Abel-Grüner, M. & Grandaunet, H.E. (2008, 19. april). Bare tanken på latter forlenger livet. <https://www.nrk.no/viten/morsomme-tanker-forlenger-livet-1.5341533>

Agnoli, C., Grioni, S., Krogh, V., Pala, V., Allione, A., Matullo, G., Di Gaetano, C., Tagliabue, G., Pedraglio, S., Garrone, G., Cancarini, I., Cavalleri, A., & Sieri, S. (2016). Plasma riboflavin and vitamin B-6, but not homocysteine, folate, or vitamin B-12, are inversely associated with breast cancer risk in the European Prospective Investigation into Cancer and Nutrition–Varese cohort. *The Journal of Nutrition, 146*(6), 1227–1234. <https://doi.org/10.3945/jn.115.225433>

Ahmed, N. (2023, 15. mai). Hvilket forhold har islam til «Healing» (helbredelse)? World Islamic Mission. <https://wim.no/tro-aqidah/184-hvilket-forhold-har-islam-til-qhealingq>

Ajmera, R. (2018, 21. februar). 7 evidence-based benefits of wheatgrass. <https://www.healthline.com/nutrition/wheatgrass-benefits>

AktivKristendom. (2023, 15. mai). Helbredelse, tro, og underets Gud. AktivKristendom. <https://aktivkristendom.no/helbredelse-tro-og-underets-gud>

Alam, M., Ali, S., Ashraf, G.M., Bilgrami, A.L., Yadav, D.K., & Hassan, M.I. (2022). Epigallocatechin 3‑gallate: From green tea to cancer therapeutics. *Food Chemistry, 379*, Article 132135. <https://doi.org/10.1016/j.foodchem.2022.132135>

Amaral, C., Trouille, F.M., Almeida, C.F., Correia-da-Silva, G., & Teixeira, N. (2021). Unveiling the mechanism of action behind the anti-cancer properties of cannabinoids in ER+ breast cancer cells: Impact on aromatase and steroid receptors. *The Journal of Steroid Biochemistry and Molecular Biology*, *210*, Article 105876. <https://doi.org/10.1016/j.jsbmb.2021.105876>

American Cancer Society. (2018, 4. januar). Understanding what cancer is: Ancient times to present. <https://www.cancer.org/cancer/understanding-cancer/history-of-cancer/what-is-cancer.html>

Andrade, C., & Radhakrishnan, R. (2009). Prayer and healing: A medical and scientific perspective on randomized controlled trials. *Indian Journal of Psychiatry, 51*(4), 247–253. <https://doi.org/10.4103/0019-5545.58288>

Arnesen, E. (2021, 13. juni). Fem sprø dietter: radioserie. <https://sunnskepsis.wordpress.com/>

Astrup, A., Magkos, F., Bier, D.M., Brenna, J.T., de Oliveira Otto, M.C., Hill, J.O., King, J.C., Mente, A., Ordovas, J.M., Volek, J.S., Yusuf, S. & Krauss, R.M. (2020). Saturated fats and health: A reassessment and proposal for food-based recommendations: JACC state-of-the-art review. *Journal of the American College of Cardiology*, *76*(7), 844–857. <https://doi.org/10.1016/j.jacc.2020.05.077>

Avisar, A., Cohen, M., Brenner, B., Bronshtein, T., Machluf, M., Bar‑Sela, G., & Aharon, A. (2020). Extracellular vesicles reflect the efficacy of wheatgrass juice supplement in colon cancer patients during adjuvant chemotherapy. *Frontiers in Oncology, 10*, Article 1659. <https://doi.org/10.3389/fonc.2020.01659>

Avisar, A., Cohen, M., Katz, R., Shentzer Kutiel, T., Aharon, A., & Bar‑Sela, G. (2020). Wheatgrass juice administration and immune measures during adjuvant chemotherapy in colon cancer patients: Preliminary results. *Pharmaceuticals, 13*(6), 129. <https://doi.org/10.3390/ph13060129>

ayurved.no (2023, 25. mai). Ayurveda – urgammel visdom for et bedre liv. <https://ayurved.no/blogg/kunnskaps-arkiv/ayurveda/alternativ-helse-med-ayurveda/>

Banik, U., Parasuraman, S., Adhikary, A. K., & Othman, N. H. (2017). Curcumin: The spicy modulator of breast carcinogenesis. *Journal of Experimental & Clinical Cancer Research*, *36*(1), 98. <https://doi.org/10.1186/s13046-017-0566-5>

Bar‑Sela, G., Tsalic, M., Fried, G., & Goldberg, H. (2007). Wheat grass juice may improve hematological toxicity related to chemotherapy in breast cancer patients: A pilot study. *Nutrition and Cancer*, *58*(1), 43–48. <https://doi.org/10.1080/01635580701308083>

Benito, J. S. (2025). *Fedon Lindberg – Kreft er en kronisk sykdom*. Helsemagasinet VOF, 3, s. 25. <https://vof.no/helsemagasinet-nr-3-2025>

Bennett, M.P., Zeller, J.M., Rosenberg, L., & McCann, J. (2003). The effect of mirthful laughter on stress and natural killer cell activity. *Alternative Therapies in Health and Medicine, 9*(2), 38–45. <https://pubmed.ncbi.nlm.nih.gov/12652882/>

Benson, H., Dusek, J.A., Sherwood, J.B., Lam, P., Bethea, C.F., Carpenter, W., Levitsky, S., Hill, P.C., Clem, D.W., Jain, M. K., Drumel, D., Kopecky, S. L., Mueller, P.S., Marek, D., Rollins, S., & Hibberd, P. L. (2006). Study of the therapeutic effects of intercessory prayer (STEP) in cardiac bypass patients: A multicenter randomized trial of uncertainty and certainty of receiving intercessory prayer. *American Heart Journal, 151*(4), 934–942. <https://doi.org/10.1016/j.ahj.2005.05.028>

Berk, L.S., Tan, S.A., Fry, W.F., Napier, B.J., Lee, J.W., Hubbard, R.W., Lewis, J.E., & Eby, W.C. (1989). Neuroendocrine and stress hormone changes during mirthful laughter. *The American Journal of the Medical Sciences*, *298*(6), 390–396. <https://doi.org/10.1097/00000441-198912000-00006>

Beth Israel Deaconess Medical Center / Harvard Medical School. (2023, 25. mai). Frequently asked questions. <http://programinplacebostudies.org/about/faq/#7>

Bettariga, F., Taaffe, D.R., Galvão, D.A., Bishop, C., Kim, J.-S., & Newton, R.U. (2024). Suppressive effects of exercise-conditioned serum on cancer cells: A narrative review of the influence of exercise mode, volume, and intensity. *Journal of Sport and Health Science, 13*(4), 484–498. <https://doi.org/10.1016/j.jshs.2023.12.001>

Bjerknes, H. (2020, 10. september). Ny kunnskap om søvn. <https://www.med.uio.no/imb/forskning/aktuelt/aktuelle-saker/2020/ny-kunnskap-om-sovn.html>

Bjørkeng, P.K. (2015, 15. oktober). Kan faste motvirke kreft? <https://www.aftenposten.no/norge/i/gPz21/kan-faste-motvirke-kreft>

Björkman, L., Musial, F., Alræk, T., Werner, E.L. & Hamre, H.J. (2022*). Utprøvende behandling ved helseplager attribuert til amalgamfyllinger. En prospektiv kohortstudie*. Bergen: NORCE. Rapportnummer: 28-2022-NORCE Helse og samfunn.

Bjørkøy, G. & Mildenberger, J. (2017, 23. august). Slik demper omega-3 betennelser. <https://gemini.no/2017/08/slik-demper-omega-3-betennelsesreaksjoner/>

Bjørneboe, G.-E. (2023, 23. mai). B-vitamin. *Store medisinske leksikon*. <https://sml.snl.no/B-vitamin>

Bjørseth, S. (2023, 24. mai). Hva alle burde vite om antioksidanter (komplett guide). <https://helsehverdag.no/antioksidanter/vite-om-antioksidanter/>

Bodinet, C. & Freudenstein, J. (2004). Influence of marketed herbal menopause preparations on MCF-7 cell proliferation. *Menopause*, *11*(3), 281–289. <https://doi.org/10.1097/01.gme.0000094209.15096.2b>

Bolte, L.A., Vila, A.V., Imhann, F., Collij, V., Gacesa, R., Peters, V., Wijmenga, C., Kurilshikov, A., Campmans‑Kuijpers, M.J.E., Fu, J., Dijkstra, G., Zhernakova, A., & Weersma, R.K. (2021). Long‑term dietary patterns are associated with pro‑inflammatory and anti‑inflammatory features of the gut microbiome. *Gut*, *70*(7), 1287–1298. <https://doi.org/10.1136/gutjnl-2020-322670>

*Botanisk og plantefysiologisk leksikon*. <https://www.mn.uio.no/ibv/tjenester/kunnskap/plantefys/>

Breastcancer. (2022, 27. juli). Raw food diet. <https://www.breastcancer.org/managing-life/diet-nutrition/breast-cancer-risk-reduction/foods/raw-food-diet>

Breastcancer.org. (2023, 24. mai). Foods containing phytochemicals. <https://www.breastcancer.org/managing-life/diet-nutrition/breast-cancer-risk-reduction/foods/phytochemicals>

Brown,P.L & Gerbarg, R.P. (2012). *The healing power of the breath: Simple techniques to reduce stress and anxiety, enhance concentration, and balance your emotions*. Shambhala.

