注解

本書參考的研究報告、專書、文章和網路資料極多，因此只列出對讀者而言較有幫助的一部分，讓讀者能更了解本書闡述的理念與概念。有興趣更進一步探討的人也可參看這些資料。除了注解，你也可至作者網站www.DrPerlmutter.com查看更多的研究和更新資料。

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15.「讓食物成為你的藥，而你的藥就是你的食物。」據說這句古諺是希波克拉底所言，但他的著作沒有這句。儘管飲食與健康的關係非常密切，但希波克拉底認為食物還是不能和藥物劃上等號，這是兩種不同的概念。二〇一三年，巴黎笛卡兒大學的卡登納斯（Diana Cardenas）曾在報告中探討這句話的出處。她指出，在過去三十年中，至少有一份生化期刊刊登的文章引用此句，認為是希波克拉底所言。不管如何，這句古諺頗有道理。

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