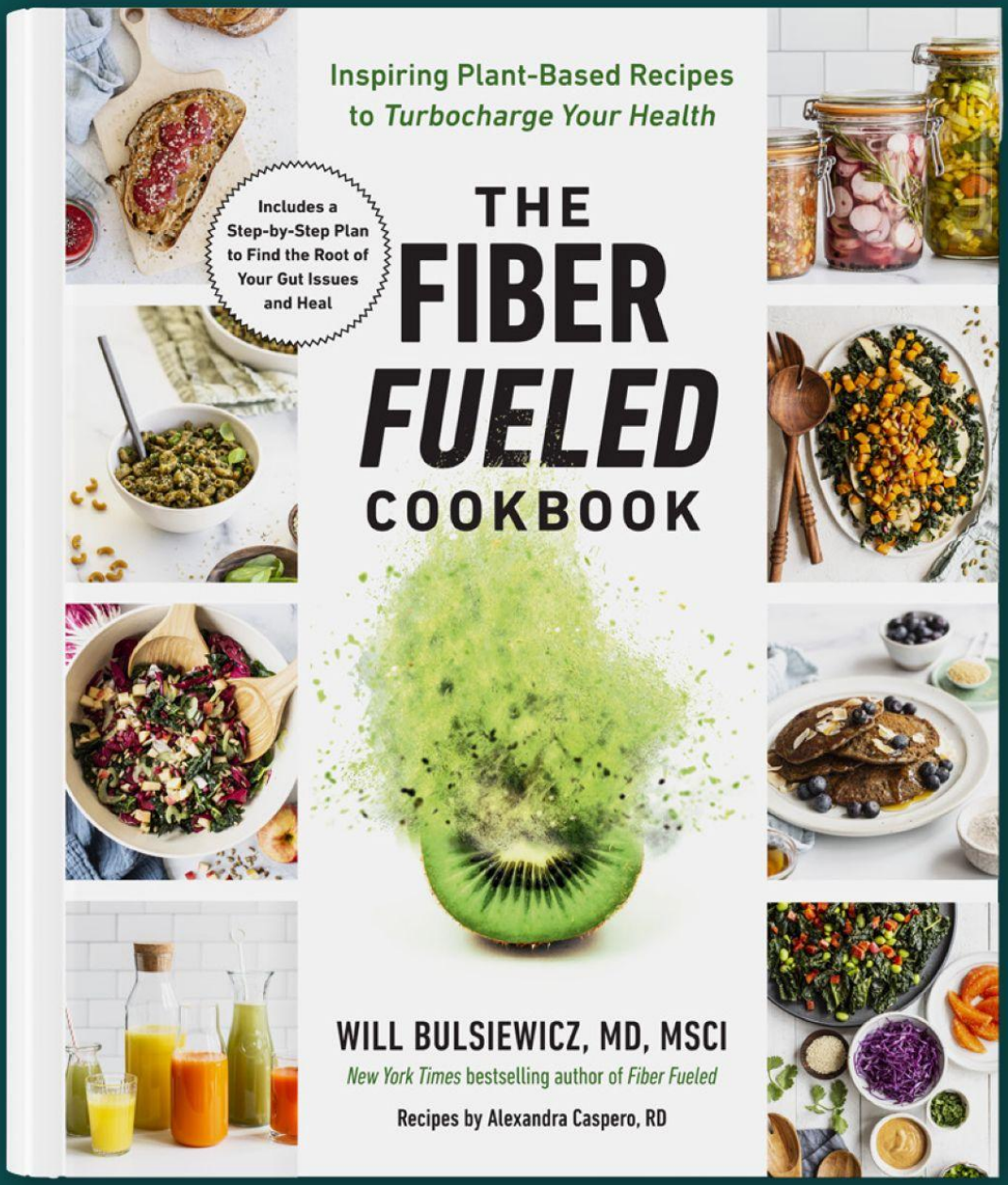

THE REFERENCES

Hi Friend!

Thank you for your support of my work and *The Fiber Fueled Cookbook*. You are here for the references that I promised you.

