Bibliografia książki „Zrozumieć insulinooporność. Poradnik dla pacjentów z insulinoopornością, otyłością i zespołem metabolicznym”

<u>Książki, opracowania</u>

1. Greenspan's Basic and Clinical Endocrinology,
David G. Gardner, Dolores M. Shoback
Tenth Edition 2017 ISBN 9781259589287
2. Harper's Illustrated Biochemistry Thirty-First Edition 31st Edition
Victor Rodwell, David Bender, Kathleen Botham, Peter Kennelly, P. Anthony Weil 2018
ISBN-13: 978-1259837937
3. Normy żywienia dla populacji Polski pod. red. Mirosław Jarosz
IŻiŻ 2017 ISBN: 978-83-86060-89-4
4. Human energy requirements Report of a Joint FAO/WHO/UNU Expert Consultation
Rome, 17–24 October 2001
5. https://themedicalbiochemistrypage.org

<u>Insulinooporność</u>

6. Mechanisms of insulin action and insulin resistance
Max C. Petersen and Gerald I. Shulman
Physiol Rev 98: 2133–2223, 2018
7. Brain insulin resistance at the crossroads of metabolic and cognitive disorders in humans
Stephanie Kullmann, Martin Heni, Manfred Hallschmid, Andreas Fritsche, Hubert Preissl, Hans-Ulrich Häring
Physiol Rev 96: 1169–1209, 2016
8. Selective Insulin and Leptin Resistance in Metabolic Disorders
A. Christine Konner, Jens C. Bruning Cell
Metabolism 16, August 8, 2012
9. Selective insulin resistance in adipocytes.
Tan SX, Fisher-Wellman KH, Fazakerley DJ, Ng Y, Pant H, Li J, Meoli CC, Coster AC, Stöckli J, James DE. J Biol Chem. 2015 May 1;290(18):11337-48.
10. Selective Insulin Resistance in the Kidney.
Horita S, Nakamura M, Suzuki M, Satoh N, Suzuki A, Seki G. Biomed Res Int. 2016;2016:5825170
11. Mechanism for Insulin Resistance: Common Threads and Missing Links
Samuel, Varman T.; Shulman, Gerald I.
<u>Cell</u>, 148(5), 852-871
12. The twist and turns of sphingolipid pathway in glucose regulation
Gergana M Deevska and Mariana N. Nikolova-Karakashian
Biochimie. 2011 Jan; 93(1): 32–38.13. Judicious Toggling of mTOR Activity to Combat Insulin Resistance and Cancer: Current Evidence and Perspectives
Pei Shi Ong, Louis Z. Wang, Xiaoyun Dai, Sheng Hsuan Tseng, Shang Jun Loo, Gautam Sethi
Front. Pharmacol., 25 October 2016
14. IL-1 family members in the pathogenesis and treatment of metabolic disease: Focus on adipose tissue inflammation and insulin resistance.
Ballak DB, Stienstra R, Tack CJ, Dinarello CA, van Diepen JA.
Cytokine. 2015 Oct;75(2):280-90.
15. Mechanisms Linking Inflammation to Insulin Resistance

Li Chen, Rui Chen, Hua Wang, Fengxia Liang
Int J Endocrinol. 2015; 2015: 508409.
16. Inflammation and insulin resistance
Steven E. Shoelson, Jongsoon Lee, and Allison B. Goldfine
J Clin Invest. 2006 Jul 3; 116(7): 1793–1801.
17. The Randle cycle revisited: a new head for an old hat
Louis Hue, Heinrich Taegtmeyer
Am J Physiol Endocrinol Metab. 2009 Sep; 297(3): E578–E591.
18. Insulin Resistance as a Therapeutic Target in the Treatment of Alzheimer's Disease: A State-of-the-Art Review.
Benedict C, Grillo CA.
Front Neurosci. 2018 Apr 10;12:215
19. Insulin resistance, an unmasked culprit in depressive disorders: Promises for interventions.
Watson K, Nasca C, Aasly L, McEwen B, Rasgon N.
Neuropharmacology. 2017 Nov 26. pii: S0028-3908(17)30567-1.
20. Mitochondrial (Dys)function and Insulin Resistance: From Pathophysiological Molecular Mechanisms to the Impact of Diet
Domenico Sergi, Nenad Naumovski, Leonie Kaye Heilbronn, Mahinda Abeywardena, Nathan O'Callaghan, Lillà Lionetti, Natalie Luscombe-Marsh
Front. Physiol., 03 May 2019

