

Bibliografia

Introducció

- AHMED, K.; ZAIDI, S. F. «Treating cancer with heat: hyperthermia as promising strategy to enhance apoptosis». *J. Pak. Med. Assoc.*, 2013, 63 (4), 504-508.
- BENGTSON, S. *et al.* «Three-dimensional preservation of cellular and subcellular structures suggests 1.6 billion-year-old crown-group red algae». *PLOS Biology*, 2014.
- BOER, J. DE; WITT, A. DE; AIKING, H. «Help the climate, change your diet: a cross-sectional study on how to involve consumers in a transition to a low-carbon society». *Appetite*, 2016, 9819, 27.
- COLONESE, A. C.; MANNINO, M. A.; BAR-YOSEF MAYER, D. E.; FA, D. A.; FINLAYSON, J. C.; LUBELL, D.; STINER, M. C. «Marine mollusc exploitation in Mediterranean prehistory: An overview». *Quaternary International*, 2011, 239 (1-2), 86-103.
- CORTÉS-SÁNCHEZ, M. *et al.* «Earliest known use of marine resources by Neanderthals». *PLoS One*, 2011, 6 (9), e24026.
- DELONG, E. F.; PACE, N. R. «Environmental Diversity of Bacteria and Archaea». *Systematic Biology*, 2001, 50 (4), 470-478.
- DILLEHAY, T. D. *et al.* «Monte Verde: seaweed, food, medicine, and the peopling of South America». *Science*, 2008, 320 (5877), 784-786.
- HEDENUS, F.; WIRSENIUS, S.; JOHANSSON, D. J. A. «The importance of reduced meat and dairy consumption for meeting stringent climate change targets». *Clim. Change*, 2014, 124, 79-91.
- HOENIG, M. P.; ZEIDEL, M. L. «Homeostasis, the Milieu Intérieur, and the Wisdom of the Nephron». *Clin. J. Am. Soc. Nephrol.*, 2014, 7, 9 (7), 1272-1281.
- HOLOHAN, C.; BERNERS-LEE, M.; MCKINSTRY-WEST, J.; HEWITT, C. «Mitigating the greenhouse gas emissions em-



- bodied in food through realistic consumer choices». *Energy Policy*, 2013, 63, 1065-1074.
- MALO-SERRANO, M.; CASTILLO, N.; PAJITA, D. «La obesidad en el mundo». *An. Fac. Med.*, 2017, 78 (2).
- MICHAËLSSON, K. *et al.* «Milk intake and risk of mortality and fractures in women and men: cohort studies». *BMJ*, 2014, 349, g6015.
- POORE, J.; NEMECEK, T. «Reducing food's environmental impacts through producers and consumers». *Science*, 2018, 360 (6392), 987-992.
- RUBY, M. B. «Vegetarianism. A blossoming field of study». *Appetite*, 2012, 58 (1), 141-150.
- SOO, R. M. *et al.* «On the origins of oxygenic photosynthesis and aerobic respiration in Cyanobacteria». *Science*, 2017, 355 (6332), 1436-1440.
- WYNES, S.; NICHOLAS, K. A. «The climate mitigation gap: education and government recommendations miss the most effective individual actions». *Environmental Research Letters*, 2017, 12 (7).
- XIU-MEI, F.; MENG-QI, Z. *et al.* «Chinese marine materia medica resources: Status and potential». *Mar Drugs*, 2016, 14 (3), 46.

Capítol I. Algues marines

- ABB-ELLATEF, G. E. F. *et al.* «*Ulva lactuca* polysaccharides prevent Wistar rat breast carcinogenesis through the augmentation of apoptosis, enhancement of antioxidant defense system, and suppression of inflammation». *Breast Cancer (Dove Med Press)*, 2017, 9, 67-83.
- ABD EL-BAKY, H. H.; EL BAZ, F. K.; EL BAROTY, G. S. «Potential biological properties of sulphated polysaccharides extracted from the macroalgae *Ulva lactuca* L., Acad.» *J. Cancer Research*, 2009, 2 (1), 1-11.
- ABDUL, Q. A.; CHOI, R. J.; JUNG, H. A.; CHOI, J. S. «Health benefit of fucosterol from marine algae: a review». *J. Sci. Food Agric.*, 2016, 96 (6), 1856-1866.

- AHMADY-ASBCHIN, S. *et al.* «Natural seaweed waste as sorbent for heavy metal removal from solution». *Environ. Technol.*, 2009, 30 (7), 755-762.
- AHMED, O. M.; AHMED, R. R. «Anti-proliferative and apoptotic efficacies of ulvan polysaccharides against different types of carcinoma cells. *In vitro* and *in vivo*». *J. Cancer Sci. Ther.*, 2014, 6, 202-208.
- ANAND, N.; RACHE, D.; THANGARAJU, N.; ANANTHARAMAN, P. «Potential of marine algae (sea weeds) as source of medically important compounds». *Evolving Trends in Plant Based Drug Discovery* [Cambridge University], 2016, 14 (4), 303-313.
- BARBOSA, M.; VALENTAO, P.; ANDRADE, P. B. «Bioactive compounds from macroalgae in the New Millennium: Implications for neurodegenerative diseases». *Mar Drugs*, 2014, 12 (9), 4934-4972.
- BELDA, M.; SÁNCHEZ, D.; BOVER, E.; PRIETO, B.; PADRÓN, C.; CEJALVO, D.; LLORIS, J. M. (2016). «Extraction of polyphenols in *Himanthalia elongata* and determination by high performance liquid chromatography with diode array detector prior to its potential use against oxidative stress». *J. Chromatography B-analytical Technologies in the Medical and Life Sciences*, 2016, 1033, 334-341.
- BELDA-ANTOLÍ, M. *et al.* «Antioxidant potential of *Himanthalia elongata* for protection against ischemia-reperfusion injury in the small bowel». *Surgery*, 2017, 162 (3), 577-585.
- BECKER, B.; MARIN, B. «Streptophyte algae and the origin of embryophytes». *Ann. Bot.*, 2009, 103 (7), 99-1004.
- BILAL, M. *et al.* «Biosorption: An interplay between marine algae and potentially toxic elements – A review». *Marine Drugs*, 2018.
- BROWN, E. S. *et al.* «Seaweed and human health». *Nutrition Reviews*, 2014, 72 (3), 205-216.
- BROWNLEE, I. A.; ALLEN, A.; PEARSON J. P. *et al.* «Alginate as a source of dietary fiber». *Crit. Rev. Food Sci. Nutr.*, 2005, 45, 497-510.
- BUCK, C. B.; THOMPSON, C. D.; ROBERTS, J. N.; MULLER, M.; LOWY, D. R.; SCHILLER, J. T. «Carrageenan is a potent inhi-



