

## **Reference List**

## Chiropractic and OmegA+D Sufficiency - The Gold Standard Protocol for Recovery, Wellness, Prevention, and Performance.

- Age-Related Eye Disease Study Research Group. A randomized, placebo-controlled, clinical trial of high-dose supplementation with vitamins C and E, beta carotene, and zinc for age-related macular degeneration and vision loss: AREDS report no. 8. Arch Ophthalmol 2001;119:1417-36.
- Akash Sinha, et al. Improving the vitamin D status of vitamin D deficient adults is associated with improved mitochondrial oxidative function in skeletal muscle. *Endocrine Abstracts*, 2013; DOI: <u>10.1530/endoabs.31.OC1.6</u>
- Al Faraj S, Al Mutairi K. Vitamin D deficiency and chronic low back pain in Saudi Arabia. Spine 2003;28:177-179.
- Aloia, J et al. Epidemic Influenza and Vitamin D. Epidemiology and Infection 2007, Vol 135 (7) pp. 1095-1098
- American Orthopaedic Society for Sports Medicine (2011, July 11). Vitamin D lower in NFL football players who suffered muscled injuries, study suggests. *ScienceDaily*. Retrieved April 9, 2013, from http://www.sciencedaily.com /releases/2011/07/110710132807.htm
- Bettoun Burris, et al. Retinoid X Receptor Is a Nonsilent Major Contributor to Vitamin D Receptor-Mediated Transcriptional Activation. *Molecular Endocrinology* 17: 2320–2328, 2003
- Bischoff-Ferrari HA, Willett WC, Wong JB, et al. Fracture prevention with vitamin D supplementation: a meta-analysis of randomized controlled trials. *JAMA 2005;293:2257-2264*.
- Boxer RS, Dauser RA, Walsh SJ, et al. The association between vitamin D and inflammation with the 6-minute walk and frailty in patients with heart failure. J Am Geriatr Soc. 2008;56:454-461.
- Bronas, U. & Dengel, D. Influence of vascular oxidative stress and inflammation on the development and progression of atherosclerosis. Am J Lifestyle Med. 4 (6) 521-34



- Bronfort et al. (2008) Evidence-informed management of chronic low back pain with spinal manipulation and mobilization. The Spine Journal 8 213-225
- Cannell et al. 2008 Cod Liver Oil, Vitamin A Toxicity, Frequent Respiratory Infections, and the Vitamin D Deficiency Epidemic. Annals of Otology, Rhinology & Laryngology 117 (11): 864-870
- Cannell et al. (2009) Athletic Performance and Vitamin D. *Medicine and Science in Sports and Exercise*. 41 (5) 1102-1110
- Carragee, E. M.D. (2005) Persistent Low Back Pain. N Eng J Med 352 (18) 1891-1898
- Cifuentes et al. (2011) Health Maintenance Care in Work-Related Low Back Pain and its Association With Disability Recurrence. Journal of Occupational and Environmental Medicine pp 190-198
- Connor, W.E. Importance of n-3 fatty acids in health and disease. Am J Clin Nutr, 2000 71(1): 171S-175S
- Don & Caragee. Evidence-informed management of chronic low back pain with surgery . The Spine Journal 8 114-120
- Eaton et al. The return of n-3 fatty acids into the food supply. Land based animal food products and their health effects. 1998 World Rev. Nutr. Diet. Vol 83, 12-23
- Eaton, Eaton & Konner. Paleolithic nutrition revisited: A twelve year retrospective on its nature and implications. Eur J. of Clin Nutr. 1997: 51;207-216
- Eaton, S. & Konner, M. 1985 Paleolithic Nutrition: A consideration of its nature and current implications. N. Eng. J. Med. 312, 283-289
- Farzaneh-Far et al. Association of Marine Omega-3 Fatty Acid Levels With Telomeric Aging in Patients With Coronary Heart Disease JAMA. 2010;303(3):250-257
- Fontani, et al. Cognitive and physiological effect of Omega-3 fatty acid supplementation in healthy subjects. Eur J Clin Invest 2005; 35(11): 691-99
- Freemantle, E et al. Omega-3 fatty acids, energy substrates, and brain function during aging. Prostaglandins, Leukotrienes and Essential Fatty Acids 75 (2006) 213-220
- Gerster, H. Can adults adequately convert alpha-linolenic acid (18:3n-3) to eicosapentaenoic acid (20:5n-3) and docosahexaenoic acid (22:6n-3)? Int J Vitam Nutr Res 1998. 68(3): 159-73.



