

Bibliografia completa volume 1

1. Crescita muscolare, i tre principi dell'ipertrofia

1. de Freitas MC et al. Role of metabolic stress for enhancing muscle adaptations: Practical applications. *World J Methodol.* 2017 Jun 26; 7(2): 46–54.
2. Hall MM et al. Lactate: Friend or Foe. *PM R.* 2016 Mar;8(3 Suppl):S8-S15.
3. Peake JM et al. Muscle damage and inflammation during recovery from exercise. *J Appl Physiol* (1985). 2017 Mar 1;122(3):559-570.
4. Schoenfeld BJ. The mechanisms of muscle hypertrophy and their application to resistance training. *J Strength Cond Res.* 2010 Oct;24(10):2857-72.
5. Schoenfeld BJ. Science and Development of Muscle Hypertrophy. *Human Kinetics.* 2016.
6. Schoenfeld BJ et al. Strength and hypertrophy adaptations between low- versus high-load resistance training: A systematic review and meta-analysis. *J Strength Cond Res.* 2017 Aug 22.

2. Natural Peaking Experience

Nessun riferimento.

3. Affondo nelle sue varianti: analisi di un recente studio

1. 1. Park S et al. Comparative analysis of lunge techniques: forward, reverse, walking lunge. 34° Conference on biomechanics in Sport. Jul 18-22, 2016.
2. 2. Schoenfeld BJ. Science and Development of Muscle Hypertrophy. *Human Kinetics.* 2016.
3. 3. Vigotsky AD et al. Greater electromyographic responses do not imply greater motor unit recruitment and 'hypertrophic potential' cannot be inferred. *J Strength Cond Res.* 2015 Dec 11.

4. Spalla dolorosa: tipologie di impingement sub-acromiale

1. Iannotti JP et al. Magnetic resonance imaging of the shoulder. Sensitivity, specificity, and predictive value. *J Bone Joint Surg Am.* 1991 73:17–29.
2. Tempelhof S et al. Age-related prevalence of rotator cuff tears in asymptomatic shoulders. *J Shoulder Elbow Surg.* 1999 8:296–299.
3. Milgrom C et al. Rotator-cuff changes in asymptomatic adults. The effect of age, hand dominance and gender. *J Bone Joint Surg Br.* 1995 77:296–298.
4. Neer CS. Impingement lesions. *Clin Orthop.* 1983 70–77.
5. Gallino M et al. Coracoacromial ligament: a comparative arthroscopic and anatomic study. *Arthrosc J Arthrosc Relat Surg Off Publ Arthrosc Assoc N Am Int Arthrosc Assoc.* 1995 11:564–567.

6. Bianchi S, Martinoli C. *Ultrasound of the Musculoskeletal System*. Springer, 2007.
7. Maigne R. *Diagnosis and Treatment of Pain of Vertebral Origin* (2nd ed). Taylor & Francis, 1996.
8. Fukuda H et al. Pathology and pathogenesis of bursal-side rotator cuff tears viewed from en bloc histologic sections. *Clin Orthop*. 1990 75–80.
9. Sarkar K, Uhthoff HK. Ultrastructure of the subacromial bursa in painful shoulder syndromes. *Virchows Arch A Pathol Anat Histopathol*. 1983 400:107–117.
10. Almekinders LC. Tendinitis and other chronic tendinopathies. *J Am Acad Orthop Surg*. 1998 6:157–164.
11. Okoro T et al. Coracoid impingement syndrome: a literature review. *Curr Rev Musculoskelet Med*. 2009 2:51–55.
12. Davidson PA et al. Rotator cuff and posterior-superior glenoid labrum injury associated with increased glenohumeral motion: a new site of impingement. *J Shoulder Elbow Surg*. 1995 4:384–390.
13. Mistry A, Campbell RSD. Microinstability and internal impingement of the shoulder. *Semin Musculoskelet Radiol*. 2015 19:277–283.
14. Andrews JR. *The Athlete's Shoulder* (2nd ed). Elsevier, 2009.
15. Walch G et al. Impingement of the deep surface of the supraspinatus tendon on the posterosuperior glenoid rim: An arthroscopic study. *J Shoulder Elbow Surg*. 1992 1:238–245.
16. Poppen NK, Walker PS. Normal and abnormal motion of the shoulder. *J Bone Joint Surg Am*. 1976 58:195–201.
17. Reddy AS et al. Electromyographic analysis of the deltoid and rotator cuff muscles in persons with subacromial impingement. *J Shoulder Elbow Surg*. 2000 9:519–523.
18. Hallström E, Kärrholm J. Shoulder kinematics in 25 patients with impingement and 12 controls. *Clin Orthop*. 2006 448:22–27.
19. Nicholson GP et al. The acromion: morphologic condition and age-related changes. A study of 420 scapulas. *J Shoulder Elbow Surg*. 1996 5:1–11.
20. Bonsell S et al. The relationship of age, gender, and degenerative changes observed on radiographs of the shoulder in asymptomatic individuals. *J Bone Joint Surg Br*. 2000 82:1135–1139.
21. Seitz AL et al. Mechanisms of rotator cuff tendinopathy: intrinsic, extrinsic, or both? *Clin Biomech Bristol Avon*. 2011 26:1–12.
22. Biberthaler P et al. Microcirculation associated with degenerative rotator cuff lesions. In vivo assessment with orthogonal polarization spectral imaging during arthroscopy of the shoulder. *J Bone Joint Surg Am*. 2003 85-A:475–480.
23. Kumagai J et al. The collagen types in the attachment zone of rotator cuff tendons in the elderly: an immunohistochemical study. *J Rheumatol*. 1994 21:2096–2100.
24. Lake SP et al. Effect of fiber distribution and realignment on the nonlinear and inhomogeneous mechanical properties of human supraspinatus tendon under longitudinal tensile loading. *J Orthop Res Off Publ Orthop Res Soc*. 2009 27:1596–1602.

