

## *Kilder til boken HELE DEG*

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## DEL 1: HELHETEN

### KAPITTEL 1: Mirari

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Maksimalt oksygenopptak (VO<sub>2</sub> maks) er rett og slett den maksimale mengden oksygen kroppen din kan bruke når du er på ditt hardeste, for eksempel under intens trening. Det forteller deg hvor effektivt kroppen din kan levere og bruke oksygen når du er i full sving. Jo høyere VO<sub>2</sub> maks, jo bedre er kondisjonen din vanligvis.

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## KAPITTEL 5: Immunforsvaret og inflammasjon

**Forhøyet kroppstemperatur forbedrer immunforsvarets effektivitet:** Julie R. Ostberg, Caren Gellin, Rahul Patel, Elizabeth A. Repasky; Regulatory Potential of Fever-Range Whole Body Hyperthermia on Langerhans Cells and Lymphocytes in an Antigen-Dependent Cellular Immune Response<sup>1</sup>. *J Immunol* 1 September 2001; 167 (5): 2666–2670. <https://doi.org/10.4049/jimmunol.167.5.2666>

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Ved ekstremt høye temperaturer over 41–42 °C (hyperpyreksi) kan det imidlertid oppstå skader på proteiner, celler og vev. Dette er sjelden ved feber som oppstår under normale sykdomsforløp, men kan være farlig ved ukontrollert feber eller andre tilstander som hemmer kroppens evne til å regulere temperatur.

**Negative følelser kan svekke immunforsvaret vårt:** Kiecolt-Glaser JK, McGuire L, Robles TF, Glaser R. Emotions, morbidity, and mortality: new perspectives from psychoneuroimmunology. *Annu Rev Psychol*. 2002;53:83-107. doi: 10.1146/annurev.psych.53.100901.135217. PMID: 11752480.

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**Utfordringen med NSAIDs:** Doux JD, Bazar KA, Lee PY, Yun AJ. Can chronic use of anti-inflammatory agents paradoxically promote chronic inflammation through compensatory host response? *Med Hypotheses*. 2005;65(2):389-91. doi: 10.1016/j.mehy.2004.12.021. PMID: 15922118.

**Kronisk inflammasjon er knyttet til mange av de vanligste sykdommene:** Furman, D., Campisi, J., Verdin, E. *et al.* Chronic inflammation in the etiology of disease across the life span. *Nat Med* 25, 1822–1832 (2019). <https://doi.org/10.1038/s41591-019-0675-0>

**Inflammasjons rolle i autoimmune lidelser:** Xiang Y, Zhang M, Jiang D, Su Q, Shi J. The role of inflammation in autoimmune disease: a therapeutic target. *Front Immunol*. 2023 Oct 4;14:1267091. doi: 10.3389/fimmu.2023.1267091. PMID: 37859999; PMCID: PMC10584158.

**Inflammasjon og migrene:** Martami F, Razeghi Jahromi S, Togha M, Ghorbani Z, Seifishahpar M, Saidpour A. The serum level of inflammatory markers in chronic and episodic migraine: a case-control study. *Neurol Sci*. 2018 Oct;39(10):1741-1749. doi: 10.1007/s10072-018-3493-0. Epub 2018 Jul 15. PMID: 30009333.

**Inflammasjon og immunresponser i migrene:** Thuraiayah J, Erritzøe-Jervild M, Al-Khazali HM, Schytz HW, Younis S. The role of cytokines in migraine: A systematic review. *Cephalalgia*. 2022 Dec;42(14):1565-1588. doi: 10.1177/03331024221118924. Epub 2022 Aug 12. PMID: 35962530.

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**Sosiale bånd kan påvirke inflammasjon:** Chiang JJ, Eisenberger NI, Seeman TE, Taylor SE. Negative and competitive social interactions are related to heightened proinflammatory cytokine activity. *Proc Natl Acad Sci U S A*. 2012 Feb 7;109(6):1878-82. doi: 10.1073/pnas.1120972109. Epub 2012 Jan 23. PMID: 22308464; PMCID: PMC3277534.

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**Sammenhengen mellom sosiale relasjoner og inflammasjonsassosierte sykdommer:** Boen CE, Barrow DA, Bensen JT, Farnan L, Gerstel A, Hendrix LH, Yang YC. Social Relationships, Inflammation, and Cancer Survival. *Cancer Epidemiol Biomarkers Prev*. 2018 May;27(5):541-549. doi: 10.1158/1055-9965.EPI-17-0836. Epub 2018 Feb 23. PMID: 29475966; PMCID: PMC5932225.

