NOTES

Chapter 1


Chapter 2


21 Sapone, "Divergence of gut permeability and mucosal immune gene expression in two gluten-associated conditions.”


40 “Community immunity (‘herd’ immunity),” National Institute of Allergy and Infectious Diseases.


46 Szajewska, "Early nutritional strategies for preventing allergic disease."

47 Minaker, "Common clinical sequelae of aging."


Chapter 3

10 “Total number of retail prescription drugs filled at pharmacies,” KFF.org, http://kff.org/other/state-indicator/total-retail-rx-drugs/.
35 "Hydroxychloroquine (Plaquenil)," American College of Rheumatology, https://www.rheumatology.org/Practice/Clinical/Patients/Medications/Hydroxychloroquine_(Plaquenil)/.
38 "Anti-TNF," American College of Rheumatology, https://www.rheumatology.org/Practice/Clinical/Patients/Medications/Anti-TNF/.
Chapter 4


33 "Omega-3 fatty acids,” University of Maryland Medical Center, 2013, http://umm.edu/health/medical/altmed/supplement/omega3-fatty-acids#ixzz2wAGrwGtM.


41 P Newsholme, “Why is L-glutamine metabolism important to cells of the immune system in health, postinjury, surgery or infection?,” *Journal of Nutrition* 131, no. 9 (2001): 2515S–22S.


48 De Kivit, “Regulation of intestinal immune responses through TLR activation.”


51 Reid et al., “Oral use of *Lactobacillus rhamnosus* GR-1 and *L. fermentum* RC-14 significantly alters vaginal flora: randomized, placebo-controlled trial in 64 healthy women,” *FEMS Immunology and Medical Microbiology* 35 (2003): 131–34.

52 Nermes et al., “Is there a role for probiotics in the prevention or treatment of food allergy?,” *Current Allergy and Asthma Reports* 13, no. 6 (2013): 622–30.


**Chapter 5**


44 Cohen, “Social ties and susceptibility to the common cold.”


Chapter 6


20 Ogawa, “Resistance exercise training-induced muscle hypertrophy.”


22 Ford, “Does exercise reduce inflammation?”


**Chapter 7**


62  Kiecolt-Glaser, “Stress, inflammation, and yoga practice.”


Chapter 8


Shopping Guide


