REFERENCES

- AAPC [Advancing the Business of Health Care] (2019) US gets ball rolling with on ICD-11. https://www.aapc.com/blog/48275-us-gets-the-ball-rolling-on-icd-11/
- Abasiyanik Z, Yigit P, Ozdogar A, et al (2021) A comparative study of the effects of yoga and clinical Pilates training on walking, cognition, respiratory functions, and quality of life in persons with multiple sclerosis: a auasi-experimental study. Explore *NY), 17(5):424-9.
- 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 [American Cancer Society] (2020 Oct 28) Harmful chemicals in tobacco products. https://www.cancer.org/cancer/cancer-causes/tobacco-and-cancer/carcinogens-found-in-tobacco-products.html
- ACSM [American College of Sport Medicine] (2018) ACSM's Guidelines for Exercise Testing and Prescription, 10th Ed. Baltimore, MD: Lippincott Williams & Wilkins.
- ADA [American Diabetes Association] (n.d.) Recipes and nutrition [diabetes plate]. Retrieved May 8, 2022 from https://www.diabetes.org/healthy-living/recipes-nutrition
- 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 et al (2019). Revised: Nagashima S, Osawa M, Matsuyama H, et al (2018) Bright-light exposure during daytime sleeping affects
 nocturnal melatonin secretion after simulated night work. Chronobiology International, 35(2):229-39.
- 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.
- Adhikari R, Koritala T, Gotur R, et al (2021) EVALI e-cigarette or vaping product use-associated lung injury: a case report. Cureas. 13(2):e13541.
- 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 [American Foundation for Suicide Prevention] (2022) Suicide statistics. https://afsp.org/suicide-statistics/
- 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 [American Holistic Health Association] (2018) What is AHHA? https://ahha.org/what-is-ahha/
- 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 [American Lung Association] (2020 Feb 19) Facts about hookah. https://www.lung.org/quit-smoking/smoking-facts/health-effects/facts-about-hookah
- 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:heeps://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://ptthinktank.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 [American Society for Nutrition] (2011) Protein complementation. https://nutrition.org/protein-complementation/
- 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 metaanalysis. 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.
- Baciu 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, Tessan 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 Nizdorf 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 sue 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/fpsyt.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.
- Bergman BG, Kelly JF, Fava M, et al (2021) Online recovery support meetings can help mitigate the public health consequences of COVID-19 for individuals with substance abuse disorder. Addictive Behaviors, 113:106661.
- 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: Greewood.
- 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. Annuls 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.
- Blakemore E (2021 Oct 19) From LGBT to LGBTQIA+: the evolving recognition of identity. National Geographic. https://www.nationalgeographic.com/history/article/from-lgbt-to-lgbtqia-the-evolving-recognition-of-identity
- Blanc A, Fougea F, Valloatto (Writers) Fougea F, Guiot J (Directors) (2017) First Man [Documentary]
 Discovery Channel. Available with subscription at https://curiositystream.com/video/1819. Trailer is
 available at https://www.imdb.com/titl/
- 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 Obstetricia 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
- Brondani MA, Alan R, Donnelly LR (2017) Stigma of addition and mental illness in healthcare: the case of patients' experiences in dental settings. PLoS ONE, 12(5):e0177388.
- Brown GR (2022) Gender dysphoria. Merck Manual Professional Version. https://www.merckmanuals.com/professional/psychiatric-disorders/gender-dysphoria/gender-dysphoria
- 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
- Buchting 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) Amber lenses to block blue light and improve sleep: a randomized trial. Chronobiology International, 26(8):1602-12.
- 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 fil all. Journal of Applied Physiology. Online: https://doi.org/10.1152/japplphysiol.00023.2004
- Cai H, Jin Y, Liu S, et al (2021) Prevalence of suicidal ideation and planning in patients with major depressive disorder: a metaanalysis 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 (202100) 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.hm
- CDC = Centers for Disease Control and Prevention
- 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.htmlhttps://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/6nFaAAAAMAAJ?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) 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-αB 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.
- 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 metaanalysis. 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 Wisonsin 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, pesco-vegetarian 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.
- Colbert S, Thornton L, Richmond R (2020) Smartphone apps for managing alcohol consumption: a literature review. Addiction Science Clinical Practice, 15(1):17.
- Cole C (2022 Sept) In a powerful testimony, detransitioner Chloe Cole spoke out against 'gender-affirming' health care. YouTube.
 Daily Caller. https://www.youtube.com/watch?v=AL3WoKBCyco
- 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-lowing 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 inNorth 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.
- Dansky K (2021) The Abolition of Sex How The "Transgender" Agenda Harms Women and Girls. USA: Bombardier Books. (Preview of 23 pages available at https://www.google.com/books/edition/The Abolition of Sex/Nf1NEAAAOBAJ?hl=en&gbpv=1&printsec=frontcover
- Darkovska-Serafimovska M, Serafimovska T, Arsova-Sarafinovska 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, Saltos 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 of 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.