**Sollys kan spille en viktig rolle for immunforsvaret:** Lindqvist PG, Epstein E, Nielsen K, Landin-Olsson M, Ingvar C, Olsson H. Avoidance of sun exposure as a risk factor for major causes of death: a competing risk analysis of the Melanoma in Southern Sweden cohort. *J Intern Med*. 2016 Oct;280(4):375-87. doi: 10.1111/joim.12496. Epub 2016 Mar 16. PMID: 26992108.

**Effekten av livsstilsfaktorer på inflammasjonssykdom:** Schäfer C, Keyßer G. Lifestyle Factors and Their Influence on Rheumatoid Arthritis: A Narrative Review. *J Clin Med*. 2022 Dec 2;11(23):7179. doi: 10.3390/jcm11237179. PMID: 36498754; PMCID: PMC9736780.

**«Chronic inflammation in the etiology of disease across the life span»:** Furman, D., Campisi, J., Verdin, E. et al. Chronic inflammation in the etiology of disease across the life span. *Nat Med* 25, 1822–1832 (2019).  
<https://doi.org/10.1038/s41591-019-0675-0>

\*Imidlertid kan svært høy feber, spesielt over 40 °C, være skadelig og krever medisinsk oppmerksomhet.

## KAPITTEL 6: Tankens kraft

**Postterminalen i Stokke:** Vogt, H., & Pahle, A. (2020, August 31). Medier og forskere maler fanden på veggen om “langvarig covid-19” og kronisk utmattelse. *Aftenposten.no*; *Aftenposten*. Lest mai 2025; fra:  
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**Bruce Moseley kneoperasjon studie:** Moseley, J. B., O'Malley, K., Petersen, N. J., Menke, T. J., Brody, B. A., Kuykendall, D. H., Hollingsworth, J. C., Ashton, C. M., & Wray, N. P. (2002). A Controlled Trial of Arthroscopic Surgery for Osteoarthritis of the Knee. *New England Journal of Medicine*, 347(2), 81–88.  
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## DEL 2: HELSEMODELLEN

### KAPITTEL 7

**Robust:** Ole Kristian Strøm. (2014, October 4). Robust. Robust. Robust. Robust. Robust. Robust. VG. <https://www.vg.no/nyheter/i/OvIbO/robust-robust-robust-robust-robust-robust>

**Ordet robust så ut til å bli helt slitt ut:** Hem, E. (2016). Rare robust. *Tidsskrift for Den Norske Legeforening*, 136(23/24), 2023–2023. <https://doi.org/10.4045/tidsskr.16.0855>

### Relasjoner

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**Å spise sammen for bedre bånd:** The Family Dinner Project | Project Zero. (n.d.). Pz.harvard.edu. <https://pz.harvard.edu/projects/the-family-dinner-project>

**Gode relasjoner kan gi bedre søvn:** Kent, R.G., Uchino, B.N., Cribbet, M.R. et al. Social Relationships and Sleep Quality. *ann. behav. med.* 49, 912–917 (2015). <https://doi.org/10.1007/s12160-015-9711-6>

### Gode relasjoner kan gjøre oss mer aktive:

Gerfeson Mendonça, Luanna Alexandra Cheng, Edilânea Nunes Mélo, José Cazuza de Farias Júnior, Physical activity and social support in adolescents: a systematic review, *Health Education Research*, Volume 29, Issue 5, October 2014, Pages 822–839, <https://doi.org/10.1093/her/cyu017>

Lindsay Smith, G., Banting, L., Eime, R. et al. The association between social support and physical activity in older adults: a systematic review. *Int J Behav Nutr Phys Act* 14, 56 (2017). <https://doi.org/10.1186/s12966-017-0509-8>

Lin H, Chen H, Liu Q, Xu J and Li S (2024) A meta-analysis of the relationship between social support and physical activity in adolescents: the mediating role of self-efficacy. *Front. Psychol.* 14:1305425. doi: 10.3389/fpsyg.2023.1305425

## Mat

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St-Onge, M.-P., Mikic, A., & Pietrolungo, C. E. (2016). Effects of Diet on Sleep Quality. *Advances in Nutrition*, 7(5), 938–949. <https://doi.org/10.3945/an.116.012336>

Binks, H., E. Vincent, G., Gupta, C., Irwin, C., & Khalesi, S. (2020). Effects of Diet on Sleep: A Narrative Review. *Nutrients*, 12(4), 936. <https://doi.org/10.3390/nu12040936>

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