

Dr. Amjad Ali Bacha

List of Publications:

1. Bacha AA, Suhail M, Awwad FA, Ismail EA, Ahmad H. Role of dietary fiber and lifestyle modification in gut health and sleep quality. *Frontiers in Nutrition*. 2024; 11:1324793.
2. Bacha AA, Din ZU, Khan I. Effect of Psyllium husk fiber and lifestyle modification on human body insulin resistance. *Nutrition and Metabolic Insights*. 2022; 15:11786388221107797.
3. Bacha AA, Durrani MI, Paracha PI. Chemical characteristics of drinking water of Peshawar. *Pakistan Journal of Nutrition*. 2010; 9(10):1017-27.
4. Bacha AA, Durrani MI, Paracha PI. Physical and bacteriological characteristics of drinking water of Peshawar. *Pak J Nutr*. 2010; 9:1028-33.