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Log Home Living is the oldest, largest and most widely distributed and read publication reaching log home enthusiasts. For 21 years Log Home

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Living has presented the log home lifestyle through striking editorial, photographic features and informative resources. For more than two decades Log Home Living has offered so much more than a magazine through additional resources—shows, seminars, mail-order bookstore, Web site, and

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membership organization. That's why the most serious log home buyers choose Log Home Living.

Important Notice: The digital edition of this book is missing some of the images or content found in the physical edition. Nursing Research and Evidence-Based Practice: Ten Steps to Success offers a

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unique approach to learning about nursing research, particularly evidence-based nursing practice. It is ideal for nursing students and practicing nurses who need to understand the language and significance of research and how to translate it into evidence-based practice. This innovative text provides a step-by-

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step guide on how to develop evidence-based practice proposals for the real world and focuses on analyzing all forms of evidence. With chapter objectives, tables, algorithms, and real-life examples of full evidence-based nursing practice proposals, Nursing Research and Evidence-Based Practice:

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Ten Steps to Success is the essential how-to reference."

This is the 143rd volume of New Directions for Youth Development, the Jossey-Bass quarterly report series dedicated to bringing together everyone concerned with helping young people, including scholars, practitioners, and

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people from different disciplines and professions.

**A Complete Guide to Gaining Speed
Wherever You Ride**

**Body Composition Techniques in
Health and Disease**

**A Biochemical and Nutritional
Perspective in Health and Disease**

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Prevention

Rural Women's Health

The 5-Step Plan to Sleek, Strong, and Sculpted Arm

Over the years, there has been increasing interest into the public health impact of cannabis

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use, especially by young adults. This follows the evidence of a growing prevalence of regular cannabis use worldwide, with approximately 200 million users. Recreational cannabis use, especially a frequent use of

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products with high levels of its main psychoactive ingredient delta-9-tetrahydrocannabinol (9-THC), can cause dependence and have transient and long-lasting detrimental mental health effects, also

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negatively impacting cognitive processing and brain function and metabolism. In regular users, the development of tolerance to some of the effects of cannabis, especially the pleasurable ones, may lead to

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progressively heavier use in order to obtain the same effects in terms of their intensity, with higher health risks. However, the Cannabis Sativa plant contains different chemicals with different potential effects.

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In this regard, cannabidiol has gained interest because of its potential therapeutic properties, in line with evidence that CBD and 9-THC may exhibit opposite effects at the cannabinoid receptor type 1

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(CB1), 9-THC being a partial agonist and CBD an antagonist/inverse agonist. Different cannabinoids may modulate human brain function and behavior in different ways, with different risk – benefit

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profiles.

Advances in Biomolecular
Medicine contains the selected
papers presented at the 4th
BIBMC (Bandung International
Biomolecular Medicine
Conference) and the 2nd ACMM

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(ASEAN Congress on Medical Biotechnology and Molecular Biosciences), hosted by the Faculty of Medicine, Padjadjaran University, Bandung, West Java, Indonesia, 4-6 October 2016. In line with

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the United Nations Sustainable Development Goals, the theme of the joint scientific meeting is ‘ Medical innovation & translational research to ensure healthy lives & promote well-being for all at all ages ’ .

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Authors include scientists, academics, practitioners, regulators and other key individuals with expertise and experience relevant to biomolecular medicine, medical biotechnology and molecular

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biosciences. Topics of the papers cover various aspects of infection, oncology, tuberculosis, genetics, thalassemia, nutrition, cardiovascular, wound healing and endocrinology. This book is

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essential reading for academics, scientist, practitioners and regulators involved in the area of biomolecular medicine, medical biotechnology and molecular biosciences.

