BIBLIOGRAFÍA

CAPÍTULO 1. TU SALUD DIGESTIVA: DONDE TODO EMPIEZA

1. Al Bander Z, Nitert MD, Mousa A, Naderpoor N. The Gut Microbiota and Inflammation: An Overview. Int J Environ Res Public Health. 2020;17(20):7618. doi:10.3390/ijerph17207618.
2. Alvisi P, Crotti S, Cattaneo M, Sessa A. Gut–Brain Axis: A Comprehensive Review. Microorganisms. 2024;12(2):374. doi:10.3390/microorganisms12020374.
3. Fan Y, Pedersen O. Gut microbiota in human metabolic health and disease. Nat Rev Microbiol. 2024;22(1):1-15. doi:10.1038/s41579-023-00962-0.
4. Helander HF, Fändriks L. Surface area of the digestive tract – revisited. Scand J Gastroenterol. 2014;49(6):681-689. doi:10.3109/00365521.2014.898326.
5. Martín CR, Osadchiy V, Kalani A, Mayer EA. The Brain-Gut-Microbiome Axis. Cell Mol Gastroenterol Hepatol. 2018;6(2):133-148. doi:10.1016/j.jcmgh.2018.04.003.
6. Sheikh IA, Bianchi-Smak J, Laubitz D, et al. Transplant of microbiota from Crohn's disease patients to germ-free mice results in colitis. Gut Microbes. 2024;16(1):2333483. doi:10.1080/19490976.2024.2333483.
7. Wiertsema SP, van Bergenhenegouwen J, Garssen J, Knippels LMJ. The interplay between the gut microbiome and the immune system in the context of infectious diseases throughout life and the role of nutrition in optimizing treatment strategies. Front Immunol. 2021;12:622608. doi:10.3389/fimmu.2021.622608.

CAPÍTULO 2. ALIMENTACIÓN: POR DÓNDE EMPEZAR

1. Esteban S, González-Hernández M, Esteban M, Llorca-Pórcel JC, Hernández-Ortiz J, Cañavate JP, Ramos-Roda R. Microplastic distribution in different tissues of small pelagic fish of the Northeast Atlantic Ocean. Sci Total Environ. 2024 May;916:170573. doi:10.1016/j.scitotenv.2024.170573.
2. Forslund SK. Fasting intervention and its clinical effects on the human host and microbiome. J Intern Med. 2023 Feb;293(2):166-183. doi:10.1111/joim.13574.
3. Hites RA, Foran JA, Carpenter DO, Hamilton MC, Knuth BA, Schwager SJ. Global assessment of organic contaminants in farmed salmon. Science. 2004 Jan 9;303(5655):226-229. doi:10.1126/science.1091447.
4. Jakubowicz D, Landau Z, Tsameret S, Wainstein J, Raz I, Ahren B, et al. Reduction in glycated hemoglobin and daily insulin dose alongside circadian clock upregulation in patients with type 2 diabetes consuming a three-meal diet: A randomized clinical trial. Diabetes Care. 2019 Dec;42(12):2171-2180. doi:10.2337/dc19-1142.
5. Karami A, Golieskardi A, Choo CK, Larat V, Galloway TS, Salamatinia B. Microplastic contamination of salt intended for human consumption: a systematic review and meta-analysis. SN Appl Sci. 2020;2:1745. doi:10.1007/s42452-020-03749-0.
6. Padhi S, Sarkar P, Sahoo D, Rai AK. Potential of fermented foods and their metabolites in improving gut microbiota function and lowering gastrointestinal inflammation. J Sci Food Agric. 2024 Feb 1. doi:10.1002/jsfa.13313.
7. Pereira AM, Hospido A, Gomes T. A Bayesian analysis of the factors determining microplastics ingestion in fishes. Chemosphere. 2021 Aug;273:129681. doi:10.1016/j.chemosphere.2021.129681.
8. Redondo-Cuevas L. Mejora de la estabilidad oxidativa de aceites y grasas con productos naturales [tesis doctoral]. Valencia: Universidad Católica de Valencia San Vicente Mártir; 2019. Disponible en: https://riucv.ucv.es/handle/20.500.12466/383
9. Sepúlveda B, Marín A, Burrows R, Sepúlveda A, Chamorro R. It's about timing: Contrasting the metabolic effects of early vs. late time-restricted eating in humans. Curr Nutr Rep. 2024 Jun;13(2):214-239. doi:10.1007/s13668-024-00532-0.

10. Tsameret S, Chapnik N, Froy O. Effect of early vs. late time-restricted high-fat feeding on circadian metabolism and weight loss in obese mice. Cell Mol Life Sci. 2023 Jun 17;80(7):180. doi:10.1007/s00018-023-04834-4.

El problema del pan no es (solo) el gluten

8. Caminero A, Meisel M, Jabri B, Verdu EF. Mechanisms by which gut microorganisms influence gluten tolerance and intolerance. Nat Rev Gastroenterol Hepatol. 2024;21(2):103-118. doi:10.1038/s41575-023-00848-8.
9. Geisslitz S, Weegels P, Shewry P, Zevallos V, Masci S, Sorrells M, et al. Wheat amylase/trypsin inhibitors (ATIs): occurrence, function and health aspects. Eur J Nutr. 2022 Sep;61(6):2873-2880. doi:10.1007/s00394-022-02841-y.
10. Hollon J, Puppa EL, Greenwald B, Goldberg E, Guerrerio A, Fasano A. Effect of gliadin on permeability of intestinal biopsy explants from celiac disease patients and patients with non-celiac gluten sensitivity. Nutrients. 2015 Feb 27;7(3):1565-1576. doi:10.3390/nu7031565.
11. Kucek LK, Veenstra LD, Amnuaycheewa P, Sorrells ME. A grounded guide to gluten: How modern genotypes and processing impact wheat sensitivity. Compr Rev Food Sci Food Saf. 2015 May;14(3):285-302. doi:10.1111/1541-4337.12129.
12. Moleski SM, Shah A, Durney P, Matthews M, Kaushal G, Smith C, et al. Symptoms of gluten ingestion in patients with non-celiac gluten sensitivity: A randomized clinical trial. Nutrition. 2021 Jan;81:110944. doi:10.1016/j.nut.2020.110944.
13. Rotondi Aufiero V, Sapone A, Mazzarella G. Diploid wheats: Are they less immunogenic for non-celiac wheat sensitive consumers? Cells. 2022 Aug 3;11(15):2389. doi:10.3390/cells11152389.
14. Vojdani A, Afar D, Vojdani E. Reaction of lectin-specific antibody with human tissue: Possible contributions to autoimmunity. J Immunol Res. 2020 Feb 11;2020:1438957. doi:10.1155/2020/1438957.
15. Woodford KB. Casomorphins and gliadorphins have diverse systemic effects spanning gut, brain and internal organs. Int J Environ Res Public Health. 2021 Jul 26;18(15):7911. doi:10.3390/ijerph18157911.

16. Zevallos VF, Raker V, Tenzer S, Jimenez-Calvente C, Ashfaq-Khan M, Rüssel N, et al. Nutritional wheat amylase-trypsin inhibitors promote intestinal inflammation via activation of myeloid cells. Gastroenterology. 2017 Apr;152(5):1100-1113.e12. doi:10.1053/j.gastro.2016.12.006.

