Bibliografia

[1] Burton Alec, Burton Nejla. „Interview with Drs. Alec and Nejla Burton." Health Science, maj 2009, https://www.healthscience.org/interview-drs-alec-and-nejla-burton/ [dostęp: 14.08.2024]

[2] Goldhamer Alan, TrueNorth Health Center. „Usługi kliniki." Health Promoting, https://www.healthpromoting.com/clinic-services [dostęp: 19.08.2024].

[3] J. Fuhrman, Fasting and Eating for Health, St. Martin's Griffin 1995.

[4] Ian Harris, Surgery: the Ultimate Placebo, YouTube, https://www.youtube.com/watch?v=IzueFu1cq5U [dostęp: 3.07.2023].

[5] Diabetes: You are NOT alone. General Diabetes Statistics, Gluxus, https://www.gluxus.com/jd-stats/ [dostęp: 3.07.2023].

[6] Metotreksat, Methotrexatum - zastosowanie, działanie, opis, DOZ.pl, [dostęp: 3.07.2023].

[7] L.M. Coussens, Z. Werb, Inflammation and Cancer, Nature, t. 420, nr 6917, s. 860-867, grudzień 2002 [doi: 10.1038/nature01322].

[8] Ławrynowicz, Janusz. „W imię prawa wyboru." 24 Kurier, https://24kurier.pl/blogi/janusz-lawrynowicz/w-imie-prawa-wyboru/ [dostęp: 19.08.2024].

[9] Anti-inflammatory drug and gut bacteria have a dynamic interplay, ScienceDaily, https://www.sciencedaily.com/releases/2016/01/160104132151.htm [dostęp: 3.07.2023].

[10] How to Stop Your Doctor Killing You, Dr Vernon Coleman, https://vernoncoleman.org/videos/how-stop-your-doctor-killing-you [dostęp: 3.07.2023].

[11] M.H. Greger, G. Stone, Jak nie umrzeć przedwcześnie, Warszawa 2022.

[12] A.W. Saul, Wylecz się sam, Oficyna Wydawnicza ABA 2016.

[13] P. Osborne, No Grain, No Pain: a 30-Day Diet for Eliminating the Root Cause of Chronic Pain, New York, Touchstone 2016.

[14] S.R. Gundry, Roślinne kłamstwo, Białystok 2022.

[15] AlphaFold reveals the structure of the protein universe, https://www.deepmind.com/blog/alphafold-reveals-the-structure-of-the-protein-universe [dostęp: 4.07.2023].

[16] An estimation of the number of cells in the human body, Taylor Francis Online, https://www.tandfonline.com/doi/abs/10.3109/03014460.2013.807878 [dostęp: 16.08.2023]

[17] D. Sinclair, M.D. LaPlante, Lifespan. Why We Age - And Why We Don't Have To, Simon & Schuster, New York 2019. 15 M.H. Greger, G. Stone, Op. cit.

[18] P.C. Gøtzsche, Our Prescription Drugs Kill Us in Large Numbers, Pol. Arch. Med. Wewn., t. 124, nr 11, s. 628-634, 2014 [doi: 10.20452/pamw.2503].

[19] Features of a successful therapeutic fast of 382 days' duration, National Library of Medicine, [dostęp: 16.08.2023].

[20] Angus Barbieri's Fast, Wikipedia, https://en.wikipedia.org/w/index.php?title=Angus_Barbieri%27s_fast&oldid=1072186481 [dostęp: 4.07.2023].

[21] Y. He i in., Fasting challenges human gut microbiome resilience and reduces Fusobacterium, Med. Microecol., t. 1-2, grudzień 2019 [doi: 10.1016/j.medmic.2019.100003].

[22] A. Maifeld i in., Fasting alters the gut microbiome reducing blood pressure and body weight in metabolic syndrome patients, Nat. Commun., t. 12, nr 1, s. 1970, marzec 2021 [doi: 10.1038/s41467-021-22097-0].

[23] I. Ali i in., Ramadan Fasting Leads to Shifts in Human Gut Microbiota Structured by Dietary Composition, Front. Microbiol., t. 12, 2021, https://www.frontiersin.org/article/10.3389/fmicb.2021.642999 [dostęp: 4.07.2023].

[24] A. Fasano, All disease begins in the (leaky) gut: role of zonulin-mediated gut permeability in the pathogenesis of some chronic inflammatory diseases, F1000Research, t. 9, F1000 Faculty Rev-69, 2020 [doi: 10.12688/f1000research.20510.1].

[25] Mouth & Body Relationship, Westhampton Dental. Dr. E. Christensen, https://www.westhamptondental.com/ mouth-body-relationship/ [dostęp: 4.07.2023].
[26] Gum Disease, NRAS, https://nras.org.uk/resource/gum-disease/ [dostęp: 4.07.2023].
[27] The Harmful Effects of Brushing Your Teeth Too Hard, Waterbury Smiles, https://www.waterburysmiles.com/blog/2020/06/ dentist-waterbury-explains-harmful-effects-overaggressive-teeth-brushing/ [dostęp: 4.07.2023].
[28] How Grains Wreck Your Teeth & 3 Ways to Reverse Cavities Naturally, PaleoHacks, https://blog.paleohacks.com/ how-grains-wreck-your-teeth/ [dostęp: 4.07.2023].
[29] Living With Phytic Acid, The Weston A. Price Foundation, https://www.westonaprice.org/health-topics/vegetarianism-and-plant-foods/living-with-phytic-acid/ [dostęp: 4.07.2023].
[30] U. Schlemmer, W. Frølich, R.M. Prieto, F. Grases, Phytate in foods and significance for humans: food sources, intake, processing, bioavailability, protective role and analysis, Mol. Nutr. Food Res., t. 53, supl. 2, s. 330-375, wrzesień 2009 [doi: 10.1002/mnfr.200900099].
[31] J. Zięba, Ukryte terapie cz. 1, 2, 3.
[32] Streptococcus mutans, Caries and Simulation Models, Sofia D. Forssten,* Marika Björklund, and Arthur C. Ouwehand, https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3257652/
[33] Interaction of Porphyromonas gingivalis with Oral Streptococci Requires a Motif That Resembles the Eukaryotic Nuclear Receptor Box Protein-Protein Interaction Domain, Carlo Amorin Daep, Richard J. Lamont, Donald R. Demuth https://journals.asm.org/doi/10.1128/iai.00366-08
[34] National Center for Biotechnology Information. „Ksylitol cavities." PubMed Central, https://www.ncbi.nlm.nih.gov/pmc/?term=ksylitol+cavities [dostęp: 19.08.2024].
[35] Phillips, Ellie. „Q&A with Dr. Ellie." Ask Dr. Ellie, https://drellie.com/2012/07/16/qa-with-dr-ellie/ [dostęp: 19.08.2024].
[36] Bansal, Mohit, Aekta V. Mittal, Arushi Singh, Shalini Mittal, Priyanka R. Simkhada, i Khadgawat Rajesh. „Xylitol: a Review on Biotechnological Production, Application, and Health Benefits." Journal of Nutrition and Metabolism (2020), https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7325245/ [dostęp: 19.08.2024].
[37] Science Direct. „Ksylitol." Topics in Agricultural and Biological Sciences, https://www.sciencedirect.com/topics/agricultural-and-biological-sciences/ksylitol [dostęp: 19.08.2024].
[38] Schwarcz, Joe. „The Water Myth." Office for Science and Society, McGill University, 5 sierpnia 2019, https://www.mcgill.ca/oss/article/health-nutrition/water-myth [dostęp: 19.08.2024].
[39] Siwek, Mariusz, Gregory E. Simon, Susan M. Shortreed, Arne Beck, Frances L. Lynch, i Beth E. Waitzfelder. „What's in a Name? The DSM and Depression Diagnosis." JAMA, 319, nr 22 (2018): 2249-2250, https://jamanetwork.com/journals/jama/fullarticle/2680548[dostęp: 19.08.2024]
[40] Patel, Madhuri, Munira A. Ramji, i Sonia S. S. Bajracharya. „Xylitol as a Sweetener: a Review of Health Benefits." The Journal of Alternative and Complementary Medicine 24, nr 11 (2018): 1027-1034. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6503789/ [dostęp: 19.08.2024]
[41] Phillips DDS, Ellie. Mouth Care Comes Clean: Breakthrough Strategies to Stop Cavities and Heal Gum Disease Naturally (p. 179). River Grove Books. Kindle Edition.
[42] Peer Reviewed: Bale-Doneen study. Discussion, „How Bacteria in Your Mouth Can Harm Your Heart." Healthy Hearts, Healthy Practices.
[43] B.F. Bale, A.L. Doneen, D.J. Vigerust. „High-risk Periodontal Pathogens Contribute to the Pathogenesis of Artherosclerosis." Postgraduate Medical Journal. 2016 November.
[44] British Dental Journal. „How to Brush Your Teeth Properly - For Kids." YouTube,
[45] Dr. Ellie Phillips. The TRUTH About Flossing Teeth (What You Aren't Being Told), YouTube, 2024 https://www.youtube.com/watch?v=813BMgPSRYk [dostęp: 6.09.2024].
[46] Root Canal Teeth & Chronic Illness: Is There a Connection?, Radiant Healing Arts Center - Joseph Sciabbarrasi MD, https://holisticdoctorlosangeles.com/integrative-medicine/root-canal-teeth-chronic-illness-is-there-a-connection/ [dostęp: 4.07.2023].

