# 出典リスト

### はじめに 女性と老化と遺伝子

- Rappaport, S. M. "Implications of the exposome for exposure science." Journal of Exposure Science and Environmental Epidemiology 21, no. 1 (2011): 5-9; Rappaport, S. M., et al. "Using the blood exposome to discover causes of disease." Agilent Technologies, September 15, 2015, accessed February 9, 2015, www.agilent.com/cs/library/ technicaloverviews/ Public/5991-3418EN.pdf; Harmon, K. "Sequencing the exposome: Researchers take a cue from genomics to decipher environmental exposure's links to disease." Scientific American, October 21, 2010, accessed February 2, 2016, www.scientificamerican.com/ article/ environmental-exposure.
- "Vital Statistics Rapid Release." Centers for Disease Control and Prevention, accessed April 11, 2016, www.cdc.gov/nchs/products/vsrr/ mortality-dashboard.htm; Ludwig, D. S. "Lifespan weighed down by diet." JAMA (2016).
- Vincent, G. K., et al. *The Next Four Decades: The Older Population in the United States: 2010 to 2050* (U.S. Department of Commerce, Economics and Statistics Administration, U.S. Census Bureau, 2010).
- Hebert, L. E., et al. "Annual incidence of Alzheimer disease in the United States projected to the years 2000 through 2050." *Alzheimer Disease and Associated Disorders* 15, no. 4 (2001): 169–73; Alzheimer's Association, "2015 Alzheimer's disease facts and figures." *Alzheimer's and Dementia: Journal of the Alzheimer's Association* 11, no. 3 (2015): 332.
- "U.S. breast cancer cases expected to increase by as much as 50 percent by 2030." *American Association for Cancer Research*, accessed April 30, 2015, www.aacr.org/Newsroom/Pages /News-Release-Detail. aspx?ltemID=708#.VUJpv61VhBc; Brown, E. "Breast cancer cases in U.S. projected to rise as much as 50% by 2030." *Los Angeles Times*, April 20, 2015, accessed April 30, 2015, www.latimes.com/science/ sciencenow/la-sci-sn-breast-cancer-cases-2030 –20150420-story.html.
- van Drielen, K., et al. "Disentangling the effects of circulating IGF-1, glucose, and cortisol on features of perceived age." *Age* 37, no. 3 (2015): 1–10.
- Krøll, J. "Correlations of plasma cortisol levels, chaperone expression and mammalian longevity: a review of published data." *Biogerontology* 11, no. 4 (2010): 495-99; van Drielen, K., et al. "Disentangling the effects of circulating IGF-1, glucose, and cortisol"; Christensen, K, et al.

"Perceived age as clinically useful biomarker of ageing: cohort study." *British Medical Journal* 339 (2009): b5262; Noordam, R., et al. "Serum insulin-like growth factor 1 and facial ageing: high levels associate with reduced skin wrinkling in a cross-sectional study." *British Journal of Dermatology* 168, no. 3 (2013): 533–38; Noordam, R., et al. "Cortisol serum levels in familial longevity and perceived age: the Leiden longevity study." *Psychoneuroendocrinology* 37, no. 10 (2012): 1669–75.

#### 第1章 自分の遺伝子を理解する

- "Cleveland Clinic's Center for Functional Medicine: A Test Kitchen for Healthcare's Future," Holistic Primary Care, https://holisticprimarycare. net/topics/topics-a-g /functional-medicine/1680-cleveland-clinic-scenter-for-functional-medicine-a-test-kitchen-for-healthcare-s-future.html; http://my.clevelandclinic.org/services/center-for-functional-medicine
- 2. Gifford, B. *Spring Chicken: Stay Young Forever (or Die Trying)* (New York: Grand Central, 2015), 37. Data are from 2012.
- "Top five cosmetic surgical procedures of 2013." *PlasticSurgery.org*, accessed April 10, 2015, www.plasticsurgery.org/news/plastic-surgerystatistics/2013/top-five-cosmetic-surgery -procedures.html.
- 4. Furnham, A., et al. "Factors that motivate people to undergo cosmetic surgery." *Canadian Journal of Plastic Surgery* 20, no. 4 (2012): e47.
- 5. "Get your bolder on. We can all use a little motivation." GrowingBolder. com, accessed June 25, 2015, www.growingbolder.com/quotes/#.
- Goodstein, G. "Ida Keeling still setting records, examples at 100." Bronx Times, May 8, 2015, accessed June 25, 3015, www.bxtimes.com/ stories/2015/19/19-ida-2015-05-08-bx.html.
- Arem, H., et al. "Leisure time physical activity and mortality: A detailed pooled analysis of the dose-response relationship." *JAMA Internal Medicine* 175, no. 6 (2015): 959–67.

#### 第2章 遺伝子とライフスタイルの対話

- Memisoglu, A., et al. "Interaction between a peroxisome proliferatoractivated receptor γ gene polymorphism and dietary fat intake in relation to body mass." *Human Molecular Genetics* 12, no. 22 (2003): 2923-29.
- Walsh, T., et al. "Ten genes for inherited breast cancer." *Cancer Cell* 11, no. 2 (2007): 103–5; Walsh, T., et al. "Spectrum of mutations in BRCA1, BRCA2, CHEK2, and TP53 in families at high risk of breast cancer." *JAMA* 295, no. 12 (2006): 1379–88; Aloraifi, F., et al. "Gene analysis techniques and susceptibility gene discovery in non-BRCA1/BRCA2

1

familial breast cancer." *Surgical Oncology* 24, no. 2 (2015): 100–109; Lee, D. S. C., et al. "Comparable frequency of BRCA1, BRCA2 and TP53 germline mutations in a multi-ethnic Asian cohort suggests TP53 screening should be offered together with BRCA1/2 screening to earlyonset breast cancer patients." *Breast Cancer Research* 14, no. 2 (2012): R66. For lay audiences, these citations may be helpful: "Genetics," *BreastCancer.org*, accessed February 13, 2016, www.breastcancer. org/risk/factors/genetics; "Inherited gene mutations," *Komen.org*, accessed February 13, 2016, http://ww5.komen.org/BreastCancer/ InheritedGenetic Mutations.html; "Breast cancer genes," *Cancer Research UK*, accessed February 13, 2016, www.cancerresearchuk. org/about-cancer/type/breast-cancer/about/risks/breast -cancer-genes

- Winkler, T. W., et al. "The influence of age and sex on genetic associations with adult body size and shape: A large-scale genome-wide interaction study." *PLoS Genetics* 11, no. 10 (2015): e1005378.
- "Orientation," SNPedia, August 15, 2015, accessed October 20, 2015, http://snpedia.com /index.php/Orientation.
- Miller, J. W., et al. "Vitamin D status and rates of cognitive decline in a multiethnic cohort of older adults." *JAMA Neurology* (2015); Wilson, V. K., et al. "Relationship between 25-hydroxyvitamin D and cognitive function in older adults: The health, aging and body composition study." *Journal of the American Geriatrics Society* 62, no. 4 (2014): 636–41; Chei, C. L., et al. "Vitamin D levels and cognition in elderly adults in China." *Journal of the American Geriatrics Society* 62, no. 11 (2014): 2125–29; Littlejohns, T. J., et al. "Vitamin D and the risk of dementia and Alzheimer disease." *Neurology* 83, no. 10 (2014): 920–28; Annweiler, C., et al. "Vitamin D-mentia: randomized clinical trials should be the next step." *Neuroepidemiology* 37, nos. 3–4 (2011): 249–58.

### 第3章 エピジェネティックな変化 遺伝子のスイッチを切り替える

- 1. Siddhartha Mukherjee, The Gene: An Intimate History (New York: Scribner: 2016), 400.
- Audergon, P., et al. "Restricted epigenetic inheritance of H3K9 methylation." Science 348, no. 6230 (2015): 132–35.
- Shapira, I., et al. "Evolving concepts: How diet and the intestinal microbiome act as modulators of breast malignancy." *ISRN Oncology* 2013 (2013); Xuan, C., et al. "Microbial dysbiosis is associated with human breast cancer." *PloS One* 9, no. 1 (2014): e83744; Sheflin, A. M., et al. "Cancer-promoting effects of microbial dysbiosis." *Current Oncology Reports* 16, no. 10 (2014): 1-9; Kwa, M., et al. "The intestinal microbiome and estrogen receptor— positive female breast cancer."

*Journal of the National Cancer Institute* 108, no. 8 (2016): djw029; Plottel, C. S., et al. "Microbiome and malignancy." *Cell Host & Microbe* 10, no. 4 (2011): 324-35.

- Cummings S. R., et al. "Prevention of breast cancer in postmenopausal women: Approaches to estimating and reducing risk." *Journal of the National Cancer Institute* 101, no. 6 (2009): 384–98.
- 5. Jolie, A. "My medical choice," *New York Times*, May 14, 2013, www. nytimes.com/2013/05/14 /opinion/my-medical-choice.html?\_r=0.
- Jolie, A. "Diary of a surgery," *New York Times*, March 24, 2015, www. nytimes.com/2015/03 /24/opinion/angelina-jolie-pitt-diary-of-a-surgery. html.
- "The human genome project completion: Frequently asked questions." National Human Genome Research Institute, www.genome. gov/11006943; "Talking glossary of genetic terms," National Human Genome Research Institute, www.genome.gov/Glossary.
- Shamovsky, I., et al. "New insights into the mechanism of heat shock response activation," *Cellular and Molecular Life Sciences* 65, no. 6 (2008): 855-61; Miozzo, F., et al. "HSFs, stress sensors and sculptors of transcription compartments and epigenetic landscapes," *Journal of Molecular Biology* 427, no. 24 (2015): 3793-3816; and Santoro, M. G. "Heat shock factors and the control of the stress response," *Biochemical Pharmacology* 59, no. 1 (2000): 55-63.
- 9. Yamashita, H., et al. "A glucose-responsive transcription factor that regulates carbohydrate metabolism in the liver," *Proceedings of the National Academy of Sciences* 98, no. 16 (2001): 9116–21.
- Osborne, C. K., et al. "Estrogen receptor: current understanding of its activation and modulation," *Cancer Research* 7, no. 12 (2001): 4338s-42s; Halachmi, S., et al. "Estrogen receptor-associated proteins: possible mediators of hormone-induced transcription," *Science* 264, no. 5164 (1994): 1455-58; and Marino, M., et al. "Estrogen signaling multiple pathways to impact gene transcription," *Current Genomics* 7, no. 8 (2006): 497-508.
- 11. Audergon, P., et al. "Restricted epigenetic inheritance."
- Sun, C., et al. "Potential epigenetic mechanism in non-alcoholic fatty liver disease." *International Journal of Molecular Sciences* 16, no. 3 (2015): 5161–79.
- Er, T. K., et al. "Targeted next-generation sequencing for molecular diagnosis of endometriosis-associated ovarian cancer." *Journal of Molecular Medicine* (2016): 1–13; Wiegand, K. C., et al. "ARID1A mutations in endometriosis-associated ovarian carcinomas." *New England Journal of Medicine* 363, no. 16 (2010): 1532–43; Ayhan, A., et al. "Loss of ARID1A expression is an early molecular event in

tumor progression from ovarian endometriotic cyst to clear cell and endometrioid carcinoma." *International Journal of Gynecological Cancer: Official Journal of the International Gynecological Cancer Society* 22, no. 8 (2012): 1310; Takeda, T., et al. "ARID1A gene mutation in ovarian and endometrial cancers (Review)." *Oncology Reports* 35, no. 2 (2016): 607–13.

 Cao-Lei, L., et al. "DNA methylation signatures triggered by prenatal maternal stress exposure to a natural disaster: Project ice storm." *PLoS One* 9, no. 9 (2014).

### 第4章 原因を探る

- Volpato, S., et al. "Cardiovascular disease, interleukin-6, and risk of mortality in older women the women's health and aging study." *Circulation* 103, no. 7 (2001): 947-53; Harris, T. B., et al. "Associations of elevated interleukin-6 and C-reactive protein levels with mortality in the elderly." *American Journal of Medicine* 106, no. 5 (1999): 506-12; Ferrucci, L., et al. "Serum IL-6 level and the development of disability in older persons." *Journal of the American Geriatrics Society* 47, no. 6 (1999): 639-46.
- Lin, H., et al. "Whole blood gene expression and interleukin-6 levels." Genomics 104, no. 6 (2014): 490–95.
- 3. Barron, E., et al. "Blood-borne biomarkers of mortality risk: systematic review of cohort studies." *PloS One* 10, no. 6 (2015): e0127550.
- 4. www.nhlbi.nih.gov/health/educational/lose\_wt/BMI/bmicalc.htm.
- Curtis, B. M., et al. "Autonomic tone as a cardiovascular risk factor: the dangers of chronic fight or flight." *Mayo Clinic Proceedings*, 77, no. 1 (2002): 45–54; Thayer, J. F., et al. "The role of vagal function in the risk for cardiovascular disease and mortality." *Biological Psychology* 74, no. 2 (2007): 224–42.
- Kleiger, R. E., et al. "Heart rate variability: measurement and clinical utility." *Annals of Noninvasive Electrocardiology* 10, no. 1 (2005): 88–101; Dekker, J. M., et al. "Low heart rate variability in a 2-minute rhythm strip predicts risk of coronary heart disease and mortality from several causes The ARIC Study." *Circulation* 102, no. 11 (2000): 1239–44; Galinier, M. A., et al. "Depressed low frequency power of heart rate variability as an independent predictor of sudden death in chronic heart failure." *European Heart Journal* 21, no. 6 (2000): 475–82.
- Buettner, D. "The island where people forget to die," New York Times, October 24, 2012, accessed August 17, 2015, www.nytimes. com/2012/10/28/magazine/the-island-where-people -forget-to-die. html?\_r=1.

- Panagiotakos, D. B., et al. "Sociodemographic and lifestyle statistics of oldest old people (> 80 years) living in Ikaria island: the Ikaria study." *Cardiology Research and Practice* (2011); Chrysohoou, C., et al. "Fouryear (2009-2013) All cause and cardiovascular disease mortality and its determinants: The Ikaria study." *Journal of the American College of Cardiology* 63, no. 12\_S (2014); Stefanadis, C. I., "Aging, genes and environment: lessons from the Ikaria study." *Hellenic Journal of Cardiology* 54, no. 3 (2013): 237-38; Trichopoulou, A., et al. "Anatomy of health effects of Mediterranean diet: Greek EPIC prospective cohort study." *British Medical Journal* 338 (2009).
- 9. Buettner, D. *The Blue Zones: 9 Lessons for Living Longer from the People Who've Lived the Longest*, 2nd ed. (Washington, DC: National Geographic, 2012).
- 10. Chilton, S. N., et al. "Inclusion of fermented foods in food guides around the world." Nutrients 7, no. 1 (2015): 390–404.
- Timmers, S., et al. "Calorie restriction-like effects of 30 days of resveratrol supplementation on energy metabolism and metabolic profile in obese humans." *Cell Metabolism* 14, no. 5 (2011): 612–22; Morselli, E., et al. "Caloric restriction and resveratrol promote longevity through the Sirtuin-1-dependent induction of autophagy." *Cell Death and Disease* 1, no. 1 (2010): e10; Baur, J. A., et al. "Resveratrol improves health and survival of mice on a highcalorie diet." *Nature* 444, no. 7117 (2006): 337–42.
- Pérez-Rubio, K. G., et al. "Effect of berberine administration on metabolic syndrome, insulin sensitivity, and insulin secretion." *Metabolic Syndrome and Related Disorders* 11, no. 5 (2013): 366-69; Pirillo, A., et al. "Berberine, a plant alkaloid with lipid-and glucose-lowering properties: From in vitro evidence to clinical studies." *Atherosclerosis* 243, no. 2 (2015): 449-61; Pang, B., et al. "Application of berberine on treating type 2 diabetes mellitus." *International Journal of Endocrinology* 2015 (2015).
- Yarla, N. S., et al. "Targeting arachidonic acid pathway by natural products for cancer prevention and therapy." *Seminars in Cancer Biology* (2016); Zarei, A., et al. "A quick overview on some aspects of endocrinological and therapeutic effects of Berberis vulgaris L." *Avicenna Journal of Phytomedicine* 5, no. 6 (2015): 485; Caliceti, C., et al. "Potential benefits of berberine in the management of perimenopausal syndrome." *Oxidative Medicine and Cellular Longevity* (2015); Yang, J., et al. "Berberine improves insulin sensitivity by inhibiting fat store and adjusting adipokines profile in human preadipocytes and metabolic syndrome 2012 (2012); and Hu, Y., et al. "Lipid-lowering effect of berberine in human subjects and rats," *Phytomedicine* 19, no. 10 (2012):

861-67.