- bitor of papillomavirus infection». *PLoS Pathogens*, 2006, 2, 671-680.
- CALLE, E. E.; KAAKS, R. «Overweight, obesity and cancer: epidemiological evidence and proposed mechanisms». *Nat. Rev. Cancer*, 2004, 4 (8), 579-591.
- CARDOSO, S. M. *et al.* «Seaweeds as preventive agents for cardiovascular diseases: From nutrients to functional foods». *Mar Drugs*, 2015, 12, 13 (11), 6838-6865.
- CEDERHOLM, T.; SALEM JR, N.; PALMBLAD, J. « ω -3 fatty acids in the prevention of cognitive decline in humans». *Adv. Nutr.*, 2013, 6, 4 (6), 672-676.
- CERNA, M. «Seaweed proteins and aminoacids as nutraceuticals». *Adv. Food Nutr. Res.*, 2011, 64, 297-312.
- CHANDRA, R.; PARRA, R.; IQBAL, H. M. «Phycobiliproteins: A novel green tool from marine origin blue-green algae and red algae». *Protein Pept. Lett.*, 2017, 24 (2), 118-125.
- CHEN, Y. *et al.* «The anti-allergic activity of polyphenol extracted from five marine algae». *J. Ocean Univ. China*, 2015, 14, 681-684.
- CHOJNACKA, K.; SAEID, A.; WITKOWSKA, Z.; TUHY, L. «Biologically active compounds in seaweed extracts – the prospects for the application». *The Open Conference Proceedings*, 2012, 3 (supl. 1-M4), 20-28.
- CHOUHDARY, B.; CHAUHAN, O. P.; MISHRA, A. «Edible seaweeds: A potential novel source of bioactive metabolites and nutraceuticals with human health benefits». *Front. Mar. Sci.*, 2021.
- CIAN, R. E. *et al.* «Proteins and carbohydrates from red seaweeds: Evidence for beneficial effects on gut function and microbiota». *Mar Drugs*, 2015, 13 (8), 5358-5383.
- CROFT, M. T. *et al.* «Algae acquire vitamin B12 through a symbiotic relationship with bacteria». *Nature*, 2005, 438 (7064), 90-93.
- DAVIS, T. A.; VOLESKY, B.; MUCCI, A. «A review of the biochemistry of heavy metal biosorption by brown algae». *Water Res.*, 2003, 37 (18), 4311-4330.
- DAWCZYNSKI, C.; SCHÄFER, U.; LEITERER, M.; JAHREIS, G. «Nutritional and toxicological importance of macro, trace,

- and ultra-trace elements in algae food products». *J. Agric. Food Chem.*, 2007, 12, 55 (25), 10470-10475.
- DAWCZYNSKI, C.; SCHUBERT, R.; JAHREIS, G. «Amino acids, fatty acids, and dietary fibre in edible seaweed products». *Food Chem.*, 2007, 103, 891-899.
- DIAS, D. A.; URBAN, S.; ROESSNER, U. «A historical overview of natural products in drug discovery». *Metabolites*, 2012, 2 (2), 303-336.
- DÍAZ DOMÍNGUEZ, G.; MARSÁN SUÁREZ, V.; VALLE PÉREZ, L. O. DEL; INSTITUTO DE HEMATOLOGÍA E INMUNOLOGÍA. «Principales propiedades inmunomoduladoras y antiinflamatorias de la ficobiliproteína C-ficocianina». *Revista Cubana de Hematología, Inmunología y Hemoterapia*, 2016, 32 (4).
- DÍAZ GUTIERREZ, D. *et al.* «Comparison of antioxidants properties and polyphenols content of aqueous extract from seaweeds *Bryothamnion triquetrum* and *Halimeda opuntia*». *Ars Pharmaceutica*, 2015, 56 (2).
- D'ORAZIO, N. *et al.* «Fucoxantin: a treasure from the sea». *Mar Drugs*, 2012, 10 (3), 604-616.
- ELIAZ, I.; WEIL, E.; WILK, B. «Integrative medicine and the role of modified citrus pectin/alginate in heavy metal chelation and detoxification-five case reports». *Forsch Komplement-med*, 2007, 14 (6), 358-364.
- EOM, S. H. *et al.* «Antimicrobial activity of brown alga *Eisenia bicyclis* against methicillin-resistant *Staphylococcus aureus*». *Fish Aquat. Sci.*, 2011, 14 (4), 251-256.
- FAUCHON, A. L. *et al.* «Phenolic compounds in the brown seaweed *Ascophyllum nodosum*: Distribution and radical-scavenging activities». *Phytochem. Anal.*, 2010, 21, 399-405.
- FERNÁNDEZ PÉREZ, M. D.; HERNÁNDEZ BALMASEDA, I.; REGUEIRA BETANCOURT, S. M. «Bioactivos marinos en el tratamiento del cáncer. Universidad de Ciencias de las Tunas». *Revista Electrónica*, 2015, 40 (7).
- FERNÁNDEZ SÁA, C. *Algas de Galicia: alimento y salud*. Algalmar, 2014.
- FUJIWARA-ARASAKI, T.; MINO, N.; KURODA, M. «The protein value in human nutrition of edible marine algae in Japan».



- A: *Eleventh International Seaweed Symposium*, 2017, 513-516.
- GAMMONE, M. A.; D'ORAZIO, N. «Anti-obesity activity of the marine carotenoid fucoxanthin». *Mar Drugs*, 2015, 13 (4), 2196-2214.
- GÓMEZ-GUZMAN, M. *et al.* «Potential role of seaweed polyphenols in cardiovascular-associated disorders». *Mar Drugs*, 2018, 16 (8), 250.
- GRANT, M. A. A. *et al.* «Direct exchange of vitamin B12 is demonstrated by modelling the growth dynamics of algal-bacterial cocultures». *Isme J.*, 2014, 8 (7), 1418-1427.
- HAEFNER, B. «Drugs from the deep: Marine natural products as drug candidates». *Drug Discov. Today*, 2003, 8 (12), 536-544.
- HAMED, I. *et al.* «Marine bioactive compounds and their health benefits: A review». *Comprehensive Reviews in Food Science and Food Safety*, 2015.
- HARNEDY, P. A.; FITZGERALD, R. J. «Bioactive proteins, peptides, and amino acids from macroalgae». *J. Phycol.*, 2011, 47, 218-232.
- HATA, Y. *et al.* «Clinical effects of brown seaweed, *Undaria pinnatifida* (wakame), on blood pressure in hypertensive subjects». *J. Clin. Biochem. Nutr.*, 2001, 30, 43-53.
- HELLIWELL, K. E. *et al.* «Insights into the evolution of vitamin B12 auxotrophy from sequenced algal genomes». *Mol. Biol. Evol.*, 2011, 28 (10), 2921-2933.
- HEO, S. J.; YOON, W. J.; KIM, K. N.; AHN, G. N.; KANG, S. M.; KANG, D. H.; AFFAN, A.; OH, C.; JUNG, W. K.; JEON, Y. J. «Evaluation of anti-inflammatory effect of fucoxanthin isolated from brown algae in lipopolysaccharide-stimulated RAW 264.7 macrophages». *Food Chem. Toxicol.*, 2010, 48, 2045-2051.
- HERNÁNDEZ-PÉREZ, A.; LABB, J. I. «Microalgae, culture and benefits». *Revista de Biología Marina y Oceanografía [Xile]*, 2014, 49 (2), 157-173.
- HESS, S. Y. «The impact of common micronutrient deficiencies on iodine and thyroid metabolism: the evidence from human studies». *Best Pract. Res. Clin. Endocrinol. Metab.*, 2010, 24 (1), 117-132.