Perhaps you've noticed, there's quite a few of them. Four hundred and thirty two of them, to be precise. I'm entertaining the possibility that this book holds the Guinness Book of World Records for scientific references in a cookbook.😂😂 If you come up with one, please message me through instagram, because I would be very curious to know that such a book exists.

I have worked hard throughout my career to maximize my education, to advance my expertise, and to have the proper balance of experience to be a source you can trust. In the interest of building that trust, I am offering maximum transparency. Here are the 432 references from *The Fiber Fueled Cookbook*, in chronological order and divided by chapter.

Why are the references not included in the book?

This is a publishing decision, not my personal decision, although I do understand the perspective of my publisher. Every page costs money and this document alone is nearly 60 pages long! Those expenses really add up when you're talking about 100,000 or more books. It is for this reason that many publishers, including my own, are no longer printing the references in books and instead encouraging authors to provide them in a different format. So here we are!

For each reference, I am giving the first words of the sentence attributed to the reference. Therefore, if you read a sentence and want to read the reference, you can use the "Find" feature on your computer to search the document for those words. Notably, sometimes an entire paragraph refers to a specific reference, and when that is the case I will generally use the last sentence in the paragraph or last sentence relevant to the topic in order to attribute the reference.

I would love to one day provide the page numbers for all 400+ references, but at the moment I have a newborn baby at home and am simultaneously launching this book, so I simply do not have the bandwidth. You can check back in the future for updates, or you can register to receive ***The Fiber Fueled Cookbook* Supplemental Resources**. If I have your email address then I can send you updates directly when they become available.

In ***The Fiber Fueled Cookbook* Supplemental Resources** you'll also find printable FODMAP and histamine food tables and a list of potential high FODMAP and high histamine ingredients for every single recipe in the book. These resources are being provided in the interest of helping facilitate the healing journey that is described throughout the book.

I'm cheering for you. I want to see you successful.

The Fiber Fueled Cookbook – The Scientific References

Introduction | Welcome to the Fiber Fueled Life

BOOK REF	CHAPTER REF	BEGINNING OF SENTENCE	REFERENCE
1	1	The invisible critters in our colon	Vadim Osadchiy et al., "Correlation of Tryptophan Metabolites with Connectivity of Extended Central Reward Network in Healthy Subjects," PLOS ONE 13, no. 8 (August 6, 2018): e0201772, https://doi.org/10.1371/journal.pone.0201772.

Chapter 1 | The Fiber Paradox

What seems like the problem is actually the solution

BOOK REF	CHAPTER REF	BEGINNING OF SENTENCE	REFERENCE
2	1	We all recognize that the depths of the ocean	Harvard Health Publishing, "Radiation Risk from Medical Imaging," Harvard Health, accessed February 24, 2021, https://www.health.harvard.edu/cancer/radiation-risk-from-medical-imaging.
3	2	To convince you, let me tell you about my favorite fiber study	Andrew Reynolds et al., "Carbohydrate Quality and Human Health: A Series of Systematic Reviews and Meta-Analyses," The Lancet 393, no. 10170 (February 2, 2019): 434–45, https://doi.org/10.1016/S0140-6736(18)31809-9.
4	3	They enhance the growth of the good gut bacteria	Tien S. Dong and Arpana Gupta, "Influence of Early Life, Diet, and the Environment on the Microbiome," Clinical Gastroenterology and Hepatology 17, no. 2 (January 1, 2019): 231–42, https://doi.org/10.1016/j.cgh.2018.08.067
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9	8	Butyrate serves as the principal source of energy	W. E. Roediger, "Utilization of Nutrients by Isolated Epithelial Cells of the Rat Colon," Gastroenterology 83, no. 2 (August 1982): 424–29.
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35	34	SCFAs alter breast cancer cells	Madhumathi Thirunavukkarasan et al., "Short-Chain Fatty Acid Receptors Inhibit Invasive Phenotypes in Breast Cancer Cells," PloS One 12, no. 10 (2017): e0186334, https://doi.org/10.1371/journal.pone.0186334.
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38	37	Taken together, those following a low carbohydrate	Hyunju Kim et al., "Plant-Based Diets, Pescatarian Diets and COVID-19 Severity: A Population-Based Case–Control Study in Six Countries," BMJ Nutrition, Prevention & Health 4, no. 1 (June 1, 2021), https://doi.org/10.1136/bmjnph-2021-000272.
39	38	Most soluble fiber is	Glenn R. Gibson et al., "Expert Consensus Document: The International Scientific Association for Probiotics and Prebiotics (ISAPP) Consensus Statement on the Definition and Scope of Prebiotics," Nature Reviews Gastroenterology & Hepatology 14, no. 8 (August 2017): 491–502, https://doi.org/10.1038/nrgastro.2017.75.
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41	40	For starters, 95% of us are not even getting	Diane Quagliani and Patricia Felt-Gunderson, "Closing America's Fiber Intake Gap: Communication Strategies From a Food and Fiber Summit," American Journal of Lifestyle Medicine 11, no. 1 (February 2017): 80, https://doi.org/10.1177/1559827615588079.
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45	44	Considering the average American weighs 181 pounds,	Gallup Inc, "Americans' Average Weight Holds Steady in 2020," Gallup.com, January 4, 2021, https://news.gallup.com/poll/328241/americans-average-weight-holds-steady-2020.aspx.
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Chapter 2 | The GROWTH Strategy: GROW Beyond Your Food Intolerances