Every cyclist wants to get

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faster. Whether they're a weekend warrior, a crit specialist, or a charity cruiser, speed is the X factor that lets a rider ride strong, feel fresh, and thoroughly enjoy each ride. Get *Fast!* is the cyclist's go-to guide

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for gaining speed. In it, author Selene Yeager addresses speed from every possible angle, including not only the standard chapters on riding techniques and bike maintenance tricks specific to getting fast but also

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stand-alone chapters on fitness and weight loss, stretching, nutrition and supplementation, motivation, and mental attitude. Together they present a complete and comprehensive guide to achieving one's top

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speed. Bolstered by a foundation in science and road-tested by Yeager and the editors of *Bicycling* magazine, the wisdom presented in *Get Fast!* will have riders and readers flying on the road, dirt,

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dirt roads, cross course,
track—anywhere and
everywhere they love to ride
most—in no time at all.

Sport Science Research and
Technology Support
Psychodidactic Variables and

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Academic Performance in
Physical Education
Cardiovascular Disease
Proceedings of the 4th BIBMC
(Bandung International
Biomolecular Medicine
Conference) 2016 and the 2nd

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ACMM (ASEAN Congress on
Medical Biotechnology and
Molecular Biosciences), October
4-6, 2016, Bandung, West Java,
Indonesia

Body Fascism

What did God give to human

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beings for food? What does the Bible teach about diet and nutrition? How do the Biblical teachings on foods compare to scientific research on nutrition and the relationship of diet to degenerative disease like heart

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disease, cancer, stroke, diabetes, and osteoporosis? These and other questions are addressed in this book. This Second Edition is 2-1/2 times as long as the First Edition. This Second Edition also presents a

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different perspective on diet. The First Edition mostly advocated a vegan diet, while this Second Edition also advocates for a diet that includes animal foods. But, and this is very important, those animal foods are to be what are

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called “old-fashioned” meats, dairy, and eggs, not the “factory farm” products that most people eat. What is meant by these two terms and the incredible difference between them is explained in this book. Many

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more diet related topics are also covered, every subject imaginable about sound nutritional practices.

According to the most updated epidemiological studies, cardiovascular disease remains

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a leading cause of death; in fact, despite substantial advances in the care of patients, the incidence of cardiovascular disorders continues to increase. Therefore, the search for novel mechanisms and therapeutics is

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desperately needed, and translational studies represent the best strategy to uncover novel therapeutic targets, reduce mortality, and improve the quality of life. This book gathers original articles and systematic reviews

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that have both a strong basic research background and clear translational potential. All the studies have been peer reviewed by at least two experts in the field. These contributions provide an updated systematic overview

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that examines, in detail, the mechanisms of the main cardiovascular and metabolic disorders, including ischemic and non-ischemic heart failure, hypertension, thromboembolism, atherosclerosis, stroke, diabetes

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mellitus, dyslipidemia, metabolic syndrome, valvulopathies, peripheral artery disease. In the final chapter, the functional role of the endothelium in the systemic manifestations of COVID-19 is described.

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This is an edited collection of peer-reviewed papers presented at the Ninth International Conference of the Society for the Advancement of Kinanthropometry. Defined as the relationship between human

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body structure and function, kinanthropometry is an area of growing interest, and these proceedings will be of use to students, academics and professionals in the areas of ergonomics, sports science,

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nutrition, health, and other allied fields. The assembled works represent the latest research findings across kinanthropometry, moving the discipline forward and promoting good practice and the exchange

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of expertise.

Vegetarian Times

From Molecular Mechanisms to
Clinical Therapies

The Tale of the Scale : An
Odyssey of Invention

Proceedings of the 9th

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International Conference of the
International Society for the
Advancement of
Kinanthropometry
The Reliability and Validity of the
Tanita TBF-511 Body Fat
Monitor

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Evaluates newer and established techniques of body composition assessment.

Stimulating and up to date, this book is a distinctive reference for pediatricians, nutritionists, anthropologists, exercise and

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*sport scientists as well as sport
medicine specialists.*

*7 Years Weight Loss, 7 Years
Vegetarian, & 7 Years Organic By:
Mary Hubbard 7 Years Weight
Loss, 7 Years Vegetarian, & 7
Years Organic depicts author Mary*

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Hubbard's personal journey of spending seven consecutive years losing weight, seven consecutive years following a vegetarian diet, and seven consecutive years of eating strictly organic foods. Hubbard discusses the importance

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of remaining consistent with healthy habits, using nutrition as medicine, and describes the impacts of nutrition on the mind and body.