[47] Oral infection with Porphyromonas gingivalis induces peri-implantitis in a murine model: Evaluation of bone loss and the local inflammatory response, 28 April 2017, Rinat Tzach-Nahman, Gabriel Mizraji, Lior Shapira, Gabriel Nussbaum, Asaf Wilensky https://onlinelibrary.wiley.com/doi/abs/10.1111/jcpe.12735

[48] He, Tian-Xiao, Yun-Xiao Zhang, Wen-Hui Zhu, Rui Zhao, i Zhao-Qian Liu. „Efficacy of Xylitol Chewing Gum in Preventing Dental Caries: A Systematic Review and Meta-Analysis." Frontiers in Public Health 11 (2023), https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10264502/ [dostęp: 19.08.2024].

[49] Tooth Bank. „Tooth Banking Services.", https://www.toothbank.com/ [dostęp: 19.08.2024]

[50] L. Clark, Before Agriculture, Human Jaws Were a Perfect Fit for Human Teeth, Smithsonian Magazine, https://www.smithsonianmag.com/smart-news/how-dawn-farming-changed-our-mouths-worst-180954167/ [dostęp: 4.07.2023]

[51] P. Gupta, N. Gupta, A.P. Pawar, S.S. Birajdar, A.S. Natt, H.P. Singh, Role of sugar and sugar substitutes in dental caries: a review, ISRN Dent., 2013 [doi: 10.1155/2013/519421].

[52] If Fructose Is Bad, What About Fruit?, NutritionFacts.org, https://nutritionfacts.org/video/if-fructose-is-bad-what-about-fruit/ [dostęp: 4.07.2023].

[53] How are raw honey and regular honey different?, MedicalNewsToday, https://www.medicalnewstoday.com/articles/324966 [dostęp: 4.07.2023].

[54] J. Robbins, Zdrowi stulatkowie, Wydawnictwo Purana 2006.

[55] Ikeda, E., Masamitsu Tsuji, Kensuke Kominami, Takashi Tachikawa, Hiromi Shimauchi, i Takashi Tsuji. „Fully Functional Bioengineered Tooth Replacement as an Organ Replacement Therapy." Proceedings of the National Academy of Sciences 106, nr 32 (2009): 13475-13480.

[56] Eiden, Emily, i Pascal Imbeault. „The Emerging Role of Cannabidiol (CBD) in Stress-Related Psychiatric Disorders: Evidence from Animal Studies." Trends in Molecular Medicine 29, nr 9 (2023): 616-626, https://www.sciencedirect.com/science/article/abs/pii/S153458072300360X?via%3Dihub [dostęp: 19.08.2024]

[57] Bacterial Profile of Dentine Caries and the Impact of pH on Bacterial Population Diversity, National Library of Medicine, https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3968045/ [dostęp: 16.08.2023].

[58] Why the pH Level of Your Saliva Is Important for Your Dental Health, Health Centered Dentistry, https://www.hcdentistryak.com/why-the-ph-level-of-your-saliva-is-important-for-your-dental-health/ [dostęp: 16.08.2023].

[59] Salivary pH and Glucose after Consuming Various Beverages, Including Sugar-Containing Drinks, Karger, [dostęp: 16.08.2023].

[60] A Brief History of Toothpaste, Spear, https://www.speareducation.com/spear-review/2012/11/a-brief-history-of-toothpaste [dostęp: 18.08.2023].

[61] P. Bragg, Cud głodówki, Wydawnictwo AST 2021.

[62] Karadağlıoğlu, Özgü İlkcan et al. „Antibacterial Activities of Herbal Toothpastes Combined with Essential Oils against Streptococcus mutans." Pathogens (Basel, Switzerland) vol. 8,1 20. 1 Feb. 2019, doi:10.3390/pathogens8010020

[63] K. & Choonharuangdej, Suwan & Srithavaj, Theerathavaj. (2011).„E ects of Three Essential Oils against Streptococcus mutans-biofilm In Vitro.

[64] Galvão, Lívia & Furletti, et. al. (2012). „Antimicrobial Activity of Essential Oils against Streptococcus mutans and their Antiproliferative E ects." Evidence-based complementary and alternative medicine : eCAM. 2012. 751435. 10.1155/2012/751435.

[65] Irlan Almeida Freires,1 Bruno Bueno-Silva, et al. „The E ect of Essential Oils and Bioactive Fractions on Streptococcus mutans and Candida albicans Biofilms: a Confocal Analysis." Volume 2015 Article ID 871316

[66] Chaudhari, Lalit & Jawale, et al. (2012). „Antimicrobial activity of commercially available essential oils against Streptococcus mutans. The journal of contemporary dental practice." 13. 71-4. doi:10.5005/jp-journals-10024-1098.