Todo lo que necesitas saber sobre los lácteos

17. Aghasi M, Golzarand M, Shab-Bidar S, Aminianfar A, Omidian M, Taheri F. Dairy intake and acne development: A meta-analysis of observational studies. Clin Nutr. 2019;38(3):1067-1075. doi:10.1016/j.clnu.2018.03.016.
18. Bian S, Hu J, Zhang K, Wang Y, Yu M, Ma J. Dairy product consumption and risk of hip fracture: a systematic review and meta-analysis. BMC Public Health. 2018 Jan 22;18(1):165. doi: 10.1186/s12889-018-5041-5.
19. Brooke-Taylor S, Dwyer K, Woodford K, Kost N. Systematic review of the gastrointestinal effects of A1 compared with A2 β-casein. Adv Nutr. 2017;8(5):739-748. doi:10.3945/an.117.015594.
20. Genkinger JM, Wang M, Anderson C, et al. Dairy consumption and risk of cancer: An umbrella review of systematic reviews and meta-analyses. Cancer Epidemiol Biomarkers Prev. 2024;33(1):15-26. doi:10.1158/1055-9965.EPI-23-0668.
21. Malmir H, Larijani B, Esmaillzadeh A. Consumption of milk and dairy products and risk of osteoporosis and hip fracture: a systematic review and meta-analysis. Crit Rev Food Sci Nutr. 2020;60(10):1722-1737. doi:10.1080/10408398.2019.1032548.
22. Willett W, Ludwig D. Milk and health. N Engl J Med. 2020;382:644-654. doi:10.1056/NEJMra1903547.

¿Carne sí o carne no?

23. Händel MN, Rohde JF, Jacobsen R, Heitmann BL. Processed meat consumption and the risk of cancer: A critical evaluation of the constraints of current evidence from epidemiological studies. Nutrients. 2021 Oct 14;13(10):3601. doi:10.3390/nu13103601.
24. Hill ER, Wang Y, Davis EM, Campbell WW. Healthy dietary patterns with and without meat improved cardiometabolic disease risk factors in adults: A randomized

crossover controlled feeding trial. Nutrients. 2024 Aug 3;16(15):2542. doi:10.3390/nu16152542.

25. Khan IA, Khan A, Zou Y, Zongshuai Z, Xu W, Wang D, Huang M. Heterocyclic amines in cooked meat products, shortcomings during evaluation, factors influencing formation, risk assessment and mitigation strategies. Meat Sci. 2022 Feb;184:108693. doi:10.1016/j.meatsci.2021.108693.
26. Leroy F, Smith NW, Adesogan AT, Beal T, Iannotti L, Moughan PJ, Mann N. The role of meat in the human diet: evolutionary aspects and nutritional value. Anim Front. 2023 Apr 15;13(2):11-18. doi:10.1093/af/vfac093.
27. O'Connor LE, Kim JE, Clark CM, Zhu W, Campbell WW. Effects of total red meat intake on glycemic control and inflammatory biomarkers: A meta-analysis of randomized controlled trials. Adv Nutr. 2021 Feb 1;12(1):115-127. doi:10.1093/advances/nmaa096.
28. Perna M, Hewlings S. Saturated fatty acid chain length and risk of cardiovascular disease: A systematic review. Nutrients. 2022 Dec 21;15(1):30. doi:10.3390/nu15010030.
29. Rotz CA, Asem-Hiablie S, Dillon J, Bonifacio H. Impacts of soil carbon sequestration on life cycle greenhouse gas emissions in Midwestern USA beef finishing systems. Agric Syst. 2017 Dec;162:249-258. doi:10.1016/j.agsy.2017.02.003.
30. Sedillo JC, Cryns VL. Targeting the methionine addiction of cancer. Am J Cancer Res. 2022 May 15;12(5):2249-2276.
31. Wang Y, Lindemann SR, Cross TL, Tang M, Clark CM, Campbell WW. Effects of adding lean red meat to a U.S.-Style healthy vegetarian dietary pattern on gut microbiota and cardiovascular risk factors in young adults: a crossover randomized controlled trial. J Nutr. 2023 May;153(5):1439-1452. doi:10.1016/j.tjnut.2023.03.013.
32. Yun Z, Nan M, Li X, Liu Z, Xu J, Du X, Dong Q, Hou L. Processed meat, red meat, white meat, and digestive tract cancers: A two-sample Mendelian randomization study. Front Nutr. 2023 Feb 13;10:1078963. doi:10.3389/fnut.2023.1078963.

CAPÍTULO 3. HÁBITOS QUE SANAN TU DIGESTIÓN (Y TU VIDA)

1. Agencia Española de Medicamentos y Productos Sanitarios (AEMPS). Nuevo antibiótico para combatir infecciones causadas por bacterias multirresistentes. Madrid: AEMPS; 2024. Disponible en: https://www.aemps.gob.es/informa/nuevo-antibiotico-para-combatir-infecciones-causadas-por-bacterias-multirresistentes
2. Andrawes M, Andrawes W, Das A, Siau K. Proton pump inhibitors (PPIs): an evidence-based review of indications, efficacy, harms, and deprescribing. Medicina (Kaunas). 2025;61(9):1569. doi:10.3390/medicina61091569.
3. Akbulut S, Akman PK, Tornuk F, Yetim H. Microplastic release from single-use plastic beverage cups. Foods. 2024 May 17;13(10):1564. doi:10.3390/foods13101564.
4. Alav I, Buckner MMC. Non-antibiotic compounds associated with humans and the environment can promote horizontal transfer of antimicrobial resistance genes. Crit Rev Microbiol. 2024 Nov;50(6):993-1010. doi:10.1080/1040841X.2023.2233603.
5. BaHammam AS, Pirzada A. Timing matters: The interplay between early mealtime, circadian rhythms, gene expression, circadian hormones, and metabolism—a narrative review. Clocks Sleep. 2023 Sep 6;5(3):507-535. doi:10.3390/clockssleep5030034.
6. Dutta AK, Sharma V, Jain A, Elhence A, Panigrahi MK, Mohta S, et al. Inappropriate use of proton pump inhibitors in clinical practice globally: a systematic review and meta-analysis. Gut. 2024 Dec 10;74(1):e5. doi:10.1136/gutjnl-2024-332154.
7. Agencia Española de Medicamentos y Productos Sanitarios (AEMPS). Utilización de medicamentos en España (informes del Observatorio de Uso de Medicamentos). Madrid: AEMPS; 2023. Disponible en: https://www.aemps.gob.es/medicamentos-de-uso-humano/observatorio-de-uso-de-medicamentos/
8. Garg K, Mohajeri MH. Potential effects of the most prescribed drugs on the microbiota-gut-brain-axis: A review. Neuropharmacology. 2024;241:109795. doi:10.1016/j.neuropharm.2024.109795.

