

## Superhyvää suolistolle! -kirjan viitteet

Tältä sivustolta löydät keskeisimmät taustalähteet Superhyvää suolistolle! -kirjalle.  
(<http://leenaputkonen./superhyvaa-suolistolle/>)

Tutkimukset on jaoteltu karkeasti aloittain, mutta on hyvä huomata, että moni tutkimus menisi todellisuudessa useamman otsikon alle.

Tutkimustuloksia niin ärtyvän suolen syistä kuin hoidoista julkaistaan kiihtyvää tahtia. Jos haluat seurata tutkimusta, hyvä lähde on PubMed (<http://www.pubmed.com>)-tietopalvelu, jossa pääset lukemaan ainakin tutkimusten tiivistelmät.

Monia tutkimuksista julkaistaan nykyisin myös kokonaisuudessaan. Olen pyrkinyt helpottamaan lukijoita sillä, että olen laittanut suorat linkit niihin tutkimuksiin, joita pääsee lukemaan ilmaiseksi.

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([http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4331235/pdf/10.1177\\_2040622315569501.pdf](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4331235/pdf/10.1177_2040622315569501.pdf))

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