*New Directions for Youth
Development, Number 143*

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Women's Health

*Magnesium Intake and Human
Health*

Kinanthropometry IX

*Emerging Technology Applications
to Promote Physical Activity and
Health*

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The dynamics of body metabolism are changed in the disease process and interact with physical activity. The alteration of metabolism and its consequences raise the need for simple and reliable methods for assessment of body composition.

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The chapters aim to investigate various interacting components converging on metabolic changes in lung and muscle tissues taking into consideration the drug effects. The effects of exercise and nutritional status are dealt with at a great

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extent.

To do what no other magazine does:
Deliver simple, delicious food, plus
expert health and lifestyle
information, that's exclusively
vegetarian but wrapped in a fresh,
stylish mainstream package that's

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inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace

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both.

Rural Women's Health encompasses the breadth and depth of the unique physical and psychological needs facing rural women throughout the United States and Canada, and identifies positive interventions and

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outcomes. Raymond T. Coward, founding editor of *The Journal of Rural Health*, along with five leading practitioners and researchers with contributions from over 25 educators, authors, program leaders, and researchers representing the

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multidisciplinary spectrum of rural health professionals, present the most comprehensive coverage on rural women's health that exists today. Key issues covered include: Socio-cultural stressors Policy changes Barriers to accessing mental

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health treatment Obesity and risk
factors Behavioral risk factors
Chronic diseases Exercise, nutrition,
and health promotion programs
Education and telehealth This is a
valuable resource for mental health
service providers, gerontologists,

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social workers, psychologists,
counselors, and primary care
physicians.

Body Composition Assessment in
Children and Adolescents

Nutrition in Lifestyle Medicine

Body Metabolism and Exercise

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Talent Identification and
Development in Sports Performance
Get Fast!

This book is a printed edition of the
Special Issue "Magnesium Intake and
Human Health" that was published in
Nutrients

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The book presents the latest advances in research into health effects of air pollution, with heavy motor vehicle traffic or cigarette smoke as the exemplar of pollution. The airways are the first-line defense system against pollution. The book focuses on

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respiratory ailments underlain by inflammation, increased susceptibility to infection, particularly acquired during harsh environmental conditions and exposures to particulate matter or pathogens. The importance of astute analysis of lung function for early

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diagnosis of disorders is underscored. A knowledge deficit concerning the aerosolized drug delivery through the airways also is addressed. Recent developments and viewpoints in the field of environmental health hazards as well as methodological advances in

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their assessment are provided. The book will be of interest to pulmonologists, healthcare providers, researchers and clinicians engaged in environment-related respiratory diseases, but also to policy makers concerned with clean ambient air

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quality.

Brian Pronger argues that a technological approach to fitness transforms more than the body's functions and contours; it diminishes its transcendent power, compelling it conform to a profoundly limited

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imagination of what the body can do.
Basis of Human Movement in Health
and Disease

Six Weeks to Sleeveless and Sexy
4th and 5th International Congress,
icSPORTS 2016, Porto, Portugal,
November 7-9, 2016, and icSPORTS

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2017, Funchal, Madeira, Portugal,
October 30-31, 2017, Revised Selected
Papers
An Odyssey of Invention

***As technology becomes an
ever-more prevalent part***

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*of everyday life, and
population-based
physical activity
programs seek new ways
to increase life-long
engagement with physical
activity, these two*

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***ideas have become
increasingly linked.
This Special Issue
attempts to offer a
thorough and critical
examination of emerging
technologies in physical***

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***activity and health
promotion, considering
technological
interventions in
different contexts
(communities, clinics,
schools, homes, etc.)***

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***among various
populations, exploring
the challenges of
integrating technology
into physical activity
promotion, and offering
solutions for its***

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implementation. This Special Issue aims to take a broadly positive stance toward interactive technology initiatives and, while discussing some negative

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***implications of an
increased use of
technology, offers
practical
recommendations for
promoting physical
activity through various***

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***emerging technologies,
including, but not
limited to: Active video
games (exergaming);
social media; mobile
device apps; health
wearables; mobile games,***

