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# Biochemical Imbalances In Disease A Practitioner

You can't escape the ageing process

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but you can slow it down. By helping you to identify and address the problem areas that are accelerating your rate of ageing, this book reveals how to become more energised, sleep better, get leaner, avoid or delay age-related degenerative conditions typical in your family, and generally look and

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feel healthier in your 30s, 40s, 50s, 60s and beyond. Written by award-winning nutritionists, the book shows you how to manipulate your diet, supplements and lifestyle to strengthen the very body systems that are essential to extending your healthy years - systems such as inflammation,

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detoxification, carbohydrate metabolism and the stress response. It includes action plans for specific areas of interest, to help you focus on your own individual goal, whether this is reducing pain, improving your bones and joints, easing the menopause, losing weight, revitalising your skin, or

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reducing the chronic internal inflammation that is the precursor to most age-related diseases. With over 100 recipes, plus meal plans, lifestyle suggestions and questionnaires for self-assessment, the authors guide you through their easy-to-follow programmes that will help you feel and

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look rejuvenated, revitalized and youthful.

What is disease? Why do we get sick? Etiology is a groundbreaking work in the field of disease causation. Author Christina Ross, PhD, is a board-certified Polarity Practitioner and biophysicist who studies inflammatory

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response which she believes is the cause of all physical illness. Disease, Dr. Ross explains, begins long before biochemical imbalances occur in our physical body. Disease begins at the spiritual level, at the very essence of our being, and evolves through our mind and emotions before it is

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established in our body. Etiology is a study on how to detect disease before it manifests as chronic or incurable.

Ross empowers the reader by providing research-based complementary and alternative medicine options, encouraging involvement in ones own healing



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process.

Its not about size or shape. Its not about skinny or fluffy. Its about balancing your scale and learning to be healthy for life. In My Healthy for Life Journal, author Dr. Olga Vaca Durr offers a versatile resource to help you learn how to be healthy for life,

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based on her previous book Its Not about Childhood ObesityIt Is about Being Healthy for Life. The journal is divided into six sections, each spanning a three-month time period. It allows space to collect baseline data, record your goals and measurements, write or update daily recommended

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allowances, track daily caloric intake and physical activity, and add your own photographs. Filled with tips and guidance, My Healthy for Life Journal provides a tool for balancing physical activity and caloric intake. It helps you stay accountable and keep the scale as balanced as possible. It is up to you

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to stay the course, stay balanced, and stay healthy for life.

Biochemical imbalances caused by nutritional deficiencies are a contributory factor in many of today's most common chronic health problems. This handbook for practitioners consolidates all of the

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latest information on how to identify, diagnose and nutritionally modify such imbalances in order to help patients better understand and manage their health. Groundbreaking in its scope and in the quality of its research, the book covers a wide range of biochemical imbalances, including

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compromised adrenal or thyroid function, gastro-intestinal imbalances, dysregulation of the immune system and sex hormone imbalances

Developed by leading researchers, educators and clinicians in the fields of functional medicine and nutrition, Biochemical Imbalances in Disease is

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an essential resource for nutrition practitioners and students. It will also be a useful reference for conventional and non-conventional practitioners who are interested in working with nutrition practitioners to deliver more integrated services.

Addressing Biochemical Imbalances

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through Diet

Nutrient Power

Etiology

The Amazing Way to Reverse Heart  
Disease Naturally

How to assess occupants' wellbeing in  
buildings

Medical Sciences



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A comprehensive integrative handbook on fertility treatment, and Assisted Reproduction Techniques (ART), the book is written by specialist contributors for health professionals and Complementary and Alternative

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Medicine (CAM) practitioners,  
and for those seriously  
considering ART themselves.  
Integrated approaches to  
infertility offer both a greater  
awareness and understanding of  
the combination of factors that

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can influence the chances of success when undergoing different types of ART. Leading experts review the evidence and discuss the benefits of different approaches to support the physiological and emotional

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aspects of fertility and fertility treatment. The book covers everything from identifying and treating conditions that may reduce fertility, including immunological abnormalities and specific male and female factors,

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to how nutrition, acupuncture, reflexology and yoga can support couples going through assisted reproduction, including helping to improve some immunological aspects. There is also a chapter that looks specifically at support

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for the over 40's.

