

1. <https://www.hopkinsmedicine.org/health/conditions-and-diseases/disorders-of-the-immune-system>
2. [Hussell T, Gouling J . Structured regulation of inflamm during respiratory infection. Lancet Infect Dis 2010; 10: 360-366.](#)
3. <https://www.the-scientist.com/news-opinion/why-some-cases-are-worse-than-others-67160>
4. [Tisoncik JR, Korth MJ, Simmons CP, Farrar J, Martin TR, Katze MG . Into the eye of the cytokine storm. Microbiol Mol Biol Rev 2012; 76: 16-32.](#)
5. [The Role The Role of Inflamm in Dpression and Fatigue. Chieh-Hsin Lee and Fabrizio Giuliani. Front Immunolo 019;10:1696 Inflamm in Dpression and Fatigue.](#)
6. <https://www.health.harvard.edu/diseases-and-conditions/whats-causing-that-belly-bloat>
7. [Cytokines in the Pathogenesis of Rheumatoid Arthritis and Collagen-Induced Arthritis. Erik Lubberts and Wim B. van den Berg. Adv Exp Med Biol. 2003;520:194-202.](#)
8. <https://www.nytimes.com/2020/04/20/opinion/testing-pneumonia.html?smid=em-share>
9. [Jefferson T, Del Mar CB, Dooley L, et al. Physical interventions to interrupt or reduce the spread of respiratory. Cochrane Database Syst Rev. 2011;2011\(7\):CD006207. Published 2011 Jul 6. doi:10.1002/14651858.CD006207.pub4](#)
10. [Bourouiba L. Turbulent Gas Clouds and Respiratory Pathogen Emissions: Potential Implications for Reducing Transmission. JAMA. Published online March 26, 2020. doi:10.1001/jama.2020.4756](#)
11. <https://drgalland.com/>
12. [Lopez-Garcia E, Schulze MB, Meigs JB, et al. Consumption of trans fatty acids is related to plasma biomarkers of inflamm and endothelial dysfunction. J Nutr. 2005;135\(3\):562-566. doi:10.1093/jn/135.3.562](#)
13. [Nestel P. Trans fatty acids: are its cardiovascular risks fully appreciated?. Clin Ther. 2014;36\(3\):315-321. doi:10.1016/j.clinthera.2014.01.020](#)
14. [Defagó MD, Elorriaga N, Irazola VE, Rubinstein AL. Influence of food patterns on endothelial biomarkers: a systematic review. J Clin Hypertens \(Greenwich\). 2014;16\(12\):907-913. doi:10.1111/jch.12431](#)
15. [Clinical features of patients in China. Prof Chaolin Huang, Yeming Wang, Prof Xingwang Li, Prof Lili Ren, Prof Jianping Zhao, Yi Hu. The Lancet, VOLUME 395, ISSUE 10223.](#)
16. [Peiris JS, Cheung CY, Leung CY, Nicholls JM . Innate immune responses to influenza A H5N1: friend or foe? Trends Immunol2009; 30: 574-584.](#)
17. [Clinical features of patients in China. Prof Chaolin Huang, Yeming Wang, Prof Xingwang Li, Prof Lili Ren, Prof Jianping Zhao, Yi Hu. The Lancet, VOLUME 395, ISSUE 10223.](#)
18. [Tisoncik JR, Korth MJ, Simmons CP, Farrar J, Martin TR, Katze MG . Into the eye of the cytokine storm. Microbiol Mol Biol Rev 2012; 76: 16-32.](#)

19. [Interleukin-6 and lung inflamm: evidence for a causative role in inducing respiratory system resistance increments. Rubini A. Inflamm Allergy Drug Targets. 2013 Oct;12\(5\):315-21.](#)
20. [Role of IL-6 in Asthma and Other Inflammatory Pulmonary. Mercedes Rincon, and Charles G. Irvin. Int J Biol Sci. 2012; 8\(9\): 1281-1290.](#)
21. <https://www.fiercepharma.com/pharma/are-il-6-inhibitors-key-eusa-pharma-joins-sanofi-regeneron-rolling-out-trials>
22. [Bondonno, N.P., Dalgaard, F., Kyrø, C. et al. Flavonoid intake is associated with lower mortality in the Danish Diet and Health Cohort. Nat Commun 10, 3651 \(2019\).](#)
