**Bibliography**

1. Max-Planck-Gesellschaft. Same nerve cell -- Different influence on food intake. Science Daily. Published May 19, 2021. Accessed June 18, 2021. <https://www.sciencedaily.com/releases/2021/05/210519120800.htm>

2. Biglari N, Gaziano I, Schumacher J, et al. Functionally distinct POMC-expressing neuron subpopulations in hypothalamus revealed by intersectional targeting. *Nat Neurosci*. 2021;24(7):913-929. doi:10.1038/s41593-021-00854-0

3. Toda C, Santoro A, Kim JD, Diano S. POMC Neurons: From Birth to Death. *Annu Rev Physiol*. 2017;79(1):209-236. doi:10.1146/annurev-physiol-022516-034110

4. Souza GFP, Solon C, Nascimento LF, et al. Defective regulation of POMC precedes hypothalamic inflammation in diet-induced obesity. *Sci Rep*. 2016;6(29290):29290. doi:10.1038/srep29290

5. Scarlett JM, Jobst EE, Enriori PJ, et al. Regulation of central melanocortin signaling by interleukin-1 beta. *Endocrinology*. 2007;148(9):4217-4225. doi:10.1210/en.2007-0017

6. Caron A, Dungan Lemko HM, Castorena CM, et al. POMC neurons expressing leptin receptors coordinate metabolic responses to fasting via suppression of leptin levels. *eLife*. 2018;7(e33710). doi:10.7554/elife.33710

7. Münzberg H, Morrison CD. Structure, production and signaling of leptin. *Metabolism*. 2015;64(1):13-23. doi:10.1016/j.metabol.2014.09.010

8. Williams KW, Liu T, Kong X, et al. Xbp1s in Pomc neurons connects ER stress with energy balance and glucose homeostasis. *Cell Metab*. 2014;20(3):471-482. doi:10.1016/j.cmet.2014.06.002

9. Malhotra R, Warne JP, Salas E, Xu AW, Debnath J. Loss of Atg12, but not Atg5, in pro-opiomelanocortin neurons exacerbates diet-induced obesity. *Autophagy*. 2015;11(1):145-154. doi:10.1080/15548627.2014.998917

10. Kaushik S, Arias E, Kwon H, et al. Loss of autophagy in hypothalamic POMC neurons impairs lipolysis. *EMBO Rep*. 2012;13(3):258-265. doi:10.1038/embor.2011.260

11. Coupé B, Ishii Y, Dietrich Marcelo O, Komatsu M, Horvath Tamas L, Bouret Sebastien G. Loss of Autophagy in Pro-opiomelanocortin Neurons Perturbs Axon Growth and Causes Metabolic Dysregulation. *Cell Metab*. 2012;15(2):247-255. doi:10.1016/j.cmet.2011.12.016

12. Wu C, Sun D. GABA receptors in brain development, function, and injury. *Metab Brain Dis*. 2014;30(2):367-379. doi:10.1007/s11011-014-9560-1

13. Marino RAM, McDevitt RA, Gantz SC, et al. Control of food approach and eating by a GABAergic projection from lateral hypothalamus to dorsal pons. *Proc Natl Acad Sci U S A*. 2020;117(15):8611-8615. doi:10.1073/pnas.1909340117

14. Morales M, Margolis EB. Ventral tegmental area: cellular heterogeneity, connectivity and behaviour. *Nat Rev Neurosci*. 2017;18(2):73-85. doi:10.1038/nrn.2016.165

15. Barbano MF, Wang H-L ., Morales M, Wise RA. Feeding and Reward Are Differentially Induced by Activating GABAergic Lateral Hypothalamic Projections to VTA. *J Neurosci*. 2016;36(10):2975-2985. doi:10.1523/jneurosci.3799-15.2016

16. Nieh EH, Vander Weele CM, Matthews GA, et al. Inhibitory Input from the Lateral Hypothalamus to the Ventral Tegmental Area Disinhibits Dopamine Neurons and Promotes Behavioral Activation. *Neuron*. 2016;90(6):1286-1298. doi:10.1016/j.neuron.2016.04.035

17. Nieh Edward H, Matthews Gillian A, Allsop Stephen A, et al. Decoding Neural Circuits that Control Compulsive Sucrose Seeking. *Cell*. 2015;160(3):528-541. doi:10.1016/j.cell.2015.01.003

18. Qualls-Creekmore E, Yu S, Francois M, et al. Galanin-Expressing GABA Neurons in the Lateral Hypothalamus Modulate Food Reward and Noncompulsive Locomotion. *J Neurosci*. 2017;37(25):6053-6065. doi:10.1523/JNEUROSCI.0155-17.2017