 Guo, Y., et al. "Repeated administration of berberine inhibits cytochromes P450 in humans," *European Journal of Clinical Pharmacology* 68, no. 2 (2012): 213–17.

### 第5章 食事 アンチエイジング計画・第1週目

- Bergen, H. R., et al. "Myostatin as a mediator of sarcopenia versus homeostatic regulator of muscle mass: Insights using a new mass spectrometry-based assay." *Skeletal Muscle* 5, no. 1 (2015): 1.
- Clark, M. "Still blazing trails," New York Times, August 4, 2014, accessed October 7, 2015, www.nytimes.com/2014/08/06/dining/still-blazingtrails.html.
- Fussell, B. "Earning her food," New York Times, March 26, 2010, accessed September 20, 2015, www.nytimes.com/2010/03/28/ magazine/28lives-t.html?\_r=1.
- 4. Willer, C. J., et al. "Six new loci associated with body mass index highlight a neuronal influence on body weight regulation." *Nature Genetics* 41, no. 1 (2009): 25-34; Wang, J., et al. "Study of eight GWAS-identified common variants for association with obesity-related indices in Chinese children at puberty." *International Journal of Obesity* 36, no. 4 (2012): 542-47; Speakman, J. R. "Functional analysis of seven genes linked to body mass index and adiposity by genome-wide association studies: a review." *Human Heredity* 75, nos. 2-4 (2013): 57-79; Fawcett, K. A., et al. "The genetics of obesity: FTO leads the way." *Trends in Genetics* 26, no. 6 (2010): 266-74.
- Donaldson, C. M., et al. "Glycemic index and endurance performance." International Journal of Sport Nutrition and Exercise Metabolism 20, no. 2 (2010): 154–65; Bornet, F. R. J., et al. "Glycaemic response to foods: impact on satiety and long-term weight regulation." Appetite 49, no. 3 (2007): 535–53; Philippou, E., et al. "The influence of glycemic index on cognitive functioning: a systematic review of the evidence." Advances in Nutrition: An International Review Journal 5, no. 2 (2014): 119–30; Vranešić Bender, D., et al. "Nutritional and behavioral modification therapies of obesity: facts and fiction." Digestive Diseases 30, no. 2 (2012): 163–67; Mediano, M. F. F., et al. "Insulin Resistance Predicts the Effectiveness of Different Glycemic Index Diets on Weight Loss in Non-Obese Women." Obesity Facts 5, no. 5 (2012): 641–47; Sichieri, R., et al. "An 18-mo randomized trial of a low-glycemic-index diet and weight change in Brazilian women." American Journal of Clinical Nutrition 86, no. 3 (2007): 707–13.
- 6. Martins, M. L., et al. "Incidence of microflora and of ochratoxin A in green

coffee beans (Coffea arabica)." *Food Additives and Contaminants* 20, no. 12 (2003): 1127–31; Studer-Rohr, I., et al. "The occurrence of ochratoxin A in coffee." *Food and Chemical Toxicology* 33, no. 5 (1995): 341–55.

- Frankenfeld, C.L., et al. "High-intensity sweetener consumption and gut microbiome content and predicted gene function in a cross-sectional study of adults in the United States." *Annals of Epidemiology* 25, no. 10 (2015): 736–42; Burke, M. V., et al. "Physiological mechanisms by which non-nutritive sweeteners may impact body weight and metabolism." *Physiology and Behavior* (2015); Pepino, M. Y., "Metabolic effects of nonnutritive sweeteners." *Physiology and Behavior* (2015).
- Chen, W. Y., et al. "Moderate alcohol consumption during adult life, drinking patterns, and breast cancer risk." *JAMA* 306, no. 17 (2011): 1884–90.
- Iwai, K., et al. "Identification of food-derived collagen peptides in human blood after oral ingestion of gelatin hydrolysates." *Journal of Agricultural* and Food Chemistry 53, no. 16 (2005): 6531–36.
- Choonpicharn, S., et al. "Antioxidant and antihypertensive activity of gelatin hydrolysate from Nile tilapia skin." *Journal of Food Science and Technology* 52, no. 5 (2014): 3134–39; Ao, J., et al. "Amino acid composition and antioxidant activities of hydrolysates and peptide fractions from porcine collagen." *Food Science and Technology International* 18, no. 5 (2012): 425–34.
- Choonpicharn et al. "Antioxidant and antihypertensive activity"; Ngo, D. H., et al. "Angiotensin-I converting enzyme inhibitory peptides from antihypertensive skate (Okamejei kenojei) skin gelatin hydrolysate in spontaneously hypertensive rats." *Food Chemistry* 174 (2015): 37-43.
- Leem, K. H., et al. "Porcine skin gelatin hydrolysate promotes longitudinal bone growth in adolescent rats." *Journal of Medicinal Food* 16, no. 5 (2013): 447–53.
- Costanzo, S., et al. "Wine, beer or spirit drinking in relation to fatal and non-fatal cardiovascular events: a meta-analysis." *European Journal of Epidemiology* 26, no. 11 (2011): 833–50.
- Park, K., et al. "Acute and subacute toxicity of copper sulfate pentahydrate (CuSO45 H2O) in the guppy (Poecilia reticulata)." *Journal* of Veterinary Medical Science 71, no. 3 (2009): 333-36; Hébert, C. D., et al. "Subchronic toxicity of cupric sulfate administered in drinking water and feed to rats and mice." *Fundamental and Applied Toxicology* 21, no. 4 (1993): 461-75; Sinkovič, A., et al. "Severe acute copper sulphate poisoning: a case report." *Archives of Industrial Hygiene and Toxicology* (2008): 31-35.
- 15. "All 48 fruits and vegetables with a pesticide residue data," Environmental Working Group, accessed June 15, 2015, www.ewg.org/

7

8

foodnews/list.php.

- Costanzo et al. "Wine, beer or spirit drinking in relation"; Streppel, M. T., et al. "Long-term wine consumption is related to cardiovascular mortality and life expectancy independently of moderate alcohol intake: the Zutphen Study." *Journal of Epidemiology and Community Health* 63, no. 7 (2009): 534–40.
- Chen et al. "Moderate alcohol consumption"; Strumylaite, L., et al. "The association of low-to-moderate alcohol consumption with breast cancer subtypes defined by hormone receptor status." *PloS One* 10, no. 12 (2015): e0144680; Williams, L. A., et al. "Alcohol intake and invasive breast cancer risk by molecular subtype and race in the Carolina Breast Cancer Study." *Cancer Causes and Control* 27, no. 2 (2016): 259–69; Cao, Y., et al. "Light to moderate intake of alcohol, drinking patterns, and risk of cancer: results from two prospective US cohort studies." *British Medical Journal* (2015): h4238.
- Goldberg, D. M., et al. "A global survey of trans-resveratrol concentrations in commercial wines." *American Journal of Enology and Viticulture* 46, no. 2 (1995): 159–65; Crandall, J. P., et al. "Pilot study of resveratrol in older adults with impaired glucose tolerance." *Journals of Gerontology Series A: Biological Sciences and Medical Sciences* (2012): glr235; Zamora-Ros, R., et al. "High urinary levels of resveratrol metabolites are associated with a reduction in the prevalence of cardiovascular risk factors in high-risk patients." *Pharmacological Research* 65, no. 6 (2012): 615–20; Brasnyó, P., et al. "Resveratrol improves insulin sensitivity, reduces oxidative stress and activates the Akt pathway in type 2 diabetic patients." *British Journal of Nutrition* 106, no. 3 (2011): 383–89; Marchal, J., et al. "Resveratrol in mammals: effects on aging biomarkers, age-related diseases, and life span." *Annals of the New York Academy of Sciences* 1290, no. 1 (2013): 67–73.
- Semba, R. D., et al. "Resveratrol levels and all-cause mortality in older community-dwelling adults." *JAMA Internal Medicine* 174, no. 7 (2014): 1077-84; Yoshino, J., et al. "Resveratrol supplementation does not improve metabolic function in non-obese women with normal glucose tolerance." *Cell Metabolism* 16 (2012): 658-64; Bitterman, J. L., et al. "Metabolic effects of resveratrol: addressing the controversies." *Cellular and Molecular Life Sciences* 72, no. 8 (2015): 1473-88.
- Timmers, S., et al. "Calorie restriction-like effects of 30 days of resveratrol supplementation on energy metabolism and metabolic profile in obese humans." *Cell Metabolism* 14, no. 5 (2011): 612-22; Morselli, E., et al. "Caloric restriction and resveratrol promote longevity through the sirtuin-1-dependent induction of autophagy." *Cell Death and Disease* 1, no. 1 (2010): e10; Baur, J. A., et al. "Resveratrol improves health and

survival of mice on a highcalorie diet." *Nature* 444, no. 7117 (2006): 337-42.

- Friedlander, B. "New York red wines show higher levels of resveratrol, a Cornell University study finds." *Cornell Chronicle*, February 2, 1998, accessed September 1, 2015. www.news.cornell.edu/stories/1998/02/ ny-red-wines-show-more-resveratrol.
- Paganini-Hill, A., et al. "Dental health behaviors, dentition, and mortality in the elderly: the leisure world cohort study." *Journal of Aging Research* (2011).
- 23. Olsen, I. "Update on bacteraemia related to dental procedures." *Transfusion and Apheresis Science* 39, no. 2 (2008): 173–78.
- Akaji, E. A., et al. "Halitosis: a review of the literature on its prevalence, impact and control." *Oral Health and Preventative Dentistry* 12 (2014): 297–304.
- 25. Desvarieux, M., et al. "Periodontal microbiota and carotid intima-media thickness the oral infections and vascular disease epidemiology study (INVEST)." *Circulation* 111, no. 5 (2005): 576-82.
- 26. Yaacob, M., et al. "Powered versus manual toothbrushing for oral health." *Cochrane Database of Systematic Reviews* 6 (2014).
- Desvarieux, M., et al. "Gender differences in the relationship between periodontal disease, tooth loss, and atherosclerosis." *Stroke* 35, no. 9 (2004): 2029-35; Wu, T., et al. "Periodontal disease and risk of cerebrovascular disease: the first national health and nutrition examination survey and its follow-up study." *Archives of Internal Medicine* 160, no. 18 (2000): 2749-55.
- Peedikayil, F. C., et al. "Effect of coconut oil in plaque related gingivitis-A preliminary report." *Nigerian Medical Journal: Journal of the Nigeria Medical Association* 56, no. 2 (2015): 143; Asokan, S., et al. "Effect of oil pulling on plaque induced gingivitis: A randomized, controlled, triple-blind study." *Indian Journal of Dental Research* 20, no. 1 (2009): 47; Roldan, S., et al. "Biofilms and the tongue: therapeutical approaches for the control of halitosis." *Clinical Oral Investigations* 7, no. 4 (2003): 189–97; Asokan, S., et al. "Effect of oil pulling on Streptococcus mutans count in plaque and saliva using Dentocult SM Strip mutans test: A randomized, controlled, triple-blind study." *Journal of Indian Society of Pedodontics and Preventive Dentistry* 26, no. 1 (2008): 12.
- 29. Sambunjak, D., et al. "Flossing for the management of periodontal diseases and dental caries in adults." *Cochrane Database of Systematic Reviews* 12 (2011).

#### 第6章 睡眠 アンチエイジング計画・第2週目

- 1. He, Y., et al. "The transcriptional repressor DEC2 regulates sleep length in mammals." *Science* 325, no. 5942 (2009): 866–70.
- 2. Gooley, J. J. "Circadian regulation of lipid metabolism." The Proceedings of the Nutrition Society (2016): 1-11: Goolev. J. J., et al. "Diurnal regulation of lipid metabolism and applications of circadian lipidomics." Journal of Genetics and Genomics 41, no. 5 (2014): 231-50: Horne, J. "The end of sleep: 'sleep debt' versus biological adaptation of human sleep to waking needs." Biological Psychology 87, no. 1 (2011): 1-14: Jackson, M. L., et al. "Cognitive components of simulated driving performance: sleep loss effects and predictors." Accident Analysis & Prevention 50 (2013): 438-44; McGrath, E., et al. "Sleep to lower elevated blood pressure: A randomized controlled trial (Slept)." Journal of Hypertension 34 (2016): e48; Wehr, T. A. "The durations of human melatonin secretion and sleep respond to changes in daylength (photoperiod)." Journal of Clinical Endocrinology & Metabolism 73, no. 6 (1991): 1276-80; Weintraub, K. "Ask well: Catching up on lost sleep," New York Times, July 24, 2015, accessed October 22, 2015, http:// well.blogs.nvtimes.com/2015/07/24/ask -well-catching-up-on-lostsleep/? r=0.
- Archer, S. N., et al. "How sleep and wakefulness influence circadian rhythmicity: effects of insufficient and mistimed sleep on the animal and human transcriptome." *Journal of Sleep Research* 24, no. 5 (2015): 476–93.
- Archer, S. N., et al. "Mistimed sleep disrupts circadian regulation of the human transcriptome." *Proceedings of the National Academy of Sciences* 111, no. 6 (2014): E682–91.
- 5. Archer et al. "How sleep and wakefulness influence circadian rhythmicity."
- Tworoger, S. S., et al. "The association of self-reported sleep duration, difficulty sleeping, and snoring with cognitive function in older women." *Alzheimer Disease and Associated Disorders* 20, no. 1 (2006): 41–48.
- 7. Ferrie, J. E., et al. "Change in sleep duration and cognitive function: findings from the Whitehall II Study." *Sleep* 34, no. 5 (2011): 565.
- Horne, J. "The end of sleep: 'sleep debt' versus biological adaptation of human sleep to waking needs." *Biological Psychology* 87, no. 1 (2011): 1-14.
- Panagiotakos, D. B., et al. "Sociodemographic and lifestyle statistics of oldest old people (> 80 years) living in Ikaria island: the Ikaria study." *Cardiology Research and Practice* 2011 (2011).
- 10. Spiegel, K., et al. "Brief communication: Sleep curtailment in healthy

young men is associated with decreased leptin levels, elevated ghrelin levels, and increased hunger and appetite." Annals of Internal Medicine 141, no. 11 (2004): 846-50; Taheri, S., et al. "Short sleep duration is associated with reduced leptin, elevated ghrelin, and increased body mass index." PLoS Medicine 1, no. 3 (2004): 210; Nedeltcheva, A. V., et al. "Sleep curtailment is accompanied by increased intake of calories from snacks." American Journal of Clinical Nutrition 89, no. 1 (2009): 126-33: Hart, C. N., et al. "Changes in children's sleep duration on food intake, weight, and leptin." Pediatrics 132, no. 6 (2013): e1473-80; Kieldsen, J. S., et al. "Short sleep duration and large variability in sleep duration are independently associated with dietary risk factors for obesity in Danish school children." International Journal of Obesity 38, no. 1 (2014): 32-39; Leger, D., et al. "The role of sleep in the regulation of body weight." Molecular and Cellular Endocrinology (2015); Capers, P. L., et al. "A systemic review and meta-analysis of randomized controlled trials of the impact of sleep duration on adiposity and components of energy balance." Obesity Reviews 16, no. 9 (2015): 771-82; Broussard, J. L., et al. "Elevated ghrelin predicts food intake during experimental sleep restriction." Obesity (2015).

