo G (2014) Grief support groups in second life. *Studies Health Technology Information*, 199:118-22.
- Lubitz I, Ricny J, Atrakchi-Baranes D, et al (2016) High dietary advanced glycation end products are associated with poorer spatial learning and accelerated A β deposition in an Alzheimer mouse model. *Ageing Cell*, 15(2):309-16.
- Lucke-Wold BP, Logsdon AF, Nguyen L, et al (2019) Supplements, nutrition, and alternative therapies for the treatment of traumatic brain injury. *Nutrition Neuroscience*, 21(2):79-91.
- Ludtke R, Albrecht U, Stange R, et al (2006) Brachialgia paraesthetica nocturna can be relieved by "wet cupping"--results of a randomised pilot study. *Complementary Therapies Medicine*, 14(4):247– 53.
- Lueboonthavatchai P (2009) Role of stress areas, stress severity, and stressful life events on the onset of depressive disorder: a case-control study. *Journal Medical Association of Thailand*, 92(9):1240-9.
- Luo JZ, Luo L (2009 Dec) Ginseng on hyperglycemia: effects and mechanisms. *Evidenced Based Complementary Medicine*, 6(4):423-7.
- Lynch M, Sawynok J, Hiew C (2012) A randomized controlled trial of qigong for fibromyalgia. *Arthritis Research & Therapy*, 4(4): R178.
- Macauley K, Plummer L (2017) Prevalence and predictors of anxiety in doctorate of physical therapy students. *Journal of Allied Health*, 46(2):e39-41.

- MacCabe JH, Lambe MP, Cnattingius S et al (2018) Excellent school performance at age 16 and risk of adult bipolar disorder: national cohort study. *British Journal of Psychiatry*, 196(2):
- Maddalozzo GF, Cardinal BJ, Snow CA (2002 Nov) Concurrent validity of the BOD POD and dual energy x-ray absorption for assessing body composition in young women. *Journal of American Dietetic Association*, 102(11):1677-9.
- Maddalozzo GF, Cardinal BJ, Snow CM (2002) Concurrent validity of the BOD POD and dual energy x-ray absorptiometry techniques for assessing body composition in young women. *Journal of the American Dietetic Association*, 102:1677-1679.
- Maggio CA, Pi-Sunyer X (2003) Obesity and type 2 diabetes. *Endocrinology & Metabolism Clinics of North America*, 32(4):805-22.
- Maharaj S, Lees TT, Lal S (2019) Prevalence and risk factors of depression, anxiety, and stress in a cohort of Australian nurses. *International Journal of Environmental Research and Public Health*, 16(1):61.
- Maharjan S, Panthee B (2019) Prevalence of self-stigma and its association with self-esteem among psychiatric patients in a Nepalese teaching hospital: a cross-sectional study. *BMC Psychiatry*, 19:347.
- Mahdi GS (2006) The Atkin's diet controversy. *Annals Saudi Medicine*, 26(3):244-5.
- Mahnensmith R (2016 Jul 4) Fructose, glucose, and sucrose in nature. *Ezine Articles*.
<https://sa1s3.patientpop.com/assets/docs/67278.pdf> { Available in the References in the Textbook Supplement at WellnessSociety.org }
- Maia SB, Souza AS, Caminha Md, et al (2019) Vitamin A and pregnancy: a narrative review. *Nutrients*, 11(3): 681.
- Majeed B, Sterling K, Weaver S, et al (2017) Prevalence and harm perception of hookah smoking among US adults, 2014-2015. *Addictive Behavior*, 69:78-86.
- Makvandi S, Mirzainajmabadi K, Sadeghi R, et al (2016 Oct) Meta-analysis of the effect of acupuncture on duration of labor and mode of delivery. *International Journal of Gynaecology Obstetrics*, 135(1):5-10.
- Malinowska J, Svarcova B, Brunerova L, et al (2020) Screening and brief intervention in illicit drug users. *Vnitřní Lékařství*, 66(7):450-4.
- Mallah F, Montazeri A, Ghanbari Z, et al (2013) Effect of urinary incontinence on quality of life among Iranian women. *Journal of Family and Reproductive Health*, 8(1): 13-19.
- Malmo K (2019 Jul) Looking at physical therapy holistically. *PT in Motion*.
<https://www.apta.org/PTinMotion/2019/7/Feature/PTHolistically/>
- Mamallapalli J, KSR R, Corral P, et al (2021) Characterization of different forms of kava (Piper methysticum) products by UPLC-MS/MS. *Planta Medica*:a1708-1994. [Online ahead of print]
- Manjarez C, Birrer R (1983) Nutrition & Athletic Performance. *American Family Physician*, 28(5):105-115.
- Manson JE, Willett WC, Stampfer MJ (1994) Vegetable and fruit consumption and incidence of stroke in women [Abstract]. *Circulation*, 89(2):932.
- Manthou E, Georgakouli K, Fatouros IG, et al (2016 May) Role of exercise in the treatment of alcohol use disorder. *Biomedical Reports*, 4(5):535-45.
- Mantri S (2008 Mar) Holistic medicine and the western medicine tradition. *AMA Journal of Ethics Illuminating the Art of Medicine*.
<https://journalofethics.ama-assn.org/article/holistic-medicine-and-western-medical-tradition/2008-03>
- Manzoni GM, Pagnini F, Castelnuovo G, et al (2008) Relaxation training for anxiety: a ten-years systematic review with meta-analysis. *BMC Psychiatry*, 2(8):41.
- Marcus JB (2013) Weight management: finding the healthy balance. *Encyclopedia of Food Sciences and Nutrition*, 2nd edition (Caballero B, Finglas P, Toldra F Eds) USA: Academic Press.
- Maria L (1965 Jan) The stigma of mental illness can be erased. *Mental Hygiene*, 49:46-51.
- Marin MF, Lord C, Andrews J, et al (2011) Chronic stress, cognitive functioning and mental health. *Neurobiological Learning & Memory*, 96(4):583-95.
- Marino L (2021) Lori Marino. The Whale Sanctuary. <https://whalesanctuaryproject.org/people/lori-marino/>
- Marino L, Colvin C (2015) Thinking pigs: a comparative review of cognition, emotion, and personality in *Sus domesticus*. *International Journal of Comparative Psychology*. 28:1-27. <https://escholarship.org/uc/item/8sx4s79c> { Available in the References in the Textbook Supplement at WellnessSociety.org }
- Mark J (2014 Apr 15) Daily life in ancient Mesopotamia. *World History Encyclopedia*.
<https://www.worldhistory.org/article/680/daily-life-in-ancient-mesopotamia/>
- Mark RG (1974) Telemedicine system: the missing link between homes and hospitals. *Modern Nursing Home*, 32(2):39-42.
- Mark RJ (2017 Sep) Qigong exercise and arthritis. *Medicines (Basel)*, 4(4): pii.E71.
- Markou K, Georgopoulos N, Kyiazopoulou V, et al (2001) Iodine-induced hypothyroidism. *Thyroid*, 11(5):501-10.
- Marks (2019 Nov) Qigong and musculoskeletal pain. *Current Rheumatology Reports*, 21(11):59.
- Maroon J, Bost J (2018) Review of the neurological benefits of phytocannabinoids. *Surgical Neurology International*, 9:91.
- Marston AR, Criss J (1984) Maintenance of successful weight loss: incidence and prediction. *International Journal of Obesity*, 8(5):435-9.
- Martin A, Krause R, Chilton J, et al (2020) Attitudes to psychiatry and to mental illness among nursing students: adaption and use of two validated instruments in preclinical education. *Journal of Psychiatric and Mental Health Nursing*, 27(3):308-17.
- Martin AC, Candow D (2019) Effects of Online Yoga and Tai Chi on Physical Health Outcome Measures of Adult Informal Caregivers. *International Journal of Yoga*, 12(1):37-44.
- Martin CK, Heilbronn LK, de Jonge, L, et al (2007) Effect of calorie restriction on resting metabolic rate and spontaneous activity. *Obesity*, 15(12):2964-73.
- Martin DC (1990) Chapter 207 The mental status examination. In *Clinical Methods: The History, Physical, and Laboratory Examinations, 3rd edition* (Walker HK, Hall WD, Hurst JW, editors). Boston: Mutterworths.
- Martin V, Davila-Batista V, Castilla J, et al (2016) Comparison of body mass index (BMI) with the CUN-BAE body adiposity estimator in the prediction of hypertension and type 2 diabetes. *BMC Public Health*: 82.
- Martinchik AN, Baturin AK, Zubstov VV, et al. Nutrition value and functional properties of flaxseed [Russian] *Vopr Pitan*, 81(3):4-10.
- Martinez-Gonzalez D, Obermeyer W, Fahy JL, et al (2004) REM sleep deprivation induces changes in coping responses that are not reversed by amphetamine. *Sleep*, 27(4):609017.

- Martinsen EW (2008) Physical activity in the prevention and treatment of anxiety and depression. *Nordic Journal of Psychiatry*. 62 Suppl (47):25-9.
- Masci D (2019 May) Many Americans see religious discrimination in the U.S.- especially against Muslims. Pew Research Center. <https://www.pewresearch.org/fact-tank/2019/05/17/many-americans-see-religious-discrimination-in-u-s-especially-against-muslims/>
- Massera D, Zaman T, Farren GE, et al (2015) A Whole-Food Plant-Based Diet Reversed Angina without Medications or Procedures. *Case Reports in Cardiology*, 6:1-3. Article No: 978906. {Available in the References in the Textbook Supplement at WellnessSociety.org}
- Matsuo T, Miyata Y, Sakai H (2017 May) Daily salt intake is an independent risk factor for pollakiuria and nocturia. *Internal Journal of Urology*, 24(5): 384-9.
- Matthews V, Knutsen S, Beeson W, et al (2011) Soy milk and dairy consumption is independently associated with ultrasound attenuation of the heel bone among postmenopausal women: the Adventist Health Study–2. *Nutrition Research*, 31(10).
- Matthys H, Eisebitt R, Seith B, et al (2003) Efficacy and safety of an extract of *Pelargonium sidoides* (EPs 7630) in adults with acute bronchitis: a randomised, double-blind, placebo-controlled trial. *Phytomedicine*. 10(suppl 4):7–17.
- Mayer M (2014 Dec 9) How White Castle became the King of the Retail Freezer. *Refrigerated & Frozen Foods*. <https://www.refrigeratedfrozenfood.com/articles/88793-how-white-castle-became-the-king-of-the-retail-freezer>
- Mayne S, Bowden A, Sundvall P, et al (2019) The scientific evidence for a potential link between confusion and urinary tract infection in the elderly is still confusing – a systematic literature review. *BMC Geriatrics*, 19(1):32.
- Mays VM, Cochran SD (2001) Mental health correlates of perceived discrimination among lesbian, gay, and bisexual adults in the United States. *American Journal of Public Health*, 91(11):1869-76.
- McArdle WD, Katch FI, Katch VL (2015) *Exercise Physiology: Energy, Nutrition, and Human Performance*, 8th Ed. New York: Lippincott, Williams, & Wilkins.
- McCartney DJ (2021) Engagement with Alcoholics Anonymous helps abstinence. *BMJ*, 372:n5.
- McCarty MF, Barroso-Aranda J, Contreras F (2009) The low-methionine content of vegan diets may make methionine restriction feasible as a life extension strategy. *Medical Hypotheses*, 72:125–128.
- McCarty MF, O’Keefe JH, DiNicolantonio JJ (2019) Glucosamine for the treatment of osteoarthritis: the time has come for higher-dose trials. *Journal of Dietary Supplements*, 16(2):179-92.
- McClain JJ, Lewin DS, Laposky AD, et al (2014) Associations between physical activity, sedentary time, sleep duration and daytime sleepiness in US adults. *Preventative Medicine*, 66, 68–73.
- McCullough M, Willett W (2006) Evaluating adherence to recommended diets in adults: the alternate healthy eating index. *Public Health Nutrition*, 9(1a).
- McFarlin B, Carpenter K, Davidson T, et al (2013) Baker’s Yeast Beta Glucan Supplementation Increases Salivary IgA and Decreases Cold/Flu Symptomatic Days After Intense Exercise. *Journal of Dietary Supplements*, 10(3).
- McGarry J, Foster D (1980). Regulation of hepatic fatty acid oxidation and ketone body production. *Annual review of biochemistry*, 49(1):395-420.
- McIvor A, Kayswer, Assaad JM, et al (2009) Best practices for smoking cessation interventions in primary care. *Canadian Respiratory Journal*, 16:129-134.
- McLaughlin KA, Hatzenbuehler ML, Keyes KM (2010) Responses to discrimination and psychiatric disorders among black, Hispanic, female, and lesbian, gay, and bisexual individuals. *American Journal of Public Health*, 100(8):1477-84.
- McMacken M, Shah S (2017 May) A plant-based diet for the prevention and treatment of type 2 diabetes. *Journal of Geriatric Cardiology*. 14(5):342-354.
- McManus C (2003 Jun 19) Wellness programs serve the “whole” patient with chronic pain. *PT 2003 News and Highlights*.
- McNamara MC, NG H (2016) Best practices in LGBT care: a guide for primary care physicians. *Cleveland Clinic Journal of Medicine*, 83(7):531-41.
- McRae MP (2017) Health benefits of dietary whole grains: an umbrella review of meta-analysis. *Journal Chiropractic Medicine*, 16(1):10-18.
- McVay MA, Voilis CI, Coffman CJ, et al (2014) Factors associated with choice of low-fat or low-carbohydrate diet during a behavioral weight loss intervention. *Appetite*, 83:117-24.
- Medline (2020) Turner syndrome. <https://medlineplus.gov/genetics/condition/turner-syndrome>
- Medline (2021) Klinefelter syndrome. [https://medlineplus.gov/klinefeltersyndrome.html#:~:text=Klinefelter%20syndrome%20\(KS\)%20is%20a,more%20fat%20around%20the%20belly.](https://medlineplus.gov/klinefeltersyndrome.html#:~:text=Klinefelter%20syndrome%20(KS)%20is%20a,more%20fat%20around%20the%20belly.)
- Medline (2022x) 48, XXYY syndrome. <https://medlineplus.gov/genetics/condition/48xxyy-syndrome>
- Medline (2022y) 47, XYY syndrome. <https://medlineplus.gov/genetics/condition/47xxyy-syndrome/#frequency>
- Medpage (2021) Over 73% of U.S. adults overweight or obese. <https://www.medpagetoday.com/primarycare/obesity/90142>
- Mehta SS, Edwards ML (2018 Nov) Suffering in silence: mental health stigma and physicians’ licensing fears.
- Mei Z, Addo OY, Jefferds ME, et al (2021) Physiologically based serum ferritin thresholds for iron deficiency in children and non-pregnant women: a US National Health and Nutrition Examination (NHANES) serial cross-sectional study. *The Lancet*, 8(8):E72-E82.
- Melamed Y, Kislef ME, Geffen E, et al. (2016) The plant component of an Acheulian diet at Geshar Benot Ya’aqov, Isreal. *Proceedings of the National Academy of Sciences of the United States of America*, 113(51):14674-9.
- Melina V, Craig W, Levin S (2016) Position of the Academy of Nutrition and Dietetics: Vegetarian Diets. *Journal of the Academy of Nutrition and Dietetics*, 116:1970–1980.
- Melo MC, Daher Ed, Albuquerque SG, et al (2016) Exercise in bipolar patients: a systematic review. *Journal of Affective Disorders*, 198:32-8.
- Mendiola J, Torres-Cantero AM, Moreno-Grau JM, et al (2009) Food intake and its relationship with semen quality: a case-control study. *Fertility and Sterility*, 91(3).
- Meng XF, Yu JT, Wang HF, et al (2014) Midlife Vascular Risk Factors and the Risk of Alzheimer’s Disease: A Systematic Review and Meta-Analysis. *Journal of Alzheimer’s Disease*, 42(4).
- Meng Z, Liu J, Zhou N (2022) Efficacy and safety of the combination of glucosamine and chondroitin for knee osteoarthritis: a systematic review and meta-analysis, *Arch Orthopedic Trauma Surgery*. PMID: 35024906 Online ahead of print.

- Mental Health Commission of Canada (2016) Opening Minds Scale for Health Care Providers (OMS-HC-15). {Available in the References in the Textbook Supplement at WellnessSociety.org}
- Mercy for Animals (2022) 10 historical figures you won't believe were vegetarian. <https://mercyforanimals.org/blog/10-historical-figures-you-wont-believe-were-vegetarian/>
- Mercy for Animals (n.d.) Corporate Engagement. Retrieved May 8, 2022 from <https://mercyforanimals.org/corporate-engagement/>
- Mettler EA (2014) Motivational improvements for health behavior change from wellness coaching. *American Journal of Health Behavior*, 38(1):83-91.
- Meyers JE, Sweeney TJ, Witmer JM (2000) The Wheel of Wellness Counseling for Wellness: A Holistic Model for Treatment Planning (abstract). <https://onlinelibrary.wiley.com/doi/abs/10.1002/j.1556-6676.2000.tb01906.x>
- Meyfroidt P, Lambin EF, Erb KH, et al (2013) Globalization of land use: distant drivers of land change and geographic displacement of land use. *Current Opinion in Environmental Sustainability*, 5(5).
- Miao J, Liu X, Wu C, Kong H, Xie W, Liu K (2017 May) Effects of acupuncture on chemotherapy-induced nausea and vomiting – a systematic review with meta-analyses and trial sequential analysis of randomized controlled trials. *International Journal Nursing Studies*, 70:27-37.
- Michael-Titus A, Priestley JV (2014) Omega-3 fatty acids and traumatic neurological injury: from neuroprotection to neuroplasticity? *Trends in Neuroscience*, 37(1): 30-8.
- Michie S, Abraham C, Whittington C et al (2009) Effective techniques in healthy eating and physical activity interventions: A meta-regression. *Health Psychology*, 28(6).
- Middleton A, Simpson KN, Bettger J et al (2020 Aug) COVID-19 pandemic and beyond: considerations and costs of telehealth exercise programs for older adults with functional impairments living at home – lessons learned from a pilot case study. *Physical Therapy*, 100(8): 1278-88.
- Mifflin MD, St Jeor ST, Hill LA, et al (1990) A new predictive equation for resting energy expenditure in health adults. *American Journal of Clinical Nutrition*, 51(2): 241-7.
- Mikkelsen K, Stojanovska L, Polenakovic M, et al (2017) Exercise and mental health. *Maturitas*, 106:48-56.
- Miles E, Calder P (2012) Influence of marine n-3 polyunsaturated fatty acids on immune function and a systematic review of their effects on clinical outcomes in rheumatoid arthritis. *British Journal of Nutrition*, 107(S2)
- Miller BJ, Paschall BP, Svendsen DP (2006) Mortality and medical comorbidity among patients with serious mental illness. *Psychiatric Services*, 57(10):1482-7.
- Miller DL, Muren G (2019) CAFOs: what we don't know is hurting us. NRDC: 1-28. <https://www.nrdc.org/sites/default/files/cafos-dont-know-hurting-us-report.pdf> {Available in the References in the Textbook Supplement at WellnessSociety.org}
- Miller JM, Ashton-Miller JA, DeLancey JO (1998) A pelvic muscle precontraction can reduce cough-related urine loss in selected women with mild SUI. *Journal of the American Geriatrics Society*, 46(7): 870-874.
- Miller JN, Black DW (2020) Bipolar disorder and suicide: a review. *Current Psychiatry Report*, 22(2):6.
- Miller JW (2005 Sep 5) Wellness: the history and development of a concept. *Spektrum Freizeit*, 27(1):84-106.
- Miller R, Rollnick S (2012) *Motivational Interviewing: Helping People Change*. NY, NY: Guilford Press.
- Millrod D, Chua C (2011 Dec) *Adult Fitness Examination: A Physical Therapy Approach*. Alexandria, VA: American Physical Therapy Association.
- Mills EJ, Wu P, Lockhart I, et al (2010) Adverse events associated with nicotine replacement therapy (NRT) for smoking cessation. A systematic review and meta-analysis of one hundred and twenty studies involving 177,390 individuals. *Tobacco Induced Diseases*, 8(1):8.
- Mills J, Hadley K, Bailes J (2011) Dietary Supplementation with the omega-3 fatty acid docosahexaenoic acid in traumatic brain injury. *Neurosurgery*, 68(2).
- Millward DJ (1999 May) The nutritional value of plant-based diets in relation to human amino acid and protein requirements. *Procedure Nutrition Society*, 58(2):249-60.
- Min HK, Kapoor A, Fuchs M et al (2012) Increased Hepatic Synthesis and Dysregulation of Cholesterol Metabolism Is Associated with the Severity of Nonalcoholic Fatty Liver Disease. *Cell Metabolism*, 15(5).
- Minassian L (2022 Apr 6) Why the global rise in vegan and plant-based eating is no fad (30x increase in US vegans + other astounding vegan stats. Food Revolution Network. <https://foodrevolution.org/blog/vegan-statistics-global/#:~:text=People%20Are%20Increasingly%20Cutting%20Back,health%20and%20for%20the%20environment.>
- Miovic M (2004) An introduction to spiritual psychology: overview of the literature, east and west. *Harvard Review of Psychiatry*, 12(2):105-15.
- Mirabal S, Sherman S, Fiore M, et al (2019 Sep 18) PODCAST: 5 Pearls on Smoking Cessation. [Video Podcast] CoreIM. Accessed January 2020 <https://www.coreimpodcast.com/2019/09/18/5-pearls-on-smoking-cessation/>
- Mirahmadi M, Azimi-Hashemi S, Saburi E et al (2020) Potential inhibitory effect of lycopene on prostate cancer. *Biomedical Pharmacotherapy*, 129:110459.
- Miriam-Webster (n.d.) Screen verb. Retrieved May 8, 2022 from <https://www.merriam-webster.com/dictionary/screen>
- Mishra A, Chaturvedi P, Datta A, et al (2015) Harmful effects of nicotine. *Indian Journal of Medical and Paediatric Oncology*, 36(1):24-31.
- Mishra S, Xu J, Agarwal U, et al (2013) A multicenter randomized controlled trial of a plant-based nutrition program to reduce body weight and cardiovascular risk in the corporate setting: the GEICO study. *European Journal of Clinical Nutrition*, 67(7):718-24.
- Mitchell A, Yadegarfar M, Gill J, et al (2016) Case finding and screening clinical utility of the Patient Health Questionnaire (PHQ-9 and PHQ-2) for depression in primary care: a diagnostic meta-analysis of 40 studies. *BJ Psych Open*, 2(2):127-138.
- Mitchell DA, Esler DM (2009 Jun) Pelvic instability, painful pelvic girdle pain in pregnancy. *Australian Family Physician*, 38(6): 409-410.
- Mitchison D, Hay P, Griffiths S, et al (2016) Disentangling body image: the relative associations of overvaluation, dissatisfaction, and preoccupation with psychological distress and eating disorder behaviors in male and female adolescents. *International Journal of Eating Disorders*, 50(2):118-126.
- Mitri J, Muraru M, Pittas A (2011) Vitamin D and type 2 diabetes: a systematic review. *European Journal of Clinical Nutrition*, 65(9).