- HWANG, E. S.; KI, K. N.; CHUNG, H. Y. «Proximate composition, amino acid, mineral, and heavy metal content of dried laver». *Prev. Nutr. Food Sci.*, 2013, 18 (2), 139-144.
- IKEDA, K. *et al.* «Effect of *Undaria pinnatifida* (Wakame) on the development of cerebrovascular diseases in stroke-prone spontaneously hypertensive rats». *Clin. Exp. Pharmacol. Physiol.*, 2003, 30 (1-2), 44-48.
- INSAWANG, T. *et al.* «Monosodium glutamate (MSG) intake is associated with the prevalence of metabolic syndrome in a rural Thai population». *Nutr. Metab.*, 2012, 9, 50.
- JÄPELT, R. B.; JAKOBSEN, J. «Vitamin D in plants: A review of occurrence, analysis, and biosynthesis». *Front Plant Sci.*, 2013, 4, 136.
- JAULNEAU, V. *et al.* «Ulvan, a sulfated polysaccharide from green algae, activates plant immunity through the jasmonic acid signaling pathway». *Journal of Biomedicine and Biotechnology*, 2010.
- JIAO, G.; YU, G.; ZHANG, J.; EWART, H. S. «Chemical structures and bioactivities of sulfated polysaccharides from marine algae». *Mar Drugs*, 2011, 9 (2), 196-223.
- JUNG, H. A. *et al.* «Anti-adipogenic activity of the edible brown alga *Ecklonia stolonifera* and its constituent fucosterol in 3T3-L1 adipocytes». *Arch. Pharm. Res.*, 2014, 37 (6), 713-720.
- JUNG, H. A.; JIN, S. E.; AHN, B. R.; LEE, C. M.; CHOI, J. S. «Anti-inflammatory activity of edible brown alga *Eisenia bicyclis* and its constituents fucosterol and phlorotannins in LPS-stimulated RAW264.7 macrophages». *Food Chem. Toxicol.*, 2013, 49, 199-206.
- KADAM, S. U.; TIWARI, B. K.; O'DONNELL, C. P. «Extraction, structure and biofunctional activities of laminarin from Brown algae». *International Journal of Food Science and Technology*, 2014.
- KANG, K.; PARK, Y.; HWANG, H. J.; KIM, S. H.; LEE, J. G.; SHIN, H. C. «Antioxidative properties of brown algae polyphenolics and their perspectives as chemopreventive agent against vascular risk factors». *Arch. Pharm. Res.*, 2003, 26, 286-293.



- KESSLER, J. H. «The effect of supraphysiologic levels of iodine on patients with cyclic mastalgia». *Breast J.*, 2004, 10 (4), 328-336.
- KIM, M. S. *et al.* «Effects of seaweed supplementation on blood glucose concentration, lipid profile, and antioxidant enzyme activities in patients with type 2 diabetes mellitus». *Nutr. Res. Pract.*, 2008, 2 (2), 62-67.
- KIM, S. K.; KARADENIZ, F. «Anti-HIV activity of extracts and compounds from marine algae». *Adv. Food Nutr. Res.*, 2011, 64, 255-265.
- KIM, S. K.; KARAGOZLU, M. Z. «Marine algae: natural product source for gastrointestinal cancer treatment». *Adv. Food Nutr. Res.*, 2011, 64, 225-233.
- KIM, K. A.; KIM, S. M.; KANG, S. W.; JEON, S. I.; UM, B. H.; JUNG, S. H. «Edible seaweed, *Eisenia bicyclis*, protects retinal ganglion cells death caused by oxidative stress». *Mar Biotechnol.* (NY), 2012, 14 (4), 383-395.
- KIM, S. K.; PANGESTUTI, R. «Biological activities and potential health benefits of fucoxanthin derived from marine brown algae». *Adv. Food Nutr. Res.*, 2011, 64, 111-128.
- KIM, S. K.; THOMAS, N. V.; LI, X. «Anticancer compounds from marine macroalgae and their application as medicinal foods». *Adv. Food Nutr. Res.*, 2011, 64, 213-224.
- KIM, S. K.; VO, T. S.; NGO, D. H. «Potential application of marine algae as antiviral agents in medicinal foods». *Adv. Food Nutr. Res.*, 2011, 64, 245-254.
- KIM, S. K.; WIJSEKARA, I. «Anticoagulant effect of marine algae». *Adv. Food Nutr. Res.*, 2011, 64, 235-244.
- KRIS-ETHERTON, P. M.; HECKER, K. D.; BONANOME, A.; COVAL, S. M.; BINKOSKI, A. E.; HILPERT, K. F.; GRIEL, A. E.; ETHERTON, T. D. «Bioactive compounds in foods: their role in preventing cardiovascular disease and cancer». *Am. J. Med.*, 2002, 113 (supl. 9B), 71-88.
- KWAK, C. S. *et al.* «Discovery of novel sources of vitamin B12 in traditional Korean foods from nutritional surveys of centenarians». *Current Gerontology and Geriatrics Research*, 2010, 11 p.
- LASKY, T. «Arsenic in chicken: A tale of data and policy». *Jour-*