5. Ricerca su tecniche di pre-affaticamento muscolare

Aguiar AF et al.

“A single set of exhaustive exercise before local muscular endurance training improves quadriceps strength and endurance in young men.”

J Sports Med Phys Fitness. 2016;56:9–18.

6. Epicondilitis o gomito del tennista

1. Binder AI et al. Lateral humeral epicondylitis—a study of natural history and the effect of conservative therapy. *Br J Rheumatol.* 1983;22(2):73–6.
2. Coonrad RW et al. Tennis elbow: its course, natural history, conservative and surgical management. *J Bone Joint Surg Am.* 1973;55(6):1177–82.
3. Taylor SA et al. Evaluation and management of elbow tendinopathy. *Sports Health.* 2012;4(5):384–93.
4. Martinez-Silvestrini JA, et al. Chronic lateral epicondylitis: comparative effectiveness of a home exercise program including stretching alone versus stretching supplemented with eccentric or concentric strengthening. *J Hand Ther.* 2005;18(4): 411–9. quiz 420.
5. Park JY, Park HK, Choi JH, et al. Prospective evaluation of the effectiveness of a home-based program of isometric strengthening exercises: 12-month follow-up. *Clin Orthop Surg.* 2010;2(3): 173–8.
6. Peterson M, et al. A randomized controlled trial of exercise versus wait-list in chronic tennis elbow (lateral epicondylitis). *Ups J Med Sci.* 2011;116(4):269–79.
7. Tyler TF, et al. Addition of isolated wrist extensor eccentric exercise to standard treatment for chronic lateral epicondylitis: a prospective randomized trial. *J Shoulder Elb Surg.* 2010;19(6):917–22.
8. Viswas R, et al. Comparison of effectiveness of supervised exercise program and Cyriax physiotherapy in patients with tennis elbow (lateral epicondylitis): a randomized clinical trial. *ScientificWorldJournal.* 2012;2012:939645
9. Krasheninnikoff M, et al. No effect of low power laser in lateral epicondylitis. *Scand J Rheumatol.* 1994;23(5):260–3.
10. Papadopoulos ES, et al. Low-level laser therapy does not aid the management of tennis elbow. *Clin Rehabil.* 1996;10:9–11.
11. Rompe JD, et al. Repetitive low-energy shock wave treatment for chronic lateral epicondylitis in tennis players. *Am J Sports Med.* 2004;32(3):734–43.
12. Rompe JD, et al. Analgesic effect of extracorporeal shock-wave therapy on chronic tennis elbow. *J Bone Joint Surg (Br).* 1996;78(2):233–7
13. Staples MP, et al. A randomized controlled trial of extracorporeal shock wave therapy for lateral epicondylitis (tennis elbow). *J Rheumatol.* 2008;35(10):2038–46
14. Altay T, et al. Local injection treatment for lateral epicondylitis. *Clin Orthop Relat Res.* 2002;398:127–30