- Mittal D, Drummon K, Blevins D, et al (2013) Stigma associated with PTSD: perceptions of treatment seeking combat veterans. *Psychiatric Rehabilitation Journal*, 36(2):86-92.
- Modgill G, Patten SB, Knaak S, et al (2014) Opening minds sitma scale for health care providers (OMS-HC): examination of psychometric properties and responsiveness. *BMC Psychiatry*, 14(120).
- Moffat M (1996) The 1996 APTA Presidential address: Three quarters of a century of healing generations. *Physical Therapy*, 76:1242-1252.
- Mohammad A, Thakur P, Kumar R, et al (2019) Biological markers for the effects of yoga as a complementary and alternative medicine. *Journal of Complementary and Alternative Medicine*, 16(1):20180094.
- Mohorko N, Cernelic-Bizjak M, Poklar-Vatovec T, et al (2019) Weight loss, improved physical performance, cognitive function, eating behavior, and metabolic profile in a 12-week ketogenic diet in obese adults. *Nutrition Research*, 62:64-77.
- Mokdad AH, Marks JS, Stroup DF, et al (2008) Actual causes of death in the United States. *JAMA*, 291(10):1238-45.
- Monsen E (1988) Iron nutrition and absorption: dietary factors which impact iron bioavailability. *Journal of the American Dietetic Association*, 88(7).
- Monzer B, Sepetdijan E, Saliba N, et al (2008) Charcoal combustion as a source of CO and carcinogenic PAH in mainstream narghile waterpipe smoke. *Food and Chemical Toxicology*, 46(9):2991-5.
- Moore D (2019) Home oxygen therapy in patients with COPD: safety issues for nurse prescribers. *British Journal of Nursing*, 28(14):912-917.
- Moore E, Mander A, Ames D, et al (2012) Cognitive impairment and vitamin B12: a review. *International Psychogeriatrics*, 24(4).
- Moore WJ, McGrievy ME, Turner-McGrievy GM (2015) Dietary adherence and acceptability of five different diets, including vegan and vegetarian diets, for weight loss: the New Diets study. *Eating Behavior*, 19:33-8.
- Mooventhan A, Nivethitha L (2017 Sep) Evidence based effects of yoga in neurological disorders. *Journal of Neurological Clinical Sciences*, 43:61-67.
- Moret S, Prevarin A, Tubaro F (2011) Levels of creatine, organic contaminants and heavy metals in creatine dietary supplements. *Food Chemistry*, 126(3).
- Morgan N (2010) The hidden history of Greco-Roman vegetarianism. *Britannica*.
<https://www.britannica.com/explore/savingearth/the-hidden-history-of-greco-roman-vegetarianism>
- Moriguchi S, Mimura M (2013 Oct) Hypochondriac complaint of elderly patients. *Nihon Rinsho*, 71(10): 1816-20.
- Morin E, Michaud-Letourneau, Couturier Y, et al (2019) A whole-food, plant-based nutrition program: evaluation of cardiovascular outcomes and exploration of food choices determinants. *Nutrition*, 66:54-61.
- Morris MC (2016) Nutrition and risk of dementia: overview and methodological issues. *Annals of the New York Academy of Sciences*, 1367(1).
- Morris MC, Tangney CC, Wang Y, et al (2015) MIND diet associated with reduced incidence of Alzheimer's disease. *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*, 11(9).
- Morris MC, Tangney CC, Wang Y, et al (2015) MIND diet slows cognitive decline with aging. *Alzheimer's & Dementia*, 11(9).
- Motivational Interviewing (2019) *Psychology Today*. <https://www.psychologytoday.com/us/therapy-types/motivational-interviewing>
- Motooka Y, Matsui T, Slaton R, et al (2018) Adverse events of smoking cessation treatments (nicotine replacement therapy and non-nicotine prescription medication) and electronic cigarettes in the Food and Drug Administration Adverse Event Reporting System, 2004-2016 *SAGE Open Medical*. 6:2050312118777953.
- Mount Sinai (n.d.) Phosphorus. Retrieved May 8, 2022 from <https://www.mountsinai.org/health-library/supplement/phosphorus>
- Moura CC, Chaves EC, Cardoso AC, et al (2018) Cupping therapy and chronic back pain: systematic review and meta-analysis. *Revista Latino-Americana de Enfermagem*, 26: 3904.
- Mourouti N, Panagiotakos DB, Kotteas EA (2017) Optimizing diet and nutrition for cancer survivors: A review. *Maturitas*, 105:33-6.
- Movassagh E, Vatanparast H (2017) Current Evidence on the Association of Dietary Patterns and Bone Health: A Scoping Review. *Advances in Nutrition: An International Review Journal*, 8(1):1-16.
- Mowbrary CT, Holter MC (2002) Mental health and mental illness: out of the closet? *Social Service Review*, 76(1):135-179.
- Mudgil D, Barak S (2013) Composition, properties and health benefits of indigestible carbohydrate polymers as dietary fiber: a review. *International journal of biological macromolecules*, 61.
- Muir S, Montero-Odasso M (2011) Effect of vitamin D supplementation on muscle strength, gait and balance in older adults: a systematic review and meta-analysis. *Journal of the American Geriatrics Society*, 59(12).
- Müller F, Wilhelm de Toledo K, et al (2001) Fasting followed by vegetarian diet in patients with rheumatoid arthritis: a systematic review. *Scandinavian Journal of Rheumatology*, 30(1):1-10.
- Mundwiler J, Schubach U, Dieterle T (2017) Association of occupational and leisure-time physical activity with aerobic capacity in a working population. *PLOS ONE*, 12(1):e0168683.
- Muntro IA, Bore MR, Munro D, et al (2011 Nov) Using personality as a predictor of diet induced weight loss and weight management. *International Journal of Behavioral Nutrition and Physical Activity*, 8:129.
- Muraki I, Imamura F, Manson J (2013) Fruit consumption and risk of type 2 diabetes: results from three prospective longitudinal cohort studies. *BMJ*, 347:f5001.
- Murphy J (2019 Jun 6) The vitamin that people don't get enough of. *MDLinx*. <https://www.mdlinx.com/article/the-vitamin-that-people-don-t-get-enough-of/lfc-3755>
- Murphy M, Eliot K, Heuertz R, et al (2012) Whole beetroot consumption acutely improves running performance. *Journal of the Academy of Nutrition and Dietetics*, 112(4).
- Murray CJ, Abraham J, Ali MK, et al (2013) The state of US health, 1990-2010: burden of diseases, injuries, and risk factors. *JAMA*, 310:591-606.
- Murray D, Clarkson C (2019 Apr) Effects of moving cupping therapy on hip and knee range of movement and knee flexion power: a preliminary investigation. *Journal Manual & Manipulative Therapy*, 19:1-8.
- Murray S (2007 Mar 6) Dog's dinners prove popular in Nigeria. *BBC News*. <http://news.bbc.co.uk/2/hi/africa/6419041.stm>
- Murrell D, Nordqvist (2018 Sep) What are the benefits of tai chi? *Medical News Today*.
<https://www.medicalnewstoday.com/articles/265507>

- Myers JE, Sweeney TJ (2004) The Indivisible Self: An Evidence-Based Model of Wellness. *Journal of Individual Psychology*, 60(3), 234-245.
- Nagele E, Jeitler K, Horvath K, et al (2014 Oct) Clinical effectiveness of stress-reduction techniques in patients with hypertension: systematic review and meta-analysis. *Journal of Hypertension*, 32(10):1936-44.
- Nahin RL, Boineau R, Khalsa PS, et al (2016 Sep) Evidence-based evaluation of complementary health approaches for pain management in the United States. *Mayo Clinic Proceedings*. 91(9):1292– 1306
- Naiman R (2007, Oct) Dreamless: The silent epidemic of REM sleep loss. *Annals of the New York Academy of Sciences*, 1406(1):77-85.
- Naimi TS, Brown DW, Brewer RD, et al (2005) Cardiovascular risk factors and confounders among nondrinking and moderate-drinking US adults. *American Journal of Preventative Medicine*, 28(4):369-73.
- Nama N, MacPherson P, Sampson M, et al (2017) Medical students' perception of lesbian, gay, bisexual and transgender (LGBT) discrimination in their learning environment and their self-reported comfort level for caring for LGBT patients: a survey student. *Medical Education Online*, 22(1):1368850.
- NAMI (2020) About mental illness. <https://namica.org/what-is-mental-illness/>
- NAMI (2021 Feb 23) Health reform & mental illness. <https://www.nami.org/Press-Media/In-The-News/2021/2020-devastated-US-mental-health-%E2%80%94healing-must-be-a-priority?feed=In-the-news>
- NAMI (2022) Mental health by the numbers. <https://www.nami.org/mhstats>
- **NAMI = National Alliance on Mental Health**
- Narimani M, Ansari J, Negahban BT, et al (2018 Oct) Effect of acupuncture on pain severity in patients undergoing coronary artery graft: a randomized controlled trial. *Anesthesia and Pain Medicine*, 8(5): e.82920.
- NASEM (1998) Historical overview of health people. <https://www.nap.edu/read/6259/chapter/4#8>
- **NASEM = National Academies of Sciences Engineering Medicine**
- NASMHPDC (2006) Morbidity and mortality in people with serious mental illness. Alexandria, VA: Author.
- **NASMHPDC = National Association of State Mental Health Program Directors Council**
- National Academies of Sciences Engineering Medicine – refer to NASEM
- National Alliance on Mental Health – refer to NAMI
- National Association of State Mental Health Program Directors Council – refer to NASMHPDC
- National Center for Complementary and Integrative Health of the National Institutes of Health – refer to NCCIH
- National Consortium on Stigma and Empowerment (n.d.) Retrieved May 8, 2022 from <http://www.stigmaandempowerment.org>
- National Institute of Mental Health of the National Institutes of Health – refer to NIMH
- National Institutes of Health – refer to NIH
- National Wellness Institute (2019) About NWI. https://www.nationalwellness.org/page/About_NWI
- Native Languages (2020) Native American foods. <http://www.native-languages.org/food.htm>
- NAVS [North American Vegetarian Society] (2022f) FAQ. <https://navs-online.org/faq/>
- NAVS [North American Vegetarian Society] (2022p) Purposes & programs. <https://navs-online.org/purposes-programs/>
- NCCIH (2017q) Quitting smoking. <https://nccih.nih.gov/health/smoking>
- NCCIH (2017t) Tai Chi and Qi Gong. <https://nccih.nih.gov/health/taichi>
- NCCIH (2019b) Body Building. <https://nccih.nih.gov/health/bodybuilding>
- NCCIH (2019cm) Safe use of complementary medicine. <https://nccih.nih.gov/health/safety><https://nccih.nih.gov/health/marijuana>
- **NCCIH = National Center for Complementary and Integrative Health of the National Institutes of Health**
- NCL [National Consumers League and US Food and Drug Administration] (n.d.) Avoid food-drug interactions. Retrieved May 8, 2022 from https://curehht.org/wp-content/uploads/2017/11/Food_and_Drug_Interactions_FDA.pdf
- Neil-Sztramko SE, Ghayyur A, Edwards J, et al (2017) Physical activity level of physiotherapists across practice settings: a cross-sectional comparison using self-report questionnaire and accelerometer measures. *Physiotherapy Canada*, 69(2):152-60.
- Nelson PR, Chen P, Dixon M, et al (2010) A survey of mouth level exposure to cigarette smoke in the United States. *Regulatory Toxicology and Pharmacology*, 61(3Suppl):S25-38.
- Nery RM, Zanini M, de Lima JB (2015) Tai chi chuan improves functional capacity after myocardial infarction: a randomized clinical trial. *American Heart Journal*. 169(6):854–860.
- Nestle M (2013) Food politics: how the food industry influences nutrition and health. Los Angeles, CA: University of California Press. Excerpts <https://www.jstor.org/stable/10.1525/j.ctt7zw29z>
- Nestle M (2018) *Unsavory truth: how food companies skew the science of what we eat*. New York, NY: Basic Books.
- Nathan ST, Sinha DN, Chandan K, et al (2018) Smokeless tobacco cessation interventions: a systematic review. *Indian Journal of Medical Research*, 148(4):396-410.
- Nathan ST, Sinha DN, Sharma S, et al (2020) Behavioral interventions for smokeless tobacco cessation. *Nicotine Tobacco Research*, 22(4):588-93.
- Nathan ST, Sinha DN, Sharma S, et al (2020) Behavioral interventions for smokeless tobacco cessation, *Nicotine Tobacco Research*, 11(4):588-93.
- Nevada Legislature (2022) Chapter 640WE – dietetics. <https://www.leg.state.nv.us/NRS/NRS-640E.html#NRS640ESec050>
- Newby PK, Tucker KL, Wolk A (2005) Risk of overweight and obesity among semivegetarian, lactovegetarian, and vegan women. *American Journal of Clinical Nutrition*, 81(6):1267-74.
- Newmark HL, Heaney RP (2010) Dairy products and prostate cancer risk. *Nutrition and cancer*, 62(3):297-299.
- Newport F (2018g) In U.S., estimate of LGBT population rises to 4.5%. <https://news.gallup.com/poll/234863/estimate-lgbt-population-rises.aspx>
- Newport F (2018y) Young people adopt vaping as their smoking rate plummets. Gallup Poll Series. <https://news.gallup.com/poll/237818/young-people-adopt-vaping-smoking-rate-plummets.aspx>.
- Ng JY, Boon HS, Thompson AK, et al (2016) Making sense of “alternative,” “complementary,” “unconventional” and “integrative” medicine: exploring the terms and meanings through a textual analysis. *BMC Complementary Alternative Medicine*, 16:134.
- Nguyen BM, Kim D, Bricker S, et al (2014 Oct) Effect of marijuana use on outcomes in traumatic brain injury. *American Journal of Surgery*. 80(10):979-83.

- Nguyen LT, Davis RB, Kaptchuk TJ, et al (2011 Apr) Use of complementary and alternative medicine and self-rated health status: results from a national survey. *Journal of General Internal Medicine*, 26(4):399-404.
- NHS (2019) Antacids. <https://www.nhs.uk/conditions/antacids/>
- NHTSA [National Highway Traffic Safety Administration, U.S. Department of Transportation] (2021) Traffic safety facts 2019 data: alcohol-impaired driving. <https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/812450>
- Niasari M, Kosari F, Ahmadi A (2007) The effect of wet cupping on serum lipid concentrations of clinically healthy young men: a randomized controlled trial. *Journal of Alternative Complement Medicine*, 13(1):79-82.
- Niaz K, Maqbool F, Fazlullah K. et al (2017) Smokeless tobacco (paan and gutkha) consumption, prevalence, and contribution to oral cancer. *Epidemiological Health*, 39:e2017009.
- Nicol L, Rowlands D, Fazakerly, et al (2015) Curcumin supplementation likely attenuates delayed onset muscle soreness (DOMS). *European Journal of Applied Physiology*, 115(8).
- Nielsen DA (2013) *Gua Sha, a Traditional Technique for Modern Practice*. New York, NY: Elsevier.
- Nielsen SJ (2003) Patterns and Trends in Food Portion Sizes, 1977-1998. *JAMA*, 289(4).
- Nielsen SS, Franklin GM, Longstreth WT, et al (2013) Nicotine from edible Solanaceae and risk of Parkinson disease. *Annals of Neurology*, 74(3):472-7.
- Nieman D, Henson D, Austin M, et al (2010) Upper respiratory tract infection is reduced in physically fit and active adults. *British Journal of Sports Medicine*, 45(12).
- NIH (1998) Clinical guidelines on the identification, evaluation, and treatment of overweight and obesity in adults: the evidence report. {Available in the References in the Textbook Supplement at WellnessSociety.org}
- NIH (2017dri) Nutrient Recommendations: Dietary Reference Intakes (DRI). https://ods.od.nih.gov/Health_Information/Dietary_Reference_Intakes.aspx
- NIH (2017s) Office of Dietary Supplements. <https://ods.od.nih.gov/factsheets/vitaminD-HealthProfessional/>
- NIH (2020e) Vitamin E fact sheet for health professionals. <https://ods.od.nih.gov/factsheets/VitaminE-HealthProfessional/>
- NIH (2020i) Iron fact sheet for health professionals. <https://ods.od.nih.gov/factsheets/Iron-HealthProfessional/>
- NIH (2021a) Vitamin A fact sheet for health professionals. <https://ods.od.nih.gov/factsheets/VitaminA-HealthProfessional/>
- NIH (2021b1) Vitamin B1 fact sheet for health professionals. <https://ods.od.nih.gov/factsheets/Thiamin-HealthProfessional/>
- NIH (2021b12) Vitamin B12 fact sheet for health professionals. <https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/>
- NIH (2021b2) Riboflavin fact sheet for health professionals. <https://ods.od.nih.gov/factsheets/Riboflavin-HealthProfessional/#h4>
- NIH (2021b3) Niacin fact sheet for health professionals. <https://ods.od.nih.gov/factsheets/Niacin-HealthProfessional/>
- NIH (2021b5) Pantothenic acid fact sheet for health professionals. <https://ods.od.nih.gov/factsheets/PantothenicAcid-HealthProfessional/>
- NIH (2021b6) Vitamin B6 fact sheet for health professionals. <https://ods.od.nih.gov/factsheets/VitaminB6-HealthProfessional/>
- NIH (2021b7) Vitamin B7 fact sheet for health professionals. <https://ods.od.nih.gov/factsheets/Biotin-HealthProfessional/>
- NIH (2021b9) Folate fact sheet for health professionals. <https://ods.od.nih.gov/factsheets/Folate-HealthProfessional/>
- NIH (2021c) Vitamin C fact sheet for health professionals. <https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/>
- NIH (2021ca) Calcium fact sheet for health professionals. <https://ods.od.nih.gov/factsheets/Calcium-HealthProfessional/>
- NIH (2021co) Copper fact sheet for health professionals. <https://ods.od.nih.gov/factsheets/Copper-HealthProfessional/>
- NIH (2021d) Vitamin D fact sheet for health professionals. <https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/>
- NIH (2021k) Vitamin K fact sheet for health professionals. <https://ods.od.nih.gov/factsheets/VitaminK-HealthProfessional/#h4>
- NIH (2021m) Molybdenum fact sheet for health professionals. <https://ods.od.nih.gov/factsheets/Molybdenum-HealthProfessional/>
- NIH (2021p) Potassium fact sheet for health professionals. <https://ods.od.nih.gov/factsheets/Potassium-HealthProfessional/>
- NIH (2021ph) Phosphorous fact sheet for health professionals. <https://ods.od.nih.gov/factsheets/Phosphorus-Consumer/>
- NIH (2021s) Selenium fact sheet for health professionals. <https://ods.od.nih.gov/factsheets/Selenium-HealthProfessional/>
- NIH (2021z) Zinc fact sheet for health professionals. <https://ods.od.nih.gov/factsheets/Zinc-HealthProfessional/>
- NIH (2022m) Magnesium fact sheet for health professionals. <https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/>
- **NIH = National Institutes of Health**
- NIMH (2018) Suicide. <https://www.nimh.nih.gov/health/statistics/suicide.shtml>
- NIMH (2019m) Mental Illness. Washington DC: Author. <https://www.nimh.nih.gov/health/statistics/mental-illness.shtml>
- NIMH (2019p) Post-traumatic stress disorder. <https://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd>
- NIMH (2019s) Frequently asked questions about suicide. <https://www.nimh.nih.gov/health/publications/suicide-faq>
- **NIMH = National Institute of Mental Health of the National Institutes of Health**
- Nishimoto A, Usery J, Winton JC, et al (2017) High-dose parenteral thiamine in treatment of Wernicke's encephalopathy: case series and review of the literature. *In Vivo*, 31(1):121-4.
- Niu JF, Zhao XF, Hu HT, et al (2019 Feb) Should acupuncture, biofeedback, massage, Qi gong, relaxation therapy, device-guided breathing, yoga and tai chi be used to reduce blood pressure? Recommendations based on high-quality systematic reviews. *Complementary Therapies Medicine*, 42(322-331).
- Nixon LS (n.d.a) Herbie of the week: Adam (he's lost 135 lbs & in the best shape of his life). *Happy Herbivore*. Retrieved May 8, 2022 from <https://happyherbivore.com/2015/08/how-adam-high-blood-pressure-dieting-weight-loss/>
- Nixon LS (n.d.t) Herbie of the week: Tara (she no longer suffers from GI issues or depression + 45lbs gone!) *Happy Herbivore*. Retrieved May 8, 2022 from <https://happyherbivore.com/2014/11/how-tara-depression-pms-gi-issues-cholesterol/>
- Noggle J (2012 Apr) Compared to Regular PE Classes, Yoga Improves Mood and Reduces Tension. *Journal of Developmental & Behavioral Pediatrics*. <https://wolterskluwer.com/company/newsroom/news/health/2012/04/yoga-shows-psychological-benefits-for-high-school-students.html>
- Noguchi T, Nakagawa-Senda H, Tamai Y, et al (2020) Association between second-hand smoke exposure and depressive symptoms among Japanese adults: a cross-sectional study. *Journal of Epidemiology*, 30(12):566-73.
- Noonan AS, Velasco-Mondragon HE, Wagner FA (2016) Improving the health of African Americans in the USA: an overdue opportunity for social justice. *Public Health Review*, 37:12.
- Norman H, Butrum R, Feldman E, et al (2003) the role of dietary supplements during cancer therapy. *The Journal of Nutrition*, 133(11).