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***augmented reality games,
global positioning and
geographic information
systems; and virtual
reality. Offering a
logical and clear
critique of emerging***

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technologies in physical activity and health promotion, this Special Issue will provide useful suggestions and practical implications for researchers,

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***practitioners, and
educators in the fields
of public health,
kinesiology, physical
activity and health, and
healthcare.***

The most trustworthy

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***source of information
available today on
savings and investments,
taxes, money management,
home ownership and many
other personal finance
topics.***

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***Bridging the gap between
exercise physiology
principles and clinical
practice, this text
provides comprehensive
coverage of both
traditional basic***

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***science and clinical
exercise physiology
principles. The book
presents clinical
applications and
examples that connect
theory to practice. More***

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than 500 full-color illustrations and numerous graphs and tables complement the text. Reader-friendly features including Perspective Boxes,

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***Research Highlights,
Biography Boxes, and
Case Studies engage
readers and reinforce
key concepts. A bonus
three-dimensional
interactive anatomy CD-***

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***ROM from Primal Pictures
and a Student Resource
CD-ROM accompany the
book. LiveAdvise online
faculty support and
student tutoring
services are available***

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***free with the text.
Mental, Behavioral, and
Physical Issues
Validity of the Tanita
BIA in Measuring Body
Composition in Pediatric
Patients with Chronic***

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Disease

BODY COMPOSITION

ASSESSMENT BY A

BIOIMPEDANCE SCALE IS A

BETTER ROUTINE

MEASUREMENT OF BODY

ADIPOSIITY THAN BODY MASS

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INDEX

Log Home Living

Precision Physical

Activity and Exercise

Prescriptions for

Disease Prevention: The

Effect of

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***Interindividual
Variability Under
Different Training
Approaches***

You have the right to bare arms! JJ Virgin, nutrition and fitness coach to the stars, and author of THE VIRGIN DIET, has created a

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simple, no-fail program that will trim, tone, and transform your arms into your hottest accessory. You don ' t even need to go to the gym! JJ ' s fun, tell-it-like-it-is method will teach you a no-fuss approach to eating that will increase your energy, help you build muscle, and get you off diets for good. She provides simple strategies for avoiding

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the common mistakes that can derail your progress, including how to reduce stress and how to change poor sleeping habits. JJ reveals the keys to building lean arms, and why your muscles will never get bigger from lifting weights --only smaller and more defined. And last, there are great tips for showing off your hot new assets—flattering

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outfits, how to pose for pictures, plus more insider secrets!

Validity of the Tanita BIA in Measuring Body Composition in Pediatric Patients with Chronic Disease

In the mid-1980s, Solly Angel had a technological mini-vision. He saw in his mind's eye a quarter-inch thick personal

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scale weighing a pound--a travel scale--and he decided to make it a reality, to bring it to market. The Tale of the Scale is a rare first-person account of the process of invention and design as it unfolds in the remaking of the familiar bathroom scale. It is rare because inventors seldom have the inclination to articulate their thought

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processes and to recount their experiences in great detail. Written by an inventor, the book stands apart from recent books about inventors. Angel, an urban planner by profession, had no mechanical skills as he embarked on his journey. The Tale records his transformation, over the course of a decade, from a bungling ignoramus to an

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expert on thin scales. Readers know as much about scales--or about invention for that matter--as Angel does at the beginning of the journey. Listening to Angel's unfolding story, they learn about the intricacies of invention and design as Angel finds out about them. The Tale of the Scale is truly an odyssey of invention. The pursuit of the thin

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scale takes readers to fascinating places--from Bangkok to Rolling Hills, California, from Groningen in the Netherlands to Murrhardt in Germany, and from New York to Tokyo. But the places Angel explores are not only visually different. They are realms of knowledge inhabited by people with diverse yet

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complementary outlooks on the invention process--engineers, designers, lawyers, product development specialists, corporate functionaries, and friends who philosophize on the deeper meanings of one's life pursuits.