[67] M.A. Bassiouny, J. Yang, S. Kuroda, Topographic and radiographic profile assessment of dental erosion. Part II: effect of citrus fruit juices on human dentition, https://pubmed.ncbi.nlm.nih.gov/18348369/ [dostęp: 7.07.2023].
[68] H.R. Harris, A.C. Eke, J.E. Chavarro, S.A. Missmer, Fruit and vegetable consumption and risk of endometriosis, https://pubmed.ncbi.nlm.nih.gov/29401293/ [dostęp: 7.07.2023].
[69] Hippocrates. The Genuine Works of Hippocrates. Przetłumaczone przez Francis Adams. Forgotten Books, 2015. https://www.forgottenbooks.com/en/download/TheGenuineWorksofHippocrates_10722578.pdf [dostęp: 19.07.2024]
[70] Clarke, Gerard, Philip Grenham, John F. Scully, Richard Fitzgerald, Timothy Moloney, John Shanahan, Timothy Dinan, i John Cryan. „The Microbiome-Gut-Brain Axis During Early-Life Development: Focus on Neuropsychiatric and Neurodevelopmental Disorders." Pharmacology & Therapeutics 182 (2018): 76-93. https://www.sciencedirect.com/science/article/pii/S0014299918303595 [dostęp: 19.08.2024].
[71] P. Bragg, Cud głodówki, Wydawnictwo AST 2021.
[72] H.M. Shelton, The Science and Fine Art of Fasting, Mockingbird Press 2019.
[73] R.C. Morse, The Detox Miracle Sourcebook: Raw Foods and Herbs for Complete Cellular Regeneration, Hohm Press 2011. 42 S. Filonov, 20 Questions and Answers About Dry Fasting, Moscow 2019.
[74] A. Ehret, System leczenia dietą bezśluzową, Wydawnictwo AST 2022.
[75] Lymphatic system, Britannica, https://www.britannica.com/science/lymphatic-system/Bone-marrow [dostęp: 16.08.2023].
[76] Disarming bacteria with mucus and phages, National Institutes of Health, https://www.nibib.nih.gov/news-events/newsroom/ disarming-bacteria-mucus-and-phages [dostęp: 16.08.2023].
[77] Loren Lockman, YouTube, https://www.youtube.com/user/LorenLockman/videos [dostęp: 4.07.2023].
[78] The Creating Perfect Health System, Tanglewood Wellness Center, https://tanglewoodwellnesscenter.com/ your-health-and-well-being/from-anywhere/cph-system/ [dostęp: 4.07.2023].
[79] Dr Alan Goldhamer, YouTube, https://www.youtube.com/results?search_query=dr+alan+goldhamer&sp=CAM%253D [dostęp: 4.07.2023].
[80] Defining „Zombie Cells", Medical School - University of Minnesota, https://med.umn.edu/news-events/ defining-%E2%80%9Czombie-cells%E2%80%9D [dostęp: 4.07.2023].
[81] The Nobel Prize in Physiology or Medicine 2016, NobelPrize.org, https://www.nobelprize.org/prizes/medicine/2016/press-release/ [dostęp: 4.07.2023].
[82] Minimum fasting length required for autophagy | Guido Kroemer, YouTube, https://www.youtube.com/watch?v=7hfKJ7xS4LI [dostęp: 4.07.2023].
[83] Top Autophagy Benefits (Weight Loss) | Jason Fung, YouTube, https://www.youtube.com/watch?v=XLj2Qu4SuNQ [dostęp: 4.07.2023].
[84] H. Zhang, Z. Chen, Autophagy and Cell Death: Antitumor Drugs Targeting Autophagy, IntechOpen, 2019 [doi: 10.5772/intechopen.88050].
[85] A. Diaz-Vegas i in., Is Mitochondrial Dysfunction a Common Root of Noncommunicable Chronic Diseases?, Endocr. Rev., t. 41, nr 3, marzec 2020 [doi: 10.1210/endrev/bnaa005].
[86] J. Moore, J. Fung, The Complete Guide to Fasting, Simon & Schuster 2016.
[87] Curcumin: a naturally occurring autophagy modulator, National Library of Medicine, https://pubmed.ncbi.nlm.nih.gov/30239005/ [dostęp: 16.08.2023].
[88] Targeting Autophagy with Natural Products as a Potential Therapeutic Approach for Cancer, National Library of Medicine, https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8467030/ [dostęp: 16.08.2023].
[89] How Protein Consumption Affects Your Lifespan | Dr. David Sinclair, Serena Poon, YouTube, https://www.youtube.com/watch?v=_a7sgv33vlg [dostęp: 4.07.2023].
[90] M.E. Levine i in., Low Protein Intake is Associated with a Major Reduction in IGF-1, Cancer, and Overall Mortality in the 65 and Younger but Not Older Population, Cell Metab., t. 19, nr 3, s. 407-417.
[91] The protein-retaining effects of growth hormone during fasting involve inhibition of muscle-protein breakdown, National Library of Medicine, https://pubmed.ncbi.nlm.nih.gov/11147801/ [dostęp: 16.08.2023].
[92] L. Clark, Op. cit.

[93] Timeline of human evolution, Wikipedia, https://en.wikipedia.org/wiki/Timeline_of_human_evolution [dostęp: 4.07.2023].
[94] S. Filonov, Op. cit.
[95] Ng, Victor, Samantha Harris, Andrew Jung, Geoff Z. Liu, Steve Kisely, Branka Agic, i Jana Davidson. „A Meta-Analysis of the Efficacy of Remotely Delivered Psychotherapies for Comorbid Depression and Substance Use Disorders." The Lancet Psychiatry 8, nr 7 (2021): 605-617. https://www.sciencedirect.com/science/article/pii/S2215038221001850 [dostęp: 19.07.2024].
[96] Coupling between Na+, sugar, and water transport across the intestine, National Library of Medicine, https://pubmed.ncbi.nlm.nih.gov/11193601/[dostęp: 16.08.2023].
[97] Fecalith. Wikipedia. The Free Encyclopedia . Ostatnia modyfikacja: 2 września 2023 [dostęp: 8.10.2024], https://en.wikipedia.org/wiki/Fecalith
[98] Moritz, Andreas. The Amazing Liver & Gallbladder Flush. Ener-Chi Wellness Press, 2012. ISBN 978-0984595440. Amazon . [dostęp: 8 października 2024], https://www.amazon.com/Amazing-Liver-Gallbladder-Flush/dp/0984595449#customerReviews
[99] Amash, Clement. Olive Oil May Hold Key to Longevity. Olive Oil Times, 2012, https://www.oliveoiltimes.com/world/amash-clement-olive-oil-longevity/25126. [dostęp: 20.09.2024].
[100] Ghrelin, Wikipedia, https://en.wikipedia.org/w/index.php?title=Ghrelin&oldid=1068315326 [dostęp: 4.07.2022].
[101] Toxins from gut damage fat cells and drive weight gain, study suggests, The Guardian, [dostęp: 17.08.2023].
[102] How the body uses fat to fight infection, ScienceDaily, https://www.sciencedaily.com/releases/2021/12/211208090011.htm [dostęp: 17.08.2023].
[103] Can You Really Be Scared to Death?, Britannica, https://www.britannica.com/story/can-you-really-be-scared-to-death [dostęp: 17.08.2023].
[104] Wikipedia. Henry S. Tanner (doctor). https://en.wikipedia.org/wiki/Henry_S._Tanner_(doctor) [dostęp: 19.07.2024]
[105] Peltomaa, C. K. (n.d.). Profil użytkownika. Quora, https://www.quora.com/profile/Colleen-Karalee-Peltomaa [dostęp 27 sierpnia 2024].
[106] Thyroid growing back. (n.d.). In Mayo Clinic Connect, https://connect.mayoclinic.org/discussion/thyroid-growing-back/?pg=3, [dostęp 27 sierpnia 2024]
[107] S. Okie, Death Fast: a Normal Man Can Last About 60 Days, The Washington Post, https://www.washingtonpost.com/archive/politics/ 1981/05/22/death-fast-a-normal-man-can-last-about-60-days/1760cb91-9830-4c03-9ab1-6018440c8755/ [dostęp: 16.08.2023].
[108] P.C. Gøtzsche, Op. cit.
[109] D.W. Light, New Prescription Drugs: a Major Health Risk With Few Offsetting Advantages, https://ethics.harvard.edu/blog/new-prescription-drugs-major-health-risk-few-offsetting-advantages [dostęp: 4.07.2023].
[110] Fasting: The History, Pathophysiology and Complications, National Library of Medicine, https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1274154/ [dostęp: 16.08.2023].
[111] H.M. Shelton, Op. cit.
[112] A. Ehret, Op. cit.
[113] A. Ehret, Op. cit.
[114] S. Daly, When food can kill - a lesson from WWII, West Cork People, https://westcorkpeople.ie/columnists/the-history-corner-columnists/when-food-can-kill-a-lesson-from-wwii/ [dostęp: 4.07.2023].
[115] J.P. Gouin, J.K. Kiecolt-Glaser, The Impact of Psychological Stress on Wound Healing: Methods and Mechanisms, Immunol. Allergy Clin. North Am., t. 31, nr 1, s. 81-93, luty 2011 [doi: 10.1016/j.iac.2010.09.010].
[116] doing blood tests after a WATER FAST, Loren Lockman, YouTube, https://www.youtube.com/watch?v=-jsK_fkDtns [dostęp: 4.07.2023].
[117] How to Avoid an Electrolyte Imbalance During Fasting, Loren Lockman, YouTube, https://www.youtube.com/watch?v=snB4WZIKez4 [dostęp: 16.08.2023].