- Norris T, Lampe, D (1994) Healthy communities, healthy people: A challenge of coordination and compassion. *National Civic Review*, 83(3):280-289.
- North (2019 Nov 27) The indigenous people of America – documentary. YouTube video. <https://www.youtube.com/watch?v=L3H32D8UEeU>
- Norwood R, Cruwy T, Chachay VS, et al (2019, Feb) The psychological characteristics of people consuming vegetarian, vegan, paleo, gluten free and weight loss dietary patterns. *Obesity Science Practice*, 5(2):148-58.
- Noto H, Goto A, Tsujimoto T, et al (2013) Low-carbohydrate diets and all-cause mortality: a systematic review and meta-analysis of observational studies. *PLoS ONE*, 8(1).
- NPC [National Prevention Council] (2011) *National Prevention Strategy*, Washington, DC: U.S. Department of Health and Human Services, Office of the Surgeon General.
- NPR (2006) African-Americans and the wellness gap. <https://www.npr.org/templates/story/story.php?storyId=5404531>
- NPR (2013) What's it like to have a psychotic episode? <https://www.npr.org/transcripts/171270996>
- NRCS [Natural Resources Conservation Service of the USDA] (n.d.) Animal feeding operations. Retrieved May 8, 2022 from <https://www.nrcs.usda.gov/wps/portal/nrcs/main/national/plantsanimals/livestock/af/>
- NSTEP (n.d.) What you need to know. Spit tobacco facts. Retrieved May 8, 2022 from <https://www.sdquiltline.com/wp-content/uploads/2017/03/What-you-need-to-know.pdf>
- Nugent SM, Morasco BJ, O-Neil ME, et al (2017) The effects of cannabis among adults with chronic pain and an overview of general harms: a systematic review. *Annals of Internal Medicine*, 167(5):319-31.
- Nunnally JC (1994) *Psychometric Theory*, 3rd ed. New York: McGraw-Hill.
- Nussbaum AM, Wang GS (2013) The pharmacologic and clinical effects of medical cannabis. *Pharmacotherapy*. 33 (2): 195–209.
- Nutrition Data (2018) Self nutrition data: know what you eat. <https://nutritiondata.self.com/>
- Nyblade L, Stockton MA, Giger K, et al (2019) Stigma in health facilities: why it matters and how we change it. *BMC Medical*, 17:25.
- O'Donnell M (1989) Definition of Health Promotion: Part III: Expanding the Definition. *American Journal of Health Promotion*, 3(3):5.
- Odani S, Armour B, Agaku IT (2020) Flavored tobacco product use and its association with indicators of tobacco dependence among US adults, 2014-2015. *Nicotine Tobacco Research*, 22(6):1004-15.
- **ODPHP = U.S. Office of Disease Prevention and Health Promotion**
- ODPDP (2020su) Reduce the suicide rate – MHMD-01. <https://health.gov/healthypeople/objectives-and-data/browse-objectives/mental-health-and-mental-disorders/reduce-suicide-rate-mhmd-01>
- ODPHP (2008a) PA-2.4: Increase the proportion of adults who meet the objectives for aerobic physical activity and for muscle-strengthening activities. Washington, DC: Author.
- ODPHP (2008pa) *Physical Activity Guidelines Advisory Committee Report, 2008*. Washington, DC: Author.
- ODPHP (2017a) About healthy people. <https://www.healthypeople.gov/2020/About-Healthy-People>
- ODPHP (2017d) Data 2020. <https://www.healthypeople.gov/2020/data-search/>
- ODPHP (2018o) Decrease the proportion of adults who are obese. Website defunct.
- ODPHP (2020a) Access to Health Services. <https://www.healthypeople.gov/2020/leading-health-indicators/2020-lhi-topics/Access-to-Health-Services>
- ODPHP (2020am) Increase the proportion of adults who do enough aerobic and muscle-strengthening activity – PA-05. <https://health.gov/healthypeople/objectives-and-data/browse-objectives/physical-activity/increase-proportion-adults-who-do-enough-aerobic-and-muscle-strengthening-activity-pa-05>
- ODPHP (2020f) Healthy People 2030 framework. <https://www.healthypeople.gov/2020/About-Healthy-People/Development-Healthy-People-2030/Framework>
- ODPHP (2020fn) Food and nutrient consumption NWS-17.2. reduce consumption of calories from added sugars. <https://www.healthypeople.gov/2020/topics-objectives/objective/nws-172>
- ODPHP (2020g) Food and nutrient consumption NWS-16. Increase consumption of whole grains. <https://www.healthypeople.gov/2020/topics-objectives/objective/nws-16>
- ODPHP (2020gt) Lesbian, gay, bisexual, and transgender health. <https://www.healthypeople.gov/2020/topics-objectives/topic/lesbian-gay-bisexual-and-transgender-health>
- ODPHP (2020i) Reduce iron deficiency among females aged 12 to 49 years – NWS-17. <https://health.gov/healthypeople/objectives-and-data/browse-objectives/nutrition-and-healthy-eating/reduce-iron-deficiency-females-aged-12-49-years-nws-17>
- ODPHP (2020l) Healthy People 2020 leading health indicators: progress update. Website defunct.
- ODPHP (2020m) Mental health. <https://www.healthypeople.gov/2020/leading-health-indicators/2020-lhi-topics/Mental-Health>
- ODPHP (2020m8) Treatment expansion MHMD-8. <https://www.healthypeople.gov/2020/topics-objectives/objective/mhmd-8>
- ODPHP (2020m9) Treatment expansion MHMD-9.1. <https://www.healthypeople.gov/2020/topics-objectives/objective/mhmd-91>
- ODPHP (2020n) NWS-15 Healthy People 2020 leading health indicators: nutrition, physical activity, obesity. <https://www.healthypeople.gov/2020/leading-health-indicators/2020-lhi-topics/Nutrition-Physical-Activity-and-Obesity/data#NWS-15>
- ODPHP (2020oa) Older adults. <https://www.healthypeople.gov/2020/data-search/Search-the-Data?nid=4987>
- ODPHP (2020p) President's council on sports, nutrition and fitness. <https://health.gov/our-work/nutrition-physical-activity/presidents-council>
- ODPHP (2020pa) PA-2.4 Physical Activity. Washington, DC: Author. <https://www.healthypeople.gov/2020/leading-health-indicators/2020-lhi-topics/Nutrition-Physical-Activity-and-Obesity/data#PA-24>
- ODPHP (2020pt) OA-7.5 Increase the proportion of physical therapists with geriatric certification. https://www.healthypeople.gov/node/4987/data_details
- ODPHP (2020s) Reduce consumption of salt. <https://www.healthypeople.gov/2020/data-search/Search-the-Data#objid=4947>
- ODPHP (2020sa) Substance abuse. <https://www.healthypeople.gov/2020/leading-health-indicators/2020-lhi-topics/Substance-Abuse>
- ODPHP (2020sl) Increase the proportion of adults who get sufficient sleep. <https://www.healthypeople.gov/2020/topics-objectives/objective/sh-4>

- ODPHP (2020t) Tobacco. <https://www.healthypeople.gov/2020/leading-health-indicators/2020-lhi-topics/Tobacco>
- ODPHP (2020v) NWS-15.1 Increase the contribution of total vegetables to the diets of the population. <https://www.healthypeople.gov/2020/topics-objectives/topic/nutrition-and-weight-status/objectives#4939>
- ODPHP (2020w) NWS-8 Increase the proportion of adults who are at a healthy weight. <https://www.healthypeople.gov/2020/topics-objectives/objectives/objectives/nws-8>
- ODPHP (2020e) Increase the proportion of health care visits by adults with obesity that include counseling on weight loss, nutrition or physical activity – NWS-05. <https://health.gov/healthypeople/objectives-and-data/browse-objectives/overweight-and-obesity/increase-proportion-health-care-visits-adults-obesity-include-counseling-weight-loss-nutrition-or-physical-activity-nws-05>
- ODPHP (2022o) Reduce the proportion of adults with obesity – NWS-03. <https://health.gov/healthypeople/objectives-and-data/browse-objectives/overweight-and-obesity/reduce-proportion-adults-obesity-nws-03>
- ODPHP (2022s) Social Determinants of Health. <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-health/interventions-resources>
- ODPHP (2022t) Obesity: technology-supported multicomponent coaching or counseling interventions – to reduce weight. <https://health.gov/healthypeople/tools-action/browse-evidence-based-resources/obesity-technology-supported-multicomponent-coaching-or-counseling-interventions-reduce-weight>
- Office on Women’s Health (2019) Pelvic organ prolapse. <https://www.womenshealth.gov/a-z-topics/pelvic-organ-prolapse>.
- Ogata T, Ideno Y, Akai M, et al (2018) Effects of glucosamine in patients with osteoarthritis of the knee: a systematic review and meta-analysis. *Clinical Rheumatology*, 37(9).
- Ohio State University Student Wellness Center (2019) Nine dimensions of wellness. <https://swc.osu.edu/about-us/nine-dimensions-of-wellness/>
- Olah A, Markovics A, Szabo-Papp J, et al (2016) Differential effectiveness of selected non- psychotropic phytocannabinoids on human sebocyte functions implicates their introduction in dry/seborrheic skin and acne treatment. *Experimental Dermatology*. 25(9):701-7.
- Oldest.org (2021) 10 oldest fast food chains in the world. <https://www.oldest.org/food/fast-food-chains/>
- Oldways Whole Grain Council (2019) What is an ounce equivalent? <https://wholegrainscouncil.org/whole-grains-101/whole-grains-101-orphan-pages-found/what-ounce-equivalent>
- Oliver MD, Baldwin DR, Datta S (2018) Health to wellness: a review of wellness models and transitioning back to health. *The International Journal of Health, Wellness, and Society*, 9(1): 41-56.
- Olsen N (2019 Apr 15) 20 foods rich in selenium. Healthline. <https://www.healthline.com/health/selenium-foods#spinach>
- Olson J, Ameer MA, Goyal A (2021) Vitamin A toxicity. StatPearls [internet]. <https://www.ncbi.nlm.nih.gov/books/NBK532916/>
- Olson KL, Landers JD, Thaxton TT, et al (2019) The pain of weight-related stigma among women who overweight or obesity. *Stigma Health*, 4(3):243-246.
- Omole T, McNeel T, Choi K (2020) Heterogeneity in past-year smoking, current use, and smoking cessation behaviors among light and/or non-daily smokers. *Tobacco Induced Diseases*, 18:74.
- Oncken C, Gonzales D, Nides M, et al (2006) Efficacy and safety of the novel selective nicotinic acetylcholine receptor partial agonist, varenicline, for smoking cessation. *Archives of Internal Medicine*, 166(15):1571-7.
- Ooi SL, Henderson P, Pak SC (2018 Aug) Kava for generalized anxiety disorder: a review of the current evidence. *Journal of Alternative Complementary Medicine*, 24(8):770-80.
- Oprah W (1988) Oprah reveals her new slim figure [video]. <http://www.oprah.com/oprahshow/oprah-reveals-her-slim-body-in-1988-video>
- Oprah W (2005 Oct) Oprah’s top 20 moments. O’ The Oprah Magazine. <https://www.oprah.com/oprahshow/oprahs-top-20-moments>
- Orlich M, Fraser G (2014) Vegetarian diets in the Adventist health study 2: a review of initial published findings. *American Journal of Clinical Nutrition*, 100(1):253S-258S.
- Orsey A (2017 Jan 4) Yoga may help kids with cancer. *Rehabilitation Oncology*. Wolters Kluwer Health. <https://www.eurekalert.org/news-releases/774525>
- Osteld RJ (2017) Definition of a plant-based diet and overview of this special issue. *Journal Geriatric Cardiology*, 14(5):315.
- Overholser W (1943) Physical therapy in psychiatric practice. *JAMA*, 123(1):32-35.
- Oxben T (2015) Antioxidant supplementation on cancer risk and during cancer therapy: an update. *Current Topics Medicinal Chemistry*, 15(2):170-8.
- Özbaşaran M (2012 Sep 20) Excavations reveal daily life 10,000 years ago. Daily News. Anatolia News Agency. <https://www.hurriyetdailynews.com/excavations-reveal-daily-life-of-10000-years-ago-30504>
- Pacei F, Tesone A, Laudi N, et al (2020) The relevance of thiamine evaluation in a practical setting. *Nutrients*, 12(9):2810.
- Pahl KP (1981) Life expectancy in ancient and modern man, *Acta Anthropogenetica*, 5(2):119-28.
- Palace VP, Khaper N, Qin Q, et al (1999) Antioxidant potential of vitamin A and crotenoids and their relevance to heart disease. *Free Radical Biologic Medicine*, 26(5-6):746-61.
- Palchalski C, Romer AL (2000) Taking a spiritual history allows clinicians to understand patients more fully. *Journal of Palliative Medicine*, 3:129-37. {Available in the References in the Textbook Supplement at WellnessSociety.org}
- Palma JA, Urrestarazu E, Iriarte J (2013) Sleep loss as risk factor for neurologic disorders: a review. *Sleep Medicine*, 14, 229–36
- Pan A, Sun Q, Bernstein AM, et al (2012) Red meat consumption and mortality: Results from 2 prospective cohort studies. *Archives of Internal Medicine*. 172:555–563.
- Pan A, Yu D, Demark-Wahnefried W, et al (2009) Meta-analysis of the effects of flaxseed interventions on blood lipids. *American Journal of Clinical Nutrition*, 90(2):288-297.
- Panchal N, Kamal R, Cox C, et al (2021) The implications of COVID-19 for mental health and substance use. Kaiser Family Foundation. <https://www.kff.org/coronavirus-covid-19/issue-brief/the-implications-of-covid-19-for-mental-health-and-substance-use/>
- Pandey K, Thurman M, Johnson SD, et al (2021) Mental health issues during and after COVID-19 vaccine era. *Brain Research Bulletin*, 176:161-73.
- Pandi-Perumal SR, Monti J, Burman D, et al (2020) Clarifying the role of sleep in depression: a narrative review. *Psychiatry Research*, 291: 113239.

- Paolucci EM, Loukov D, Bowdish DM, et al (2018) Exercise reduces depression and inflammation but intensity matters. *Biological Psychology*, 133:79-84.
- Papier K, Tong TY, Appleby PN, et al (2019 Apr) Comparison of Major Protein-Source Foods and Other Food Groups in Meat-Eaters and Non-Meat-Eaters in the EPIC-Oxford Cohort. *Nutrients*. <https://www.ncbi.nlm.nih.gov/pubmed/30979052>
- Park BG, Jung HJ, Cho YW, et al (2013) Potentiation of antioxidative and anti-inflammatory properties of cultured wild ginseng root extract through probiotic fermentation. *Journal of Pharmacy and Pharmacology*, 65(3):457-64.
- Park HL, Lee HS, Shin BC, et al (2012) Traditional medicine in China, Korea, and Japan: a brief introduction and comparison. *Evidence-Based Complementary and Alternative Medicine*, Article ID 429103.
- Park J-Y, Wu L-T (2017, Aug 1) Prevalence, reasons, perceived effects, and correlates of medical marijuana use: A review. *Drug Alcohol Dependence*.
- Park S, Choi J, Lee S, et al (2019 Apr) Designing a Chatbot for a Brief Motivational Interview on Stress Management: Qualitative Case Study. *Journal Medical International Research*. 21(4): e12231.
- Parker HW, Vadeloo MK (2019) Diet quality of vegetarian diets compared with nonvegetarian diets: a systematic review. *Nutrition Review*, 77:144-160.
- Parker K, Salas M, Nwosu V (2010) High fructose corn syrup: production, uses and public health concerns. *Biotechnology and Molecular Biology Reviews*, 5(5).
- Pasold TL, Boateng BA, Portilla MG (2010) The use of a parent support group in the outpatient treatment of children and adolescents with eating disorders. *Eating Disorders*, 18(4):318-32.
- Patel H, Chandra S, Alexander S, et al (2017) Plant-Based Nutrition: An Essential Component of Cardiovascular Disease Prevention and Management. *Current Cardiology Report*, 19(10):104.
- Patten SB, Remillard A, Phillips L, et al (2012 Dec) Effectiveness of contact-based education for reducing mental illness-related stigma in pharmacy students. *BMC Medical Education*, 12:120.
- Patterson JG, Hinton A, Cooper SE, et al (2021) Differences in quit attempts, successful quits, methods, and motivations in a longitudinal cohort of adult tobacco users by sexual orientation. *Nicotine Tobacco Research*, 23(11):1952-7.
- Patterson N, Richter DJ, Gnerre S, et al (2006) Genetic evidence for complex speciation of humans and chimpanzees. *Nature*, 441(7097): 1103-8.
- Paul G (2011 Apr 29) Why do Americans still dislike atheists? *The Washington Post*. https://www.washingtonpost.com/opinions/why-do-americans-still-dislike-atheists/2011/02/18/AFqgnwGF_story.html
- Paultre K, Cade W, Hernandez D, et al (2021) Therapeutic effects of turmeric or curcumin extract on pain and function for individuals with knee osteoarthritis: a systematic review. *BMJ Open Sport and Exercise Medicine*, 7(1):e000935.
- Payne R (2021 Jun 16) Roberta Payne's story of success. <https://justanotherillness.com/roberta-paynes/>
- PBS Eons (2020 Apr 22) The risky paleo diets of our ancestors. *PBS* [YouTube]. <https://www.youtube.com/watch?v=QL5VCs7scBU>
- PCRM (2017 Aug 10) USDA's MyPlate is making Americans sick, says Doctors' group. *News Release*. <https://www.pcrm.org/news/news-releases/usdas-myplate-making-americans-sick-says-doctors-group>
- Federal petition urges USA to ditch dairy, swap protein to legumes
- PCRM (2020) The power plate. <https://p.widencdn.net/ktho8u/Power-Plate-Brochurea>
- PCRM (2021) Physicians Committee for Responsible Medicine. Vegan diets improve liver function. <https://www.pcrm.org/news/health-nutrition/vegan-diets-improve-liver-function>.
- **PCRM = Physicians Committee for Responsible Medicine**
- PCRM (2022) Good nutrition. <https://www.pcrm.org/good-nutrition>
- Pearce S, Cheetham T (2010) Diagnosis and management of vitamin D deficiency. *BMJ*, 340(1).
- Pearlman M, Obert L, Chapin S (2017 Nov) Popular weight loss strategies: a review of four weight loss techniques. *Current Gastroenterology Reports*. 19(12):61.
- Pediaditakis N (2014) The association between major mental disorders and geniuses. *Psychiatric Times*, 31(9):
- Peever J, Fuller PM (2017) The biology of REM sleep. *Current Biology*, 27(22):R1237-48.
- Pellegrini L, Maietti E, Rucci P, et al (2020) Suicide attempts and suicidal ideation in patients with obsessive-compulsive disorder: a systematic review and meta-analysis. *Journal of Affective Disorders*, 276:1-21.
- Pendyala S, Walker J, Holt P (2012) A high-fat diet is associated with endotoxemia that originates from the gut. *Gastroenterology*, 142(5).
- Penninx BW, Pine DS, Holmes EA, et al (2021) Anxiety disorders. *The Lancet*, 397(10277):914-27.
- Pereira MA, O'Reilly E, Augustsson K (2004) Dietary fiber and risk of coronary heart disease: a pooled analysis of cohort studies. *Archives of Internal Medicine*, 164:370-6.
- Perich T, Mitchell PB, Vilus B (2022) Stigma in bipolar disorder: a current review of the literature. *Australian New Zealand Journal of Psychiatry*. Online ahead of print. Doi:10.1177/00048674221080708.
- Pertwee RG (2006) Cannabinoid pharmacology: the first 66 years. *British Journal of Pharmacology*, 147(1):S163-S171.
- Perucca E (2017) Cannabinoids in the Treatment of Epilepsy: Hard Evidence at Last? *Journal of Epilepsy Research*. 7(2):61-76.
- Pescocolido BA, Halpern-Manners A, Luo L, et al (2021) Trends in public stigma of mental illness in the US, 1996-2018. *JAMA Network Open*, 4(12):e2140202.
- Pesta DH, Samuel VT (2014) A high-protein diet for reducing body fat: mechanisms and possible caveats. *Nutrition Metabolism (London)*, 11:53.
- Petrakis D, Margina D, Tsarouhas K, et al (2020) Obesity – a risk factor for increased COVID-19 prevalence, severity and lethality (Review) *Molecular Medicine Reports*, 22(1):9-19.
- Pettersen BJ, Anousheh R, Fan J, et al (2012) Vegetarian diets and blood pressure among white subjects: results from the Adventist Health Study-2 (AHS-2) *Public Health Nutrition*, 15(10):1909-16.
- Pew Research Center (2013 Sep 4) Children living with or being cared for by a grandparent. <https://www.pewresearch.org/social-trends/2013/09/04/children-living-with-or-being-cared-for-by-a-grandparent/>
- Pew Research Center (2022 Feb 2) Americans don't agree on the impact of greater acceptance of trans people on society. https://www.pewresearch.org/fact-tank/2022/02/11/deep-partisan-divide-on-whether-greater-acceptance-of-transgender-people-is-good-for-society/ft_2022-02-03_transgender_01/