- Deloittee 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-ofeating-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.
- Depner CM, Stothard ER, Wright KP (2014) Metabolic consequences of sleep and circadian disorders. Current Diabetes Reports, 14(7):507.

- 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. Husbspot. 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 metaanalysis 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/Docume
- 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 Seep Medicine, 9(11):1195-200.
- Drescher J (2015) Out of DSM: depathologizing homosexuality. Behavioral Sciences, 5(4):565-575.
- Drewnowski A, Specter 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 Proceeding, 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. Pharmacoptherapy, 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, Drobes 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,
- 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, 184:109347.
- 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. Complementary Therapy and Clinical Practice, 24:145-61.
- 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 Libaray, (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, Trogdon 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 quite: 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, Pirotta 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 Information 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, Nieusenhuizen 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 chidden demon. Oral Oncology, 54:e3-e4.
- Garcia-Gomez L, Hernandes-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) Idopathic hypoparathyrodism 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.
- Get the L Out of UK. https://www.gettheloutuk.com/index.html
- 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.
- Giannotti F, Cortesi F, Sebastiani T, et al (2002) Circadian preference, sleep and daytime behavior in adolescence. Journal of Sleep Research, 11(3):191-9.
- 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, Filipponi 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.
- Global Wellness Institute (2022) What is wellness? https://globalwellnessinstitute.org/what-is-wellness/?gclid=Cj0KCQiA7bucBhCeARIsAIOwr-_ebXHIrF1NWzwwl9O-Y6WlQueV1i48KqbbWsX6cn65iHrheHeghrcaAq_HEALw_wcB
- 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 labelig 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}
- 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}
- 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}
- 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 Pharmocology, 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.
- Gultyaeva 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.
- Gupta S (2021 Jun 22) Acupressure. Myupchar. https://www.myupchar.com/en/therapy/acupressure
- Gurley BJ (2015 Mar 18) How does St John's Wort interact with drugs? You Tube. https://www.youtube.com/watch?v=k8-4FJvQe6s
- 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.
- Haghighatdoost F, Bellissimo N, Totosy, 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, 19, 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 Surgery, 76:101-111.
- Hang B, Mao J, Snijders A (2019) Genetic susceptibility of thirdhand-smoke-induced lung cancer development. Nicotine Tobacoo 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%2
- Harvard (2022m) The nutrition source magnesium.
 - $https://www.hsph.harvard.edu/nutritionsource/magnesium/\#: \sim : text = UL\%3A\%20 The\%20 Tolerable\%20 Upper\%20 Intake, 350\%20 milligrams\%20 from\%20 supplements\%20 only.$
- 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) Ketogentic 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.
- Herman JL, Flores AR, O'Neill KK (2022) How many adults and youth identify as transgender in the US? UCLA School of Law. https://williamsinstitute.law.ucla.edu/publications/trans-adults-united-states/
- 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 Affected 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, Nexo 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) 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
- Intersex Society of North America (2022) What is intersex? https://isna.org/faq/what_is_intersex/
- 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, Connole 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, Destaillats 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 highincome 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) What percentage of Americans are LGBT? Gallup. Gallup. https://news.gallup.com/poll/389792/lgbt-identification-ticks-up.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.
- Kannan P, Hsu WH, Suen WT, eg al (2022) Yoga and Pilates compared to pelvic floor muscle training for urinary incontinence in elderly women: a randomized controlled pilot trial. Complementary Therapy in Clinical Practice, 46:101502.
- 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 Pharmocology, 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 carving. 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 vegans1234. American Journal of Clinical Nutrition; 100:3785–3858
- Key TJ, Appleby PN, Spencer EA, et al (2009) Cancer incidence in vegetarians: results from the European Prospective Investigation into Cancer and Nutrition (EPIC-Oxford). American Journal of Clinical Nutrition, 89(5):1620S-1626S.
- 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 motivationsphase 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, Gillay 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.
- Koons N, Suresh MR, Schlotman TE, et al (2019) Interrelationship between sex, age, blood volume, and VO_{2max}. Aerospace Medical Human Performance, 90(4):362-8.
- 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 alleviated 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.
- 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 fascittis: 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
- Lehrner 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, van Cauter EV (2010) Role of sleep and sleep loss in hormonal release and metabolism. Endocrine Developments, 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 metaanalysis. 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 prostrate 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) Exericse 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. Annuals 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 a (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, Mulller 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 Annuls, 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 Aβ deposition in an Alzheimer mouse model. Aging 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 Dietic 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. Annuals 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, Mirzaiinajmabadi K, Sadeghi R, et al (2016 Oct) Meta-analysis of the effect of acupressure on duration of labor and mode of delivery. International Journal of Gynaecology Obstetrics, 135(1):5-10.