Biochemistry provides a platform for convergence of all scientific knowledge about the operation of life and, therefore, it finds an important place in the curriculum of all the medical sciences. The

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present book is an attempt in this direction in the form of a student-friendly, yet comprehensive and up-to-date text.

Nutrition in Pediatric Pulmonary Disease is a much needed resource for practitioners that

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provides a basic understanding of nutrition and nutritional supplements; their impact on physiologic function and how this can be applied for general health maintenance as well as a supplemental treatment for



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pulmonary diseases. This book provides information on (1) basics of nutrition, supplements and herbs and how they influence physiology (2) their application and potential use for various pulmonary diseases

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along with evidence regarding efficacy and safety. Also examined are (3) how diet, dietary supplements and herbs are integrated together for treatment and prevention of pulmonary disease. Finally (4)

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several health promoting diets and their potential benefits to patients with pulmonary diseases will be discussed. Nutrition in Pediatric Pulmonary Disease is an excellent new resource for practicing physicians who are

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interested in incorporating more nutritional approaches to treating their patients. ?

Combining the wisdom of classical Chinese medicine with modern nutritional science, this book explores the concept of

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Yang Sheng, which means to nourish life by nurturing body, mind and spirit in harmony with the natural rhythms and universal laws, revealing the importance of nutrition within it and outlining how our modern

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lifestyle and environment challenges our ability to do that. A perfect guide for practitioners and students of Chinese medicine, the book explains modern diets and Chinese nutritional theory with a focus on

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prevention of illness and the impact of lifestyle and environment on our health during each stage of life. Lifestyle and nutritional advice for prevention and treatment of a range of illnesses and conditions is given

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for both adults and children.

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How to Detect Disease in Your  
Energy Field Before It Manifests  
in Your Body

Laboratory Evaluations for  
Integrative and Functional



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Medicine

Personalized Nutrition for  
Healthcare Practitioners

A Practitioner's Handbook

The Healing Nutrients Within

Pain management is a popular topic  
for nursing students and one that is

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covered primarily during years 2 and 3 of UK pre-registration nursing courses. An understanding of the mechanics of pain, how pain affects individuals and how pain can be treated is absolutely core to nursing study and practice and nurses need to be able to identify, assess and treat

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pain responsibly and as part of their broader care for patients. The emphasis of the book will not be on facts, physiology or pharmacology, but instead the book will draw on these things to help students develop a solid philosophy of care that encompasses good pain management.

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What is disease? Why do we get sick? Etiology is a groundbreaking work in the field of disease causation. Author Christina Ross, PhD, is a board-certified Polarity Practitioner and biophysicist who studies inflammatory response which she believes is the cause of all physical illness. Disease,

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Dr. Ross explains, begins long before biochemical imbalances occur in our physical body. Disease begins at the spiritual level, at the very essence of our being, and evolves through our mind and emotions before it is established in our body. Etiology is a study on how to detect disease before

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it manifests as chronic or incurable. Ross empowers the reader by providing research-based complementary and alternative medicine options, encouraging involvement in one's own healing process.

A veteran research scientist who has

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spent decades establishing  
biochemical treatment protocols for  
patients with ADHD, Alzheimer's  
disease and various mental disorders  
challenges popular opinions about  
psychiatric drugs to make  
recommendations for drug-free  
nutrient therapies that normalize the

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brain without producing serious side effects. 15,000 first printing.