- Goldberg RJ, Katz J. A meta-analysis of the analgesic effects of omega-3 polyunsaturated fatty acid supplementation for inflammatory joint pain. Pain 129 (2007) 210-233.
- Glerup H, Mikkelsen K, Poulsen L, et al. Hypovitaminosis D myopathy without biochemical signs of osteomalacic bone involvement. *Calcif Tissue Int*. 2000; 66:419-424.
- Harmon, K. Diets Low in Omega-3 Linked to Depressive Behavior in Mice. Scientific American Jan. 2011.
- Huang, WB et al. Cod liver oil: a potential protective supplement for human glaucoma. Int J Ophthalmol 2011;4(6):648-651.
- Ikeda, U et al. 1,25 dihydroxyvitamin D3 and all-trans retinoic acid synergistically inhibit the differentiation and expansion of Th17 cells. Immunology Letters 2010. 134(1):7-16.
- Jemal A, et al. Cancer statistics, 2007. CA Cancer J Clin. 2007 Jan-Feb;57(1):43-66.
- Koundourakis NE, Androulakis NE, Malliaraki N, Margioris AN (2014) Vitamin D and Exercise Performance in Professional Soccer Players. 2014 PLoS ONE 9(7): e101659. doi:10.1371/journal.pone. 0101659
- Lappe, JM et al. Vitamin D and calcium supplementation reduces cancer risk: results of a randomized trial. Am J of Clin Nutr 2007;85:1586-1591.
- Larsson, SC, et.al. Dietary long-chain n-3 fatty acids for the prevention of cancer: a review of potential mechanisms. Am J Clin Nutr 2004;79:935-45.
- Lee P, Chen R. Vitamin D as an analgesic for patients with type 2 diabetes and neuropathic pain. Arch Intern Med. 2008;168(7):771-772.
- Legorreta et al. 2004 Comparative Analysis of Individuals With and Without Chiropractic Coverage. Archives of Internal Medicine 164 (18)
- Lewis, MD, et. al. Suicide deaths of active-duty US military and omega-3 fatty acid status: a case control comparison. J Clin Psychiatry 2011 online ahead of print August 23, 2011.
- Levine, SA. The importance of a balanced approach to vitamin D supplementation. Journal of Orthomolecular Medicine. 2011;26(1):15-20.
- Li & Huang. Anti-obesity effects of conjugated linoleic acid, docosahexaenoic acid, and eicosapentaenoic acid. Mol Nutr Food Res. 2008 52: 631-45



- Lowe, LC et al. Plasma 25-hydroxy vitamin D concentrations, vitamin D receptor genotype and breast cancer risk in a UK Caucasian population. Eur J Cancer. 2005;41:1164-9.
- Maghout et al. 2006 Lumbar fusion outcomes in Washington State workers' compensation. Spine 31 (23) pp2715-23
- Manga et al. The Manga Report. 1993 An Independent Report Commissioned by the Ontario Provincial Government
- Malanga & Wolff. Evidence-informed management of chronic low back pain with nonsteroidal anti-inflammatory drugs, muscle relaxants, and simple analgesics. The Spine Journal 8 173-184
- Maltby, J. et al. (2008) Frequency & Duration of Chiropractic Care for Headaches, Neck and Upper Back Pain JVSR Aug 21, 2008, pp1-12
- Maroon JC, Bost JW. Omega-3 fatty acids (fish oil) as an anti-inflammatory: an alternative to nonsteroidal anti-inflammatory drugs for discogenic pain. Surgical Neurology. 2006;65(3):326-331
- Mickleborough, T.D. Omega-3 polyunsaturated fatty acids in physical performance optimization. Int J Sport Nutr. Exerc. Metab. 2013; 23: 83-96
- Mohr SB et al. Meta-analysis of Vitamin D sufficiency for improving survival of patients with breast cancer. Anticancer Research. 2014;34:1163-1166.
- Mosley, C.D., Cohen, I.G., and Arnold, R.M. A Cost-Effectiveness of Chiropractic Care in a Managed Care Setting, The American Journal of Managed Care, 1996, Vol. 11, pp. 280-282.
- Mozaffarian et al. Plasma phospholipid long chain n-3 fatty acids and total and cause-specific mortality in older adults. Ann Intern Med. 2013;158:515-525
- Munger, KL, Levin LI, Hollis BW, et al. Serum 25-hydroxyvitamin D levels and risk of multiple sclerosis. JAMA 2006;296:2832-2838.
- Nature Immunology, (Vitamin D controls T cell antigen receptor signaling and activation of human T cells ) 10.1038/ni.1851
- Ng et al. Vitamin D and vitamin A receptor expression and the proliferative effects of ligand activation of these receptors on the development of pancreatic progenitor cells derived from human fetal pancreas. 2011 *Stem Cell Rev* 7 (1): 53–63