- nal of Epidemiology and Community Health (1979-)*, 2017, 71 (1), BMJ, 1-3.
- LEA, E. J.; CRAWFORD, D.; WORSLEY, A. «Public views of the benefits and barriers to the consumption of a plant-based diet». *Eur. J. Clin. Nutr.*, 2006, 60 (7), 828-837.
- LEE, J. C. *et al.* «Marine algal natural products with anti-oxidative, anti-inflammatory, and anti-cancer properties». *Cancer Cell Int.*, 2013, 13, 55.
- «Parallel evolution of highly conserved plastid genome architecture in red seaweeds and plants». *BMC Biology*, 2016, 14 (1), 75.
- LI, C. *et al.* «Effect of *Laminaria japonica* polysaccharides on lowering serum lipid and anti-atherosclerosis in hyperlipemia quails». *Journal of Chinese Medicinal Materials*, 2005, 28 (8), 676-679.
- LIU, J. *et al.* «Neuroprotective effects of the cultivated *Chondrus crispus* in a *C. Elegans Model* of Parkinson's disease». *Mar Drugs*, 2015, 13 (4), 2250-2266.
- «Prebiotic effects of diet supplemented with the cultivated red seaweed *Chondrus crispus* or with fructo-oligo-saccharide on host immunity, colonic microbiota and gut microbial metabolites». *BMC Complement Altern Med.*, 2015, 14, 15, 279.
- LIU, L.; HEINRICH, M.; MYERS, S.; DWORJANYN, S. A. «Towards a better understanding of medicinal uses of the brown seaweed *Sargassum* in traditional Chinese medicine: A phytochemical and pharmacological review». *J. Ethnopharmacol.*, 2012, 142, 591-619.
- LOPE, V. *et al.* «Serum 25-hydroxyvitamin D and breast cancer risk by pathological subtype (MCC-Spain)». *The Journal of Steroid Biochemistry and Molecular Biology*, 2018, 182, 4-13.
- MACARTAIN, P.; GILL, C. I.; BROOKS, M.; CAMPBELL, R.; ROWLAND, I. R. «Nutritional value of edible seaweeds». *Nutr. Rev.*, 2007, 65 (12 Pt 1), 535-543.
- MAEDA, H.; YAMAMOTO, R.; HIRAO, K.; TOCHIKUBO, O. «Effects of agar (kanten) diet on obese patients with impaired glucose tolerance and type 2 diabetes». *Diabetes Obes. Metab.*, 2005, 7 (1), 40-46.



- MARRION, O. *et al.* «Improvement of the digestibility of the proteins of the red alga *Palmaria palmata* by physical processes and fermentation». *Nahrung*, 2003, 47 (5), 339-344.
- MARTELLI, F. *et al.* «Antimicrobial and fermentation potential of *Himanthalia elongata* in food applications». *Microorganisms*, 2020, 13, 8 (2), 248.
- MEINITA, M. D. N. *et al.* «Fucosterol of marine macroalgae: Bioactivity, safety and toxicity on organism». *Mar Drugs*, 2021, 19 (10), 545.
- MEHTA, S. K.; GAUR, J. P. «Use of algae for removing heavy metal ions from wastewater: progress and prospects». *Crit. Rev. Biotechnol.*, 2005, 25 (3), 113-152.
- MENON, M.; DONG, W.; CHEN, X.; HUFTON, J.; RHODES, E. J. «Improved rice cooking approach to maximise arsenic removal while preserving nutrient elements». *Sci. Total Environ.*, 2021, 755 (Pt 2), 143341.
- MENON, M.; SARKAR, B.; HUFTON, J.; REYNOLDS, C.; REINA, S. V.; YOUNG, S. «Do arsenic levels in rice pose a health risk to the UK population?». *Ecotoxicol Environ Saf.*, 2020, 197, 110601.
- MENSHOVA, R. V. *et al.* «Structure, enzymatic transformation and anticancer activity of branched high molecular weight laminaran from brown alga *Eisenia bicyclis*». *Carbohydr. Polym.*, 2014, 99, 101-109.
- MOGHADAMTOUSI, Z. *et al.* «Anticancer and antitumor potential of fucoidan and fucoxanthin, two main metabolites isolated from brown algae». *The Scientific World Journal*, 2014.
- MORITA, K.; NAKANO, T. «Seaweed accelerates the excretion of dioxin stored in rats». *J. Agric. Food Chem.*, 2002, 50 (4), 910-917.
- MORONEY, N. C. *et al.* «Seaweed polysaccharides (laminarin and fucoidan) as functional ingredients in pork meat: An evaluation of anti-oxidative potential, thermal stability and bioaccessibility». *Mar Drugs*, 2015, 13 (4), 2447-2464.
- MOURITSEN, O. G. *et al.* «Effects of seaweed sterols fucosterol and demosterol on lipid membranes». *Chemistry and Physics of Lipids*, 2017, 205, 1-10.

- MOUSSAVOU, G. *et al.* «Anticancer effects of different seaweeds on human colon and breast cancers». *Mar Drugs*, 2014, 12 (9), 4898-4911.
- MURRAY, M. *Fertility from the Ocean Deep*. Austin (EUA): Ed. Valentine Books, 1983, p. 43-67.
- MURUGAN, A. C. *et al.* «New insights into seaweed polyphenols on glucose homeostasis». *Pharm. Biol.*, 2015, 53 (8), 1087-1097.
- MYERS, R. A.; WORM, B. «Rapid worldwide depletion of predatory fish communities». *Nature*, 2003, 423, 280-283.
- MYSLIWA-KURDZIEL, B.; SLOYMOSI, K. «Phycobilins and phycobiliproteins used in food industry and medicine». *Mini Rev. Med. Chem.*, 2017, 17 (13), 1173-1193.
- NAKAJIMA, K.; TSUJIWAKI, S.; NAKAJIMA, Y. «A tertiary sulfonium compound, dimethylsulfoniopropionate in green sea algae, completely suppresses crucial Ehrlich ascites carcinoma in mice». *Anticancer Res.*, 2014, 34 (8), 4045-4050.
- NG, M.; FLEMING, T.; ROBINSON, M.; THOMSON, B.; GRAETZ, N.; MARGONO, C. *et al.* «Global, regional, and national prevalence of overweight and obesity in children and adults during 1980–2013: A systematic analysis for the Global Burden of Disease Study 2013». *The Lancet*, 2014, 384 (9945), 766-781.
- NGO, D.-H. *et al.* «Biological activities and potential health benefits of bioactive peptides derived from marine organisms». *Int. J. Biol. Macromol.*, 2012, 51 (4), 378-383.
- PÁDUA, D.; ROCHA, E.; GARGIULO, D.; RAMOS, A. A. «Bioactive compounds from brown seaweeds: Phloroglucinol, fucoxanthin and fucoidan as promising therapeutic agents against breast cancer». *Phytochemistry Letters*, 2015, 14, 91-98.
- PALMER, J. D.; SOLTIS, D. E.; CHASE, M. W. «The plant tree of life: An overview and some points of view». *American Journal of Botany*, 2004, 91, 1437-1445.
- PAN, Q.; CHEN, M.; LI, J.; WU, Y.; ZHEN, C.; LIANG B. «Antitumor function and mechanism of phycoerythrin from *Porphyra haitanensis*». *Biol. Res.*, 2013, 46 (1), 87-95.
- PANGESTUTI, R.; KIM, S. K. «Biological activities of carrageenan». *Adv. Food Nutr. Res.*, 2014, 72, 113-124.