This is the first book to establish guidelines and to assist prescribers and therapists in withdrawing their patients from psychiatric drugs, including those patients with long-term exposure to antipsychotic drugs,



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benzodiazepines, stimulants, antidepressants, and mood stabilizers. It describes a method developed by the author throughout years of clinical experience, consultations with experienced colleagues, and scientific research. Based on a person-centered collaborative approach, with patients

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as partners, this method builds on a cooperative and empathic team effort involving prescribers, therapists, patients, and their families or support network. The author, known for such books as Talking Back to Prozac, Toxic Psychiatry, and Medication Madness, is a lifelong reformer and

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scientist in mental health whose work has brought about significant change in psychiatric practice. This book provides critical information about when to consider psychiatric drug reduction or withdrawal, and how to accomplish it as safely, expeditiously, and comfortably as possible. It offers

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the theoretical framework underlying this approach along with extensive scientific information, practical advice, and illustrative case studies that will assist practitioners in multiple ways, including in how to: Recognize common and sometimes overlooked adverse drug effects that may require

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withdrawal Treat emergencies during  
drug therapy and during withdrawal  
Determine the first drugs to withdraw  
during multi-drug therapy Distinguish  
between withdrawal reactions, newly  
occurring emotional problems, and  
recurrence of premedication issues  
Estimate the length of withdrawal

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Beyond the Hypertension Hype: Why  
Drugs Are Not the Answer: Easyread  
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Three Dimensional Biomedical  
Imaging (1985)  
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Pharmacotherapy

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An Introduction to Materials in  
Medicine

Case Studies in Personalized Nutrition

It's hard to believe you're dying  
when you feel fit and fine ... but  
millions of Americans are  
harboring unaware a condition

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that can rob them or kill them outright--hypertension, also known as high blood pressure, the most common form of heart disease. Even when hypertension is diagnosed, treatment is usually based on



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drugs, most with dismal side effects, expensive, and of limited usefulness. Really effective treatment of hypertension calls for getting at the cause--which, Dr. Eric Braverman has found, often relates to poor diet,

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elevated cholesterol, excess weight, stress, and biochemical imbalances. With Dr. Braverman's 30- to 90-day program, patients have lowered their blood pressure and, in some case, even reversed the

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course of existing heart disease!

What are the functions of mitochondria in the human body? Why might they stop working properly and what can happen as a result? How can personalized nutrition help to

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optimize mitochondrial function and prevent or address chronic conditions? This innovative book explores the incredibly complex biochemical roles of mitochondria in health and disease. When healthy,

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mitochondria provide us with ninety percent of our body's energy. When unhealthy, this can lead to many chronic and degenerative conditions including cancer and Alzheimer's disease. This guide helps

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practitioners to identify the  
mitochondrial dysfunction  
underlying a wide range of health  
complaints, and provides  
inspiration about relevant and  
emerging mitochondria-  
supportive dietary regimes and

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nutrients to explore within the model of personalized nutrition. Research and clinical use of amino acids are booming worldwide. Aminos are becoming part of everyday life--helping people sleep, feel better, and

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overcome anxiety, depression,  
and substance abuse. This  
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amino acids covers the exciting  
discoveries of the last decade  
and shows how to use them in  
your personal health-



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management program.

This unique cookbook with a CD-ROM of printable recipes looks beyond intervening in the symptoms of health problems and addresses the ways in which diet can be used to help correct

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underlying imbalances in the body. Dealing with a range of different issues, including gastrointestinal, immune system and hormone imbalances, this book clearly explains the intricacies of each problem and offers useful

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tips on how to truly make a difference through diet. The recipes provided for each imbalance are easy to follow and are accompanied by detailed nutritional information. The information throughout the book,

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including the chapter on healthy ageing, is designed for clients who wish to optimise their health, whether or not they are currently facing health problems. With its focus on a personalised approach to helping people

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through diet, this book is an invaluable resource for nutritionists, health professionals and their clients.

The Healthy Indoor Environment  
Facts, Findings, and New  
Research on Amino Acids

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The Metabolic Typing Diet

Eat to Get Younger

Textbook of Medical

Biochemistry

Vision and Its Disorders

***This innovative text equips  
pharmacists and pharmacy***

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***students with the skills to assist patients in managing existing conditions and controlling the development of preventable disorders. The text demonstrates how***

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***important lifestyle  
modification  
strategies—including  
nutrition, physical activity,  
weight control, and  
smoking cessation—can be  
used in a pharmacy setting***



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***to improve patients' well-being. Case studies show how lifestyle modifications can positively impact patients with chronic diseases. Chapters explain how lifestyle modification***