- Kim, T. W., et al. "The impact of sleep and circadian disturbance on hormones and metabolism." *International Journal of Endocrinology* (2015).
- 12. Spira, A. P., et al. "Self-reported sleep and  $\beta$  -amyloid deposition in community-dwelling older adults." *JAMA Neurology* 70, no. 12 (2013): 1537-43; Lim, A.S.P., et al. "Modification of the relationship of the apolipoprotein E  $\varepsilon$  4 allele to the risk of Alzheimer disease and neurofibrillary tangle density by sleep." *JAMA Neurology* 70, no. 12 (2013): 1544-51.
- Kripke, D. F., et al. "Hypnotics' association with mortality or cancer: a matched cohort study." *British Medical Journal Open* 2, no. 1 (2012): e000850; Kripke, D. F. "Mortality risk of hypnotics: strengths and limits of evidence." *Drug Safety* (2015): 1–15; Mallon, L., et al. "Is usage of hypnotics associated with mortality?" *Sleep Medicine* 10, no. 3 (2009): 279–86.
- Huedo-Medina, T. B., et al. "Effectiveness of non-benzodiazepine hypnotics in treatment of adult insomnia: meta-analysis of data submitted to the Food and Drug Administration." *British Medical Journal* 345 (2012): e8343.
- Cedernaes, J., et al. "Acute sleep loss induces tissue-specific epigenetic and transcriptional alterations to circadian clock genes in men." *Journal* of *Clinical Endocrinology and Metabolism* 100, no. 9 (2015): E1255–61.
- 16. Jackson, M. L., et al. "Cognitive components of simulated driving

performance: sleep loss effects and predictors." *Accident Analysis and Prevention* 50 (2013): 438–44.

- 17. Rattue, G. "Night shift working 'A probable human carcinogen." *Medical News Today*, October 28, 2011, accessed February 2, 2016. www. medicalnewstoday.com/articles /236731.php; "IARC monographs programme finds cancer hazards associated with shiftwork, painting and firefighting," *International Agency for Research on Cancer* December 5, 2007, accessed February 2, 2016, www.iarc.fr/en/media-centre/ pr/2007/pr180. html; "Shiftwork," *IARC Monographs on the Evaluation of Carcinogenic Risks to Humans* 98 (2010), http://monographs.iarc.fr/ ENG/Monographs/vol98/mono98–8.pdf.
- Becker-Krail, D., et al. "Implications of circadian rhythm and stress in addiction vulnerability." *F1000Research* 5 (2016).
- Roehrs, T., et al. "Caffeine: sleep and daytime sleepiness." *Sleep Medicine Reviews* 12, no. 2 (2008): 153–62.
- Filipski, E., et al. "Effects of chronic jet lag on tumor progression in mice." Cancer Research 64, no. 21 (2004): 7879–85.
- Wirz-Justice, A., et al. "Circadian disruption and psychiatric disorders: the importance of entrainment." *Sleep Medicine Clinics* 4, no. 2 (2009): 273–84; Davies, G., et al. "A systematic review of the nature and correlates of sleep disturbance in early psychosis." *Sleep Medicine Reviews* (2016).
- Cajochen, C., et al. "Evening exposure to a light-emitting-diode (LED) backlit computer screen affects circadian physiology and cognitive performance." *Journal of Applied Physiology* 110, no. 5 (2011): 1432–38; Gooley, J. J., et al. "Exposure to room light before bedtime suppresses melatonin onset and shortens melatonin duration in humans." *Journal of Clinical Endocrinology and Metabolism* 96, no. 3 (2010): E463–72; Vinogradova, I. A., et al. "Circadian disruption induced by light-at-night accelerates aging and promotes tumorigenesis in rats." *Aging* 1, no. 10 (2009): 855.
- Mallis, M. M., et al. "Circadian rhythms, sleep, and performance in space." *Aviation, Space, and Environmental Medicine* 76, no. Supplement 1 (2005): B94–B107.
- 24. Altevogt, B. M., et al., eds. *Sleep Disorders and Sleep Deprivation: An Unmet Public Health Problem* (Washington, DC: National Academies Press, 2006).
- Copinschi, G. "Metabolic and endocrine effects of sleep deprivation." Essential Psychopharmacology 6, no. 6 (2004): 341-47.
- Cohen, S., et al. "Sleep habits and susceptibility to the common cold." *Archives of Internal Medicine* 169, no. 1 (2009): 62-67; Opp, M. R. "Sleep and psychoneuroimmunology." *Immunology and Allergy Clinics of*

North America 29, no. 2 (2009): 295–307; Krueger, J. M., et al. "Sleep, microbes and cytokines." *Neuroimmunomodulation* 1, no. 2 (1994): 100–109.

- 27. Hill, S. M., et al. "Melatonin: an inhibitor of breast cancer." *Endocrine-Related Cancer* (2015): ERC-15.
- Stevens, R. G., et al. "Breast cancer and circadian disruption from electric lighting in the modern world." *CA: A Cancer Journal for Clinicians* 64, no. 3 (2014): 207–18; Hansen, J., et al. "Case-control study of shiftwork and breast cancer risk in Danish nurses: impact of shift systems." *European Journal of Cancer* 48, no. 11 (2012): 1722–29; Knutsson, A., et al. "Breast cancer among shift workers: results of the WOLF longitudinal cohort study." *Scandinavian Journal of Work, Environment and Health* 39, no. 2 (2013): 170–77; Rabstein, S., et al. "Night work and breast cancer estrogen receptor status-results from the German GENICA study." *Scandinavian Journal of Work, Environment and Health* 39, no. 5 (2013): 448; Megdal, S. P., et al. "Night work and breast cancer risk: a systematic review and meta-analysis." *European Journal of Cancer* 41, no. 13 (2005): 2023–32.
- 29. Kamdar, B. B., et al. "Night-shift work and risk of breast cancer: a systematic review and meta-analysis." *Breast Cancer Research and Treatment* 138, no. 1 (2013): 291–301.
- Maltese, F., et al. "Night shift decreases cognitive performance of ICU physicians." *Intensive Care Medicine* (2015): 1–8.
- Bøggild, H., et al. "Shift work, risk factors and cardiovascular disease." Scandinavian Journal of Work, Environment & Health (1999): 85-99; Kawachi, I., et al. "Prospective study of shift work and risk of coronary heart disease in women." Circulation 92, no. 11 (1995): 3178-82; Vetter, C., et al. "Association Between Rotating Night Shift Work and Risk of Coronary Heart Disease Among Women." Journal of the American Medical Association 315, no. 16 (2016): 1726-34; Wang, A., et al. "Shift work and 20-year incidence of acute myocardial infarction: results from the Kuopio Ischemic Heart Disease Risk Factor Study." Occupational and Environmental Medicine (2016): oemed-2015.
- 32. Brown, D. L., et al. "Rotating night shift work and the risk of ischemic stroke." *American Journal of Epidemiology* (2009): kwp056.
- Knutsson, A., et al. "Shift work and diabetes-A systematic review." *Chronobiology International* 31, no. 10 (2014): 1146–51; Pan, A., et al. "Rotating night shift work and risk of type 2 diabetes: two prospective cohort studies in women." *PLoS Medicine* 8, no. 12 (2011): 1660.
- Bhatti, P., et al. "Nightshift work and risk of ovarian cancer." Occupational and Environmental Medicine 70, no. 4 (2013): 231-37; Hammer, G. P., et al. "Shift work and prostate cancer incidence in

industrial workers: A historical cohort study in a German chemical company." Deutsches Ärzteblatt International 112. no. 27-28 (2015): 463: Hansen, J., et al. "Nested case-control study of night shift work and breast cancer risk among women in the Danish military." Occupational and Environmental Medicine 69, no. 8 (2012): 551-56; Heikkila, K., et al. "Long working hours and cancer risk: a multi-cohort study." British Journal of Cancer 114, no. 7 (2016): 813-18; Lin, X., "Night-shift work increases morbidity of breast cancer and all-cause mortality: a metaanalysis of 16 prospective cohort studies." Sleep Medicine 16, no. 11 (2015): 1381-87: Papantoniou, K., et al. "Increased and mistimed sex hormone production in night shift workers." Cancer Epidemiology Biomarkers & Prevention 24, no. 5 (2015): 854-63; Rao, D., et al. "Does night-shift work increase the risk of prostate cancer? a systematic review and meta-analysis." OncoTargets and Therapy 8 (2015): 2817; Reszka, E., et al. "Circadian genes in breast cancer." Advances in Clinical Chemistry (2016).

- 35. Hansen et al. "Case-control study of shift-work and breast cancer risk."
- Phipps, A. I., et al. "Sleep duration and quality may impact cancer survival rate." *Sleep* 38 (2015).
- 37. Guarnieri, B., et al. "Sleep and cognitive decline: A strong bidirectional relationship. It is time for specific recommendations on routine assessment and the management of sleep disorders in patients with mild cognitive impairment and dementia." *European Neurology* 74, nos. 1-2 (2015): 43-48.
- Blackwell, T., et al. "Poor sleep is associated with impaired cognitive function in older women: the study of osteoporotic fractures." *Journals* of Gerontology Series A: Biological Sciences and Medical Sciences 61, no. 4 (2006): 405–10.
- Mander, B. A., et al. "Beta-amyloid disrupts human NREM slow waves and related hippocampus-dependent memory consolidation." *Nature Neuroscience* (2015).
- Musiek, E. S., et al. "Sleep, circadian rhythms, and the pathogenesis of Alzheimer Disease." *Experimental and Molecular Medicine* 47, no. 3 (2015): e148.
- 41. Adan, A., et al. "Gender differences in morningness-eveningness preference." *Chronobiology International* 19, no. 4 (2002): 709–20.
- Duffy, J. F., et al. "Sex difference in the near-24-hour intrinsic period of the human circadian timing system." *Proceedings of the National Academy of Sciences* 108, no. Suppl. 3 (2011): 15602–08; Lim, A. S. P., et al. "Sex difference in daily rhythms of clock gene expression in the aged human cerebral cortex." *Journal of Biological Rhythms* 28, no. 2 (2013): 117–29.

- 43. Roenneberg, T., et al "Epidemiology of the human circadian clock." *Sleep Medicine Reviews* 11, no. 6 (2007): 429–38.
- Gominak, S. C., et al. "The world epidemic of sleep disorders is linked to vitamin D deficiency." *Medical Hypotheses* 79, no. 2 (2012): 132–35.
- 45. Gray, M. G., et al. "Multiple integrated complementary healing approaches: Energetics and light for bone." Medical Hypotheses 86 (2016): 18–29.
- Shiue, I. "Low vitamin D levels in adults with longer time to fall asleep: US NHANES, 2005-2006." *International Journal of Cardiology* 41 (2013): 20-21.
- Grandner, M. A., et al. "Relationships among dietary nutrients and subjective sleep, objective sleep, and napping in women." *Sleep Medicine* 11, no. 2 (2010): 180–84.
- Massa, J., et al. "Vitamin D and actigraphic sleep outcomes in older community-dwelling men: the MrOS sleep study." *Sleep* 38, no. 2 (2014): 251–57.
- 49. Beydoun, M. A., et al. "Serum nutritional biomarkers and their associations with sleep among US adults in recent national surveys." *PloS One* 9, no. 8 (2014): e103490; Grandner, M. A., et al. "Sleep symptoms associated with intake of specific dietary nutrients." *Journal* of Sleep Research 23, no. 1 (2014): 22–34.
- Shipton, E. A., et al. "Vitamin D and pain: Vitamin D and its role in the aetiology and maintenance of chronic pain states and associated comorbidities." *Pain Research and Treatment* 2015 (2015).
- Balaban, H., et al. "Serum 25-hydroxyvitamin D levels in restless legs syndrome patients." *Sleep Medicine* 13, no. 7 (2012): 953–57; Wali, S. et al. "The effect of vitamin D supplements on the severity of restless legs syndrome." *Sleep and Breathing* 19, no. 2 (2015): 579–83; Gupta, R., et al. "Restless legs syndrome and pregnancy: prevalence, possible pathophysiological mechanisms and treatment." *Acta Neurologica Scandinavica* (2015).
- 52. Beydoun et al. "Serum nutritional biomarkers."
- Xie, L., et al. "Sleep drives metabolite clearance from the adult brain." *Science* 342, no. 6156 (2013): 373–77; Jessen, N.A., et al. "The glymphatic system: A beginner's guide." *Neurochemical Research* (2015): 1–17; Tarasoff-Conway, J. M., et al. "Clearance systems in the brain—implications for Alzheimer disease." *Nature Reviews Neurology* 11, no. 8 (2015): 457–70; Mendelsohn, A. R., et al. "Sleep facilitates clearance of metabolites from the brain: glymphatic function in aging and neurodegenerative diseases." *Rejuvenation Research* 16, no. 6 (2013): 518–23.
- 54. Lee, H., et al. "The effect of body posture on brain glymphatic transport."

Journal of Neuroscience 35, no. 31 (2015): 11034-44.

