

## References:

- <sup>i</sup> Archives of Internal Medicine March 12, 2012 [Epub ahead of print]
- <sup>ii</sup> The New York Times March 12, 2012
- <sup>iii</sup> Chris Kressler L.Ac, March 14, 2012
- <sup>iv</sup> Red meat & mortality & the usual bad science, Zoe Harcombe, March 13, 2012
- <sup>v</sup> GaryTaubes.com March 14, 2012
- <sup>vi</sup> Do We Really Know What Makes Us Healthy?, New York Times, September 16, 2007
- <sup>vii</sup> Red meat & mortality & the usual bad science, Zoe Harcombe, March 13, 2012
- <sup>viii</sup> Comparison of the Atkins, Zone, Ornish, and LEARN Diets for Change in Weight and Related Risk Factors Among Overweight Premenopausal Women, JAMA March 7, 2007: 297(9); 969-977
- <sup>ix</sup> Psychotherapy and Psychosomatics 2012;81:196-198
- <sup>x</sup> PsychCentral.com, March 21, 2012
- <sup>xi</sup> Current March 11, 2012
- <sup>xii</sup> Journal of Animal Science, June 5, 2009