Wydzielanie insuliny

21. Regulation of Insulin Synthesis and Secretion and Pancreatic Beta-Cell Dysfunction in Diabetes
Zhuo Fu, Elizabeth R. Gilbert, and Dongmin Liu
Curr Diabetes Rev. 2013 Jan 1; 9(1): 25–53.
22. Predictive models of glucose control: roles for glucose-sensing neurones
C. Kosse, A. Gonzalez, and D. Burdakov
Acta Physiol (Oxf). 2015 Jan; 213(1): 7–18.
23.Metabolic effects of portal vein sensing.
G Mithieux
Diabetes Obes Metab. 2014 Sep;16 Suppl 1:56-60.
24. Knowledge Gained from Studies of Leucine Consumption in Animals and Humans
D. Joe Millward
The Journal of Nutrition, Volume 142, Issue 12, December 2012, Pages 2212S–2219S

Otyłość i zespół metaboliczny

25. WHO: https://ourworldindata.org/obesity
26. Management of obesity
George A Bray, Gema Frühbeck, Donna H Ryan, John P H Wilding
Lancet 2016 May 7;387(10031):1947-56
27. Pathophysiology of the metabolic syndrome
Emma McCracken, Monica Monaghan, Shiva Sreenivasan,
Clinics in Dermatology (2018) 36, 14–20

28. Worldwide trends in body-mass index, underweight, overweight, and obesity from 1975 to 2016: a pooled analysis of 2416 population-based measurement studies in 128·9 million children, adolescents, and adults
NCD Risk Factor Collaboration (NCD-RisC)*
Lancet 2017; 390: 2627–42
29. Fat, Sugar, Whole Grains and Heart Disease: 50 Years of Confusion
Norman J. Temple
Nutrients. 2018 Jan; 10(1): 39.
30. Overproduction of Very Low–Density Lipoproteins Is the Hallmark of the Dyslipidemia in the Metabolic Syndrome
Martin Adiels, Sven-Olof Olofsson, Marja-Riitta Taskinen, and Jan Borén
Arterioscler Thromb Vasc Biol. 2008 Jul;28(7):1225-36.
31. Pathogenesis of Insulin Resistance and Atherogenic Dyslipidemia in Nonalcoholic Fatty Liver Disease
Daud H. Akhtar, Umair Iqbal, Luis Miguel Vazquez-Montesino, Brittany B. Dennis, Aijaz Ahmed
J Clin Transl Hepatol. 2019 Dec 28; 7(4): 362–370.
32. Theodore E. Woodward Award: The Evolution of Obesity: Insights from the Mid-Miocene
Richard J. Johnson, M.D., (by invitation) Peter Andrews, Steven A. Benner, and William Oliver
Trans Am Clin Climatol Assoc. 2010; 121: 295–308.

<u>Tłuszcze, kwasy tłuszczowe</u>

33. Importance of Fatty Acids in Physiology of Human Body
Katalin Nagy, Ioana-Daria Tuica w Fatty Acids
www.intech.com 2017 ISBN: 978-953-51-3302-5
34. Saturated Fatty Acid-Mediated Inflammation and Insulin Resistance in Adipose Tissue: Mechanisms of Action and Implications
Arion Kennedy, Kristina Martinez, Chia-Chi Chuang, Kathy LaPoint, Michael McIntosh
The Journal of Nutrition, Volume 139, Issue 1, January 2009, Pages 1–4,
35. Fatty Acids: From Membrane Ingridients to Signaling Molecules
Michio Hashimoto, Shahdat Hossain w Biochemistry and Health Benefits of Fatty Acids
www.intech.com 2018 ISBN: 978-1-78984-873-1
36. Palmitic acid is an intracellular signaling molecule involved in disease development.
Sarwat Fatima, Xianjing Hu, Rui-Hong Gong, Chunhua Huang, Minting Chen, Hoi Leong Xavier Wong, Zhaoxiang Bian, Hiu Yee Kwan
Cell Mol Life Sci. 2019 Jul;76(13):2547-2557.
37. Advances in n-3 polyunsaturated fatty acid nutrition
Duo Li, Mark L Wahlqvist, Andrew J Sinclair
Asia Pac J Clin Nutr 2019;28(1):1-5
38. Zaburzenia metabolizmu lipoprotein w zespole metabolicznym
Marta Czyżewska, Anna Wolska, Agnieszka Ćwiklińska, Barbara Kortas-Stempak, Małgorzata Wróblewska Postepy Hig Med Dosw (online), 2010; 64: 1-10
39. Short- and medium-chain fatty acids in energy metabolism: the cellular perspective
Peter Schönfeld, Lech Wojtczak J Lipid Res. 2016 Jun; 57(6): 943–954.
40. Trans-kwasy tłuszczowe w diecie – rola w rozwoju zespołu metabolicznego
Zdzisław Kochan, Joanna Karbowska, Ewa Babicz-Zielińska
Postepy Hig Med Dosw (online), 2010; 64: 650-658