- Pfeiffer E (1975) A short portable mental status questionnaire for the assessment of organized brain deficit in elderly patients. *Journal of American Geriatrics Society*, 23: 433-42.
- Pfeiffer PN, Heisler M, Piette J, et al (2011) Efficacy of peer support interventions for depression: a meta-analysis. *General Hospital Psychiatry*, 33(1):29-36.
- Pfizer (2021) Chantix. <https://www.chantix.com/support-for-taking-chantix/faqs#possible-side-effects-of-chantix>
- Pfizer (n.d.) Chantix clinical studies. Retrieved May 8, 2022 from <https://www.pfizermedicalinformation.com/en-us/chantix/clinical-studies#S14.7>
- Phadke CP (2017) Why should physical therapists care about their patients' diets. *Physiotherapy*, 69(2):99-101.
- Phattharasupharerk S, Purepong N, Eksakulkla S, et al (2019 Apr) Effects of Qigong in office workers with non-specific low back pain: a randomized control trial. *Journal Bodywork and Movement Therapy*, (2):375-381.
- Philip PA (2016) *Pelvic Pain and Dysfunction: A Differential Diagnosis Manual*. USA: Thieme.
- Phillips C (2014 Nov 26) Not Just for Christmas: Swiss urged to stop eating cats and dogs *Newsweek*. <https://www.newsweek.com/not-just-christmas-swiss-urged-stop-eating-cats-and-dogs-287378>
- Physicians Committee for Responsible Medicine – refer to PCRM
- Pickrell JP (2003 May 20) Chimps belong on human branch of family tree, study says. *National Geographic*. <https://www.nationalgeographic.com/science/article/chimps-belong-on-human-branch-of-family-tree-study-says>
- Pignataro RM, Gurka M, Jones, et al (2015) Educating physical therapist students in tobacco cessation counseling: feasibility and preliminary outcomes. *Journal Physical Therapy Education*, 29(3): 68-79
- Pignataro RM, Ohtake PJ, Swisher A, et al (2012) The role of physical therapists in smoking cessation: opportunities for improving treatment outcomes. *Physical Therapy*, 92(5): 757-66.
- Pilcher JJ, Huffcutt (1996) Effects of sleep deprivation on performance: a meta-analysis. *Sleep*, 19(4):318-26.
- Pinhatti EDG, Ribeiro RP, Soares MH, et al (2018 Nov) Psychosocial aspects of work and minor psychic disorders in nursing: use of combined models. *Revista Latino-Americana de Enfermagem*, 26: e3068.
- Pittas AG, Jorde R, Kawahara T, et al (2020) Vitamin D supplementation for prevention of type 2 diabetes mellitus: to D or not to D? *Journal of Clinical Endocrinology & Metabolism*, 105(12):3721-33.
- Platel K, Srinivasan K (2016) Bioavailability of micronutrients from plant foods: an update. *Critical Reviews of Food and Science Nutrition*, 56(10):1608-19.
- Pluskal T, Torrens-Spence MP, Fallon TR et al (2019 Aug) The biosynthetic origin of psychoactive kavalactones in kava. *Nature Plants*, 5(8):867-878.
- Pojsupap S, Iliriani K, Sampaio T, et al (2015) Efficacy of high-dose vitamin D in pediatric asthma: a systematic review and meta-analysis. *The Journal of Asthma: Official Journal of the Association for the Care of Asthma*, 52(4).
- Pokorski, Suchozrynska A (2018) Psychobehavioral effects of meditation. *Advanced in Experimental and Medicine Biology*, 1023:85-91.
- Poljsak B, Milisav I (2018) The Role of Antioxidants in Cancer, Friends or Foes? *Current Pharmaceutical Design*, 24(44):5234-44.
- Pollack ML, Bohannon RL, Cooper KH, et al (1976) A comparative analysis of four protocols for maximal treadmill stress testing. *American Heart Journal*, 92(1): 39-46.
- Ponti F, Santoro A, Mercatelli D, et al (2020) Aging and imaging assessment of body composition: from fat to facts. *Frontiers in Endocrinology*, 10:861.
- Popkin BM, Adair LS, Ng SW (2012) Global nutrition transition and the pandemic of obesity in developing countries. *Nutrition Reviews*, 70(1).
- Popova L, Majeed B, Owusu D, et al (2018) Who are smokers who never plan to quit and what do they think about the risks of using tobacco products? *Addictive Behavior*, 87:62-8.
- Popovic Z, Matic R, Bojovic S, et al (2016 Apr 2) Ethnobotany and herbal medicine in modern complementary and alternative medicine: An overview of publications in the field of I&C medicine. *Journal of Ethnopharmacology*. 181:182-191.
- Popovic Z, Matic R, Bojovic S, et al (2016 Jun) Evidences of Herbal Medicine-Derived Natural Products Effects in Inflammatory Lung Diseases. *Mediators of Inflammation*. Article 2348968.
- Porrey M (2021 Oct 15) How to realistically stop a panic attack. *Verywell Health*. <https://www.verywellhealth.com/how-to-stop-a-panic-attack-5202930>
- Potts R, Behrensmeier AK, Faith JT, et al (2018) Environmental dynamics during the onset of the Middle Stone Age in eastern Africa. *Science*, 360(6384):86-90.
- Pounds MH (2019 Jun) Fresh from Florida' CBD hemp products on their way with new law. *South Florida Sun Sentinel*. <https://www.sun-sentinel.com/business/fl-bz-hemp-cbd-new-law-20190626-vgqbkpuiravfxc6gpsvxlspq-story.html>
- Power AG (1999) Linking ecological sustainability and world food needs. *Environment, Development and Sustainability*, 1(3/4).
- Power RA, Steinbert S, Bjornsdottir G, et al (2015 Jul) Polygenic risk scores for schizophrenia and bipolar disorder creativity. *Nature Neuroscience*, 18(7):935-45
- Prabhakar SK, Rajaguru H, Kim SH (2020) Schizophrenia EEG signal classification based on swarm intelligence computing. *Computational Intelligence and Neuroscience*. Article ID 8853835. doi: 10.1155/2020/8853835
- Praderio C (2018 Dec 21) How to quit smoking in 2019, according to experts. *Insider*. <https://www.insider.com/how-to-quit-smoking-for-the-new-year-2018-12>
- Prapavessis H, De Jesus S, Fitzgeorge L, et al (2016) Exercise to enhance smoking cessation: the getting physical on cigarette randomized control trial. *Annals of Behavioral Medicine*, 50(3):358-69.
- Prasad KS, Gregson BA, Hargreaves G, et al (2012) Inversion therapy in patients with pure single level lumbar discogenic disease: a pilot randomized trial. *Disability Rehabilitation*, 34(17):1473-80.
- PRB (2020 Feb 12) US household composition shifts as the population grows older; more young adults live with parents. <https://www.prb.org/resources/u-s-household-composition-shifts-as-the-population-grows-older-more-young-adults-live-with-parents/>
- Preti A, Vrubelevska J, Veroniki AA, et al (2016) Prevalence, impact and treatment of generalized anxiety disorder in bipolar disorder: a systematic review and meta-analysis. *Evidence Based Mental Health*, 19(3):73-81.
- Probst M (2017 May) Physiotherapy and mental health, in T Suzuki (ed) *Clinical Physical Therapy* (pp179-204) London, United Kingdom: InTech Open.

- Prochaska JO, Velicer WF (1997 Sep-Oct) The transtheoretical model of health behavior change. *American Journal of Health Promotion*, 12(1):38-48.
- PROMIS (2016-a) Item Bank v1.0 – Substance use / alcohol: negative expectance. Health Measures. <https://www.healthmeasures.net/search-view-measures>
- Pruthi S, Qin R, Terstreip SA, et al (2012 Jan) A phase III, randomized, placebo-controlled, double-blind trial of flaxseed for the treatment of hot flashes. *Menopause*, 19(1): 48-53.
- Pryce H, et al (2019 Nov) Tinnitus groups: a model of social support and social connectedness from peer interaction. *British Journal of Health Psychology*, 23(4): 913- 930.
- Ptak M, Brodowska A, Cieciewicz S, et al (2017) Quality of life in women with stage 1 stress urinary incontinence after application of conservative treatment – a randomized trial. *International Journal of Environmental Research and Public Health*,14(6): E577.
- Pu H, Jiang X, Wei Z, et al (2017) Repetitive and Prolonged Omega-3 Fatty Acid Treatment after Traumatic Brain Injury Enhances Long-Term Tissue Restoration and Cognitive Recovery. *Cell Transplant*, 26(4):555-69.
- Puchalski C, Romer AL (2000) Taking a spiritual history allows clinicians to understand patients more fully. *Journal of Palliative Medicine*, 3(1) 129-137.
- Puljak L (2019) Can acupuncture help adults suffering from neuropathic pain? – A Cochrane review summary with commentary. *NeuroRehabilitation*, 44: 315-7. <https://content.iospress.com/download/neurorehabilitation/nre189004?id=neurorehabilitation%2Fnr189004>
- Pulvers K, Correa J, Krebs P, et al (2021) JUUL e-cigarette quit attempts and cessation perceptions in college student JUUL e-cigarette users. *American Journal of Health Promotion*, 35(5):624-32.
- Purves D, Augustine GJ, Fitzpatrick D, et al (eds) (2001) *Neuroscience*, 2nd ed. Sunderland, MA: Sinauer Associates.
- Putiri AL, Close JR, Lilly HR, Guillaume N, Sun GC (2017 Aug) Qigong exercises for the management of type 2 diabetes mellitus, *Medicines (Basel)*, 4(3), pii:E59.
- Qasim H, Alarabi A, Alzoubi KH et al (2019) The effects of hookah/waterpipe smoking on general health and the cardiovascular system. *Environmental Health Preventative Medicine*, 24(1):58.
- Qato D, Alexander G, Conti R, et al (2008) Use of prescription and over-the-counter medications and dietary supplements among older adults in the United States. *JAMA*, 300(24).
- Qi-ling Y, Tuan-mao G, Liang L, et al (2015 Feb) Traditional Chinese Medicine for Neck Pain and Low Back Pain: A Systematic Review and Meta-Analysis. *Plos One*. <https://www.ncbi.nlm.nih.gov/pubmed/25710765>
- Qin Z, Wu J, Zhou J, Liu Z (2016 Mar) Systematic review of acupuncture for chronic prostatitis / chronic pelvic pain syndrome. *Medicine*, 95(11).
- Qu H, Guo M, Chai H et al (2018) Effects of Coenzyme Q10 on Statin-Induced Myopathy: An Updated Meta-Analysis of Randomized Controlled Trials. *Journal of the American Heart Association*, 7(19).
- Quagliani D, Felt Gunderson P (2017 Jan-Feb) Closing America’s fiber intake gap. *American Journal of Life Medicine*, 11(1):80-85.
- Qureshi NA, Ali GI, Abushanab TS, et al (2017 May) History of cupping (Hijama): a narrative review of the literature, *Journal of Integrated Medicine*, 15(3):172-9.
- Racette SB, Deusinger SS, Deusinger RH (2003) Obesity: Overview of prevalence, etiology, and treatment. *Physical Therapy*. 83(3):276-285.
- Raganova A, Gazova A, Tomo I, et al (2018) Selenium. *Ceska Slovenski Farmacie*, 67(2):66-77.
- Raghuvveer G, White DA, Hayman LL (2016) Cardiovascular consequences of childhood second hand tobacco smoke exposure. *Circulation*, 134(16):e336-59.
- Rahimi MH, Shab-Bidar S, Mollahosseini M, et al (2017) Branched-chain amino acid supplementation and exercise-induced muscle damage in exercise recovery: A meta-analysis of randomized clinical trials. *Nutrition*, 42:30-36.
- Rai SK, Fung TT, Lu N, et al (2017) The Dietary Approaches to Stop Hypertension (DASH) diet, Western diet, and risk of gout in men: prospective cohort study. *BMJ*, 357.
- Raizada V, Mittal RK (2008 Sep) Pelvic floor anatomy and applied physiology. *Gastroenterology Clinics of North America*, 37(3): 493–vii.
- Rakicevic M (2020 Jan) 31 yoga statistics: the modern world embraces yoga. *Disturbmenot!* <https://disturbmenot.co/yoga-statistics/>
- Ramal E, Champlin A, Bahjri K (2018 Mar) Impact of a plant-based diet and support on mitigating type 2 diabetes mellitus in latinos living in medically underserved areas. *American Journal of Health Promotion*, 32(3):753-762.
- Ramirez E, Adibmoradi B, Bourgeois M (2021) Kratom in America: legal differences across Federal, state, and local jurisdictions. *Mathews Journal of Psychiatry & Mental Health*, 6(1).
- Ramirez-Salazar SA, Herren C, McCartney J (2021) Dietary insights in neurological diseases. *Current Neurological and Neuroscience Reports*, 21(10):55.
- Ranjan A, Ramachandram S, Gupta N, et al (2019) Role of phytochemicals in cancer protection. *International Journal of Molecular Science*, 20(20):4981.
- Raskin NJ, Rogers CR, Witty MC (2008) Client-Centered Therapy. In Raymond J. Corsini and Danny Wedding (Eds), *Current Psychotherapies* (pp 141–186) Belmont, CA: Thomson Higher Education.
- Rauf A, Muhammad I, Butt MS, et al (2018) Resveratrol as an anti-cancer agent: a review. *Critical Reviews in Food Science and Nutrition*, 58(9):1428-47.
- Raut AA, Bagde ST (2014) Inversion therapy & zero gravity concept: for all back pain problems. *Journal of Mechanical and Civil Engineering*, 5(4):18-22. <https://iosrjournals.org/iosr-jmce/papers/ICAET-2014/me/volume-5/4.pdf> {Aavailable as a pdf file at WellnessSociety.org}
- Raymond BH, Collette-Merrill K, Harrison R, et al (2018) The nicotine content of a sample of e-cigarette liquid manufactured in the United States. *Journal of Addiction Medicine*, 12(2):127-31.
- Rea BL, Hopp Marshak H, Neish C, et al (2004) The role of health promotion in physical therapy in California, New York, and Tennessee. *Physical Therapy*, 84(6):510-23.
- Read JP, Brown RA (2003) The role of exercise in alcoholism treatment and recovery. *Professional Psychology: Research and Practice*, 34(1):49-56.

- Recollections and reminiscences from former reconstruction aides (1976 Jan) *Physical Therapy*, 56(1): 22–40. <https://doi.org/10.1093/ptj/56.1.22>
- Rehfeld K, Lüders A, Hökelmann A, et al (2018) Dance training is superior to repetitive physical exercise in inducing brain plasticity in the elderly. *PLoS One*, 13(7).
- Reid IR (2014) Should we prescribe calcium supplements for osteoporosis prevention? *Journal of Bone Metabolism*, 21(1):21-8. [doi:10.11005/jbm.2014.21.1.21](https://doi.org/10.11005/jbm.2014.21.1.21)
- Reis, RB, Ribeiro, GS, Felzemburgh, et al (2008) Impact of environment and social gradient on *Leptospira* infection in urban slums. *PLoS neglected tropical diseases*, 2(4):e228.
- Remafedi G, French S, Story M, et al. The relationship between suicide risk and sexual orientation: results of a population-based study. *American Journal of Public Health*, 88(1):57-60.
- Ren Q, Yu X, Liao F, Chen X, Yan D (2018) Effects of gua sha therapy on perimenopausal syndrome: a systematic review and meta-analysis of randomized controlled trials. *Complementary Therapy Clinical Practice*, 31:268.277.
- Rendant D, Pach D, Lütke R (2011) Qigong versus exercise versus no therapy for patients with chronic neck pain: a randomized controlled trial. *Spine*, 36(6):419–427.
- Reneau J, Obi B, Moosreiner A, et al (2019 Jul) Do we need race-specific resting metabolic rate prediction equations? *Nutrition & Diabetes*, 9(21):e.
- Rethorst C (2013 May) Exercise for patients with major depression— what kind, how intense, how often? *Journal of Psychiatric Practice*. *Walters Kluwer*. <https://ods.od.nih.gov/factsheets/Iron-HealthProfessional/>
- Ribeiro JD, Huang X, Fox KR et al (2018) Depression and hopelessness as risk factors for suicide ideation, attempts and death: meta-analysis of longitudinal studies, *British Journal of Psychiatry*, 212(5):279-86.
- Rice VH, Heath L, Livingston-Banks J, et al (2017) Nursing interventions for smoking cessation. *Cochrane Database Systematic Review*, 12(12):CD001188.
- Rice WR, Fribert U, Gavrilets S (2012) Homosexuality as a consequence of epigenetically canalized sexual development. *Quarterly Reviews in Biology*. 87(4):343-68.
- Richardson JK (1999 Oct) President's perspective: Thought's from APTA's president: Health, balance, and the future. *PT Magazine*. http://www.apta.org/pt_magazine/oct99/president.html
- Ries E (2003) In sickness and in wellness. *PT Magazine*, 11(9):44-50.
- Ries E (2018c) Community health promotion: reaching beyond the clinic. *APTA Magazine*. <https://www.apta.org/apta-and-you/councils/council-on-prevention-health-promotion-and-wellness> [APTA membership required]
- Ries E (2018s) Promoting sleep, not a leap. *PT in Motion*.
- Rihmer Z, Gonda X, Rihmer A (2006) Creativity and mental illness. *Psychiatry Hungary*, 21(4):288-94.
- Riley Children's Health (2015, Feb 23) Evolution of USDA Food Guides to Today's MyPlate. <https://www.rileychildrens.org/connections/evolution-of-usda-food-guides-to-todays-myplate>
- Rizos E, Nizani E, Bika E, et al (2012) Association Between Omega-3 Fatty Acid Supplementation and Risk of Major Cardiovascular Disease Events. *JAMA*, 308(10).
- Roberts V, Maddison R, Simpson C, et al (2012) The acute effects of exercise on cigarette cravings, withdrawal symptoms, affect, and smoking behavior: systematic review update and meta-analysis. *Psychopharmacology*, 222(1):1-15.
- Robinson JD, Li L, Chen M, et al (2019) Evaluating the temporal relationships between withdrawal symptoms and smoking relapse. *Psychological Addictive Behavior*, 33(2):105-116.
- Robot Hugs (2013) Helpful advice. <https://www.robot-hugs.com/comic/helpful-advice/>
- Roganovic J (2020) Downregulation of microRNA-146a in diabetes, obesity, and hypertension may contribute to severe COVID-19. *Medical Hypotheses*. 146:11044.
- Rogers C, Larkey LK, Keller C (2009) A review of clinical trials of tai chi and qigong in older adults. *Western Journal of Nursing Research*, 31(2):245–279.
- Rogers CR (1957) The necessary and sufficient conditions of therapeutic personality change. *Journal of Consulting Psychology*, 21(2):95-103.
- Rogers CR (1980) *Way of Being*. Boston: Houghton Mifflin.
- Rohrer D, Pashler H (2012) Learning styles: where's the evidence? *Medical Education*, 46(7):634-5.
- Romain AJ, Bortolon C, Gourlan M, et al (2018) Matched or nonmatched interventions based on the transtheoretical model to promote physical activity: a meta-analysis of randomized controlled trials. *Journal of Sports Health Science*, 7(1): 50–57.
- Root M (2015) China Project History, Parts 1, 2, and 3. <https://nutritionstudies.org/china-project-history-part-1-a-personal-story/>
- Rose D, Thornicroft G, Pinfold V, et al (2007) 250 labels used to stigmatize people with mental illness. *BMC Health Services Research*, 7:97.
- Rose G (2001) Sick individuals and sick populations. *International Journal of Epidemiology*. 30:427– 432.
- Rosner MH (2019) Exercise-associated hyponatremia. *Transactions of the American Clinical Climatological Association*, 130:76-87.
- Rosoff DB, Davey SG, Mehta N, et al (2020) Evaluating the relationship between alcohol consumption, tobacco use, and cardiovascular disease: a multivariable Mendelian randomization study. *PLoS Medicine*, 17:e10003410.
- Roti E, Uberti ED (2001) Iodine excess and hyperthyroidism. *Thyroid*, 11(5):493-500.
- Rowe D, Ng YC, O'Keefe LO, et al (2017) Providers' attitudes and knowledge of lesbian, gay, bisexual, and transgender health. *Federal Practitioner*, 34(11):28-34.
- Rowles JL, Erdman JW (2020) Carotenoids and their role in cancer prevention. *Biochim Biophys Acta Mol Cell Bio Lipids*, 1865(11):158613.
- Rozenfeld E, Kalichman L (2016) New is the well-forgotten old: The use of dry cupping in musculoskeletal medicine. *Journal Bodywork Movement Therapy*, 20:173-178.
- Rungreangkulkij S, Wongtakee W (2008) The psychological impact of Buddhist counseling for patients suffering from symptoms of anxiety. *Archives of Psychiatric Nursing*, 22(3):127-34.
- Rupp R (2014 Jul 3) When vegetarianism went mainstream. *National Geographic*. <https://www.nationalgeographic.com/culture/article/herbivores-carnivores-and-graham-crackers>