Neuropsychiatry and Its Effects on Brain and Behavior

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Healthy Eating and Physical Activity in Out-of-School Time Settings

Nursing Research and Evidence-Based Practice

7 YEARS WEIGHT LOSS, 7 YEARS VEGETARIAN, & 7 YEARS ORGANIC Cannabis

This book constitutes the

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thoroughly refereed post-conference proceedings of the 4th and 5th International Congress on Sports Science Research and Technology Support, icSPORT 2016 and 2017, held respectively in Porto,

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Portugal, on November 7-9, 2016 and in Funchal, Madeira, Portugal, on October 30-31, 2017. The 13 revised full papers (7 papers in 2016 and 6 papers in 2017) along with 1 short paper presented were carefully

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reviewed and selected from 93 submissions (53 in 2016 and 40 in 2017). The papers cover the following topics: signal processing and motor behavior; neuromuscular physiology; sports medicine and support

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technology; physiotherapy and rehabilitation; health, sports performance and support technology; applied physiology and exercise; computer systems in sports; computer supported training and decision support

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systems.

Womens Health magazine speaks to every aspect of a woman's life including health, fitness, nutrition, emotional well-being, sex and relationships, beauty and style.

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This book looks at fresh (fruits and vegetables) and processed foods from a biochemical and nutritional perspective, as well as the relationship between their content in micronutrients and phytochemicals and the major

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killer diseases such as cardiovascular disease, diabetes and cancer. The book also pays special attention to two important topics not addressed by other texts on nutrition, namely low-grade systemic inflammation and

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caloric restriction, which were consistently shown to impact health and disease. Caloric restriction can help in weight reduction programs and in slowing down age-associated degenerative disorders.

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In contrast to other texts on a similar topic, this book is a blend of nutrition, biochemistry and pathology. More specifically, we discuss the molecular mechanisms involved in the

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pathogeny of cancer, heart disease and metabolic syndrome with a constant focus on the relationship between diet and these conditions.

The book will benefit medical

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students, residents, family doctors and physicians who practice medical nutrition therapy, biomedical researchers, as well as those interested in good health and disease prevention. Readers will learn

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that whole foods diet is the best bet in the prevention of age-related degenerative diseases as well as an essential aid in the treatment of several human disorders.

Creationist Diet: Second Edition

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Comprehensive Guide to Bible
and Science Based Nutrition
Advances in Biomolecular
Medicine

Interdependence of Physical (In-)
Activity, Fitness and Cognition: A
Cross-Sectional Study in Young

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Adults

Environmental Biomedicine

Exercise Physiology

Background and aims: Body mass index (BMI) is a standard measure of weight in children and adolescents, but it is not a direct

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measure of adiposity. It may overestimate fatness in children who have high muscle mass or underestimate fatness in children who have low muscle mass. In 2018, our Endocrinology Unit implemented a bioimpedance scale

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as part of the routine anthropometric growth and nutrition assessment. We aimed to investigate the association between BMI and body composition.

Methods: Cross-sectional study.

Patients 5-19 years of age were

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assessed using the Tanita Body-Composition Analyzer (Tanita MC-780 MA) (Figure 1). Outcome measures: BMI-SDS, body-fat (BF%) categories (healthy/obese/over-fat/under-fat).Results: Our cohort was comprised of 318 patients (47%

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males), mean age 12.8u00b113.4 years. BMI overestimated and underestimated body adiposity in boys and girls (0.6% and 43%; 1.2% and 30.3%, respectively). Distribution of weight-status differed between BMI-SDS and BF% (in

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boys: 69% healthy, 11.5% obese,
12.8% overweight, 6.7%
underweight versus 49.3% healthy,
33.8% obese, 15.5% over-fat, 1.4%
under-fat, P

This newest addition to the Nutrition
and Health series focuses on

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nutrition's key role in lifestyle interventions to prevent and manage diseases. The book pays particular attention to nutritional considerations related to obesity, diabetes, and cardiovascular disease. Edited by cardiologist, Dr. James

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Rippe, a well-known expert in the nascent specialty of Lifestyle Medicine, Nutrition in Lifestyle Medicine will also focus on a variety of specialized areas such as nutrition for athletes and physically active individuals, hydration, and nutrition