9. Ghamari F, Jafari-Vayghan H, Saleh-Ghadimi S, Almasi-Hashiani A. Shift Work and the Risk of Peptic Ulcer: A Systematic Review. J Health Sci Surveill Syst. 2024;12(4):351-360. doi:10.30476/jhsss.2023.98648.1758.
10. Guo CG, Leung WK. Potential strategies in the prevention of nonsteroidal anti-inflammatory drugs-associated adverse effects in the lower gastrointestinal tract. Gut Liver. 2020 Mar 15;14(2):179-189. doi:10.5009/gnl19201.
11. Hibberd TJ, Ramsay S, Spencer-Merris P, Dinning PG, Zagorodnyuk VP, Spencer NJ. Circadian rhythms in colonic function. Front Physiol. 2023 Aug 30;14:1239278. doi:10.3389/fphys.2023.1239278.
12. Luo X, Zhao J, Zhao D, Wang L, Hou Y, Liu Y, et al. Differences in attentional function between experienced mindfulness meditators and non-meditators. Front Psychiatry. 2024 Mar 14;15:1341294. doi:10.3389/fpsyt.2024.1341294.
13. Menigoz W, Latz TT, Ely RA, Kamei C, Melvin G, Sinatra D. Integrative and lifestyle medicine strategies should include earthing (grounding): Review of research evidence and clinical observations. Explore (NY). 2020 May-Jun;16(3):152-160. doi:10.1016/j.explore.2019.10.005.
14. Mruk-Mazurkiewicz H, Kulaszyńska M, Jakubczyk K, Janda-Milczarek K, Czarnecka W, Rębacz-Maron E, et al. Clinical relevance of gut microbiota alterations under the influence of selected drugs—Updated review. Biomedicines. 2023 Mar 20;11(3):952. doi:10.3390/biomedicines11030952.
15. Page AJ. Gastrointestinal vagal afferents and food intake: Relevance of circadian rhythms. Nutrients. 2021 Mar 5;13(3):844. doi:10.3390/nu13030844.
16. Pardiñas López S, García-Caro ME, Vallejo JA, Aja-Macaya P, Conde-Pérez K, Nión-Cabeza P, et al. Anti-inflammatory and antimicrobial efficacy of coconut oil for periodontal pathogens: a triple-blind randomized clinical trial. Clin Oral Investig. 2025 Mar 14;29(4):182. doi:10.1007/s00784-025-06267-8.
17. Rio P, Gasbarrini A, Gambassi G, Cianci R. Pollutants, microbiota and immune system: frenemies within the gut. Front Public Health. 2024 May 10;12:1285186. doi:10.3389/fpubh.2024.1285186.
18. Rudin D, Lanzilotto A, Bachmann F, Housecroft CE, Constable EC, Drewe J, et al. Non-immunological toxicological mechanisms of metamizole-associated neutropenia in HL60 cells. Biochem Pharmacol. 2019 May;163:345-356. doi:10.1016/j.bcp.2019.01.011.

19. Sedghi LM, Bacino M, Kapila YL. Periodontal disease: The good, the bad, and the unknown. Front Cell Infect Microbiol. 2021 Dec 7;11:766944. doi:10.3389/fcimb.2021.766944.
20. Wang Y, Chen X, Zhao J, Wang X, Yang Y. Impact of non-antibiotic drugs on gut microbiota: A review of mechanisms and clinical implications. Pharmacol Res. 2023 Sep;191:106766. doi:10.1016/j.phrs.2023.106766.
21. World Wide Fund for Nature (WWF). No Plastic in Nature: Assessing Plastic Ingestion from Nature to People. Gland, Switzerland: WWF International; 2019. Disponible en: https://wwfint.awsassets.panda.org/downloads/plastic_ingestion_web_spreads.pdf
22. Zhang S, Wu X, Li Y, Zhang D, Wang J, Qin X, et al. NSAIDs and microbiota: A complicated interaction. Front Cell Infect Microbiol. 2021 May 11;11:679396. doi:10.3389/fcimb.2021.679396.
23. Zhang Y, Li Y, Zhang Y, Wang Y, Liu Y, Wang Y, et al. Circadian dysregulation induces alterations of visceral sensitivity and gut microbiota in mice. Front Microbiol. 2022;13:935919. doi:10.3389/fmicb.2022.935919.

CAPÍTULO 4. LAS DIGESTIONES ETERNAS

1. Amerikanou C, Kleftaki SA, Valsamidou E, Chroni E, Biagki T, Sigala D, et al. Food, dietary patterns, or is eating behavior to blame? Analyzing the nutritional aspects of functional dyspepsia. Nutrients. 2023;15(6):1544. doi:10.3390/nu15061544.
2. Burton-Freeman B, Davis PA, Schneeman BO. Interaction of fat availability and sex on postprandial satiety and cholecystokinin after mixed-food meals. *Am J Clin Nutr*. 2004;80(5):1207–14. doi: 10.1093/ajcn/80.5.1207.
3. Czigle S, Bittner Fialová S, Tóth J, Mučaji P, Nagy M, On behalf of the Oemonom. Treatment of gastrointestinal disorders—plants and potential mechanisms of action of their constituents. Molecules. 2022;27(9):2881. doi:10.3390/molecules27092881.
4. El-Saadony MT, Yang T, Korma SA, Sitohy M, Abd El-Mageed TA, Selim S, et al. Impacts of turmeric and its principal bioactive curcumin on human health: pharmaceutical, medicinal, and food applications: a comprehensive review. Front Nutr. 2023;9:1040259. doi:10.3389/fnut.2022.1040259.
5. Farcas RA, Grad S, Grad C, Dumitrașcu DL. Microbiota and digestive metabolites alterations in functional dyspepsia. J Gastrointestin Liver Dis. 2024;33(1):102–6. doi:10.15403/jgld-5024.
6. Fujihira K, Hamada Y, Yanaoka T, Yamamoto R, Suzuki K, Miyashita M. The effects of water temperature on gastric motility and energy intake in healthy young men. Eur J Nutr. 2020;59(1):103–9. doi:10.1007/s00394-018-1888-6.
7. Guan Y, Cheng H, Zhang N, Cai Y, Zhang Q, Jiang X, et al. The role of the esophageal and intestinal microbiome in gastroesophageal reflux disease: past, present, and future. Front Immunol. 2025 Feb 21;16:1558414. doi: 10.3389/fimmu.2025.1558414.
8. Guilliams TG, Drake LE. Meal-time supplementation with betaine HCl for functional hypochlorhydria: what is the evidence? Integr Med (Encinitas). 2020;19(1):32–6. PMID: 32549862.
9. Iwai W, Abe Y, Iijima K, Koike T, Uno K, Asano N, et al. Gastric hypochlorhydria is associated with an exacerbation of dyspeptic symptoms in female patients. J Gastroenterol. 2013;48(2):214–21. doi:10.1007/s00535-012-0634-8.

10. Kashima H, Honma A, Kamimura S, Nishimura S, Sano T, Matsumoto S, et al. Heated corn oil and 2,4-decadienal suppress gastric emptying and energy intake in humans. Nutrients. 2021;13(4):1304. doi:10.3390/nu13041304.
11. Kongkam P, Khongkha W, Lopimpisuth C, Chumsri C, Kosarussawadee P, Phutrakool P, et al. Curcumin and proton pump inhibitors for functional dyspepsia: a randomised, double blind controlled trial. BMJ Evid Based Med. 2023;28(6):399–406. doi:10.1136/bmjebm-2022-112231.
12. Lee IS, Kullmann S, Scheffler K, Preissl H, Enck P. Fat label compared with fat content: gastrointestinal symptoms and brain activity in functional dyspepsia patients and healthy controls. *Am J Clin Nutr*. 2018;108(1):127–35. doi: 10.1093/ajcn/nqy077.
13. Leitgeb M, Kupnik K, Knez Ž, Primožič M. Enzymatic and antimicrobial activity of biologically active samples from Aloe arborescens and Aloe barbadensis. Biology (Basel). 2021;10(8):765. doi:10.3390/biology10080765.
14. Marasco G, Fiocca M, Cremon C, Colecchia L, Maida M, Dajti E, et al. Therapeutic role of probiotics for the treatment of dyspepsia: a review of the literature. Neurogastroenterol Motil. 2025;May 7:e70057. doi:10.1111/nmo.70057.
15. Martinsen TC, Fossmark R, Waldum HL. The phylogeny and biological function of gastric juice—microbiological consequences of removing gastric acid. Int J Mol Sci. 2019;20(23):6031. doi:10.3390/ijms20236031.
16. Moshiree B, Drossman D, Shaukat A. AGA clinical practice update on evaluation and management of belching, abdominal bloating, and distention: expert review. *Gastroenterology*. 2023 Sep;165(3):791–800.e3. doi: 10.1053/j.gastro.2023.04.039.
17. Nikkhah Bodagh M, Maleki I, Hekmatdoost A. Ginger in gastrointestinal disorders: a systematic review of clinical trials. Food Sci Nutr. 2018;7(1):96–108. doi:10.1002/fsn3.807.
18. Oshima T. Functional dyspepsia: current understanding and future perspective. Digestion. 2024;105(1):26–33. doi:10.1159/000532082.
19. Rane SV, Asgaonkar B, Rathi P, Contractor Q, Chandnani S, Junare P, et al. Effect of moderate aerobic exercises on symptoms of functional dyspepsia. Indian J Gastroenterol. 2021;40(2):189–97. doi:10.1007/s12664-021-01174-8.