- Wang, T. J., et al. "Common genetic determinants of vitamin D insufficiency: a genome-wide association study." *Lancet* 376, no. 9736 (2010): 180–88.
- 56. Ross, A. C., et al., eds. *Dietary reference intakes for calcium and vitamin D* (Washington, DC: National Academies Press, 2010).
- Crowley, S. J., et al. "Increased sensitivity of the circadian system to light in early/midpuberty." *Journal of Clinical Endocrinology and Metabolism* 100, no. 11 (2015): 4067–73.
- Tamakoshi, A., et al. "Self-reported sleep duration as a predictor of allcause mortality: results from the JACC study, Japan." *Sleep* 27, no. 1 (2004): 51–54; Hublin, C., et al. "Sleep and mortality: a population-based 22-year follow-up study." *Sleep* 30, no. 10 (2007): 1245; Gallicchio, L., et al. "Sleep duration and mortality: a systematic review and meta analysis." *Journal of Sleep Research* 18, no. 2 (2009): 148–58.
- 59. Youngstedt, S. D., et al. "Long sleep and mortality: rationale for sleep restriction." *Sleep Medicine Reviews* 8, no. 3 (2004): 159–74.
- Sofer, S., et al. "Greater weight loss and hormonal changes after 6 months diet with carbohydrates eaten mostly at dinner." *Obesity* 19, no. 10 (2011): 2006–14; Sofer, S., et al. "Changes in daily leptin, ghrelin and adiponectin profiles following a diet with carbohydrates eaten at dinner in obese subjects." *Nutrition, Metabolism and Cardiovascular Diseases* 23, no. 8 (2013): 744–50.
- Richards, J., et al. "Higher serum vitamin D concentrations are associated with longer leukocyte telomere length in women." *American Journal of Clinical Nutrition* 86, no. 5 (2007): 1420–25; Liu, J. J., et al. "Plasma vitamin D biomarkers and leukocyte telomere length." *American Journal of Epidemiology* (2013): kws435.
- Satlin, A., et al. "Bright light treatment of behavioral and sleep disturbances in patients with Alzheimer's disease." *American Journal* of *Psychiatry* 149 (1992): 1028-32; Mishima, K., et al. "Morning bright light therapy for sleep and behavior disorders in elderly patients with dementia." *Acta Psychiatrica Scandinavica* 89, no. 1 (1994): 1-7; Stewart, K. T., et al. "Light treatment for NASA shiftworkers." *Chronobiology International* 12, no. 2 (1995): 141-151; Mishima, K., et al. "Randomized, dim light controlled, crossover test of morning bright light therapy for rest-activity rhythm disorders in patients with vascular dementia and dementia of Alzheimer's type." *Chronobiology International* 15, no. 6 (1998): 647-54; Lyketsos, C. G., et al. "A randomized, controlled trial of bright light therapy for agitated behaviors in dementia patients residing in long-term care." *International Journal of Geriatric Psychiatry* 14, no. 7 (1999): 520-25; Yamadera, H., et al. "Effects of bright light on

cognitive and sleep-wake (circadian) rhythm disturbances in Alzheimertype dementia." *Psychiatry and Clinical Neurosciences* 54, no. 3 (2000): 352–53; Ancoli-Israel, S., et al. "Increased light exposure consolidates sleep and strengthens circadian rhythms in severe Alzheimer's disease patients." *Behavioral Sleep Medicine* 1, no. 1 (2003): 22–36; Fetveit, A., et al. "Bright light treatment improves sleep in institutionalised elderly an open trial." *International Journal of Geriatric Psychiatry* 18, no. 6 (2003): 520–26.

- Lockley, S. W., et al. "High sensitivity of the human circadian melatonin rhythm to resetting by short wavelength light." *Journal of Clinical Endocrinology and Metabolism* 88, no. 9 (2003): 4502–05; Sasseville, A., et al. "Wearing blue-blockers in the morning could improve sleep of workers on a permanent night schedule: a pilot study." *Chronobiology International* 26, no. 5 (2009): 913–25; Wood, B., et al. "Light level and duration of exposure determine the impact of self-luminous tablets on melatonin suppression." *Applied Ergonomics* 44, no. 2 (2013): 237–40; van der Lely, S., et al. "Blue blocker glasses as a countermeasure for alerting effects of evening light-emitting diode screen exposure in male teenagers." *Journal of Adolescent Health* 56, no. 1 (2015): 113–19.
- Duffy, J. F., et al. "Sex difference in the near-24-hour intrinsic period of the human circadian timing system." *Proceedings of the National Academy of Sciences* 108, no. Supplement 3 (2011): 15602–8.

#### 第7章 運動 アンチエイジング計画・第3週目

- Matthews, C. E., et al. "Amount of time spent in sedentary behaviors in the United States, 2003-2004." *American Journal of Epidemiology* 167, no. 7 (2008): 875-81.
- Patel, A. V., et al. "Leisure-time spent sitting and site-specific cancer incidence in a large US cohort." *Cancer Epidemiology Biomarkers and Prevention* 24, no. 9 (2015): 1350–59.
- "Health risks of physically strenuous work," *European Observatory* of Working Life, March 8, 2005, accessed November 2, 2015, www. eurofound.europa.eu/observatories/ eurwork/articles/workingconditions/health-risks-of-physically-strenuous-work; Künzler, G., et al. "Arme sterben früher: soziale Schicht, mortalität und rentenalterspolitik in der Schweiz." Vol. 11. *Caritas-Verlag* (2002); "National census of fatal occupational injuries in 2014," *Bureau of Labor Statistics, US Department of Labor*, September 17, 2015, accessed November 2, 2015, www.bls.gov/news.release/pdf/cfoi.pdf; Raley, D. "New NFL goal: A longer life," *Seattle Pi*, May 8, 2008, accessed November 2, 2015, www. seattlepi.com/news /article/New-NFL-goal-A-longer-life-1272886.php.

- 4. Shibata, A., et al. "Physical activity, television viewing time and 12year changes in waist circumference." *Medicine and Science in Sports and Exercise* (2015); Chastin, S.F.M., et al. "Combined effects of time spent in physical activity, sedentary behaviors and sleep on obesity and cardio-metabolic health markers: A novel compositional data analysis approach." *PloS One* 10, no. 10 (2015): e0139984.
- Chastin et al. "Combined effects of time spent in physical activity"; Lamb, M. J. E., et al. "Prospective associations between sedentary time, physical activity, fitness and cardiometabolic risk factors in people with type 2 diabetes." *Diabetologia* 59, no. 1 (2016): 110-20.
- Wilmot, E. G., et al. "Sedentary time in adults and the association with diabetes, cardiovascular disease and death: systematic review and meta-analysis." *Diabetologia* 55 (2012): 2895–05; Warburton, D., et al. "Health benefits of physical activity: the evidence." *Canadian Medical Association Journal* 174, no. 6 (2006): 801–09.
- Owen, N., et al. "Too much sitting: a novel and important predictor of chronic disease risk?" *British Journal of Sports Medicine* 43, no. 2 (2009): 81-83; Bauman, A., et al. "Leisure-time physical activity alone may not be a sufficient public health approach to prevent obesity—a focus on China." *Obesity Reviews* 9, no. s1 (2008): 119-26.
- 8. Chastin et al. "Combined effects of time spent in physical activity."
- Samitz, G, et al. "Domains of physical activity and all-cause mortality: systematic review and dose-response meta-analysis of cohort studies." *International Journal of Epidemiology* 40, no. 5 (2011): 1382–1400; Hu, G., et al. "The effects of physical activity and body mass index on cardiovascular, cancer and all-cause mortality among 47 212 middleaged Finnish men and women." *International Journal of Obesity* 29, no. 8 (2005): 894–902. Schnohr, P., et al. "Longevity in male and female joggers: the Copenhagen City Heart Study." *American Journal of Epidemiology* 177, no. 7 (2013): 683–89.
- Oguma, Y., et al. "Physical activity and all-cause mortality in women: a review of the evidence." *British Journal of Sports Medicine* 36, no. 3 (2002): 162–72.
- Gregg, E. W., et al. "Relationship of changes in physical activity and mortality among older women." *JAMA* 289, no. 18 (2003): 2379–86.
- Stanford, K. I., et al. "Exercise effects on white adipose tissue: Beiging and metabolic adaptations." *Diabetes* 64, no. 7 (2015): 2361–68.
- 13. Levine, H. J. "Rest heart rate and life expectancy." *Journal of the American College of Cardiology* 30, no. 4 (1997): 1104–6.
- 14. "Physical activity guidelines," *Health.Gov*, accessed December 7, 2015, http://health.gov /paguidelines.
- 15. Schnohr, P., et al. "Dose of jogging and long-term mortality: the

Copenhagen City Heart Study." *Journal of the American College of Cardiology* 65, no. 5 (2015): 411–19.

- Lavie, C. J., et al. "Effects of running on chronic diseases and cardiovascular and all-cause mortality." *Mayo Clinic Proceedings* 90, no. 11 (2015): 1541–52.
- Day, S. M., et al. "Cardiac risks associated with marathon running." *Sports Health: A Multidisciplinary Approach* 2, no. 4 (2010): 301-6; Kim, J. H., et al. "Cardiac arrest during long-distance running races." *New England Journal of Medicine* 366, no. 2 (2012): 130-40; Hart, L. "Marathon-related cardiac arrest." *Clinical Journal of Sport Medicine* 23, no. 5 (2013): 409-10.
- Du, M., et al. "Physical activity, sedentary behavior, and leukocyte telomere length in women." *American Journal of Epidemiology* (2012): kwr330.
- 19. Ibid.
- 20. Ibid.; Krishna, B. H., et al. "Association of leukocyte telomere length with oxidative stress in yoga practitioners." *Journal of Clinical and Diagnostic Research: JCDR* 9, no. 3 (2015): CC01.
- Martyn-St. James, M., et al. "Meta-analysis of walking for preservation of bone mineral density in postmenopausal women." *Bone* 43, no. 3 (2008): 521-31.
- 22. Zhao, R., et al. "The effects of differing resistance training modes on the preservation of bone mineral density in postmenopausal women: a metaanalysis." *Osteoporosis International* 26, no. 5 (2015): 1605–18.
- Patel, N. K., et al. "The effects of yoga on physical functioning and health related quality of life in older adults: a systematic review and metaanalysis." *Journal of Alternative and Complementary Medicine* 18, no. 10 (2012): 902–17; Phoosuwan, M., et al. "The effects of weight bearing yoga training on the bone resorption markers of the postmenopausal women." *Chotmaihet Thangphaet [Journal of the Medical Association of Thailand]* 92 (2009): S102–8.
- 24. Melov, S. et al. "Resistance exercise reverses aging in human skeletal muscle." *PLoS One* 2, no. 5 (2007): e465.
- Lee, J. A., et al. "Effects of yoga exercise on serum adiponectin and metabolic syndrome factors in obese postmenopausal women." *Menopause* 19, no. 3 (2012): 296–301.
- 26. Watson, K., et al. "MTOR and the health benefits of exercise." *Seminars in Cell and Developmental Biology*, no. 36, (2014): 130–39.
- Markofski, M. M., et al. "Effect of age on basal muscle protein synthesis and mTORC1 signaling in a large cohort of young and older men and women." *Experimental Gerontology* 65 (2015): 1–7.
- 28. Rönn, T., et al. "A six months exercise intervention influences the

genome-wide DNA methylation pattern in human adipose tissue." *PLoS Genetics* 9, no. 6 (2013): e1003572.

- Vimaleswaran, K. S., et al. "Physical activity attenuates the body mass index-increasing influence of genetic variation in the FTO gene." *American Journal of Clinical Nutrition* 90, no. 2 (2009): 425–28; Kilpeläinen, T. O., et al. "Physical activity attenuates the influence of FTO variants on obesity risk: a meta-analysis of 218,166 adults and 19,268 children." *PLoS Medicine* 8, no. 11 (2011): e1001116; Shengxu, L., et al. "Cumulative effects and predictive value of common obesitysusceptibility variants identified by genome-wide association studies." *American Journal of Clinical Nutrition* 91, no. 1 (2010): 184–90.
- Kilpeläinen, T. O., et al. "Genome-wide meta-analysis uncovers novel loci influencing circulating leptin levels." *Nature Communications* 7 (2016).
- Dupuis, J., et al. "New genetic loci implicated in fasting glucose homeostasis and their impact on type 2 diabetes risk." *Nature Genetics* 42, no. 2 (2010): 105–16; Strawbridge, R. J., et al. "Genome-wide association identifies nine common variants associated with fasting proinsulin levels and provides new insights into the pathophysiology of type 2 diabetes." Diabetes 60, no. 10 (2011): 2624–34; Teran-Garcia, M., et al. "Hepatic lipase gene variant— 514C>T is associated with lipoprotein and insulin sensitivity response to regular exercise." *Diabetes* 54, no. 7 (2005): 2251–55.
- Ahmad, T., et al. "Physical activity modifies the effect of LPL, LIPC, and CETP polymorphisms on HDL-C levels and the risk of myocardial infarction in women of European ancestry." *Circulation: Cardiovascular Genetics* 4, no. 1 (2011): 74–80.
- Barres, R., et al. "Acute exercise remodels promoter methylation in human skeletal muscle." *Cell Metabolism* 15, no. 3 (2012): 405–11.
- Hargreaves, M. "Exercise and Gene Expression." *Progress in Molecular Biology and Translational Science* 135 (2015): 457–69.
- 35. Bratman, G. N., et al. "The benefits of nature experience: Improved affect and cognition." *Landscape and Urban Planning* 138 (2015): 41–50.
- Bratman, G. N., et al. "Nature experience reduces rumination and subgenual prefrontal cortex activation." *Proceedings of the National Academy of Sciences* 112, no. 28 (2015): 8567–72.
- Song, C., et al. "Physiological and psychological responses of young males during springtime walks in urban parks." *Journal of Physiological Anthropology* 33, no. 8 (2014); Song, C., et al. "Physiological and psychological effects of walking on young males in urban parks in winter." *Journal of Physiological Anthropology* 32, no. 1 (2013): 18; Song, C., et al. "Effect of forest walking on autonomic nervous system activity in middle-aged hypertensive individuals: A pilot study."

International Journal of Environmental Research and Public Health 12, no. 3 (2015): 2687–99.

- Gammon, M. D., et al. "Recreational and occupational physical activities and risk of breast cancer." *Journal of the National Cancer Institute* 90, no. 2 (1998): 100–117.
- Dorn, J., et al. "Lifetime physical activity and breast cancer risk in preand postmenopausal women." *Medicine and Science in Sports and Exercise* 35, no. 2 (2003): 278–85.
- Patel, A. V., et al. "Recreational physical activity and risk of postmenopausal breast cancer in a large cohort of US women." *Cancer Causes and Control* 14, no. 6 (2003): 519–29.
- Patel, A. V., et al. "Lifetime recreational exercise activity and risk of breast carcinoma in situ." *Cancer* 98, no. 10 (2003): 2161-69; Lu, Y., et al. "History of recreational physical activity and survival after breast cancer: the California Breast Cancer Survivorship Consortium." *American Journal of Epidemiology* (2015): kwu466; Warburton et al. "Health benefits of physical activity."
- 42. Lek, M., et al. "Analysis of protein-coding genetic variation in 60,706 humans." *bioRxiv* (2015): 030338.
- Rankinen, T., et al. "Effect of endothelin 1 genotype on blood pressure is dependent on physical activity or fitness levels." *Hypertension* 50, no. 6 (2007): 1120-25; Li, T. C., et al. "Associations of EDNRA and EDN1 polymorphisms with carotid intima media thickness through interactions with gender, regular exercise, and obesity in subjects in Taiwan: Taichung Community Health Study (TCHS)." *BioMedicine* 5, no. 2 (2015).
- Yaffe, K., et al. "A prospective study of physical activity and cognitive decline in elderly women: women who walk." *Archives of Internal Medicine* 161, no. 14 (2001): 1703–8.
- 45. Weuve, J., et al. "Physical activity, including walking, and cognitive function in older women." *JAMA* 292, no. 12 (2004): 1454–61.
- 46. Zulfiqar, U., et al. "Relation of high heart rate variability to healthy longevity." *American Journal of Cardiology* 105, no. 8 (2010): 1181–85.
- Blomstrand, A., et al. "Effects of leisure time physical activity on wellbeing among women in a 32-year perspective." *Scandinavian Journal of Public Health* (2009).
- Crane, J. D., et al. "Exercise-stimulated interleukin-15 is controlled by AMPK and regulates skin metabolism and aging." *Aging Cell* (2015).
- Li, F., et al. "Tai chi and self-rated quality of sleep and daytime sleepiness in older adults: A randomized controlled trial." *Journal of the American Geriatrics Society* 52, no. 6 (2004): 892–900.
- 50. Irwin, M. R., et al. "Tai chi, cellular inflammation, and transcriptome dynamics in breast cancer survivors with insomnia: a randomized

controlled trial." *Journal of the National Cancer Institute. Monographs* 2014, no. 50 (2014): 295–301.