15. Hay EM, et al. Pragmatic randomised controlled trial of local corticosteroid injection and naproxen for treatment of lateral epicondylitis of elbow in primary care. *BMJ*. 1999;319(7215):964–8
16. Smidt N, et al. Corticosteroid injections, physiotherapy, or a wait-and-see policy for lateral epicondylitis: a randomised controlled trial. *Lancet*. 2002;359(9307):657–62
17. Tonks JH, et al. Steroid injection therapy is the best conservative treatment for lateral epicondylitis: a prospective randomised controlled trial. *Int J Clin Pract*. 2007;61(2):240–6
18. Verhaar JA, et al. Local corticosteroid injection versus Cyriax-type physiotherapy for tennis elbow. *J Bone Joint Surg (Br)*. 1996;78(1):128–32
19. Creaney L, et al. Growth factor-based therapies provide additional benefit beyond physical therapy in resistant elbow tendinopathy: a prospective, double-blind, randomised trial of autologous blood injections versus platelet-rich plasma injections. *Br J Sports Med*. 2011;45(12):966–71.
20. Espandar R, et al. Use of anatomic measurement to guide injection of botulinum toxin for the management of chronic lateral epicondylitis: a randomized controlled trial. *CMAJ*. 2010;182(8):768–73.
21. Gosens T, et al. Ongoing positive effect of platelet-rich plasma versus corticosteroid injection in lateral epicondylitis: a double-blind randomized controlled trial with 2 year follow-up. *Am J Sports Med*. 2011;39(6):1200–8
22. Kazemi M, et al. Autologous blood versus corticosteroid local injection in the short-term treatment of lateral elbow tendinopathy: a randomized clinical trial of efficacy. *Am J Phys Med Rehabil*. 2010;89(8):660–7.
23. Krogh TP, et al. Treatment of lateral epicondylitis with platelet-rich plasma, glucocorticoid, or saline: a randomized, double-blind, placebo-controlled trial. *Am J Sports Med*. 2013;41(3):625–35.
24. Lin YC, et al. Comparison between botulinum toxin and corticosteroid injection in the treatment of acute and subacute tennis elbow: a prospective, randomized, double-blind, active drug-controlled pilot study. *Am J Phys Med Rehabil*. 2010;89(8):653–9.
25. Marx RE. Platelet-rich plasma: evidence to support its use. *J Oral Maxillofac Surg*. 2004;62(4):489–96.
26. Garg R, et al. A prospective randomized study comparing a forearm strap brace versus a wrist splint for the treatment of lateral epicondylitis. *J Shoulder Elbow Surg*. 2010;19(4):508–12.
27. Luginbuhl R, et al. No effect of forearm band and extensor strengthening exercises for the treatment of tennis elbow: a prospective randomised study. *Chir Organi Mov*. 2008;91(1):35–40.
28. Struijs PA, et al. Conservative treatment of lateral epicondylitis: brace versus physical therapy or a combination of both—a randomized clinical trial. *Am J Sports Med*. 2004;32(2):462–9.
29. Van De Streek MD, et al. The effect of a forearm/hand splint compared with an elbow band as a treatment for lateral epicondylitis. *Prosthetics Orthot Int*. 2004;28(2):183–9.

30. Sims SE, et al. [Non-surgical treatment of lateral epicondylitis: a systematic review of randomized controlled trials](#). 2014 Dec;9(4):419-46. doi: 10.1007/s11552-014-9642-x.

7. Calorie Cycling “on-off”: giorni on e giorni off a confronto

1. Helms ER, Valdez A, Morgan A. The Muscle and Strength Pyramid – Nutrition. e-book. 2015. pp. 75.
2. Trexler et al. Metabolic adaptation to weight loss: Implications for the athlete. *J Int Soc Sports Nutr*. 2014 Feb 27;11(1):7.
3. LaForgia J et. al. Effects of exercise intensity and duration on the excess post-exercise oxygen consumption. *J Sports Sci*. 2006 Dec;24(12):1247-64.
4. Hall KD et al. Energy balance and its components: implications for body weight regulation. *Am J Clin Nutr*. 2012 Apr; 95(4): 989–994.
5. Di Blasio A et al. Walking training in postmenopause: effects on both spontaneous physical activity and training-induced body adaptations. *Menopause*. 2012 Jan;19(1):23-32.
6. Ballor DL et al. Resistance weight training during caloric restriction enhances lean body weight maintenance. *Am J Clin Nutr*. 1988 Jan;47(1):19-25.
7. Aniceto RR et al. Acute effects of different weight training methods on energy expenditure in trained men. *Rev Bras Med Esporte*. 2013;19 (5/6):181-185.
8. ACSM. ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription. Lippincott Williams & Wilkins, 2001.
9. Harris JA, Benedict FG. A biometric study of human basal metabolism. *Proc Natl Acad Sci USA*. 1918 Dec; 4(12):370–373.
10. Aragon AA, Schoenfeld BJ. Nutrient timing revisited: is there a post-exercise anabolic window? *J Int Soc Sports Nutr*. 2013 Jan 29;10(1):5.
11. Friedman JE et al. Regulation of glycogen resynthesis following exercise. Dietary considerations. *Sports Med*. 1991 Apr;11(4):232-43.
12. Damas F et al. A review of resistance training-induced changes in skeletal muscle protein synthesis and their contribution to hypertrophy. *Sports Med*. 2015 Jun;45(6):801-7.

