

Medical Xpress Free

Johnny McWilliams

Medical Terminology Express Barbara A Gylys, Regina M Masters, 2014-11-24 Now in its 2nd edition, Medical Terminology Express adapts Barbara Gylys's proven word-building techniques for the short-course. Organized by body system, this text shows the connection between anatomical structures and associated medial word roots.

Free Your Fascia Dr. Daniel Fenster, 2020-06-02 Transform your health with this cutting-edge guide to fascia, your body's hidden organ. Dr. Daniel Fenster guides the reader through a holistic self-therapy program as well as professional treatments to address issues such as chronic pain, anxiety, high blood pressure, GERD, and more. At the #1 pain management clinic in New York City, director Dr. Daniel Fenster has changed thousands of lives for the better through a holistic approach and integrative therapies. His experience has revealed to him that treating the fascia--your long ignored, unappreciated, hidden organ that weaves around and through every single structure in your body--is crucial for both physical and mental health. Within these pages, Dr. Fenster will reveal all you need to know about fascia, including: • The 8 villains that hurt your fascia and how to combat them • A free your fascia quiz to assess what therapies are right for you • 20 recipes to nourish your fascia with the nutrients it needs • Simple, at-home exercises and do-it-yourself therapies for releasing and optimizing your fascia • Advice for working with professionals and the most powerful tools in fascial manipulation • Exclusive to this book: interviews between Dr. Fenster and 10 of the leading-edge fascia researchers and experts. By freeing your fascia, you'll feel stronger, healthier, and happier from head to toe!

Break Free from Eczema Rachel Zohn, 2020-07-28 Find relief from itchy, red skin with this complete guide to healing eczema, including alternative treatments, DIY remedies, dietary suggestions, patient testimonials, and so much more. Eczema is an intensely itchy, blistering, and inflamed skin condition that affects millions of people every day, yet many struggle to find treatments that actually work for them. The truth is, there is no cure or one-size-fits-all solution for eczema, but you can arm yourself with the information you need to determine what will work best for you. That's where Break Free from Eczema comes in! This book is your guide to understanding how your genes, the environment you live in, your daily routines, and more can affect your skin, and how to use that information to determine the best course of action--specifically for you. This book provides practical tips and ideas on ways to manage eczema, including: - Alternative and complementary treatments you can try out at home - Clear explanations into the most current medical research on eczema, including topical steroid withdrawal - Questions you need to ask yourself and your medical professionals - Real-life stories of those who have dealt with this condition

Design Thinking Research Hasso Plattner, Christoph Meinel, Larry Leifer, 2015-09-08 This book summarizes the results of Design Thinking Research carried out at Stanford University in Palo Alto, California, USA and Hasso Plattner Institute in Potsdam, Germany. The authors offer readers a closer look at Design Thinking with its processes of innovations and methods. The contents of the articles range from how to design ideas, methods and technologies via creativity experiments and wicked problem solutions, to creative collaboration in the real world and the connectivity of designers and engineers. But the topics go beyond this in their detailed exploration of design thinking and its use in IT systems engineering fields and even from a management perspective. The authors show how these methods and strategies work in companies, introduce new technologies and their functions and demonstrate how Design Thinking can influence as diverse a topic area as marriage. Furthermore, we see how special design thinking use functions in solving wicked problems in complex fields. Thinking and creating innovations are basically and inherently human - so is Design Thinking. Due to this, Design Thinking is not only a factual matter or a result of special courses nor of being gifted or trained: it's a way of dealing with our environment and improving techniques, technologies and life.

Autism Dominic Bucciarelli Kasony MS Ph.D. Licensed-Certified Psychologist, 2021-12-01 Autism: A Practical Guide for Parents was written from the perspective of a father of children (now adults) with disabilities and who is also a licensed and certified psychologist and counselor. When parents are faced with serious medical problems in their children, they become very gullible to exaggerated claims of cure and unethical providers. The book contains substantial information about behavioral interventions to help mediate the behavioral concerns for children with autism, including an extensive reading list to help supplement the parents' working knowledge and interventions. Also, a section is dedicated to various (and at times erroneous) interventions, including chelation, transcranial magnetic therapy, light therapy, and others. A research section is included to emphasize the importance of psychometric testing and review for the development of reliable and valid testing assessment vehicles. A psychological approach to the understanding of autism begins with a specific perspective of this challenge. First of all, children are children, including those children with autism. Second, you need to be educated about a broad spectrum of autism symptoms, including behavioral, medical, speech and language, and physical. Also, you need to join with a behavioral health team, including a psychologist, behavioral specialist, therapeutic staff support, and/or mobile therapist through your local managed care organization. Remember, you can help make positive behavioral and emotional health changes in your child to help him/her achieve a happy, healthy, and productive life. I have organized this book to be an easy read for parents and professionals. I'm sure you wouldn't want to read about the abstract details of existential phenomenology, but would rather let me help you understand the details of autistic behavior from the viewpoint of a psychologist and father. I hope I have succeeded in this task!