- Buman, M. P., et al. "Does nighttime exercise really disturb sleep? Results from the 2013 National Sleep Foundation Sleep in America poll." *Sleep Medicine* 15, no. 7 (2014): 755-61; Qian-Chun, Y., et al. "Impact of evening exercise on college students' sleep quality." *Zhonghua Yu Fang Yi Xue Za Zhi [Chinese Journal of Preventive Medicine]* 47, no. 6 (2013): 542-46; Brand, S., et al. "High self-perceived exercise exertion before bedtime is associated with greater objectively assessed sleep efficiency." *Sleep Medicine* 15, no. 9 (2014): 1031-36. Alley, J. R., et al. "Effects of resistance exercise timing on sleep architecture and nocturnal blood pressure." *Journal of Strength and Conditioning Research* 29, no. 5 (2015): 1378-85.
- Yang, P. Y., et al. "Exercise training improves sleep quality in middleaged and older adults with sleep problems: a systematic review." *Journal* of *Physiotherapy* 58, no. 3 (2012): 157–63.
- 53. Fiatarone, M. A., et al. "High-intensity strength training in nonagenarians: effects on skeletal muscle." *Journal of the American Medical Association* 263, no. 22 (1990): 3029–34.
- 54. 58 Poirier, P. "Exercise, heart rate variability, and longevity: the cocoon mystery?" *Circulation* 129 (2014): 2085-87; U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans: Be Active, Healthy and Happy (Washington, DC: US Department of Health and Human Services, 2008); Myers, J., et al. "Exercise capacity and mortality among men referred for exercise testing." *New England Journal of Medicine* 346, no. 11 (2002): 793-801; Gulati, M., et al. "The prognostic value of a nomogram for exercise capacity in women." *New England Journal of Medicine* 353, no. 5 (2005): 468-75.
- Reynolds, G. "Walk hard. Walk easy. Repeat," *New York Times*, February 19, 2015, accessed September 20, 2015, http://well.blogs.nytimes. com/2015/02/19/walk-hard-walk-easyrepeat/?\_r=0; Masuki, S., et al. "The factors affecting adherence to a long-term interval walking training program in middle-aged and older people." *Journal of Applied Physiology* 118, no. 5 (2015): 595-603.
- Esmarck, B., et al. "Timing of post exercise protein intake is important for muscle hypertrophy with resistance training in elderly humans." *Journal* of *Physiology* 535, no. 1 (2001): 301–11.
- 57. Buchheit, M., et al. "Parasympathetic reactivation after repeated sprint exercise." American Journal of Physiology-Heart and Circulatory Physiology 293, no. 1 (2007): H133-H141; Bishop, P. A., et al. "Recovery from training: a brief review: brief review." Journal of Strength and Conditioning Research 22, no. 3 (2008): 1015–24; Gisselman, A. et al.

"Musculoskeletal overuse injuries and heart rate variability: Is there a link?" *Medical Hypotheses* 87 (2016): 1–7; Mayo, X., et al. "Exercise type affects cardiac vagal autonomic recovery after a resistance training session." *Journal of Strength and Conditioning Research / National Strength and Conditioning Association* (2016); Vernillo, G., et al. "Postexercise autonomic function after repeated-sprints training." *European Journal of Applied Physiology* 115, no. 11 (2015): 2445–55.

- 58. Gupta, S., et al. "Cardiorespiratory fitness and classification of risk of cardiovascular disease mortality." *Circulation* 123, no. 13 (2011): 1377-83; Berry, J. D., et al. "Lifetime risks for cardiovascular disease mortality by cardiorespiratory fitness levels measured at ages 45, 55, and 65 years in men: the Cooper Center Longitudinal Study." *Journal of the American College of Cardiology* 57, no. 15 (2011): 1604-10.
- Waygood, E., et al. "Active travel by built environment and lifecycle stage: case study of Osaka metropolitan area." *International Journal of Environmental Research and Public Health* 12, no. 12 (2015): 15900-24; Oja, P., et al. "Health benefits of cycling: a systematic review." *Scandinavian Journal of Medicine and Science in Sports* 21, no. 4 (2011): 496-509; Chiu, M, et al. "Moving to a Highly Walkable Neighborhood and Incidence of Hypertension: A Propensity-score Matched Cohort Study." *Circulation* 132, no. Suppl. 3 (2015): A11545.
- 60. Martin, A., et al. "Does active commuting improve psychological wellbeing? Longitudinal evidence from eighteen waves of the British Household Panel Survey." *Preventive Medicine* 69 (2014): 296–303; Gatersleben, B., et al. "Affective appraisals of the daily commute comparing perceptions of drivers, cyclists, walkers, and users of public transport." *Environment and Behavior* 39, no. 3 (2007): 416–31.

#### 第8章 体の緊張を解く アンチエイジング計画・第4週目

 Krishna, B. H., et al. "Association of leukocyte telomere length with oxidative stress in yoga practitioners." *Journal of Clinical and Diagnostic Research: JCDR* 9, no. 3 (2015): CC01; Balasubramanian, S., et al. "Induction of salivary nerve growth factor by Yogic breathing: a randomized controlled trial." *International Psychogeriatrics* 27, no. 1 (2015): 168-70; Bower, J. E., et al. "Yoga reduces inflammatory signaling in fatigued breast cancer survivors: a randomized controlled trial." *Psychoneuroendocrinology* 43 (2014): 20-29; Qu, S., et al. "Rapid gene expression changes in peripheral blood lymphocytes upon practice of a comprehensive yoga program." *PloS One* 8, no. 4 (2013): e61910; Sharma, H., et al. "Sudarshan Kriya practitioners exhibit better antioxidant status and lower blood lactate levels." *Biological Psychology* 63, no. 3 (2003): 281-91.

- Inanir, A., et al. "Clinical symptoms in fibromyalgia are associated to catechol-Omethyltransferase (COMT) gene Val158Met polymorphism." *Xenobiotica* 44, no. 10 (2014): 952–56.
- Vossen, H., et al. "The genetic influence on the cortical processing of experimental pain and the moderating effect of pain status." *PLoS One* 5, no. 10 (2010): e13641; Nijs, J., et al. "Brainderived neurotrophic factor as a driving force behind neuroplasticity in neuropathic and central sensitization pain: a new therapeutic target?" *Expert Opinion on Therapeutic Targets* 19, no. 4 (2015): 565–76.
- 4. Forrest, A. Fierce Medicine (San Francisco: HarperOne, 2012).
- 5. For more information on Forrest yoga, visit www.forrestyoga.com.
- Kogan, L. "Oprah's new workout and what happened when we tried it)." Oprah.com, January 2016, accessed January 26, 2016, www.oprah. com/health/Oprahs-New-Workout-and -What-Happened-When-We-Triedlt.
- Bougea, A. M., et al. "Effect of the emotional freedom technique on perceived stress, quality of life, and cortisol salivary levels in tensiontype headache sufferers: a randomized controlled trial." *Explore: Journal* of Science and Healing 9, no. 2 (2013): 91–99.
- Church, D., et al. "The effect of emotional freedom techniques on stress biochemistry: a randomized controlled trial." *Journal of Nervous and Mental Disease* 200, no. 10 (2012): 891–96.
- Brattberg, G. "Self-administered EFT (Emotional Freedom Techniques) in individuals with fibromyalgia: a randomized trial." *Integrative Medicine* 7, no. 4 (2008): 30–35.
- Boath, E., et al. "A narrative systematic review of the effectiveness of Emotional Freedom Techniques (EFT)." *Staffordshire University, CPSI Monograph, Centre for Practice and Service Improvement* (2012).
- 11. Ibid.
- 12. Upledger, J. E., et al. *CranioSacral Therapy: What It Is, How It Works* (Berkeley: North Atlantic Books, 2008), 103.
- Henschke, N., et al. "Stretching before or after exercise does not reduce delayed-onset muscle soreness." *British Journal of Sports Medicine* 45, no. 15 (2011): 1249–50.
- Simic, L., N. et al. "Does pre-exercise static stretching inhibit maximal muscular performance? A meta-analytical review." *Scandinavian Journal* of Medicine and Science in Sports 23, no. 2 (2013): 131–48.
- Cheatham, S. W., et al. "The effects of self-myofascial release using a foam roll or roller massager on joint range of motion, muscle recovery and performance: A systematic review." *International Journal of Sports Physical Therapy* 10, no. 6 (2015): 827.

- Beardsley, C., et al. "Effects of self-myofascial release: A systematic review." *Journal of Bodywork and Movement Therapies* 19, no. 4 (2015): 747–58.
- Chen, Y. H., et al. "Increased sliding of transverse abdominis during contraction after myofascial release in patients with chronic low back pain." *Manual Therapy* (2015).
- Bleakley, C., et al. "Cold-water immersion for preventing and treating muscle soreness after exercise." *Cochrane Library* (2012); Costello, J. T., et al. "Whole-body cryotherapy (extreme cold air exposure) for preventing and treating muscle soreness after exercise in adults." *Cochrane Library* (2015).
- Bleakley, C. M., et al. "What is the biochemical and physiological rationale for using Cold Water Immersion in Sports Recovery? A Systematic Review." *British Journal of Sports Medicine* (2009): bjsm-2009.
- 20. Van der Kolk, B. *The Body Keeps the Score* (New York: Viking, 2014), 356.
- Ferris, T. "Relax like a pro: 5 steps to hacking your sleep," *The Tim Ferris Experiment*, January 27, 2008, accessed February 1, 2016, http://fourhourworkweek.com/2008/01/27 /relax-like-a-pro-5-steps-tohacking-your-sleep.
- 22. Hamblin, J. "The benefits of being cold," *Atlantic*, January 2015, accessed February 1, 2016, www.theatlantic.com/magazine/ archive/2015/01/does-global-warming-make-me -look-fat/383509.
- Zhornitsky, S., et al. "Cannabidiol in humans—the quest for therapeutic targets," *Pharmaceuticals* 5, no. 5 (2012): 529–52; Welty, T. E., et al. "Cannabidiol: promise and pitfalls," *Epilepsy Currents* 14, no. 5 (2014): 250–52; and Fasinu, P. S., et al. "Current status and prospects for cannabidiol preparations as new therapeutic agents," *Pharmacotherapy: The Journal of Human Pharmacology and Drug Therapy* (2016).

#### 第9章 毒素 アンチエイジング計画・第5週目

- Gore, A. C., et al. "Executive summary to EDC-2: The Endocrine Society's second scientific statement on endocrine-disrupting chemicals." *Endocrine Reviews* 36, no. 6 (2015): 593-602.
- 2. Christensen, K., et al. "Ageing populations: the challenges ahead." *Lancet* 374, no. 9696 (2009): 1196–1208.
- 3. Wild, C. P. "Complementing the genome with an 'exposome': the outstanding challenge of environmental exposure measurement in molecular epidemiology." *Cancer Epidemiology Biomarkers and Prevention* 14, no. 8 (2005): 1847–50.
- 4. Coughlin, S. S., et al. "The impact of the natural, social, built, and policy

environments on breast cancer." *Journal of Environment and Health Sciences* 1, no. 3 (2015); Land, C. E. "Studies of cancer and radiation dose among atomic bomb survivors: the example of breast cancer." *JAMA* 274, no. 5 (1995): 402–7; Hancock, S. L., et al. "Breast cancer after treatment of Hodgkin's disease." *Journal of the National Cancer Institute* 85, no. 1 (1993): 25–31.

- Calle, E. E., et al. "Organochlorines and breast cancer risk." *CA: A Cancer Journal for Clinicians* 52, no. 5 (2002): 301–9; Hertz-Picciotto, I., ed. *Breast Cancer and the Environment: A Life Course Approach* (National Academies Press, 2012); Ekenga, C. C., et al. "Breast cancer risk after occupational solvent exposure: The influence of timing and setting." *Cancer Research* 74, no. 11 (2014): 3076–83; Labrèche, F., et al. "Postmenopausal breast cancer and occupational exposures." *Occupational and Environmental Medicine* 67, no. 4 (2010): 263–69; Millikan, R., et al. "Dichlorodiphenyldichloroethene, polychlorinated biphenyls, and breast cancer among African-American and white women in North Carolina." *Cancer Epidemiology Biomarkers and Prevention* 9, no. 11 (2000): 1233–40; Krieger, N., et al. "Breast cancer and serum organochlorines: a prospective study among white, black, and Asian women." *Journal of the National Cancer Institute* 86, no. 8 (1994): 589–99.
- Kochan, D. Z., et al. "Circadian disruption and breast cancer: An epigenetic link?" *Oncotarget* 6, no. 19 (2015): 16866.
- Inspired in part by the International Living Future Institute's red list of building materials that contain harmful substances. "Materials red list," International Living Future Institute, accessed February 6, 2016, http:// living-future.org/topic/materials-red-list.
- Kojima, H., et al. "In vitro endocrine disruption potential of organophosphate flame retardants via human nuclear receptors." *Toxicology* 314, no. 1 (2013): 76–83.
- Liu, X., et al. "Endocrine disruption potentials of organophosphate flame retardants and related mechanisms in H295R and MVLN cell lines and in zebrafish." *Aquatic Toxicology* 114 (2012): 173–81.
- Su, G., et al. "Rapid in vitro metabolism of the flame retardant triphenyl phosphate and effects on cytotoxicity and mRNA expression in chicken embryonic hepatocytes." *Environmental Science and Technology* 48, no. 22 (2014): 13511–19.
- 11. Mendelsohn, E., et al. "Nail polish as a source of exposure to triphenyl phosphate." *Environment International* 86 (2016): 45–51.
- Heikkinen, S., et al. "Does hair dye use increase the risk of breast cancer? A populationbased case-control study of Finnish women." *PloS One* 10, no. 8 (2015): e0135190.

- Rollison, D. E., et al. "Personal hair dye use and cancer: a systematic literature review and evaluation of exposure assessment in studies published since 1992." *Journal of Toxicology and Environmental Health, Part B* 9, no. 5 (2006): 413–39.
- Takkouche, B., et al. "Personal use of hair dyes and risk of cancer: a meta-analysis." *JAMA* 293, no. 20 (2005): 2516–25.
- Takkouche, B., et al. "Risk of cancer among hairdressers and related workers: a metaanalysis." *International Journal of Epidemiology* 38, no. 6 (2009): 1512–31.
- "Progress cleaning the air and improving people's health," United States Environmental Protection Agency, accessed February 7, 2016, www. epa.gov/clean-air-act-overview/ progress-cleaning-air-and-improvingpeoples-health.
- 17. "Southern California air regulators fail to make decision on methane gas leak," *Fox News*, January 17, 2016, accessed February 7, 2016, www.foxnews.com/us/2016/01/17/southern -california-air-regulatorsfail-to-make-decision-on-methane-gas-leak.html; "Methane from massive gas leak in Porter Ranch is boosting global warming: Experts," *Los Angeles Times*, January 24, 2016, accessed February 7, 2016, http:// ktla.com/2016/01/24/methane-from -massive-gas-leak-in-porterranch-is-boosting-global-warming-experts/; "As California methane leak displaces thousands, will U.S. regulate natural gas sites nationwide," *Democracy Now*, January 14, 2016, accessed February 7, 2016, www. democracynow. org/2016/1/14/as\_california\_methane\_leak\_displaces\_ thousands.
- "Erin Brockovich: California methane gas leak is worst U.S. environmental disaster since BP oil spill," *Democracy Now*, December 30, 2015, accessed February 7, 2016, www.democracy now. org/2015/12/30/erin\_brockovich\_california\_methane\_gas\_leak.
- Pope III, C. A., et al. "Health effects of fine particulate air pollution: lines that connect." *Journal of the Air and Waste Management Association* 56, no. 6 (2006): 709–42; Seaton, A., et al. "Particulate air pollution and acute health effects." *Lancet* 345, no. 8943 (1995): 176–78; Kim, J. J. "Ambient air pollution: health hazards to children." *Pediatrics* 114, no. 6 (2004): 1699–1707; "Health effects of ozone and particle pollution," *State of the Air*, accessed December 28, 2015, www.stateoftheair. org/2013/health-risks.
- Calderón-Garcidueñas, L., et al. "Mexico City normal weight children exposed to high concentrations of ambient PM 2.5 show high blood leptin and endothelin-1, vitamin D deficiency, and food reward hormone dysregulation versus low pollution controls. Relevance for obesity and Alzheimer disease." *Environmental Research* 140 (2015): 579–92.