- Malinovska 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 Medicina:a1708-1994. [Online ahead of print]
- Manjarrez 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 metaanalysis. 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, Kyiazopoulo 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 Freezercase. Refrigerated & Frozen Foods. https://www.refrigeratedfrozenfood.com/articles/88793-how-white-castle-became-the-king-of-the-retail-freezercase
- 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.
- McGrath LJ, Scott AM, Surinach A, et al (2022) Use of the postacute sequelae of COVID-19 diagnosis in routine clinical practice in the US. JAMA Network Open. 5(10):e2235089.
- 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%20 the%20belly.
- Medline (2022x) 48, XXYY syndrome. https://medlineplus.gov/genetics/condition/48xxyy-syndrome
- Medline (2022y) 47, XYY syndrome. https://medlineplus.gov/genetics/condition/47xyy-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, Kislev ME, Geffen E, et al. (2016) The plant component of an Acheulian diet at Gesher 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/#:~:text=Rosa%20Parks.%2C%20I've%20been%20vegetarian.
- 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 acupressure 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 metaregression. 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 AE, MacDougall JD, Tarnopolsky MA, et al (1993) Gender differences in strength and muscle fiber characteristics. European Journal of Applied Physiological Occupational Physiology, 66(3):254-62.
- 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 canneer. Biomedical Pharmacoptherapy, 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 veterns. 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 performee, 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, Sepetdjian 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-Letourmeau, 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, Wilhelmi 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, Schupbach 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
- Nagashima S, Osawa M, Matsuyama H, et al (2018) Bright-light exposure during daytime sleeping affects nocturnal melatonin secretion after simulated night work. Chronobiology International, 35(2):229-39.
- 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 (2017) Dreamless: The silent epidemic of REM sleep loss. Annuals 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 moderatedrinking 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%94-healing-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 acupressure 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/safetyhttps://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.
- Nethan ST, Sinha DN, Chandan K, et al (2018) Smokeless tobacco cessation interventions: a systematic review. Indian Journal of Medical Research, 148(4):396-410.
- Nethan ST, Sinha DN, Sharma S, et al (2020) Behavioral interventions for smokeless tobacco cessation. Nicotine Tobacco Research, 22(4):588-93.
- Nethan 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 textural 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 [United Kingdom National Health Service] (2019) Antacids. https://www.nhs.uk/conditions/antacids/
- NHS [United Kingdom National Health Service] (2020) Vitamins and minerals. https://www.nhs.uk/conditions/vitamins-and-minerals/
- 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).
- Nieschlag E (2013) Klinefelter syndrome. Deutsches Arzteblatt International, 110(20):347-353.
- 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 Wenicke'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/afo/
- NSTEP (n.d.) What you need to know. Spit tobacco facts. Retrieved May 8, 2022 from https://www.sdquitline.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 amoung US adults, 2014-2015. Nicotine Tobacco Research, 22(6):1004-15.
- 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 musclestrengthening 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 (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 (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 (20201) 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/objectives/nbmd-
- 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 (2020tu) Increase the proportion of health care settings that conduct tobacco screens and provide tobacco cessation education.
 Website defunct. Revised Leading Health Indicator: Increase the proportion of adults who get advice to quit smoking from a health care provider TU-12. https://health.gov/healthypeople/objectives-and-data/browse-objectives/tobacco-use/increase-proportion-adults-who-get-advice-quit-smoking-health-care-provider-tu-12
- 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/objective/nws-8
- 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
- ODPHP = U.S. Office of Disease Prevention and Health Promotion
- 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/seborrhoeic 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, Vadiveloo 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 American 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 MuPlate 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 (2022) Good nutrition. https://www.pcrm.org/good-nutrition
- PCRM = Physicians Committee for Responsible Medicine
- 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—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 organize 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 Endocrinological & 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, 569100;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 metaanalysis. The Journal of Asthma: Official Journal of the Association for the Care of Asthma, 52(4).
- Pokorski, Suchorzynska 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, Behrensmeyer 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-vgqbkpuuiravfcx6gpspvxlspq-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, Ciecwiez 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%2Fnre189004
- 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 Promotin, 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. Enviornmental 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.
- Raghuveer 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. dio: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 metaanalysis of randomized controlled trials. Complementary Therapy Clinical Practice, 31:268.277.
- Rendant D, Pach D, Lüdtke 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. Wulters 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: metaanalysis 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, Ntzani 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. Neurotherapetutics. 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.
- Saely 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.nihh.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 therpaists 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 acupressure 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/
- 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.
- Sasseville A, Paquet N, Sevigny J, et al (2006) Blue blocker glasses impede the capacity of bright light to suppress melatonin production. Journal of Pineal Research. https://onlinelibrary.wiley.com/doi/abs/10.1111/j.1600-079X.2006.00332.x
- 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.