- Rusch N, Angermeyer MC, Corrigan PW (2005) Mental illness stigma: concepts, consequences, and initiatives to reduce stigma. *European Psychiatry*, 20:529-39.
- Russell PJ (1972) Transcendental meditation. *Lancet*, 1(7760):1125.
- Russo M, Calabro RS, Naro A, et al (2015 Jan 29) Sativex in the management of multiple sclerosis- related spasticity: role of the corticospinal modulation. *Neural Plasticity*. <https://www.ncbi.nlm.nih.gov/pubmed/25699191>
- Ryan RM, Deci EL (2000 Jan) Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being. *American Psychologist*, 55(1):68-78.
- Sabin JA, Riskind RC, Nosek BA (2015 Sep) Health care providers' implicit and explicit attitudes towards lesbian women and gay men. *American Journal of Public Health*, 105(9):1831-41
- Sabouri-Rad S, Sabouri-Rad S, Sahebkar A, et al (2017) Ginseng in Dermatology: A Review. *Current Pharmaceutical Design*. 23(11):1649-66.
- Sachs J, McGlade E, Yurgelun-Todd D (205 October) Safety and toxicology of cannabinoids. *Neurotherapeutics*. 12(4):735-46.
- Sacks FM, Castelli WP, Donner A, et al (1975) Plasma lipids and lipoproteins in vegetarians and controls. *The New England Journal of Medicine*, 292:1148-51.
- Saeed SA, Antonacci DJ, Bloch RM (2010) Exercise, yoga, and meditation for depressive and anxiety disorders. *American Family Physician*. 81(8):981-986.
- Saeed SA, Cunningham K, Bloch RM (2019) Depression and anxiety disorders: benefits of exercise, yoga, and meditation. *American Family Physician*, 99(10):620-7.
- Saelly CH, Geiger K, Drexel H (2012) Brown versus white adipose tissue: a mini-review. *Gerontology*, 58(1):15-23.
- Sagner M, McNeil A, Puska P, et al (2019) Tai chi reduces the number of falls. *Nederlands Tijdschrift voor Geneeskunde*, 15:163.
- Saha FJ, Brummer G, Lauche R, et al (2018) Gua sha therapy for chronic low back pain: a randomized controlled trial. *Complementary Therapy Clinical Practice*, 34:64-69.
- Saha FJ, Schumann S, Cramer H, et al (2017) the effects of cupping massage in patients with chronic neck pain - a randomized controlled trial. *Complementary Medical Research*, 24(1): 26-32.
- Saks E (n.d.) Elyn Saks USC Gould School of Law. Retrieved May 8, 2022 from <https://weblaw.usc.edu/faculty/?id=300>
- Sally E, dos Anjos LA, Wahrlich V (2013) Basal metabolism during pregnancy: a systemic review. *Ciência & Saúde Coletiva Journal (Brazil)*, 18(2):413-30.
- Salter (2018) The effects of meat consumption on global health. *Revue Scientifique et Technique (International Office of Epizootics)*, 37(1):47-55.
- Salvadorre G, Quiroz JA, Machado-Vieira R, et al (2010) The neurobiology of the switch process in bipolar: a review. *Journal of Clinical Psychiatry*, 71(11):1488-501.
- SAMHSA (1999) Treatment Improvement Protocols: Enhancing Motivation for Change in Substance Abuse Treatment. Chapter 3 – Motivational Interviewing as a Counseling Style. Rockville, MD: Author. [ncbi.nlm.nih.gov/books/NBK64943/](https://www.ncbi.nlm.nih.gov/books/NBK64943/)
- SAMHSA (2015) Brief Interventions and Brief Therapies. Chapter 1: Introduction to Brief Interventions and Therapies. Treatment Improvement Protocol (TIP) Series, No. 34. Rockville, MD: Substance Abuse and Mental Health Services Administration.
- SAMHSA (2020d) 2019 National Survey on Drug Use and Health (NSDUH) Releases. <https://www.samhsa.gov/data/release/2019-national-survey-drug-use-and-health-nsduh-releases>
- SAMHSA (2020m) Mental health and substance use disorders. <https://www.samhsa.gov/find-help/disorders>
- **SAMHSA = Substance Abuse and Mental Health Services Administration of the U.S. Department of Health and Human Services**
- Samson DR, Nunn CL (2015) Sleep intensity and the evolution of human cognition. *Evolutionary Anthropology*, 24(6):225-37.
- Sanchez-Infante J, Navarro-Santana M, Bravo-Sanchez A (2021) Is dry needling applied by physical therapists effective for pain in musculoskeletal conditions? A systematic review and meta-analysis. *Physical Therapy*, 101(3):pzab070.
- Sand-Jecklin K, Reiser V (2018) Use of Seva stress acupuncture to reduce pain, stress and fatigue in patients hospitalized for cancer treatment. *The Hospice and Palliative Nurses Association, Symptom Management Series*: 20(6): 521-528.
- Sanderson M, Rowe A (2019) Kratom. *CMAJ*, 191(40):E1105.
- Sanner T, Grimsrud TK (2015) Nicotine: carcinogenicity and effects on response to cancer treatment – a review. *Frontiers in Oncology*, 5:196.
- Santana FP, Pinheiro NM, Mernak MI, et al (2017) Mechanistic understanding of herbal therapy in inflammatory bowel disease. *Current Pharmacology Design*. 23(34):5173-9.
- Santoa CP, Proenca M, Gouveia T, et al (2021) *Journal physical Activity Health*, 18(2):230-242.
- Sanvictores T, Chauhan S (2021) Vitamin B5 (pantothenic acid) Treasure Island, FL: StatPearls [Internet] <https://pubmed.ncbi.nlm.nih.gov/33085380/>
- Sarafino EP (2016) *Health Psychology Biopsychosocial Interaction*, 9th ed. New York: John Wiley & Sons.
- Saraswat A, Weinand J, Safer JD (2015) Evidence supporting the biologic nature of gender identity. *Endocrinology Practice*, 21(2):199-204.
- Sarris J, Stough C, Bousman C, et al (2013 Oct) Kava in the treatment of generalized anxiety disorder: a double-blind, randomized, placebo-controlled study. *Journal Clinical Psychopharmacology*, 33(5):643-8.
- Satija A, Bhupathiraju SN, Rimm EB, et al (2016) Plant-based dietary patterns and incidence of type 2 diabetes in US men and women: results from three prospective cohort studies. *PLoS Medicine*, 13(6):e1002039.
- Satija A, Bhupathiraju SN, Spiegelman, et al (2017) Healthful and unhealthful plant- based diets and the risk of coronary heart disease in U.S. adults. *Journal of American College Cardiology*, 70(4):411-422.
- Savage PD, Toth MJ, Ades P (2007) A re-examination of the metabolic equivalent concept in individuals with coronary artery disease. *Journal of Cardiopulmonary Rehabilitation and Prevention*, 27(3): 143-8.
- Sax L (2002) How common is intersex? A response to Anne Fausto-Sterling. *Journal of Sex Research*, 39(3):174-8.
- Sayehmiri K, Azami M, Mohammadi Y, et al (2018) The association between selenium and prostate cancer: a systematic review and meta-analysis. *Asian Pacific Journal of Cancer Prevention*, 19(6):1431-7.
- Schimmel J, Dart RC (2020) Kratom (*Mitragyna speciosa*) liver injury: a comprehensive review. *Drugs*, 80(3):263-83 Schwartz CG (1956 Jul-Aug) The stigma of mental illness. *Journal of Rehabilitation Medicine*, 22(4):7-8.

- Schlienger JL, Pradiqnac A (2009) Nutrition approaches to prevent chronic disease. *La Revue de Praticien*. 59(1):61-65.
- Schlosser E (2007) *Fast Food Nation: What the All-American Meal Is ng to the World*. London: Penguin.
- Schmidt J, Rinaldi S, Scalbert A, et al (2016) Plasma concentrations and intakes of amino acids in male meat-eaters, fish-eaters, vegetarians and vegans: a cross-sectional analysis in the EPIC-Oxford cohort. *European Journal of Clinical Nutrition*, 70(3).
- Schoenborn CA, Adams PE (2010) Health behaviors of adults: United States, 2005–2007. *Vital Health Statistics*. 10. (245):1–132.
- Schomerus G, Stolzenburg S, Freitag S, et al (2019) Stigmas as a barrier to recognizing personal mental illness and seeking help: a prospective study among untreated persons with mental illness. *European Archives of Psychiatry Clinical Neuroscience*, 269(4):469-79.
- Schuch FB, Stubbs B (2019 Aug) The role of exercise in preventing and treating depression.
- Schuckit MA (2009) Alcohol-use disorders. *Lancet*. PMID: 19168210.
- Schulz MD, Atay Ç, Heringer J, et al (2014) High-fat-diet-mediated dysbiosis promotes intestinal carcinogenesis independently of obesity. *Nature*, 514(7523).
- Schuring, M, Burdorf, L, Kunst, A, et al (2007) The effects of ill health on entering and maintaining paid employment: evidence in European countries. *Journal of Epidemiology & Community Health*, 61(7):597-604.
- Schwartz J, Fadahunsi O, Hingorani R, et al (2016) Use of varenicline in smokeless tobacco cessation: a systematic review and meta-analysis. *Nicotine Tobacco Research*. (1):10-6.
- Schwingshackl L, Hoffmann G (2015) Adherence to Mediterranean diet and risk of cancer: an updated systematic review and meta-analysis of observational studies. *Cancer Medicine*, 4(12).
- Scott FI (2020 Apr) Marijuana use in inflammatory bowel disease: understanding the prevalence and the potential pitfalls. *Crohns and Colitis* 360, 2(20): otaa016.
- Scott KA, Dalgleish AG, Liu WM (2014) The combination of cannabidiol and Δ^9 -tetrahydrocannabinol enhances the anticancer effects of radiation in an orthotopic murine glioma model. *Molecular Cancer Therapy*, 13(12):2955-2967.
- SCS [Seven Countries Study Website] (n.d.-USA) Seven countries study – USA. Retrieved May 8, 2022 from <https://www.sevencountriesstudy.com/about-the-study/countries/countries-usa/>
- SCS [Seven Countries Study Website] (n.d.) Seven countries study – survey findings. Retrieved May 8, 2022 from <https://www.sevencountriesstudy.com/study-findings/>
- Seiler-Ramadas R, Sander I, Haider S, et al (2021) Health effects of electronic cigarette (e-cigarette) use on organ systems and its implications for public health. *Wiener Klinische Wochenschrift*, 133(19-20):1020-27.
- Seingsukon C, Aldughmi M, Stevens S (2017) Sleep health promotion: practical information for physical therapists. *Physical Therapy*, 97(8).
- Sentell, T, Zhang, W, Davis, J, et al (2014) The influence of community and individual health literacy on self-reported health status. *Journal of General Internal Medicine*, 29(2):298-304.
- Seo SK, Hong Y, Yun BH, et al (2014) Antioxidative effects of Korean red ginseng in postmenopausal women: a double-blind randomized controlled trial. *Journal of Ethnopharmacology*. 154(3):753-7.
- Seoyoun K, Lee SH, Kim MR, et al (2018) Is cupping therapy effective in patients with neck pain? A systematic review and meta-analysis. *BMJ Open*, 5(8): e021070.
- Seppa N (2015) The beneficial bean: coffee reveals itself as an unlikely health elixir. *Science News*, 188(7).
- Serfass RC, Gerberich SG (1984) Exercise for optimal health: strategies and motivational considerations. *Preventative Medicine*, 13(1):79-99.
- Sergi G, de Rui M, Stubbs B, et al (2017) Measurement of lean body mass using bioelectrical impedance analysis: a consideration of the pros and cons. *Aging Clinical Experimental Research*, 29(4):591-7.
- Seron P, Oliveros M, Gutierrez-Arias R, et al (2021) Effectiveness of telerehabilitation in physical therapy: a rapid overview. *Physical Therapy*, 101(6):pzab053.
- Serra-Majem L, Ribas L, García A, et al (2003) Nutrient adequacy and Mediterranean Diet in Spanish school children and adolescents. *European Journal of Clinical Nutrition*, 57(S1).
- Setchell J, Watson BM, Gard M, et al (2016) Physical Therapists' Ways of Talking About Overweight and Obesity: Clinical Implications. *Physical Therapy*, 96(6): 865-75.
- Sethi R, Hoang N, Ravishankar DA, et al (2020) Kratom (*Mitragyna speciosa*): friend or foe? *Primary Care Companion CNS Disorders*, 22(1):19nr02507.
- Shah K, Villareal D (2017) In: Fillit HM, Rockwood K, Young J, eds. *Brocklehurst's Textbook of Geriatric Medicine and Gerontology*. 8th edition. Philadelphia, PA: Elsevier, Chapter 80.
- Shahnaz A, Khan KM, Sheikh MA, et al (2003) Effect of peeling and cooking on nutrients in vegetables. *Pakistan Journal of Nutrition*, 2(3): 189-191.
- Shaik AR, Shemjaz AM (2014) The rise of physical therapy: a history in footsteps. *Archives Medical Health Science*. 2:257-60
- Shams-White MM, Chung M, Fu Z, et al (2018) Animal versus plant protein and adult bone health: a systematic review and meta-analysis from the National Osteoporosis Foundation. *PLoS One*, 13(2):e0192459.
- Shannon S, Lewis N, Lee H, et al (2019) Cannabidiol [CBD] in anxiety and sleep: a large case series. *Permanente Journal*, 23:18-41.
- Shannonhouse, L, Myers, J, Barden, S, et al (2014) Finding your new normal: outcomes of a wellness-oriented psychoeducational support group for cancer survivors. *The Journal for Specialists in Group Work*, 39(1). 3-28.
- Sharma P, McClees SF, Afaq F (2017) Pomegranate for Prevention and Treatment of Cancer: An Update. *Molecules*, 22(1):177.
- Sharma S (2015 Oct-Dec) Current status of herbal product: regulatory overview. *Journal of Pharmacology Bioallied Science*, 7(4):293-6.
- Sharma V, Bergink V, Berk M, et al (2019) Childbirth and prevention of bipolar disorder: an opportunity for change. *Lancet Psychiatry*, 6(9):786-92.
- Sharpened (2019) 10 rules of website design. https://sharpened.com/web_design_rules
- Shehab D, Al-Jarallah K, Abdella N, et al (2015) Prospective evaluation of the effect of short-term oral vitamin d supplementation on peripheral neuropathy in type 2 diabetes mellitus. *Medical Principles and Practice*, 24(3).
- Sher L (2020) The impact of the COVID-19 pandemic on suicide rates. *QJM: An International Journal of Medicine*, 1-6.