Brunvoll, S.H., Flote, V.G., Halset, E.H. mfl. (2022). Normal and unusual days for dietary intake during the 12 months after a breast cancer diagnosis in women. *European Journal of Nutrition*, *61*, 3873–3885. <https://doi.org/10.1007/s00394-022-02925-9>

Buettner, D. (2009). *The blue zones: 9 lessons for living longer from the people who’ve lived the longest*. National Geographic.

Burns, K. (2023, 15. mai). Prayer, the most powerful healer. IslamOnline. <https://islamonline.net/en/prayer-the-most-powerful-healer/>

Buteyko Clinic. (2023, 24. mai). The life of Konstantin Pavlovich Buteyko. <https://buteykoclinic.com/about-dr-buteyko/>

Byrne, B.P. (2008, 21. oktober). The many worlds of Hugh Everett. *Scientific American*. <https://www.scientificamerican.com/article/hugh-everett-biography/>

Byrne, R. (2006). *The secret*. Simon & Schuster.

Cameron, E., & Pauling, L. (1978). Supplemental ascorbate in the supportive treatment of cancer: Reevaluation of prolongation of survival times in terminal human cancer. *Proceedings of the National Academy of Sciences of the United States of America, 75*(9), 4538–4542. <https://doi.org/10.1073/pnas.75.9.4538>

Campbell, T.C. (2023, 23. mai). The China Project. https://nutritionstudies.org/the-china-study/

Campbell, T.C. & Campbell, T.M. (2006). *The China Study: The most comprehensive study of nutrition ever conducted and the startling implications for diet, weight loss and long-term health.* BenBella Books.

Canada, A.L., Murphy, P.E., Fitchett, G. & Stein, K. (2016). Re-examining the contributions of faith, meaning, and peace to quality of life: A report from the American Cancer Society’s Studies of Cancer Survivors-II (SCS-II). *Annals of Behavioral Medicine*, 79–86. <https://doi.org/10.1007/s12160-015-9735-y>

Cancer Research UK. (2023, 24. mai). Cannabis, CBD oil and cancer. <https://www.cancerresearchuk.org/about-cancer/treatment/complementary-alternative-therapies/individual-therapies/cannabis>

Cancer Research UK. (2022, 14. juni). Ayurvedic medicine. <https://www.cancerresearchuk.org/about-cancer/treatment/complementary-alternative-therapies/individual-therapies/ayurvedic-medicine>

Cantley, L. & Yun, J. (2020, 24. januar). Intravenous high-dose vitamin C in cancer therapy. <https://www.cancer.gov/research/key-initiatives/ras/ras-central/blog/2020/yun-cantley-vitamin-c>

Carlson, L.E., Beattie, T.L., Giese-Davis, J., Faris, P., Tamagawa, R., Fick, L.J., Degelman, E.S. & Speca, M. (2015). Mindfulness-based cancer recovery and supportive-expressive therapy maintain telomere length relative to controls in distressed breast cancer survivors. *Cancer*, *121*(3), 476–484. <https://doi.org/10.1002/cncr.29063>

Catalá-López, F., Forés-Martos, J., Driver, J.A., Page, M.J., Hutton, B., Ridao, M., Alonso-Arroyo, A., Macías Saint-Gerons, D., Gènova-Malera, R., Valderas, J.M., Vieta, E., Valencia, A. & Tabarés-Seisdedos, R. (2019). Association of anorexia nervosa with risk of cancer: A systematic review and meta-analysis. *JAMA Network Open*, *2*(6), e195313. <https://doi.org/10.1001/jamanetworkopen.2019.5313>

Cha, K. Y., & Wirth, D. P. (2001). Does prayer influence the success of in vitro fertilization–embryo transfer? Report of a masked, randomized trial. *Journal of Reproductive Medicine, 46*(9), 781–787.

Chien, S.-J., Liu, C.-Y. & Hsu, C.-H. (2013). Integrating acupuncture into cancer care. *Journal of Traditional and Complementary Medicine*, *3*(4), 234–239. <https://doi.org/10.4103/2225-4110.119733>

Chopra, D. & Mills, P. (2022, 19. september). How spirituality can renew science. <https://www.deepakchopra.com/articles/how-spirituality-can-renew-science/>

Christensen, A. (2013, 10. februar). Placebo, amen. Forskning.no. <https://forskning.no/medisiner-religion-medisinske-metoder/placebo-amen/652217>

Chung, J. (2022). The vagus nerve: An educational gateway to chiropractic salutogenesis [Video]. ICPA Gathering. <https://www.youtube.com/watch?v=i6ZGEOsmgWo>

Church, D., Yang, A., Fannin, J. & Blickheuser, K. (2022, 8. september). The biological dimensions of transcendent states: A randomized controlled trial. *Frontiers Psychology*. <https://doi.org/10.3389/fpsyg.2022.928123>

Clement, B. & Clement, A.M. (2022). A guide for your life transformation. Hippocatesinst.org

Cohen, M. & Tyagi, A. (2016). Yoga and heart rate variability: A comprehensive review of the literature. *International Journal of Yoga*, *9*(2), 97–113.

Congressional Budget Office. (2021). Research and development in the pharmaceutical industry. <https://www.cbo.gov/publication/57126>

Cos P,D.B. (2003). Phytoestrogens: recent developments. *Planta Medica*, 589–599.

Courneya, K. S., Segal, R. J., McKenzie, D. C., Dong, H., Gelmon, K., & Friedenreich, C. M. (2014). Effects of exercise during adjuvant chemotherapy on breast cancer outcomes. *Medicine & Science in Sports & Exercise, 46*(9), 1744–1751. <https://doi.org/10.1249/MSS.0000000000000297>

Courneya, K.S., & Booth, C.M. (2022). Exercise as cancer treatment: A clinical oncology framework for exercise oncology research. *Frontiers in Oncology*, *12*, 957135. <https://doi.org/10.3389/fonc.2022.957135>

Cousins, N. (1981). *Anatomy of an illness as perceived by the patient*. W. W. Norton & Company.

Crane, N. (Regissør). (2023). *The Missing Link: Conquering Cancer* [Film]. <https://go.conqueringcancer.com/>

Crease, R.P. (2010). The father of parallel universes. *Nature*, 465, 1010–1011. <https://doi.org/10.1038/4651010a>

Crespo, A., Miranda‑Massari, J.R., Berdiel, M.J., Olalde, J., & Gonzalez, M.J. (2022). Intermittent fasting and cancer. *Journal of Restorative Medicine*, *12*(1), 1–7. <https://doi.org/10.14200/jrm.2022.0003>

Cronkleton, E. (2021, 1. april). What is the Buteyko breathing technique? <https://www.healthline.com/health/asthma/buteyko-breathing-technique>

D’Adamo, P.J. (1996). *Eat right 4 your type*. Putnam Publishing Group.

De Francesco, E.M., Bonuccelli, G., Maggiolini, M., Sotgia, F. & Lisanti, M.P. (2017). Vitamin C and doxycycline: A synthetic lethal combination therapy targeting metabolic flexibility in cancer stem cells (CSCs). *Oncotarget*, *8*(40), 67269–67286. <https://doi.org/10.18632/oncotarget.18428>

Delrieu, L., Touillaud, M., Pérol, O., Morelle, M., Martin, A., Friedenreich, M., & Trédan, O. (2021). Impact of physical activity on oxidative stress markers in patients with metastatic breast cancer. *Oxidative Medicine and Cellular Longevity, 2021*, Article 6694594. <https://doi.org/10.1155/2021/6694594>

Den norske tannlegeforening. (2019, 3. desember). Fluortannkrem er ikke farlig. <https://www.tannlegeforeningen.no/arkiv/nyhetsarkiv/nyheter/2019-12-03-fluortannkrem-er-ikke-farlig.html>

Dhruva A, Wu C, Miaskowski C, et al. A 4-Month Whole-Systems Ayurvedic Medicine Nutrition and Lifestyle Intervention Is Feasible and Acceptable for Breast Cancer Survivors: Results of a Single-Arm Pilot Clinical Trial. *Global Advances in Health and Medicine*. 2020;9. doi:[10.1177/2164956120964712](https://doi.org/10.1177/2164956120964712)

Diet, T.H. (2023, 23. mai). Your health begins at a cellular level. <https://myhdiet.com/pages/what-is-the-hallelujah-diet>

Dispenza, J. (2012). *Breaking the habit of being yourself: How to lose your mind and create a new one*. Hay House. Kindle Edition, s. 19.

Dispenza, J. (2018, 27. juni). Joe Dispenza - The mind-body connection. *The Ed Mylett Show*. (E. Mylett, Intervjuer) <https://www.edmylett.com/podcast/the-mind-body-connection-with-dr-joe-dispenza>

Dispenza, J. (2019). *Becoming supernatural: How common people are doing the uncommon*. Hay House.

Dispenza, J. (2020, 15. juni). The most powerful way to start healing your past and building your future. (J. Shetty, Intervjuer) *Podcast Jay Shetty*.

Dispenza, J. (2024). *Bryt vanen med å være deg selv*. (I. S. Holmes, Overs.). Skriptor AS.

Ditlefsen, A. (2023, 24. mai). Frie radikaler - ernæring. <https://sml.snl.no/frie_radikaler_-_ern%C3%A6ring>

Donaldson, D.M. (2023, 30. mai). Does blending destroy food enzymes? YouTube. <https://www.youtube.com/watch?v=N5DCZRFYmZA>

Douglas, M. (1966). *Purity and danger: An analysis of concepts of pollution and taboo*. Routledge.