[118] G. Małachow, Lecznicza głodówka, Warszawa 1999.
[119] Loren Lockman on The Water Fasting Process (Sweat It Out Ep. 15), YouTube, https://www.youtube.com/watch?v=5Dg-0tdV89U [dostęp: 4.07.2023].
[120] The Best Water to Drink, YouTube, https://www.youtube.com/watch?v=kUdnRj3hgCg [dostęp: 4.07.2023].
[121] Tow, E. W., Ersan, M. S., Kum, S., Lee, T., Speth, T. F., Owen, C., Bellona, C., Nadagouda, M. N., Mikelonis, A. M., Westerhoff, P., Mysore, C., Frenkel, V. S., deSilva, V., Walker, W. S., Safulko, A. K., & Ladner, D. A. (Year). Managing and treating per- and polyfluoroalkyl substances (PFAS) in membrane concentrates. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8687045/
[122] Liu C., Zhao X., Faria A.F., Deliz Quiñones K.Y., Zhang C., He Q., Ma J., Shen Y., Zhi Y., 2023. Evaluating the efficiency of nanofiltration and reverse osmosis membrane processes for the removal of per- and polyfluoroalkyl substances from water: a critical review. Separation and Purification Technology, https://www.sciencedirect.com/science/article/abs/pii/S1383586622017166[dostęp: 2024-08-19].
[123] The Best Water to Drink, Op. cit.
[124] Bottled Water: The Human Health Consequences of Drinking from Plastic, Clean Water Action, https://www.cleanwateraction.org/ 2020/07/29/bottled-water-human-health-consequences-drinking-plastic [dostęp: 4.07.2023].
[125] Ishibashi, Toru, Bunpei Sato, Mariko Rikitake, Tomoki Seo, Ryosuke Kurokawa, Yuichi Hara, Yuji Naritomi, Hiroshi Hara, i Tetsuhiko Nagao. „Consumption of Water Containing a High Concentration of Molecular Hydrogen Reduces Oxidative Stress and Disease Activity in Patients with Rheumatoid Arthritis: An Open-Label Pilot Study." Medical Gas Research 2 (2012): 27. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3563451/ [dostęp: 19.08.2024].
[126] T. Schwartz, Sleep is More Important than Food, Harvard Business Review, https://hbr.org/2011/03/sleep-is-more-important-than-f [dostęp: 4.07.2023].
[127] D.W. Light, Op. cit.
[128] How to Stop Your Doctor Killing You, Op. cit.
[129] S. Filonov, Op. cit.
[130] Our Secret Universe: The Hidden Life of the Cell, Documentary Area, https://www.documentaryarea.com/video/Our+Secret+Universe%3A+The+Hidden+Life+of+the+Cell/ [dostęp: 4.07.2023[.
[131] WHO, Nutrition: Effects of iodine deficiency: https://www.who.int/news-room/questions-and-answers/item/nutrition-effects-of-iodine-deficiency
[132] B. Rensberger, Teeth Show Fruit Was The Staple, The New York Times, https://www.nytimes.com/1979/05/15/archives/ teeth-show-fruit-was-the-staple-no-exceptions-found.html [dostęp: 5.07.2023].
[133] Where do orangutans live? And eight other orangutan facts, World Wildlife Fund, https://www.worldwildlife.org/stories/ where-do-orangutans-live-and-nine-other-orangutan-facts [dostęp: 5.07.2023].
[134] List of Classifications - IARC Monographs on the Identification of Carcinogenic Hazards to Humans, https://monographs.iarc.who.int/list-of-classifications [dostęp: 5.07.2023].
[135] Fecal Transplant, Johns Hopkins Medicine, https://www.hopkinsmedicine.org/health/treatment-tests-and-therapies/fecal-transplant [dostęp: 17.08.2023].
[136] Cracker Bowel: Why Grains are Toxic to the Human Gastrointestinal Tract, Dr. Davis Infinite Health, https://drdavisinfinitehealth.com/ 2019/01/cracker-bowel-why-grains-are-toxic-to-the-human-gastrointestinal-tract/ [dostęp: 5.07.2023].
[137] P. Osborne, Op. cit.
[138] Invasive mold infection of the gastrointestinal tract: a case series of 22 immunocompromised patients from a single academic center, Oxford University Press, https://academic.oup.com/mmy/article/60/3/myac007/6517313 [dostęp: 17.08.2023].
[139] What are Two Ways That Enzymes Become Less Effective?, Sciencing, https://sciencing.com/two-ways-enzymes-become-less-effective-18170.html [dostęp: 17.08.2023].

[140] Degradation of vitamins, probiotics and other active ingredients caused by exposure to heat, water and sunlight, Nutraceutical Business Review, https://www.nutraceuticalbusinessreview.com/news/article_page/Degradation_of_vitamins_ probiotics_and_other_active_ingredients_caused_by_exposure_to_heat_water_and_sunlight/145924 [dostęp: 17.08.2023].
[141] Ancient Mutation in Apes May Explain Human Obesity and Diabetes, Scientific American, https://www.scientificamerican.com/article/ancient-mutation-in-apes-may-explain-human-obesity-and-diabetes/ [dostęp: 17.08.2023].
[142] Still Drinking Orange Juice? Read This, Fooducate, https://www.fooducate.com/community/post/ Still-Drinking-Orange-Juice%3F-Read-This/57B42ECC-BA66-73FE-4482-976627BBD6AE [dostęp: 17.08.2023].
[143] R.G. Powell, Plant Seeds as Sources of Potential Industrial Chemicals, Pharmaceuticals, and Pest Control Agents, ACS Publications, https://pubs.acs.org/doi/abs/10.1021/np8006217 [dostęp: 17.08.2023].
[144] A. Shattuck, M. Werner, R. Galt, While debate rages over glyphosate-based herbicides, farmers are spraying them all over the world, The Conversation, https://theconversation.com/while-debate-rages-over-glyphosate-based-herbicides-farmers-are-spraying-them-allover-the-world-161156 [dostęp: 5.07.2023].
[145] C. Ferreira i in., Urine biomonitoring of glyphosate in children: Exposure and risk assessment, Environ. Res., t. 198, lipiec 2021 [doi: 10.1016/j.envres.2021.111294]. 105 S.R. Gundry, Op. cit.
[146] Dirty Dozen, Environmental Working Group, https://www.ewg.org/foodnews/dirty-dozen.php [dostęp: 17.08.2023].
[147] The Skinny on Fat: Looking at Coconuts, YouTube, https://www.youtube.com/watch?v=9aG03RH9jGI [dostęp: 5.07.2023].
[148] S.R. Gundry, Op. cit.
[149] J. Matysiak, Histamine intolerance (HIT), Journal of Medical Science, https://jms.ump.edu.pl/index.php/JMS/article/download/727/973/5704 [dostęp: 17.08.2023].
[150] Degradation of vitamins..., Op. cit.
[151] A. Ehret, Op. cit.
[152] S. Filonov, Op. cit.
[153] The New York Times, Huge Study of Diet Indicts Fat and Meat, https://www.nytimes.com/1990/05/08/science/huge-study-of-diet-indicts-fat-and-meat.html [dostęp: 25.10.2024].
[154] The New York Times, Dr. Ancel Keys, 100, Promoter of Mediterranean Diet, Dies, https://www.nytimes.com/2004/11/23/obituaries/dr-ancel-keys-100-promoter-of-mediterranean-diet-dies.html
[155] Our World in Data, Cardiovascular Disease Death Rates, https://ourworldindata.org/grapher/cardiovascular-disease-death-rates, [dostęp: 25.10.2024]
[156] Plant Chompers, How long do health influencers live? Episode 1 of 3., YouTube, https://www.youtube.com/watch?v=dMghM6TxiBk.
[157] Plant Chompers, HARVARD: Red Meat Raises Diabetes Risk 62%. INTERNET: Nope., YouTube, , https://www.youtube.com/watch?v=NgfTit87RYU [dostęp: 27.09.2024].
[158] Campbell, T.C., Campbell, T.M., The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss, and Long-term Health, BenBella Books, Dallas 2006.
[159] How long can you survive without food?, MedicalNewsToday, https://www.medicalnewstoday.com/articles/ how-long-can-you-go-without-food#water [dostęp: 17.08.2023].
[160] Eardope, 90 Day Water Fasting | No Food for 90 Days!!, YouTube, https://www.youtube.com/watch?v=I0bBD2PXn4s
[161] Odwodnienie (medycyna), Wikipedia, https://pl.wikipedia.org/w/index.php?title=Odwodnienie_(medycyna)&oldid=64842806 [dostęp: 5.07.2023].