- Shihadeh A, Salman R, Jaroudi E, et al (2012) Does switching to a tobacco-free waterpipe product reduce toxicant intake? A crossover study comparing CO, NO, PAH, volatile aldehydes, tar and nicotine yields. *Food Chemical Toxicology*, 50(5):1494-8.
- Shires DA, Jaffee K (2015) Factors associated with health care discrimination experiences among a national sample of female-to-male transgender individuals. *Health Social Work*, 40(2):134-41.
- Shishtar E, Sievenpiper JL, Djedovic V, et al (2014 Sep) The effect of ginseng (the genus panax) on glycemic control: a systematic review and meta-analysis of randomized controlled clinical trials. *PLoS One*. <https://www.ncbi.nlm.nih.gov/pubmed/25265315>
- Shuster N, Nelson DL, Quisling C (1984) Burnout among physical therapists. *Physical Therapy*, 64(3):299-303.
- Siddiqi K, Dogar O, Rashid R, et al (2016) Behavior change intervention for smokeless tobacco cessation: its development, feasibility and fidelity testing in Pakistan and in the UK. *BMC Public Health*, 16:501.
- Sierra Club (2019) What is a green new deal? <https://www.sierraclub.org/trade/what-green-new-deal>
- Sierra Club (2021) Why are CAFOs bad? <https://www.sierraclub.org/michigan/why-are-cafos-bad#pollutants>
- Siervo M, Lara J, Chowdhury S, et al (2014) Effects of the dietary approach to stop hypertension (DASH) diet on cardiovascular risk factors: a systematic review and meta-analysis. *British Journal of Nutrition*, 113(1).
- Sies H, Stahl W, Sundquist AR (1992) Antioxidant functions of vitamins. Vitamins E and C, beta-carotene, and other carotenoids. *Annals of the New York Academy of Sciences*, 669:7-20.
- Silve MLD, Miyamoto GC, Franco KFM, et al (2019 May) Different weekly frequencies of Pilates did not accelerate pain improvement in patients with chronic low back pain. *Brazilian Journal of Physical Therapy*, 10.1016.
- Silvestro S, Mammana S, Cavalli E, et al (2019) Use of cannabidiol [CBD] in the treatment of epilepsy: efficacy and security in clinical trials. *Molecules*, 24(8): 1459.
- Simental-Mendia M, Sanchez-Garcia A, Vilchez-Cavaz F, et al (2018) Effective of glucosamine and chondroitin sulfate in symptomatic knee osteoarthritis: a systematic review and meta-analysis of randomized placebo-controlled trials. *Rheumatology International*, 38(8):1413-28.
- Simmons G (2010) Legal issues for physical therapists who provide fitness services. *Topics in Geriatric Rehabilitation*, 26(4): 324-34. {Available in the References in the Textbook Supplement at WellnessSociety.org}
- Simon S (2018 Nov 2) How to quit smoking. National Cancer Institute. <https://www.cancer.org/latest-news/how-to-quit-smoking.html>
- Simonnet A, Chetbourn M, Poissy J, et al (2020) High prevalence of obesity in severe acute respiratory syndrome coronavirus-2 (SARS-coV-2) requiring invasive mechanical ventilation. *Obesity*, 28(7):1195-9/
- Simper T, Gilmartin M, Allwood D, et al (2019 Sep) The effects of a sleep/recovery supplement: 'Night Time Recharge' on sleep parameters in young adults. *Nutrition and Health*, 25(4):265-274.
- Sing D, Narayanan S, Muller CP, et al (2018 Nov-Dec) Severity of kratom (*mitragyna speciosa* Korth.) psychological withdrawal symptoms. *Journal Psychoactive Drugs*, 50(5):445-50.
- Singh D, Saadabadi A (2021) *Varenicline*. Treasure Island, FL: StatPearls Publishing [Internet]
- Skuse D, Printziau F, Wolstencroft J (2018) Sex chromosome aneuploidies. *Handbook of Clinical Neurology*, 147:355-376.
- Smeland OB, Bahrami S, Frei O, et al (2020) Genome-wide analysis reveals extensive genetic overlap between schizophrenia, bipolar disorder, and intelligence. *Molecular Psychiatry*, 25(4):844-853.
- Smith CA, Armour M, Lee MS, et al (2018) Acupuncture for depression. *Cochrane Database Systems Review*, (3).
- Smith D, Anderson J, Stanley et al (2105) Childhood IQ and risk of bipolar disorder in adulthood: prospective birth cohort study. *BJPsych Open*, 1:74-80.
- Smith K, Leiras C (2018 Sep) The effectiveness and safety of Kava for treating anxiety symptoms: a systematic review and analysis of randomized clinical trials. *Complementary Therapies Clinical Practice*, 33:107-117.
- Smith L (2003) Musculoskeletal manifestations of diabetes mellitus. *British Journal of Sports Medicine*, 37(1).
- Smith LL, Yan F, Charles M, et al (2017) Exploring the link between substance use and mental health status: what can we learn from the self-medication theory? *Journal of Health Care for the Underserved*, 28(2S):113-131.
- Smith ML, Gotway MB, Alexander LE, et al (2020) Vaping-related lung injury. *Virchows Archives*:1-8.
- Smith SS, Piper ME, Bolt DM, et al (2021) Revision of the Wisconsin smoking withdrawal scale: development of brief and long forms. *Psychological Assessment*, 33(3):255-66.
- Sobiecki JG, Appleby PN, Bradbury KE, et al (2016) High compliance with dietary recommendations in a cohort of meat eaters, fish eaters, vegetarians, and vegans: results from the European prospective investigation into cancer and nutrition-oxford study. *Nutrition Research*, 36:464-477.
- Sofi F, Abbate R, Gensini GF, et al (2010) Accruing evidence on benefits of adherence to the Mediterranean diet on health: an updated systematic review and meta-analysis. *American Journal of Clinical Nutrition*, 92(5):1189-96.
- Soltani S, Shirani F, Chitsazi MJ, et al (2016) The effect of dietary approaches to stop hypertension (DASH) diet on weight and body composition in adults: a systematic review and meta-analysis of randomized controlled clinical trials. *Obesity Reviews*, 17(5).
- Solway J, McBride M, Haq F (2020) Diet and dermatology: the role of a whole-food, plant-based diet in preventing and reversing skin aging – a review. *Journal of Clinical and Aesthetic Dermatology*, 13(5):38-43.
- Sommer C, Gever C, Young P, et al (2018) Polyneuropathies. *Deutsches Arzteblatt International*, 115(6):83-90
- Soneji S, Barrington JL, Wills TA, et al (2017) Association between initial use of e-cigarettes and subsequent cigarette smoking among adolescents and young adults. *JAMA Pediatrics*, 171(8):788-97.
- Song HJ, Seo HJ, Lee H, et al (2015) Effect of self-acupressure for symptom management: a systematic review. *Complementary Therapy Medicine*, 23(1):68-78.
- Song R, Grabowska W, Park M, et al (2017) The impact of tai chi and qigong mind-body exercises on motor and non-motor function and quality of life in Parkinson's disease: a systematic review and meta-analysis. *Parkinsonism Related Disorders*, 41:3-13.
- Sørensen, K, Van den Broucke, S, et al (2012) Health literacy and public health: a systematic review and integration of definitions and models. *BMC Public Health*, 12(1):80.
- Sotos-Prieto M, Bhupathiraju S, Mattei J, et al (2017) Changes in diet quality and total and cause-specific mortality. *New England Journal of Medicine*, 377(13)
- Spaeth AM, Dinges DF, Goel N (2015) Resting metabolic rate varies by race and sleep duration. *Obesity*. 23(12): 2349-56.

- Spahn JM, Reeves RS, Keim KS, et al (2010) State of the evidence regarding behavior change theories and strategies in nutrition counseling to facilitate health and food behavior change. *Journal of the American Dietetic Association*, 110(6).
- Spotlight on wellness and fitness (2000) *Physical Therapy Magazine*, 8(9):112-116.
- Sramek JJ, Murphy MF, Cutler NR, et al (2016) Sex differences in the psychopharmacological treatment of depression. *Dialogues in Clinical Neuroscience*, 18(4):447-57.
- St-Onge M, Schechter A (2014) Sleep disturbances, body fat distribution, food intake and/or energy expenditure: pathophysiological aspects. *Hormone Molecular Biology Clinical Investigation*, 17(1):29-37.
- Stahl JM, Malhotra S (2021) Obesity surgery indications and contraindications. StatPearls. <https://www.ncbi.nlm.nih.gov/books/NBK513285/>
- Stahnisch FW, Verhoef M (2012) The Flexner Report of 1910 and Its Impact on Complementary and Alternative Medicine and Psychiatry in North America in the 20th Century. *Evidenced Based Complementary Alternative Medicine*, 647896.
- Stamos DN (2008) *Evolution and the big questions: sex, race, religion, and other matters*. Malden, MA: Blackwell Publishers.
- Stander J, Grimmer K, Brink Y (2019) Learning styles of physiotherapists: a systemic scoping review. *BMC Medical Education*, 19(1):2.
- Steardo L, de Filippis R, Carbone EA, et al (2019) Sleep disturbance in bipolar: neuroglia and circadian rhythms. *Frontiers in Psychiatry*. <https://doi.org/10.3389/fpsyt.2019.00501>
- Steele NM, French J, Gatherer-Boyles J, et al (2006) Effect of acupuncture by Sea-Bands on nausea and vomiting during pregnancy. *Journal of Obstetric, Gynecologic, & Neonatal Nursing*, 30(1): 61-70.
- Steiner, WA, Ryser, L, Huber, E, et al (2002) Use of the ICF model as a clinical problem-solving tool in physical therapy and rehabilitation medicine. *Physical Therapy*, 82(11):1098-1107.
- Stenkula KG, Erianson-Albertsson C (2011) *American Journal of Physiological Regul Integr Comp Physiol*, 315(2):R284-95.
- Stineman MG, Streim JE (2010) The biopsychological paradigm: a foundational theory for medicine. *PM&R*, 2(11):1035-1045.
- Stineman, MG (2001) A model of health environmental integration. *Topics in Stroke Rehabilitation*, 8(2):34-45.
- Stocchi F, Torti M (2017) Constipation in Parkinson's disease. *International Review of Neurobiology*, 134:811-26.
- Stone J (2019 Nov 22) Best Practices for Rehab Professionals for Gender Affirming Care. *PhysicalTherapy.com*
- Stonerock GL, Hoffman BM, Smith PJ, et al (2015) Exercise as a treatment for anxiety: systematic review and analysis. *Annals of Behavioral Medicine*, 49(4):542-56.
- STPL [St. Tammany Parish Library] (2021) Yoga: a brief history of its origin, philosophy and practices. <https://www.sttammanylibrary.org/blogs/post/yoga-a-brief-history-of-its-origin-philosophy-and-practices/>
- Strath SJ, Kaminsky LA, Ainsworth BE, et al (2013 Nov) Guide to the Assessment of Physical Activity: Clinical and Research Applications: A Scientific Statement from the American Heart Association. *Circulation*, 128(20)2259-79.
- Stratton R, Ek A, Engfer M, et al (2005) Enteral nutritional support in prevention and treatment of pressure ulcers: A systematic review and meta-analysis. *Ageing Research Reviews*, 4(3).
- Strazzullo P, Leclerc C (2014) Sodium. *Advances in Nutrition*, 5(2):188-90.
- Strohecker J (2015) What is wellness? {Available in the References in the Textbook Supplement at [WellnessSociety.org](https://www.wellnesssociety.org)} https://is.muni.cz/el/1451/podzim2015/e031/um/TRAVIS_STROHECKER_What_is_Wellness.pdf
- Stubbs B, Vancampfort D, Rosenbaum S, et al (2017) An examination of the anxiolytic effects of exercise for people with anxiety and stress-related disorders: a meta-analysis. *Psychiatry Research*, 249:102-108.
- Stufbergen AK, Becker H, Blozis S, et al (2003) A randomized clinical trial of a wellness intervention for women with multiple sclerosis. *Archives of Physical Medicine Rehabilitation*, 84:467- 476.
- Stussman BJ (2015) Wellness-related use of common complementary health approaches among adults. *United States National Health Statistical Report*, 85:1-12.
- Subramanian R, Santo JB (2021) Reducing mental illness stigma: what types of images are most effective? *Journal of Visual Communications in Medicine*, 44(2):52-61.
- Substance Abuse and Mental Health Services Administration – refer to SAMHSA
- Sullivan PF, Bulik CM, Carter FA, et al (1996) The significant of a prior history of anorexia in bulimia nervosa. *International Journal of Eating Disorders*, 20(3):253-61.
- Superko HR, Zhao X, Hodis HN, et al (2017) Niacin and heart disease prevention: engraving its tombstone is a mistake. *Journal Clinical Lipidology*, 11(6):1309-17.
- Sutcliffe JT, Wilson LD, de Heer HD, et al (2015) C-reactive protein response to a vegan lifestyle intervention. *Complementary Therapies in Medicine*, 23(1):32-7.
- Sütő G (2021) Undenatured type II collagen in the treatment of osteoarthritis. *Orvosi Hetilap [Hu]*, 162(37):1481-4.
- Swabb DF, Wolff SE, Bao A (2021) Sexual differentiation of the human hypothalamus: relationship to gender identity and sexual orientation. *Handbook Clinical Neurology*, 181:427-43.
- Swaminathan A, Sridhar, S, Sinha S, et al (2012) Nitrites derived from foeniculum vulgare (fennel) seeds promotes vascular functions. *Journal of Food Science*, 77(12).
- Swan N (1997) Women's dependence on smoking affected by something in addition to nicotine. *National Institute on Drug Abuse*. <https://archives.drugabuse.gov/news-events/nida-notes/1997/06/womens-dependence-smoking-affected-by-something-in-addition-to-nicotine>
- Swogger MT, Walsh Z (2018) Kratom use and mental health: a systematic review. *Drug Alcohol Dependency*, 183:134-240.
- Szakacs R (2018) The facets of creativity in the light of bipolar mood alterations. *Ideggyogy Sz (Chinese)*, 71(1):63-71.
- Szlosek PA, Campbell M (2022) Effectiveness of dry cupping as a treatment for plantar fasciitis: a critically appraised topic. *Journal of Sport Rehabilitation*, 10:1-7.
- Tableau (2019) National Health Interview Survey: Percentage of adults aged 18 and over who met 2008 federal physical activity guidelines for aerobic activity through leisure-time aerobic activity: United States, 2006 – 2018. https://public.tableau.com/app/profile/tina.norris/viz/FIGURE7_1/Dashboard7_1
- Taghavi S, Khashyarmansh Z, Moalemzadeh H, et al (2012) Nicotine content of domestic cigarettes, imported cigarettes and pipe tobacco in Iran. *Addictive Health*, 4(1-2):28-35.
- Tahiliani AG, Beinlich CG (1991) Pantothenic acid in health and disease. *Vitamins and Hormones*, 46:165-228.

- Tao Gu, Lei Lin, Yun Jiang, et al (2018) Acupuncture therapy in treating migraine: results of a magnetic resonance spectroscopy imaging study. *Pain Research*, 11: 889–900.
- Tao WW, Jiang H, Tao XM, et al (2016) Effects of acupuncture, Tuina, Tai Chi, Qigong and traditional Chinese medicine five-element music therapy on symptom management of quality of life for cancer patient: a meta-analysis. *Journal Pain Symptom Management*, 51(4):728-47.
- Taylor A, Katomeri M (2007) Walking reduces cue-elicited cigarette cravings and withdrawal symptoms, and delays ad libitum smoking. *Nicotine Tobacco Research*, 9(11):1183-90.
- Taylor AH, Ussher MH, Faulkner G (2007) The acute effects of exercise on cigarette cravings, withdrawal symptoms, affect and smoking behavior: a systematic review. *Addiction*, 102:534-543.
- Taylor B, Cheema A, Soslowsky L (2017) Tendon Pathology in Hypercholesterolemia and Familial Hypercholesterolemia. *Current Rheumatology Reports*, 19(12).
- Taylor L, Gidal B, Blakey G, et al (2019 Oct) A phase 1, randomized, double-blind, placebo- controlled, single ascending dose, multiple dose, and food effect trial of the safety, tolerability and pharmacokinetics of healthy purified cannabidiol in healthy subjects. *CNS Drugs*, 32(11):1053-67.
- Tayyem R, Heath D, Al-Delaimy W, et al (2006) Curcumin content of turmeric and curry powders. *Nutrition and Cancer*, 55(2).
- Teicholz N (2014 Jun 2) How Americans got meat wrong. *The Atlantic*. <https://www.theatlantic.com/health/archive/2014/06/how-americans-used-to-eat/371895/>
- Teixeira PJ, Carraça EV, Marques M, et al (2015) Successful behavior changes in obesity interventions in adults: a systematic review of self-regulation mediators. *BMC Medicine*, 13(1).
- Teut M, Ullmann A, Ortiz M, et al (2018) Pulsatile dry cupping in chronic low back pain – a randomized three-armed controlled clinical trial. *BMC Complementary Alternative Medicine*, 18:115.
- The Vegan Society (2020) Definition of veganism. <https://www.vegansociety.com/go-vegan/definition-veganism>
- Thien F, De Luca S, Woods R, et al (2000) Dietary marine fatty acids (fish oil) for asthma in adults and children. *Cochrane Database of Systematic Reviews*.
- Thind H, Jennings E, Fava JL, et al (2016) Differences between men and women enrolling in smoking cessation programs using yoga as a complementary therapy. *Journal of Yoga and Physical Therapy*. 6(3).
- Thom G, Lean M (2017) Is there an optimal diet for weight management and metabolic health? *Gastroenterology*, 152(7):1739-51.
- Thoma C (2015) Selenium, lycopene and GTC—a case of “chemopromotion.” *Nature Reviews Urology*, 12(6).
- Thomas R, Williams M, Sharma H, et al (2014) A double-blind, placebo-controlled randomised trial evaluating the effect of a polyphenol-rich whole food supplement on PSA progression in men with prostate cancer—the UK NCRN Pomi-T study. *Prostate Cancer and Prostatic Diseases*, 17(2):180-6.
- Thompson A, Huberty J, Eckert R, et al (2020 Feb) Determining physical therapists’ readiness for integrating yoga therapeutics into rehabilitation. *International Journal of Yoga Therapy*, 30.
- Thompson LU, Mason JK, Flaxseed. In: Coates PM, Betz JM, Blackman MR, et al., eds. (2010) *Encyclopedia of Dietary Supplements*, 2nd ed. New York, NY: Informa Healthcare, pp 274- 287.
- Thompson WR (2016) Worldwide survey of fitness trends for 2017. *ACSM's Health & Fitness Journal*, 20(6):8-17.
- Thompson WR (2017) Worldwide survey of fitness trends for 2018: The CREP Edition. *ACSM's Health & Fitness Journal*, 21(6):10-19.
- Thompson WR (2018) Worldwide survey of fitness trends for 2019. *ACSM's Health & Fitness Journal*, 22(6):10-17.
- Thursby E, Juge N (2017) Introduction to the human gut microbiota. *Biochemical Journal*, 474(11): 1823-1836.
- Timmer A, Günther J, Rüdiger G (2008) Pelargonium sidoides extract for acute respiratory tract infections. *Cochrane Database Systems Review*, CD006323.
- Ting R, Dugre N, Allan G, et al (2018 Dec) *Canadian Family Physician*, 64(12):906.
- Tobacco Industry Research Committee (1957) A frank statement to cigarette smokers, 1-2. <https://www.tobaccofreekids.org/assets/factsheets/0268.pdf> {Available in the References in the Textbook Supplement at WellnessSociety.org}
- Tobias DK, Chen M, Manson JE et al (2015) Effect of low-fat diet interventions versus other diet interventions on long-term weight change in adults: a systematic review and meta-analysis. *The Lancet Diabetes & Endocrinology*, 3(12).
- Tod D, Hardy J, Oliver E (2011) Effects of self-talk: a systematic review. *Journal Sports and Exercise Psychology*, 33(5):666-87.
- Today’s health (1954 Apr 17) *JAMA*, 54(16):1353.
- Tomicic A, Galvez C, Quiroz C, et al (2016) Suicide in lesbian, gay, bisexual and trans populations: a systematic review of a decade of research (2004-2014) *Reviews Medicine Chile*, 144(6):723-33.
- Toms GR, Clare L, Nixon J, et al (2015) A systematic narrative review of support groups for people with dementia. *International Psychogeriatrics*, 27(9):1439-65.
- Tondo L, Vazquez G, Baldessarini R (2021) Prevention in suicidal behavior in bipolar disorder. *Bipolar Disorders*, 23(1):14-23.
- Tosun NL, Allen SS, Eberly LE, et al (2018) Association of exercise with smoking-related symptomatology, smoking behavior and impulsivity in men and women. *Drug & Alcohol Dependence*, 192:29-37.
- Towery P, Guffey JS, Doerflin, C et al (2018) Chronic musculoskeletal pain and function improve with a plant-based diet. *Complementary Therapies in Medicine*, 40:64-9.
 - Trailer is available at <https://www.imdb.com/titl/>
- Traverse JH (2019) “BEET IT.” *Circulation Research*, 123(6):635-7.
- Travis JW, Ryan RS (2004) *Wellness Workbook: How to Achieve Enduring Health and Vitality*. Berkeley: Celestial Arts.
- Trifecta (n.d.) Pilates vs yoga, what’s the difference? Retrieved May 8, 2022 from <https://www.youtube.com/watch?v=TWezZ6veC2I>
- Trueman CN (2015 Mar 5) Food and drink in Medieval England. *History Learning Site*. <https://www.historylearningsite.co.uk/medieval-england/food-and-drink-in-medieval-england/>
- Tsiligiani I, van der Molen T (2010) A systematic review of the role of vitamin insufficiencies and supplementation in COPD. *Respiratory Research*, 11(1).
- Tsuei JJ (1978 Jun) Eastern and Western approaches to medicine. *Western Journal Medicine*, 128(6):551-557.