27

28

- 21. Bell, M. L., et al. "Ozone and short-term mortality in 95 US urban communities, 1987-2000." JAMA 292, no. 19 (2004): 2372-78: Gryparis. A., et al. "Acute effects of ozone on mortality from the 'air pollution and health: a European approach' project." American Journal of Respiratory and Critical Care Medicine 170, no. 10 (2004): 1080-87; Bell, M. L., et al. "A meta-analysis of time-series studies of ozone and mortality with comparison to the national morbidity, mortality, and air pollution study. Epidemiology 16. no. 4 (2005): 436: Levy, J. I., et al. "Ozone exposure and mortality: an empiric bayes metaregression analysis." Epidemiology 16. no. 4 (2005): 458-68: Ito. K., et al. "Associations between ozone and daily mortality: analysis and meta-analysis." Epidemiology 16, no. 4 (2005): 446-57; Zanobetti, A., et al. "Mortality displacement in the association of ozone with mortality: an analysis of 48 cities in the United States." American Journal of Respiratory and Critical Care Medicine 177, no. 2 (2008): 184-89; Katsouyanni, K., et al. "Air pollution and health: a European and North American approach (APHENA)." Research Report (Health Effects Institute) 142 (2009): 5-90; Samoli, E., et al. "The temporal pattern of mortality responses to ambient ozone in the APHEA project." Journal of Epidemiology and Community Health 63, no. 12 (2009): 960-66.
- Morris, B. J., et al. "FOXO3: A major gene for human longevity—a minireview." *Gerontology* (2015); Singh, R., et al. "Anti-inflammatory heat shock protein 70 genes are positively associated with human survival." *Current Pharmaceutical Design* 16, no. 7 (2010): 796.
- Laukkanen, T., et al. "Association between sauna bathing and fatal cardiovascular and allcause mortality events." *JAMA Internal Medicine* 175, no. 4 (2015): 542-48.
- Kenttämies, A., et al. "Death in sauna." *Journal of Forensic Sciences* 53, no. 3 (2008): 724–29.
- 25. Scoon, G. S., et al. "Effect of post-exercise sauna bathing on the endurance performance of competitive male runners." *Journal of Science and Medicine in Sport* 10, no. 4 (2007): 259–62.
- Stanley, J., et al. "Effect of sauna-based heat acclimation on plasma volume and heart rate variability." *European Journal of Applied Physiology* 115, no. 4 (2015): 785–94.
- 27. Krause, M., et al. "Heat shock proteins and heat therapy for type 2 diabetes: pros and cons." *Current Opinion in Clinical Nutrition and Metabolic Care* 18, no. 4 (2015): 374–80.
- Kukkonen-Harjula, K., et al. "Haemodynamic and hormonal responses to heat exposure in a Finnish sauna bath." *European Journal of Applied Physiology and Occupational Physiology* 58, no. 5 (1989): 543–50.
- 29. Gryka, D., et al. "The effect of sauna bathing on lipid profile in young,

physically active, male subjects." *International Journal of Occupational Medicine and Environmental Health* 27, no. 4 (2014): 608–18; Pilch, W., et al. "Changes in the lipid profile of blood serum in women taking sauna baths of various duration." *International Journal of Occupational Medicine and Environmental Health* 23, no. 2 (2010): 167–74; van der Wall, E. E. "Sauna bathing: a warm heart proves beneficial." *Netherlands Heart Journal* 23, no. 5 (2015): 247.

- Tomiyama, C., et al. "The effect of repetitive mild hyperthermia on body temperature, the autonomic nervous system, and innate and adaptive immunity." *Biomedical Research* 36, no. 2 (2015): 135–42.
- 31. Hooper, L. V. "You AhR what you eat: linking diet and immunity." *Cell* 147, no. 3 (2011): 489-91.
- Li, Y., et al. "Exogenous stimuli maintain intraepithelial lymphocytes via aryl hydrocarbon receptor activation." *Cell* 147, no. 3 (2011): 629-40.
- Nishi, K., et al. "Immunostimulatory in vitro and in vivo effects of a watersoluble extract from kale." *Bioscience, Biotechnology, and Biochemistry* 75, no. 1 (2011): 40-46.
- Haddad, E. H., et al. "Effect of a walnut meal on postprandial oxidative stress and antioxidants in healthy individuals." *Nutrition Journal* 13, no. 1 (2014): 1.
- Cominetti, C., et al. "Associations between glutathione peroxidase-1 Pro198Leu polymorphism, selenium status, and DNA damage levels in obese women after consumption of Brazil nuts." *Nutrition* 27, no. 9 (2011): 891–96.
- Song, J. M., et al. "Antiviral effect of catechins in green tea on influenza virus." *Antiviral Research* 68, no. 2 (2005): 66–74; Hsu, S. "Compounds derived from epigallocatechin-3gallate (EGCG) as a novel approach to the prevention of viral infections." *Inflammation and Allergy-Drug Targets* 14, no. 1 (2015): 13–18; Rowe, C. A., et al. "Specific formulation of Camellia Sinensis prevents cold and flu symptoms and enhances γ δ T cell function: a randomized, double-blind, placebo-controlled study." *Journal of the American College of Nutrition* 26, no. 5 (2007): 445–52.
- 37. Mak, J.C.W. "Potential role of green tea catechins in various disease therapies: progress and promise." *Clinical and Experimental Pharmacology and Physiology* 39, no. 3 (2012): 265-73; Apetz, N., et al. "Natural compounds and plant extracts as therapeutics against chronic inflammation in Alzheimer's disease-a translational perspective." *CNS and Neurological Disorders-Drug Targets (Formerly Current Drug Targets-CNS and Neurological Disorders)* 13, no. 7 (2014): 1175-91; Chen, G., et al. "Nutraceuticals and functional foods in the management of hyperlipidemia." *Critical Reviews in Food Science and Nutrition* 54, no. 9 (2014): 1180-1201; Johnson, R., et al. "Green tea and green tea

catechin extracts: an overview of the clinical evidence." *Maturitas* 73, no. 4 (2012): 280–87. "Green tea extract for external anogenital warts." *Drug and Therapeutics Bulletin* 53, no. 10 (2015): 114–16; Gupta, A. K., et al. "Sinecatechins 10% ointment: A green tea extract for the treatment of external genital warts." *Pain* 46 (2015): 14–15; Tatti, S., et al. "Sinecatechins, a defined green tea extract, in the treatment of external anogenital warts: a randomized controlled trial." *Obstetrics and Gynecology* 111, no. 6 (2008): 1371–79.

- Marinac, C. R., et al. "Frequency and circadian timing of eating may influence biomarkers of inflammation and insulin resistance associated with breast cancer risk." *PloS One* 10, no. 8 (2015): e0136240; Marinac, C. R., et al. "Prolonged nightly fasting and breast cancer risk: Findings from NHANES (2009-2010)." *Cancer Epidemiology Biomarkers and Prevention* 24, no. 5 (2015): 783-89.
- Beitner, H. "Randomized, placebo-controlled, double blind study on the clinical efficacy of a cream containing 5% *α* -lipoic acid related to photoageing of facial skin." *British Journal of Dermatology* 149, no. 4 (2003): 841–49.
- Moura, F. A., et al. "Lipoic acid: its antioxidant and anti-inflammatory role and clinical applications." *Current Topics in Medicinal Chemistry* 15, no. 5 (2015): 458–83; Patel, M. K., et al. "Can *a* -lipoic acid mitigate progression of aging-related decline caused by oxidative stress?" *Southern Medical Journal* 107, no. 12 (2014): 780–87.
- Maczurek, A., et al. "Lipoic acid as an anti-inflammatory and neuroprotective treatment for Alzheimer's disease." *Advanced Drug Delivery Reviews* 60, no. 13 (2008): 1463–70.
- Roberts, J. L., et al. "Emerging role of alpha-lipoic acid in the prevention and treatment of bone loss." *Nutrition Reviews* 73, no. 2 (2015): 116–25.
- Kouzi, S. A., et al. "Natural supplements for improving insulin sensitivity and glucose uptake in skeletal muscle." *Frontiers in Bioscience* 7 (2014): 94–106; Lee, T., et al. "Nutritional supplements and their effect on glucose control." *Advances in Experimental Medicine and Biology* 771, (2012): 381–95.
- Huerta, A. E., et al. "Effects of *α* -lipoic acid and eicosapentaenoic acid in overweight and obese women during weight loss." *Obesity* 23, no. 2 (2015): 313–21.
- Carbonelli, M. G., et al. "α -Lipoic acid supplementation: a tool for obesity therapy?" *Current Pharmaceutical Design* 16, no. 7 (2010): 840–46.
- 46. Koh, E. H., et al. "Effects of alpha-lipoic acid on body weight in obese subjects." *American Journal of Medicine* 124, no. 1 (2011): 85-e1.
- 47. Natural Resources Defense Council, "What's on Tap?" last revised 2/6/2012, www.nrdc.org /water/drinking/uscities/pdf/chap04.pdf,

accessed February 15, 2016. See also www.nrdc .org/health/safedrinking-water.asp. You can also look up your drinking water on the Environmental Working Group website, www.ewg.org/tap-water/whatsin-yourwater.php, accessed February 15, 2016.

## 第10章 心を落ち着ける アンチエイジング計画・第6週目

- Epel, E. S., et al. "Accelerated telomere shortening in response to life stress." *Proceedings of the National Academy of Sciences of the United States of America* 101, no. 49 (2004): 17312–15.
- Bonini, L. "The Extended Mirror Neuron Network Anatomy, Origin, and Functions." *Neuroscientist* (2016): 1073858415626400; Caramazza, A., et al. "Embodied cognition and mirror neurons: a critical assessment." *Annual Review of Neuroscience* 37 (2014): 1–15; Cook, R., et al. "Mirror neurons: from origin to function." *Behavioral and Brain Sciences* 37, no. 2 (2014): 177–92.
- Acharya, S., et al. "Mirror neurons: Enigma of the metaphysical modular brain." *Journal of Natural Science, Biology and Medicine* 3, no. 2 (2012): 118.
- 4. Yehuda, R., et al. "Holocaust exposure induced intergenerational effects on FKBP5 methylation." *Biological Psychiatry* (2015).
- Yehuda, R., et al. "Gene expression patterns associated with posttraumatic stress disorder following exposure to the World Trade Center attacks." *Biological Psychiatry* 66, no. 7 (2009): 708–11.
- Dias, B. G., et al. "Parental olfactory experience influences behavior and neural structure in subsequent generations." *Nature Neuroscience* 17, no. 1 (2014): 89–96.
- McEwen, B. S., et al. "Protective and damaging effects of stress mediators." *New England Journal of Medicine* 338, no. 3 (1998): 171-79; Jiang, W., et al. "Mental stress-induced myocardial ischemia and cardiac events." *JAMA* 275, no. 21 (1996): 1651-56; Deanfield, J. E., et al. "Silent myocardial ischaemia due to mental stress." *Lancet* 324, no. 8410 (1984): 1001-5; Rozanski, A., et al. "Mental stress and the induction of silent myocardial ischemia in patients with coronary artery disease." *New England Journal of Medicine* 318, no. 16 (1988): 1005-12; Nabi, H., et al. "Increased risk of coronary heart disease among individuals reporting adverse impact of stress on their health: the Whitehall II prospective cohort study." *European Heart Journal* (2013): eht216; Arnold, S. V., et al. "Perceived stress in myocardial infarction: longterm mortality and health status outcomes." *Journal of the American College of Cardiology* 60, no. 18 (2012): 1756-63; Richardson, S., et al. "Meta-analysis of perceived stress and its association with incident

coronary heart disease." American Journal of Cardiology 110. no. 12 (2012): 1711-16: Deedwania, P. C. "Editorial comment: Mental stress. pain perception and risk of silent ischemia." Journal of the American College of Cardiology 25, no. 7 (1995); 1504-6; Steptoe, A., et al. "Stress and cardiovascular disease." Nature Reviews Cardiology 9, no. 6 (2012): 360-70: Alevizos, M., et al. "Stress triggers coronary mast cells leading to cardiac events." Annals of Allergy, Asthma and Immunology 112, no. 4 (2014); 309–16: Chida, Y., et al. "A bidirectional relationship between psychosocial factors and atopic disorders: a systematic review and meta-analysis." Psychosomatic Medicine 70. no. 1 (2008): 102-16; Theoharides, T. C., et al. "Critical role of mast cells in inflammatory diseases and the effect of acute stress." Journal of Neuroimmunology 146, no. 1 (2004): 1-12; Wright, R., et al. "The impact of stress on the development and expression of atopy." Current Opinion in Allergy and Clinical Immunology 5, no. 1 (2005): 23-29; Slattery, M. J. "Psychiatric comorbidity associated with atopic disorders in children and adolescents." Immunology and Allergy Clinics of North America 25, no. 2 (2005): 407-20; Seiffert, K., et al. "Psychophysiological reactivity under mental stress in atopic dermatitis." Dermatology 210, no. 4 (2005): 286293: Chen. E., et al. "Stress and inflammation in exacerbations of asthma." Brain, Behavior, and Immunity 21, no. 8 (2007): 993-99; Theoharides, T. C., et al. "Contribution of stress to asthma worsening through mast cell activation." Annals of Allergy, Asthma and Immunology 109, no. 1 (2012): 14-19.

- Judge, T. A., et al. "Genetic influences on core self-evaluations, job satisfaction, and work stress: A behavioral genetics mediated model." *Organizational Behavior and Human Decision Processes* 117, no. 1 (2012): 208-20.
- Ising, M., et al. "Genetics of stress response and stress-related disorders." *Dialogues in Clinical Neuroscience* 8, no. 4 (2006): 433.
- Slominski, A. T., et al. "Key role of CRF in the skin stress response system." *Endocrine Reviews* 34, no. 6 (2013): 827–84.
- Ising, M., et al. "Polymorphisms in the FKBP5 gene region modulate recovery from psychosocial stress in healthy controls." *European Journal of Neuroscience* 28, no. 2 (2008): 389–98.
- Zuhl, M., et al. "Exercise regulation of intestinal tight junction proteins." British Journal of Sports Medicine (2012): bjsports-2012.
- Piacentini, M. F., et al. "Stress related changes during a half marathon in master endurance athletes." *Journal of Sports Medicine and Physical Fitness* 55, no. 4 (2015): 329–36; Brisswalter, J., et al. "Neuromuscular factors associated with decline in long-distance running performance in master athletes." *Sports Medicine* 43, no. 1 (2013): 51–63; Lac, G., et

al. "Changes in cortisol and testosterone levels and T/C ratio during an endurance competition and recovery." *Journal of Sports Medicine and Physical Fitness* 40, no. 2 (2000): 139.