- PARADOSSI, G.; CAVALIERI, F.; CHIESSI, E. «A conformational study on the algal polysaccharide ulvan». *Macromolecules*, 2002, 35 (16), 6404-6411.
- PATTERSON, E. *et al.* «Health Implications of high dietary omega-6 polyunsaturated fatty acids». *J. Nutr. Metab.*, 2012, 539426.
- PENG, J.; YANG, J. P.; WU, C. F.; WANG, J. H. «Fucoxanthin, a marine carotenoid present in brown seaweeds and diatoms: Metabolism and bioactivities relevant to human health». *Mar Drugs*, 2011, 9 (10), 1806-1828.
- PEREIRA, L. «Seaweeds as source of bioactive substances and skin care therapy—cosmeceuticals, algotherapy, and thalassotherapy. Marine and environmental Sciences Centre (MARE)». *Cosmetics*, 2018, 5 (4), 68.
- PEREIRA, L.; GHEDA, S. F.; RIBEIRO-CLARO, P. J. A. «Analysis by vibrational spectroscopy of seaweed polysaccharides with potential use in food, pharmaceutical, and cosmetic industries». *International Journal of Carbohydrate Chemistry*, 2013.
- PESO-ECHARRI, P. *et al.* «Polisacàridos de algas como ingredientes funcionales en acuicultura marina: alginato, carragento y ulvano». *Rev. Biol. Mar. Oceanogr.*, 2012, 47 (3).
- PRICE, C. T.; KOVAL, K. J.; LANGFORD, J. R. «Silicon: A review of its potential role in the prevention and treatment of postmenopausal osteoporosis». *Int. J. Endocrinol.*, 2013, 316783.
- QUÉGUINEUR, B.; GOYA, L.; RAMOS, S.; ANGELES MARTÍN, M.; MATEOS, R.; GUIRY, M. D.; BRAVO, L. «Effect of phlorotannin-rich extracts of *Ascophyllum nodosum* and *Himantalia elongata* (Phaeophyceae) on cellular oxidative markers in human HepG2 cells». *Journal of Applied Phycology*, 2013, 25(1), 1-11.
- QUITRAL, V.; MORALES, C.; SEPÚLVEDA, M.; SCHWARTZ, M. «Propiedades nutritivas y saludables de algas marinas y su potencialidad como ingrediente funcional». *Rev. Chil. Nutr.*, 2012, 39 (4), 196-202.
- RAJAPAKSE, N.; KIM, S. K. «Nutritional and digestive health benefits of seaweed». *Adv. Food Nutr. Res.*, 2011, 64, 17-28.

- RAYMAN, M. P. «Selenium and human health». *Lancet*, 2012, 31, 379 (9822), 1256-1268.
- ROBERTS, J. N.; BUCK, C. B.; THOMPSON, C. D.; KINES, R.; BERNARDO, M.; CHOYKE, P. L.; DOUGLAS-LOWY, R.; SCHILLER, J. T. «Genital transmission of HPV in a mouse model is potentiated by nonoxynol-9 and inhibited by carrageenan». *Nature Medicine*, 2007, 13, 857-861.
- RÓDENAS, Pedro. *Descubrir el cochayuyo 'El alga que limpia y nutre el organismo'*, 2003.
- RODRIGUES, D. *et al.* «Chemical composition of red, brown and green macroalgae from Buarcos bay in Central West Coast of Portugal». *Food Chemistry*, 2015, 183, 197-207.
- SALVO-ROMERO, E. *et al.* «Función barrera intestinal y su implicación en enfermedades digestivas». *Rev. Esp. Enferm. Dig.*, 2015, 107 (11), 686-696.
- SANCHEZ-MACHADO, D. I.; LOPEZ-HERNANDEZ, J.; PA-SEIRO-LOSADA, P.; LOPEZ-CERVANTES, J. «Fatty acids, total lipid, protein and ash contents of processed edible seaweeds». *Food Chem.*, 2004, 85, 439-444.
- SAPKOTA, A. R.; LEFFERTS, L. Y.; MCKENZIE, S.; WALKER, P. «What do we feed to food-production animals? A review of animal feed ingredients and their potential impacts on human health». *Environ Health Perspect.*, 2007, 115 (5), 663-670.
- SATO, M. *et al.* «Antihypertensive effects of hydrolysates of wakame (*Undaria pinnatifida*) and their angiotensin-I-converting enzyme inhibitory activity». *Ann. Nutr. Metab.*, 2002, 46 (6), 259-267.
- SCHMID, M.; GUIHÉNEUF, F.; STENGEL, D. B. «Fatty acid contents and profiles of 16 macroalgae collected from the Irish Coast at two seasons». *J. Appl. Phycol.*, 2014, 26 (1), 451-463.
- SCHULT MOREIRA, A. R. *et al.* «Effects of *Undaria pinnatifida*, *Himanthalia elongata* and *Porphyra umbilicalis* extracts on in vitro α -glucosidase activity and glucose diffusion». *Nutr. Hosp.*, 2014, 29 (6), 1434-1446.
- SENEVIRATHNE, W. S. M.; KIM, S. K. «Functional ingredients from algae for foods and nutraceuticals». *Science Direct*, 2013.



- SHIBATA, T.; FUJIMOTO, K.; NAGAYAMA, K.; YAMAGUCHI, K.; NAKAMURA, T. «Inhibitory activity of brown algal phlorotannins against hyaluronidase». *Int. J. Food Sci. Technol.*, 2002, 37, 703-709.
- SHO, H. «History and characteristics of Okinawan longevity food». *Asia Pac. J. Clin. Nutr.*, 2001, 10 (2), 159-164.
- SIMOPOULOS, A. P. «Omega-3 fatty acids in inflammation and autoimmune diseases». *J. Am. Coll. Nutr.*, 2002, 21(6), 495-505.
- «The importance of the ratio of omega-6/omega-3 essential fatty acids». *Biomed Pharmacother*, 2002, 56 (8), 365-379.
- SKROVÁNKOVÁ, S. «Seaweed vitamins as nutraceuticals». *Adv. Food Nutr. Res.*, 2011, 64, 357-369.
- SONG, K. *et al.* «Laminarin promotes anti-cancer immunity by the maturation of dendritic cells». *Oncotarget*, 2017, 8 (24), 38554-38567.
- SUBRAMONIAM, A. *et al.* «Chlorophyll revisited: anti-inflammatory activities of chlorophyll a and inhibition of expression of TNF- α gene by the same». *Inflammation*, 2012, 35 (3), 959-966.
- SULAYMON, A. H. *et al.* «Competitive biosorption of lead, cadmium, copper, and arsenic ions using algae». *Environ Sci. Pollut. Res. Int.*, 2013, 20(5), 3011-3023.
- SUZUKI, Y.; KAMETANI, T.; MARUYAMA, T. «Removal of heavy metals from aqueous solution by nonliving *Ulva* seaweed as biosorbent». *Water Res.*, 2005, 39 (9), 1803-1808.
- TAIR, Z. I.; BENSALAH, F.; BOUKORTT, F. «Effect of green alga *Ulva lactuca* polysaccharides supplementation on blood pressure and on atherogenic risk factors, in rats fed a high fat diet». *Ann. Cardiol. Angeiol.*, 2018, 67 (3), 133-140.
- TAKENAKA, S. *et al.* «Feeding dried purple laver (nori) to vitamin B12-deficient rats significantly improves vitamin B12 status». *Br. J. Nutr.*, 2001, 85 (6), 699-703.
- TAL, O. *et al.* «Melatonin as an antioxidant and its semi-lunar rhythm in green macroalga *Ulva* sp.» *Exp. Bot.*, 2011, 62 (6), 1903-1910.
- TALARICO, L. B. *et al.* «Anti-herpes simplex virus activity of sulfated galactans from the red seaweeds *Gymnogongrus*