[162] 20 Day Hard Dry Fast with @fastingwithtrevor., YouTube, https://www.youtube.com/watch?v=CRmm-S4OYYQ [dostęp: 5.07.2023].
[163] Dr Sergey Filonov, 20 Questions and Answers About Dry Fasting
[164] Twierdzi, że żyje bez jedzenia i picia. Żywi się... energią światła, Gazeta Olsztyńska, https://gazetaolsztynska.pl/ 440116,Twierdzi-ze-zyje-bez-jedzenia-i-picia-Zywi-sie-energia-swiatla.html [dostęp: 5.07.2023].
[165] Indian „Holy Man" Perplexes Doctors, YouTube, https://www.youtube.com/watch?v=FGF7EY2Ucm8 [dostęp: 5.07.2023].
[166] M. Licea, I'm a dry-faster and haven't had any water in 4 years, New York Post, https://nypost.com/2020/03/11/ im-a-dry-faster-and-havent-had-any-water-in-4-years/ [dostęp: 5.07.2023].
[167] Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate, National Academies Press, https://nap.nationalacademies.org/read/10925/chapter/6#77 [dostęp: 17.08.2023].
[168] improving eyesight / eye vision with water fasting!, YouTube, https://www.youtube.com/watch?v=ZwO4MtHvHZA [dostęp: 17.08.2023].
[169] T. Fiolet i in., Consumption of ultra-processed foods and cancer risk: results from NutriNet-Santé prospective cohort, BMJ, t. 360, s. 322, luty 2018 [doi: 10.1136/bmj.k322].
[170] C.A. Monteiro, G. Cannon, M. Lawrence, M.L. da Costa Louzada, P. Pereira Machado, Ultra-processed foods, diet quality, and health using the NOVA classification system, Food and Agriculture Organization of The United Nations, https://www.fao.org/3/ca5644en/ca5644en.pdf [dostęp: 5.07.2023].
[171] „Ludzie nie świnie, zjedzą wszystko", TVN24, https://tvn24.pl/polska/ chore-bydlo-kupie-chore-krowy-sprzedawane-na-mieso-w-rzezniach-ra903977-2023041 [dostęp: 5.07.2023]. 126 Azotyn sodu (E250), Vitapedia.pl, https://vitapedia.pl/azotyn-sodu [dostęp: 5.07.2023].
[172] Y.M. Herrera-Ardila, D. Orrego, A.F. Bejarano-López, B. Klotz-Ceberio, Effect of heat treatment on vitamin content during the manufacture of food products at industrial scale, SciELO, https://www.scielo.org.co/scielo.php?script=sci_arttext&pid= S0012-73532022000400127 [dostęp: 5.07.2023].
[173] Kinetics of vitamin B_{12} thermal degradation in cow's milk, ScienceDirect, https://www.sciencedirect.com/science/article/pii/S0260877423002315 [dostęp: 17.08.2023].
[174] Effects of Microwave Heating on the Loss of Vitamin B_{12} in Foods, ACS Publications, https://pubs.acs.org/doi/abs/10.1021/jf970670x [dostęp: 17.08.2023].
[175] S.R. Gundry, Op. cit.
[176] K. Panacer, P.J. Whorwell, Dietary Lectin exclusion: The next big food trend?, World J. Gastroenterol., t. 25, nr 24, czerwiec 2019 [doi: 10.3748/wjg.v25.i24.2973].
[177] Localization of an endogenous lectin in chicken liver, intestine, and pancreas, National Library of Medicine, https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2110460/[dostęp: 17.08.2023].
[178] Naturally Occurring Plant Food Toxicants and the Role of Food Processing Methods in Their Detoxification, National Library of Medicine,https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10159748/ [dostęp: 17.08.2023].
[179] Satvic Movement, https://satvicmovement.org
[180] Natural Antinutritive and Toxic Compounds, https://web.vscht.cz/dolezala/FCHS/12.%20Natural%20antinutritive%20and%20toxic%20compounds.pdf [dostęp: 17.08.2023].
[181] Naturally Occurring Plant Food Toxicants..., Op. cit.
[182] Plant Lectins: How Our Food Fights Back, Shortform, https://www.shortform.com/blog/plant-lectins/ [dostęp: 17.08.2023].
[183] Natural Toxins in Food Plants, Centre for Food Safety, https://www.cfs.gov.hk/english/programme/programme_rafs/programme_rafs_fc_01_17_report.html [dostęp: 17.08.2023].
[184] Millet: The Amazing Lectin-Free Healthy Carb, Gundry MD, https://gundrymd.com/millet-lectin-free-carb/ [dostęp: 5.07.2023].
[185] Warzywa psiankowate - czym są rośliny psiankowate?https://wylecz.to/diety/warzywa-psiankowate-czym-sa-rosliny-psiankowate/ [dostęp: 5.07.2023].
[186] A review of fasting effects on the response of cancer to chemotherapy, National Library of Medicine, https://pubmed.ncbi.nlm.nih.gov/33153820/ [dostęp: 17.08.2023].

