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**Footnotes:**

1. (Baggish, pg.1)
2. (Baggish, pg.1)
3. (Baggish, pg. 33-34)
4. (Baggish, pg. 34)
5. (Baggish, pg. 11)
6. (Baggish, pg. 113)
7. (Quillin, pg.13)
8. (Carper, pg. 327)
9. (Quillin, pg. 7)
10. (Gottlieb, pg. 85)
11. (Koester-Loesche, pg. 34)
12. (Gottlieb, pg. 142)
13. (Gottlieb, pg 32)
14. (Quillin, pg. 71)
15. (Gottlieb, pg. 334)
16. (Koester-Loesche, pg. 30)
17. (Fraker, Journal)
18. (Quillin, pg. 74)
19. (Quillin, pg. 75&161)
20. (Quillin, pg. 73& 142)
21. <http://www.nutrition.org>
22. (ulttext=……)
23. (Quillin, pg. 74&144)
24. (Qullin, pg. 145)
25. (ulttext=…..)
26. (Carper, pg. 331)
27. (Carper, pg. 327)
28. (Quillin, pg. 38)
29. (Koester-Loesche, pg. 88)