

# MAXIMUM PHYSICAL PERFORMANCE

## Scientific publications referring to the topic of maximum performance:

(1) Gisolfi, C. V.: Is the GI-system built for exercise? In: Physiology, June 1, 2000: Vol. 15no. 3:114-119.

(2) Eltzschig, H. K., M. D., Ph. D.; Carmeliet, P., M. D., Ph. D.: Hypoxia and Inflammation. In: N Engl J Med 2011: February 2011: 364:656-665: DOI: 10.1056/NEJMra0910283.

(3) Hotamisligil, G. S.; Arner, P.; Caro, J. F.; Atkinson, R. L.; Spiegelman, B. M.: Increase adipose tissue expression of tumor necrosis factor-alpha in human obesity and insulin resistance. In: J Clin Invest 1995: 95: 2409-2415.

**LINK TO ABSTRACT AT PUBMED:** <https://www.ncbi.nlm.nih.gov/pubmed/7738205>

(4) Hotamisligil, G. S.; Shargill, N. S.; Spiegelman, B. M.: Adipose expression of tumor necrosis factor- $\alpha$ : direct role in obesity-linked insulin resistance. In: Science 1993: 259: 87-91.

**LINK TO ABSTRACT AT PUBMED:** <https://www.ncbi.nlm.nih.gov/pubmed/7678183>

(5) Bäumlér, H.; Neu, B.; Donath, E.; Kiesewetter, H.: Basic phenomena of red blood cell rouleaux formation. In: Biorheology 1999: Vol 36: Numbers 5-6:439-442

(6) Anders, B.; Granberg, U.; Granberg, M.; Kämpe, M.; Lieners, C.: Impact of an IgG guided diet on swim performance of Swedish swimmer study 2013, preliminary results (not published)

(7) Jönsson, F.; Mancardi, D. A.; Kita, Y.; Karasuyama, H.; Iannascoli B.; Van Rooijen, N.; Shimizu, T.; Daëron, M.; Bruhns, P.: Mouse and human neutrophils induce anaphylaxis. In: J Clin Invest. 2011 Apr 1; 121(4): 1484–1496.: Epub 2011 Mar 23: DOI: 10.1172/JCI45232.

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(9) Hvatum, M.; Kanerud, L.; Hällgren, R.; Brandzaeg, P.: The gut-joint axis: cross reactive food antibodies in rheumatoid arthritis. In: Gut 2006 Sep: 55(9):1240-7

(10) Comed ImuPro Application Study, 2002-2008; evaluated by Mediveritas Institute for Medical Studies, Munich

(11) Halström, I.; Ringertz, B.; Spangberg, A.; von Zweigbergk, L.; Brannemark, S.; Nylander, L.; Rönnelid, J.; Laasonen, L.; Klaekog, L.: A vegan diet free of gluten improves the signs and symptoms of rheumatoid arthritis: the effect on arthritis correlate with the reduction in antibodies to food antigens. In: Rheumatology, 2001: 40:1175-1179