- griffithsiae* and *Cryptonemia crenulata*». *Int. J. Biol. Macromol.*, 2004, 34 (1-2), 63-71.
- TALYSHINSKY, M. M. *et al.* «Anti-viral activity of red microalgal polysaccharides against retroviruses». *Cancer Cell Int.*, 2013, 13, 55.
- TEAS, J. *et al.* «Dietary seaweed favorably alters phytoestrogen metabolism with a likely positive change in colonic bacteria in healthy postmenopausal women». *J. Nutr.*, 2009, 139 (5), 939-944.
- «Could dietary seaweed reverse the metabolic syndrome?» *Asia Pac. J. Clin. Nutr.*, 2009, 18 (2), 145-154.
- «The consumption of seaweed as a protective factor in the etiology of breast cancer: proof of principle». *J. Appl. Phycol.*, 2013, 25 (3), 771-779.
- TIMME, R. E.; BACHVAROFF, T. R.; DELWICHE, C. F. «Broad phylogenomic sampling and the sister lineage of land plants». *PLoS One*, 2012, 7 (1), e29696.
- THANH, T. T. *et al.* «Structure and cytotoxic activity of ulvan extracted from green seaweed *Ulva lactuca*». *Int. J. Biol. Macromol.*, 2016, 93 (Pt A), 695-702.
- THOMAS, N. V.; KIM, S. K. «Beneficial effects of marine algal compounds in cosmeceuticals». *Mar Drugs*, 2013, 11 (1), 146-164.
- VALENZUELA, R. B. *et al.* «Ácidos grasos omega-3 (EPA Y DHA) y su aplicación en diversas situaciones clínicas». *Rev. Chil. Nutr.*, 2011, 38 (3), 356-367.
- VENKATESAN, J.; KIM, S. K. «Osteoporosis treatment: marine algal compounds». *Adv. Food Nutr. Res.*, 2011, 64, 417-427.
- VINCENT, J. T. *et al.* «Polyunsaturated fatty acids in various macroalgal species from north Atlantic and tropical seas». *Lipids Health Dis.*, 2011, 10, 104.
- VIZCAÍNO MENDOZA, L.; FUENTES MOLINA, N. «Biosorción de Cd, Pb y Zn por biomasa pretratada de algas rojas, cáscara de naranja y tuna». *Cien Ing. Neogranadina*, 2015, 25 (1), 43-60.
- WANG, C. *et al.* «Prospective study of seaweed consumption and thyroid cancer incidence in women: the Japan collaborative cohort study». *Eur. J. Cancer Prev.*, 2016, 25 (3), 239-245.



- WANG, T. *et al.* «Antioxidant capacities of phlorotannins extracted from the brown algae *Fucus vesiculosus*». *J. Agric. Food Chem.*, 2012, 60, 5874-5883.
- WANG, L.; WANG, X.; WU, H.; LIU, R. «Overview on biological activities and molecular characteristics of sulfated polysaccharides from marine green algae in recent years». *Mar Drugs*, 2014, 25, 12 (9), 4984-5020.
- WARRANT, J. «Healthy polysaccharides». *Food Technology and Biotechnology*, 2006, 44 (3), 355-370.
- WATANABE, F.; YABUTA, Y.; BITO, T.; TENG, F. «Vitamin B12-containing plant food sources for vegetarians». *Nutrients*, 2014, 6 (5), 1861-1873.
- WELLS, M. L. *et al.* «Algae as nutritional and functional food sources: revisiting our understanding». *J. Appl. Phycol.*, 2017, 29 (2), 949-982.
- WIJESEKARA, I.; PANGESTUTI, R.; KIM, S.-K. «Biological activities and potential health benefits of sulfated polysaccharides derived from marine algae». *ScienceDirect. Carbohydrate Polymers*, 2011, 84 (1), 14-21.
- WODNIOK, S. *et al.* «Origin of land plants: do conjugating green algae hold the key?» *BMC Evol Biol.*, 2011, 11, 104.
- WOO, Y. C. *et al.* «Co-axially electrospun superhydrophobic nanofiber membranes with 3D-hierarchically structured surface for desalination by long-term membrane distillation». *Journal of Membrane Science*, 2021, 623, 119028.
- WORM, B. *et al.* «Rebuilding global fisheries». *Science*, 2009, 325, 578-585.
- XIA, B.; ABBOTT, I. A. «Edible seaweeds of China and their place in the Chinese diet». *Economic Botany*, 1987, 41 (3), 341-353.
- YAMASAKI-MIYAMOTO, Y.; YAMASAKI, M.; TACHIBANA, H.; YAMADA, K. «Fucoidan induces apoptosis through activation of caspase-8 on human breast cancer MCF-7 cells». *J. Agric. Food Chem.*, 2009, 57 (18), 8677-8682.
- YOSHINAGA, K. *et al.* «Oral administration of edible seaweed *Undaria pinnatifida* (Wakame) modifies glucose and lipid metabolism in rats: A DNA microarray analysis». *Mol. Nutr. Food Res.*, 2018.

- YUAN, Y. V. *et al.* «Extracts from dulse (*Palmaria palmata*) are effective antioxidants and inhibitors of cell proliferation in vitro». *Food Chem. Toxicol.*, 2005, 43 (7), 1073-1081.
- YUAN, Y. V.; WALSH, N. A. «Antioxidant and antiproliferative activities of extracts from a variety of edible seaweeds». *Food Chem. Toxicol.*, 2006, 44 (7), 1144-1150.
- ZHANG, H. *et al.* «Fucoxanthin: A promising medicinal and nutritional ingredient». *Evidence-Bases Complementary and Alternative Medicine*, 2015, 723515.
- ZAVA, T. T.; ZAVA, D. T. «Assessment of Japanese iodine intake based on seaweed consumption in Japan: A literature-based analysis». *Thyroid Res.*, 2011, 4, 14.