The Slippery Slope of Healthcare Steven Z. Kussin, 2020-04-08 Dr. Steven Kussin, physician and a pioneer in the Shared Decision movement, takes readers through the steps of how to avoid the many pitfalls of unnecessary and sometimes even dangerous medical care. The American healthcare system is subsidized by its services to healthy people. The goal as it is for any business is to encourage people to become consumers by creating an emotionally-fueled demand for things that are suddenly and urgently needed. It's hard to make healthy people well; it's easy to make them sick. Under the goal to make you even healthier, the medical industry identifies and encourages investigations and preventive technologies for 'problems' unlikely to occur, unlikely to harm, unlikely to benefit from testing, and, once diagnosed, unlikely to benefit from treatment. Profitable services go on indefinitely for those who are young and well. For the health care industry being in good health is not just the best way to live; good health is also the slowest way to die. Many people find themselves on what the author calls the Slippery Slope, experiencing a cascade of escalating misfortunes produced by more tests with incrementally greater risk, expense, and fewer benefits. Many people, who, in the attempt to improve what is already just fine, unquestioningly pay an immediate and visible price for what are distant, invisible, and uncertain benefits. The central starting point for initiating a Slippery Slope adventure can be the first blood test, the first screening test, the first x-ray, the first pill, or the first diagnosis that's accepted by unwitting and trusting consumers. The bottom of the Slippery Slope is occupied by those previously well but who now are damaged, and by others who suffered needless unscheduled deaths. America's famed consumer skepticism when judging retail products is curiously and dangerously absent in their interactions within the healthcare system. Here, Steven Kussin offers strategies that give readers knowledge and power by offering unique perspectives, information, and resources. He confronts the mighty forces arrayed against health care consumers and helps readers learn to identify them themselves. The power of money, the authority of science, the stature of physicians, the lure of elective health 'improvements', the promise of technology, and the pitch perfect, perfect pitches of televised ads all conspire to push people in directions that are often at odds with their stated priorities and interests. This book is dedicated to one lesson: The view from atop the Slope, before making a health care decision, is better than the view from the bottom, after having made a bad one.

Nursing Opportunities ,1998

Toxic Chemicals in America [2 volumes] Kelly A. Tzoumis,2020-12-02 This one-stop resource is ideal for understanding the extent to which toxic chemicals are used in U.S. industry and agriculture—impacting public health and the environment through everything from industrial solvents to children's toys. Every year, about 4 billion pounds of toxic chemicals are generated and released by U.S. industries. Do these chemicals pose a potential health threat to American families, including vulnerable groups like children and the elderly? Is their manufacture and use adequately regulated to protect both human and environmental health? Is the Chemical Safety for the 21st Century Act, signed in June 2016 by President Barack Obama with bipartisan support, truly the first major overhaul of toxic chemical regulation in 40 years to put human health first, as its supporters asserted? Or is it a fatally flawed bill that does the bidding of industry by undermining strong state environmental and public health laws, as some detractors claim? This two-volume set addresses all of those questions. Moreover, it presents and examines arguments marshaled by business interests, community leaders, scientists, activists, and lawmakers alike. It thus provides users with the information they need to accurately assess the impacts—pro and con—that industrial chemicals are having in shaping the world in which we work, eat, drink, breathe, and play.

Drugs & Society Glen R. Hanson,Peter J. Venturelli,Annette E. Fleckenstein,2020-12-08 5 Stars! from Doody's Book Reviews! (of the 13th Edition) This edition continues to raise the bar for books on drug use and abuse. The presentation of the material is straightforward and comprehensive, but not off putting or complicated. As a long-standing, reliable resource *Drugs & Society*, Fourteenth Edition continues to captivate and inform students by taking a multidisciplinary approach to the impact of drug use and abuse on the lives of average individuals. The authors have integrated their expertise in the fields of drug abuse, pharmacology, and sociology with their extensive experiences in research, treatment, drug policy making, and drug policy implementation to create an edition that speaks directly to students on the medical, emotional, and social damage drug use can cause.