8. Grassi alimentari e malattie cardiovascolari

1. Papamandjaris A.A et al. Medium chain fatty acid metabolism and energy expenditure: Obesity treatment implications. *Life Sci*. 1998; 62:1203–1215.
2. St-Onge M.P et al. Physiological effects of Medium-Chain Triglycerides: Potential Agents in the Prevention of Obesity. *J Nutr*. 2002; 132:329–332.
3. Kris-Etherton P.M et al. Emerging nutrition science on fatty acids and cardiovascular disease: Nutritionists' perspectives. *Adv Nutr*. 2015; 6:326s–337s.
4. Hu F.B., Stampfer M.J et al. Dietary saturated fats and their food sources in relation to the risk of coronary heart disease in women. *Am J Clin Nutr*. 1999; 70:1001–1008.

5. Zong G et al. Intake of individual saturated fatty acids and risk of coronary heart disease in US men and women: Two prospective longitudinal cohort studies. *BMJ*. 2016; 355:ii5796
6. Mensink R.P et al. Effects of dietary fatty acids and carbohydrates on the ratio of serum total to HDL cholesterol and on serum lipids and apolipoproteins: A meta-analysis of 60 controlled trials. *Am J Clin Nutr* 2003; 77:1146–1155.
7. Micha R., Mozaffarian D. Saturated fat and cardiometabolic risk factors, coronary heart disease, stroke, and diabetes: A fresh look at the evidence. *Lipids*. 2010; 45:893–905.
8. Mensink R.P. Effects of stearic acid on plasma lipid and lipoproteins in humans. *Lipids*. 2005; 40:1201-1205.
9. Hunter J.E et al. Cardiovascular disease risk of dietary stearic acid compared with trans, other saturated, and unsaturated fatty acids: A systematic review. *Am J Clin Nutr* 2010; 91:46–63.
10. Sampath H, Ntambi J.M. et al. The fate and intermediary metabolism of stearic acid. *Lipids*. 2005; 40:1187–1191.
11. Goff D.C et al. ACC/AHA Guideline on the Assessment of Cardiovascular Risk: A Report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines. *J Am Coll Cardiol* 2014; 63:2935–2959.
12. Jacobson T. A et al. National Lipid Association recommendations for patient-centered management of dyslipidemia: Part 1—Full report. *J Clin Lipidol*. 2015; 9:129–169.
13. Burr G.O, Burr M.M. A new deficiency disease produced by the rigid exclusion of fat on the diet. *J Biol Chem* 1989; 82: 345-67;
14. Mozaffarian D. Does alpha-linolenic acid intake reduce the risk of coronary heart disease? A review of the evidence. *Altern Ther Health Med*. 2005; 11:24-30.
15. Schwingshackl L et al. Effects of monounsaturated fatty acids on cardiovascular risk factors: A systematic review and meta-analysis. *Ann Nutr Metab*. 2011; 59:176–186.
16. Gillingham L.G., Harris-Janzen S., Jones P.J.H. Dietary Monounsaturated Fatty Acids Are Protective Against Metabolic Syndrome and Cardiovascular Disease Risk Factors. *Lipids*. 2011; 46:209–228.
17. Chowdhury R et al. Association of dietary, circulating, and supplement fatty acids with coronary risk: A systematic review and meta-analysis. *Ann Intern Med*. 2014; 160:398–406;
18. Skeaff C.M, Miller J. Dietary fat and coronary heart disease: Summary of evidence from prospective cohort and randomised controlled trials. *Ann Nutr Metab*. 2009; 55:173–201;
19. Mente A et al. A systematic review of the evidence supporting a causal link between dietary factors and coronary heart disease. *Arch Intern Med*. 2009; 169:659–669;
20. Estruch R et al. Primary prevention of cardiovascular disease with a Mediterranean diet. *N Engl J Med*. 2013; 368:1279–1290.
21. Hammad S et al. Current Evidence Supporting the Link Between Dietary Fatty Acids and Cardiovascular Disease. *Lipids*. 2016; 51:507–517.
22. Kien C.L et al. Dietary intake of palmitate and oleate has broad impact on systemic and tissue lipid profiles in humans. *Am J Clin Nutr*. 2014; 99:436–445.
23. Krishnan S, Cooper J.A. Effect of dietary fatty acid composition on substrate utilization and body weight maintenance in humans. *Eur J Nutr*. 2014; 53:691–710.