20. Sawada A, Fujiwara Y. Belching disorders and rumination syndrome: a literature review. *Digestion*. 2024;105(1):18–25. doi: 10.1159/000534092.
21. Sohail R, Mathew M, Patel KK, Reddy SA, Haider Z, Naria M, et al. Effects of non-steroidal anti-inflammatory drugs (NSAIDs) and gastroprotective NSAIDs on the gastrointestinal tract: a narrative review. Cureus. 2023;15(4):e37080. doi:10.7759/cureus.37080.
22. Wang S, Zhang S, Wang S, Gao P, Dai L. A comprehensive review on Pueraria: insights on its chemistry and medicinal value. Biomed Pharmacother. 2020;131:110734. doi:10.1016/j.biopha.2020.110734.
23. Yongwatana K, Harinwan K, Chirapongsathorn S, Opuchar K, Sanpajit T, Piyanirun W, et al. Curcuma longa Linn versus omeprazole in treatment of functional dyspepsia: a randomized, double-blind, placebo-controlled trial. J Gastroenterol Hepatol. 2022;37(2):335–41. doi:10.1111/jgh.15705.
24. Zhang W, Shen Y, Hao J, Zhao Y. The role of psychotherapeutic approaches in treatment of functional dyspepsia: systematic review and meta-analysis. Acta Gastroenterol Belg. 2024;87(2):294–303. doi:10.51821/87.2.13044.

CAPÍTULO 5. REFLUJO Y GASTRITIS: CUANDO EL ESTÓMAGO PIDE AYUDA

1. Al-Howiriny T, Alsheikh A, Alqasoumi S, Al-Yahya M, ElTahir K, Rafatullah S. Gastric antiulcer, antisecretory and cytoprotective properties of celery (*Apium graveolens*) in rats. *Pharmaceutical Biology*. 2010 Jul;48(7):786–93. doi: 10.3109/13880200903280026.
2. Azer SA, Awosika AO, Akhondi H. Gastritis. [Updated 2024 Jun 22]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2025 Jan–. Available from: https://www.ncbi.nlm.nih.gov/books/NBK544250/
3. Carvalho CA, Fernandes KM, Matta SL, Silva MB, Oliveira LL, Fonseca CC. Evaluation of antiulcerogenic activity of aqueous extract of Brassica oleracea var. capitata (cabbage) on Wistar rat gastric ulceration. Arq Gastroenterol. 2011 Oct-Dec;48(4):276-82. doi: 10.1590/s0004-28032011000400011.
4. Drescher DG, Robbins DH. Hiatal Hernia. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 Jan–. Available from: https://www.ncbi.nlm.nih.gov/books/NBK562200
5. Fletcher J, Wirz A, Young J, Vallance R, McColl KE. Unbuffered highly acidic gastric juice exists at the gastroesophageal junction after a meal. Gastroenterology. 2001 Oct;121(4):775-83. doi: 10.1053/gast.2001.27997.
6. Halland M, Bharucha AE, Crowell MD, Ravi K, Katzka DA. Effects of Diaphragmatic Breathing on the Pathophysiology and Treatment of Upright Gastroesophageal Reflux: A Randomized Controlled Trial. Am J Gastroenterol. 2021 Jan 1;116(1):86-94. doi: 10.14309/ajg.0000000000000913. PMID: 33009052.
7. Ho CE, Goh YL, Zhao XX, et al. GERD: an alternative perspective. Psychosomatics. 2016;57(2):142–151. https://doi.org/10.1016/j.psym.2015.10.007
8. Kandil TS, Mousa AA, El-Gendy AA, Abbas AM. The potential therapeutic effect of melatonin in Gastro-Esophageal Reflux Disease. BMC Gastroenterol. 2010 Jan 18;10:7. doi: 10.1186/1471-230X-10-7.
9. Komolafe K, Komolafe TR, Crown OO, Ajiboye B, Noubissi F, Ogungbe IV, Graham B. Natural products in the management of gastroesophageal reflux

disease: mechanisms, efficacy, and future directions. Nutrients. 2025;17(6):1069. doi:10.3390/nu17061069.

10. Kujawska M, Olejnik A, Lewandowicz G, Kowalczewski P, Forjasz R, Jodynis-Liebert J. Spray-Dried Potato Juice as a Potential Functional Food Component with Gastrointestinal Protective Effects. Nutrients. 2018 Feb 24;10(2):259. doi: 10.3390/nu10020259.
11. Lakananurak N, Pitisuttithum P, Susantitaphong P, Patcharatrakul T, Gonlachanvit S. The Efficacy of Dietary Interventions in Patients with Gastroesophageal Reflux Disease: A Systematic Review and Meta-Analysis of Intervention Studies. Nutrients. 2024 Feb 5;16(3):464. doi: 10.3390/nu16030464.
12. Malekpour H, Noori A, Abdi S, Abbasinazari M, Mahboubi A, Ghamsari MA. Is the Addition of Sublingual Melatonin to Omeprazole Superior to Omeprazole Alone in the Management of Gastroesophageal Reflux Disease Symptoms: A Clinical Trial. Turk J Gastroenterol. 2023 Dec;34(12):1206-1211. doi: 10.5152/tjg.2023.23021.
13. Mar-Solís LM, Soto-Domínguez A, Rodríguez-Tovar LE, Rodríguez-Rocha H, García-García A, Aguirre-Arzola VE, et al. Analysis of the Anti-Inflammatory Capacity of Bone Broth in a Murine Model of Ulcerative Colitis. Medicina (Kaunas). 2021 Oct 20;57(11):1138. doi: 10.3390/medicina57111138.
14. Mungan Z, Pınarbaşı Şimşek B. Which drugs are risk factors for the development of gastroesophageal reflux disease? Turk J Gastroenterol. 2017 Dec;28(Suppl 1):S38-S43. doi: 10.5152/tjg.2017.11.
15. Nehlig A. Effects of Coffee on the Gastro-Intestinal Tract: A Narrative Review and Literature Update. Nutrients. 2022 Jan 17;14(2):399. doi: 10.3390/nu14020399.
16. Newberry C, Lynch K. The role of diet in the development and management of gastroesophageal reflux disease: why we feel the burn. J Thorac Dis. 2019 Aug;11(Suppl 12):S1594-S1601. doi: 10.21037/jtd.2019.06.42.
17. Patcharatrakul T, Linlawan S, Plaidum S, Gonlachanvit S. The Effect of Rice vs. Wheat Ingestion on Postprandial Gastroesophageal Reflux (GER) Symptoms in Patients with Overlapping GERD-Irritable Bowel Syndrome (IBS). Foods. 2021 Dec 23;11(1):26. doi: 10.3390/foods11010026.

