◎脚注

以下は本文で述べた見解や概念について、もっと知りたいという際に役立つと思われる書籍および学術論文、記事やウェブサイトの一覧である。決してすべてを網羅するものではないが、新しい見方や「腸の力」をつくるためのライフスタイルを始める一助になる。

ここにあげた出典の多くは、本文で簡単に紹介したり詳細を説明したりした研究に関するものだ。これらの資料がいっそうの調査や探究への扉を開いてくれるだろう。

本文で触れた内容で、この一覧にあげられていないものがある場合は、ウェブサイト www.DrPerlmutter.com を訪ねていただきたい。さらなる研究論文や最新の参考文献をご覧いただける。

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12. この言葉は長くヒポクラテスのものとされてきたが、実際にはヒポクラテスの著述の中には見られない。食事内容と健康の関係はこれまで何世紀にもわたってよく知られ、学術論文にも記されてきたが、きっとヒポクラテスも「食物の概念は医療の概念と混同すべきでない」という意見だろう。2013年にパリ第5大学のディアナ・カルデナスがこの言葉について論文を書いた。それによると、過去30年間でこの引用の誤りが一度以上、生体医学誌に登場する。いずれにせよ、現在にも通じる格言であるのは確かで、誰の言葉であるかにかかわらず真実である。

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