24. Mensink R. Effects of Saturated Fatty Acids on Serum Lipids and Lipoproteins: A Systematic Review and Regression Analysis. World Health Organization; Geneva, Switzerland. 2016
25. Jakobsen M.U et al. Major types of dietary fat and risk of coronary heart disease: A pooled analysis of 11 cohort studies. *Am J Clin Nutr.* 2009; 89:1425–1432.
26. Hooper L et al. Reduction in saturated fat intake for cardiovascular disease. *Cochrane Database Syst. Rev.* 2015.
27. Guasch-Ferré et al. Dietary fat intake and risk of cardiovascular disease and all-cause mortality in a population at high risk of cardiovascular disease. *Am J Clin Nutr.* 2015; 102: 1563-1573.
28. Li Y et al. Saturated Fats Compared With Unsaturated Fats and Sources of Carbohydrates in Relation to Risk of Coronary Heart Disease: A Prospective Cohort Study. *J Am Coll Cardiol.* 2015; 66:1538–1548.
29. Praagman J et al. The association between dietary saturated fatty acids and ischemic heart disease depends on the type and source of fatty acid in the European Prospective Investigation into Cancer and Nutrition–Netherlands cohort. *Am J Clin Nutr.* 2016; 103:356–365.
30. Wang D.D et al. Association of specific dietary fats with total and cause-specific mortality. *JAMA Intern Med.* 2016; 176:1134–1145.
31. Briggs M.A et al. Saturated fatty acids and cardiovascular disease: replacements for saturated fat to reduce cardiovascular risk. *Healthcare.* 2017; 5(2): 29;
32. Esposito D. Project Diet Volume I. Project Invictus Editore. 2017.
33. Kris-Etherton PM, Yu S. Individual fatty acid effects on plasma lipids and lipoproteins: human studies. *Am J Clin Nutr.* 1997; 65:1628S–44S.
34. Blasbalg T. L et al. Changes in consumption of omega-3 and omega-6 fatty acids in the United States during the 20th century. *Am J Clin Nutr.* 93:950–62.
35. Harris WS et al. Omega-6 fatty acids and risk for cardiovascular disease: a science advisory from the American Heart Association Nutrition Subcommittee of the Council on Nutrition, Physical Activity, and Metabolism; Council on Cardiovascular Nursing; and Council on Epidemiology and Prevention. *Circulation.* 2009; 119:902–7 50.
36. Harris W. S, Shearer G. C. Omega-6 fatty acids and cardiovascular disease: friend or foe? *Circulation.* 2014; 130:1562–64.
37. Coles B et al. Nitrolinoleate inhibits superoxide generation, degranulation, and integrin expression by human neutrophils: novel antiinflammatory properties of nitric oxide-derived reactive species in vascular cells. *Circ Res.* 2002; 91:375–81.
38. Pischon T et al. Habitual dietary intake of n-3 and n-6 fatty acids in relation to inflammatory markers among US men and women. *Circulation.* 2003; 108:155–60
39. Ferrucci L et al. Relationship of plasma polyunsaturated fatty acids to circulating inflammatory markers. *J Clin Endocrinol Metab.* 2003; 91:439–46.
40. Farvid M. S et al. Dietary linoleic acid and risk of coronary heart disease: a systematic review and meta-analysis of prospective cohort studies. *Circulation.* 2014; 130:1568–78 31.
41. Gillman MW et al. Inverse association of dietary fat with development of ischemic stroke in men. *JAMA.* 1997; 278:2145–50.