Our method to identify your personal food intolerances

BOOK REF	CHAPTER REF	BEGINNING OF SENTENCE	REFERENCE
51	1	The Institute of Medicine recommends	Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate (Washington, D.C.: National Academies Press, 2005), https://doi.org/10.17226/10925.
52	2	A damaged gut negatively affects	Robert P. Smith et al., "Gut Microbiome Diversity Is Associated with Sleep Physiology in Humans," PLoS ONE 14, no. 10 (October 7, 2019), https://doi.org/10.1371/journal.pone.0222394.
53	3	Deprived sleep negatively affects	Christian Benedict et al., "Gut Microbiota and Glucometabolic Alterations in Response to Recurrent Partial Sleep Deprivation in Normal-Weight Young Individuals," Molecular Metabolism 5, no. 12 (2016): 1175–86, https://doi.org/10.1016/j.molmet.2016.10.003
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56	6	Here's my one sentence summary of the effects of stress on gut health	Habib Yaribeygi et al., "The Impact of Stress on Body Function: A Review," EXCLI Journal 16 (July 21, 2017): 1057–72, https://doi.org/10.17179/excli2017-480
57	7		J. D. Söderholm and M. H. Perdue, "Stress and Gastrointestinal Tract. II. Stress and Intestinal Barrier Function," American Journal of Physiology. Gastrointestinal and Liver Physiology 280, no. 1 (January 2001): G7–13, https://doi.org/10.1152/ajpgi.2001.280.1.G7
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Chapter 3 | Ruling Out the Big Three of Food Sensitivity