Dowling, R.J.O., Niraula, S., Stambolic, V. & Goodwin, P.J. (2012). Metformin in cancer: translational challenges. *Journal of Molecular Endocrinology*, *48*(3), R31–R43. <https://doi.org/10.1530/JME-12-0007>

drjoedispenza.com. (2023, 25. mai). About Dr Joe. <https://drjoedispenza.com/>

drjoedispenza.com. (2023, 25. mai). Scientific research. <https://drjoedispenza.com/pages/scientific-research>

drjoedispenza.com. (2023, 25. mai). Stories of transformation. <https://drjoedispenza.com/pages/stories-of-transformation>

Dunbar, R.I.M., Baron, R., Frangou, A., Pearce, E., van Leeuwen, E.J.C., Stow, J., Partridge, G., MacDonald, I., Barra, V., & van Vugt, M. (2012). Social laughter is correlated with an elevated pain threshold. *Proceedings of the Royal Society B: Biological Sciences*, *279*(1731), 1161–1167. <https://doi.org/10.1098/rspb.2011.1373>

Eger, E. (2018). *The choice*. SD Books.

Embuscado, M.E. (2015). Spices and herbs: Natural sources of antioxidants – a mini review. *Journal of Functional Foods, 18,* 811–819. <https://doi.org/10.1016/j.jff.2015.03.005>

Eriksen, T.H. (2004). *Røtter og føtter: Identitet i en omskiftelig tid*. Aschehoug.

Fanidi, A., Carreras-Torres, R., Larose, T.L., Yuan, J.M., Stevens, V.L., Weinstein, S.J., Albanes, D., Prentice, R., Pettinger, M., Cai, Q., Blot, W.J., Arslan, A.A., Zeleniuch-Jacquotte, A., McCullough, M.L., Le Marchand, L., Wilkens, L.R., Haiman, C.A., Zhang, X., Stampfer, M.J., ... Brennan, P. (2019). Is high vitamin B12 status a cause of lung cancer? *International Journal of Cancer*, *145*(6), 1499–1503. <https://doi.org/10.1002/ijc.32033>

Fevang, P. (2019). Leger har placeboeffekt. *Tidsskrift for Den norske legeforening*. <https://doi.org/10.4045/tidsskr.19.0374>

Flobak, Å. (2018, 6. mars). *Mutasjoner, arv og miljø*. OnkoNytt. <https://onkonytt.no/mutasjoner-arv-og-miljo/>

Fossum, S. (2023, 23. mai). Lektiner. <https://sml.snl.no/lektiner>

Freshwater, S. (2017, 10. mai). Understanding emotions. <https://spacioustherapy.com/understanding-emotions/>

Frisaldi, E., Shaibani, A., & Benedetti, F. (2018). Placebo responders and nonresponders: What’s new? *Pain Management*, *8*(6), 405–408. <https://doi.org/10.2217/pmt-2018-0054>

Fu, F., Kano, J., Ma, J. & Guindy, M. (2022). The impact of real-world alternative dosing strategies of palbociclib on progression-free survival in patients with metastatic breast cancer. *Current Oncology*, *29*(3), 1761–1772. <https://doi.org/10.3390/curroncol29030145>

Garratt-Stanley, F. (2022, 28. juni). Tummo breathing technique | activating your inner fire. <https://yogajala.com/tummo-breathing-technique/>

Gildestad, B.A., Kalajdzic, P. & Rørslett, K. (2019, 2. september). Ny studie: D-vitamin øker sjansen for å overleve kreft. <https://www.nrk.no/norge/ny-studie_-d-vitamin-oker-sjansen-for-a-overleve-kreft-1.14680538>

Gonzalez, Nicholas. (2016, 12. april). *Nicholas Gonzalez MD Final Interview* [Video]. YouTube. <https://www.youtube.com/watch?v=Bv2vlIkA30w>

Gore, R.D., Palaskar, S.J., & Bartake, A.R. (2017). Wheatgrass: Green blood can help to fight cancer. *Journal of Clinical and Diagnostic Research, 11*(8), ZC46–ZC48. <https://doi.org/10.7860/JCDR/2017/26316.10057>

Graven, A.R. (2014, 9. mars). Yoga hjelper kreftpasienter. <https://forskning.no/sykdommer-kreft/yoga-hjelper-kreftpasienter/576331>

Grelland, H.H. (2005). *Derridas filosofi og kvantefysikken Om Derridas filosofi som grunnlag for en lingvistisk-empiristisk forståelse av fysikken, med anvendelse på kvantemekanikkens tolkningsproblem*. Høgskolen i Agder.

Griffiths, R.R., Johnson, M.W., Carducci, M.A., Umbricht, A., Richards, W.A., Richards, B.D., Cosimano, M.P. & Klinedinst, M.A. (2016). Psilocybin produces substantial and sustained decreases in depression and anxiety in patients with life-threatening cancer: A randomized double-blind trial. *Journal of Psychopharmacology*, *30*(12), 1181–1197. <https://doi.org/10.1177/0269881116675513>

Griffiths, R.R., Johnson, M.W., Richards, W.A., Richards, B.D., Cosimano, M.P. & Klinedinst, M.A. (2016). Psilocybin produces substantial and sustained decreases in depression and anxiety in patients with life-threatening cancer: A randomized double-blind trial. *Journal of Psychopharmacology*, *30*(12), 1181–1197. <https://doi.org/10.1177/0269881116675513>

Guidi, J., Lucente, M., Sonino, N. & Fava, G.A. (2020). Allostatic load and its impact on health: A systematic review. *Psychotherapy and Psychosomatics*, *90*, 11–27. <https://doi.org/10.1159/000510696>

Guna. (2023, 25. mai). *Wikipedia*. <https://en.wikipedia.org/wiki/Gu%E1%B9%87a>

Guneydas, G., & Topcul, M. R. (2022). Antiproliferative effects of curcumin on different types of breast cancer. *Asian Pacific Journal of Cancer Prevention, 23*(3), 911–917. <https://doi.org/10.31557/APJCP.2022.23.3.911>

Hall, K.T., Loscalzo, J., & Kaptchuk, T.J. (2015). Genetics and the placebo effect: the placebome. *Trends in Molecular Medicine, 21*(5), 285–294. <https://doi.org/10.1016/j.molmed.2015.02.009>

Halma, M.T.J., Tuszynski, J.A., & Marik, P.E. (2023). Cancer metabolism as a therapeutic target and review of interventions. *Nutrients*, *15*(19), Article 4245. <https://doi.org/10.3390/nu15194245>

Halpern, M. (2017, 30. juni). Ayurveda, spirituality and meditation. <https://www.ayurvedacollege.com/blog/ayurveda_spirituality_meditation/>

Hammer, G. (2017, 28. mai). Fermentert. <https://www.renmat.no/artikler/2017/melkesyregj%C3%A6ret-mat>

Han, Q.Q., Fu, Y., Le, J.M., Ma, Y.J., Wei, X.D., Ji, H.L., Jiang, H., Gao, Y. & Wu, H. (2021). The therapeutic effects of acupuncure and electroacupuncture on cancer-related symptoms and side-effects. *Journal of Cancer*, *12*(23), 7003–7009. <https://doi.org/10.7150/jca.55803>

Hanahan, D., & Weinberg, R. A. (2000). The hallmarks of cancer. *Cell, 100*(1), 57–70. <https://doi.org/10.1016/S0092-8674(00)81683-9>

Hanahan, D., & Weinberg, R.A. (2011). Hallmarks of cancer: The next generation. *Cell, 144*(5), 646–674. <https://doi.org/10.1016/j.cell.2011.02.013>

Hanger, M.R. (2018, 29. desember). Høyt nivå av vitamin B12 øker risikoen for lungekreft. <https://forskning.no/kreft-vitaminer/hoyt-niva-av-vitamin-b12-oker-risikoen-for-lungekreft/1272986>

Hansen, C.S. (2016, 1. desember). Kreftceller elsker sukker!…eller? <https://nafkam.no/kreftceller-elsker-sukkereller>

Hansen, J.-P. & Skaar, J. (2023, 25. mai). Sammenfiltring. *Store norske leksikon*. <https://snl.no/sammenfiltring>

Hassan, S.H., Gul, S., Zahra, H.S., Maryam, A., Shakir, H.A., Khan, M. & Irfan, M. (2021). Alpha solanine: A novel natural bioactive molecule with anticancer effects in multiple human malignancies. *Nutrition and Cancer*, *73*(9), 1541–1552. <https://doi.org/10.1080/01635581.2020.1803932>

Heider, C.G., Itenberg, S.A., Rao, J., Ma, H., & Wu, X. (2022). Mechanisms of cannabidiol (CBD) in cancer treatment: A review. *Biology*, *11*(6), 817. <https://doi.org/10.3390/biology11060817>

Helsedirektoratet. (2020). Seneffekter etter kreftbehandling (Rapport IS-2956). <https://www.helsedirektoratet.no/rapporter/seneffekter-etter-kreftbehandling/Seneffekter%20etter%20kreftbehandling.pdf>

Helsedirektoratet. (2023, 24. mai). Søvn og søvnvansker. <https://www.helsedirektoratet.no/tema/sovn/sovn-og-sovnvansker>

Helsenorge. (2022, 9. mai). Anbefalinger om fysisk aktivitet til voksne og eldre. <https://www.helsenorge.no/trening-og-fysisk-aktivitet/rad-om-fysisk-aktivitet/>

Hemali. (2023, 17. juni). Derfor bør du nyte solen på formiddagen! <https://hemali.no/siste/derfor-bor-du-nyte-solen/>

Hof, Wim. (2023, 24. mai). The science behind the Wim Hof Method. <https://www.wimhofmethod.com/science>

Hof, Wim. (2023, 24. mai). Wim Hof Method. <https://www.wimhofmethod.com/benefits>

Hognestad, H. (2017). *Kristendom mot en ny æon*. Solens Forlag.