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***strategies might be different for children, adolescents, older adults, women, and minorities. The book includes detailed instructions for writing wellness plans for patients***

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***who have, or are at risk for, certain chronic diseases. What social change has been achieved over the past 30 years? What have been the main barriers to progress? What great***

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***achievements can we  
identify and celebrate  
today? Marking Jessica  
Kingsley Publishers' 30th  
year of publishing books on  
social and behavioural  
issues, this book gathers***

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***together over 30 leading  
thinkers from diverse  
disciplines - from autism  
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workers through to trans  
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***Contributors provide a thoughtful account of how their field of expertise has changed over the past 30 years, and how they see it evolving in the future. Offering a unique insight***

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Years of Social Change  
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***chapters which animate  
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Heal Your Brain  
Why do we believe that***

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**aging is the cause of most  
of our problems as we get  
older? Age and aging  
actually have much less  
to do with it than you  
think. Live Young, Think  
Young, Be Young**

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**challenges our  
assumptions and beliefs  
about aging, and provides  
a fresh, new  
understanding of how and  
why we grow old. It will  
make you think**

*Page 78/137*

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**differently about little things in your daily life that accelerate the three “mega” causes of getting old. In the end, this book is about courage and resilience—the courage to**

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**change what can be  
changed and the  
resilience to accept what  
can't be changed.**

**Together, they provide a  
powerful plan for staying  
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**The best known of the  
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modalities is X-ray  
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been made and practical**

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**systems developed in 3-D  
imaging with  
radioisotopes, ultrasound,  
and nuclear magnetic  
resonance (NMR). These  
volumes will feature up-to-  
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imaging areas, providing  
a timely and informative  
comparison of the  
intrinsic capabilities,  
complementary  
attributes, advantages**

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**and limitations, and  
medical significance  
among the different three-  
dimensional medical  
imaging modalities.  
Examines the causes of  
chronic disease in**

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**American children,  
discussing such  
conditions as the overuse  
of prescription medicines,  
poor diet, misuse of  
vaccines, environmental  
toxins, and certain**

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**lifestyles as contributing factors.**

**Despite policy directives, standards and guidelines, indoor environmental quality is still poor in many cases. The Healthy**

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**Indoor Environment,  
winner of the 2016 IDEC  
Book Award, aims to help  
architects, building  
engineers and anyone  
concerned with the  
wellbeing of building**

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**occupants to better  
understand the effects of  
spending time in  
buildings on health and  
comfort. In three clear  
parts dedicated to  
mechanisms, assessment**

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**and analysis, the book looks at different indoor stressors and their effects on wellbeing in a variety of scenarios with a range of tools and methods. The book supports a more**

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**holistic way of evaluating  
indoor environments and  
argues that a clear  
understanding of how the  
human body and mind  
receive, perceive and  
respond to indoor**

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**conditions is needed. At the national, European and worldwide level, it is acknowledged that a healthy and comfortable indoor environment is important both for the**

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**quality of life, now and in  
the future, and for the  
creation of truly  
sustainable buildings.  
Moreover, current  
methods of risk  
assessment are no longer**

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**adequate: a different view  
on indoor environment is  
required. Highly  
illustrated and full of  
practical examples, the  
book makes  
recommendations for**

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**future procedures for  
investigating indoor  
environmental quality  
based on an  
interdisciplinary  
understanding of the  
mechanisms of responses**

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**to stressors. It forms the  
basis for the development  
of an integrated approach  
towards assessment of  
indoor environmental  
quality.**

**A Guide for Prescribers,**

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**Therapists, Patients and  
their Families  
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Journal  
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Hype: Why Drugs Are Not**

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**the Answer: Easyread  
Super Large 24pt Edition  
Nourishing Life the Yang  
Sheng Way  
Beyond the Hypertension  
Hype: Why Drugs are Not  
the Answer (16pt Large**

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**Print Edition)**

A practical reference and teaching book of case studies for nutrition practitioners and other healthcare professionals, demonstrating how to apply the latest evidence-informed principles of personalized nutrition. Covering a range of complex cases such as autoimmunity and