41. Mechanisms of Action of trans Fatty Acids
Antwi-Boasiako Oteng, Sander Kersten
Advances in Nutrition, 2020 May 1;11(3):697-708.
42. Short-Chain Fatty Acid Production and Functional Aspects on Host Metabolism
Bryan Tungland, in Human Microbiota in Health and Disease, 2018 ISBN 9780815345855
43. https://lipidlibrary.aocs.org/chemistry/physics/animal-lipids/fatty-acid-beta-oxidation

<u>Cholesterol i miażdżyca</u>

44. Oxidized Low-Density Lipoprotein
Sampath Parthasarathy, Achuthan Raghavamenon, Mahdi Omar Garelnabi, and Nalini Santanam
Methods Mol Biol. 2010; 610: 403–417.
45. Regulation of cholesterol homeostasis
Leigh Goedeke Carlos Fernandez-Hernando
Cell. Mol. Life Sci. (2012) 69:915–930
46. SREBPs: Metabolic Integrators in Physiology and Metabolism
Tae-Il Jeon, Timothy F. Osborne
Trends Endocrinol Metab. 2012 Feb; 23(2): 65–72.
47. Role of SREBPs in Liver Diseases: A Mini-review
Azam Moslehi, Zeinab Hamidi-zad
J Clin Transl Hepatol. 2018 Sep 28; 6(3): 332–338.
48. Srebp2: A master regulator of sterol and fatty acid synthesis
Blair B. Madison
J Lipid Res. 2016 Mar; 57(3): 333–335.
49. Balancing Cholesterol Synthesis and Absorption in the Gastrointestinal Tract
David E. Cohen
J Clin Lipidol. 2008 Apr; 2(2): S1–S3.
50. Pathophysiology of Diabetic Dyslipidemia
<u>Tsutomu Hirano</u>
J Atheroscler Thromb. 2018 Sep 1; 25(9): 771–782.
51. High-Density Lipoproteins Are Bug Scavengers.
Olivier Meilhac, Sébastien Tanaka, David Couret
Biomolecules. 2020 Apr 12;10(4). pii: E598.
52. New Insights into the Role of Inflammation in the Pathogenesis of Atherosclerosis
Meng-Yu Wu, Chia-Jung Li, Ming-Feng Hou, Pei-Yi Chu
Int J Mol Sci 2017 Oct; 18(10): 2034.
53. Reverse Cholesterol Transport: Molecular Mechanisms and the Non-medical Approach to Enhance HDL Cholesterol
Leandro R. Marques, Tiego A. Diniz, Barbara M. Antunes, Fabrício E. Rossi, Erico C. Caperuto, Fábio S. Lira, and Daniela C. Gonçalves
Front Physiol. 2018; 9: 526.54. Human cholesterol metabolism and therapeutic molecules
V. Charlton-Menys,P. N. Durrington
Experimental Physiology Exp Physiol 2008 Jan;93(1):27-42.