Holtebekk, T. (2023, 25. mai). Interferens. *Store norske leksikon*. <https://snl.no/interferens>

Holtebekk, T. & Linder, J. (2023, 25. mai). Schrödingerligningen. *Store norske leksikon*. <https://snl.no/schr%C3%B6dingerligningen>

Howes, L. (Vert). (2024, 21. juni). Ultimate guide to holistic health: 3 keys to controlling the mind and resetting your nervous system [Podkastepisode]. I *The School of Greatness*. <https://open.spotify.com/episode/6s0zDevbfRllnakMoT8LhH>

Højman, P. (2017, 18. september). Derfor kan trening bremse kreft. (K. Sjøgren, Intervjuer) videnskab.dk. <https://fagpressenytt.no/artikkel/derfor-kan-trening-bremse-kreft>

Hughes, V.S., Wiggins, J.M. & Siemann, D.W. (2019). Tumor oxygenation and cancer therapy—Then and now. *British Journal of Radiology*, *92*(1093), 20170955. <https://doi.org/10.1259/bjr.20170955>

*Immune system modulators*. (u.d.). National Cancer Institute. <https://www.cancer.gov/about-cancer/treatment/types/immunotherapy/immune-system-modulators>

International Agency for Research on Cancer (IARC). (2023). *IARC monographs on the identification of carcinogenic hazards to humans*. <https://monographs.iarc.who.int/agents-classified-by-the-iarc/>

Irwin, M.R., Olmstead, R., Breen, E.C., Witarama, T., Carrillo, C., Sadeghi, N. … Cole, S. (2014, november). Tai Chi, cellular inflammation, and transcriptome dynamics in breast cancer survivors with insomnia: A randomized controlled trial. *JNCI Monographs*, 295–301. <https://doi.org/10.1093/jncimonographs/lgu028>

Isaacs, L. (u.d.). Diet recommendations. <https://www.drlindai.com/diet.html>

Isaacs, L.L. (u.d.). *Dr. Linda Isaacs*. <https://www.drlindai.com/>

İyikesici, M.S., Slocum, A.K., Slocum, A., Berkarda, F.B., Kalamian, M. & Seyfried, T.N. (2017). Efficacy of metabolically supported chemotherapy combined with ketogenic diet, hyperthermia, and hyperbaric oxygen therapy for stage IV triple-negative breast cancer. *Cureus*, *9*(7), e1445. <https://doi.org/10.7759/cureus.1445>

Jahnsen, F.L. (2019, 27. juni). Tarmbakteriene holder oss friske. Medisinbloggen, Universitetet i Oslo. <https://www.med.uio.no/om/aktuelt/blogg/2019/tarmbakteriene-holder-oss-friske.html>

Jakobsen, E. (2019, 30. september). Kreftregisteret. <https://www.kreftregisteret.no/Generelt/Nyheter/2019/kreftkirurgien-blir-stadig-bedre/>

Jansen, J.K. & Holck, P. (2023, 24. mai). Hypothalamus. *Store medisinske leksikon*. <https://sml.snl.no/hypothalamus>

Jayasundar, R. (2016, januar). Quantum logic in Ayurveda. <http://iks.iitgn.ac.in/wp-content/uploads/2016/01/Quantum-logic-in-Ayurveda-Rama-Jayasundar.pdf>

Jayawardena, R., Ranasinghe, P., Ranawaka, H., Gamage, N., Dissanayake, D. & Misra, A. (2020, mai–august). Exploring the therapeutic benefits of pranayama (yogic breathing): A systematic review. *International Journal of Yoga*, 99–110. <https://doi.org/10.4103/ijoy.IJOY_37_19>

Jemal, M., Molla, T.S. & Dejenie, T.A. (2021). Ketogenic diets and their therapeutic potential on breast cancer: A systemic review. *Cancer Management and Research*, *13*, 9147–9155. <https://doi.org/10.2147/CMAR.S339970>

Jie, L., Shuo, W., Ying, Z., Hui-ting, F. & Hong-sheng, L. (2015). Traditional Chinese medicine and cancer: History, present situation, and development. *Thorac Cancer*, 561–569. <https://doi.org/10.1111/1759-7714.12270>

Johansson, I. (2015, 11. november). Ny innsikt i hvordan flerumettede omega-3 fettsyrer kan bremse sykdomsutvikling. <https://blog.medisin.ntnu.no/ny-innsikt-i-hvordan-flerumettede-omega-3-fettsyrer-kan-bremse-sykdomsutvikling/>

Kahn, M. (2017, 16. juni). Chinese satellite shatters quantum entanglement record. ABC News. <https://www.abc.net.au/news/science/2017-06-16/chinese-satellite-breaks-quantum-entanglement-distance-record/8620240>

Kaipparettu, B.A., Ma, Y., Park, J.H., Lee, T.L., Zhang, Y., Yotnda, P., Creighton, C.J., Chan, W.Y. & Wong, L.J. (2013). Crosstalk from non-cancerous mitochondria can inhibit tumor properties of metastatic cells by suppressing oncogenic pathways. *PLoS ONE*, *8*(5), e61747. <https://doi.org/10.1371/journal.pone.0061747>

Kall, J. (u.d.). *Fluoride exposure & human health risks*. International Academy of Oral Medicine and Toxicology. <https://iaomt.org/resources/fluoride-facts/fluoride-exposure-human-health-risks/>

Karma Tashi Ling buddhistsamfunn. (2023, 25. mai). Forespørsel om forbønn. <https://www.ktl.no/veldedighet/forb%C3%B8nn/>

Katiyar, P., Rathore, A.S., Banerjee, S., Nathani, S., Zahra, W., Singh, S.P., Sircar, D., & Roy, P. (2022). Wheatgrass extract imparts neuroprotective actions against scopolamine‑induced amnesia in mice. *Food & Function*, *13*(16), 8474–8488. <https://doi.org/10.1039/d2fo00423b>

Khattar, E., Kumar, P., Liu, C.Y., Akıncılar, S.C., Raju, A., Lakshmanan, M. & Tergaonkar, V. (2016). Telomerase reverse transcriptase promotes cancer cell proliferation by augmenting tRNA expression. *The Journal of Clinical Investigation*, 4045–4060. <https://doi.org/10.1172/JCI86042>

Khori, V., Shalamzari, S.A., Isanejad, A., Alizadeh, A.M., Alizadeh, S., Khodayari, S., et al. (2015). Effects of exercise training together with tamoxifen in reducing mammary tumor burden in mice: Possible underlying pathway of miR‑21. *European Journal of Pharmacology, 765*, 179–187. <https://doi.org/10.1016/j.ejphar.2015.08.031>

Kierulf, P. & Hauge, J.G. (2023, 24. mai). Fosforylering. *Store norske leksikon*. <https://snl.no/fosforylering>

Kim, Y.O., Park, H.W., Kim, J.H., Lee, J.Y., Moon, S.H. & Shin, C.S. (2006). Anti-cancer effect and structural characterization of endo-polysaccharide from cultivated mycelia of *Inonotus obliquus*. *Life Sciences*, *79*(1), 72–80. <https://doi.org/10.1016/j.lfs.2005.12.047>

Kim, N.W., Piatyszek, M.A., Prowse, K.R., Harley, C.B., West, M.D., Ho, P.L. & Shay, J.W. (1994). Specific association of human telomerase activity with immortal cells and cancer. *Science*, 2011–2015. <https://doi.org/10.1126/science.7605428>

Kirkham, A. A., King, K., Joy, A. A., Pelletier, A. B., Mackey, J. R., Young, K., & Prado, C. M. (2021). Rationale and design of the Diet Restriction and Exercise‑induced Adaptations in Metastatic Breast Cancer (DREAM) study: A 2‑arm, parallel‑group, phase II randomized controlled trial of a short‑term, calorie‑restricted, and ketogenic diet plus exercise during intravenous chemotherapy. *BMC Cancer, 21*, 1093. <https://doi.org/10.1186/s12885-021-08808-2>

Klein, P.J. (2017). Qigong in cancer care: Theory, evidence‑base, and practice. *Medicines*, *4*(1), 2. <https://doi.org/10.3390/medicines4010002>

Kloter, E., Barrueto, K., Klein, S., Scholkmann, F., & Wolf, U. (2019). Heart rate variability as a prognostic factor for cancer survival based on a systematic review. *Advances in Integrative Medicine*, *6*(Suppl. 1), S93–S94. <https://doi.org/10.1016/j.aimed.2019.03.272>

Kreftforeningen. (2023, 9. februar). Myter om kreft. <https://kreftforeningen.no/om-kreft/myter-om-kreft/>

Kreftforeningen. (2023, 8. mars). Tarmkreft. <https://www.helsenorge.no/sykdom/kreft/tarmkreft/#risikofaktorer-og-forebygging>

Kreftforeningen. (2023, 30. august). Hva er kreft? <https://kreftforeningen.no/om-kreft/hva-er-kreft/>