- Lamprecht, M., et al. "Exercise, intestinal barrier dysfunction and probiotic supplementation." *Medicine and Sport Science* (2012): 47– 56; Lamprecht, M., et al. "Probiotic supplementation affects markers of intestinal barrier, oxidation, and inflammation in trained men; a randomized, double-blinded, placebo-controlled trial." *Journal of the International Society of Sports Nutrition* 9, no. 1 (2012): 45.
- Delarue, J., et al. "Fish oil prevents the adrenal activation elicited by mental stress in healthy men." *Diabetes and Metabolism* 29, no. 3 (2003): 289–95.
- 16. Peters, E. M., et al. "Vitamin C supplementation attenuates the increases in circulating cortisol, adrenaline and anti-inflammatory polypeptides following ultramarathon running." *International Journal of Sports Medicine* 22, no. 7 (2001): 537-43; Peters, E. M., et al. "Attenuation of increase in circulating cortisol and enhancement of the acute phase protein response in vitamin C-supplemented ultramarathoners." *International Journal of Sports Medicine* 22, no. 2 (2001): 120-26.
- Bryant, E. F. The Yoga Sutras of Patanjali: A New Edition, Translation, and Commentary (New York: North Point Press, 2009).
- Luders, E., et al. "The underlying anatomical correlates of long-term meditation: larger hippocampal and frontal volumes of gray matter." *Neuroimage* 45, no. 3 (2009): 672–78.
- 19. Slagter, H. A., et al. "Theta phase synchrony and conscious target perception: impact of intensive mental training." *Journal of Cognitive Neuroscience* 21, no. 8 (2009): 1536–49.
- 20. Albert, E. After Birth (Boston: Houghton Mifflin Harcourt, 2015), 112.
- Porges, S. W. "The polyvagal theory: new insights into adaptive reactions of the autonomic nervous system." *Cleveland Clinic Journal of Medicine* 76, Suppl. 2 (2009): S86; Danner, D. D., et al. "Positive emotions in early life and longevity: findings from the nun study." *Journal of Personality and Social Psychology* 80, no. 5 (2001): 804.
- 22. Mäkinen, T. M., et al. "Autonomic nervous function during whole-body cold exposure before and after cold acclimation." *Aviation, Space, and Environmental Medicine* 79, no. 9 (2008): 875–82.
- Lu, W. A., et al. "Foot reflexology can increase vagal modulation, decrease sympathetic modulation, and lower blood pressure in healthy subjects and patients with coronary artery disease." *Alternative Therapies in Health and Medicine* 17, no. 4 (2011): 8–14.
- 24. Yang, J. L., et al. "Comparison of effect of 5 recumbent positions on autonomic nervous modulation in patients with coronary artery disease."

Circulation Journal 72, no. 6 (2008): 902-08.

- Vickhoff, B., et al. "Music structure determines heart rate variability of singers." *Frontiers in Psychology* 4 (2013).
- Richards, D., et al. "Stimulation of auricular acupuncture points in weight loss." *Australian Family Physician* 27 (1998): S73–7; Yang, S. B., et al. "Efficacy comparison of different points combination in the treatment of menopausal insomnia: a randomized controlled trial." *Zhongguo Zhen Jiu* [*Chinese Acupuncture and Moxibustion*] 34, no. 1 (2014): 3–8; da Silva, M.A.H., et al. "Neuroanatomic and clinical correspondences: acupuncture and vagus nerve stimulation." *Journal of Alternative and Complementary Medicine* 20, no. 4 (2014): 233–40; He, W., et al. "Auricular acupuncture and vagal regulation." *Evidence-Based Complementary and Alternative Medicine* (2012).
- Girsberger, W., et al. "Heart rate variability and the influence of craniosacral therapy on autonomous nervous system regulation in persons with subjective discomforts: a pilot study." *Journal of Integrative Medicine* 12, no. 3 (2014): 156–61.
- Kabat-Zinn, J. "Mindfulness-based interventions in context: past, present, and future." *Clinical Psychology: Science and Practice* 10, no. 2 (2003): 144–56.
- Davidson, R. J. "Affective style, psychopathology, and resilience: brain mechanisms and plasticity." *American Psychologist* 55, no. 11 (2000): 1196; Davidson, R. J., et al. "Alterations in brain and immune function produced by mindfulness meditation." *Psychosomatic Medicine* 65, no. 4 (2003): 564–70.
- Fredrickson, B. L., et al. "Open hearts build lives: positive emotions, induced through lovingkindness meditation, build consequential personal resources." *Journal of Personality and Social Psychology* 95, no. 5 (2008): 1045; Kalyani, B. G., et al. "Neurohemodynamic correlates of 'OM' chanting: a pilot functional magnetic resonance imaging study." *International Journal of Yoga* 4, no. 1 (2011): 3; Mason, H., et al. "Cardiovascular and respiratory effect of yogic slow breathing in the yoga beginner: what is the best approach?" *Evidence-Based Complementary and Alternative Medicine* (2013); Khalsa, D. S., et al. "Cerebral blood flow changes during chanting meditation." *Nuclear Medicine Communications* 30, no. 12 (2009): 956–61; Chang, R. Y., et al. "The effect of t'ai chi exercise on autonomic nervous function of patients with coronary artery disease." *Journal of Alternative and Complementary Medicine* 14, no. 9 (2008): 1107–13.
- Leung, M.K., et al. "Increased gray matter volume in the right angular and posterior parahippocampal gyri in loving-kindness meditators." *Social Cognitive and Affective Neuroscience* (2012): nss076; Kang, D.

H., et al. "The effect of meditation on brain structure: cortical thickness mapping and diffusion tensor imaging." *Social Cognitive and Affective Neuroscience* 8, no. 1 (2013): 27–33; Lazar, S. W., et al. "Meditation experience is associated with increased cortical thickness." *Neuroreport* 16, no. 17 (2005): 1893.

- 32. Macartney, M. J., et al. "Intrinsic heart rate recovery after dynamic exercise is improved with an increased omega-3 index in healthy males." British Journal of Nutrition 112, no. 12 (2014): 1984-92; Ninio, D. M., et al. "Docosahexaenoic acid-rich fish oil improves heart rate variability and heart rate responses to exercise in overweight adults." British Journal of Nutrition 100, no. 05 (2008): 1097-1103; Sjoberg, N. J., et al. "Dosedependent increases in heart rate variability and arterial compliance in overweight and obese adults with DHA-rich fish oil supplementation." British Journal of Nutrition 103, no. 2 (2010): 243-48; Xin, W., et al. "Short-term effects of fish-oil supplementation on heart rate variability in humans: a meta-analysis of randomized controlled trials." American Journal of Clinical Nutrition 97, no. 5 (2013): 926-35; Noreen, E. E., et al. "Effects of supplemental fish oil on resting metabolic rate, body composition, and salivary cortisol in healthy adults." Journal of the International Society of Sports Nutrition 7, no. 31 (2010): Delarue et al. "Fish oil prevents the adrenal activation."
- Keating, T. Intimacy with God: An Introduction to Centering Prayer (Spring Valley, NY: Crossroad, 2009); Bourgeault, C. *Centering Prayer and Inner Awakening* (Lanham, MD: Rowman and Littlefield, 2004).
- Hölzel, B. K., et al. "Stress reduction correlates with structural changes in the amygdala." *Social Cognitive and Affective Neuroscience* (2009): nsp034.

## 第11章 考える アンチエイジング計画・第7週目

- Stone, A. A., et al. "A snapshot of the age distribution of psychological well-being in the United States." *Proceedings of the National Academy of Sciences* 107, no. 22 (2010): 9985–90.
- 2. O'Donohue, J. *Beauty: The Invisible Embrace* (New York: HarperCollins, 2004).
- Brach, T. "Working with Difficulties: The Blessings of RAIN," *TaraBrach. com*, accessed March 24, 2016. www.tarabrach.com/articles-interviews/ rain-workingwithdifficulties.
- Tippett, K. "John O'Donohue—the inner landscape of beauty," On Being with Krista Tippett, August 6, 2015, accessed February 10, 2016. www. onbeing.org/program/ john-o-donohue-the-inner-landscape-beauty/203.
- 5. Dadhania, V. P., et al. "Nutraceuticals against neurodegeneration: A

mechanistic insight." Current Neuropharmacology (2016).

- Amor, S., et al. "Inflammation in neurodegenerative diseases." Immunology 129, no. 2 (2010): 154–69.
- Fischer, R., et al. "Interrelation of oxidative stress and inflammation in neurodegenerative disease: role of TNF." *Oxidative Medicine and Cellular Longevity* (2015); Hooshmand, B., et al. "Homocysteine and holotranscobalamin and the risk of Alzheimer disease a longitudinal study." *Neurology* 75, no. 16 (2010): 1408–14; Laurin, D., et al. "Midlife C-reactive protein and risk of cognitive decline: a 31-year follow-up." *Neurobiology of Aging* 30, no. 11 (2009): 1724–27; Komulainen, P., et al. "Serum high sensitivity C-reactive protein and cognitive function in elderly women." *Age and Ageing* 36, no. 4 (2007): 443–48; Alcolea, D., et al. "Amyloid precursor protein metabolism and inflammation markers in preclinical Alzheimer disease." *Neurology* 85, no. 7 (2015): 626–33.
- Duchen, M. R. "Mitochondria and calcium: from cell signalling to cell death." *Journal of Physiology* 529, no. 1 (2000): 57-68; Marambaud, P., et al "Calcium signaling in neurodegeneration." *Molecular Neurodegeneration* 4, no. 20 (2009): 6-5; Bezprozvanny, I. B. "Calcium signaling and neurodegeneration." *Acta Naturae* 2, no. 1 (2010): 72.
- Toescu, E. C., et al. "The importance of being subtle: small changes in calcium homeostasis control cognitive decline in normal aging." *Aging Cell* 6, no. 3 (2007): 267–73.
- Sun, A. Y., et al. "Oxidative stress and neurodegenerative disorders." *Journal of Biomedical Science* 5, no. 6 (1998): 401–14; López-Armada, M. J., et al. "Mitochondrial dysfunction and the inflammatory response." *Mitochondrion* 13, no. 2 (2013): 106–18.
- Lane, R. K., et al. "The role of mitochondrial dysfunction in age-related diseases." *Biochimica et Biophysica Acta (BBA)-Bioenergetics* 1847, no. 11 (2015): 1387–1400.
- Lin, M. T., et al. "Mitochondrial dysfunction and oxidative stress in neurodegenerative diseases." *Nature* 443, no. 7113 (2006): 787–95; Petrozzi, L., et al. "Mitochondria and neurodegeneration." *Bioscience Reports* 27 (2007): 87–104; Kaminsky, Y. G., et al. "Critical analysis of Alzheimer's amyloid-beta toxicity to mitochondria." *Frontiers in Bioscience* 20 (2015): 173–97; Lionaki, E., et al. "Mitochondria, autophagy and age-associated neurodegenerative diseases: New insights into a complex interplay." *Biochimica et Biophysica Acta (BBA)-Bioenergetics* (2015).
- Alzheimer's Association. "2015 Alzheimer's disease facts and figures." *Alzheimer's and Dementia: Journal of the Alzheimer's Association* 11, no. 3 (2015): 332.
- 14. "What we know today about Alzheimer's Disease," Alzheimer's

Association, accessed January 9, 2016, www.alz.org/research/science/ alzheimers\_disease\_causes.asp.

- Kuro-o, M. "Klotho as a regulator of oxidative stress and senescence." Biological Chemistry 389, no. 3 (2008): 233–41; Mitobe, M., et al. "Oxidative stress decreases klotho expression in a mouse kidney cell line." Nephron Experimental Nephrology 101, no. 2 (2005): e67–e74; Yamamoto, M., et al. "Regulation of oxidative stress by the anti-aging hormone klotho." Journal of Biological Chemistry 280, no. 45 (2005): 38029–34; Troyano-Suárez, N., et al. "Glucose oxidase induces cellular senescence in immortal renal cells through ILK by downregulating klotho gene expression." Oxidative Medicine and Cellular Longevity (2015); Kim, J. H., et al. "Biological role of anti-aging protein klotho." Journal of Lifestyle Medicine 5, no. 1 (2015): 1.
- Kuro-o, M., et al. "Mutation of the mouse klotho gene leads to a syndrome resembling ageing." *Nature* 390, no. 6655 (1997): 45-51.
- 17. "2015 Alzheimer's disease facts and figures," Alzheimer's Association.
- Mayeux, R., et al. "Epidemiology of Alzheimer disease." *Cold Spring Harbor Perspectives in Medicine* 2, no. 8 (2012): a006239.
- Blennow K., et al. "Alzheimer's disease." *Lancet*, 368, no. 9533 (2006): 387–403.
- Loy, C. T., et al. "Genetics of dementia." *Lancet* 383, no. 9919 (2014): 828–40; Holtzman, D. M., et al. "Apolipoprotein E and apolipoprotein E receptors: normal biology and roles in Alzheimer disease." *Cold Spring Harbor Perspectives in Medicine* 2, no. 3 (2012): a006312.
- Theendakara, V., et al. "Neuroprotective sirtuin ratio reversed by ApoE4." *Proceedings of the National Academy of Sciences* 110, no. 45 (2013): 18303–8; Tramutola, A., et al. "Alteration of mTOR signaling occurs early in the progression of Alzheimer disease (AD): analysis of brain from subjects with pre-clinical AD, amnestic mild cognitive impairment and late-stage AD." *Journal of Neurochemistry* 133, no. 5 (2015): 739–49.
- Bredesen, D. E. "Reversal of cognitive decline: a novel therapeutic program." *Aging* 6, no. 9 (2014): 707; Bredesen, D. E., et al. "Reversal of cognitive decline in Alzheimer's disease." *Aging* 8, no. 6 (2016): 1250.
- Bredesen, D. E. "Metabolic profiling distinguishes three subtypes of Alzheimer's disease." *Aging* 7, no. 8 (2015): 595; Bredesen, D. E. "Inhalational Alzheimer's disease: an unrecognized—and treatable epidemic." *Aging* 8, no. 2 (2016): 304.
- Gatz, M., et al. "Role of genes and environments for explaining Alzheimer disease." *Archives of General Psychiatry* 63, no. 2 (2006): 168–74; Kamboh, M. I., et al. "Genome-wide association study of Alzheimer's disease." *Translational Psychiatry* 2, no. 5 (2012): e117.

