

Abc Della Macrobiotica La Via Naturale Salute Stile Di Vita Alimentazione E Ricette

The field of Complementary and Alternative Medicine (CAM) is expected to grow tremendously in the next few years. In addition to an increase in the general population, the baby-boomer generation is quickly entering retirement and will likely take advantage of CAM increasingly as it ages. Although CAM research as applied to aging is just beginning and health professionals receive no special training in CAM and aging, the United States population still continues to employ it. For diagnoses that accompany aging such as cancer, neurological diseases, psychiatric disorders, and physical disabilities, CAM has often been used in addition to or in place of unsuccessful conventional methods of treatment. This new and up-to-the-minute compendium of reliable and authoritative information on complementary and alternative therapies seeks to provide information that older adults may use as they seek to improve their health and quality of life. Covering dietary means; physical, mental, and spiritual methods of treatment; and various types of therapies, this handbook is the most comprehensive and up-to-date resource on complementary and alternative medicine available today. Each chapter or article includes: Brief definition of modality Anecdotal reports of usefulness Discussion of scientific evidence for and against modality List of resources that reader can use to find further information Examples of therapies covered include: Art & Music Massage Acupuncture Meditation Homeopathy Ayurveda Aromatherapy

The Tale of Tea presents a comprehensive history of tea from prehistoric times to the present day in a single volume, covering the fascinating social history of tea and the origins, botany and biochemistry of this singularly important cultigen. SPECIAL PRE-PUBLICATION PRICE

UNTIL FEBRUARY 28TH. AS OF MARCH 1ST PRICE WILL GO UP TO 249 EURO/ 299 USD.

Part guide, part cookbook, and peppered with informative visuals, this book tells us why pulses are such an important food for the future, explains how to cook them, and includes over 30 recipes prepared by some of the world's most prestigious chefs. Part I gives an overview of pulses and a brief guide to the main varieties. Part II explains step-by-step how to cook them, and what condiments and instruments to use. Part III underscores five messages about the impact of pulses on nutrition, health, climate change, biodiversity and food security. Part IV illustrates how pulses can be grown in a garden patch with easy gardening instructions and shows how they are grown across the world, highlighting major producers, importers and exporters. Part V takes the reader on a journey around the planet, showing how pulses tie in with regional history and culture, and accompanies 10 internationally acclaimed chefs as they go the market to buy pulses. Back at their restaurant or home, the chefs prepare easy dishes and share their best kept secrets, each one providing 3 recipes that are beautifully illustrated.

This work explores the history of life-extensionism in the 20th century. The term life-extensionism is meant to describe an ideological system professing that radical life extension (far beyond the present life expectancy) is desirable on ethical grounds and is possible to achieve through conscious scientific efforts. This work examines major lines of life-extensionist thought, in chronological order, over the course of the 20th century, while focusing on central seminal works representative of each trend and period, by such authors as Elie Metchnikoff, Bernard Shaw, Alexis Carrel, Alexander Bogomolets and others. Their works are considered in their social and intellectual context, as parts of a larger contemporary social and ideological discourse, associated with major political upheavals and social and economic patterns. The following national contexts are considered: France (Chapter One), Germany, Austria, Romania and Switzerland (Chapter Two), Russia (Chapter Three), the US and UK (Chapter Four). This work pursues three major aims. The first is to attempt to identify and trace throughout the century several generic biomedical methods whose development or applications were associated with radical hopes for life-extension. Beyond mere hopefulness, this work argues, the desire to radically prolong human life often constituted a formidable, though hardly ever acknowledged, motivation for biomedical research and discovery. It will be shown that novel fields of biomedical science often had their origin in far-reaching pursuits of radical life extension. The dynamic dichotomy between reductionist and holistic methods will be emphasized. The second goal is to investigate the ideological and socio-economic backgrounds of the proponents of radical life extension, in order to determine how ideology and economic conditions motivated the life-extensionists and how it affected the science they pursued. For that purpose, the biographies and key writings of several prominent longevity advocates are studied. Their specific ideological premises (attitudes toward religion and progress, pessimism or optimism regarding human perfectibility, and ethical imperatives) as well as their socioeconomic conditions (the ability to conduct and disseminate research in a specific social or economic milieu) are examined in an attempt to find out what conditions have encouraged or discouraged life-extensionist thought. This research argues for the inherent adjustability of life-extensionism, as a particular form of scientific enterprise, to particular prevalent state ideologies. The third, more general, aim is to collect a broad register of life-extensionist works, and, based on that register, to establish common traits and goals definitive of life-extensionism, such as valuation of life and constancy, despite all the diversity of methods and ideologies professed. This work will contribute to the understanding of extreme expectations associated with biomedical progress that have been scarcely investigated by biomedical history.