18. Saleh S, Fass R. The Use of Antidepressants in Patients With Depression Is Associated With Gastroesophageal Reflux Disease and Disease Severity. Neurogastroenterol Motil. 2025 Jun;37(6):e70010. doi: 10.1111/nmo.70010.
19. Sawada A, Sifrim D, Fujiwara Y. Esophageal Reflux Hypersensitivity: A Comprehensive Review. Gut Liver. 2023 Nov 15;17(6):831-842. doi: 10.5009/gnl220373.
20. Shi X, Chen Z, Yang Y, Yan S. Bile Reflux Gastritis: Insights into Pathogenesis, Relevant Factors, Carcinomatous Risk, Diagnosis, and Management. Gastroenterol Res Pract. 2022 Sep 12;2022:2642551. doi: 10.1155/2022/2642551.
21. Simadibrata DM, Lesmana E, Amangku BR, Wardoyo MP, Simadibrata M. Left lateral decubitus sleeping position is associated with improved gastroesophageal reflux disease symptoms: A systematic review and meta-analysis. World J Clin Cases. 2023 Oct 26;11(30):7329-7336. doi: 10.12998/wjcc.v11.i30.7329.
22. Wickramasinghe N, Devanarayana NM. Unveiling the intricacies: Insight into gastroesophageal reflux disease. World J Gastroenterol. 2025 Jan 7;31(1):98479. doi: 10.3748/wjg.v31.i1.98479.

CAPÍTULO 6. HELICOBACTER PYLORI: ¿EL MALO DE LA PELÍCULA?

1. Aktaş B, Başyiğit S, Yüksel O, Akkan T, Atbaşı ST, Uzman M, et al. The impact of amalgam dental fillings on the frequency of *Helicobacter pylori* infection and H. pylori eradication rates in patients treated with concomitant, quadruple, and levofloxacin-based therapies. *Eur J Gastroenterol Hepatol.* 2015 Jul;27(7):769–75. doi: 10.1097/MEG.0000000000000372.
2. Alizadeh-Naini M, Yousefnejad H, Hejazi N, et al. The beneficial health effects of *Nigella sativa* on *Helicobacter pylori* eradication, dyspepsia symptoms, and quality of life in infected patients: A pilot study. *Phytother Res.* 2020 Jun;34(6):1367–76. doi: 10.1002/ptr.6610.
3. Braksator J, Kofla-Dłubacz A, Antosz-Popiołek K, Szyller H, Koga-Batko J, Wrześniewska M, et al. Co-Occurrence of *Helicobacter pylori* and *Candida* spp. Infections in the Pathogenesis of Gastrointestinal Diseases. *Biomedicines.* 2025 May;13(5):1172. doi: 10.3390/biomedicines13051172.
4. Buzás GM, Konderák J. Co-infection with *Helicobacter pylori* and Epstein-Barr virus in benign upper digestive diseases: an endoscopic and serologic pilot study. *United European Gastroenterol J*. 2016;4(3):388-394. doi:10.1177/2050640615610265.
5. Hunt R, Armstrong D, Katelaris P, Afihene M, Bane A, Bhatia S, et al. World Gastroenterology Organisation Global Guidelines: GERD Global Perspective on Gastroesophageal Reflux Disease. *J Clin Gastroenterol.* 2017 Jul;51(6):467–78. doi: 10.1097/MCG.0000000000000854.
6. Iwata E, Sugimoto M, Akimoto Y, Hamada M, Niikura R, Nagata N, et al. Long-term endoscopic gastric mucosal changes up to 20 years after *Helicobacter pylori* eradication therapy. *Sci Rep.* 2024 Jun;14(1):13003. doi: 10.1038/s41598-024-63928-6.
7. Katelaris P, Hunt R, Bazzoli F, Cohen H, Fock KM, Gemilyan M, et al. *Helicobacter pylori* World Gastroenterology Organization Global Guideline. *J Clin Gastroenterol.* 2023 Feb;57(2):111–26. doi: 10.1097/MCG.0000000000001719.
8. Liu M, Gao H, Miao J, Zhang Z, Zheng L, Li F, et al. *Helicobacter pylori* infection in humans and phytotherapy, probiotics, and emerging therapeutic

interventions: a review. *Front Microbiol.* 2024 Jan;14:1330029. doi: 10.3389/fmicb.2023.1330029.

9. Liu M, Wang Y, Du B, et al. Update on the association between *Helicobacter pylori* infection and asthma in terms of microbiota and immunity. *Allergy Asthma Clin Immunol.* 2024 Jan;20(1):4. doi: 10.1186/s13223-024-00870-2.
10. Liu Z, Xu H, You W, Pan K, Li W, et al. *Helicobacter pylori* eradication for primary prevention of gastric cancer: progresses and challenges. *J Natl Cancer Cent.* 2024 Jul;4(4):299–310. doi: 10.1016/j.jncc.2024.06.006.
11. Morilla AM, Álvarez-Argüelles ME, Duque JM, Armesto E, Villar H, Melón S, et al. Primary antimicrobial resistance rates and prevalence of *Helicobacter pylori* infection in the north of Spain. A 13-year retrospective study. *Gastroenterol Hepatol.* 2019 Oct;42(8):476–85. doi: 10.1016/j.gastrohep.2019.05.002.
12. Patil S, Yu S, Jobby R, Ravichandran V, Sarkar S, et al. A critical review on In Vivo and Ex Vivo models for the investigation of *Helicobacter pylori* infection. *Front Cell Infect Microbiol.* 2025 May;15:1516237. doi: 10.3389/fcimb.2025.1516237.
13. Rocha GR, Lemos FFB, Silva LGO, Luz MS, Correa Santos GL, Rocha Pinheiro SL, et al. Overcoming antibiotic-resistant *Helicobacter pylori* infection: Current challenges and emerging approaches. *World J Gastroenterol.* 2025 Mar;31(10):102289. doi: 10.3748/wjg.v31.i10.102289.
14. Salem EM, Yar T, Bamosa AO, Al-Quorain A, Yasawy MI, Alsulaiman RM, et al. Comparative study of *Nigella sativa* and triple therapy in eradication of *Helicobacter pylori* in patients with non-ulcer dyspepsia. *Saudi J Gastroenterol.* 2010 Jul–Sep;16(3):207–14. doi: 10.4103/1319-3767.65201.
15. Shmuely H, Yahav J, Samra Z, Chodick G, Koren R, Niv Y, et al. Effect of cranberry juice on eradication of *Helicobacter pylori* in patients treated with antibiotics and a proton pump inhibitor. *Mol Nutr Food Res.* 2007 Jun;51(6):746–51. doi: 10.1002/mnfr.200600281.
16. Wang C, Yao M, Zhong H, Meena SS, Shu F, Nie S, et al. Natural foods resources and dietary ingredients for the amelioration of *Helicobacter pylori* infection. *Front Med (Lausanne).* 2023 Dec;10:1324473. doi: 10.3389/fmed.2023.1324473.

17. Xia K, Zhou Y, Wang W, Cai Y. *Streptococcus anginosus*: the potential role in the progression of gastric cancer. *J Cancer Res Clin Oncol.* 2025 Apr;151(4):143. doi: 10.1007/s00432-025-06201-1.
18. Yang WJ, Zhao HP, Yu Y, Wang JH, Guo L, Liu JY, et al. Updates on global epidemiology, risk and prognostic factors of gastric cancer. *World J Gastroenterol.* 2023 Apr;29(16):2452–68. doi: 10.3748/wjg.v29.i16.2452.
19. Yasuda K, Chinda D, Shimoyama T, Arai T, Akitaya K, Fujiwara S, et al. Factors Predicting Effectiveness of Eradication Therapy for *Helicobacter pylori*-Associated Dyspepsia Symptoms. *Life (Basel).* 2024 Jul;14(8):935. doi: 10.3390/life14080935.
20. Zhang L, Zhao M, Fu X. Gastric microbiota dysbiosis and *Helicobacter pylori* infection. *Front Microbiol.* 2023 Mar;14:1153269. doi: 10.3389/fmicb.2023.1153269.