Kreftforeningen. (u.å). Vitamin D og kreft. <https://kreftforeningen.no/forebygging/kosthold-og-kreft/vitamin-d-og-kreft/>

Kreftgenomikk rapport. (2018). *Rapport om norsk kreftgenomikk*. <https://kreftgenomikk.no/files/2019/01/NCGC-Rapport.pdf> Arkivert versjon: [https://web.archive.org/web/20190730185440/https://kreftgenomikk.no/files/2019/01/NCGC-Rapport.pdf](https://web.archive.org/web/20190730185440/https:/kreftgenomikk.no/files/2019/01/NCGC-Rapport.pdf)

Kreftregisteret. (2021, 15. mars). Vitamin D og kreftprognose. <https://www.kreftregisteret.no/Forskning/Prosjekter/vitamin-d-kalsium-albumin-og-pth-og-kreftprognose/>

Krogh, H.W. (2019, 4. september). Myter om kosthold og kreft. <https://kreftforeningen.no/aktuelt/myter-om-kosthold-og-kreft/>

Kvam, M. (2020, 26. november). Brokkoli – mer enn mat. NHI.no. <https://nhi.no/kosthold/ernaring/brokkoli-mer-enn-mat?page=all>

Kvam, M. (2021, 27. april). Mat som er bra for tarmen. NHI.no. <https://nhi.no/kosthold/forebyggende-kost-og-sykdom/mat-som-er-bra-for-tarmen?page=all>

Kvam, T.-M. (2021, 18. november). Psilocybin - fleinsopp - i behandling av depresjon. (M. Kvam, Intervjuer) <https://nhi.no/forskning-og-intervju/psilocybin-fleinsopp-i-behandling-mot-depresjon/?page=2>

Lande, B. (2023, 23. mai). Retinol. *Store medisinske leksikon*. <https://sml.snl.no/retinol>

Lawrence, K. (2018, 30. oktober). Is raw milk better for you? What about goat milk? <https://nutritionstudies.org/is-raw-milk-better-for-you-what-about-goat-milk/>

Lee, J. & Cho, K. (2012). Flaxseed sprouts induce apoptosis and inhibit growth in MCF-7 and MDA-MB-231 human breast cancer cells. *In Vitro Cellular & Developmental Biology - Animal*, *48*(4), 244–250. <https://doi.org/10.1007/s11626-012-9492-1>

Lee, E., Kolunsarka, I., Kostensalo, J., Ahtiainen, J.P., Haapala, E.A., Willeit, P., Kunutsor, S.K., & Laukkanen, J.A. (2022). Effects of regular sauna bathing in conjunction with exercise on cardiovascular function: A multi‑arm, randomized controlled trial. *American Journal of Physiology‑Regulatory, Integrative and Comparative Physiology*, *323*(3), R289–R299. <https://doi.org/10.1152/ajpregu.00076.2022>

Lein, M. (2015, 29. januar). Kroppen trenger mer vitamin K2. NHI.no. <https://nhi.no/kosthold/ernaring/kroppen-trenger-mer-vitamin-k2/>

Lemma, R.B., Fleischer, T., Martinsen, E., Alhamdoosh, M., Teschendorff, A.E., Tost, J., Sætrom, P., & Johansen, M. (2022). Pioneer transcription factors are associated with the modulation of DNA methylation patterns across cancers. *Epigenetics & Chromatin*, *15*, 13. <https://doi.org/10.1186/s13072-022-00444-9>

Li, W. (2019). *Eat to beat disease*. Vermilion.

Lindberg, F. (2023, 23. mai). Er nordisk diett bedre enn middelhavsdietten? <https://fedon.no/temaartikler/er-nordisk-diett-bedre-enn-middelhavsdietten/>

Lindberg, F. (2023, 23. mai). Middelhavskost – verdens sunneste kosthold. <http://fedonlindberg.gr/tema/middelhavskosten-verdens-sunneste-kosthold/>

Lindberg, F. (2025). *Kampen mot kreft*. Gyldendal.

Lindemann, J., Weindel, C., Hoffmann, T.K., Sommer, F., Scheithauer, M.O., Stupp, F., & Reins, E.F. (2021). Re‑evaluating the nasal cycle by long‑term rhinoflowmetry: Most individuals demonstrate a “mixed” nasal cycle. *Rhinology*, *59*(6), 538–544. <https://doi.org/10.4193/Rhin21.101>

Lipton, B.H. (2022). *Bevissthetens biologi* *- slipp løs kraften i sinn og materie.* Joy of Change AB.

Liu, H., Gruber, C.W., Alewood, P.F., Möller, A. & Muttenthaler, M. (2020). The oxytocin receptor signalling system and breast cancer: A critical review. *Oncogene*, *39*(37), 5917–5932. <https://doi.org/10.1038/s41388-020-01415-8>

Liu, J., Wang, S., Zhang, Y., Fan, H.-T., & Lin, H.-S. (2015). Traditional Chinese medicine and cancer: History, present situation, and development. *Thoracic Cancer, 6*(5), 561–569. <https://doi.org/10.1111/1759-7714.12270>

Liu, S.-H., Chen, P.-S., Huang, C.-C., Hung, Y.-T., Lee, M.-Y., Lin, W.-H., Lin, Y.-C. & Lee, A.-L. (2021). Unlocking the mystery of the therapeutic effects of Chinese medicine on cancer. *Frontiers in Pharmacology*, *11*, 601785. <https://doi.org/10.3389/fphar.2020.601785>

Lofterød, T., Frydenberg, H., Flote, V. mfl. (2020). Exploring the effects of lifestyle on breast cancer risk, age at diagnosis, and survival: the EBBA-Life study. *Breast Cancer Research and Treatment*, *182*, 215–227. <https://doi.org/10.1007/s10549-020-05679-2>

Longo, V. (2023, 23. mai). Nutrition and Fast-Mimicking Diet (FMD) for Cancer Prevention. <https://www.valterlongo.com/cancer/>

Löfling, L.L., Støer, N.C., Andreassen, B.K., Ursin, G. & Botteri, E. (2023). Low-dose aspirin, statins, and metformin and survival in patients with breast cancers: A Norwegian population-based cohort study. *Breast Cancer Research*, *25*(1), Article 01. <https://doi.org/10.1186/s13058-023-01697-2>

López, A.M., Pruthi, S., Boughey, J.C., Perloff, M., Hsu, C.-H., Lang, J.E., Yee, D., Isaacs, C. & Chow, H.-H.S. (2016). Double-blind, randomized trial of alternative letrozole dosing regimens in postmenopausal women with increased breast cancer risk. *Cancer Prevention Research*, *9*(2), 142–148. <https://doi.org/10.1158/1940-6207.CAPR-15-0322>

Martin, S.L., Kala, R., & Tollefsbol, T.O. (2018). Mechanisms for the inhibition of colon cancer cells by sulforaphane through epigenetic modulation of microRNA‑21 and human telomerase reverse transcriptase (hTERT) down‑regulation. *Current Cancer Drug Targets, 18*(1), 97–106. [https://doi.org/10.2174/1568009617666170206104032](https://doi.org/10.2174/1568009617666170206104032" \t "_new)

Martins, T., Barros, A.N., Rosa, E. & Antunes, L. (2023). Enhancing health benefits through chlorophylls and chlorophyll-rich agro-food: A comprehensive review. *Molecules*, *28*(14), 5344. <https://doi.org/10.3390/molecules28145344>

Mathupala, S.P., Ko, Y.H. & Pedersen, P.L. (2006). Hexokinase II: Cancer’s double-edged sword acting as both facilitator and gatekeeper of malignancy when bound to mitochondria. *Oncogene*, *25*(34), 4777–4786. <https://doi.org/10.1038/sj.onc.1209603>

Martinsen, L. & Thorstensen, T. (2023, 30. mai). Epigenetikk. *Store medisinske leksikon*. <https://sml.snl.no/epigenetikk>

Mattilsynet. (2021). Fakta om glyfosat. <https://www.mattilsynet.no/planter_og_dyrking/plantevernmidler/godkjenning_av_plantevernmidler/fakta_om_glyfosat.3100/binary/Fakta%20om%20glyfosat>

Mehta, R., Sharma, K., Potters, L., Wernicke, A.G. & Parashar, B. (2019). Evidence for the role of mindfulness in cancer: Benefits and techniques. *Cureus*, *11*(5), e4629. <https://doi.org/10.7759/cureus.4629>

Meidenbauer, J.J., Mukherjee, P. & Seyfried, T.N. (2015). The glucose ketone index calculator: A simple tool to monitor therapeutic efficacy for metabolic management of brain cancer. *Nutrition & Metabolism*, *12*(12). <https://doi.org/10.1186/s12986-015-0009-2>

Memorial Sloan Kettering Cancer Senter. (2020, 23. juni). Vitamin A. <https://www.mskcc.org/cancer-care/integrative-medicine/herbs/vitamin>

Memorial Sloan Kettering Cancer Center. (2022, juli). <https://www.mskcc.org/news/does-eating-soy-increase-estrogen-and-cause-breast>

Memorial Sloan Kettering Cancer Center. (2023, 23. mai). Vitamin B. <https://www.mskcc.org/cancer-care/integrative-medicine/herbs/vitamin-b6#references-4>

Memorial Sloan Kettering Cancer Center. (2023, 24. mai). Wheat grass - Purported Benefits, Side Effects & More. <https://www.mskcc.org/cancer-care/integrative-medicine/herbs/wheat-grass>

Memorial Sloan Kettering Cancer Center. (2023, oktober). <https://www.mskcc.org/cancer-care/integrative-medicine/herbs/lentinan>

Mentella, M.C., Scaldaferri, F., Ricci, C., Gasbarrini, A. & Miggiano, G.A.D. (2019). Cancer and Mediterranean diet: A review. *Nutrients*, *11*(9), 2059. <https://doi.org/10.3390/nu11092059>

Mermin, N.D. (2015). Why QBism is not the Copenhagen interpretation. I R. Bertlmann & A. Zeilinger, *Quantum[Un]Speakables II*. Springer Verlag.