23. [Carmona-Gutierrez, D., Zimmermann, A., Kainz, K. et al. The flavonoid 4,4'-dimethoxychalcone promotes autophagy-dependent longevity across species. Nat Commun 10, 651 \(2019\). <https://doi.org/10.1038/s41467-019-08555-w>](#)
24. [Lee KS, Lee BS, Semnani S, et al. Curcumin extends life span, improves health span, and modulates the expression of age-associated aging genes in Drosophila melanogaster. Rejuvenation Res. 2010;13\(5\):561-570. doi:10.1089/rej.2010.1031](#)
25. [Levers, K., Dalton, R., Galvan, E., O'Connor, A., Goodenough, C., Simbo, S., Mertens-Talcott, S., Rasmussen, C., Greenwood, M., Riechman, S., Crouse, S. and Kreider, R. \(2016\). Effects of powdered Montmorency tart cherry supplementation on acute endurance exercise performance in aerobically trained individuals. Journal of the International Society of Sports Nutrition, 13\(1\).](#)
26. [Mitchell, A., Hong, Y., Koh, E., Barrett, D., Bryant, D., Denison, R. and Kaffka, S. \(2007\). Ten-Year Comparison of the Influence of Organic and Conventional Crop Management Practices on the Content of Flavonoids in Tomatoes. Journal of Agricultural and Food Chemistry, 55\(15\), pp.6154-6159.](#)
27. [Marles, R. \(2017\). Mineral nutrient composition of vegetables, fruits and grains: The context of reports of apparent historical declines. Journal of Food Composition and Analysis, 56, pp.93-103.](#)
28. [Curcumin downregulates human tumor necrosis factor- \$\alpha\$ levels: A systematic review and meta-analysis of randomized controlled trials. Sahebkar A, Cicero AFG, Simental-Mendía LE, Aggarwal BB, Gupta SC. Pharmacol Res. 2016 May;107:234-242. doi: 10.1016](#)
29. [Shao-Ling WANG, Ying LI, Ying WEN, Yan-Feng CHEN, Li-Xin NA, Song-Tao LI, Chang-Hao SUN. . Curcumin, a Potential Inhibitor of Up-regulation of TNF- \$\alpha\$ and IL-6 Induced by Palmitate in 3T3-L1 Adipocytes through NF- \$\kappa\$ B and JNK Pathway. Biomedical and Environmental Sciences Volume 22, Issue 1, February 2009, Pages 32-39](#)
30. [Curcumin: An Effective Inhibitor of Interleukin-6. Ghandadi M, Sahebkar A. Curr Pharm Des. 2017;23\(6\):921-931](#)
31. [Koronyo, Y et al. Retinal amyloid pathology and proof-of-concept imaging trial. JCI Insight. 2017. 2\(16\). DOI: 10.1172/jci.insight.93621](#)
32. [Mental Acuity Supported by: Andrew Scholey, Katherine Cox, Andrew Pipingas, David White, A Highly Bioavailable Curcumin Extract Improves Neurocognitive Function and Mood in Healthy Older People: A 12-Week Randomised, Double-Blind, Placebo-Controlled Trial \(OR32-05-19\), Current Developments in Nutrition, Volume 3, Issue Supplement_1, June 2019, nzz052.OR32-05-19](#)

33. [Gupte PA, Giramkar SA, Harke SM, et al. Evaluation of the efficacy and safety of Capsule Longvida® Optimized Curcumin \(solid lipid curcumin particles\) in knee osteoarthritis: a pilot clinical study. J Inflamm Res. 2019;12:145–152. Published 2019 Jun 5. doi:10.2147/JIR.S205390](#)
34. [Healthy Aging Supported by: DiSilvestro RA, Joseph E, Zhao S, Bomser J. Diverse effects of a low dose supplement of lipidated curcumin in healthy middle aged people. Nutr J. 2012;11:79. Published 2012 Sep 26. doi:10.1186/1475-2891-11-79](#)
35. [Begum, A., Jones, M., Lim, G., Morihara, T., Kim, P., Heath, D., Rock, C., Pruitt, M., Yang, F., Hudspeth, B., Hu, S., Faull, K., Teter, B., Cole, G. and Frautschy, S. \(2008\). Curcumin Structure-Function, Bioavailability, and Efficacy in Models of Neuroinflammation and Alzheimer's Disease. Journal of Pharmacology and Experimental Therapeutics, 326\(1\), pp.196-208.](#)