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throughout the life cycle (spanning from children to individuals over the age of 60). In addition, chapters will be included on controversies in nutrition, such as health effects of added sugars and saturated fatty acids in the diet. Finally, specialized

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chapters will be included in such areas as nutrition for women, nutrition for men, nutrition for latinos, the use of supplements, communication about nutrition, public policy issues, and the interface between nutrition and physical

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activity. Lifestyle Medicine, supported by the American Journal of Lifestyle Medicine, Dr. Rippe's textbook Lifestyle Medicine (CRC Press, 2013) and American College of Lifestyle Medicine (ACLM), is a new national medicine specialty that

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stresses the use of lifestyle interventions in the treatment and management of disease. Its practitioners effectively manage medical treatments alongside the lifestyle interventions, for example lowering insulin treatment for

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patients with diabetes, reducing the dose of anti-hypertension medications for people with hypertension, and prescribing certain medical interventions that aid in smoking cessation.

Background: Body composition is

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negatively affected in pediatric patients with chronic disease such as HIV, Sickle Cell Disease, and Cancer due to the effect of disease itself on the body and the various treatment regiments these children must be on. Monitoring the changing body

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composition in these children may help clinicians & rsquo; better address these effects in a timely manner in order to promote better growth and development and improve survival rate. The Tanita & reg; BIA is an inexpensive and

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portable tool that can be used to access body composition. However, few studies have been conducted to determine its accuracy in measuring body composition in pediatric patients with chronic disease. Objective: To compare two

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anthropometrical methods, the Tanita & reg; body composition analyzer (BIA) to the gold standard, the DXA, to determine if the Tanita & reg; BIA is an accurate tool for measuring lean body mass in pediatric chronically ill

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patientsDesign: A convenience sample was obtained from the St. Jude EMR of children already scheduled for a DXA scan who met the inclusion criteria. The selected children also had their body composition analyzed by the B-C 418

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Tanita & reg; Body Composition Analyzer during their scheduled DXA scan appointment. These pediatric patients with chronic disease had the following measured: fat free mass (Tanita & reg;) and lean + bone mineral content (DXA).

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The sample size consisted of 29 patients, 14 male subjects and 15 female subjects. All data was recorded on a data collection sheet (appendix A). The purpose of this study was to determine if the fat free mass obtained by standard Tanita &

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reg; BIA correlates with the lean + bone mineral content obtained from the gold standard DXA among pediatric patients with a chronic disease. Statistical Analysis: Patient demographics were summarized for each group by descriptive statistics

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(mean and standard deviation). Gender, age (y), body weight (kg), height (cm), BMI (kg/m²), and fat mass (kg), and fat free mass (kg) as measured by both the Tanita-BIA and DXA were taken into account. Because males and females tend to

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differ by height, weight, BMI, and body composition results were presented for the total group and by gender. For correlation between groups, Pearson correlation coefficients were used. Bland-Altman plots were created to further test the

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agreement of the Tanita BIA and the DXA in measuring body composition. The mean bias and 95% limits of agreement between fat free mass and fat mass were estimated in the Bland-Altman plots, with the DXA as the gold standard

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and the Tanita BIA as the comparison. Bland & ndash;Altman regression analysis was used to assess whether the two measurements (DXA and BIA) agree with one another to an acceptable degree. Results: Overall, the Tanita and the

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DXA are highly correlated; however, there is better agreement between the Tanita and the DXA in males for fat free mass and fat mass measurements than in the females. Conclusion: The data collected from this study indicates that the Tanita &

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reg; is an accurate tool for measuring lean body mass in pediatric chronically ill patients in order to monitor health status and appropriate growth and development. However, there is better agreement between the Tanita-

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BIA and the DXA in males for Fat Free mass and fat mass measurements than in the females. Attitude to Body-Risk Factor or Health Factor in Psychopathology Salvation in the Technology of Physical Fitness

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Foods That Harm, Foods That
Promote Health

Vegetarian Dietary Patterns in the
Prevention and Treatment of Disease
Kiplinger's Personal Finance