Let's find the root cause of your symptoms

BOOK REF	CHAPTER REF	BEGINNING OF SENTENCE	REFERENCE
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65	2	When you move, your colon	H PETERS et al., "Potential Benefits and Hazards of Physical Activity and Exercise on the Gastrointestinal Tract," Gut 48, no. 3 (March 2001): 435–39, https://doi.org/10.1136/gut.48.3.435
66	3		Magnus Simrén, "Physical Activity and the Gastrointestinal Tract," European Journal of Gastroenterology & Hepatology 14, no. 10 (October 2002): 1053–56, https://doi.org/10.1097/00042737-200210000-00003
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74	11	Consider a fiber supplement	Johnson W. McRorie, "Evidence-Based Approach to Fiber Supplements and Clinically Meaningful Health Benefits, Part 1: What to Look for and How to Recommend an Effective Fiber Therapy," Nutrition Today 50, no. 2 (March 2015): 82–89, https://doi.org/10.1097/NT.0000000000000082.
75	12	Magnesium is great for	Lazaro Barragán-Rodríguez, Martha Rodríguez-Morán, and Fernando Guerrero-Romero, "Efficacy and Safety of Oral Magnesium Supplementation in the Treatment of Depression in the Elderly with Type 2 Diabetes: A Randomized, Equivalent Trial," Magnesium Research 21, no. 4 (December 2008): 218–23
76	13		Ali Shahrami et al., "Comparison of Therapeutic Effects of Magnesium Sulfate vs. Dexamethasone/Metoclopramide on Alleviating Acute Migraine Headache," The Journal of Emergency Medicine 48, no. 1 (January 2015): 69–76, https://doi.org/10.1016/j.jemermed.2014.06.055
77	14		Behnood Abbasi et al., "The Effect of Magnesium Supplementation on Primary Insomnia in Elderly: A Double-Blind Placebo-Controlled Clinical Trial," Journal of Research in Medical Sciences: The Official Journal of Isfahan University of Medical Sciences 17, no. 12 (December 2012): 1161–69.
78	15	Generally you want to opt for magnesium	Hideki Mori, Jan Tack, and Hidekazu Suzuki, "Magnesium Oxide in Constipation," Nutrients 13, no. 2 (January 28, 2021): 421,

			https://doi.org/10.3390/nu13020421
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82	19	The reason this happens is that if you	Ashok Attaluri et al., "Methanogenic Flora Is Associated with Altered Colonic Transit but Not Stool Characteristics in Constipation without IBS," The American Journal of Gastroenterology 105, no. 6 (June 2010): 1407–11, https://doi.org/10.1038/ajg.2009.655.
83	20	Believe it or not, methane	Mark Pimentel et al., "Methane, a Gas Produced by Enteric Bacteria, Slows Intestinal Transit and Augments Small Intestinal Contractile Activity," American Journal of Physiology. Gastrointestinal and Liver Physiology 290, no. 6 (June 2006): G1089-1095, https://doi.org/10.1152/ajpgi.00574.2004.
84	21	Iron deficiency anemia can set in	Srihari Mahadev et al., "Prevalence of Celiac Disease in Patients with Iron Deficiency Anemia – a Systematic Review with Meta-Analysis," Gastroenterology 155, no. 2 (August 2018): 374-382.e1, https://doi.org/10.1053/j.gastro.2018.04.016.
85	22	It's a noninvasive blood test, and	Kaukinen et al., "HLA-DQ Typing in the Diagnosis of Celiac Disease."
86	23	Most cases of celiac disease that I diagnose	Jonas F. Ludvigsson et al., "The Oslo Definitions for Coeliac Disease and Related Terms," Gut 62, no. 1 (January 2013): 43–52, https://doi.org/10.1136/gutjnl-2011-301346

87	24		Barbara Zanini et al., "Celiac Disease With Mild Enteropathy Is Not Mild Disease," Clinical Gastroenterology and Hepatology 11, no. 3 (March 1, 2013): 253–58, https://doi.org/10.1016/j.cgh.2012.09.027.
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Chapter 4 | FODMAPs Can Be Our Friends!

The recipes and strategy you need to master and enjoy FODMAPs

BOOK REF	CHAPTER REF	BEGINNING OF SENTENCE	REFERENCE
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127	15		Lorena Ruiz et al., "Bifidobacteria and Their Molecular Communication with the Immune System," Frontiers in Microbiology 8 (December 4, 2017), https://doi.org/10.3389/fmicb.2017.02345
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Chapter 5 | Hope for Histamine Intolerance

Histamine may be the cause of your symptoms. Here are the knowledge and recipes you need to figure it out.