The Tale of Tea

Natural Healing Through Macrobiotics

The Pirate's Dilemma

B-Vitamins and One-Carbon Metabolism

Catalogo alfabetico annuale

Edible Insects in Sustainable Food Systems

This text provides an important overview of the contributions of edible insects to ecological sustainability, livelihoods, nutrition and health, food culture and food systems around the world. While insect farming for both food and feed is rapidly increasing in popularity around the world, the role that wild insect species have played in the lives and societies of millions of people worldwide cannot be ignored. In order to represent this diversity, this work draws upon research conducted in a wide range of geographical locations and features a variety of different insect species. Edible insects in Sustainable Food Systems comprehensively covers the basic principles of entomology and population dynamics; edible insects and culture; nutrition and health; gastronomy; insects as animal feed; factors influencing preferences and acceptability of insects; environmental impacts and conservation; considerations for insect farming and policy and legislation. The book contains practical information for researchers, NGOs and international organizations, decision-makers, entrepreneurs and students.

A DNA barcode in its simplest definition is one or more short gene sequences taken from a standardized portion of the genome that is used to identify species through reference to DNA sequence libraries or databases. In DNA Barcodes: Methods and Protocols expert researchers in the field detail many of the methods which are now commonly used with DNA barcodes. These methods include the latest information on techniques for generating, applying, and analyzing DNA barcodes across the Tree of Life including animals, fungi, protists, algae, and plants. Written in the highly successful Methods in Molecular Biology™ series format, the chapters include the kind of detailed description and implementation advice that is crucial for getting optimal results in the laboratory. Thorough and intuitive, DNA Barcodes: Methods and Protocols aids scientists in continuing to study methods from wet-lab protocols, statistical, and ecological analyses along with guides to future, large-scale collections campaigns.

Vegetarian and Plant-Based Diets in Health and Disease Prevention examines the science of vegetarian and plant-based diets and their nutritional impact on human health. This book assembles the science related to vegetarian and plant-based diets in a comprehensive, balanced, single reference that discusses both the overall benefits of plant-based diets on health and the risk of disease and issues concerning the status in certain nutrients of the individuals, while providing overall consideration to the entire spectrum of vegetarian diets. Broken into five sections, the first provides a general overview of vegetarian / plant-based diets so that readers have a foundational understanding of the topic. Dietary choices and their relation with nutritional transition and sustainability issues are discussed. The second and third sections provide a comprehensive description of the relationship between plant-based diets and health and disease prevention. The fourth section provides a deeper look into how the relationship between plant-based diets and health and disease prevention may differ in populations with different age or physiological status. The fifth and final section of the book details the nutrients and substances whose intakes are related to the proportions of plant or animal products in the diet. Discusses the links between health and certain important characteristics of plant-based diets at the level of food groups Analyzes the relation between plant-based diet and health at the different nutritional levels, i.e. from dietary patterns to specific nutrients and substances Provides a balanced evidence-based approach to analyze the positive and negative aspects of vegetarianism Addresses the different aspects of diets predominantly based on plants, including geographical and cultural variations of vegetarianism