CAPÍTULO 7. GASES, HINCHAZÓN Y EL FAMOSO SIBO

1. Barba E, Livovsky DM, Accarino A, Azpiroz F. Thoracoabdominal Wall Motion-Guided Biofeedback Treatment of Abdominal Distention: A Randomized Placebo-Controlled Trial. *Gastroenterology*. 2024 Aug;167(3):538–546.e1. doi: 10.1053/j.gastro.2024.03.005
2. Chedid V, Dhalla S, Clarke JO, Roland BC, Dunbar KB, Koh J, et al. Herbal therapy is equivalent to rifaximin for the treatment of small intestinal bacterial overgrowth. *Glob Adv Health Med*. 2014 May;3(3):16–24. doi: 10.7453/gahmj.2014.019.
3. Deloose E, Verbeure W, Depoortere I, Tack J. Motilin: from gastric motility stimulation to hunger signalling. *Nat Rev Endocrinol*. 2019 Apr;15(4):238–250. doi: 10.1038/s41574-019-0155-0
4. Forslund SK. Fasting intervention and its clinical effects on the human host and microbiome. *J Intern Med*. 2023 Feb;293(2):166–183. doi: 10.1111/joim.13574
5. Fritscher-Ravens A, Pflaum T, Mösinger M, Ruchay Z, Röcken C, Milla PJ, et al. Many Patients With Irritable Bowel Syndrome Have Atypical Food Allergies Not Associated With Immunoglobulin E. *Gastroenterology*. 2019 Jul;157(1):109–118.e5. doi: 10.1053/j.gastro.2019.03.046
6. Hage G, Sacre Y, Haddad J, Hajj M, Sayegh LN, Fakhoury-Sayegh N. Food Hypersensitivity: Distinguishing Allergy from Intolerance, Main Characteristics, and Symptoms—A Narrative Review. *Nutrients*. 2025 Apr 16;17(8):1359. doi: 10.3390/nu17081359
7. Kalantar-Zadeh K, Berean KJ, Burgell RE, Muir JG, Gibson PR. Intestinal gases: influence on gut disorders and the role of dietary manipulations. *Nat Rev Gastroenterol Hepatol*. 2019 Dec;16(12):733–747. doi: 10.1038/s41575-019-0193-z
8. Kanikowska A, Janisz S, Mańkowska-Wierzbicka D, Gabryel M, Dobrowolska A, Eder P. Management of adult patients with gastrointestinal symptoms from food hypersensitivity: narrative review. J Clin Med. 2022 Dec 9;11(24):7326. doi:10.3390/jcm11247326.
9. Korsak A, Kellett DO, Aziz Q, Anderson C, D'Souza A, Tinker A, et al. Immediate and sustained increases in the activity of vagal preganglionic neurons

during exercise and after exercise training. *Cardiovasc Res*. 2023 Oct 24;119(13):2329–2341. doi: 10.1093/cvr/cvad115

10. Liébana-Castillo AR, Redondo-Cuevas L, Nicolás Á, Martín-Carbonell V, Sanchis L, Olivares A, et al. Should We Treat SIBO Patients? Impact on Quality of Life and Response to Comprehensive Treatment: A Real-World Clinical Practice Study. *Nutrients*. 2025 Apr 3;17(7):1251. doi: 10.3390/nu17071251
11. Mustafa F, Noor R, Murtaza A, Kanwal W, Kanwal F, Kaleem T, Munir F, Binti Umar RA, Wan Taib WR, Krishnasamy S, Chopra S, Chopra H. Small intestinal bacterial overgrowth (SIBO) – prevention and therapeutic role of nutrition, prebiotics, probiotics, and prokinetics. *Curr Pharm Des*. 2025 Apr 28. doi: 10.2174/0113816128373584250407134451.
12. Radziszewska M, Smarkusz-Zarzecka J, Ostrowska L. Nutrition, Physical Activity and Supplementation in Irritable Bowel Syndrome. *Nutrients*. 2023 Aug 21;15(16):3662. doi: 10.3390/nu15163662
13. Redondo-Cuevas L, Belloch L, Martín-Carbonell V, Nicolás A, Alexandra I, Sanchis L, et al. Do Herbal Supplements and Probiotics Complement Antibiotics and Diet in the Management of SIBO? A Randomized Clinical Trial. *Nutrients*. 2024 Apr 7;16(7):1083. doi: 10.3390/nu16071083
14. Singh P, Chey WD, Takakura W, Cash BD, Lacy BE, Quigley EMM, et al. A Novel, IBS-Specific IgG ELISA-Based Elimination Diet in Irritable Bowel Syndrome: A Randomized, Sham-Controlled Trial. *Gastroenterology*. 2025 Jun;168(6):1128–1136.e4. doi: 10.1053/j.gastro.2025.01.223
15. Soliman N, Kruithoff C, San Valentin EM, Gamal A, McCormick TS, Ghannoum M. Small intestinal bacterial and fungal overgrowth: health implications and management perspectives. *Nutrients*. 2025 Apr 17;17(8):1365. doi: 10.3390/nu17081365.
16. Velasco-Aburto S, Llama-Palacios A, Sánchez MC, Ciudad MJ, Collado L. Nutritional approach to small intestinal bacterial overgrowth: a narrative review. *Nutrients*. 2025 Apr 23;17(9):1410. doi: 10.3390/nu17091410.
17. Zhang C, Huang Y, Li P, Chen X, Liu F, Hou Q. Ginger relieves intestinal hypersensitivity of diarrhea predominant irritable bowel syndrome by inhibiting proinflammatory reaction. *BMC Complement Med Ther*. 2020 Sep 14;20(1):279. doi: 10.1186/s12906-020-03059-3

18. Zingone F, Bertin L, Maniero D, Palo M, Lorenzon G, Barberio B, et al. Myths and Facts about Food Intolerance: A Narrative Review. *Nutrients*. 2023 Nov 30;15(23):4969. doi: 10.3390/nu15234969
19. Zuo XL, Li YQ, Shi L, Lv GP, Kuang RG, Lu XF, et al. Visceral hypersensitivity following cold water intake in subjects with irritable bowel syndrome. *J Gastroenterol*. 2006 Apr;41(4):311–317. doi: 10.1007/s00535-005-1766-x

CAPÍTULO 8. TODO LO QUE NECESITAS SABER SI SUFRES ESTREÑIMIENTO

1. Aune D, Sen A, Leitzmann MF, Norat T, Tonstad S, Vatten LJ. Body mass index and physical activity and the risk of diverticular disease: a systematic review and meta-analysis of prospective studies. *Eur J Nutr.* 2017 Dec;56(8):2423-2438. doi: 10.1007/s00394-017-1443-x.
2. Cieślińska A, Fiedorowicz E, Rozmus D, Sienkiewicz-Szłapka E, Jarmołowska B, Kamiński S. Does a Little Difference Make a Big Difference? Bovine β-Casein A1 and A2 Variants and Human Health-An Update. *Int J Mol Sci.* 2022 Dec 9;23(24):15637. doi: 10.3390/ijms232415637.
3. Dixit D, Roy A, Shukla A, Sharma P, Mandal M. The Effects of Short- and Long-Term Ingestion of Plastic Toxin Bisphenol A on Gastrointestinal Transit Time in Rats. *Cureus.* 2024 Feb 6;16(2):e53694. doi: 10.7759/cureus.53694.
4. Fujimoto G. Manual Reduction of Strangulated Internal Hemorrhoids Using Sugar: A Case Report. *Cureus.* 2024 Mar 11;16(3):e55929. doi: 10.7759/cureus.55929.
5. Gao K, Mu CL, Farzi A, Zhu WY. Tryptophan Metabolism: A Link Between the Gut Microbiota and Brain. *Adv Nutr.* 2020 May 1;11(3):709-723. doi: 10.1093/advances/nmz127.
6. Gao R, Tao Y, Zhou C, Li J, Wang X, Chen L, Li F, Guo L. Exercise therapy in patients with constipation: a systematic review and meta-analysis of randomized controlled trials. *Scand J Gastroenterol.* 2019 Feb;54(2):169-177. doi: 10.1080/00365521.2019.1568544.
7. Hibberd TJ, Ramsay S, Spencer-Merris P, Dinning PG, Zagorodnyuk VP, Spencer NJ. Circadian rhythms in colonic function. *Front Physiol.* 2023 Aug 30;14:1239278. doi: 10.3389/fphys.2023.1239278.
8. Iancu MA, Profir M, Roşu OA, Ionescu RF, Cretoiu SM, Gaspar BS. Revisiting the Intestinal Microbiome and Its Role in Diarrhea and Constipation. *Microorganisms.* 2023 Aug 29;11(9):2177. doi: 10.3390/microorganisms11092177.
9. Ionescu VA, Gheorghe G, Georgescu TF, Bacalbasa N, Gheorghe F, Diaconu CC. The Latest Data Concerning the Etiology and Pathogenesis of Irritable

