SELECTED REFERENCES SUPPORTING THE ANH FOOD4HEALTH GUIDELINES

January 2015


47. Pruimboom L, et al. Lactase persistence and augmented salivary alpha-amylase gene copy numbers might have been selected by the combined toxic effects of gluten and (food born) pathogens. *Med Hypotheses.* 2014; 82(3): 326-34.


68. Volek JS, Feinman RD. Carbohydrate restriction improves the features of Metabolic Syndrome. Metabolic Syndrome may be defined by the response to carbohydrate restriction. *Nutr Metab (Lond).* 2005; 2: 31.