19. Sandoval-Salazar C, Ramírez-Emiliano J, Trejo-Bahena A, Oviedo-Solís CI, Solís-Ortiz MS. A high-fat diet decreases GABA concentration in the frontal cortex and hippocampus of rats. *Biol Res*. 2016;49(15):15. doi:10.1186/s40659-016-0075-6

20. Kaushik S, Rodriguez-Navarro J, Arias E, et al. Autophagy in Hypothalamic AgRP Neurons Regulates Food Intake and Energy Balance. *Cell Metab*. 2011;14(2):173-183. doi:10.1016/j.cmet.2011.06.008

21. Chen Y, Essner RA, Kosar S, et al. Sustained NPY signaling enables AgRP neurons to drive feeding. *eLife*. 2019;8(e46348). doi:10.7554/elife.46348

22. Engström Ruud L, Pereira MMA, de Solis AJ, Fenselau H, Brüning JC. NPY mediates the rapid feeding and glucose metabolism regulatory functions of AgRP neurons. *Nat Commun*. 2020;11(1). doi:10.1038/s41467-020-14291-3

23. Steculorum SM, Ruud J, Karakasilioti I, et al. AgRP Neurons Control Systemic Insulin Sensitivity via Myostatin Expression in Brown Adipose Tissue. *Cell*. 2016;165(1):125-138. doi:10.1016/j.cell.2016.02.044

24. Steculorum SM, Timper K, Engström Ruud L, et al. Inhibition of P2Y6 Signaling in AgRP Neurons Reduces Food Intake and Improves Systemic Insulin Sensitivity in Obesity. *Cell Rep*. 2017;18(7):1587-1597. doi:10.1016/j.celrep.2017.01.047

25. Meech R, Mackenzie PI. Structure and function of uridine diphosphate glucuronosyltransferases. *Clin Exp Pharmacol Physiol*. 1997;24(12):907-915. doi:10.1111/j.1440-1681.1997.tb02718.x

26. Deng J, Yuan F, Guo Y, et al. Deletion of ATF4 in AgRP Neurons Promotes Fat Loss Mainly via Increasing Energy Expenditure. *Diabetes*. 2017;66(3):640-650. doi:10.2337/db16-0954

27. Shibata M, Banno R, Sugiyama M, et al. AgRP Neuron-Specific Deletion of Glucocorticoid Receptor Leads to Increased Energy Expenditure and Decreased Body Weight in Female Mice on a High-Fat Diet. *Endocrinology*. 2016;157(4):1457-1466. doi:10.1210/en.2015-1430

28. Land BB, Narayanan NS, Liu R-J, et al. Medial prefrontal D1 dopamine neurons control food intake. *Nat Neurosci*. 2014;17(2):248-253. doi:10.1038/nn.3625

29. Durst M, Könczöl K, Balázsa T, Eyre MD, Tóth ZE. Reward-representing D1-type neurons in the medial shell of the accumbens nucleus regulate palatable food intake. *Int J Obesity*. 2019;43(4):917-927. doi:10.1038/s41366-018-0133-y

30. O’Connor Eoin C, Kremer Y, Lefort S, et al. Accumbal D1R Neurons Projecting to Lateral Hypothalamus Authorize Feeding. *Neuron*. 2015;88(3):553-564. doi:10.1016/j.neuron.2015.09.038

31. Matikainen-Ankney BA, Earnest T, Ali M, et al. An open-source device for measuring food intake and operant behavior in rodent home-cages. *eLife*. 2021;10(e66173). doi:10.7554/eLife.66173

32. Gómez-Pinilla F. Brain foods: the effects of nutrients on brain function. *Nat Rev Neurosci*. 2008;9(7):568-578. doi:10.1038/nrn2421

33. Rodriguez RL, Albeck JG, Taha AY, et al. Impact of diet-derived signaling molecules on human cognition: exploring the food–brain axis. *NPJ Sci Food*. 2017;1(1). doi:10.1038/s41538-017-0002-4

34. Tengeler AC, Kozicz T, Kiliaan AJ. Relationship between diet, the gut microbiota, and brain function. *Nutr Rev*. 2018;76(8):603-617. doi:10.1093/nutrit/nuy016

35. Martin CR, Osadchiy V, Kalani A, Mayer EA. The Brain-Gut-Microbiome Axis. *Cell Mol Gastroenterol Hepatol*. 2018;6(2):133-148. doi:10.1016/j.jcmgh.2018.04.003