42. He K et al. Dietary fat intake and risk of stroke in male US healthcare professionals: 14 year prospective cohort study. *BMJ*. 2003; 327:777–82.
43. Iso H et al. Linoleic acid, other fatty acids, and the risk of stroke. *Stroke* 2002; 33:2086–93.
44. Dong D et al. Dietary Fat and Risk of Cardiovascular Disease: Recent Controversies and Advances. *Ann Rev Nutr*. 2017.
45. Ramsden C. E et al. Use of dietary linoleic acid for secondary prevention of coronary heart disease and death: evaluation of recovered data from the Sydney Diet Heart Study and updated meta-analysis. *BMJ*. 2013; 346:e8707 120.
46. Ramsden C. E et al. Re-evaluation of the traditional diet-heart hypothesis: analysis of recovered data from Minnesota Coronary Experiment (1968–73). *BMJ*. 2016; 353:i1246.
47. Chiuve S. E et al. Dietary fat quality and risk of sudden cardiac death in women. *Am. J. Clin. Nutr*. 2012; 96:498–507.
48. Bang H. O et al. Plasma lipid and lipoprotein pattern in Greenlandic WestCoast Eskimos. *Lancet*. 1971; 1:1143–45.
49. Tavazzi L et al. Effect of n-3 polyunsaturated fatty acids in patients with chronic heart failure (the GISSI-HF trial): a randomised, double-blind, placebo-controlled trial. *Lancet*. 2008; 372:1223–30.
50. Sakabe M et al. Omega-3 polyunsaturated fatty acids prevent atrial fibrillation associated with heart failure but not atrial tachycardia remodeling. *Circulation*. 2007; 116:2101–9.
51. Laurent G et al. Long chain n-3 polyunsaturated fatty acids reduce atrial vulnerability in a novel canine pacing model. *Cardiovasc Res*. 2008; 77:89–97.
52. Mozaffarian D et al. Fish intake and risk of incident atrial fibrillation. *Circulation*. 2004; 110:368–73.
53. Rix T. A et al. AU-shaped association between consumption of marine n-3 fatty acids and development of atrial fibrillation/atrial flutter—a Danish cohort study. 2014; 16:1554–61.
54. Lichtenstein A.H et al. Effects of canola, corn, and olive oils on fasting and postprandial plasma lipoproteins in humans as part of National Cholesterol Education Program step 2 diet. *Arteriosclerosis Thromb*. 1993; 13:1533–42.
55. Kromhout D et al. N-3 Fatty acids and cardiovascular events after myocardial infarction. *N Engl J Med*. 2010; 363:2015–26.
56. De Lorgeril M et al. Mediterranean diet, traditional risk factors, and the rate of cardiovascular complications after myocardial infarction: final report of the Lyon Diet Heart Study. *Circulation*. 1999; 99:779–85.
57. Lemaitre RN et al. Circulating and dietary alpha linolenic acid and incidence of congestive heart failure in older adults: the Cardiovascular Health Study. *Am J Clin Nutr*. 2012; 96:269–74
58. Wilk J.B et al. Plasma and dietary omega-3 fatty acids, fish intake, and heart failure risk in the Physicians' Health Study. *Am J Clin Nutr*. 2012; 96:882–88.
59. Ramsden C.E et al. N-6 fatty acid-specific and mixed polyunsaturate dietary interventions have different effects on CHD risk: A meta-analysis of randomised controlled trials. *Br J Nutr*. 2010; 104:1586–1600.