Edited by Robert E. Rakel, MD and David P. Rakel, MD, Textbook of Family Medicine remains your #1 choice for complete guidance on the principles of family medicine, primary care in the community, and all aspects of clinical practice. Ideal for both residents and practicing physicians, it includes evidence-based, practical information to optimize your patient care and prepare you for the ABFM exam. The full-color format features a clean, quick-reference layout that makes it easy for you to put information to work immediately in your practice. You can also access the complete contents online at www.expertconsult.com, plus 30 videos of common office procedures, additional chapters on timely topics, and figures, tables, and photographs that supplement the text. Prepare for success on the ABFM exam with complete coverage of all aspects of family medicine. Access information quickly with an efficient, full-color layout that makes it easy to apply the latest knowledge in your practice. Take advantage of today's most useful online resources with a convenient list of outstanding clinical websites. Quickly spot "Best Evidence Recommendations" with special boxes located throughout the text. Glean helpful tips on diagnosis and therapy from "Key Points" boxes found on every page. Access the complete contents and illustrations online at www.expertconsult.com - fully searchable - plus additional figures, tables, and photographs online, as well as online-only chapters that cover topics such as prescribing nutritional supplements and botanicals. View 30 videos online covering common office procedures such as vasectomy, the proper use of today's diabetic equipment, and endometrial biopsy. Gain a new understanding of the patient-centered medical home and how to achieve this status in outpatient clinics. Make the most effective care decisions with help from "Evidence vs. Harm" icons that guide you through key treatments of common medical conditions. The Textbook of Family Medicine continues to provide the latest, most comprehensive coverage of family medicine practice.

The History of Antibiotics in Anglo-American Food Production

Illustrated Textbook of Paediatrics

Vegetarian and Plant-Based Diets in Health and Disease Prevention

Changing Seasons Macrobiotic Cookbook

Pulses

Cooking in Harmony with Nature

this revised edition includes a new chapter on the Spiritual World.

Antimicrobial Stewardship (AMS), Volume Two includes the experience of ESGAP workshops and courses on antibiotic stewardship since 2012. It combines clinical and laboratory information about AMS, with a focus on human medicine. The ESCMID study group on antibiotic policies (ESGAP) is one of the most productive groups in the field, organizing courses and workshops. This book is an ideal tool for the participants of these workshops. With short chapters (around 1500 words) written on different topics, the authors insisted on the following points: A 'hands on', practical approach, tips to increase success, a description of the most common mistakes, a global picture (out- and inpatient settings, all countries) and a short list of 10-20 landmark references.

Focuses on the most recent antimicrobial stewardship strategies Provides a detailed description of laboratory support Offers a balanced synthesis of basic and clinical sciences for each individual case, presenting clinical courses of the cases in parallel with the pathogenesis and detailed microbiological information for each infection Describes the prevalence and incidence of the global issues and current therapeutic approaches Presents the measures for infection control

"Having been born a freeman, and for more than thirty years enjoyed the blessings of liberty in a free State—and having at the end of that time been kidnapped and sold into Slavery, where I remained, until happily rescued in the month of January, 1853, after a bondage of twelve years—it has been suggested that an account of my life and fortunes would not be uninteresting to the public." - an excerpt

The first English translation of Novalis's unfinished notes for a universal science, Das Allgemeine Brouillon.

Grammar Without Grammaticality

Space Is the Place

A Natural Diet and Health Program for Weight Control, Disease Prevention, and

Children with Special Health Care Needs

Acid Dreams

The Hippocrates Diet and Health Program

Rooted in centuries-old principles, the macrobiotic diet consists of simple yet highly nutritious foods such as whole grains, vegetables, and beans, selected and prepared in harmony with the seasons. From lightly sautéed spring greens and sea vegetables and refreshing summer salads, to harvest vegetables and hearty winter stews, The Changing Seasons Macrobiotic Cookbook provides hundreds of easy-to-follow and flavorful recipes for complete and balanced macrobiotic meals. A combination of great taste and whole foods, this is traditional macrobiotic cooking at its best.

