Propositions

Belonging to the thesis

Vascular function and metabolic health in humans:
Effects of diet and weight loss

1. Beetroot juice attenuates in overweight and obese men the transient impairment of postprandial endothelial function following a mixed meal. *(This thesis)*

2. The effects of weight loss on endothelial function depend on subject characteristics, type of weight-loss treatment, and dietary composition. *(This thesis)*

3. Diet-induced weight loss improves markers of microvascular function in abdominally obese men. *(This thesis)*

4. A daily magnesium supplement of 350 mg for 24 weeks reduces arterial stiffness in overweight and obese adults. *(This thesis)*

5. From academic, industrial and public health perspective, there is an urgent need to know which vascular function markers are sensitive to dietary changes.

6. Maintaining a healthy diet and lifestyle offers the greatest potential of all known approaches for reducing the risk for cardiovascular disease in the general public. *(Lichtenstein et al. Circulation 2006)*

7. Scientists care about whether a result is statistically significant, but they should care much more about whether it is meaningful. *(Deirdre McCloskey)*

8. The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition. *(Thomas Edison)*

9. If you cannot explain it simply, you do not understand it well enough. *(Albert Einstein)*

10. Science may never come up with a better office communication system than the coffee break. *(Earl Wilson)*

Peter Joris