60. Virtanen J.K et al. Dietary Fatty Acids and Risk of Coronary Heart Disease in Men: The Kuopio Ischemic Heart Disease Risk Factor Study. *Arterioscler Thromb Vasc Biol.* 2014; 34:2679–2687.
61. Hu F.B et al. Dietary fat intake and the risk of coronary heart disease in women. *N Engl J Med.* 1997; 337:1491–1499.
62. Praagman J et al. The association between dietary saturated fatty acids and ischemic heart disease depends on the type and source of fatty acid in the Europea Prospective Investigation into Cancer and Nutrition–Netherlands cohort. *Am J Clin Nutr.* 2016; 103:356-365.
63. Pietinen P et al. Intake of fatty acids and risk of coronary heart disease in a cohort of Finnish men. The alpha-tocopherol, beta-carotene cancer prevention study. *Am J Epidemiol.* 1997; 145:876–887.
64. Mozaffarian D et al. Trans-palmitoleic acid, metabolic risk factors, and new-onset diabetes in U.S. adults: A cohort study. *Ann Intern Med* 2010; 153:790–799.
65. De Lorgeril M et al. Mediterranean alpha-linolenic acid-rich diet in secondary prevention of coronary heart disease. *Lancet.* 1994; 343:1454–1459.
66. Gertz C. Chemical changes of oils and fats at elevated temperatures. In: John D, ed. *Fat in the diet. Lipids: current perspectives.* Betteridge: M. Dunitz Publ. 1996; 11-6.
67. Zoch P. C et al. Dietary oils, serum lipoproteins and coronary heart disease. *Am J Clin Nutr.* 1995; 61:617.
68. Mozaffarian D, Katan MB, Ascherio A, Stampfer MJ, Willett WC. 2006. Trans fatty acids and cardiovascular disease. *N. Engl. J. Med.* 354:1601–13
69. Willett WC, Stampfer MJ, Manson J, Colditz GA, Speizer FE, et al. 1993. Intake of trans fatty acids and risk of coronary heart disease among women. *Lancet* 341:581–85
70. Xu J, Eilat-Adar S, Loria C, Goldbourt U, Howard BV, et al. 2006. Dietary fat intake and risk of coronary heart disease: the Strong Heart Study. *Am. J. Clin. Nutr.* 84:894–902
71. Baylin A, Kabagambe EK, Ascherio A, Spiegelman D, Campos H. 2003. High 18: 2 trans-fatty acids in adipose tissue are associated with increased risk of nonfatal acute myocardial infarction in Costa Rican adults. *J. Nutr.* 133:1186–9
72. Lemaitre RN, King IB, Mozaffarian D, Sotoodehnia N, Rea TD, et al. 2006. Plasma phospholipid trans fatty acids, fatal ischemic heart disease, and sudden cardiac death in older adults. The Cardiovascular Health Study. *Circulation* 114:209–15
73. Sun Q, Ma J, Campos H, Hankinson SE, Manson JE, et al. 2007. A prospective study of trans fatty acids in erythrocytes and risk of coronary heart disease. *Circulation* 115:1858–65
74. Wang Q, Imamura F, Lemaitre RN, Rimm EB, Wang M, et al. 2014. Plasma phospholipid trans-fatty acids levels, cardiovascular diseases, and total mortality: the cardiovascular health study. *J. Am. Heart Assoc.* 3:e000914
75. Yakoob MY, Shi P, Willett WC, Rexrode KM, Campos H, et al. 2016. Circulating biomarkers of dairy fat and risk of incident diabetes mellitus among men and women in the United States in two large prospective cohorts. *Circulation* 133:1645–54
76. Suttie J.W et al. Assessment of the nutritional effects of Olestra. *J Nutr.* 1997; 127.

9. Intermittent fasting e Sport

1. Arienti, G. (2011). *Le basi Molecolari della Nutrizione*. 3rd ed. Padova: Piccin.
2. Gropper, S., Smith, J. and Carr, T. (n.d.). *Advanced nutrition and human metabolism*. 6th ed.
3. Aird, T., Davies, R. and Carson, B. (2018). Effects of fasted vs fed-state exercise on performance and post-exercise metabolism: A systematic review and meta-analysis. *Scandinavian Journal of Medicine & Science in Sports*, 28(5), pp.1476-1493.
4. Chaouachi, A., Leiper, J., Chtourou, H., Aziz, A. and Chamari, K. (2012). The effects of Ramadan intermittent fasting on athletic performance: Recommendations for the maintenance of physical fitness. *Journal of Sports Sciences*, 30(sup1), pp.S53-S73.
5. Anis, C., Leiper, J., Nizar, S., Coutts, A. and Karim, C. (2009). Effects of Ramadan Intermittent Fasting on Sports Performance and Training: A Review. *International Journal of Sports Physiology and Performance*, 4(4), pp.419-434.

10. Olio di cocco: Attualmente la scienza cosa dice?

1. Extraction of coconut oil: Hot Oil Immersion Drying (HOID), Indonesia - UK Department For International Development (DFID) - FAO 2018
2. Effect of extraction techniques on the quality of coconut oil - Nurah Tijani Oseni, WMADB Fernando, Ranil Coorey, Isona Gold and Vijay Jayasena - 2017
3. FAO - Virgin Coconut Oil production manual for micro and village scale processing - Bawalan, Chapman
4. APCC QUALITY STANDARD VIRGIN COCONUT OIL - Asian And Pacific Coconut Community - August 2009
5. Physicochemical properties of virgin coconut oil extracted from different processing methods - Mansor, Shuhaimi, Nurul, Man - January 2012
6. <https://www.usda.gov/>
7. FAO -CODEX ALIMENTARIUS - STANDARD FOR NAMED VEGETABLE OILS CODEX STAN
8. Ullmann's Encyclopedia of Industrial Chemistry - Fats and Fatty Oils - Alfred Thomas - 2000
9. Re-evaluation of the traditional diet-heart hypothesis: analysis of recovered data from Minnesota Coronary Experiment (1968-73) - Christopher E Ramsden, medical investigator, Daisy Zamora, epidemiologist, [...], and Joseph R Hibbeln, senior clinical investigator - 2016 Apr
10. Influence of virgin coconut oil on blood coagulation factors, lipid levels and LDL oxidation in cholesterol fed Sprague–Dawley rats - K.G.NevinT.Rajamohan - 2007
11. Polyphenols isolated from virgin coconut oil attenuate cadmium-induced dyslipidemia and oxidative stress due to their antioxidant properties and potential benefits on cardiovascular risk ratios in rats - Ademola Clement Famurewa and Fidelis Ebele Ejezie - 2018