Thoroughly revised and updated, the fifth edition of this prize-winning title retains the high level of illustration and accessibility that has made it so popular worldwide with medical students and trainees approaching clinical specialty exams. Illustrated Textbook of Paediatrics has been translated into eight languages over its life. Case studies. Summary boxes. Tips for patient education. Highly illustrated with 100s of colour images. Diseases consistently presented by Clinical features; Investigations; Management; Prognosis; and, where appropriate, Prevention. Separate chapters on Accidents Child protection Diabetes and endocrinology Inborn Errors of Metabolism New chapter on Global child health New co-editor, Will Carroll, Chair of MRCPCH Theory Examinations.

Repackage of a classic sociology text in which the author develops the idea of resistance to social and economic pressures.

In the past 20 years micronutrients have assumed great public health importance and a considerable amount of research has lead to increasing knowledge of their physiological role. Because it is a rapidly developing field, the WHO and FAO convened an Expert Consultation to evaluate the current state of knowledge. It had three main tasks: to review the full scope of vitamin and minerals requirements; to draft and adopt a report which would provide recommended nutrient intakes for vitamins A, C, D, E, and K; the B vitamins; calcium; iron; magnesium; zinc; selenium; and iodine; to identify key issues for future research and make preliminary recommendations for the handbook. This report contains the outcome of the Consultation, combined with up-to-date evidence that has since become available.

Dictionary of Pharmaceutical Medicine

A Guide to Holistic Approaches to Healthy Aging

The Lives and Times of Sun Ra

Four Civilizations, One 17th-century Breakthrough

Vitamin and Mineral Requirements in Human Nutrition

Bloodbath

Once upon a time 'The Scientific Revolution of the 17th century' was an innovative concept that inspired a stimulating narrative of how modern science came into the world. Half a century later, what we now know as 'the master narrative' serves rather as a strait-jacket - so often events and contexts just fail to fit in. No attempt has been made so far to replace the master narrative. H. Floris Cohen now comes up with precisely such a replacement. Key to his path-breaking analysis-cum-narrative is a vision of the Scientific Revolution as made up of six distinct yet narrowly interconnected, revolutionary transformations, each of some twenty-five to thirty years' duration. This vision enables him to explain how modern science could come about in Europe rather than in Greece, China, or the Islamic world. It also enables him to explain how half-way into the 17th century a vast crisis of legitimacy could arise and, in the end, be overcome.

Clostridia is one of the largest bacterial genera with an enormous potential for biotechnical and medical applications. Despite growing scientific, medical, and industrial interest, information on basic methods, biochemical fundamentals, clinical practice, industrial applications, and novel developments remains scattered in a variety of research ar

Provides a social history of how the CIA used the psychedelic drug LSD as a tool of espionage during the early 1950s and tested it on U.S. citizens before it spread into popular culture, in particular the counterculture as represented by Timothy Leary, Allen Ginsberg, Ken Kesey, and others who helped spawn political and social upheaval.

The aim of raising global awareness on the multitude of benefits of pulses was integral to the International Year of Pulses. This coffee table book is part guide and part cookbook– informative without being technical. The book begins by giving an overview of pulses, and explains why they are an important food for the future. It also has more than 30 recipes prepared by some of the most prestigious chefs in the world and is peppered with infographics. Part I gives an overview of pulses and gives a brief guide to the main varieties in the world. Part II explains step-by-step how to cook them, what to keep in mind and what condiments and instruments to use. Part III underscores the five messages that FA0 conveys to the world about the impact pulses have on nutrition, health, climate change, biodiversity and food security. Part IV illustrates how pulses can be grown in a garden patch with easy gardening instructions and how they are grown in the world, highlighting major world producers, importers and exporters. Part V takes the reader on a journey around the world showing how pulses fit a region's history and culture and visits 10 internationally acclaimed chefs as they go the market to buy pulses. Back at their restaurant or home, each chef prepares easy dishes and gives their best kept secrets. Each chef provides 3 recipes that are beautifully illustrated.