- Tucker Carlson Today (2022 Jan 24) Abolishing sex [guest Kara Dansky]. <https://nation.foxnews.com/watch/830b7f9a1eb4fd201a774433a2b604f4/> [Paid subscription required]
- Tuero C, Valenti V, Rotellar F (2020) Revisiting the Chrelin changes following bariatric and metabolic surgery. *Obesity Surgery*, 30(7):2763-80 (StatPearls) <https://www.ncbi.nlm.nih.gov/books/NBK513285/>
- Turck D, Bresson JL, Burlingame B, et al (2016) Dietary reference values for potassium. *EFSA Journal*, 14(10):e04592.
- Turner JA, Sillett RW, McNicol MW (1981) The inhaling habits of pipe smokers. *British Journal of Diseases of the Chest*, 75(1): 71-6.
- Turner-McGrievy GM, Barnard ND, Scialli AR, et al (2004) Effects of a low-fat vegan diet and a Step II diet on macro- and micronutrient intakes in overweight postmenopausal women. *Nutrition*, 20(9):738-46.
- Turner-McGrievy GM, Davidson CR, Billings DL (2014) Dietary intake, eating behaviors, and quality of life in women with polycystic ovary syndrome who are trying to conceive. *Human Fertility*, 18(1):16-21.
- Turner-McGrievy GM, Davidson CR, Wingard EE, et al (2015) Comparative effectiveness of plant-based diets for weight loss: a randomized controlled trial of five different diets. *Nutrition*, 31(2):350-8.
- Turner-McGrievy GM, Mandes T, Crimarco A (2017) A plant-based diet for overweight and obesity prevention and treatment. *Journal of Geriatric Cardiology*, 14(5):369-74.
- Turolla A, Rossetini G, Viceconti A, et al (2020) Musculoskeletal physical therapy during the COVID-19 pandemic: is telerehabilitation the answer? *Physical Therapy*, 100(8):1260-4.
- Tuso P (2013) Nutritional Update for Physicians: Plant-Based Diets. *The Permanente Journal*, 17(2).
- Tuso PJ, Ismail MH, Hu BP (2013) All in all, the WFPBD prevents and treats chronic diseases such as heart disease, cancer, diabetes, hypertension, and premature death. *The Permanente Journal*, 17(2):61- 6.
- Tverdal A, Bjarteit K (2011) Health consequences of pipe versus cigarette smoking. *Tobacco Control*, 20(2):123-30.
- U.S. Census Bureau – refer to Census Bureau
- U.S. Centers for Disease Control and Prevention – refer to CDC
- U.S. Department of Agriculture – refer to USDA
- **U.S. Department of Agriculture = USDA**
- U.S. Department of Health and Human Services – refer to USDHHA
- U.S. Food and Drug Administration – refer to FDA
- U.S. National Library of Medicine – refer to USNLM
- U.S. Office of Disease Prevention and Health Promotion – refer to ODPHP
- U.S. Panel = U.S. Panel on Micronutrients
- U.S. Panel on Micronutrients (2001) Dietary reference intakes for vitamin A, vitamin K, arsenic, boron, chromium, copper, iodine, iron, manganese, molybdenum, nickel, silicon, vanadium, and zinc. Washington DC: National Academies Press.
- Udo T, Grilo CM (2018) Prevalence and correlates of DSM-5-defined eating disorders in a nationally representative sample of US adults, 84(5):345-54.
- Uebelacker LLA, Brooughton MK (2016) Yoga for depression and anxiety: a review of published and implications for healthcare providers. *Rhode Island Medical Journal*, 99(3):20-2.
- Ugidos-Rodriguez S, Matallana-Gonzalez MC, Sanchez-Mata MC (2018) Lactose malabsorption and intolerance: a review. *Food & Function*, 9(8):4056-68.
- Ulamek-Kozioł M, Czuczwar S, Januszewski S, et al (2019) Ketogenic diet and epilepsy. *Nutrients*, 11(10):2510.
- UMBc Center for History Education (2012) What did people in the 1700s eat. <http://che.umbc.edu/londontown/cookbook/what.html>
- Undavalli VK, Praveen M, H Nami (2018) Prevalence of undiagnosed hypertension: a public challenge. *International Journal of Community Medicine and Public Health*, 5(4).
- Ungar PS, Sponheimer M (2011) The diet of early hominins. *Science*, 334(190): 190-3. {Available in the References in the Textbook Supplement at WellnessSociety.org}
- University System of Georgia (n.d.) A brief history of the internet. Retrieved May 8, 2022 from https://www.usg.edu/galileo/skills/unit07/internet07_02.phtml
- Uribarri J, Woodruff S (2010) Advanced Glycation End Products in Foods and a Practical Guide to Their Reduction in the Diet. *Journal of the American Dietetic Association*, 110(6):911-6.
- USDA (2008) Fruits and vegetables. Website defunct. Substitute website: <https://healthyeating.sfgate.com/usda-fruit-vegetable-recommendations-9339.html>
- USDA (2015f) Food and Nutrition Information Center FNIC. <https://www.nal.usda.gov/fnic>
- USDA (2015p) Choose MyPlate. <https://www.choosemyplate.gov/>
- USDA (2015v) Most common vegetables. Website defunct. Substitute website: <https://healthyeating.sfgate.com/usda-fruit-vegetable-recommendations-9339.html>
- USDA (2020d) 2020-2025 Dietary guidelines for Americans, 9th edition. Washington, D.C.: Author. <https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials>
- USDA (2020d) Scientific report of the 2020 dietary guidelines advisory committee. https://www.dietaryguidelines.gov/sites/default/files/2020-07/ScientificReport_of_the_2020DietaryGuidelinesAdvisoryCommittee_first-print.pdf
- USDA (2020f) FoodData Central. <https://fdc.nal.usda.gov/>
- USDHHS (2000) Treating Tobacco Use and Dependence: Quick Reference Guide for Clinicians. Rockville, MD: Public Health Service.
- USDHHS (2009) Physical Activity. Washington, DC: Author.
- USDHHS (2010) Healthy People 2020. Washington, DC: Author.
- USDHHS (2014) Healthy places, healthy people: a progress review on nutrition and weight status, & physical activity. Washington DC: Author.
- USDHHS (2018) Physical activity guidelines for Americans, 2nd edition. Washington, DC: Author.
- USDHHS (2019) About Healthy People 2020. Washington, DC: Author.

- USDHHS (2020) Access to health care. <https://www.healthypeople.gov/2020/leading-health-indicators/2020-lhi-topics/Access-to-Health-Services>
- **USDHHS = U.S. Department of Health and Human Services**
- USNLM (2019 Aug) Weight loss surgery. <https://medlineplus.gov/weightlossurgery.html>
- **USNLM = U.S. National Library of Medicine**
- Ussher M, Faulkner GE, Angus K, et al (2019) Exercise interventions for smoking cessation. *Cochrane Database Systems Review*. 10:CD002295.
- Vagharseyyedin SA, Salmabadi M, Taghanaki HB (2019) The impact of self-administered acupressure on sleep quality and fatigue among patients with migraine: a randomized controlled trial. *Complementary Therapy Clinical Practice*. PMID: 30600171.
- Vagharseyyedin SA, Zarei B, Esmaceli A, et al (2018) The role of peer support group in subjective well-being of wives of war veterans with post-traumatic stress disorder. *Issues in Mental Health Nursing*, 39(12):998-1103.
- Vakil RM, Chaudhry ZW, Ruschi SD, et al (2017) Commercial programs' online weight-loss claims compared to results from randomized controlled trials. *Obesity*, 25(11):1885-93.
- Van Cauter E, Homback U, Knutson K (2007) Impact of sleep and sleep loss on neuroendocrine and metabolic function. *Hormone Research*, 67 Suppl 1:2-9.
- van der Velden NK (2018) Polycultures v monocultures – the great GROW experiment 2018. *Grow Observatory*. <https://medium.com/grow-observatory-blog/polycultures-v-monocultures-the-great-grow-experiment-2018-5fac8a6a3879>
- van Eeden AE, Hoeken D, Hoek HW (2021) Incidence, prevalence and mortality of anorexia nervosa and bulimia nervosa. *Current Opinions in Psychiatry*, 34(6):515-24.
- Vancamelbeke M, Vermeire Sevenine (2018) The intestinal barrier: a fundamental role in health and disease. *Expert Review Gastroenterology & Hepatology*. 11(9):821-34.
- Vang O, Ahmad N, Baile C et al (2011) What Is New for an Old Molecule? Systematic Review and Recommendations on the Use of Resveratrol. *PLoS ONE*, 6(6).
- Vannice G, Rasmussen H. Position of the academy of nutrition and dietetics: dietary fatty acids for healthy adults (2014) *Journal of the Academy of Nutrition and Dietetics*, 114:136–153.
- Vansant G, van Gaal L, de Leeuw I (1994) Assessment of body composition by skinfold anthropometry and bioelectrical impedance technique: a comparative study. *Journal of Parenteral Enteral Nutrition*, 18(5):427-9.
- Vaquero MP, Sánchez-Muniz FJ, Carbajal A et al (2004) Mineral and vitamin Status in Elderly Persons from Northwest Spain Consuming an Atlantic Variant of the Mediterranean Diet. *Annals of Nutrition and Metabolism*, 48(3).
- Vecchio R, Cavallo C (2019) Increasing healthy food choices through nudges: A systematic review. *Food and Agriculture Organization of the United Nations*. <https://agris.fao.org/agris-search/search.do?recordID=US201900367446>
- Vegan Society (2020) The foundation of ethical veganism. <https://www.vegansociety.com/news/blog/foundations-ethical-veganism>
- Vegan Society (2022) History. <https://www.vegansociety.com/about-us/history>
- Vegetarian Society (2022) History of the Vegetarian Society in the twentieth century. <https://vegsoc.org/about-us/history-of-the-vegetarian-society/>
- VegNews (2021) Leonardo DiCaprio wants to save the plant. He just invested in 2 cell-based meat companies to help do it. <https://vegnews.com/2021/9/leonardo-dicaprio-cell-based-meat>
- Veluswamy SK, Babu AS, Sundar LM (2017) Complementary Role of Herbal Medicine and Exercise in Cardiovascular Disease Prevention and Management: A Review of Evidence. *Current Pharmaceutical Design*. 23(8):1253-1264.
- Venes D (ed) (2009) *Taber's Cyclopedic Medical Dictionary*, Edition 21. USA: FA Davis Company
- Vickers AJ, Cronin AM, Maschino AC, et al (2012) Acupuncture for chronic pain: individual patient data meta-analysis. *Archives Internal Medicine*, 172(19): 1444-53.
- Vickers AJ, Linde K (2014 Mar) Acupuncture for chronic pain. *JAMA*, 311(9):955-6.
- Vicknasingam B, Chooi WT, Rahim AA (2020) Kratom and pain tolerance: a randomized placebo-controlled, double-blind study. *Yale Journal Biological Medicine*, 93(2):229-38.
- Vignieri S (2014 Jul 25) Vanishing fauna. *Science*, 345(6195):392-5.
- Vinceti M, Fillippini T, Del Giovane C, et al (2018) Selenium for preventing cancer. *Chchrene Database of Systematic Reviews*, 9(1):CD005195.
- Vinknes KJ, Elshorbagy AK (2017) The relation of CUN-BAE index and BMI with body fat, cardiovascular events and diabetes during a 6-year follow-up: the Hordaland Health Study. *Clinical Epidemiology*, 9:555-566
- Vinknes KJ, Nurk E, Tell GS, et al (2017) The relation of CUN-BAE index and BMI with body fat, cardiovascular events and diabetes during a 6-year follow-up: the Hordaland Health Study. *Clinical Epidemiology*, 9:555-566.
- Virmani T, Tazan S, Mazzoni P, et al (2016) Motor fluctuations due to interaction between dietary protein and levodopa in Parkinson's disease. *Journal of Clinical Movement Disorders*, 3:8.
- Viswanathan M, Treiman K, Kish-Doto J, et al (2017) Folic acid supplementation for the prevention of neural tube defects: an updated evidence reports and systematic review for the US Preventive Services Task Force. *JAMA*, 317(2).
- Vitiello V, Germani A, Dolcetta EC, et al (2016) The new modern Mediterranean diet Italian Pyramid. *Annali di Igiene: Medicina Preventiva e di Comunità*, 28:179-186.
- Viverito (2021) Nonbinary gender identities - a diverse global history. *Out & Equal Workplace Advocates*. <https://outandequal.org/nonbinary-gender-identities-a-diverse-global-history/> [Available as pdf file at WellnessSociety
- Vogel EE (n.d.) Physical therapists before World War II. U.S. Army Medical Department, Office of Medical History. Retrieved May 8, 2022 from https://history.amedd.army.mil/corps/medical_spec/chapterIII.html
- Vogelstein B (1998 Jun 1) Vogelstein discusses gatekeeper genes, caretaker genes. *Oncology News International*, 7(6).
- von Trott P, Wiedemann AM, Lütke R (2009) Qigong and exercise therapy for elderly patients with chronic neck pain (QIBANE): a randomized controlled study. *Journal of Pain*, 10(5):501–508.
- Vonnegut M (2016 Jun) Recovery and service: on being a physician with mental illness [Personal Narrative] *AMA Journal of Ethics*, 18(6):643-5.
- Vreeker A, Boks MP, Verkooijen A, et al (2015) High educational performance is a distinctive feature of bipolar disorder: a study on cognition in bipolar disorder, schizophrenia patients, relatives and control. *Psychological Medicine*, 46(4):807-818

- Wai EK, Rodriquez S, Dagenais S, et al (2008) Evidence-informed management of chronic low back pain with physical activity, smoking cessation, and weight loss. *Spine Journal*, 8:195-202.
- Waits A, Tang YR, Cheng HM, et al (2018) Acupressure effect on sleep quality: A systematic review and meta-analysis. *Sleep Medicine Review*, 37:24-34.
- Wakefield JR, Bickley S, Sani F (2013) The effects of identification with a support group on the mental health of people with multiple sclerosis. *Journal Psychosomatic Research*, 74(5):420-6.
- Walczyk T, Wick JY (2017) The ketogenic diet: making a comeback. *Consulting Pharmacy*, 32(7): 388-96.
- Waldman R (2015 Jan 12) Acupuncture [Video]. Baltimore, MD: Johns Hopkins Integrative Medicine and Digestive Center. YouTube available at <https://www.youtube.com/watch?v=fb0miieP2Bo>
- Walker RE, Keane CR, Burke JG (2010) Disparities and access to healthy food in the United States: A review of food deserts literature. *Health & Place*, 16(5).
- Wang C (2011) Tai chi and rheumatic diseases. *Rheumatic Diseases Clinics of North America*, 37(1):19–32.
- Wang C, Bannuru R, Ramel J (2010) Tai chi on psychological well-being: systematic review and meta-analysis. *BMC Complementary and Alternative Medicine*, 10:23.
- Wang C, Schmid CH, Hibberd PL (2009) Tai chi is effective in treating knee osteoarthritis: a randomized controlled trial. *Arthritis and Rheumatism*, 61(11):1545–1553.
- Wang C, Schmid CH, Rones R (2010) A randomized trial of tai chi for fibromyalgia. *New England Journal of Medicine*, 363(8):743–754.
- Wang CZ, Anderson S, Du W, et al (2016) Red ginseng and cancer treatment. *Chinese Journal Natural Medicines*. 14(1):7-16.
- Wang D, Hu B, Hu C, Zhu F, et al (2020) Clinical characteristics of 138 hospitalized patients with 2019 Novel Coronavirus – infected Pneumonia in Wuhan, China (2020) *JAMA*, 323(11):1061-9.
- Wang D, Ozen C, Abu-Reidah IM, et al (2018) Vasculoprotective effects of Pomegranate (*Punica granatum L*). *Frontiers in Pharmacology*, 24(9):544.
- Wang F, Lee EK, Wu T, et al (2014) The effects of tai chi on depression, anxiety, and psychological well-being: a systematic review and meta-analysis. *Internal Journal of Behavioral Medicine*, 21(4):605-17.
- Wang L, Fu X, Li X, et al (2018) Exposure to third-hand smoke during pregnancy may increase the risk of postpartum depression in China. *Tobacco Induced Disorders*, 16:17.
- Wang L, Xiong N, Huang J et al (2017) Protein-Restricted Diets for Ameliorating Motor Fluctuations in Parkinson’s Disease. *Frontiers in Aging Neuroscience*, 9.
- Wang RJ, Bhadriraju S, Glantz S (2020) E-cigarette use and adult cigarette smoking cessation: a meta-analysis. *American Journal of Public Health*, 111(2):230-46.
- Wang S, Kain Z, White P (2008) Acupuncture Analgesia: II. Clinical Considerations, *Anesthesia & Analgesia*, 106(2):611-621.
- Wang WL, Chen KH, Pan YC, et al (2020) The effect of yoga on sleep quality and insomnia in women with sleep problems: a systematic review and meta-analysis. *BMC Psychiatry*, 20:195.
- Wang Y, Beydoun MA (2009) Meat consumption is associated with obesity and central obesity among US adults. *International Journal of Obesity* (London), 33(6):621-8.
- Wang Y, Haoda W, Sun ZS (2019) The biological basis of sexual orientation: how hormonal, genetic, and environmental factors influence to whom we are sexually attracted. *Frontiers in Neuroendocrinology*, 55:100798.
- Wang YT, Qi Y, Tang FY, et al (2017) The effect of cupping therapy for low back pain: a meta- analysis based on existing randomized controlled trials. *Journal Back Musculoskeletal Rehabilitation*, 30(6):1187-1195.
- Warburton DER, Nicol CW, Bredin SD (2006) Health benefits of physical exercise: the evidence. *Canadian Medical Association Journal*, 174(6):801-809.
- Ward ZJ, Bleich SN, Cradock AL, et al (2019) Projected U.S. state-level prevalence of adult obesity and severe obesity. *The New England Journal of Medicine*, 381(25):2440-50.
- Warner MJ, Kamran MT (2022) Iron deficiency anemia. *StatPearls*. Treasure Island, FL [Internet]
- Warner ML, Kaufman NC, Grundmann O (2016) The pharmacology and toxicology of kratom: from traditional herb to drug of abuse. *Internal Journal of Legal Medicines*, 130(1):127- 38.
- Watts A (2021) The deep meaning of yin and yang. https://www.youtube.com/watch?v=6gIMVxFen_A&t=2s
- Watzl B (2008) Anti-inflammatory Effects of Plant-based Foods and of their Constituents. *International Journal for vitamin and Nutrition Research*, 78(6).
- Wayne PM, Berkowitz DL, Litrownik DE (2014) What do we really know about the safety of tai chi? A systematic review of adverse event reports in randomized trials. *Archives of Physical Medicine and Rehabilitation*, 95(12):2470–2483.
- Wayne PM, Walsh JN, Taylor-Piliae RE (2014) The impact of tai chi on cognitive performance in older adults: a systematic review and meta-analysis. *Journal of the American Geriatrics Society*. 62(1):25–39.
- WCPT (2012) Wellness. <https://www.wcpt.org/node/48009>
- **WCPT = World Confederation for Physical Therapy**
- Weaver CM, Peacock M (2019) Calcium. *Advances in Nutrition*, 10(3):546-8.
- Weaver MS, Jurgens A, Neumann ML (2021) Actual solidarity through virtual support: a pilot descriptive study of an online support group for bereaved parents. *Journal of Palliative Medicine*, 24(8):1161-6.
- Webster AC, Nagler EV, Morton RL, et al (2017) Chronic kidney disease. *Lancet*, 389(10075):1238-52.
- Webster LR, Webster RM (2005) Predicting aberrant behaviors in opioid-treated patients: preliminary validation of the Opioid Risk Tool. *Pain Medicine*, 6(6):432-42.
- Wegner M, Helmich I, Machado S, et al (2014) Effects of exercise on anxiety and depression disorders: a review of meta-analyses and neurobiological mechanisms. *CNS Neurological Drug Targets*, 13(6):1002-14.
- Weinmann S, Roll S, Schwarzbach C et al (2010) Effects of Ginkgo biloba in dementia: systematic review and meta-analysis. *BMC Geriatrics*, 10(1).
- Weir HK, Thompson TD, Stewart SL, et al (2021) Cancer incidence projections in the United States between 2015 and 2050. *Preventing Chronic Disease*, 18:210006.
- Weir K (2020) What do you believe? *American Psychological Association*, 51(5):52.