36. [Goya, L., Martín, M., Sarriá, B., Ramos, S., Mateos, R. and Bravo, L. \(2016\). Effect of Cocoa and Its Flavonoids on Biomarkers of Inflammation: Studies of Cell Culture, Animals and Humans. Nutrients, 8\(4\), p.212.](#)
37. [Luis Goya, et. al. Effect of Cocoa and Its Flavonoids on Biomarkers: Studies of Cell Culture, Animals and Humans. Nutrients. 2016 Apr; 8\(4\): 212.](#)
38. [Mao, T., Powell, J., de Water, J., Keen, C., Schmitz, H., Hammerstone, J. and Gershwin, M. \(2000\). The effect of cocoa procyanidins on the transcription and secretion of interleukin 1B in peripheral blood mononuclear cells. Life Sciences, 66\(15\), pp.1377-1386.](#)
39. [The Effects of Montmorency Tart Cherry Concentrate Supplementation on Recovery Following Prolonged, Intermittent Exercise. Phillip G. Bell, Emma Stevenson, Gareth W. Davison, and Glyn Howatson. Nutrients. 2016 Jul; 8\(7\): 441.](#)
40. [Seymour, E., Lewis, S., Urcuyo-Llanes, D., Tanone, I., Kirakosyan, A., Kaufman, P. and Bolling, S. \(2009\). Regular Tart Cherry Intake Alters Abdominal Adiposity, Adipose Gene Transcription, and Inflammation in Obese-Prone Rats Fed a High Fat Diet. Journal of Medicinal Food, 12\(5\), pp.935-942.](#)
41. [Howatson, G., Bell, P., Tallent, J., Middleton, B., McHugh, M. and Ellis, J. \(2011\). Effect of tart cherry juice \(Prunus cerasus\) on melatonin levels and enhanced sleep quality. European Journal of Nutrition, 51\(8\), pp.909-916.](#)
42. [Lynn, A., Mathew, S., Moore, C., Russell, J., Robinson, E., Soumpasi, V. and Barker, M. \(2014\). Effect of a Tart Cherry Juice Supplement on Arterial Stiffness and Inflammation in Healthy Adults: A Randomised Controlled Trial. Plant Foods for Human Nutrition, 69\(2\), pp.122-127.](#)
43. [Kuehl, K., Elliot, D., Sleight, A. and Smith, J. \(2012\). Efficacy of Tart Cherry Juice to Reduce Inflammation Biomarkers among Women with Inflammatory Osteoarthritis \(OA\). Journal of Food Studies, 1\(1\).](#)
44. [Cellular Energy Supported by: Levers, K., Dalton, R., Galvan, E., O'Connor, A., Goodenough, C., Simbo, S., Mertens-Talcott, S., Rasmussen, C., Greenwood, M., Riechman, S., Crouse, S., and Kreider, R. B. \(2016\). Effects of powdered Montmorency tart cherry supplementation on acute endurance exercise performance in aerobically trained individuals. Journal of the International Society of Sports Nutrition, 13\(1\). doi:10.1186/s12970-016-0133-z](#)
45. [Madisch A, Miehlke S, Eichele O, et al. Boswellia serrata extract for the treatment of collagenous colitis. A double-blind, randomized, placebo-controlled, multicenter](#)

- [trial. Int J Colorectal Dis. 2007;22\(12\):1445-1451. doi:10.1007/s00384-007-0364-1](#)
46. [Gupta I, Parihar A, Malhotra P, et al. Effects of gum resin of Boswellia serrata in patients with chronic colitis. Planta Med. 2001;67\(5\):391-395. doi:10.1055/s-2001-15802](#)
 47. [Etzel R. Special extract of BOSWELLIA serrata \(H 15\) in the treatment of rheumatoid arthritis. Phytomedicine. 1996;3\(1\):91-94. doi:10.1016/S0944-7113\(96\)80019-5](#)
 48. [Moussaieff, A., Rimmerman, N., Bregman, T., Straiker, A., Felder, C., Shoham, S., Kashman, Y., Huang, S., Lee, H., Shohami, E., Mackie, K., Caterina, M., Walker, J., Frider, E. and Mechoulam, R. \(2008\). Incensole acetate, an incense component, elicits psychoactivity by activating TRPV3 channels in the brain. The FASEB Journal, 22\(8\), pp.3024-3034.](#)