Pharmacotherapeutics For Advanced Practice Nurse Prescribers

Textbook of Family Medicine

The Book of Macrobiotics

Pyrrhic Progress

Notes for a Romantic Encyclopaedia

A Comprehensive History of Tea from Prehistoric Times to the Present Day

Considered by many to be a founder of Afrofuturism, Sun Ra—aka Herman Blount—was a composer, keyboardist, bandleader, philosopher, entrepreneur, poet, and self-proclaimed extraterrestrial from Saturn. He recorded over 200 albums with his Arkestra, which, dressed in Egypto-space costumes, played everything from boogie-woogie and swing to fusion and free jazz. John Szwed's Space is the Place is the definitive biography of this musical polymath, who was one of the twentieth century's greatest avant-garde artists and intellectuals. Charting the whole of Sun Ra's life and career, Szwed outlines how after years in Chicago as a blues and swing band pianist, Sun Ra set out in the 1950s to impart his views about the galaxy, black people, and spiritual matters by performing music with the Arkestra that was as vital and innovative as it was mercurial and confounding. Szwed's readers—whether they are just discovering Sun Ra or are among the legion of poets, artists, intellectuals, and musicians who consider him a spiritual godfather—will find that, indeed, space is the place.

Linguists have standardly assumed that grammar is about identifying all and only the 'good' sentences of a language, which implies that there must be other, 'bad' sentences- but in practice most linguists know that it is hard to pin those down. The standard assumption is no more than an assumption. A century ago, grammarians did not think about their subject that way, and our book shows that the older idea was right: linguists can and should dispense with the concept 'starred sentence'. We draw on corpus data in order to support a different model of grammar, in which individuals refine positive grammatical habits to greater or lesser extents in diverse and unpredictable directions, but nothing is ever ruled out. Languages are not merely alternative methods of verbalizing universal logical forms. We use empirical evidence to shed light on the routes by which school-age children gradually expand their battery of grammatical resources, which turn out to be sometimes counter-intuitive. Our rejection of the 'starred sentence' concept has attracted considerable discussion, and we summarize the reactions and respond to our critics. The contrasting models of grammar described in this book entail contrasting pictures of human nature; our closing chapter shows that grammatical theory is not value-neutral but has an ethical dimension.

For more than forty years, Ann Wigmore, founder of the renowned Hippocrates Health Institute and internationally acclaimed holistic health educator, taught that what we eat profoundly affects our health. She was among the first to note that our modern diet of "convenience food" was the prime cause of illness and obesity, and she offered a positive alternative. Developed over a twenty-year period at the Hippocrates Health Institute, one of the nation's first and finest holistic health centers, the Hippocrates Diet allows the body to correct its problems naturally and at its own pace. Through a diet of fresh fruits, vegetables, grains, nuts, and super nutritious foods such as sprouts and wheatgrass juice, all of which are prepared without cooking, the body is able to restore its internal balance—and its capacity to maintain a healthy weight, fight disease, and heal itself. The Hippocrates Diet and Health Program is an indispensable guide to healthy living, filled with easy-to-follow recipes and money-saving health tips. It is never easy for anyone to break bad eating habits, but when you are ready to make the decision to lose weight, regain youthful energy, or prevent illness, The Hippocrates Diet and Health Program can be your guide.

Explores the influence of youth culture on transforming mainstream society through innovative cooperative venues and modern "do-it-yourself" values, in a report that reveals what can be learned through the indirect social experiments being performed by today's young artists and entrepreneurs. Reprint.

Methods and Protocols

The Complete Social History of LSD : the CIA, the Sixties, and Beyond

Catalogo dei libri in commercio

Handbook on Clostridia

International Books in Print

ABC della macrobiotica. La via naturale. Salute, stile di vita, alimentazione e ricette

"Sunset Boulevard" (1950) is one of the most famous films in the history of Hollywood, and perhaps no film better represents Hollywood's vision of itself. This facsimile edition of the screenplay provides intriguing

background information about Wilder and the film's casting and production.