<u>Stłuszczenie wątroby</u>

55. Insights into the pathogenesis of NAFLD: The role of metabolic and pro-inflammatory mediators. E. Xirouchakis, Penelopi Manousou, Lemonia Tsartsali, S. Georgopoulos, A.K. Burroughs. Annals of Gastroenterology 2009 22(1)24-33

56. Pathophysiological, Molecular and Therapeutic Issues of Nonalcoholic Fatty Liver Disease: An Overview
Simona Marchisello, Antonino Di Pino, Roberto Scicali, Francesca Urbano, Salvatore Piro, Francesco Purrello, Agata Maria Rabuazzo
Int. J. Mol. Sci. 2019, 20, 1948
57. Transcriptional Regulation of Hepatic Lipogenesis
Yuhui Wang , Jose Viscarra, Sun-Joong Kim, Hei Sook Sul
Nat Rev Mol Cell Biol. 2015 Nov; 16(11): 678–689.
58. Molecular mechanism of alcoholic fatty liver
Karuna Rasineni, Carol A. Casey
Indian J Pharmacol. 2012 May-Jun; 44(3): 299–303.
59. Molecular mechanisms of hepatic lipid accumulation in non-alcoholic fatty liver disease
David Højland Ipsen, Jens Lykkesfeldt, and Pernille Tveden-Nyborg
Cell Mol Life Sci. 2018; 75(18): 3313–3327.
60. Recent Insights into the Pathogenesis of Nonalcoholic Fatty Liver Disease
Juan Pablo Arab, Marco Arrese, Michael Trauner
Annual Review of Pathology: Mechanisms of Disease Vol. 13:321-350

Kwas moczowy

61. Stanowisko ekspertów dotyczące hiperurykemii i jej leczenia u pacjentów z wysokim ryzykiem sercowo-naczyniowym
Krystyna Widecka, Filip M. Szymański, Krzysztof J. Filipiak, Jacek Imiela,
Beata Wożakowska-Kapłon, Eugeniusz J. Kucharz, Artur Mamcarz, Jacek Manitius, Andrzej Tykarski Arterial Hypertens. 2017, vol. 21, no. 1, 1–9
62. Fructose Intake, Serum Uric Acid, and Cardiometabolic Disorders: A Critical Review
Cristiana Caliceti, Donato Calabria, Aldo Roda, Arrigo F G Cicero
Nutrients. 2017 Apr; 9(4): 395.
63. Hyperuricemia in Children and Adolescents: Present Knowledge and Future Directions
Masaru Kubota
J Nutr Metab. 2019; 2019: 3480718.
64. Insulin stimulates uric acid reabsorption via regulating urate transporter 1 and ATP-binding cassette subfamily G member 2
Daigo Toyoki, Shigeru Shibata, Emiko Kuribayashi-Okuma, Ning Xu, Kenichi Ishizawa, Makoto Hosoyamada, Shunya Uchida
Am J Physiol Renal Physiol 2017 Sep 1;313(3):F826-F834.
65. Fructose and Uric Acid: Major Mediators of Cardiovascular Disease Risk Starting at Pediatric Age
Elisa Russo, Giovanna Leoncini, Pasquale Esposito, Giacomo Garibotto, Roberto Pontremoli, and Francesca Viazzi
Int J Mol Sci. 2020 Jun; 21(12): 4479.
66. The Planetary Biology of Ascorbate and Uric acid and their Relationship with the Epidemic of Obesity and Cardiovascular Disease
Richard J. Johnson, M.D., Eric A. Gaucher, Ph.D., Yuri Y. Sautin, Ph.D., George N. Henderson, Ph.D., Alex J. Angerhofer, Ph.D., and Steven A. Benner, Ph.D.
Med Hypotheses. 2008; 71(1): 22–31.
67. Uric Acid Induces Hepatic Steatosis by Generation of Mitochondrial Oxidative Stress: Potential Role in Fructose-Dependent and -Independent Fatty Liver
Miguel A Lanaspa, Laura G Sanchez-Lozada, Yea-Jin Choi, Christina Cicerchi, Mehmet Kanbay, Carlos A Roncal-Jimenez, Takuji Ishimoto, Nanxing Li, George Marek, Murat

Duranay, George Schreiner, Bernardo Rodriguez-Iturbe, Takahiko Nakagawa, Duk-Hee Kang, Yuri Y Sautin, Richard J Johnson
J Biol Chem 2012 Nov 23;287(48):40732-44.
68. Adverse effects of the classic antioxidant uric acid in adipocytes: NADPH oxidase-mediated oxidative/nitrosative stress
Yuri Y Sautin, Takahiko Nakagawa, Sergey Zharikov, Richard J Johnson
Am J Physiol Cell Physiol 2007 Aug;293(2):C584-96
69. Uric acid and oxidative stress
G K Glantzounis, E C Tsimoyiannis, A M Kappas, D A Galaris
Curr Pharm Des 2005;11(32):4145-51