Capítol II. Aigua de mar

- AHMED, K.; ZAIDI, S. F. «Treating cancer with heat: Hyperthermia as promising strategy to enhance apoptosis». *J. Pak. Med. Assoc.*, 2013.
- ARIS, A. Z.; KAM, R. C. Y.; LIM, A. P.; PRAVEENA, S. M. «Concentration of ions in selected bottled water samples sold in Malaysia». *Applied Water Science*, 2013, 3 (1), 67-75.
- BAE, M. S.; LEE, S. C. «Effect of deep sea water on the antioxidant activity and catechin content of green tea». *Journal of Medicinal Plants Research*, 2010, 4 (16), 1662-1667.
- BONNOMET, A. *et al.* «Non-diluted seawater enhances nasal ciliary beat frequency and wound repair speed compared to diluted seawater and normal saline». *Int. Forum Allergy Rhinol.*, 2016, 6 (10), 1062-1068.
- CALDEIRA, K.; WICKETT, M. «Anthropogenic carbon and ocean pH». *Nature*, 2003, 425, 365.
- CHANG, W. T.; LU, T. Y.; CHENG, M. C.; LU, H. C.; WU, M. F.; HSU, C. L. «Deep sea water improves abnormalities in lipid metabolism through lipolysis and fatty acid oxidation in high-fat diet-induced obese rats». *Marine Drugs*, 2017, 15 (12), 386.
- CHARLIER, R. H.; CHAINEUX, M. C. P. «The healing sea: A sustainable coastal ocean resource: Thalassotherapy». *Journal of Coastal Research*, 2009, 254, 838-856.



- CHEN, I. S.; CHANG, Y. Y.; HSU, C. L. *et al.* «Alleviative effects of deep-seawater drinking water on hepatic lipid accumulation and oxidation induced by a high-fat diet». *Journal of the Chinese Medical Association*, 2013, 76 (2), 95-101.
- CHUN, S. Y.; LEE, K. S.; NAM, K. S. «Refined deep-sea water suppresses inflammatory responses via the MAPK/AP-1 and NF- κ B signaling pathway in LPS-Treated RAW 264.7 macrophage cells». *International Journal of Molecular Sciences*, 2017, 18 (11), 2282.
- DELONG, E. F.; NORMAN, R. «Pace. Environmental diversity of bacteria and archaea». *Systematic Biology*, 2001, 50 (4), 470-478.
- DENTICE, R. L. *et al.* «A randomised trial of hypertonic saline during hospitalisation for exacerbation of cystic fibrosis». *Randomized Controlled Trial*, 2016, 71 (2), 141-147.
- DUESO, S. «El agua como el primer principio: las razones de Tales de Mileto». *Convivium*, 2009, 22.
- FU, Z. Y.; YANG, F. L.; HSU, H. W.; LU, Y. F. «Drinking deep seawater decreases serum total and low-density lipoprotein-cholesterol in hypercholesterolemic subjects». *Journal of Medicinal Food*, 2012, 15 (6), 535-541.
- GONZÁLEZ, J. M.; PEDRÓS-ALIÓ, C.; GASOL, J. M. «Plancton bacteriano de los océanos». *Investigación y Ciencia*, 2008, 387.
- GONZÁLEZ SOUTELO, S. «Los baños de agua de mar en el mundo antiguo: Una propuesta de estudio». *Gallaecia: Revista de Arqueoloxía e Antigüidade*, 2008, 27, 227-240.
- GRACIA RODRIGO, A. «Sopa marina. El antioxidante orgánico, biodisponible y alcalino por excelencia». *Medicina Naturista*, 2008, 2 (2), 115-122.
- HA, B. G. *et al.* «Anti-diabetic effect of balanced deep-sea water and its mode of action in high-fat diet induced diabetic mice». *Marine Drugs*, 2013, 11 (11), 4193-4212.
- «Effects of balanced deep-sea water on adipocyte hypertrophy and liver steatosis in high-fat, diet-induced obese mice». *Obesity*, 2014, 22 (7), 1669-1678.
- HATAGUCHI, Y.; TAI, H.; NKAJIMA, H.; KIMATA, H. «Drinking deep-sea water restores mineral imbalance in atopic ecze-

- ma/dermatitis syndrome». *Eur. J. Clin. Nutr.*, 2005, 59 (9), 1093-1096.
- HE, S.; HAO, J.; PENG, W.; QIU, P.; LI, C.; GUAN, H. «Modulation of lipid metabolism by deep-sea water in cultured human liver (HepG2) cells». *Marine Biotechnology*, 2014, 16 (2), 219-229.
- HOU, C. W.; TSAI, Y. S.; JEAN, W. H. *et al.* «Deep ocean mineral water accelerates recovery from physical fatigue». *Journal of the International Society of Sports Nutrition*, 2013, 10 (7).
- HSU, C. L.; CHANG, Y. Y.; CHIU, C. H. *et al.* «Cardiovascular protection of deep-seawater drinking water in high-fat/cholesterol fed hamsters». *Food Chemistry*, 2011, 127 (3), 1146-1152.
- HWANG, H. S.; KIM, H. A.; LEE, S. H.; YUN, J. W. «Anti-obesity and antidiabetic effects of deep sea water on ob/ob mice». *Marine Biotechnology*, 2009, 11 (4), 531-539.
- HWANG, H. S.; KIM, S. H.; YOO, Y. G. *et al.* «Inhibitory effect of deep-sea water on differentiation of 3T3-L1 adipocytes». *Marine Biotechnology*, 2009, 11 (2), 161-168.
- ILARI, M. T.; RODRÍGUEZ, M. A.; ARNAL, M. *El agua de mar. Aquamaris*, 2018.
- KATSUDA, S. I. *et al.* «Deep-sea water improves cardiovascular hemodynamics in kurosawa and kusanagi-hypercholesterolemic (KHC) rabbits». *Biological and Pharmaceutical Bulletin*, 2008, 31 (1), 38-44.
- KIM, S.; CHUN, S. Y.; LEE, D. H.; LEE, K. S.; NAM, K. «Mineral-enriched deep-sea water inhibits the metastatic potential of human breast cancer cell lines». *Int. J. Oncol.*, 2013, 43 (5), 1691-1700.
- KIMATA, H. *et al.* «Improvement of skin symptoms and mineral imbalance by drinking deep sea water in patients with atopic eczema/dermatitis syndrome (AEDS)». *Acta Medica (Hradec Kralove)*, 2002, 45 (2), 83-84.
- KIMATA, H.; TAI, H.; NAKAJIMA, H. «Reduction of allergic skin responses and serum allergen-specific IgE and IgE-inducing cytokines by drinking deep-sea water in patients with allergic rhinitis». *Oto-Rhino-Laryngologia Nova*, 2001, 11 (6), 302-303.



