

# REFERENCIAS

Barclay, L. (2008, October). Unique form of B-6 protects against complications related to diabetes and aging. *Life Extension*: 21-31.

Chui, M. H., & Greenwood, C. E. (2008). Antioxidant vitamins reduce acute meal-induced memory deficits in adults with type-2 diabetes. *Nutritional Research*, 28(7): 423-9

D'Adamo, P., & Whitney, C. (1998). *Cook right for your blood type: The practical kitchen companion to eat right for your type*. New York: G. P. Putnam's Sons.

Elliott, P. J., & Jirousek, M. (2008). Sirtuins: Novel targets for metabolic disease. *Current Opinion in Investigational Drugs* 9(4): 1472–4472.

Gardner, C. D., Kiazand, A., Alhassan, S., Kim, S., Stafford, R. S., Balise, R. R., 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 Z Weight Loss Study: A randomized trial. *JAMA*, 297(9): 969-77.

Kirsch, D. L., & Smith, R. B. (2004). Cranial electrotherapy stimulation for anxiety, depression, insomnia, cognitive dysfunction, and pain: A review and meta-analyses. In P. J. Rosch & M. S. Markov (Eds.), *Bioelectric Medicine*. Mineral Wells, TX: Marcel Dekker.

Korn, L. (2002). Community trauma and development. *Fourth World Journal*, 5(1): 1-9. Retrieved November 12, 2008

Kuhnlein, H. V., & Receveur, O. (1996). Dietary change and traditional food systems of indigenous peoples. *Annual Review of Nutrition* 16: 417-442.

Kuhnlein, H. V., Yeboah, F., Sedgemore, M., Sedgemore, S., & Chan, H. M. (1996). Nutritional qualities of ooligan grease: A traditional food fat of British Columbia first nations. *Journal of Food Composition and Analysis* 9: 18-31.

McColl, J. (2003). Essential fatty acids and their interaction with other nutrients and drugs. *Integrative Medicine*, 2(3): 36-41.

Phinney, S. D., Wortman, J. A., & Bibus, D. (2008) "Oolichan Grease: A Unique Lipid and dietary Staple of the North Pacific Coast." Urbana, IL: American Oil Chemists Society (AOCS).

Shealy, C. N., & Thomlinson, P. (2008). Safe effective nondrug treatment of chronic depression: A review of research on low-voltage cranial electrical stimulation and other adjunctive therapies. *Complementary Health Practice Review*, 13(2): 92-99.

Tsunek, H., Ishizuka, M., Terasawa, M., Wu, J. B., Sasaoka, T., & Kimura, I. (2004). Effect of green tea on blood glucose levels and serum proteomic patterns in diabetic (db/db) mice and on glucose metabolism in healthy humans. *BMC Pharmacology*, 4: 18.

Weintraub M. I., Wolfe, G. I., Barohn, R. A., Cole, S. P., Parry, G. J., Hayat, G., et al. (2003). Static magnetic field therapy for symptomatic diabetic neuropathy: A randomized, double-blind, placebo-controlled trial. *Archives of Physical Medicine and Rehabilitation*, 84(5): 736-746.

Weisberg, S. P., Leibel, R., & Tortoriello, D. V. (2008). Dietary curcumin significantly improves obesity-associated inflammation and diabetes in mouse models of obesity. *Endocrinology*, 149(7): 3549-58.

Williams, M. E., Bolton, W. K., Khalifah, R. G., Degenhardt, T. P., Schotzinger, R. J., & McGill, J. B. (2007). Effects of pyridox-amine in combined phase 2 studies of patients with type 1 and type 2 diabetes and overt nephropathy. *Am J of Nephrology*, 27(6): 605-14.

Williams, R. (1998). *Biochemical individuality*. New Canaan, CT: Keats Publishing.