Fruktoza

70. Fructose metabolism as a common evolutionary pathway of survival associated with climate change, food shortage and droughts
R J Johnson, P Stenvinkel, P Andrews, L G Sánchez-Lozada, T Nakagawa, E Gaucher, A Andres-Hernando, B Rodriguez-Iturbe, C R Jimenez, G Garcia, D-H Kang, D R Tola, M A Lanaspa
Intern Med. 2020 Mar;287(3):252-262.
71. Fructose and Uric Acid: Major Mediators of Cardiovascular Disease Risk Starting at Pediatric Age
Elisa Russo, Giovanna Leoncini, Pasquale Esposito, Giacomo Garibotto, Roberto Pontremoli, Francesca Viazzi
Int J Mol Sci. 2020 Jun; 21(12): 4479.
72. Fructose and Sugar: A Major Mediator of Nonalcoholic Fatty Liver Disease
Thomas Jensen, Manal F. Abdelmalek, Shelby Sullivan, Kristen J. Nadeau, Melanie Green, Carlos Roncal
J Hepatol. 2018 May; 68(5): 1063–1075.

Skrobia i IG

73. Understanding Starch Structure: Recent Progress
Eric Bertoft
Agronomy 2017, 7, 56
74. Physical and Chemical Modifications in Stach Structure and Reactivity Haq Nawaz, Rashem Waheed, Mubashir Nawaz, Dure Shahwar w Chemical Properties of Starch, www.intechopen.com 2020 ISBN: 978-1-83880-116-8
75. Algorithms to Improve the Prediction of Postprandial Insulinaemia in Response to Common Foods
Kirstine J. Bell, Peter Petocz, Stephen Colagiuri, Jennie C. Brand-Miller
Nutrients. 2016 Apr; 8(4): 210.
76. Dietary support in insulin resistance: An overview of current scientific reports.
Gołąbek KD, Regulska-Ilow B.
Adv Clin Exp Med. 2019 Nov;28(11):1577-1585.

AMPK, suplementy, metformina

77. AMPK - a nutrient and energy sensor that maintains energy homeostasis
D. Grahame Hardie, Fiona A. Ross, and Simon A. Hawley

Nat Rev Mol Cell Biol. 2012 Mar 22; 13(4): 251–262.
78. Adenosine Monophosphate (AMP)-Activated Protein Kinase: A New Target for Nutraceutical Compounds
Fabiola Marín-Aguilar, Luis E. Pavillard, Francesca Giampieri, Pedro Bullón, Mario D. Cordero Int. J. Mol. Sci. 2017, 18(2), 288;
79. Regulation of AMP-activated protein kinase by natural and synthetic activators
David Grahame Hardie
Acta Pharm Sin B. 2016 Jan; 6(1): 1–19.
80. Prozdrowotne właściwości resweratrolu
Aneta Kopeć, Ewa Piątkowska, Teresa Leszczyńska, Renata Bieżanowska-Kopeć.
ŻYWNOŚĆ. Nauka. Technologia. Jakość, 2011, 5 (78), 5 – 15
81. The mechanisms of action of metformin
Graham Rena, D. Grahame Hardie, Ewan R. Pearson
Diabetologia. 2017; 60(9): 1577–1585.

Białka i aminokwasy

82. Protein and amino acid requirements in human nutrition
Report of a Joint WHO/FAO/UNU Expert Consultation 2007 ISBN 92 4 120935 6
83. Role of insulin in regulation of human skeletal muscle protein synthesis and breakdown. Systemic review and meta analysis Diabetologia 2016 Jan 59 Abullelt

Ciała ketonowe i dieta ketogeniczna

84. Regulation of Ketone Body Metabolism and the Role of PPARα
Maja Grabacka,[1,*] Malgorzata Pierzchalska,[1] Matthew Dean,[2] and Krzysztof Reiss[2]
Int J Mol Sci. 2016 Dec; 17(12): 2093
85. Metabolism of ketone bodies during exercise and training: physiological basis for exogenous supplementation Mark Evans, Karl E Cogan , Brendan Egan
J Physiol. 2017 May 1; 595(9): 2857–2871.
86. Peroxisome proliferator-activated receptors and their ligands: nutritional and clinical implications – a review
Bogna Grygiel-Górniak
Nutr J. 2014; 13: 17.
87. Beyond weight loss: a review of the therapeutic uses of very-low-carbohydrate (ketogenic) diets
A Paoli, A Rubini, J S Volek, K A Grimaldi European
Journal of Clinical Nutrition volume 67, pages789–796(2013)