- KOSTKA, J. E. *et al.* «Hydrocarbon-degrading bacteria and the bacterial community response in Gulf of Mexico beach sands impacted by the deepwater horizon oil spill». *Appl. Environ. Microbiol.*, 2011, 77 (22), 7962-7974.
- LEE, K. S.; KWON, Y. S.; KIM, S.; MOON, D. S.; KIM, H. J.; NAM, K. S. «Regulatory mechanism of mineral-balanced deep sea water on hypocholesterolemic effects in HepG2 hepatic cells». *Biomedicine & Pharmacotherapy*, 2017, 86, 405-413.
- LEWICKI, S.; ZDANOWSKI, R.; KRZYZOWSKA, M. *et al.* «The role of chromium III in the organism and its possible use in diabetes and obesity treatment». *Annals of Agricultural and Environmental Medicine*, 2014, 21 (2), 331-335.
- LINGSTRÖM, P.; VAN HOUTE, J.; KASHKET, S. «Food starches and dental caries». *Critical Reviews in Oral Biology and Medicine*, 2000, 11 (3), 366-380.
- LUJÁN, N. *Mites, llegendes, creences*. Caixa Manresa, 1996.
- MAHÉ, A. *Le secret de nos origines*. Le Courrier du livre, 1993.
- MIYAMURA, M. *et al.* «Difference between deep seawater and surface seawater in the preventive effect of atherosclerosis». *Biol. Pharm. Bull.*, 2004, 27 (11), 1784-1787.
- MORELL SIXTO, M. E.; MARTÍNEZ GONZÁLEZ, C.; QUINTANA GÓMEZ, J. L. «Disease mongering, el lucrativo negocio de la promoción de enfermedades». *Rev. Pediatr. Aten. Primaria*, 2009, 11 (43).
- MORER, C. «Talasoterapia». *Bol. Soc. Esp. Hidrol. Méd.*, 2016, 31 (2), 119-146.
- NANI, S. Z. M. *et al.* «Potential health benefits of deep sea water: A review». *Evid. Based Complement. Alternt. Med.*, 2016, 6520475.
- QUINTON, R. *L'eau de Mer Milieu Organique*. Collection Sciences du Vivant, 1995 [1904].
- ROOHANI, N.; HURELL, R.; KELISHADI, R.; SHULIN, R. «Zinc and its importance for human health: An integrative review». *J. Res. Med. Sci.*, 2013, 18 (2), 144-157.
- RUSSELL, M. J. *et al.* «The drive to life on wet and icy worlds». *Astrobiology*, 2014, 14 (4), 308-343.
- SAN MARTÍN BACAICOA, J. «Talasoterapia: Proyección terapéu-

- tica actual». A: *Real Academia Nacional de Medicina*, 1995, tom CXII, quadern 2.
- SCARDINA, G. A.; MESSINA, P. «Good oral health and diet». *J. Biomed. Biotechnol.*, 2012, 720692.
- SHEN, J. L.; HSU, T. C.; CHEN, Y. C. *et al.* «Effects of deep-sea water on cardiac abnormality in high-cholesterol dietary mice». *Journal of Food Biochemistry*, 2012, 36 (1), 1-11.
- SHEU, M. J. *et al.* «Deep sea water modulates blood pressure and exhibits hypolipidemic effects via the AMPK-ACC pathway: An *in vivo* study». *Mar Drugs*, 2013, 11 (6), 2183-2202.
- SLAPACK, I.; SKOUPÁ, J.; STRNAD, P.; HORNIK, P. «Efficacy of isotonic nasal wash (seawater) in the treatment and prevention of rhinitis in children». *Arch. Otolaryngol. Head Neck Surg.*, 2008, 134 (1), 67-74.
- STARLING, E. H. «The wisdom of the body. The Harveian Oration, delivered before The Royal College of Physicians of London on St. Luke's Day, 1923». *Br. Med. J.*, 1923, 2 (3277), 685-690.
- TAKAHASHI, M. M.; HUANG, P. «Novel renewable natural resource of Deep Ocean Water (DOW) and their current and future practical applications». *Kuroshio Science*, 2012, 6 (1), 101-113.
- THOMAS, N. V.; KIM, S.-K. «Beneficial effects of marine algal compounds in cosmeceuticals». *Mar Drugs*, 2013, 11 (1), 146-164.
- TSUCHIYA, Y.; SHIMIZU, T.; TAZAWA, T.; NAKAMURA, K.; YAMAMOTO, M. «Effects of hot deep seawater bathing on the immune cell distribution in peripheral blood from healthy young men». *Environmental Health and Preventive Medicine*, 2003, 8 (5, 6), 161-165.
- ULLAH, S. *et al.* «Biodegradation of petroleum by bacteria isolated from fishes of Indian Ocean». *Braz. J. Biol.*, 2021, 82, e244703.
- YANG, C. C.; YAO, C. A.; LIN, Y. R.; YANG, J. C.; CHIEN, C. T. «Deep-sea water containing selenium provides intestinal protection against duodenal ulcers through the upregulation of Bcl-2 and thioredoxin reductase 1». *PLOS ONE*, 2014, 9 (7).



- YEGÜL, F. *Bath and bathing in Classical Antiquity*. Nova York, 1991.
- YOSHIOKA, S. *et al.* «Pharmacological activity of deep-sea water: examination of hyperlipemia prevention and medical treatment effect». *Biol. Pharm. Bull.*, 2003, 26 (11), 1552-1559.
- YOSHIKAWA, Y.; TANOJO, H.; KIM, S. J.; MAIBACH, H. I. «Seawater or its components alter experimental irritant dermatitis in man». *Skin Research & Technology*, 2008.

Webgrafia

- ADENTRA: <http://www.adentra.org>
- ALGAEBASE: <http://www.algaebase.org>
- DR. RYAN DRUM: <http://www.ryandrum.com>
- GIVEPOWER: <https://givepower.org>
- INSTITUT DE CIÈNCIES DEL MAR: <http://www.icm.csic.es>
- INTERGOVERNMENTAL SCIENCE-POLICY PLATFORM ON BIODIVERSITY AND ECOSYSTEM SERVICES (IPBES): <https://ipbes.net>
- INTERNATIONAL CENTRE FOR BIOSALINE AGRICULTURE (ICBA): <https://www.biosaline.org/>
- ORGANITZACIÓ DE LES NACIONS UNIDES PER A L'AGRICULTURA I L'ALIMENTACIÓ (FAO): <http://www.fao.org>
- SAHARA FOREST PROJECT: <https://www.saharaforestproject.com>
- SEAWEED SIDE: INFORMATION ON MARINE ALGAE: <http://www.seaweed.ie>
- SMITHSONIAN INSTITUTION: <https://www.si.edu>
- UNICEF, «Progress on drinking water, sanitation and hygiene», 2017: <https://www.unicef.org/>
- UNITED NATIONS UNIVERSITY INSTITUTE FOR WATER, ENVIRONMENT AND HEALTH: <https://inweh.unu.edu>
- UNIVERSITAT OBERTA DE CATALUNYA, «Enganchados al glutamato», 2017: <https://www.uoc.edu/>
- WOODS HOLE OCEANOGRAPHIC INSTITUTION: <https://www.whoi.edu>