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252	71		Maintz and Novak, "Histamine and Histamine Intolerance."
253	72	Our plan is to enter into an initial, temporary	Imke Reese et al., "German Guideline for the Management of Adverse Reactions to Ingested Histamine," Allergo Journal International 26, no. 2 (2017): 72–79, https://doi.org/10.1007/s40629-017-0011-5.
254	73	In some cases, this may need to be	Comas-Basté et al., "Histamine Intolerance."
255	74	Adapted from Comas-Baste et al, 2020 and Maintz et al, 2007	Comas-Basté et al., "Histamine Intolerance
256	75		Maintz and Novak, "Histamine and Histamine Intolerance."
257	76	If you have a garden and	Sònia Sánchez-Pérez et al., "Biogenic Amines in

		harvest	Plant-Origin Foods: Are They Frequently Underestimated in Low-Histamine Diets?," Foods 7, no. 12 (December 14, 2018), https://doi.org/10.3390/foods7120205.
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260	79	This is problematic because B6 is	R. Jarisch and F. Wantke, "Wine and Headache," International Archives of Allergy and Immunology 110, no. 1 (May 1996): 7–12, https://doi.org/10.1159/000237304.
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266	85	Red peppers get their color from capsanthin	Norazian Mohd Hassan et al., "Carotenoids of Capsicum Fruits: Pigment Profile and Health-Promoting Functional Attributes," Antioxidants 8, no. 10 (October 2019): 469, https://doi.org/10.3390/antiox8100469.
267	86	Be sure to STOP after you CHOP	Jan Borlinghaus et al., "Allicin: Chemistry and Biological Properties," Molecules (Basel, Switzerland) 19, no. 8 (August 19, 2014): 12591–618, https://doi.org/10.3390/molecules190812591.
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269	88	Sweet potatoes originate from	Frederic Engel, "Exploration of the Chilca Canyon, Peru," Current Anthropology 11, no. 1 (1970): 55–58.
270	89	Sweet potato remains have also been	Atholl Anderson and Fiona Petchey, "The Transfer of Kūmara (Ipomoea Batatas) from East to South Polynesia and Its Dispersal in New Zealand," Journal of the Polynesian Society 129, no. 4 (December 30, 2020): 351–82.
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Chapter 6 | Sucrose, Salicylates and Synthetic Substances (Oh My!)

The other food intolerances that you need to know about

BOOK REF	CHAPTER REF	BEGINNING OF SENTENCE	REFERENCE
272	1	That's why you'll find 10 teaspoons	"Top 10 Foods Highest in Sucrose," myfooddata, accessed April 19, 2021, https://www.myfooddata.com/articles/high-sucrose-foods.php.
273	2	Historically it was thought that	M. L. Peterson and R. Herber, "Intestinal Sucrase Deficiency," Transactions of the Association of American Physicians 80 (1967): 275–83.
274	3	But more recent research has suggested	Taylor Daileda et al., "Disaccharidase Activity in Children Undergoing Esophagogastroduodenoscopy: A Systematic Review," World Journal of Gastrointestinal Pharmacology and Therapeutics 7, no. 2 (May 6, 2016): 283–93, https://doi.org/10.4292/wjgpt.v7.i2.283.
275	4	There's a hydrogen breath test that	Claudia C. Robayo-Torres et al., "13C-Breath Tests for Sucrose Digestion in Congenital Sucrase Isomaltase Deficient and Sacrosidase Supplemented Patients," Journal of Pediatric Gastroenterology and Nutrition 48, no. 4 (April 2009): 412–18.
276	5	In people with CSID, 81%	W. R. Treem et al., "Sacrosidase Therapy for Congenital Sucrase-Isomaltase Deficiency," Journal of Pediatric Gastroenterology and Nutrition 28, no. 2 (February 1999): 137–42, https://doi.org/10.1097/00005176-199902000-00008.
277	6	It's worth mentioning that if you do have	Ann R. McMeans, "Congenital Sucrase-Isomaltase Deficiency: Diet Assessment and Education Guidelines," Journal of Pediatric Gastroenterology and Nutrition 55 Suppl 2 (November 2012): S37-39, https://doi.org/10.1097/01.mpg.0000421410.72880.ae.
278	7	Through the years you'll find	"Willow Bark," accessed April 24, 2021, https://web.archive.org/web/20111224113137/http://www.umm.edu/altmed/articles/willow-bark-000281.htm