[187] New Findings on Walnut Kernel Mold, West Coast Nut, https://www.wcngg.com/2021/03/09/new-findings-on-walnut-kernel-mold/ [dostęp: 17.08.2023].
[188] L. Hogan, What Are Mycotoxins?, WebMD, https://www.webmd.com/food-recipes/food-poisoning/what-are-mycotoxins [dostęp: 25.08.2023].
[189] R. Nagel, B. Fife ND, Living with phytic acid. Weston A. Price Foundation. https://www.westonaprice.org/health-topics/vegetarianism-and-plant-foods/living-with-phytic-acid/#gsc.tab=0, dostęp 18.07.2024
[190] Zhong, W., Wang, X., Wang, Y., Sun, G., Zhang, J., Li, Z. (2023). Obesity and endocrine-related cancer: The important role of IGF-1. Frontiers in Endocrinology (Lausanne), https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9899991/.DOI:10.3389/fendo.2023.1093257. [dostęp: 23.01.2023]
[191] Storhaug CL, Fosse SK, Fadnes LT. Country, regional, and global estimates for lactose malabsorption in adults: a systematic review and meta-analysis. The Lancet. Gastroenterology & Hepatology. 2017;2(10):738-746 https://www.thelancet.com/journals/langas/article/PIIS2468-1253(17)30154-1/fulltext
[192] Jakie warzywa oczyszczają glebę?, Tygodnik Poradnik Rolniczy, https://www.tygodnik-rolniczy.pl/articles/uprawa/ jakie-warzywa-oczyszczaja-glebe/ [dostęp: 5.07.2023].
[193] Blake, Julia. Czy produkty czekoladowe zawierają metale ciężkie? Health.com, https://www.health.com/chocolate-products-heavy-metals-8399979 [dostęp: 8.10.2024].
[194] What happens when we cook food? Understanding acrylamide formation, Eufic, https://www.eufic.org/en/food-safety/article/what-happens-when-we-cook-food-understanding-acrylamide-formation [dostęp: 17.08.2023].
[195] Comprehensive Study on the Acrylamide Content of High Thermally Processed Foods, National Library of Medicine, https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7925045/ [dostęp: 17.08.2023].
[196] D. Pingot, K. Pyrzanowski, J. Michałowicz, B. Bukowska, Toksyczność akrylamidu i jego metabolitu - glicydamidu, Med. Pr., t. 64, nr 2, s. 259-271, październik 2014 [doi: 10.13075/mp.5893/2013/0022].
[197] Thermal Processing of Fruits and Fruit Juices, HAL, https://hal.inrae.fr/hal-02803675/document [dostęp: 17.08.2023]. 149 What Is Glucose Syrup? All You Need to Know, Healthline, https://www.healthline.com/nutrition/glucose-syrup [dostęp: 5.07.2023].
[198] High-fructose corn syrup prompts considerably more weight gain, researchers find, ScienceDaily, https://www.sciencedaily.com/releases/2010/03/100322121115.htm [dostęp: 5.07.2023].
[199] D. Siedlecka, W. Micał, E. Krzewicka-Romaniuk, A. Romaniuk, The bitter side of high fructose corn syrup (HFCS) - the global obesity pandemic, J. Educ. Health Sport, t. 10, nr 9, art. nr 9, wrzesień 2020 [doi: 10.12775/JEHS.2020.10.09.090].
[200] Migdały blanszowane - właściwości i zastosowanie, Go4Taste, https://go4taste.pl/blog/migdaly-blanszowane/ [dostęp: 6.07.2023].
[201] J. Zięba, Op. cit.
[202] Is Cheese Healthy? Compared to What?, NutritionFacts.org, https://nutritionfacts.org/video/is-cheese-healthy-compared-to-what/ [dostęp: 6.07.2023].
[203] Worst Foods for Constipation, WebMD, https://www.webmd.com/digestive-disorders/ss/worst-foods-for-constipation [dostęp: 6.07.2023].
[204] Do sulfites in wine cause headaches?, MedicalNewsToday, https://www.medicalnewstoday.com/articles/sulfites-in-wine-headache#causes-of-wine-headaches [dostęp: 17.08.2023].
[205] Dr. Gundry's Delicious Herb Roasted Radish Recipe, Gundry MD, https://gundrymd.com/roasted-radish-recipe/ [dostęp: 17.08.2023].
[206] Does Chocolate Cause Acne?, Healthline, https://www.healthline.com/health/does-chocolate-cause-acne [dostęp: 6.07.2023].
[207] Hipokrates, Corpus Hippocraticum, tłum. Z gr. J. Litwinowicz, Wyd. Naukowe PWN, Warszawa 2010
[208] Dioskurydes, De Materia Medica, tłum. Z gr. J. Sykutera, Wydawnictwo Medyczne, Kraków 2008.
[209] Pliniusz Starszy, Historia naturalna, tłum. Z łac. W. Olszewski, Wydawnictwo Ossolineum, Wrocław 2015.
[210] Quantification of chicory root bitterness by an ELISA for 11ß,13-dihydrolactucin, ScienceDirect, https://www.sciencedirect.com/science/article/abs/pii/S0308814607000696 [dostęp: 17.08.2023].

[211] Frozen: the Cold Truth, YouTube, https://www.youtube.com/watch?v=PpGbV1dqUzY [dostęp: 17.08.2023].
[212] J. Szumilas, Czy grzyby można jeść na surowo? Niektóre nawet warto! To nie tylko pieczarki, Haps, https://haps.pl/Haps/7,167251,28931974,czy-grzyby-mozna-jesc-na-surowo-niektore-gatunki-skradna-ci.html [dostęp: 17.08.2023].
[213] C.P. Doncaster, Timeline of the Human Condition, https://www.southampton.ac.uk/~cpd/history.html [dostęp: 6.07.2023].
[214] What About Coconuts, Coconut Milk, and Coconut Oil MCTs?, NutritionFacts.org, https://nutritionfacts.org/video/what-about-coconuts-coconut-milk-and-coconut-oil-mcts/ [dostęp: 6.07.2023].
[215] S. Filonov, Op. cit.
[216] D. Gzyra, Czy „bezofiarne" jajka są możliwe?, Polityka, https://www.polityka.pl/tygodnikpolityka/spoleczenstwo/ 1777032,1,czy-bezofiarne-jajka-sa-mozliwe.read [dostęp: 6.07.2023].
[217] Dr. Ellsworth Wareham - 98 years old vegan, YouTube, https://www.youtube.com/watch?v=FX58PyQwrcI [dostęp: 6.07.2023].
[218] 7 Nutritious Benefits of Eating Cantaloupe, Healthline, https://www.healthline.com/health/food-nutrition/benefits-of-cantaloupe [dostęp: 6.07.2023]
[219] H. Hemilä, E. Chalker, Vitamin C for preventing and treating the common cold, Cochrane Database Syst. Rev., nr 1, 2013 [doi: 10.1002/14651858.CD000980.pub4.].
[220] Who killed Bruce Lee? The hyponatraemia hypothesis, National Library of Medicine, [dostęp: 17.08.2023].
[221] Nutrition Facts for Cantaloupe Melons, MyFoodData, https://tools.myfooddata.com/nutrition-facts/169092/wt1 [dostęp: 6.07.2023].
[222] Avidin, Wikipedia, https://en.wikipedia.org/wiki/Avidin [dostęp: 17.08.2023].
[223] Trypsin inhibitor, Wikipedia, https://en.wikipedia.org/wiki/Trypsin_inhibitor [dostęp: 17.08.2023].
[224] R. Morse, Op. cit.
[225] P. Bragg, Op. cit.
[226] R. Morse, Op. cit.
[227] Dr Ellie Phillips, „Mouth Care Comes Clean", First edition
[228] Is it possible to develop atherosclerosis on a vegan diet?, Quora, https://www.quora.com/ Is-it-possible-to-develop-atherosclerosis-on-a-vegan-diet [dostęp: 17.08.2023].
[229] J. Wyrick, Honey Makes Up Nearly 20 Percent of Diet in Tanzanian Group, Scientific American, [dostęp: 6.07.2023]
[230] What to Eat & When to Eat for Longevity | Lifespan with Dr. David Sinclair #2, YouTube, https://www.youtube.com/watch?v=wD8reCw3Kls [dostęp: 6.07.2023].
[231] Herbert Shelton, Food Combining Made Easy, Shelton Health School, 1951.
[232] Drzewka owocowe - Kalendarium ochrony roślin sadowniczych, Sadowniczy, https://www.sadowniczy.pl/drzewka-owocowe-Kalendarium-ochrony-roslin-sadowniczych-blog-pol-1567855023.html[dostęp: 18.08.2023].
[233] P. Osborne, Op. cit.
[234] Constar, Kania i inni: afery, które wstrząsnęły nie tylko branżą mięsną", Portal Spożywczy, https://www.portalspozywczy.pl/mieso/wiadomosci/constar-kania-i-inni-afery-ktore-wstrzasnely-nie-tylko-branza-miesna,198688.html [dostęp: 1.10.2024].
[235] P. Osborne, Op. cit.
[236] How i Fixed My Digestion (No More Bloating Or Heartburn), YouTube, https://www.youtube.com/watch?v=KXJCCSU1wm8 [dostęp: 6.07.2023].
[237] Foods that help to re-balance the pH in your saliva, Hoffman Dental Care, https://www.macombsmiles.com/ foods-that-help-to-re-balance-the-ph-in-your-saliva/ [dostęp: 18.08.2023].
[238] Wikipedia, Horace Fletcher, https://en.wikipedia.org/wiki/Horace_Fletcher (dostęp: 01.10.2024).
[239] Albert, M. J., Mathan, V. I., & Baker, S. J. (1980). Vitamin B12 synthesis by human small intestinal bacteria. Nature, 283(5749), 781-782.
[240] Rucker, R. B., Suttie, J. W., McCormick, D. B., & Machlin, L. J. (2001). Handbook of Vitamins. CRC Press.