12. Polyphenols of virgin coconut oil prevent pro-oxidant mediated cell death - Soorya Parathodi Illam, Arunaksharan Narayanankutty & Achuthan C. Raghavamenon - 2017
13. Dietary Fats and Cardiovascular Disease: A Presidential Advisory From the American Heart Association - Frank M. Sacks, Alice H. Lichtenstein, Jason H.Y. Wu, Lawrence J. Appel, Mark A. Creager, Penny M. Kris-Etherton, Michael Miller, Eric B. Rimm, Lawrence L. Rudel, Jennifer G. Robinson, Neil J. Stone, Linda V. Van Horn and On behalf of the American Heart Association - 2017
14. Can ketones compensate for deteriorating brain glucose uptake during aging? Implications for the risk and treatment of Alzheimer's disease - S.C. Cunanane, A.Courchesne-Loyer et all. - 2016
15. The role of dietary coconut for the prevention and treatment of Alzheimer's disease: potential mechanisms of action. - Fernando WM, Martins IJ, Goozee KG, Brennan CS, Jayasena V, Martins RN. - 2015
16. Dietary treatment of epilepsy: rebirth of an ancient treatment - Leczenie padaczki dietą: renesans starej terapii - Sergiusz Józwiak, Eric H.Kossoff, Katarzyna Kotulska-Józwiak. - 2011
17. Influence of the dietary intake of medium chain triglycerides on body composition, energy expenditure and satiety; a systematic review - A. C. Rego Costa, E. L. Rosado and M. Soares-Mota - Instituto de Nutrição Josué de Castro (INJC). Universidade Federal do Rio de Janeiro (UFRJ). Brasil. - 2012
18. Research on the nutritional characteristics of medium-chain fatty acids. - Aoyama T, Nosaka N, Kasai M. - 2007
19. Effect of dietary medium- and long-chain triacylglycerols (MLCT) on accumulation of body fat in healthy humans. - Kasai M, Nosaka N, Maki H, Negishi S, Aoyama T, Nakamura M, Suzuki Y, Tsuji H, Uto H, Okazaki M, Kondo K. - 2003
20. Comparison of effects of lauric acid and palmitic acid on plasma lipids and lipoproteins - Margo A Denke and Scott M Grundy - The American Journal of Clinical Nutrition - 1992
21. Coconut and sunflower oil ratios in ice cream influence subsequent food selection and intake. - Rizzo G, Masic U, Harrold JA, Norton JE, Halford JC. - 2016
22. Fatty acid chain length, postprandial satiety and food intake in lean men. - Poppitt SD, Strik CM, MacGibbon AK, McArdle BH, Budgett SC, McGill AT. - 2010
23. Components of Total Energy Expenditure in Healthy Young Women Are Not Affect after 14 Days of Feeding with Medium - Versus Long-Chain Triglycerides - A.A. Papamandjaris, M.D. White, P.J.H. Jones - 1999
24. Coconut oil has less satiating properties than medium chain triglyceride oil. - Kinsella R, Maher T, Clegg ME. - 2017

11. Fare pochi pasti e un'abbondante colazione fa dimagrire?

1. Kahleova, Hana, et al. «Meal Frequency and Timing Are Associated with Changes in Body Mass Index in Adventist Health Study 2». The Journal of Nutrition, vol. 147, n. 9, 2017, pagg. 1722–28.

2. Schoenfeld, Brad Jon, et al. «Effects of Meal Frequency on Weight Loss and Body Composition: A Meta-Analysis». *Nutrition Reviews*, vol. 73, n. 2, febbraio 2015, pagg. 69–82.
3. Keim, N. L., et al. «Weight Loss Is Greater with Consumption of Large Morning Meals and Fat-Free Mass Is Preserved with Large Evening Meals in Women on a Controlled Weight Reduction Regimen». *The Journal of Nutrition*, vol. 127, n. 1, gennaio 1997, pagg. 75–82.

12. Salmone fresco: più qualità in funzione del prezzo di vendita?

Nessun riferimento.