36. Jones KE, Angielczyk KD, Polly PD, et al. Fossils reveal the complex evolutionary history of the mammalian regionalized spine. *Science*. 2018;361(6408):1249-1252. doi:10.1126/science.aar3126

37. Simon Fraser University. Your back pain may be due to evolution and spine shape. ScienceDaily. Published March 5, 2020. Accessed July 23, 2021. <https://www.sciencedaily.com/releases/2020/03/200305132047.htm>

38. Plomp KA, Dobney K, Collard M. Spondylolysis and spinal adaptations for bipedalism: The overshoot hypothesis. *Evol Med Public Health*. 2020;2020(1):35-44. doi:10.1093/emph/eoaa003

39. Gater DR, Bauman C, Cowan R. A Primary Care Provider’s Guide to Diet and Nutrition After Spinal Cord Injury. *Top Spinal Cord Inj Rehabil*. 2020;26(3):197-202. doi:10.46292/sci2603-197

40. Groah SL, Nash MS, Ljungberg IH, et al. Nutrient Intake and Body Habitus After Spinal Cord Injury: An Analysis by Sex and Level of Injury. *J Spinal Cord Med*. 2009;32(1):25-33. doi:10.1080/10790268.2009.11760749

41. Farkas GJ, Pitot MA, Berg AS, Gater DR. Nutritional status in chronic spinal cord injury: a systematic review and meta-analysis. *Spinal Cord*. 2018;57(1):3-17. doi:10.1038/s41393-018-0218-4

42. Wood S, Khong C-M, Dirlikov B, Shem K. Nutrition counseling and monitoring via tele-nutrition for healthy diet for people with spinal cord injury: A case series analyses. *J Spinal Cord Med*. Published online February 19, 2021:1-9. doi:10.1080/10790268.2021.1871824

43. Calderón‐Ospina CA, Nava‐Mesa MO. B Vitamins in the nervous system: Current knowledge of the biochemical modes of action and synergies of thiamine, pyridoxine, and cobalamin. *CNS Neurosci Ther*. 2019;26(1):5-13. doi:10.1111/cns.13207

44. Li E-Y, Zhao P-J, Jian J, et al. Vitamin B1 and B12 mitigates neuron apoptosis in cerebral palsy by augmenting BDNF expression through MALAT1/miR-1 axis. *Cell Cycle*. 2019;18(21):2849-2859. doi:10.1080/15384101.2019.1638190

45. Merigliano C, Mascolo E, La Torre M, Saggio I, Vernì F. Protective role of vitamin B6 (PLP) against DNA damage in Drosophila models of type 2 diabetes. *Sci Rep*. 2018;8(1):11432. doi:10.1038/s41598-018-29801-z

46. Tsujita N, Akamatsu Y, Nishida MM, Hayashi T, Moritani T. Effect of Tryptophan, Vitamin B6, and Nicotinamide-Containing Supplement Loading between Meals on Mood and Autonomic Nervous System Activity in Young Adults with Subclinical Depression: A Randomized, Double-Blind, and Placebo-Controlled Study. *J Nutr Sci Vitaminol*. 2019;65(6):507-514. doi:10.3177/jnsv.65.507

47. Ferland G. Vitamin K and the Nervous System: An Overview of its Actions. *Adv Nutr*. 2012;3(2):204-212. doi:10.3945/an.111.001784

48. Goudarzi S, Rivera A, Butt AM, Hafizi S. Gas6 Promotes Oligodendrogenesis and Myelination in the Adult Central Nervous System and After Lysolecithin-Induced Demyelination. *ASN Neuro*. 2016;8(5): doi:10.1177/1759091416668430

49. Wysoczański T, Sokoła-Wysoczańska E, Pękala J, et al. Omega-3 Fatty Acids and their Role in Central Nervous System - A Review. *Curr Med Chem*. 2016;23(8):816-831. doi:10.2174/0929867323666160122114439

50. Siegert E, Paul F, Rothe M, Weylandt KH. The effect of omega-3 fatty acids on central nervous system remyelination in fat-1 mice. *BMC Neurosci*. 2017;18(1):19. doi:10.1186/s12868-016-0312-5

51. Madore C, Leyrolle Q, Morel L, et al. Essential omega-3 fatty acids tune microglial phagocytosis of synaptic elements in the mouse developing brain. *Nat Commun*. 2020;11(1):6133. doi:10.1038/s41467-020-19861-z

‌