- Nguyen et al. 2011 Long-term Outcomes of Lumbar Fusion Among Workers' Compensation Subjects: A Historical Cohort Study. Spine 36 (4) pp320-331
- Ntambi, J.M. & Bene, H. Polyunsaturated fatty acid regulation of gene expression. J Mol Neuroscience 2001 Apr-Jun; 16 (2-3): 273-8
- Pedersen LB, et al. 1,25-dihydroxyvitamin D3 reverses experimental autoimmune encephalomyelitis by inhibiting chemokine synthesis and monocyte trafficking. *J Neurosci Res* 2007;85:2480-2490.
- Richards, JB et al. Higher serum vitamin D concentrations are associated with longer leukocyte telomere length in women. Am J Clin Nutr 2007 Nov;86(5):1420-5
- Robert S. Goodhart and Maurice E. Shils. Modern Nutrition in Health and Disease 6th Ed. (1980). Lea and Febinger. Philadelphia.
- Sarnat, et al. (2007) Clinical Utilization and Cost Outcomes From an Integrative Medicine Independent Physician Association.: An Additional 3-Year Update JMPT 30 (5) 263-269
- Sarnat & Winterstein. (2003) Clinical and Cost Outcomes of an Integrative Medicine IPA. JMPT 27 (5) 336-347
- Schofferman & Mazanec. Evidence-informed management of chronic low back pain with opioid analgesics. The Spine Journal 8 185-194
- Schifrin, L.G. Mandated Health Insurance Coverage for Chiropractic Treatment: An Economic Arrangement with Implications for the Commonwealth of Virginia, 1992. Richmond, Virginia.
- Semba, RD. Vitamin A, immunity, and infection. Clinical Infectious Diseases. 1994. 19(3):489-499.
- Senna & Machaly (2011) Does Maintained Spinal Manipulation Therapy for Chronic Nonspecific Low Back Pain Result in Better Long-Term Outcome? SPINE 36 (18) 1427-37
- Sha, J et al. Synergistic effect and mechanism of vitamin A and vitamin D on inducing apoptosis of prostate cancer cells. Mol Biol Rep. 2013;40(4):2763-2768.
- Simopoulos AP. The importance of the ratio of omega-6/omega-3 essential fatty acids. Biomed Pharmacother. 2002;56:365–379
- Singh, M. Essential Fatty Acids, DHA and Human Brain. Indian J Pediatr 2005; 72(3):239-242



- Stebbins et al. 2010 Effects of Dietary Omega-3 Polyunsaturated Fatty Acids on the Skeletal Muscle Blood-Flow Response to Exercise in Rats. Int. J. Sports Nutr and Ex. Metab. Vol 20, (6)
- Stevens, LJ et. al. Omega-3 fatty acids in boys with behavior, learning, and health problems. Physiol Behav. 1996 59(4/5) 915-920
- Stewart Leavitt, Ph.D. Vitamin D A Neglected 'Analgesic' for Chronic Musculoskeletal Pain. Pain Treatment Topics June 2008
- Studer et al. 2005 Effect of Different Antilipidemic Agents on Mortality: A Systematic Review. Archives of Internal Medicine. April 11, 725-730
- US Food and Drug Administration: What You Need to Know About Mercury in Fish and Shellfish. March 2004
- Vicente Gilsanz, Arye Kremer, Ashley O. Mo, Tishya A. L. Wren, and Richard Kremer. Vitamin D Status and Its Relation to Muscle Mass and Muscle Fat in Young Women. *Journal of Clinical Endocrinology & Metabolism*, 2010; DOI: <u>10.1210/jc.2009-2309</u>
- Virtanen et al. Circulating Omega-3 Polyunsaturated Fatty Acids and Subclinical Brain Abnormalities on MRI in Older Adults: The Cardiovascular Health Study. J Am Heart Assoc. 2013;2:e000305 doi: 10.1161/JAHA.113.000305)
- Ward et al. Vitamin D status and muscle function in post-menarchal adolescent girls. *Journal of Clinical Endocrinology & Metabolism*, Feb 2009 DOI: <u>10.1210/jc.2008-1284</u>
- Wicherts, IS et al. Vitamin D status predicts physical performance and its decline in older persons. J Clin Endocrinol Metab 2007:92:2058-2065.