- Sleegers, K., et al. "The pursuit of susceptibility genes for Alzheimer's disease: progress and prospects." *Trends in Genetics* 26, no. 2 (2010): 84–93.
- Fraga, M. F., et al. "Epigenetic differences arise during the lifetime of monozygotic twins." *Proceedings of the National Academy of Sciences of the United States of America* 102, no. 30 (2005): 10604–9; Heyn, H., et al. "Distinct DNA methylomes of newborns and centenarians." *Proceedings of the National Academy of Sciences* 109, no. 26 (2012): 10522–27.
- Bredesen, D. E., et al. "Next generation therapeutics for Alzheimer's disease." *EMBO Molecular Medicine* 5, no. 6 (2013): 795-98; Yaffe, K., et al. "Estrogen use, APOE, and cognitive decline evidence of gene-environment interaction." *Neurology* 54, no. 10 (2000): 1949-54.
- "2005 adult sleep habits and styles," National Sleep Foundation, accessed February 1, 2016, https://sleepfoundation.org/sleep-pollsdata/sleep-in-america-poll/2005-adult -sleep-habits-and-styles.
- Smith, G. E., et al. "A cognitive training program based on principles of brain plasticity: Results from the Improvement in Memory with Plasticity-Based Adaptive Cognitive Training (IMPACT) Study." *Journal of the American Geriatrics Society* 57, no. 4 (2009): 594–603.
- Hatch, S. L., et al. "The continuing benefits of education: adult education and midlife cognitive ability in the British 1946 birth cohort." *Journals of Gerontology Series B: Psychological Sciences and Social Sciences* 62, no. 6 (2007): S404–14.
- Woods, B., et al. "Cognitive stimulation to improve cognitive functioning in people with dementia." *Cochrane Database of Systematic Reviews* 2 (2012).
- Schmidt, S. R. "Effects of humor on sentence memory." *Journal of Experimental Psychology: Learning, Memory, and Cognition* 20, no. 4 (1994): 953.
- Ybarra, O., et al. "Mental exercising through simple socializing: Social interaction promotes general cognitive functioning." *Personality and Social Psychology Bulletin* 34, no. 2 (2008): 248–59.
- Bassuk, S. S., et al. "Social disengagement and incident cognitive decline in communitydwelling elderly persons." *Annals of Internal Medicine* 131, no. 3 (1999): 165–73.
- Savignac, H. M., et al. "Prebiotic feeding elevates central brain derived neurotrophic factor, N-methyl-D-aspartate receptor subunits and D-serine." *Neurochemistry International* 63, no. 8 (2013): 756–64.
- Beck, J. "Your gut bacteria want you to eat a cupcake," *Atlantic* August 19, 2014, accessed February 1, 2016, www.theatlantic. com/health/archive/2014/08/your-gut-bacteria- want-you-to-eat-a-

#### cupcake/378702.

- Kivipelto, M., et al. "Alzheimer disease: To what extent can Alzheimer disease be prevented?" *Nature Reviews Neurology* 10, no. 10 (2014): 552-53.
- Ibid.; Kawas, C., et al. "Age-specific incidence rates of Alzheimer's disease: The Baltimore Longitudinal Study of Aging." *Neurology* 54, no. 11 (2000): 2072–77.
- Smith, G. E., et al. "A cognitive training program based on principles of brain plasticity: Results from the Improvement in Memory with Plasticitybased Adaptive Cognitive Training (IMPACT) Study." *Journal of the American Geriatrics Society* 57, no. 4 (2009): 594–603.
- 40. Cotman, C. W., et al. "Exercise builds brain health: key roles of growth factor cascades and inflammation." *Trends in Neurosciences* 30, no. 9 (2007): 464–72; Aguiar, P., et al. "Rivastigmine transdermal patch and physical exercises for Alzheimer's disease: a randomized clinical trial." *Current Alzheimer Research* 11, no. 6 (2014): 532–37.
- Etnier, J. L., et al. "A meta-regression to examine the relationship between aerobic fitness and cognitive performance." *Brain Research Reviews* 52, no. 1 (2006): 119-30; Angevaren, M., et al. "Physical activity and enhanced fitness to improve cognitive function in older people without known cognitive impairment." *Cochrane Database System Review* 3, no. 3 (2008); Erickson, K. I., et al. "Exercise training increases size of hippocampus and improves memory." *Proceedings of the National Academy of Sciences* 108, no. 7 (2011): 3017–22; Woodard, J. L., et al. "Lifestyle and genetic contributions to cognitive decline and hippocampal integrity in healthy aging." *Current Alzheimer Research* 9, no. 4 (2012): 436.
- 42. Smith, J., et al. "Physical activity reduces hippocampal atrophy in elders at genetic risk for Alzheimer's disease." *Frontiers in Aging Neuroscience* 6 (2014).
- Sui, X., et al. "A prospective study of cardiorespiratory fitness and risk of type 2 diabetes in women." *Diabetes Care* 31, no. 3 (2008): 550-55; Blair, S. N., et al. "Physical fitness and allcause mortality: a prospective study of healthy men and women." *JAMA* 262, no. 17 (1989): 2395-2401; Hooker, S. P., et al. "Cardiorespiratory fitness as a predictor of fatal and nonfatal stroke in asymptomatic women and men." *Stroke* 39, no. 11 (2008): 2950-57; Wei, M., et al. "The association between cardiorespiratory fitness and impaired fasting glucose and type 2 diabetes mellitus in men." *Annals of Internal Medicine* 130, no. 2 (1999): 89-96.
- 44. DeFina, L. F., et al. "The association between midlife cardiorespiratory fitness levels and later-life dementia: a cohort study." *Annals of Internal*

Medicine 158, no. 3 (2013): 162-68.

- Eny, K. M., et al. "Genetic variant in the glucose transporter type 2 is associated with higher intakes of sugars in two distinct populations." *Physiological Genomics* 33, no. 3 (2008): 355–60.
- Matthews, G., et al. *Personality Traits* (Cambridge: Cambridge University Press, 2003).
- 47. Harvey, C. J., et al. "Who is predisposed to insomnia: a review of familial aggregation, stress-reactivity, personality and coping style." *Sleep Medicine Reviews* 18, no. 3 (2014): 237-47; Smith, T. W., et al. "Hostility, anger, aggressiveness, and coronary heart disease: An interpersonal perspective on personality, emotion, and health." *Journal of Personality* 72, no. 6 (2004): 1217-70; Suarez, E. C., et al. "The relation of aggression, hostility, and anger to lipopolysaccharide-stimulated tumor necrosis factor (TNF)- *α* by blood monocytes from normal men." *Brain, Behavior, and Immunity* 16, no. 6 (2002): 675-84; Jylhä, P., et al. "The relationship of neuroticism and extraversion to symptoms of anxiety and depression in the general population." *Depression and Anxiety* 23, no. 5 (2006): 281-89.
- Akram, U., et al. "Anxiety mediates the relationship between perfectionism and insomnia symptoms: A longitudinal study." *PloS One* 10, no. 10 (2015): e0138865; Vincent, N. K., et al. "Perfectionism and chronic insomnia." *Journal of Psychosomatic Research* 49, no. 5 (2000): 349-54; de Azevedo, M. H. P., et al. "Perfectionism and sleep disturbance." *World Journal of Biological Psychiatry* 10, no. 3 (2009): 225-33; Azevedo, M. H., et al. "Longitudinal study on perfectionism and sleep disturbance." *World Journal of Biological Psychiatry* 11, no. 2 (2010): 476-85; van de Laar, M., et al. "The role of personality traits in insomnia." *Sleep Medicine Reviews* 14, no. 1 (2010): 61-68; Schramm, E., et al. "Mental comorbidity of chronic insomnia in general practice attenders using DSM-III-R." *Acta Psychiatrica Scandinavica* 91, no. 1 (1995): 10-17.
- www.ncbi.nlm.nih.gov/pubmed/8893314; www.researchgate.net/profile/ Laura\_Richman/ publication/7701075\_Positive\_emotion\_and\_health\_ Going\_beyond\_the\_negative/ links/0046351a8c8c404c2900000.pdf.
- 50. Gold, S. M., et al. "Basal serum levels and reactivity of nerve growth factor and brain-derived neurotrophic factor to standardized acute exercise in multiple sclerosis and controls." *Journal of Neuroimmunology* 138, no. 1 (2003): 99-105; Rojas Vega, S., et al. "Acute BDNF and cortisol response to low intensity exercise and following ramp incremental exercise to exhaustion in humans." *Brain Research* 1121, no. 1 (2006): 59-65; Ferris, L. T., et al. "The effect of acute exercise on serum brain-derived neurotrophic factor levels and cognitive

function." *Medicine and Science in Sports and Exercise* 39, no. 4 (2007): 728-34; Tang, S. W., et al. "Influence of exercise on serum brain-derived neurotrophic factor concentrations in healthy human subjects." *Neuroscience Letters* 431, no. 1 (2008): 62-65; Gustafsson, G., et al. "The acute response of plasma brain-derived neurotrophic factor as a result of exercise in major depressive disorder." *Psychiatry Research* 169, no. 3 (2009): 244-48; Schmolesky, M. T., et al. "The effects of aerobic exercise intensity and duration on levels of brainderived neurotrophic factor in healthy men." *Journal of Sports Science and Medicine* 12, no. 3 (2013): 502; de Melo Coelho, F. G., et al. "Acute aerobic exercise increases brain-derived neurotrophic factor levels in elderly with Alzheimer's disease." *Journal of Alzheimer's Disease* 39, no. 2 (2014): 401; Saucedo-Marquez, C. M., et al. "High intensity interval training evokes larger serum BDNF levels compared to intense continuous exercise." *Journal of Applied Physiology* (2015): jap-00126.

- 51. Fernando, W., et al. "The role of dietary coconut for the prevention and treatment of Alzheimer's disease: potential mechanisms of action." *British Journal of Nutrition* (2015): 1–14; Rebello, C. J., et al. "Pilot feasibility and safety study examining the effect of medium chain triglyceride supplementation in subjects with mild cognitive impairment: A randomized controlled trial." *BBA Clinical* 3 (2015): 123–25.
- Reger, M. A., et al. "Effects of beta-hydroxybutyrate on cognition in memory-impaired adults." *Neurobiology of Aging* 25, no. 3 (2004): 311–14.
- Zong, G., et al. "Frequent consumption of meals prepared at home and risk of Type 2 diabetes among American men and women." *Circulation* 132, Suppl 3 (2015): A17285.
- Haze, S., et al. "Effects of fragrance inhalation on sympathetic activity in normal adults." *Japanese Journal of Pharmacology* 90, no. 3 (2002): 247253.
- 55. Lee, I. S., et al. "Effects of lavender aromatherapy on insomnia and depression in women college students." *Taehan Kanho Hakhoe Chi* 36, no. 1 (2006): 136-43; Shiina, Y., et al. "Relaxation effects of lavender aromatherapy improve coronary flow velocity reserve in healthy men evaluated by transthoracic Doppler echocardiography." *International Journal of Cardiology* 129, no. 2 (2008): 193-97; Lytle, J., et al. "Effect of lavender aromatherapy on vital signs and perceived quality of sleep in the intermediate care unit: a pilot study." *American Journal of Critical Care* 23, no. 1 (2014): 24-29; Lillehei, A. S., et al. "A systematic review of the effect of inhaled essential oils on sleep." *Journal of Alternative and Complementary Medicine* 20, no. 6 (2014): 441-51.
- 56. Igarashi, M., et al. "Effect of olfactory stimulation by fresh rose flowers on

autonomic nervous activity." *Journal of Alternative and Complementary Medicine* 20, no. 9 (2014): 727–31.

- World Health Organization, Nutritional Anemias: Report of a Scientific Group, World Health Organization Technical Report Series 405 (1968).
- Tucker, K. L., et al. "Plasma vitamin B-12 concentrations relate to intake source in the Framingham Offspring Study," *American Journal of Clinical Nutrition* 71 (2000): 514–22.
- Pawlak, R., et al. "How prevalent is vitamin B(12) deficiency among vegetarians?" *Nutritional Review* 71, no. 2 (February 2013): 110–17.
- Tucker, "Plasma vitamin B-12 concentrations," and Tucker, K. L., et al. "Low plasma vitamin B12 is associated with lower BMD: The Framingham Osteoporosis Study," *Journal of Bone and Mineral Research* 20, no. 1 (January 2005): 152–58.
- Knott, V., et al. "Neurocognitive effects of acute choline supplementation in low, medium and high performer healthy volunteers." *Pharmacology Biochemistry and Behavior* 131 (2015): 119–29.
- Overgaard, K. "The effects of citicoline on acute ischemic stroke: A review." *Journal of Stroke and Cerebrovascular Diseases* 23, no. 7 (2014): 1764–69.
- "Horizon: How video games can change your brain," *BBC* September 16, 2015, accessed January 21, 2016, www.bbc.com/news/ technology-34255492; Churchland, P. "Videogames for seniors boost brainpower," *Wall Street Journal*, September 20, 2015, accessed January 21, 2016, www.wsj.com/articles/videogames-for-seniors-boostbrainpower-1443623158.

### 第12章 統合

- Painter, R. C., et al. "Transgenerational effects of prenatal exposure to the Dutch famine on neonatal adiposity and health in later life." *BJOG: An International Journal of Obstetrics and Gynaecology* 115, no. 10 (2008): 1243-49.
- de Rooij, S. R., et al. "Prenatal undernutrition and cognitive function in late adulthood." *Proceedings of the National Academy of Sciences* 107, no. 39 (2010): 16881-86.
- 3. www.ncbi.nlm.nih.gov/pubmed/27146370 Bleker 2016
- Tobi, E. W., et al. "Early gestation as the critical time-window for changes in the prenatal environment to affect the adult human blood methylome." *International Journal of Epidemiology* (2015): dyv043.
- 5. Veenendaal, M.V.E., et al. "Transgenerational effects of prenatal exposure to the 1944-45 Dutch famine." *BJOG: An International Journal of Obstetrics and Gynaecology* 120, no. 5 (2013): 548-54.

- Ekamper, P., et al. "Prenatal famine exposure and adult mortality from cancer, cardiovascular disease, and other causes through age 63 years." *American Journal of Epidemiology* 181, no. 4 (2015): 271–79.
- de Rooij, S. R., et al. "Prenatal undernutrition and leukocyte telomere length in late adulthood: the Dutch famine birth cohort study." *American Journal of Clinical Nutrition* 102, no. 3 (2015): 655–60.
- Halstead, R. "Study: Marin County men have the highest life expectancy in the nation, women rank no. 2," *Marin Independent Journal*, April 19, 2012, accessed January 31, 2016, www.marinij.com/article/ ZZ/20120419/NEWS/120418529.
- Levy, B. R., et al. "Association between positive age stereotypes and recovery from disability in older persons." *JAMA* 308, no. 19 (2012): 1972–73; Levy, B. R., et al. "Longitudinal benefit of positive selfperceptions of aging on functional health." *Journals of Gerontology Series B: Psychological Sciences and Social Sciences* 57, no. 5 (2002): P409–17; Sargent-Cox, K. A., et al. "The relationship between change in self-perceptions of aging and physical functioning in older adults." *Psychology and Aging* 27, no. 3 (2012): 750.
- Levy, B.R., et al. "Subliminal strengthening improving older individuals' physical function over time with an implicit-age-stereotype intervention." *Psychological Science* 25, no. 12 (2014): 2127–35.
- Levy, B. R., et al. "The stereotype-matching effect: greater influence on functioning when age stereotypes correspond to outcomes." *Psychology* and Aging 24, no. 1 (2009): 230.
- Murphy, S. T., et al. "Additivity of nonconscious affect: combined effects of priming and exposure." *Journal of Personality and Social Psychology* 69, no. 4 (1995): 589.
- Schneier, M. "Fashion's gaze turned to Joan Didion in 2015," New York Times, December 18, 2015, accessed December 26, 2015, www. nytimes.com/2015/12/20/fashion/joan-didionceline-fashion-gaze.html.
- Cooke, R. "Joan Didion as the new face of Celine? That's so smart," *Guardian* January 11, 2015, accessed December 26, 2015, www. theguardian.com/commentisfree/2015/jan/11/ joan-didion-new-faceceline-smart.
- Levy, B. R., et al. "Longevity increased by positive self-perceptions of aging." *Journal of Personality and Social Psychology* 83, no. 2 (2002): 261.

### もっとも役に立つ7つの遺伝子:その働き

1. Read more at www.snpedia.com/index.php/Orientation.