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inflammation, hormonal disruption, mental health concerns and more, this edited collection explains the most recent developments in nutrition science and how these can inform patient management. Complete with in-depth case histories, Q&As with the practitioner and explaining the clinical reasoning behind decisions,

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this is the most comprehensive guide to help put theoretical knowledge of personalized nutrition into practice. Addresses the ways in which diet can be used to help correct underlying imbalances in the body. Dealing with a range of different issues, including gastro-intestinal, immune system and hormone

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imbalances. The recipes provided for each imbalance are easy to follow and are accompanied by detailed nutritional information

In the media and medical literature, managing cancer as a chronic disease is fast becoming the focus of care. Patients who manage their cancer have the best

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chance of staying alive, having a good quality of life, or of being cured. They seek second opinions, research all types of cancer treatments, ask the right questions, protect themselves against errors during treatment, and change their lifestyles. This book provides patients with more than 200 things they need to know and elaborates

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on more than 200 things they can do. Doing only a few of these things may save your life. This book teaches patients how to increase their odds, how to go about making treatment decisions, how to find what they need on the Internet, why research services are worth their weight in gold, and much more. Managing Cancer:

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Managing to Stay Alive gives patients the following: information about what to do first; forms to help keep track of medical information; lists of questions to use to evaluate treatment options (traditional, integrative, alternative, and experimental); questions to have answered before deciding on a treatment, when given a new



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medication, and before having a biopsy procedure; questions to ask conventional doctors, alternative doctors, the oncologist initially, and yourself before beginning a treatment; information on how to help avoid becoming one of the 50,000 Americans who die from medical errors in hospitals or one of the 100,000 patients

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who die from hospital infections each year; and concise listings of symptoms of medical emergencies such as infection, anemia, blood clotting problems, allergic reactions, and adverse reactions to drugs. Customize Your Diet to Your Own Unique Body Chemistry For hereditary reasons, your metabolism is unique.

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Cutting-edge research shows that no single diet works well for everyone—the very same foods that keep your best friend slim may keep you overweight and feeling unhealthy and fatigued. Now, William Wolcott, a pioneer in the field of metabolic research, has developed a revolutionary weight-loss program that

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allows you to identify your "metabolic type" and create a diet that suits your individual nutritional needs. In *The Metabolic Typing Diet*, Wolcott and acclaimed science writer Trish Fahey provide simple self-tests that you can use to discover your own metabolic type and determine what kind of diet will work best

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for you. It might be a low-fat, high carbohydrate diet filled with pasta and grains, or a high-fat, high-protein diet focused on meat and seafood, or anything in between. By detailing exactly which foods and food combinations are right for you, The Metabolic Typing Diet at last reveals the secret to shedding unwanted

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pounds and achieving optimum vitality with lasting results. The Metabolic Typing Diet will enable you to: - Achieve and maintain your ideal weight - Eliminate sugar cravings - Enjoy sustained energy and endurance - Conquer indigestion, fatigue, and allergies - Bolster your immune system - Overcome anxiety,

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depression, and mood swings

Pharmaceutical Biochemistry

A Compromised Generation

Addressing Biochemical Imbalances

Through Diet

Nutrition in Pediatric Pulmonary Disease

Principles And Practice Of Managing

Pain: A Guide For Nurses And Allied

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Health Professionals

How Vitamin Supplements

Are corporate scientists and  
the supplement industry  
fooling us? Big business,  
politics and chemical  
manufacturers influence the



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course of health care—even so-called “natural” health care—more than most of us realize. Instead of understanding and appreciating natural foods and environmental health, we have

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been confused and misled to believe that scientists can improve on Nature without creating a dangerous chain reaction of side effects and toxicity. If you take vitamin supplements, Man Cannot Live

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on Vitamins Alone, by Dr. Vic Shayne, is a wake-up call that can save you and your family's health. This critically-important, easy-to-read book scientifically proves that vitamins and other nutrients

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are nutritious only when still contained in their original foods. Supplements are either natural or they are not, and there's nothing natural about a vitamin that has been extracted from a food or made

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*Page 128/137*



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