Metcalfe, R.S., Kemp, R., Heffernan, S.M. mfl. Anti-carcinogenic effects of exercise-conditioned human serum: evidence, relevance and opportunities. *European Journal of Applied Physiology*, *121*, 2107–2124 (2021). <https://doi.org/10.1007/s00421-021-04680-x>

Meyers, B.A. (2013). *PEMF - The Fifth Element of Health - Learn why pulsed electromagnetic field (pemf) therapy supercharges your health like nothing else!* Balboa Press.

Moan, J. (2019, 3. august). Generasjon blek. <https://www.nrk.no/ytring/generasjon-blek-1.14642809>

Moe, L. (2021, 12. desember). Har funnet nye mål for å undertrykke regulatoriske T‑celler ved lymfekreft. *Dagens Medisin*. <https://www.dagensmedisin.no/ash-2021-forskning-kreft/har-funnet-nye-mal-for-a-undertrykke-regulatoriske-t-celler-ved-lymfekreft/284183>

Moen, I. (2011). Tumor oxygenation – influence on mammary tumor growth, progression and response to chemotherapy. [Doktoravhandling, Universitetet i Bergen].

Moen, T. (2001, 24. januar). «Blodtypedietten» – vitenskap eller fantasi? *Tidsskrift for Den norske legeforening, 121*(1), 355–358. <https://tidsskriftet.no/2001/01/kronikk/blodtypedietten-vitenskap-eller-fantasi>

Moertel, C.G., Creagan, E.T., O’Fallon, J.R., Schutt, A.J., O’Connell, M.J., Rubin, J., & Frytak, S. (1979). Failure of high‑dose vitamin C (ascorbic acid) therapy to benefit patients with advanced cancer: A controlled trial. *The New England Journal of Medicine, 301*(13), 687–690. <https://doi.org/10.1056/NEJM197909273011303>

Mora-Ripoll, R. (2010). The therapeutic value of laughter in medicine. *Alternative Therapies in Health and Medicine*, *16*, 56–64. <https://pubmed.ncbi.nlm.nih.gov/21280463/>

Moreno‑Smith, M., Lutgendorf, S.K., & Sood, A.K. (2010). Impact of stress on cancer metastasis. *Future Oncology*, *6*(12), 1863–1881. <https://doi.org/10.2217/FON.10.142>

Morielli, A.R., & Courneya, K.S. (2020). Effects of exercise on cancer treatment completion and efficacy. I K. H. Schmitz (Red.), *Exercise oncology: Prescribing physical activity before and after a cancer diagnosis* (s. 209–227). Springer. <https://doi.org/10.1007/978-3-030-42011-6_10>

Myskja, A. (2009). *Finn din indre kraft.* E-bok. J.M. Stenersens Forlag.

Myskja, A. (2018). *Pust.* J.M. Stenersens Forlag.

Mysterud, I. (2021, september). LETTVANN – mot aldring og for bedre helse. *Helsemagasinet VOF*. <https://vof.no/lettvann-mot-aldring-og-for-bedre-helse>

Mysterud, I. (2021, oktober). Vann til glede og besvær. *Helsemagasinet VOF*. <https://vof.no/vann-til-glede-og-besvaer>

Mysterud, I. (2022, mars). Lavt innhold av deuterium i kroppen gir god helse. *Helsemagasinet VOF*. <https://vof.no/lavt-innhold-av-deuterium-i-kroppen-gir-god-helse>

Mysterud, I. (2012, 29. november). PEMF – helbredelse stimulert av meget svak strøm. *Helsemagasinet VOF*. <https://vof.no/pemf-helbredelse-stimulert-av-meget-svak-strom>

Naderi, A., Soltanmaohammadi, E., Kaza, V., Barlow, S., Chatzistamou, I. & Kiaris, H. (2021). Persistent effects of pair bonding in lung cancer cell growth in monogamous *Peromyscus californicus*. *eLife, 10*, e64711. <https://doi.org/10.7554/eLife.64711>

NAFKAM. (2014, 9. juli). C-vitamin (askorbinsyre) ved kreft. <https://nafkam.no/alle-behandlinger-alternativ-behandling-ved-kreft-kreft-og-kosthold/c-vitamin-askorbinsyre-ved>

NAFKAM. (2015, 30. september). E-vitamin ved kreft. <https://nafkam.no/alle-behandlinger-alternativ-behandling-ved-kreft-kreft-og-kosthold/e-vitamin-ved-kreft>

Nestor, J. (2020). *Breath - The New Science of a Lost Art.* Penguin Books Ltd.

Nestor, J. (2023, 24. mai). The Lost Art and Science of Breath - James Nestor Float Conference 2018. YouTube. <https://www.youtube.com/watch?v=-WWDqKljmCU>

Neutzsky-Wulff, E. (2016, 25. februar). Hvordan kan noget være overnaturligt? <http://enwforlag.dk/diverse/hvordan-kan-noget-vaere-overnaturligt>

Newman, T.M., Vitolins, M.Z., & Cook, K.L. (2019). From the table to the tumor: The role of Mediterranean and Western dietary patterns in shifting microbial-mediated signaling to impact breast cancer risk. *Nutrients, 11*(11), 2565. <https://doi.org/10.3390/nu11112565>

NHI. (u.å.). Immunterapi i kreftbehandlingen. NHI.no. <https://nhi.no/sykdommer/kreft/behandlingsmetoder/immunterapi-i-kreftbehandlingen/>

NHI. (2018, 28. november). Forebygger omega-3 fettsyrer kardiovaskulær sykdom og kreft? <https://nhi.no/for-helsepersonell/fra-vitenskapen/forebygger-omega-3-fettsyrer-kardiovaskular-sykdom-og-kreft/>

NHI. (2023, 24. mai). Langvarige søvnvansker - selvhjelpskurs. <https://nhi.no/psykisk-helse/kognitiv-terapi/langvarige-sovnvansker/langvarige-sovnvansker-selvhjelpskurs/>

Nilsen, T.S. (2021, 20. september). Trening og kreft. <https://onkonytt.no/trening-og-kreft/>

Noraker, Å. & Pocekaj, L. (2019, 21. januar). Mulige uønskede effekter av probiotika. <https://balderklinikken.no/probiotika-ikke-bare-nyttig-og-harmlost/>

Nordstrand, B. (2018, 13. mai). Har du nok fordøyelsesenzymer? <https://beritnordstrand.no/artikler/har-du-nok-fordoyelsesenzymer>

Nordstrand, B. (2022, 30. mai). Erlinfrø farlig? Dette bør du vite før du spiser linfrø. Berit Nordstrand. <https://beritnordstrand.no/artikler/dette-bor-du-vite-for-du-spiser-linfro>

Norsk legemiddelhåndbok. (2021, 21. juni). Signalhemmere. <https://www.legemiddelhandboka.no/L2.2/Signalhemmere>

Næss, A.B., & Kirkengen, A.L. (2015). Er en belastet barndom knyttet til kortere telomerer? *Tidsskrift for Den norske legeforening*, *135*(3), 248–250. <https://doi.org/10.4045/tidsskr.14.1194>

Olsen, T.K. (2022, 20. desember). Målrettet kreftbehandling. *Store medisinske leksikon*. <https://sml.snl.no/m%C3%A5lrettet_kreftbehandling>

Olsson, A. (2014). Conscious Breathing Discover The Power of Your Breath. Anders Olssen. <https://www.consciousbreathing.com>.