Post przerywany

88. Fasting: Molecular Mechanisms and Clinical Applications
Valter D. Longo, Mark P. Mattson
Cell Metabolism 19, February 4, 2014
89. Impact of intermittent fasting on health and disease processes
Mark P. Mattson, Valter D. Longo, Michelle Harvie Ageing
Res Rev. 2017 October ; 39: 46–58.
90. Fasting: molecular mechanisms and clinical applications.
Longo VD, Mattson MP.
Cell Metab. 2014 Feb 4;19(2):181-92.
91. Fasting as a Therapy in Neurological Disease

Matthew C.L. Phillips
Nutrients. 2019 Oct; 11(10): 2501.

Regulacja apetytu

92. Hormonal regulation of the hypothalamic melanocortin system
Jung D. Kim, Stephanie Leyva, Sabrina Diano
Rev Endocr Metab Disord. 2013 Dec; 14(4)
93. Brain Regulation of energy balance and body weights
Liangyou Rui
Bioessays. 2014 Oct; 36(10): 940–949. 94. Hypothalamic circuits regulating appetite and energy homeostasis: pathways to obesity
Katharina Timper, Jens C. Brüning
Dis Model Mech. 2017 Jun 1; 10(6): 679–689.

Wydatek energetyczny i podstawowa przemiana materii

95. Comparison of predictive equations for resting metabolic rate in healthy nonobese and obese adults: a systematic review.
David Frankenfield, Lori Roth-Yousey, Charlene Compher
J Am Diet Assoc. 2005 May;105(5):775-89.
96. Thyroid Hormone Mediated Modulation of Energy Expenditure
Janina A. Vaitkus, Jared S. Farrar, Francesco S.
Celi Int J Mol Sci. 2015 Jul; 16(7): 16158–16175.
97. Thyroid Hormone Action and Energy Expenditure
Sahzene Yavuz, Silvia Salgado Nunez del Prado, Francesco S Celi
J Endocr Soc. 2019 Jul 1; 3(7): 1345–1356.

Zmęczenie

98. The Neuroimmune Basis of Fatigue
Robert Dantzer, Cobi Heijnen, Annemieke Kavelaars, Sophie Laye, Lucile Capuron
Trends Neurosci. 2014 Jan; 37(1): 39–46.
99. Interleukin-1 as a mediator of fatigue in disease: a narrative review
Megan E. Roerink, Marieke E. van der Schaaf, Charles A. Dinarello, Hans Knoop, Jos W. M. van der Meer J Neuroinflammation. 2017; 14: 16.
100. Fatigue, Sleep, and Autoimmune and Related Disorders
Mark R. Zielinski, David M. Systrom, Noel R. Rose
Front Immunol. 2019; 10: 1827.
101. Lactic Acid: No Longer an Inert and End-Product of Glycolysis
Shiren Sun, Heng Li, Jianghua Chen,Qi Qian
Physiology 32: 453-463, 2017
102. Adenosine, Caffeine, and Performance: From Cognitive Neuroscience of Sleep to Sleep Pharmacogenetics
Emily Urry, Hans-Peter Landolt
Curr Top Behav Neurosci 2015;25:331-66
103. The High Costs of Low-Grade Inflammation: Persistent Fatigue as a Consequence of Reduced Cellular-Energy Availability and Non-adaptive Energy Expenditure
Tamara E. Lacourt, Elisabeth G. Vichaya, Gabriel S. Chiu, Robert Dantzer, Cobi J. Heijnen