- Welegedara AP, Adams LA, Huber T, et al (2018) Site-specific incorporation of selenocysteine by genetic encoding as a photocaged unnatural amino acid. *Bioconjugate Chemistry*, 29(7):2257-64.
- Wellness center for people with disabilities opens (2001 Nov) *PT Magazine*, 9(11):14.
- Wellness Society (2020) Mission statement. <https://wellnesssociety.org/>
- WellPeople (2018) John W. Travis, MD, MPH. <http://www.wellpeople.com/JohnTravis.aspx>
- WellPeople (n.d.) 12 dimensions of wellness [wellness energy system] [dynamic whole person model] Retrieved May 8, 2022 from <http://www.wellpeople.com/WellnessDimensions.aspx?Sc=0>
- Werner AK, Koumans EH, Chatam-Stephens K, et al (2020) Hospitalizations and deaths associated with EVALI. *New England Journal of Medicine*, 382(17):1589-98.
- West R (2017 Aug) Tobacco smoking: health impact, prevalence, correlates and interventions. *Psychological Health*, 32(8): 1018–1036.
- West RK (2019) Neurobiology of dependence and implications on treatment. *International Reviews of Neurobiology* PMID: 31607356.
- West RK, Zajjar L, Leasure JL (2019) Exercise-driven restoration of the alcohol-damaged brain. *International Review of Neurobiology*, 147:219.267.
- Westcott W (2009) ACSM strength training guidelines: Role in body composition and health enhancement. *ACSM's Health & Fitness Journal*. 13(4):14-22.
- Westmoreland P, Krantz M, Mehler PS (2016) Medical complications of anorexia nervosa and bulimia. *The American Journal of Medicine*, 129(1):30-7.
- Wetzels JF, Kiemeny LA, Swinkels DW, et al (2007) Age- and gender-specific reference values of estimated GFR in Caucasians: the Nijmegen biomedical study. *Kidney International*, 72(5):632-7.
- What is scientific medicine? (1932 Aug 4) *The New England Journal of Medicine*, 207:237.
- White CM (2018) Pharmacologic and clinical assessment of kratom. *American Journal of Health Systems Pharmacology*, 75(5):261-267.
- White CM (2019) Pharmacological and clinical assessment of kratom: an update. *American Journal of Health System Pharmacy*, 76(23):1915-25.
- White D (2012) Meat lobbyists angered by “hot dogs cause butt cancer” billboard. *Fake Food Watch Folly, Fun and Fraud in U.S. Industrial Food*. <http://www.fakefoodwatch.com/2012/03/meat-lobbyists-angered-by-hot-dogs.html>
- White LJ, Dressendorfer RH (2004) Exercise and multiple sclerosis. *Sports Medicine*, 34(15):1077- 1001
- Whitekus MJ (2020) Clinical signs associated with blood alcohol concentration (BAC). *Robson Forensic*.
- Whiting PF, Wolff RF, Deshpande S, et al (2015 Jun) Cannabinoids for medical use: a systematic review and meta-analysis. *JAMA*. 313(24):2456-73.
- Whitlatch A, Schick S (2019) Thirdhand smoke at Philip Morris. *Nicotine Tobacco Research*, 2(12):1680-8.
- WHO (1996) Guidelines on basic training and safety in acupuncture. Cervia, Italy. https://apps.who.int/iris/bitstream/handle/10665/66007/WHO_EDM_TRM_99.1.pdf
- WHO (2001) Human energy requirements: report of a joint FAO/WHO/UNU expert consultation: Rome, 17-24 October 2001. {Available in the References in the Textbook Supplement at [WellnessSociety.org](https://wellnesssociety.org/)}
- WHO (2009) Global health risks: mortality and burden of disease attributable to selected major risks. Geneva: World Health Organization. <https://apps.who.int/iris/handle/10665/44203>
- WHO (2012) ICF Core Sets: Manual for Clinical Practice, Creation of an ICF-based Documentation Form. Gottingen, Germany: Hogrefe Verlag.
- WHO (2018) The top 10 causes of death. <https://www.who.int/news-room/fact-sheets/detail/the-top-10-causes-of-death>
- WHO (2019) ICD-10 version: 2019. <https://icd.who.int/browse10/2019/en#/V>
- WHO (2019a) Anorexia nervosa F50.0 <https://icd.who.int/browse10/2014/en#/F50.0>
- WHO (2019b) Bulimia nervosa F50.2 <https://icd.who.int/browse10/2014/en#/F50.2>
- WHO (2019c) Constitution of the World Health Organization. <https://www.who.int/about/who-we-are/constitution>
- WHO (2019d) F50-59 Behavioral syndromes associated with physiological disturbances and physical factors. World Health Organization ICD019 Version:2014. <https://icd.who.int/browse10/2014/en#/F50-F59>
- WHO (2019g) F41.1 Generalized anxiety disorder. World Health Organization ICD019 Version:2014. <https://icd.who.int/browse10/2014/en#/F41.1>
- WHO (2019h) Hypochondriacal disorder. <https://icd.who.int/browse10/2014/en#/F45.2>
- WHO (2019i) International Classification of Health Interventions Draft in Development (ICHI). <https://mitel.dimi.uniud.it/ichi/>
- WHO (2019m) F30-39 Mood affective disorders. World Health Organization ICD019 Version:2014. <https://icd.who.int/browse10/2014/en#/F30-F39>
- WHO (2019n) F40-48 Neurotic stress-related and somatoform disorders. World Health Organization ICD019 Version:2014. <https://icd.who.int/browse10/2014/en#/F40-F48>
- WHO (2019p) F60-69 Disorders of adult personality and behaviour. World Health Organization ICD019 Version:2014. <https://icd.who.int/browse10/2014/en#/F60-F69>
- WHO (2019s) F20 Schizophrenia. World Health Organization ICD019 Version:2014. <https://icd.who.int/browse10/2014/en#/F20-F29>
- WHO (2019t) Traditional, complementary and integrative medicine. <https://www.who.int/traditional-complementary-integrative-medicine/about/en/>
- WHO (2020t) Tobacco: health benefits of smoking cessation. <https://www.who.int/news-room/questions-and-answers/item/tobacco-health-benefits-of-smoking-cessation>
- **WHO = World Health Organization**
- Wilkes S (2008) The use of bupropion SR in cigarette smoking cessation. *International Journal of Chronic Obstructive Pulmonary Disease*, 3(1):45-53.
- Willett WC, Sacks F, Trichopoulos A, et al (1995) Mediterranean diet pyramid: a cultural model for healthy eating. *American Journal of Clinical Nutrition*, 61(6 Suppl): 1402S-1406S.

- Willett WC, Stampfer MJ, Colditz A, et al (1987) Dietary Fat and the Risk of Breast Cancer. *New England Journal of Medicine*, 316(1).
- Wilmot EG, Edwardson CL, Achana FA, et al (2013) Sedentary time in adults and the association with diabetes, cardiovascular disease and death: systematic review and meta-analysis. *Diabetologia*, 56(4): 942-3.
- Wims ME, McIntyre S, York A, et al (2017) The use of yoga by physical therapists in the United States. *International Journal of Yoga Therapy*, 27(1):69-79.
- Winfrey O (2015) My 67-Pound Weight Loss. *The Oprah Magazine*. <https://www.oprah.com/oprahshow/oprahs-top-20-moments>
- Wing RR, Phelan S (2005). Long-term weight loss maintenance. *American Journal of Clinical Nutrition*, 82(1 Suppl):222S-225S.
- Wing RR, Phelan SR (2005) Long-term weight maintenance. *American Journal of Clinical Nutrition*, 82(1 Suppl):225S-2255S.
- Wingfield-Hayes R (2002 Jun 29) China's taste for the exotic. *BBC News*. http://news.bbc.co.uk/2/hi/programmes/from_our_own_correspondent/2074073.stm
- Witmer JM, Sweeney TJ (1992) A holistic model for wellness and prevention over the life span. *Journal of Counseling & Development*, 71(2):140-148.
- Woessner M, VanBruggen MD, Peiper CF, et al (2019) Beet the best? Dietary inorganic nitrate to augment exercise training in lower extremity peripheral vascular disease with intermittent claudication. *Circulation Research*, 123(6):654-9.
- Wojciechowski M (2006) The Future of Physical Therapy Education: APTA's Education Strategic Plan. *PT Magazine*. 14(7).
- Wolf S, Barnhart H, Ellison G (1997) The effect of tai chi quan and computerized balance training on postural stability in older subjects. *Physical Therapy*, 7:371-385.
- Wolfe R, Cifelli AM, Kostas G, Kim I (2017 Mar) Optimizing protein intake in adults: interpretation and application of the recommended dietary allowance compared with the acceptable macronutrient distribution range. *Advanced Nutrition*, 8(2): 266-275.
- Wolff KB, Soncrant C, Mills PD, et al (2017) Flash burns while on home oxygen therapy: tracking trends and identifying areas for improvement, 32(4):445-52.
- Wolters Kluwer (2012 Jul 11) Evidence supports health benefits of mindfulness-based practices. *Science Daily*. www.sciencedaily.com/releases/2012/07/120711104811.htm
- Wood S, Fryer G, Tan LF, et al (2020) Dry cupping for musculoskeletal pain and range of motion: a systematic review and meta-analysis. *Journal of Bodywork Movement Therapy*, 24(4):503-18.
- Woolfe JA (1992) *Sweet Potato: An Untapped Food Resource*. Cambridge, UK: Cambridge University Press.
- Woollorton E (2002) Herbal kava: reports of liver toxicity. *CMAJ*, 166(6).
- World Confederation for Physical Therapy – refer to WCPT
- World Health Organization – refer to WHO
- World Physical Therapy – refer to WPT
- WPT (2017) Policy statement: description of physical therapy. <https://world.physio/policy/ps-descriptionPT>
- **WPT = World Physical Therapy**
- Wright N, Wilson L, Smith M, et al (2017 Mar 20) The BROAD study: A randomised controlled trial using a whole food plant-based diet in the community for obesity, ischaemic heart disease or diabetes. *Nutrition Diabetes*, 7(3):e256.
- Wu H (2018) Grandchildren living in grandparent-headed household. National Center for Family & Marriage Research. <https://www.bgsu.edu/content/dam/BGSU/college-of-arts-and-sciences/NCFMR/documents/FP/wu-grandchildren-living-with-grandparent-hhh-fp-18-01.pdf>
- Wu P, Cheng C, Song X, et al (2020) Acupoint combination effect of Shenmen (HT 7) and Sanyinjiao (SP 6) in treating insomnia: study protocol for a randomized controlled trial. *BMC*, 21(261):1.
- Wu S, Coombs D, Gurunian R (2020) Liposuction: concepts, safety, and techniques in body-contouring surgery. *Cleveland Clinical Journal of Medicine*, 87(6):367-75.
- Wu S, Zhu W, Thompson P, et al (2018) Evaluating intrinsic and non-intrinsic cancer risk factors. *Nature Communications*, 9(3490).
- Xie C, Gu Y, Wang W, et al (2013 Jan) Efficacy and safety of Suanzaoren decoction for primary insomnia: a systematic review of randomized controlled trials. *BMC Complementary Alternative Medicine*, 13(18).
- Xie X, Lu L, Zhou X, et al (2019) Effect of Gua sha therapy on patients with diabetic peripheral neuropathy: a randomized controlled trial. *Complementary Therapy Clinical Practice*, 35:348-352.
- Xie Y, Wu Z, Sun L, et al (2021) The effects and mechanisms of exercise on the treatment of depression. *Frontiers in Psychiatry*, 12:705559.
- Xu F, Huang M, Jin Y, Kong Q, Lei Z, Wei X (2017 Jun 7) Moxibustion treatment for primary osteoporosis: a systematic review of randomized controlled trials. *PLOS ONE*, 12(6) <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0178688>
- Xu Y, Hong S, Zhao X, et al (2018) Acupuncture alleviates rheumatoid arthritis by immune-network modulation. *American Journal of Chinese Medicine*, 46(5):997-1019.
- Xu Y, Hong S, Zhao X, et al (2018) Acupuncture alleviates rheumatoid arthritis by immune-network modulation. *American Journal of Chinese Medicine*, 46(5):997-1019.
- Xu Z, Sundar S, Trivers K, et al (2021) U.S. healthcare spending attributable to cigarette smoking in 2014. *Preventative Medicine*. <https://doi.org/10.1016/j.ypmed.2021.106529>
- Yadav V, Marracci G, Kim E et al (2016) Low-fat, plant-based diet in multiple sclerosis: A randomized controlled trial. *Multiple Sclerosis and Related Disorders*, 9:80-90.
- Yan J-H, Gu W-J, Sun J (2013) Efficacy of tai chi on pain, stiffness and function in patients with osteoarthritis: a meta-analysis. *One*, 8(4):e61672.
- Yang CS, Luo P, Zeng Z, et al (2020) Vitamin E and cancer prevention: studies with different forms of tocopherols and tocotrienols. *Molecular Carcinogens*, 59(4):365-89.
- Yang MH, Lin LC, Wu SC, et al (2015) Comparison of the efficacy of aroma-acupressure and aromatherapy for the treatment of dementia-associated agitation. *BMC Complementary Alternative Medicine*, 15:93.
- Yang Q (2020) Understanding computer-mediated support groups: a revisit using a meta-analytical approach. *Health Community*, 35(2):209-21.
- Yang W, Li B, Dong X, et al (2014) Is heme iron intake associated with risk of coronary heart disease? A meta-analysis of prospective studies. *European Journal of Nutrition*, 53(2).

- Yannakoulia M, Kontogianni M, Scarmeas N (2015) Cognitive health and Mediterranean diet: just diet or lifestyle pattern? *Ageing Research Review*, 20:74-8.
- Yarns BC, Abrams JM, Weeks TW et al (2016) The mental health of older LGBT adults. *Current Psychiatry Report*, 18(6):60.
- Yasutake K, Nakamuta M, Shima Y et al (2009) Nutritional investigation of non-obese patients with non-alcoholic fatty liver disease: The significance of dietary cholesterol. *Scandinavian Journal of Gastroenterology*, 44(4).
- Yates AA, Schlicker SA, Suiitor CW (1998) Dietary reference intakes the new basis for recommendations for calcium and related nutrients, B vitamins, and choline. *Journal of the Academy of Nutrition and Dietetics*, 98(6): 699-706.
- Yaun Q, Guoo T, Liu L, et al (2015) Traditional Chinese medicine for neck pain and low back pain: a systematic review and meta-analysis. *PLoS One*, 10(2):ve0117146.
- Yeates KE, Singer M, Morton AR (2004) Salt and water: a simple approach to hyponatremia. *Cmaj*, 170(3).
- Yeganeh M, Baradaran HR, Qorbani M, et al (2017) The effectiveness of acupuncture, acupressure and chiropractic interventions on treatment of chronic non-specific low back pain in Iran: a systematic review and meta-analysis. *Complementary Therapy Clinical Practice*, 27:11-18.
- Yeh CH, Caswell K, Pandiri S, et al (2020) Dynamic brain activity following auricular point acupressure in chemotherapy-induced neuropathy: a pilot longitudinal functional magnetic resonance imaging study. *Global Advanced Health Medicine*, 9:2164956120906092.
- Yeh GY, McCarthy EP, Wayne PM (2011) Tai chi exercise in patients with chronic heart failure: a randomized clinical trial. *Archives of Internal Medicine*, 171(8):750-757.
- Yildirim H, Aylaz R (2022) The effects of group counseling based on the solution-focused approach on anxiety and healthy lifestyle behaviors in individuals with eating disorders. *Perspectives on Psychiatric Care*, 58(1):180-8.
- Yim J (2016) Therapeutic benefits of laughter in mental health: a theoretical review. *The Tohoku Journal of Experimental Medicine*, 239(3):243-9.
- Yoga (n.d.) Merriam-Webster.com. Retrieved May 8, 2022 from <https://www.merriam-webster.com/dictionary/yoga>
- Yokoyama Y, Levin S, Barnard N (2017) Association between plant-based diets and plasma lipids: a systematic review and meta-analysis. *Nutrition Reviews*, 75(9):683-98.
- Yokoyama Y, Nishimura K, Barnard ND et al (2014) Vegetarian Diets and Blood Pressure. *JAMA Internal Medicine*, 174(4).
- Yolac E, Meric M (2021) Internalized homophobia and depression levels in LGBT individuals. *Perspective Psychiatric Care*, 57(1):304-10.
- Yoo W, Shah DV, Chih M, et al (2020) A smartphone-based support group for alcoholism: effects of giving and receiving emotional support on coping self-efficacy and risky drinking. *Health Informatics Journal*, 26(3):1764-76.
- You T, Murphy KM, Lyles MF, et al (2006) Addition of aerobic exercise to dietary weight loss preferentially reduces abdominal adipocyte size. *Internal Journal of Obesity*, 30(8):1211-6.
- Young VR, Pellett PL (1994) Plant proteins in relation to human protein and amino acid nutrition. *American Journal of Clinical Nutrition*, 59:1203S-1212S.
- Your Daily Vegan (2020) yourdailyvegan.com
- Yu G, Xiang W, Zhang T, et al (2020) Effectiveness of Boswellia and Boswellia extract for osteoarthritis patients: a systematic review and meta-analysis. *BMC Complementary Medicine*, 20:225.
- Yuan QL, Guo TM, Liu L, et al (2015) Traditional Chinese medicine for neck pain and low back pain: a systematic review and meta-analysis. *PLoS One*, 10(2):e011746.
- Yuen JW, Tsang WW, Tse SH, et al (2017) The effects of gua sha on symptom and inflammatory biomarkers associated with chronic low back pain: A randomized active-controlled crossover pilot study in elderly. *Complementary Therapy Medicine*, 32:23-32.
- Yurok Tribe (2021) Our history. The Yurok Tribe. <https://www.yuroktribe.org/our-history>
- Yusuf A, Isa Z, Shah S (2012) Dietary Patterns and Risk of Colorectal Cancer: A Systematic Review of Cohort Studies (2000-2011) *Asian Pacific Journal of Cancer Prevention*, 13(9).
- Zaraska M (2013 Aug 5) Lab-grown beef taste test: "Almost" like a burger . *Washington Post*. https://www.washingtonpost.com/national/health-science/lab-grown-beef-taste-test-almost-like-a-burger/2013/08/05/921a5996-fdf4-11e2-96a8-d3b921c0924a_story.html
- Zaraska M (2016) *Meathooked: The history and science of our 2.5-million-years obsession with meat*. USA: Basic Books.
- Zelber-Sagi S, Nitzan-Kaluski D, Goldsmith R, et al (2007) Long term nutritional intake and the risk for non-alcoholic fatty liver disease (NAFLD): a population based study. *Journal of Hepatology*, 47(5):711-7.
- Zelle A, Arms T (2015) Disparities of lesbian, gay, bisexual, and transgender older adults. *Journal of Psychosocial Nursing and Mental Health*, 53(7):25-30.
- Zeng Y, Xie X, Cheng AS (2019) Qigong or tai chi in cancer care: an updated systematic review and meta-analysis. *Current Oncology Reports*. 21(6).
- Zhai L, Zhang H, Dongfeng Z (2015) Sleep duration and depression among adults: a meta-analysis of prospective studies. *Depression and Anxiety*, 52(9):664-70.
- Zhang WP, Onose Y, Fujikawa T (2017) A trial study of moxibustion with a warming needle on edema. *Journal Acupuncture Meridian Studies*, 10(1):20-25.
- Zhao J, Zeng X, Wang J, et al (2017) Association between calcium or Vitamin D supplementation and fracture incident in community dwelling older adults: a systemic review and meta-analysis. *JAMA*, 318(24):2566-2482.
- Zhao L, Zhang S, He P (2017) The need to advance nutrition education in the training of health care professionals and recommended research to evaluate implementation and effectiveness. *American Journal of Clinical Nutrition*. 99(5):1153S-66S.
- Zhao X, Han Q, Liu Y et al (2016) The relationship between branched-chain amino acid related metabolomic signature and insulin resistance: a systematic review. *Journal of diabetes research*, 2016.
- Zhao XX, Tong BY, Wang XX, et al (2009) Effect of time and pressure factors on the cupping mark color [Chinese] *Zhongguo Zhen Jiu [Chinese Acupuncture & Moxibustion]* 29(5):385-88.
- Zhornitsky S, Potvin S (2012) Cannabidiol in humans – the quest for therapeutic targets. *Pharmaceuticals (Basel)* 5(5):529-52.
- Zhou Q, Wang H, Zhou X, et al (2017) Efficacy and safety of Suanzaoren decoction for chronic insomnia disorder in adults: study protocol for randomised, double-blind, double-dummy, placebo- controlled trial. *British Medical Journal Open*, 7(4):e014280.

- Zhou S, Chan E, Pan S, et al (2004) Pharmacokinetic interactions of drugs with St John's wort. *Journal of Psychopharmacology*, 18(2):262-76.
- Zhou X, Ruan J, Xing B (2014) Analysis on the adverse events of cupping therapy in the application [Chinese]. *Zhongguo Zhen Jiu*, 34(10):1023-5.
- Zhou Y, Jingwei C, Lv Wenshan, et al (2021) Obesity and diabetes as high-risk factors for severe coronavirus disease 2019 (Covid-19). *Diabetes Metabolic Research Review*, 37(2):e3377.
- Zhu XZ, Sang L, Wu D, et al (2018) Effectiveness and safety of glucosamine and chondroitin for the treatment of osteoarthritis: a meta-analysis of randomized controlled trials. *Journal of Orthopedic Surgery Research*, 13:170.
- Zick S, Wright BD, Sen A, et al (2011) Preliminary examination of the efficacy and safety of a standardized chamomile extract for chronic primary insomnia: A randomized placebo-controlled pilot study. *BMC Complementary Alternative Medicine*; 11:78.
- Zieske A, Malcom G, Strong J (2002) Natural history and risk factors of atherosclerosis in children and youth: the pday study. *Pediatric Pathology & Molecular Medicine*, 21(2).
- Zolfagharifard E (2015) Move over Lassie: IQ tests reveal pigs can outsmart dogs and chimpanzees *Daily Mail – Science*. <https://www.dailymail.co.uk/sciencetech/article-3122303/Move-Lassie-IQ-tests-reveal-pigs-outsmart-dogs-chimpanzees.html>
- Zoncu R, Efeyan A, Sabatini D (2010) TOR: from growth signal integration to cancer, diabetes and ageing. *Nature Reviews Molecular Cell Biology*, 12(1).
- Zone Labs (2018) Dr Sears Zone ® 8 basic zone rules. https://cdn2.hubspot.net/hubfs/4011822/Buttons-Offers/5005_8_ZoneRules_download.pdf {Available in the References in the Textbook Supplement at WellnessSociety.org}
- Zone Labs (2019) Dr Sears Zone ® evidence-based wellness. <https://resources.zonediet.com/8basiczonerules?submissionGuid=62cce921-a4f1-43f0-af74-31be6af468f9>
- Zuckerman P (2014 Jun 23) Why Americans hate atheists. *Psychology Today*. <https://www.psychologytoday.com/us/blog/the-secular-life/201406/why-americans-hate-atheists>
- Zwar NA (2020) Smoking cessation. *Australian Journal of General Practice (JGP)*, 49(8):474-481.