Ortega, M.A., Fraile-Martínez, O., García-Montero, C., Callejón-Peláez, E., Sáez, M.A., Álvarez-Mon, M.A., García-Honduvilla, N., Monserrat, J., Álvarez-Mon, M., Buján, J. mfl. (2021). A general overview on the hyperbaric oxygen therapy: Applications, mechanisms and translational opportunities. *Medicina*, *57*(9), 864. <https://doi.org/10.3390/medicina57090864>

Overgaard, J. (2007). Hypoxic radiosensitization: Adored and ignored. *Journal of Clinical Oncology*, *25*(26), 4066–4074. <https://doi.org/10.1200/JCO.2007.12.7878>

Paller, C.J., Wang, L., Fu, W., Kumar, R., Durham, J.N., Azad, N.S., Laheru, D.A., Browner, I., Kachhap, S.K., Boyapati, K., Odeny, T., Armstrong, D.K., Meyer, C.F., Gaillard, S., Brahmer, J.R., Page, I., Wang, H. & Diaz, L.A. jr. (2023). Phase I trial of intravenous mistletoe extract in advanced cancer. *Cancer Research Communications*, *3*(2), 338–346. <https://doi.org/10.1158/2767-9764.CRC-23-0002>

Pan, S., Yin, K., Tang, Z., Wang, S., Chen, Z., Wang, Y., Zhu, H., Han, Y., Liu, M., Jiang, M., Xu, N. & Zhang, G. (2021). Stimulation of hypothalamic oxytocin neurons suppresses colorectal cancer progression in mice. *Elife*, *10*, e67535. <https://doi.org/10.7554/eLife.67535>

Pande, S., Sengupta, A., Srivastava, A., Gude, R. P., & Ingle, A. (2012). Re‑evaluate the effect of hyperbaric oxygen therapy in cancer—A preclinical therapeutic small animal model study. *PLoS ONE, 7*(11), e48432. <https://doi.org/10.1371/journal.pone.0048432>

Pantelis, P., Theocharous, G., Veroutis, D., Vagena, I.-A., Polyzou, A., Thanos, D.-F., Kyrodimos, E., Kotsinas, A., Evangelou, K., Lagopati, N. mfl. (2024). Pulsed electromagnetic fields (PEMFs) trigger cell death and senescence in cancer cells. *International Journal of Molecular Sciences*, *25*(5), 2473. <https://doi.org/10.3390/ijms25052473>

Park, Y.M., Go, Y.Y., Shin, S.H., Cho, J.‑G., Woo, J.‑S., & Song, J.‑J. (2018). Anti‑cancer effects of disulfiram in head and neck squamous cell carcinoma via autophagic cell death. *PLoS ONE*, *13*(9), e0203069. <https://doi.org/10.1371/journal.pone.0203069>

Patel, A., Friedenreich, C., Moor, S., Hayes, S., Silver, J., Campbell, K. & Matthews, C. (2019). American College of Sports Medicine Roundtable Report on Physical Activity, Sedentary Behavior, and Cancer Prevention and Control. *Medicine & Science in Sports & Exercise*, 2391–2402. <https://doi.org/10.1249/MSS.0000000000002117>

Patel, D. & Mansoori, A. (2012). Cancer-an Ayurvedic perspective. *International Journal of Advanced Research in Pharmaceutical and Bio Sciences*, *2*, 179–195. <https://www.researchgate.net/publication/327720353_Cancer-an_Ayurvedic_Perspective_Corresponding_Author>

Patwardhan, B. (2014). Bridging Ayurveda with evidence-based scientific approaches in medicine. *EPMA Journal, 5*, Article 19. <https://doi.org/10.1186/1878-5085-5-19>

Pert, Candace. (2023, 25. mai). Candace Pert. <https://candacepert.com/>

Pert, C. & Crews, D. (u.d.). *The Science of Golf and Life* [pdf]. <https://candacepert.com/wp-content/uploads/eBook_Science-of-Golf-and-Life.pdf>

Pfizer. (2022, 8. desember). *A study of palbociclib (PD-0332991) + letrozole vs. letrozole for 1st line treatment of postmenopausal women with ER+/HER2- advanced breast cancer (PALOMA-2)*. ClinicalTrials.gov. <https://clinicaltrials.gov/ct2/show/NCT01740427>

Pilmeijer, A. (2017). Cancer & Ayurveda as a complementary treatment. *International Journal of Complementary & Alternative Medicine, 6*(2), 00202. <https://doi.org/10.15406/ijcam.2017.06.00202>

Poff, A.M., Ari, C., Seyfried, T.N., & D’Agostino, D.P. (2013). The ketogenic diet and hyperbaric oxygen therapy prolong survival in mice with systemic metastatic cancer. *PLoS ONE, 8*(6), e65522. <https://doi.org/10.1371/journal.pone.0065522>

Poleszynski, D.V. (2015). Djevelen i melk. *Helsemagasinet vitenskap og fornuft, 6*(4), 50–57. <https://vof.no/djevelen-melk>

Poleszynski, D.V. (2023). Kreft – en stoffskiftesykdom. *Helsemagasinet vitenskap og fornuft* (VOF), (3), 40–45. <https://vof.no/er-kreft-en-stoffskiftesykdom>

Qureshi, T., Vegarud, G., Abrahamsen, R. & Skeie, S. (2012). Characterization of the Norwegian autochthonous cheese Gamalost and its angiotensin I-converting enzyme (ACE) inhibitory activity during ripening. *Dairy Science & Technology*, *92*(6), 613–625. <https://doi.org/10.1007/s13594-012-0078-1>

Raffles Medical Group. (2023, 25. mai). Cancer complementary care. <https://www.rafflesmedicalgroup.com/services/chinese-medicine/treatment-programmes/cancer-complementary-care/>

Raknes, G. (2022, 13. juni). Dikloracetat (DCA) som kreftbehandling. *Farmatid*. <https://www.farmatid.no/vitenskap-og-fag/siste-fra-relis/dikloracetat-dca-som-kreftbehandling>

Ranes, L. (2023, 18. mai). Er lektiner problemet? *Caluna*. <https://caluna.no/kosthold/er-lektiner-problemet/>

Rempelos, L., Wang, J., Barański, M., Watson, A., Volakakis, N., Hoppe, H.-W., Kühn-Velten, W.N., Hadall, C., Hasanaliyeva, G., Chatzidimitriou, E., Magistrali, A., Davis, H., Vigar, V., Średnicka-Tober, D., Rushton, S., Iversen, P.O., Seal, C.J. & Leifert, C. (2022). Diet and food type affect urinary pesticide residue excretion profiles in healthy individuals: Results of a randomized controlled dietary intervention trial. *The American Journal of Clinical Nutrition*, *115*(2), 364–377. <https://doi.org/10.1093/ajcn/nqab308>

Rief, H., Bruckner, T., Schlampp, I., Bostel, T., Welzel, T., Debus, J., & Förster, R. (2016). Resistance training concomitant to radiotherapy of spinal bone metastases – Survival and prognostic factors of a randomized trial. *Radiation Oncology, 11*, 97. <https://doi.org/10.1186/s13014-016-0675-x>

Ringen, P.A. (2012). Kropp og sinn er ett ... [Anmeldelse av boka *Kroppens skjulte intelligens*, av Å. Dragland]. *Tidsskrift for Den norske legeforening*, *132*(2), 188. <https://doi.org/10.4045/tidsskr.11.1283>

Rogel Cancer Center. (2023, 24. mai). Help or harm? Nutritional supplements and cancer treatment often don’t mix. <https://www.rogelcancercenter.org/living-with-cancer/mind-body-side-effects/nutrition/help-or-harm>

Sandtorv, A.H. & Pedersen, B. (2024, 5. april). Redoksreaksjon. *Store norske leksikon*. <https://snl.no/redoksreaksjon>

Schrödinger, E. (1944). *What is life? The physical aspect of the living cell.* Cambridge U. Press.

Seligman, M. & Peterson, C. (2004). *Character strenghts and virtues.* Oxford University Press Inc.

Seyfried, T.N. (2012). *Cancer as a metabolic disease: On the origin, management and prevention og cancer.* Hohn Wiley & Sons, Inc.

Shah, P. (2020, 16. oktober). From celiac to the soul: How I embrace my journey of chronic illness. <https://chopra.com/articles/from-celiac-to-the-soul-how-i-embrace-my-journey-of-chronic-illness>

Sheinboim, D., Parikh, S., & Manich, P. (2022). An exercise‑induced metabolic shield in distant organs blocks cancer progression and metastatic dissemination. *Cancer Research, 82*(22), 4164–4178. <https://doi.org/10.1158/0008-5472.CAN-22-0237>

Siegel, B. (2023, 30. mai). Bernie Siegel MD. <https://berniesiegelmd.com/>

Servan-Schreiber, D. (2010). *Kreft & terrenget ditt: Hva kan du selv gjøre* (B. Lund & S. Sundby, Overs.). Arneberg Forlag.

Skjønsberg, O.H. (2023, 24. mai). Hypoventilasjon. *Store medisinske leksikon*. <https://sml.snl.no/hypoventilasjon>

Skrøvseth, S.O. (2005). Fysikkdrypp - Mystisk minioppførsel. <http://www.norskfysikk.no/nfs/arkiv/wyp05/drypp08.php>

Smit, K.C., Derksen, J.W., Beets, G.L., Belt, E.J., Berbée, M., Coene, P.P., … Harin, A.W. (2022). Physical activity is associated with improved overall survival among patients with metastatic colorectal cancer. *Cancers*, *14*(4), 1001. <https://doi.org/10.3390/cancers14041001>

Sonne, F.G. (2020, 25. juni). De fleste fMRI-skanningene kan ikke gjenskapes. Forskning.no. <https://forskning.no/hjernen-medisinske-metoder-om-forskning/kraftig-kritikk-av-hjerneskanningsteknologi-de-fleste-fmri-skanningene-kan-ikke-gjenskapes/1703046>

Spilde, I. (2023, 20. februar). For enkelte med epilepsi kan ketogen diett være en mirakelkur. Men forskerne vet ikke hvorfor. Forskning.no. <https://www.forskning.no/hjernen-mat-og-helse-sykdommer/for-enkelte-med-epilepsi-kan-ketogen-diett-vaere-en-mirakelkur-men-forskerne-vet-ikke-hvorfor/2154009>

Statens legemiddelverk. (2019. 30. september). *Hurtig metodevurdering for legemidler finansiert i spesialisthelsetjeneste. Palbociklib i kombinasjon med fulvestrant til behandling av HR-positiv, HER2-negativ metastatisk brystkreft som har progrediert etter endokrin behandling.* Statens legemiddelverk. <https://nyemetoder.no/Documents/Rapporter/Palbociklib%20(Ibrance)_%20ID2018_090%20hurtig%20metodevurdering_offentligutgave.pdf>

Stegall, J. (2018). *Cancer secrets: An integrative oncologist reveals how you can defeat cancer using the best of modern medicine and alternative therapies* [Kindle-utgave]. Cancer Secrets, LLC.

