Chapter 3 STRESS


Ames, E. The development of Romanian orphanage children adopted to Canada (Final Report to the National Welfare Grants Program; Human Resources Development, Canada) Burnaby, Canada; Simon Fraser University (1997)


Greenwood BN, Foley TE, Burhans D, Maier SF, Fleshner M. The consequences of uncontrollable stress are sensitive to duration of prior wheel running. Brain Res. 2005 Feb 8;1033(2):164-78.


LeDoux J, Gorman J. A Call to Action: Overcoming Anxiety Through Active Coping Am J Psychiatry 158:12, December 2001


Mattson MP, Duan W, Wan R, Guo Z. Prophylactic activation of neuroprotective stress response pathways by dietary


Mattson MP. Dietary factors, hormesis and healthAgeing Research Reviews, In Press, Available online 4 September 2007


Mueller PJ. Exercise training and sympathetic nervous system activity: evidence for physical activity dependent neural plasticity.


Sarbadhikari S., Saha A., Moderate exercise and chronic stress produce counteractive effects on different areas of the brain by acting through various neurotransmitter receptor subtypes: A hypothesis Theoretical Biology and Medical Modelling 2006, 3:33


Stranahan A., Khalil D., Gould E. Social isolation delays the positive effects of running on adult neurogenesis. NATURE NEUROSCIENCE VOL 9 NUMBER 4 2006. 526-533.


