

Acetylcarnitine

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ACETLCARNITINE

The role in metabolic flexibility and insulin sensitivity

1. Oral carnitine supplementation improves metabolic flexibility in individuals with impaired glucose tolerance - *This thesis*
2. The morning to afternoon increase in acetylcarnitine levels is hampered in impaired glucose tolerant individuals - *This thesis*
3. Intravenous carnitine infusion does not rescue lipid-induced metabolic inflexibility and insulin resistance - *This thesis*
4. Magnetic Resonance Spectroscopy allows dynamic acetylcarnitine measurement, which is instrumental in gaining more detailed knowledge concerning carnitine metabolism - *This thesis*
5. Carnitine supplementation is a promising target to improve metabolic health in individuals at risk - *This thesis, valorization*
6. Nutrient Overload Leads to Mitochondrial Gridlock and Cellular Dysfunction - *Muoio, Cell, 2014*
7. *In vivo* MRS has proven to be an important tool in more effective therapeutic interventions for treatment and prevention of type 2 diabetes - *Petersen & Shulman, Am J Med. 2006*
8. Shifting our paradigms around the causes of obesity is essential for creating a health care system that promotes innovative and collaborative practice for healthcare practitioners and individuals dealing with obesity - *Food, Curr Obes Rep, 2013*
9. You don't have to impose discipline in order to study it, but the very act of studying brings about its own discipline in which there is no suppression - *Jiddu Krishnamurti*
10. Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid - *Albert Einstein*
11. Things won't go perfect. Its all about how you adapt from those things and learn from mistakes - *Michael Phelps*

Yvonne Bruls, 14 juni 2018