Stegall, J. (2024, 4. mars). Is IV citamin C helpful for fightning cancer (Nr. 76) [Lydfil]. I *The Cancer Secret Podcast*. Spotify.

Søegaard, E.G. & Thapa, S.B. (2017, 8. mars). Psykiske traumer kan gjøre deg fysisk syk. Forskningssykehuset - en blogg fra Oslo universitetssykehus. <https://blogg.forskning.no/forskningssykehuset/psykiske-traumer-kan-gjore-deg-fysisk-syk/1097975>

Takemura, N., Chan, S.L., Smith, R., Cheung, D.S.T., & Lin, C.C. (2021). The effects of physical activity on overall survival among advanced cancer patients: A systematic review and meta‑analysis. *BMC Cancer*, *21*, Article 242. <https://doi.org/10.1186/s12885-021-07988-1>

Tan, B. (u.å.). *Research behind tocotrienol*. Hentet fra [https://barrietan.com/why- tocotrienol/research-behind-tocotrienol/](https://barrietan.com/why-%20%20%20%20%20%20%20%20%20%20%20%20%20%20tocotrienol/research-behind-tocotrienol/)

The Nutrition Source. (2023, 24. mai). Straight talk about soy. <https://www.hsph.harvard.edu/nutritionsource/soy/>

Tiner, S. (2017, 6. september). Starving cancer. *Discovery’s Edge*. Mayo Clinic. <https://discoverysedge.mayo.edu/2017/09/06/starving-cancer/>

Toftenes, T. (2021). *Fri fra kreft*. Gyldendal Norsk Forlag.

Torp, Ø. (2019). *Selvforsvar mot kreft*. Spartacus Forlag.

Torrens‑Mas, M., & Roca, P. (2020). Phytoestrogens for cancer prevention and treatment. *Biology, 9*(12), 427. <https://doi.org/10.3390/biology9120427>

Trujillo, M., Kharbanda, A., Corley, C., Simmons, P., & Allen, A.R. (2021). Tocotrienols as an anti‑breast cancer agent. *Antioxidants, 10*(9), 1383. <https://doi.org/10.3390/antiox10091383>

Turner, K.A. (2010). Spontaneous remission of cancer: Theories from healers, physicians, and cancer survivors. <https://www.stressingcancer.com/wp-content/uploads/2012/12/KATFinalDissertation.pdf>

Turner, K.A. (2015). *Radical remission*. Harper One.

Turner, K.A. (2020). *Radical hope*. Hay House, Inc.

Utforsk Sinnet. (2019, 5. oktober). Gassen nitrogenoksid: En fantastisk nevrotransmitter. <https://utforsksinnet.no/gassen-nitrogenoksid-en-fantastisk-nevrotransmitter/>

Vikse, J. (2022, 1. mars). Monoklonale antistoffer. *Store medisinske leksikon*. <https://sml.snl.no/monoklonale_antistoffer>

Vinay, A.V., Venkatesh, D., & Ambarish, V. (2016). Impact of short‑term practice of yoga on heart rate variability. *International Journal of Yoga, 9*(1), 62–66. <https://doi.org/10.4103/0973-6131.171714>

Volek, J.S. & Phinney, S.D. (2011). *The art and science of low carbohydrate living*. Beyond Obesity LLC.

Walker, M. (2018). *Hvorfor vi sover*. (J. Grande overs.). Forlaget Press. Kindle-utgave.

Wang, L., Wang, C. & Choi, W.S. (2022). Use of melatonin in cancer treatment: Where are we? *International Journal of Molecular Sciences*, *23*(7), 3779. <https://doi.org/10.3390/ijms23073779>

Weber, D.D., Aminzadeh‑Gohari, S., Tulipan, J., Catalano, L., Feichtinger, R.G., & Kofler, B. (2020). Ketogenic diet in the treatment of cancer – Where do we stand? *Molecular Metabolism, 33*, 10–121. <https://doi.org/10.1016/j.molmet.2019.06.026>

WebMD Editorial Contributors, M.R. (2023, 30. april). What is pranayama? <https://www.webmd.com/balance/what-is-pranayama>

Wei, D.-H., & Mao, Q.-Q. (2020). Vitamin B6, vitamin B12 and methionine and risk of pancreatic cancer: A meta-analysis. *Nutrition Journal, 19*(1), 111. <https://doi.org/10.1186/s12937-020-00628-7>

WHOOP. (2020, 30. januar). What is a good HRV? It varies for everyone. <https://www.whoop.com/eu/en/thelocker/what-is-a-good-hrv/>

Wiggen, Ø. (2023, 1. januar). Her er forskernes kalde fakta om kropp og kulde. (C. Benjaminsen, Intervjuer) <https://www.sintef.no/siste-nytt/2018/hva-er-myter-og-hva-er-fakta-om-kropp-og-kulde/>

Wiggs, A.G., Chandler, J.K., Aktas, A., Sumner, S.J. & Stewart, D.A. (2021). The effects of diet and exercise on endogenous estrogens and subsequent breast cancer risk in postmenopausal women. *Frontiers in Endocrinology*, *12*, 732255. <https://doi.org/10.3389/fendo.2021.732255>

Xu, C., Zhang, J., Mihai, D.M., & Washington, I. (2014). Light‑harvesting chlorophyll pigments enable mammalian mitochondria to capture photonic energy and produce ATP. *Journal of Cell Science, 127*(2), 388–399. <https://doi.org/10.1242/jcs.134262>

Yang, L., Morielli, A.R., Heer, E., Kirkham, A.A., Cheung, W.Y., Usmani, N., … Courneya, K. S. (2021). Effects of exercise on cancer treatment efficacy: A systematic review of preclinical and clinical studies. *Cancer Research*, *81*(19). <https://doi.org/10.1158/0008-5472.CAN-21-1258>

Yara International ASA. (2023). *Integrert årsrapport 2022*. <https://www.yara.com/siteassets/investors/057-reports-and-presentations/annual-reports/2022/yara-integrated-report-2022.pdf>

Yazdani, M., Esmaeilzadeh, M., Pahlavanzadeh, S., & Khaledi, A.F. (2014). The effect of laughter yoga on general health among nursing students. *Iranian Journal of Nursing and Midwifery Research*, *19*(1), 36–40. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3917183/>

Yu, R. & Hong, H. (2016). *Cancer management with Chinese medicine: Prevention and complementary treatments* (revidert utg.). World Scientific Publishing Company.

Zeng, Y., Luo, T., Xie, H., Huang, M. & Cheng, A. S. (2014). Health benefits of qigong or tai chi for cancer patients: a systematic review and meta-analyses. *Complementary Therapies in Medicine*, 173–186. <https://doi.org/10.1016/j.ctim.2013.11.010>

Zhang, Y., Lu, Q., Li, N., Xu, M., Miyamoto, T., & Liu, J. (2022). Sulforaphane suppresses metastasis of triple‑negative breast cancer cells by targeting the RAF/MEK/ERK pathway. *npj Breast Cancer, 8*, Article 40. <https://doi.org/10.1038/s41523-022-00402-4>

Zhao, F., Guo, Z., Ma, Z.-R., Ma, L.-L. & Zhao, J. (2021). Antitumor activities of *Grifola frondosa* (Maitake) polysaccharide: A meta-analysis based on preclinical evidence and quality assessment. *Journal of Ethnopharmacology*, *280*, 114395. <https://doi.org/10.1016/j.jep.2021.114395>

Øberg, S.P. (2013, 13. april). Mediterer seg varme. <https://forskning.no/alternativ-behandling/mediterer-seg-varme/640162>

Øverbø, E.T. (2017, 17. januar). Kjemoterapiens historie. *OnkoNytt*. <https://onkonytt.no/kjemoterapiens-historie/>

Øverbø, E.T. (2018, 5. mars). Onko-terapeutiske milepæler*.* *OnkoNyt*t. <https://onkonytt.no/onko-terapeutiske-milepaeler/>

Øverbø, E.T. (2019, 8. august). Franske Fraksjoner*.* *OnkoNytt*. <https://onkonytt.no/franske-fraksjoner>

Özkan, G., Günal-Köroğlu, D., Karadag, A., Capanoglu, E., Cardoso, S.M., Al-Omari, B., Calina, D., Sharifi-Rad, J. & Cho, W.C. (2023). A mechanistic updated overview on lycopene as potential anticancer agent. *Biomedicine & Pharmacotherapy*, *161*, 114428. <https://doi.org/10.1016/j.biopha.2023.114428>

Aagård, I. (2019, 18. desember). Immunterapi - behandlingsformer, bivirkninger og konsekvenser*.* *Bioingeniøren*. <https://www.bioingenioren.no/fag/fag-i-praksis/2019/immunterapi—behandlingsformer-bivirkninger-og-konsekvenser/>

Aalen, O.O. (2002, 30. mai). Hvorfor bruke bayesiansk tankegang? *Tidsskrift for Den norske legeforening*. <https://tidsskriftet.no/2002/05/redaksjonelt/hvorfor-bruke-bayesiansk-tankegang>

Aarnes, H. (2021, 18. januar). Oksygen (reaktive oksygenforbindelser). *Store norske leksikon*. <https://snl.no/oksygen_-_reaktive_oksygenforbindelser>