

Några referenser kring litium och dess positive hälsoeffekter

Här kommer några exempel på artiklar. I boken "Litium det nya hälsomineralet" finns 153 referenser. Det finns för övrigt betydligt fler vetenskapliga artiklar än de som finns i boken som talar för att litium har positiva hälsoeffekter. GSK3, som litium hämmar, är ett mycket hett forskningsområde. Bara senast året har det kommit drygt 1000 vetenskapliga artiklar som tar upp GSK3, och totalt finns det över 9000.

Litium och mentalt välmående:

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2. Ohgami H et al, **Lithium levels in drinking water and risk of suicide.** Br J Psychiatry. 2009 May;194(5):464-5
3. Schrauzer GN, Shrestha KP, **Lithium in drinking water and the incidences of crimes, suicides, and arrests related to drug addictions.** Biol Trace Elem Res. 1990 May;25(2):105-13
4. Schrauzer GN et al, **Lithium in scalp hair of adults, students, and violent criminals. Effects of supplementation and evidence for interactions of lithium with vitamin B12 and with other trace elements.** Biol Trace Elem Res. 1992
5. Vita A et al, **Lithium in drinking water and suicide prevention: a review of the evidence.** Int Clin Psychopharmacol. 2014 Jul 14

Litium och inflammation

6. Hongquan Dong et al, **Lithium ameliorates lipopolysaccharide-induced microglial activation via inhibition of toll-like receptor 4 expression by activating the PI3K/Akt/FoxO1 pathway.** Journal of Neuroinflammation 2014, 11:140

Litium och diabetes

7. Hu M et al, **Assisting effects of lithium on hypoglycemic treatment in patients with diabetes.** Biol Trace Elem Res. 1997 Oct-Nov;60(1-2):131-7

Litium och Alzheimers

8. Nunes MA et al, **Microdose lithium treatment stabilized cognitive impairment in patients with Alzheimer's disease.** Curr Alzheimer Res. 2013 Jan;10(1):104-7.
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Litium, aluminium och kadmium

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11. Bhalla P et al. **Potential of lithium to reduce aluminium-induced cytotoxic effects in rat brain.** Biometals, 2010 Apr;23(2):197-206. doi: 10.1007/s10534-009-9278-4.
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Litium och hjärtinfarkt

15. Voors AW, **Lithium content of drinking water and ischemic heart disease.** N Engl J Med. 1969 Nov 13;281(20):1132-3.

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Litium och ökad livslängd

17. Zarse K et al, **Low-dose lithium uptake promotes longevity in humans and metazoans**. Eur J Nutr. 2011 Aug;50(5):387-9
18. Gawain M et al, **Pharmacogenetic Analysis of Lithium-induced Delayed Aging in *Caenorhabditis elegans***. , J Biol Chem. 2008 January 4; 283(1): 350–357.
19. Martinsson L et al, **Long-term lithium treatment in bipolar disorder is associated with longer leukocyte telomeres**. Transl Psychiatry. 2013 May 21;3:e261

Litium och mitokondrier

20. de Sousa RT et al, **Lithium increases leukocyte mitochondrial complex I activity in bipolar disorder during depressive episodes**. *Psychopharmacology* , 2015 Jan;232(1):245-50. doi: 10.1007/s00213-014-3655-6. Epub 2014 Jun 26.
21. Sun X et al, **Downregulation in components of the mitochondrial electron transport chain in the postmortem frontal cortex of subjects with bipolar disorder**. J Psychiatry Neurosci. 2006 May;31(3):189-96
22. Maurer IC et al, **Lithium-induced enhancement of mitochondrial oxidative phosphorylation in human brain tissue**. Bipolar Disord. 2009 Aug;11(5):515-22

Litium och infektionssjukdomer

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24. Ren X et al, **Action mechanisms of lithium chloride on cell infection by transmissible gastroenteritis coronavirus**. PLoS One. 2011 May 6;6(5)
25. Tsao N et al, **Protection against *Klebsiella pneumoniae* using lithium chloride in an intragastric infection model**. Antimicrob Agents Chemother. 2015 Mar;59(3):1525-33
26. Sohn H et al, **Lithium inhibits growth of intracellular *Mycobacterium kansasii* through enhancement of macrophage apoptosis**. J Microbiol. 2014

Litium och benskörheter

27. Clément-Lacroix P et al, **Lrp5-independent activation of Wnt signaling by lithium chloride increases bone formation and bone mass in mice**. Proc Natl Acad Sci U S A. 2005 Nov 29;102(48):17406-11
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