

Harvard Style Annotated Bibliography Example

Wahl, D, Cogger, VC, Solon-Biet, SM, Waern, RVR, Gokarn, R, Pulpitel, T, Cabo, R de, Mattson, MP, Raubenheimer, D, Simpson, SJ & Le Couteur, DG 2016, 'Nutritional strategies to optimise cognitive function in the aging brain', *Ageing Research Reviews*, vol. 31, pp. 80–92.

This review identifies studies on understanding the biology of aging, and the development of nutritional interventions that delay age-related disorders and pathologies. It also tests the hypothesis that calorie restriction and intermittent fasting influence brain health and dementia in the elderly. Multiple studies on animals have shown that calorie restriction and intermittent fasting delay features of aging thus positively affect brain health. However, in humans, the research brings mixed results. At this time, the majority of evidence indicates that both approaches have a positive effect on health span and lifespan only. There are converging results confirming that nutrition has important roles in preserving cognition and reducing the risk of depression. Although the strong evidence comes from many approaches including the Okinawan diet as well as the Mediterranean diet and multimodal approach, further study on dietary patterns and their impact on delaying or suppressing symptoms of retrogradation are recommended. The effective usage of references to other studies shows the authors credibility and lack of bias. The article is helpful for my essay since it integrates evidence from multiple study designs and methodologies.