279	8		"Aspirin: Turn-of-the-Century Miracle Drug," Science History Institute, June 2, 2009, https://www.sciencehistory.org/distillations/aspirin-turn-of-the-century-miracle-drug
280	9		"1,300-Year-Old Pottery Found in Colorado Contains Ancient 'Natural Aspirin' – Western Digs," accessed April 24, 2021, http://westerndigs.org/prehistoric-pottery-found-in-colorado-contains-ancient-natural-aspirin/.
281	10	Fast forward to 19th century Europe	Michael J. R. Desborough and David M. Keeling, "The Aspirin Story – from Willow to Wonder Drug," British Journal of Haematology 177, no. 5 (2017): 674–83, https://doi.org/10.1111/bjh.14520.
282	11	You can use aspirin or other non-steroidal anti-inflammatory drugs	Koji Otani et al., "Microbiota Plays a Key Role in Non-Steroidal Anti-Inflammatory Drug-Induced Small Intestinal Damage," Digestion 95, no. 1 (2017): 22–28, https://doi.org/10.1159/000452356
283	12		Ashwin N. Ananthakrishnan et al., "Aspirin, Nonsteroidal Anti-Inflammatory Drug Use, and Risk for Crohn Disease Ulcerative Colitis," Annals of Internal Medicine 156, no. 5 (March 6, 2012): 350–59, https://doi.org/10.1059/0003-4819-156-5-201203060-00007
284	13		Charles Argoff, "NSAIDs or Opioids, Damned If You Do, Damned If You Don't?: Evidence-Based Selections to Optimize Therapeutic Goals and Minimize Harms," Pain Medicine 14, no. S1 (2013): S40–42, https://doi.org/10.1111/pme.12289
285	14		I. Bjarnason et al., "Side Effects of Nonsteroidal Anti-Inflammatory Drugs on the Small and Large Intestine in Humans," Gastroenterology 104, no. 6 (June 1993): 1832–47, https://doi.org/10.1016/0016-5085(93)90667-2
286	15		M. A. M. Rogers and D. M. Aronoff, "The Influence of Non-Steroidal Anti-Inflammatory Drugs on the Gut Microbiome," Clinical Microbiology and Infection 22, no. 2 (February 1, 2016): 178.e1-178.e9, https://doi.org/10.1016/j.cmi.2015.10.003.
287	16	In people who have salicylate intolerance, however	Hanns-Wolf Baenkler, "Salicylate Intolerance," Deutsches Ärzteblatt International 105, no. 8 (February 2008): 137–42, https://doi.org/10.3238/arztebl.2008.0137.
288	17	What ensues sounds like	Hanns-Wolf Baenkler, "Salicylate Intolerance,"

		an echo from	Deutsches Ärzteblatt International 105, no. 8 (February 2008): 137–42, https://doi.org/10.3238/arztebl.2008.0137.
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Chapter 7 | T - Train Your Gut

The method to repair and restore function to even the most decimated gut

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Chapter 8 | H - Holistic Healing

Your gut is the micro and to heal it we need to tend to the macro

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346	22	One study found that taking a	Megan M. Fritz et al., "Gratitude Facilitates Healthy Eating Behavior in Adolescents and Young Adults," Journal of Experimental Social Psychology, Health in Context: New Perspectives on Healthy Thinking and Healthy Living, 81 (March 1, 2019): 4–14, https://doi.org/10.1016/j.jesp.2018.08.011.
347	23	Thirty percent of starch	Richard J. Grand et al., "Carbohydrate and Lactose Malabsorption," in Encyclopedia of Gastroenterology, ed. Leonard R. Johnson (New York: Elsevier, 2004), 268–74, https://doi.org/10.1016/B0-12-386860-2/00103-9.
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Chapter 9 | Fiber Fueled *Unleashed*

Collect your plant points and take the stage as a Fiber Fueled rock star

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Chapter 10 | Fermentation Nation Rising!

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Chapter 11 | You Know You Make Me Want to Sprout!

Unlock the magic of nature and enjoy the benefits

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