ABC della macrobiotica. La via naturale. Salute, stile di vita, alimentazione e ricetteThe Book of MacrobioticsThe Universal Way of Health, Happiness & PeaceSquare One Pub

This dictionary is aimed primarily at the beginners entering the new discipline of Pharmaceutical Medicine, an area comprising aspects of toxicology, pharmacology, pharmaceuticals, epidemiology, statistics, drug regulatory and legal affairs, medicine and marketing. But also more experienced colleagues in departments engaged in clinical development as well as researchers and marketing experts in the pharmaceutical industry will find concise and up-to-date information. The book is completed by a list of about 1000 abbreviations encountered in pharmaceutical medicine and a compilation of important addresses of national and international health authorities. Patricia Edgar has been named one of the ten most influential people in the development of Australian television production. Her candid memoir offers a rare behind-the-scenes look at the television industry and its politics. It also tells her own story of how a young girl from Mildura became a leading innovator in Australian children's television production, and a voice to be reckoned with in a tough business. As a regulator and policy maker, Dr Edgar's take-no-prisoners style won her great fans and made her bitter enemies. Dr Edgar was the first woman appointed to the Australian Broadcasting Control Board. For ten years she fought for more locally produced, first-release children's drama on Australian television. In the early 1980s she helped establish the Australian Children's Television Foundation, creating some of the most celebrated television ever produced for Australian children, including the Round the Twist series, which sold into more than 100 countries. During her twenty-year tenure, the ACTF won multiple awards including a coveted Emmy and made co-productions with the BBC, Disney and Revcom. Along the way, Dr Edgar worked with a host of notable Australians, including Janet and Robert Holmes O Court, Bruce Gyngell, Hazel Hawke, Phillip Adams, Gulumbu Yunupingu and her brothers Galarrwuy and Mandawuy, Steve Vizard, Hilary McPhee and Paul Jennings. Bloodbath sets its author's triumphs and setbacks in the television industry into the wider perspective of political and economic change, the forces of consumerism and the global marketplace. This memoir reveals Dr Edgar as she really is-a sensitive, thoughtful, determined woman, still working to make the media environment one of quality not pap and a force for learning as well as entertainment. Bloodbath is a must-read for every Australian in the media industry, every parent raising a child, every woman who ever strove for career success, and anyone interested in how leadership works.

Panorama

Complementary and Alternative Medicine for Older Adults

Food in Medieval Times

The Universal Way of Health, Happiness & Peace

Nutritious seeds for a sustainable future

Twelve Years a Slave

This exceptional text builds your knowledge of pharmacology by first providing an overview of pharmacologic principles and then teaching you how to apply those principles to clinical practice. Focusing on applying pharmacologic scientific knowledge to clinical practice, it explains diagnostic and treatment reasoning and rational drug selection, while providing useful clinical pearls from experienced practitioners.

This book is a printed edition of the Special Issue "B-Vitamins and One-Carbon Metabolism" that was published in Nutrients

Proposes illnesses and maladies are the result of improper diet and presents a macrobiotic diet, heavily dependent on whole grains and whole foods, that will speed healing by maintaining a balance of the universal forces, yin and yang.

New light is shed on everyday life in the Middle Ages in Great Britain and continental Europe through this unique survey of its food culture. Students and other readers will learn about the common foodstuffs available, how and what they cooked, ate, and drank, what the regional cuisines were like, how the different classes entertained and celebrated, and what restrictions they followed for health and faith reasons. Fascinating information is provided, such as on imitation food, kitchen humor, and medical ideas. Many period recipes and quotations flesh out the narrative. The book draws on a variety of period sources, including as literature, account books, cookbooks, religious texts, archaeology, and art. Food was a status symbol then, and sumptuary laws defined what a person of a certain class could eat--the ingredients and preparation of a dish and how it was eaten depended on a person's status, and most information is available on the upper crust rather than the masses. Equalizing factors might have been religious strictures and such diseases as the bubonic plague, all of which are detailed here.

Giornale della libreria

Nutrition Care Handbook

How Modern Science Came Into the World

Das Allgemeine Brouillon

Nutritious Seeds for a Sustainable Future