Front Behav Neurosci. 2018; 12: 78.
104. Frontier studies on fatigue, autonomic nerve dysfunction, and sleep-rhythm disorder
Masaaki Tanaka, Seiki Tajima, Kei Mizuno, Akira Ishii, Yukuo Konishi, Teruhisa Miike, and Yasuyoshi Watanabe
J Physiol Sci. 2015; 65(6): 483–498.
105. Study on the Correlation Between NF-κB and Central Fatigue
Xingzhe Yang, Feng Li, Yan Liu, Danxi Li, Jie Li
J Mol Neurosci 2021 Oct;71(10):1975-1986
106. Skeletal Muscle Fatigue: Cellular Mechanisms
D G Allen , G D Lamb, H Westerblad
Physiol Rev 2008 Jan;88(1):287-332
107. Regulation of Muscle Glycogen Metabolism during Exercise: Implications for Endurance Performance and Training Adaptations
Mark A. Hearris, Kelly M. Hammond, J. Marc Fell, and James P. Morton
Nutrients. 2018 Mar; 10(3): 298.
108. The Role of Skeletal Muscle Glycogen Breakdown for Regulation of Insulin Sensitivity by Exercise
Jørgen Jensen, Per Inge Rustad, Anders Jensen Kolnes
Front Physiol. 2011; 2: 112.
109. Insulin sensitizes mechanosensitive ion channels, which aggravates pain
Rakesh Kumar Majhi, Shirin Pourteymour
J Physiol 2020 Jan;598(1):19-21.
110. Insulin potentiates the response to mechanical stimuli in small dorsal root ganglion neurons and thin fibre muscle afferents in vitro Norio Hotta,Kimiaki Katanosaka,Kazue Mizumura,Gary A. Iwamoto,Rie Ishizawa,Han-Kyul Kim,Wanpen Vongpatanasin,Jere H. Mitchell,Scott A. Smith,Masaki Mizuno J Physiol 2019 Oct;597(20):5049-5062.
111. Modulation of Sensory Nerve Function by Insulin: Possible Relevance to Pain, Inflammation and Axon Growth Bence András Lázár, Gábor Jancsó, and Péter Sántha Int J Mol Sci. 202

Senność

112. The Neurology of Consciousness: Cognitive Neuroscience and Neuropathology
Steven Laureys, Olivia Gosseries, Giulio Tononi · eBook ISBN: 9780128011751 · Hardcover ISBN: 9780128009482
113. Control of sleep and wakefulness

Ritchie E. Brown, Radhika Basheer, James T. McKenna, Robert E. Strecker, Robert W. McCarley
Physiol Rev. 2012 Jul; 92(3): 1087–1187.
114. Neuronal Mechanisms for Sleep/Wake Regulation and Modulatory Drive
Ada Eban-Rothschild, Lior Appelbaum, Luis de Lecea
Neuropsychopharmacology 2018 Apr;43(5):937-952

Termoregulacja

115. Central thermoreceptors
Iustin Tabarean

Handb Clin Neurol 2018;156:121-127.
116. Physiology, Thermal Regulation
117. Hani Yousef; Edris Ramezanpour Ahangar; Matthew Varacallo.
Free Books & Documents
https://pubmed.ncbi.nlm.nih.gov/29763018/
118. Central nervous system circuits that control body temperature
Christopher J. Madden and Shaun F. Morrison
Neurosci Lett. 2019 Mar 23; 696: 225–232.
119. Recent advances in thermoregulation
Etain A. Tansey, Christopher D. Johnson
Adv Physiol Educ 2015 Sep;39(3):139-48
120. Central neural pathways for thermoregulation
Shaun F. Morrison, Kazuhiro Nakamura
Front Biosci. 2011 Jan 1; 16: 74–104.
121. Regulation of body temperature by the nervous system
Chan Lek Tan, Zachary A. Knight
Neuron. 2018 Apr 4; 98(1): 31–48.

Zapalenie

122. Role of the Toll Like Receptor (TLR) Radical Cycle in Chronic Inflammation: Possible Treatments Targeting the TLR4 Pathway
Kurt Lucas, Michael Maes
Mol Neurobiol 2013 Aug;48(1):190-204
123. Obesity, Inflammation, Toll-Like Receptor 4 and Fatty Acids
Marcelo Macedo Rogero, Philip C Calder
Nutrients. 2018 Apr; 10(4): 432.
124. The Influence of Dietary Fatty Acids on Immune Responses
Urszula Radzikowska, Arturo O. Rinaldi, Zeynep Çelebi Sözener, Dilara Karaguzel, Marzena Wojcik, Katarzyna Cypryk, Mübeccel Akdis, Cezmi A. Akdis,Milena Sokolowska
Nutrients. 2019 Dec; 11(12): 2990.