

Clinical References for Stress Eze

1. Morse, D L, et al. Physiological and subjective evaluation of meditation, hypnosis relaxation. *Psychosomatic Medicine*, 39:304-24, 1977.
2. Pollard, G & Ashton, R, Heart Rate decrease: A comparison of feedback modalities and biofeedback with other procedures. *Biological Psychology*, 14: 245-57, 1982.
3. Benson, H & Wallace, R., Decreased blood pressure in hypertensive subjects who practiced meditation. *Circulation*, 46:1:130, 1972.
4. Deabler, H., et al. The use of relaxation and hypnosis in lowering high blood pressure. *American Journal of Clinical Hypnosis*, 16:75-83, 1973.
5. Wallace, R.K., et al. Decreased blood lactate during Transcendental Meditation. *Federation Proceedings*, 30:376, 1971.
6. Benson, H. The Relaxation Response. New York, William Morrow, 1975.
7. Becker, Robert O., MD. The Body Electric: Electromagnetism and the Foundation of Life, William Morrow Inc. 1985.
8. Peterman, RA & Goodhart, RS. Current status of vitamin therapy in nervous and mental disease. *J. Clin Nutri.* 2:11-21, 1954.
9. Watson, G. Vitamin deficiencies in mental illness. *J. Psychol.* 43:47-63, 1957.
10. Watson, G. & Currier, WD, Nutritional replacement for mental illness. *J. Psychol.*, 38:67-81, 1960.
11. Schroeder, HA, & Harris, RS. The Trace Elements and Man. Old Greenwich, Connecticut: Devin-Adair, 1973.
12. Snyder, SH, Madness and the Brain. New York: McGraw Hill 1974.
13. Spring B, et al. Psychobiological effects of carbohydrates. *J Clin Psychiatry* 50 Suppl: 27-33, 1989.
14. Hughes JR. et al. Caffeine self-administration, withdrawal, and adverse effects among coffee drinkers. *Arch Gen Psychiatry* 48: 611-17, 1991.

15. Christensen, L. Psychological Distress and diet – effects of sucrose and caffeine. *J Appl Nutr.* 40(1): 44-50, 1988.
16. Thornton, GHM, et al. *J Clin Invest* 34:1073, 1955.
17. Fry PC, et al. Metabolic response to a pantothenic acid deficient diet in humans. *J Nutr Sci Vitaminol* 22:339-46, 1976.
18. Cheraskin E., et al. Daily vitamin C consumption and fatigability. *J Am Geriatr Soc* 24(3):136-37, 1976.
19. Ellis FR, Nasser, S. A pilot study of vitamin B12 in the treatment of tiredness. *Br J Nutr* 30:277-83, 1973.
20. Pletsityi, KD., et al. Immuno-correcting activity of vitamin A in stress. *Buill Eksp Biol Medicine*, 104(11): 609-11, 1987.
21. Chmela, Z. et al. Effect of alpha-tocopherol, pyridoxine and dexpanthenol on the stress increase of nonesterified fatty acids levels in the brain. *Acta Univ Palacki Olomuc Fac Med*, 136: 13-15, 1993.
22. Doroshkevich, NA, et al. Effect of alpha-tocopherol on adrenal cortex functions under stress. *Ukr Biokhim Zh.* 63(5): 79-83, 1991.
23. Tamayo, FG, et al. Zinc administration prevents wasting in stressed mice. *Arch Med Res*, 27(3):319-25, 1996.