 49. [Nair MP, Mahajan S, Reynolds JL, et al. The flavonoid quercetin inhibits proinflammatory cytokine \(tumor necrosis factor alpha\) gene expression in normal peripheral blood mononuclear cells via modulation of the NF-kappa beta system. Clin Vaccine Immunol. 2006;13\(3\):319-328. doi:10.1128/CVI.13.3.319-328.2006](#)
 50. [Liu J, Li X, Yue Y, Li J, He T, He Y. The inhibitory effect of quercetin on IL-6 production by LPS-stimulated neutrophils. Cell Mol Immunol. 2005;2\(6\):455-460.](#)
 51. [Quercetin Down-regulates IL-6/STAT-3 Signals to Induce Mitochondrial-mediated Apoptosis in a Non-small-cell Lung-cancer Cell Line, A549. Avinaba Mukherjee and Anisur Rahman Khuda-Bukhsh. J Pharmacopuncture. 2015 Mar; 18\(1\): 19-26.](#)
 52. [Resveratrol as a Natural Anti-Tumor Necrosis Factor- \$\alpha\$ Molecule: Implications to Dendritic Cells and Their Crosstalk with Mesenchymal Stromal Cells. Andreia M. Silva, Marta I. Oliveira, Laura Sette, Catarina R. Almeida, Maria J. Oliveira, Mário A. Barbosa, and Susana G. Santos. PLoS One. 2014; 9\(3\): e91406.](#)
 53. [Activation of Sirt1 by Resveratrol Inhibits TNF- \$\alpha\$ Induced Inflammation in Fibroblasts. Xiaoxia Zhu, Qiong Liu, Meimei Wang, Minrui Liang, Xue Yang, Xue Xu, Hejian Zou, Jianhua Qiu. PLoS One. November 1, 2011](#)
 54. [Kloesch B, Dietersdorfer E, Broell J, et al The polyphenols curcumin and resveratrol effectively block IL-1 \$\beta\$ and PMA-induced IL-6, IL-8 and VEGF-A expression in human rheumatoid synovial fibroblasts Annals of the Rheumatic Diseases 2012;71:A90-A91.](#)
 55. [Kloesch B, Dietersdorfer E, Broell J, et al The polyphenols curcumin and resveratrol effectively block IL-1 \$\beta\$ and PMA-induced IL-6, IL-8 and VEGF-A expression in human rheumatoid synovial fibroblasts Annals of the Rheumatic Diseases 2012;71:A90-A91.](#)
 56. [Palamara, A. T. et al. Inhibition of Influenza A Replication by Resveratrol. JID 191, 1719-29 \(2005\).](#)
 57. [Resveratrol inhibits rhinovirus replication and expression of inflammatory mediators in nasal epithelia. Mastromarino P, Capobianco D, Cannata F, Nardis C, Mattia E, De Leo A, Restignoli R, Francioso A, Mosca L. Antiviral Res. 2015 Nov;123:15-21. doi: 10.1016](#)
 58. [Szkudelski, T. and Szkudelska, K. \(2011\). Anti-diabetic effects of resveratrol. Annals of the New York Academy of Sciences, 1215\(1\), pp.34-39.](#)

59. [Arias, N., Macarulla, M., Aguirre, L., Milton, I. and Portillo, M. \(2015\). The combination of resveratrol and quercetin enhances the individual effects of these molecules on triacylglycerol metabolism in white adipose tissue. European Journal of Nutrition, 55\(1\), pp.341-348. And Peredo-Escárcega, A., Guarner-Lans, V., Pérez-Torres, I., Ortega-Ocampo, S., Carreón-Torres, E., Castrejón-Tellez, V., Díaz-Díaz, E. and Rubio-Ruiz, M. \(2015\).](#)
60. [Ahmed S, et. al. Epigallocatechin-3-gallate inhibits IL-6 synthesis and suppresses transsignaling by enhancing soluble gp130 production. Proc Natl Acad Sci U S A. 2008 Sep 23;105\(38\):14692-7. doi: 10.1073/pnas.0802675105.](#)
61. [Nagao, T., Hase, T. and Tokimitsu, I. \(2007\). A Green Tea Extract High in Catechins Reduces Body Fat and Cardiovascular Risks in Humans*. Obesity, 15\(6\), pp.1473-1483.](#)