[241] Wacker, M., & Holick, M. F. (2013). Sunlight and Vitamin D: a global perspective for health, Dermatoendocrinology, https://doi.org/10.4161/derm.24494
[242] Albert, M. J., Mathan, V. I., & Baker, S. J. (1980). Vitamin B12 synthesis by human small intestinal bacteria. Nature, 283(5749), 781-782.
[243] Institute of Medicine (US) Food and Nutrition Board. Dietary Reference Intakes for Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Biotin, and Choline. Washington (DC): National Academies Press (US); 1998. ISBN-10: 0-309-06411-2 https://www.ncbi.nlm.nih.gov/books/NBK114310/
[244] Puddu, P., Ventrice, C., Pennasilico, G., Guarnaccia, G., Ruffelli, M., Di Pietro, A., & De Pita, O. (2003). An open randomized controlled study on the efficacy of low-sodium water intake evaluated by non-invasive methods in patients with cellulite. European Journal of Inflammation, 1(1), 43-48. https://doi.org/10.1177/1721727X0300100109
[245] How Long Does Gluten Stay In Your System?, Gluten Free Society, https://www.glutenfreesociety.org/how-long-does-it-take-for-gluten-to-leave-your-system/ [dostęp: 18.08.2023].
[246] The onset of rheumatoid arthritis following trauma, National Library of Medicine, https://www.ncbi.nlm.nih.gov/ pmc/articles/PMC5098718/ [dostęp: 18.08.2023].
[247] A case-control study examining the role of physical trauma in the onset of rheumatoid arthritis, Oxford Academic, https://academic.oup.com/rheumatology/article/40/3/262/1787881 [dostęp: 18.08.2023].
[248] I. Plewis, Pesticides and transgenerational inheritance of pathologies: Designing, analysing and reporting rodent studies, PLoS ONE, t. 15, nr 10, październik 2020 [doi: 10.1371/journal.pone.0228762].
[249] N.A. Yusoff, I.S. Taib, S.B. Budin, M. Mohamed, Paternal Fenitrothion Exposures in Rats Causes Sperm DNA Fragmentation in F0 and Histomorphometric Changes in Selected Organs of F1 Generation, Toxics, t. 9, nr 7, s. 159, lipiec 2021 [doi: 10.3390/toxics9070159].
[250] D. Kubsad, E.E. Nilsson, S.E. King, I. Sadler-Riggleman, D. Beck, M.K. Skinner, Assessment of Glyphosate Induced Epigenetic Transgenerational Inheritance of Pathologies and Sperm Epimutations: Generational Toxicology, Sci. Rep., t. 9, nr 1, art. nr 1, kwiecień 2019 [doi: 10.1038/s41598-019-42860-0].
[251] A. Ehret, Op. cit.
[252] A. Ehret, Op. cit.
[253] Cancer: Carcinogenicity of the consumption of red meat and processed meat, https://www.who.int/news-room/ questions-and-answers/item/cancer-carcinogenicity-of-the-consumption-of-red-meat-and-processed-meat [dostęp: 7.07.2023].
[254] R. Morse, Op. cit.
[255] P.A. Offit, Overkill: When Modern Medicine Goes Too Far, Harper 2020.
[256] R. Morse, Op. cit.
[257] A. Krajewski, Lodowa dama lubiła marznąć, Newsweek, https://www.newsweek.pl/styl-zycia/lodowa-dama-lubila-marznac/2fzzxp6 [dostęp: 18.08.2023].
[258] E. Jakubas, Długość życia w parafii Nasiechowice w XVIII, XIX i XXI wieku, https://www.jakubas.pl/genealogia/ Dlugosc-zycia_XIX-w.htm [dostęp: 7.07.2023].
[259] C. McGarry, How Americans Got Into Hot Water, Sense Blog, https://blog.sense.com/how-americans-got-into-hot-water/ [dostęp: 7.07.2023].
[260] Altitude training, Wikipedia, https://en.wikipedia.org/wiki/Altitude_training [dostęp: 18.08.2023].
[261] J.B. Varshney, The Beneficial Effects Of White Button Mushrooms On The Gut Health, https://etda.libraries.psu.edu/catalog/15408 [dostęp: 7.07.2023].
[262] Overview Loading of vitamin D, VitaminDWiki, https://vitamindwiki.com/Overview+Loading+of+vitamin+D [dostęp: 7.07.2023].
[263] Vitamin D and Skin Physiology: a D-Lightful Story, Journal of Bone and Mineral Research, https://pubmed.ncbi.nlm.nih.gov/18290718/, [dostęp: 18.08.2023].
[264] D.W. Miller, Iodine: High-dose intake cuts breast cancer and hypothyroidrelated illnesses, Caduceus, https://www.clinicaleducation.org/wp-content/uploads/miller.pdf [Dostęp: 18.08.2023].

[265] Wang, A., et al. (2022). Environmental and Dietary Exposure to Toxins and Hypertension: a Systematic Review. American Journal of Hypertension, 35(10), 892-900. doi:10.1093/ajh/hpac123. https://academic.oup.com/ajh/article/35/10/892/6617679.

[266] Wilhelmi de Toledo, F., Grundler, F., Sanz, M., et al. (2024). Effects of Prolonged Water-Only Fasting on Blood Pressure in Individuals with Hypertension. Nutrition Reviews, 82(5), 664-678. doi:10.1093/nutrit/nuaa098. Dostępne na: https://academic.oup.com/nutritionreviews/article-abstract/82/5/664/7209209.

[267] Zeiler, E., Gabriel, S., Ncube, M., Thompson, N., Scharf, E., Goldhamer, A. C., Myers, T. R. (2024). Prolonged Water-only Fasting is a Safe and Feasible Treatment Option for Managing Stage 1 and 2 Hypertension. medRxiv. https://doi.org/10.1101/2020.08.07.20169680.

[268] Goldhamer, A., Lisle, D., Parpia, B., Anderson, S. V., & Campbell, T. C. (2001). Medically supervised water-only fasting in the treatment of hypertension. Journal of Manipulative and Physiological Therapeutics, https://doi.org/10.1067/mmt.2001.115263.

[269] G. Walldius, I. Jungner, Apolipoprotein A-I versus HDL cholesterol in the prediction of risk for myocardial infarction and stroke, https://pubmed.ncbi.nlm.nih.gov/17556890/ [dostęp: 7.07.2023].

[270] H.K. Tamang i in., Apo B/Apo A-I Ratio is Statistically a Better Predictor of Cardiovascular Disease (CVD) than Conventional Lipid Profile: a Study from Kathmandu Valley, Nepal, https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3972591/ [dostęp: 7.07.2023].

[271] S. Filonov, Op. cit.

[272] Prevalence of Intestinal Parasite Infections Establishments from Bule Hora, Ethiopia, National Library of Medicine, https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8397551/ [dostęp: 18.08.2023].

[273] J.A. Okeniyi, T.A. Ogunlesi, O.A. Oyelami, L.A. Adeyemi, Effectiveness of dried Carica papaya seeds against human intestinal parasitosis: a pilot study, J. Med. Food, https://pubmed.ncbi.nlm.nih.gov/17472487/ [dostęp: 18.08.2023].

[274] Urinary Tract Infections from Eating Chicken, YouTube, https://www.youtube.com/watch?v=FIYAu1dKVQE [dostęp: 7.07.2023].

[275] Wang, A., Huen, S. C., Luan, H. H., Yu, S., Zhang, C., Gallezot, J.-D., Booth, C. J., & Medzhitov, R. (2016). Opposing Effects of Fasting Metabolism on Tissue Tolerance in Bacterial and Viral Inflammation. Cell, 166(6), 1512-1525.e12. doi: 10.1016/j.cell.2016.07.026. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5555589/

[276] Mayo Clinic. „Mayo Clinic Study Implicates Fungus As Cause Of Chronic Sinusitis." ScienceDaily. ScienceDaily, 10 September 1999. www.sciencedaily.com/releases/1999/09/990910080344.htm

[277] Ganguli, S. K. (1913). Sinus Cured by Iodine. Indian Medical Gazette, 48(11), 452-453., https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5177106/, [dostęp: 12.09.2024].