Bowel Syndrome. *J Clin Med.* 2024 Aug 29;13(17):5124. doi: 10.3390/jcm13175124.

10. Jono T, Kasai Y, Kessoku T, Tanaka K, Iwaki M, Kobayashi T, et al. Patients with symptomatic uncomplicated diverticular disease have high fecal bile acid concentrations. *Front Med (Lausanne).* 2025 Jul 9;12:1533644. doi: 10.3389/fmed.2025.1533644.
11. Kildegaard H, Bliddal M, Ernst MT, Sander SD, Wesselhoeft R, Gingrich JA, et al. Prenatal exposure to selective serotonin reuptake inhibitors and risk of disorders of gut-brain interaction in children. *Mol Psychiatry.* 2025 Jun;30(6):2448-2456. doi: 10.1038/s41380-024-02848-3.
12. Krokowicz L, Stojcev Z, Kaczmarek BF, Kociemba W, Kaczmarek E, Walkowiak J, et al. Microencapsulated sodium butyrate administered to patients with diverticulosis decreases incidence of diverticulitis--a prospective randomized study. *Int J Colorectal Dis.* 2014 Mar;29(3):387-93. doi: 10.1007/s00384-013-1807-5.
13. Liang Y, Ren T, Li R, Yu Z, Wang Y, Zhang X, et al. Natural Products with Potential Effects on Hemorrhoids: A Review. *Molecules.* 2024 Jun 5;29(11):2673. doi: 10.3390/molecules29112673.
14. Ma W, Wang Y, Nguyen LH, Mehta RS, Ha J, Bhosle A, et al. Gut microbiome composition and metabolic activity in women with diverticulitis. *Nat Commun.* 2024 Apr 29;15(1):3612. doi: 10.1038/s41467-024-47859-4.
15. Mizuki A, Tatemichi M, Nakazawa A, Tsukada N, Nagata H, Kinoshita Y. Effects of Burdock tea on recurrence of colonic diverticulitis and diverticular bleeding: An open-labelled randomized clinical trial. *Sci Rep.* 2019 May 1;9(1):6793. doi: 10.1038/s41598-019-43236-0.
16. Redondo L, Cuevas O. *Remedios naturales al alcance de todos.* Barcelona: RBA Integral; 2018.
17. Sandler RS, Peery AF. Rethinking What We Know About Hemorrhoids. *Clin Gastroenterol Hepatol.* 2019 Jan;17(1):8-15. doi: 10.1016/j.cgh.2018.03.020.
18. Sharabi E, Busam JA, Mathur K, Rezaie A, Mathur R, Hosseini A, et al. Tracking Anti-cytolethal Distending Toxin B and Anti-vinculin Over Time and Their Roles in Symptoms. *Dig Dis Sci.* 2025 Jun;70(6):2016-2020. doi: 10.1007/s10620-025-09068-x.

19. Strate LL, Liu YL, Syngal S, Aldoori WH, Giovannucci EL. Nut, corn, and popcorn consumption and the incidence of diverticular disease. *JAMA.* 2008 Aug 27;300(8):907-14. doi: 10.1001/jama.300.8.907.
20. Tursi A, Scarpignato C, Strate LL, Lanas A, Kruis W, Lahat A, Danese S. Colonic diverticular disease. *Nat Rev Dis Primers.* 2020 Mar 26;6(1):20. doi: 10.1038/s41572-020-0153-5.
21. Voniatis C, Csupor T, Szijártó A. Are Nuts Safe in Diverticulosis? A Mixed-Methods Systematic Review of Available Evidence. *Nutrients.* 2025 Jun 26;17(13):2122. doi: 10.3390/nu17132122.
22. Yang X, Xi TF, Li YX, Wang HH, Qin Y, Zhang JP, et al. Oxytocin decreases colonic motility of cold water stressed rats via oxytocin receptors. *World J Gastroenterol.* 2014 Aug 21;20(31):10886-94. doi: 10.3748/wjg.v20.i31.10886.
23. Zhang R, Huang C, Wu F, Fang K, Jiang S, Zhao Y, et al. Review on melanosis coli and anthraquinone-containing traditional Chinese herbs that cause melanosis coli. *Front Pharmacol.* 2023 May 4;14:1160480. doi: 10.3389/fphar.2023.1160480.
24. Zheng Z, Tang J, Hu Y, Zhang W. Role of gut microbiota-derived signals in the regulation of gastrointestinal motility. *Front Med (Lausanne).* 2022 Jul 22;9:961703. doi: 10.3389/fmed.2022.961703.
25. Zullo A. Medical hypothesis: speculating on the pathogenesis of acute diverticulitis. *Ann Gastroenterol.* 2018 Nov-Dec;31(6):747-749. doi: 10.20524/aog.2018.0315.
26. Zullo A, Gatta L, Vassallo R, Francesco V, Manta R, Monica F, et al. Paradigm shift: the Copernican revolution in diverticular disease. *Ann Gastroenterol.* 2019 Nov-Dec;32(6):541-553. doi: 10.20524/aog.2019.0410.