- 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):263-83Schwartz 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 metaanalysis. Nicotine Tobacco Research, (1):10-6.
- Schwingshackl L, Hoffmann G (2015) Adherence to Mediterranean diet and risk of cancer: an updated systematic review and metaanalysis 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 Δ9- 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 cigaretted (e-cigarette) use on organ systems and its implications for public health. Wiener Klinische Wochenscherift, 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 metaanalysis. 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 Geronoloty. 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, Nelsono 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]
- Skhorska MN, Lai M, Vanderlaan D (2022) Effects of puberty blocks on brain function in adolescents experiencing gender dysphoria: a functional magnetic resonance imaging study. Canadian Institute of Health Research. https://app.dimensions.ai/details/grant/grant.8675580
- Skuse D, Printziau F, Wolstencroft J (2018) Sex chromosome aneuploides. 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 acupressure 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 biopsycho-ecological 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, Leclerca 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://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.
- Stuifbergen 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.
- Sutliffe 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.
- Suwannachat S, Wattanasirichaigoon D, Arunakul, et al (2020) Perspectives of adults with Klinefelter syndrome, unaffected
 adolescent males, and parents of affected children toward diagnosis disclosure: a Thai experience. Journal of Community Genetics,
 11(2):171-181.
- Swaab 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 foneiculum 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, Khashyarmanesh 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 BC, Rezeppa TL, Choukas-Bradley S, et al (2021) Disparities in childhood abuse between transgender and cisgender adolescents. Pediatrics, 148(2):e2020016907.
- 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, Rücker 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, Doerflein, C et al (2018) Chronic musculoskeletal pain and function improve with a plant-based diet.
 Complementary Therapies in Medicine, 40:64-9.
- TransgenderTrend (n.d.) Transgender Terminology. https://www.transgendertrend.com/transgender-terminology/
- 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
- Troynikov O, Watson CG, Nawaz N (2018) Sleep environments and sleep physiology: a review. Journal of Thermal Biology, 78:192-203.
- 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/
- Tsiligianni 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, Rossettini 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 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-Rodriquez S, Matallana-Gonzalez MC, Sanchez-Mata MC (2018) Lactose malabsorption and intolerance: a review. Food & Function, 9(8):4056-68.
- Ulamek-Koziol M, Czuczwar S, Januszewski S, et al (2019) Ketogenic diet and epilepsy. Nutrients, 11(10):2510.
- Ulug N, Yilmaz OT, Kara M, et al (2018) Effects of Pilates and yoga in patients with chronic neck pain: a sonographic study. Journal
 of Rehabilitative Medicine. 50(1):80-5.
- 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 Narni (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/weightlosssurgery.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, Esmaeili 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. Chchrane 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 Comunita, 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, Lüdtke 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, Rodrequez 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, Kiemeney 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 alchol 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}
- 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
- Wild A (2019 Apr 12) Opinion: lesbians need to get the L out of the LGBT+ community. Impartial LGBT+ News for a World that Isn't. (An initiative by Thompson Reuters Foundation) https://www.openlynews.com/i/?id=1d8e4853-fd83-4fbb-b0b4-ebab528f0ac2&fbclid=IwAR1HRRSjNrUvKQbBMBqIHOpsQaifN1RFAR3TT23NnHO2xxgrb_dHbU8ydbc
- 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, Trichopoulou 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):2225S-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 [Women's Liberation Front] (2020) Fighting the new misogyny: a feminist critique of gender identity. YouTube. https://www.youtube.com/watch?v=voaYjKMw5rI&t=1586s
- 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 metaanalysis. Journal of Bodywork Movement Therapy, 24(4):503-18.
- Woolfe JA (1992) Sweet Potato: An Untapped Food Resource. Cambridge, UK: Cambridge University Press.
- Wooltorton 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.

- Yanovich R, Evans R, Israeli E, et al (2008) Differences in physical fitness of male and female recruits in gender-integrated army basic training. Medicine and Science in Sports and Exercise, 40(11 Suppl): S654-9.
- 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, Suitor 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 metaanalysis. 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 metaanalysis. 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) Interalized homophobia and depression levels in LGBT individuals. Perspective Psychiatric Care, 57(1):204-10
- 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, 59:12038–1212S.
- 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 metaanalysis. 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
- Yusof 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).
- Zanardi P (2004) Acupuncture considerations. Spine Health. https://www.spine
 - health.com/treatment/alternative-care/acupuncture-considerations
- 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 Acupunture & 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 R, Wang W, Zhao L, et al (2021) Comparisons of tai chi and Iyengar yoga interventions effects on muscle strength, balance, and confidence balance. Journal Sport Medicine and Exercise, 61(10):1333-8.
- 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.