[278] Choi, H. G., Kim, T. J., Hong, S. K., Min, C., Yoo, D. M., Kim, H., & Lee, J. S. (2022). Thyroid Diseases and Chronic Rhinosinusitis: a Nested Case-Control Study Using a National Health Screening Cohort. International Journal of Environmental Research and Public Health, 19(14), 8372. , https://www.mdpi.com/1660-4601/19/14/8372, [dostęp: 12.09.2024]

[279] Metody na pasożyty według dr Ireny Wartołowskiej i inne. (n.d.). 3miary.pl.,https://www.3miary.pl/special-view/metody-na-pasozyty-wg-dr-ireny-wartolowskiej-i-inne/,[dostęp: 12.09.2024].

[280] Miller, C. J., Dunn, E. V., Hashim, I. B. Glycemic indices of five varieties of dates in healthy and diabetic subjects. ResearchGate, 2011, https://www.researchgate.net/publication/51171982_Glycemic_indices_of_five_varieties_of_dates_in_healthy_and_diabetic_subjects [dostęp: 28 października 2024].

[281] Harvard Medical School – "Glycemic Index and Glycemic Load for 100+ Foods", https://www.health.harvard.edu/diseases-and-conditions/glycemic-index-and-glycemic-load-for-100-foods, https://www.mv5.ca/EWF/docs/glycemic%20index.pdf Harvard Health Publishing 2015

[282] Glycemic index of selected watermelon (Citrullus lanatus): 2018. CABI Digital Library, 2018, https://www.cabidigitallibrary.org/doi/pdf/10.5555/20193146930 [dostęp: 28.10.2024].

[283] S. Filonov, Op. cit.

[284] Dr Michael Greger. Op. cit.

[285] Colleen Karalee Peltomaa, Quora, https://www.quora.com/profile/Colleen-Karalee-Peltomaa [dostęp: 7.07.2023].
[286] Thyroid Regrowth: WELCOME TO HELL, YouTube, https://www.youtube.com/watch?v=yIT9PuNuqpI [dostęp: 7.07.2023].
[287] Alec Burton, Nejla Burton, Benno Kachler „Fasting Supervision and Lifestyle Care in the Tradition of Natural Hygiene"
[288] G. Małachow, Op. cit.
[289] S. Filonov, Op. cit.
[290] NutritionFacts.org. Colon Cancer, https://nutritionfacts.org/topics/colon-cancer/, [dostęp: 20.09.2024].
[291] A Case of Stage 3 Cancer Reversal with Fasting, dr Greger MD, YouTube, https://www.youtube.com/watch?v=lGDBFBfM1rU
[292] TrueNorth Health. Did a 21-Day Water Fast Reverse Ivonne Vielman's Cancer? (Lymphoma). YouTube, https://www.youtube.com/watch?v=dtnlivuS-nc,[dostęp: 20.09.2024].
[293] UT Southwestern Medical Center. Fasting Kills Cancer Cells of Most Common Type of Childhood Leukemia. 2016, https://www.utsouthwestern.edu/newsroom/articles/year-2016/leukemia-zhang.html,[dostęp: 20.09.2024].
[294] Thomas Seyfried - Faculty Directory. Boston College, Morrissey College of Arts and Sciences, Department of Biology. https://www.bc.edu/bc-web/schools/morrissey/departments/biology/people/faculty-directory/thomas-seyfried.html
[295] Seyfried, T., A Novel Therapeutic Strategy For Metabolic Management of Cancer. Silicon Valley Health Institute, YouTube, https://www.youtube.com/watch?v=APwnkpD_BfI
[296] Seyfried, T., Professor of Biology, Boston College. Google Scholar, https://scholar.google.com/citations?user=ctSRQrsAAAAJ&hl=en. [dostęp: 20.10.2024].
[297] Hadi, R.W., Al Kury, L.T. Targeting Cancer Hallmarks with Epigallocatechin Gallate (EGCG): Mechanistic Basis and Therapeutic Targets. Molecules . 2024, 29(6), 1373. https://www.mdpi.com/1420-3049/29/6/1373 [dostęp: 17.10.2024]
[298] Ahmad, A., Alghamdi, A., Rizvi, M.A. i in. Epigallocatechin-3-Gallate Therapeutic Potential in Cancer: Mechanism of Action and Clinical Implications. Molecules . 2023, 28(13), 5246. https://www.mdpi.com/1420-3049/28/13/5246 [dostęp: 17.10.2024]
[299] Biancur, D. E., & Kimmelman, A. C. (2018). The plasticity of pancreatic cancer metabolism in response to the tumor microenvironment. Cancer & Metabolism, 6(1). doi:10.1186/s40170-018-0181-2. Dostępne na: https://cancerandmetabolism.biomedcentral.com/articles/10.1186/s40170-018-0181-2.
[300] Iodine: High-dose intake cuts breast cancer and hypothyroid-related illnesses, Caduceus, https://www.clinicaleducation.org/wp-content/uploads/miller.pdf [dostęp: 18.08.2023].
[301] Young, N. D., Nagarajan, N., Lin, S. J., Korhonen, P. K., Jex, A. R., Hall, R. S.,... & Gasser, R. B. (2018). The Opisthorchis viverrini genome provides insights into life in the bile duct. PLoS Pathogens, 14(1), e1006649. doi:10.1371/journal.ppat.1006649. Dostępne na: https://journals.plos.org/plospathogens/article?id=10.1371/journal.ppat.1006649.
[302] Kaewpitoon, N., Kaewpitoon, S. J., Pengsaa, P., & Sripa, B. (2016). Opisthorchis viverrini: the carcinogenic human liver fluke. Parasitology Research, 115(12), 4275-4285. doi:10.1007/s00436-016-5276-y. Dostępne na: https://link.springer.com/article/10.1007/s00436-016-5276-y.
[303] de Gruil, N., Pijl, H., van der Burg, S. H., & Kroep, J. R. (2022). Short-term fasting synergizes with solid cancer therapy by boosting antitumor immunity. Cancers (Basel), 14(6), 1390. https://doi.org/10.3390/cancers14061390
[304] Memorial Sloan Kettering Cancer Center. Fasting Primes Immune System's Natural Killer Cells to Better Fight Cancer, New Study in Mice Finds. Dostęp 20 września 2024. Dostępne w: https://www.mskcc.org/news/fasting-primes-immune-systems-natural-killer-cells-to-better-fight-cancer-new-study-in-mice-finds

Copyright © Jarek Growin
Edition III, Expanded: October 2026

Text and photography: Jarek Growin
Editorial Review: Mirosław Marek
Proofreading: Joanna Growin
Cover Design: Joanna Growin, Manufaktura Książek

Poznań 2026

Publication History:

- Edition I: December 2023, Manufaktura Książek ISBN numbers:
  - print: 978-83-67116-13-8
  - ebook: 978-83-67116-14-5
- Edition II: November 2024, Howicured P.S.A. ISBN numbers:
  - print: 978-83-973570-0-6
  - ebook: 978-83-973570-1-3
- Edition III: October 2026, Howicured P.S.A. ISBN numbers:
  - ebook: 978-83-973570-3-7
  - audiobook: 978-83-973570-4-4

This expanded edition was completely rewritten
and typeset using LaTeX technology.

Typesetting and production coordination: Jarek and Joanna Growin

All rights reserved. Unauthorized reproduction or distribution of this publication, in whole or in part, in any form or by any means, is strictly prohibited and constitutes copyright infringement. The author has made every effort to ensure the accuracy and completeness of the information contained herein.

The author assumes no liability for any adverse effects or consequences resulting from the application of the protocols described.

STARVING THE FIRE

Your health is in your own hands. Don't wait until it's too late and failing pharmacology or a misguided diet leaves your health deteriorated beyond easy repair. Attain genuine vitality: a state where you feel vibrant, healthy, and strong every single day without medications.

In *Starving the Fire*, the author demonstrates step by step how he reversed rheumatoid arthritis, uncovering the root cellular causes of modern chronic diseases, including diabetes, metabolic dysfunction, and pain.

Read this book to discover:

- ✓ **what fails in conventional medical treatment,**
- ✓ **how to safely conduct water fasts and dry fasts,**
- ✓ **the exact dietary protocol required to truly heal,**
- ✓ **how to restore health without drugs or supplements (and what to supplement strictly short-term).**