CAPÍTULO 9. LOS PARÁSITOS: UNA MIRADA INTEGRADORA

1. Al-Taei AHO, Al-Quraishi MA. Evaluates the active substances of extracts of date vinegar and Citrus lemon plant fruit on Enterobius vermicularis worm in vitro. Int J Health Sci (Qassim). 2022;6(S6):9241-69. doi: 10.53730/ijhs.v6nS6.12427.
2. Bagnaresi P, Nakabashi M, Thomas AP, Reiter RJ, Garcia CR. The role of melatonin in parasite biology. Mol Biochem Parasitol. 2012;181(1):1-6. doi: 10.1016/j.molbiopara.2011.09.010.
3. Burgaña Agoües A, Abellana Sangra R, Ballestero-Téllez M, Rajadell-Guiu M, Garreta-Esteban M, Perez-Porcuna TM; Dienta-Know Study Group. Parasite load as a marker of pathogenicity in Dientamoeba fragilis infections. Medicine (Baltimore). 2025;104(13):e41963. doi: 10.1097/MD.0000000000041963.
4. Cortés A, García-Ferrús M, Sotillo J, Guillermo Esteban J, Toledo R, Muñoz-Antolí C. Effects of dietary intake of garlic on intestinal trematodes. Parasitol Res. 2017;116(8):2119-29. doi: 10.1007/s00436-017-5511-1.
5. Deng L, Tan KSW. From parasite to partner: unravelling the multifaceted role of Blastocystis in human health and disease. Lancet Microbe. 2025 Jun 17:101155. doi: 10.1016/j.lanmic.2025.101155.
6. Dudeck A, Köberle M, Goldmann O, Meyer N, Dudeck J, Lemmens S, et al. Mast cells as protectors of health. J Allergy Clin Immunol. 2019;144(4S):S4-18. doi: 10.1016/j.jaci.2018.10.054.
7. Garg P, Chetwood J, Phan T, Gray T, McKew G. A tale of two studies: is peripheral eosinophilia associated with Dientamoeba fragilis detection in adult stool samples? Pathology. 2024;56(5):688-95. doi: 10.1016/j.pathol.2024.01.011.
8. Hall LM, Ellis JT, Stark DJ. Dientamoeba fragilis: a story of contradictions. J Med Microbiol. 2026;75(1):002110. doi:10.1099/jmm.0.002110.
9. Hurst RJ, Else KJ. Retinoic acid signalling in gastrointestinal parasite infections: lessons from mouse models. Parasite Immunol. 2012;34(7):351-9. doi: 10.1111/j.1365-3024.2012.01364.x.
10. Ianiro G, Iorio A, Porcari S, Masucci L, Sanguinetti M, Perno CF, et al. How the gut parasitome affects human health. Therap Adv Gastroenterol. 2022;15:17562848221091524. doi: 10.1177/17562848221091524.

11. Ibarra-Coronado EG, Pantaleón-Martínez AM, Velazquéz-Moctezuma J, Prospéro-García O, Méndez-Díaz M, Pérez-Tapia M, et al. The bidirectional relationship between sleep and immunity against infections. J Immunol Res. 2015;2015:678164. doi: 10.1155/2015/678164.
12. Kugo M, Keter L, Maiyo A, Kinyua J, Ndemwa P, Maina G, et al. Fortification of Carica papaya fruit seeds to school meal snacks may aid Africa mass deworming programs: a preliminary survey. BMC Complement Altern Med. 2018;18(1):327. doi: 10.1186/s12906-018-2379-2.
13. Llinás-Caballero K, Caraballo L. Helminths and bacterial microbiota: the interactions of two of humans' "old friends". Int J Mol Sci. 2022;23(21):13358. doi: 10.3390/ijms232113358.
14. Mehana EE, Khafaga AF, Elblehi SS, Abd El-Hack ME, Naiel MAE, Bin-Jumah M, et al. Biomonitoring of heavy metal pollution using acanthocephalans parasite in ecosystem: an updated overview. Animals (Basel). 2020;10(5):811. doi: 10.3390/ani10050811.
15. Okeniyi JA, Ogunlesi TA, Oyelami OA, Adeyemi LA. Effectiveness of dried Carica papaya seeds against human intestinal parasitosis: a pilot study. J Med Food. 2007;10(1):194-6. doi: 10.1089/jmf.2005.065.
16. Packi K, Rudek A, Matysiak J, Klimczak S, Matuszewska E, Rzetecka N, et al. Food allergies and parasites in children. Foods. 2023;12(13):2465. doi: 10.3390/foods12132465.
17. Patocka N, Sharma N, Rashid M, Ribeiro P. Serotonin signaling in Schistosoma mansoni: a serotonin-activated G protein-coupled receptor controls parasite movement. PLoS Pathog. 2014;10(1):e1003878. doi: 10.1371/journal.ppat.1003878.
18. Payne LG, Koski KG, Ortega-Barria E, Scott ME. Benefit of vitamin A supplementation on ascaris reinfection is less evident in stunted children. J Nutr. 2007;137(6):1455-9. doi: 10.1093/jn/137.6.1455.
19. Peters L, Burkert S, Grüner B. Parasites of the liver – epidemiology, diagnosis and clinical management in the European context. J Hepatol. 2021;75(1):202-18. doi: 10.1016/j.jhep.2021.02.015.
20. Sardinha-Silva A, Alves-Ferreira EVC, Grigg ME. Intestinal immune responses to commensal and pathogenic protozoa. Front Immunol. 2022;13:963723. doi: 10.3389/fimmu.2022.963723.

21. Sharma M, Khurana S. Immunomodulation by helminthic parasites and worm therapy. Trop Parasitol. 2025;15(1):2-7. doi: 10.4103/tp.tp_5_25.
22. Sures B, Nachev M. Effects of multiple stressors in fish: how parasites and contaminants interact. Parasitology. 2022;149(14):1822-8. doi: 10.1017/S0031182022001172.

CAPÍTULO 10. HISTAMINA: LA GRAN OLVIDADA

1. Alemany-Fornés M, Bori J, Muguerza B, Suárez M. Diamine oxidase deficiency: implications for health, current management, and future directions in the treatment of histamine intolerance: a review. Int J Biol Macromol. 2025 Aug 26;327(Pt 1):147130. doi:10.1016/j.ijbiomac.2025.147130.
2. Darzi S, Paul K, Leitan S, Werkmeister JA, Mukherjee S. Immunobiology and application of Aloe vera-based scaffolds in tissue engineering. Int J Mol Sci. 2021 Feb 8;22(4):1708. doi:10.3390/ijms22041708.
3. Jackson K, Busse W, Gálvez-Martín P, Terradillos A, Martínez-Puig D. Evidence for dietary management of histamine intolerance. Int J Mol Sci. 2025 Sep 20;26(18):9198. doi:10.3390/ijms26189198.
4. Ji Y, Sakata Y, Tso P. Nutrient-induced inflammation in the intestine. Curr Opin Clin Nutr Metab Care. 2011 Jul;14(4):315-21. doi:10.1097/MCO.0b013e3283476e74.
5. Kaag S, Lorentz A. Effects of dietary components on mast cells: possible use as nutraceuticals for allergies? Cells. 2023 Nov 10;12(22):2602. doi:10.3390/cells12222602.
6. Kanta D, Katsamakas E, Gudiksen AMB, Jalili M. Histamine metabolism in IBD: towards precision nutrition. Nutrients. 2025 Jul 29;17(15):2473. doi:10.3390/nu17152473.
7. Misto A, Provensi G, Vozella V, Passani MB, Piomelli D. Mast cell-derived histamine regulates liver ketogenesis via oleoylethanolamide signaling. Cell Metab. 2019 Jan 8;29(1):91-102.e5. doi:10.1016/j.cmet.2018.09.014.
8. Nakamura Y, Ishimaru K, Shibata S, Nakao A. Regulation of plasma histamine levels by the mast cell clock and its modulation by stress. Sci Rep. 2017 Jan 11;7:39934. doi:10.1038/srep39934.
9. Shulpekova YO, Nechaev VM, Popova IR, Deeva TA, Kopylov AT, Malsagova KA, et al. Food intolerance: the role of histamine. Nutrients. 2021 Sep 15;13(9):3207. doi:10.3390/nu13093207.
10. Vlieg-Boerstra BJ, van der Heide S, Oude Elberink JN, Kluin-Nelemans JC, Dubois AE. Mastocytosis and adverse reactions to biogenic amines and histamine-releasing foods: what is the evidence? Neth J Med. 2005 Jul-Aug;63(7):244-9.

11. Yao X, Wang X, Zhang R, Kong L, Fan C, Qian Y. Dysregulated mast cell activation induced by diabetic milieu exacerbates the progression of diabetic peripheral neuropathy in mice. Nat Commun. 2025 May 5;16(1):4170. doi:10.1038/s41467-025-59562-z.
12. Zhao Y, Zhang X, Jin H, Chen L, Ji J, Zhang Z. Histamine intolerance: a kind of pseudoallergic reaction. Biomolecules. 2022 Mar 15;12(3):454. doi:10.3390/biom12030454.