Advances in Networked-based Information Systems Leonard Barolli,Hiroaki Nishino,Tomoya Enokido,Makoto Takizawa,2019-08-14 This book focuses on the emerging areas of information networking and its applications, presenting the latest innovative research and development techniques from both theoretical and practical perspectives. Today's networks and information systems are evolving rapidly, and there are new trends and applications in information networking, such as wireless sensor networks, ad hoc networks, peer-to-peer systems, vehicular networks, opportunistic networks, grid and cloud computing, pervasive and ubiquitous computing, multimedia systems, security, multi-agent systems, high-speed networks, and web-based systems. However, since these networks need to be capable of managing the increasing number of users, provide support for different services, guarantee the QoS, and optimize the network resources, a number of research issues and challenges have to be considered in order to provide solutions.

The Truth About Your Future Ric Edelman,2017-03-28 Outlines forward-thinking recommendations on how to tap rapidly evolving technological and scientific innovations to make powerful new choices about saving, investing, and planning for the future.

Them and Us Philippe Legrain,2020-10-15 Winner of the Diversity, Inclusion and Equality Award at the Business Book Awards 2021 'Underpinned by scholarship...entertaining...Legrain's book fizzles with practical ideas.' The Economist 'The beauty of diversity is that innovation often comes about by serendipity. As Scott Page observed, one day in 1904, at the World Fair in St Louis, the ice cream vendor ran out of cups. Ernest Hami, a Syrian waffle vendor in the booth next door, rolled up some waffles to make cones - and the rest is history.' Filled with data, anecdotes and optimism, *Them and Us* is an endorsement of cultural differences at a time of acute national introspection. By every measure, from productivity to new perspectives, immigrants bring something beneficial to society. If patriotism means wanting the best for your country, we should be welcoming immigrants with open arms.

God's Ownership Meets Money Management Johnny McWilliams,2022-09-20 God has given you the perfect portion, the perfect purpose, and the perfect prescription. God owns everything and knows everything. You can be certain that you have what you need, to do what he wills for you to do, and how he wants it done. As a good manager of God's Wealth, you need God's Wisdom, and that is more than good enough. He has given you your portion, the exact amount of talent, money, and time you need at this moment. He had given you a purpose in life. You are to use your portion for this purpose. God gives you the prescription. His plan is perfect for you and never fails. The scriptures teach us to be in a relationship with God. Your Heavenly Father wants you to live a prosperous life, and the Bible teaches you the proper way to handle that wealth. This book will explore the creation, the law, and the redemption. If you've ever wondered what the tithe is all about, this is the book for you. Also, you will see how to manage money by the Ten Commandments. These are not only Christian financial concepts and principles; these are financial truths. It's time for you to RECOVER, GROW, and ZERO IN on the INTERSECTION, Where God's Wealth Meets God's Wisdom. The INTERSECTION series includes the titles below: • Biblical Faith Meets Financial Strategy, 2nd ed. - How to Lay a Solid Foundation for Prosperity • God's Ownership Meets Money Management - How to Be a Good and Faithful Steward • Divine Provision Meets Generosity Planning - How to Live Life to the Fullest While Richly Giving ...and the following companion for a deeper study: • Setting Your Sights on the Intersection - 90-Day Devotional & Journal About the book series: INTERSECTION - Where God's Wealth Meets God's Wisdom Imagine yourself at the shooting range aiming at a target. To ensure your aim is accurate, you look for a calibrated point of reference. There are two engraved lines to give you a single place to focus on when aiming at a target. The two lines cross at this spot and create what is known as crosshairs. Crosshairs are composed of two wires or lines, one parallel and the other perpendicular to the horizon. The area that you are focused on is where the two lines intersect. The objective is to align the crosshairs with the bullseye. Aiming to hit the bullseye requires precision, and using the simple principle of intersecting lines, you can easily pinpoint that target. When peering through the scope of your financial future, the strategy is the same. The two dimensions are God's Wealth (vertical) and God's Wisdom (horizontal). Once you have these two crosshairs in focus and zeroed-in, you can aim right at the center of your target and hit it consistently. If you want to pinpoint your financial destiny, you need to zero-in on your target, not someone else's mark. The simple tool needed for pinpoint accuracy is the crosshairs, and one of the most critical steps is knowing where you are aiming. The blessings come where the two lines meet. Get ready to manage money according to the Word of God and live a prosperous life!

Opium John H. Halpern,David Blistein,2019-08-13 From a psychiatrist on the frontlines of addiction medicine and an expert on the history of drug use comes the authoritative, engaging, and accessible history of the flower that helped to build (Booklist) -- and now threatens -- modern society. Opioid addiction is fast becoming the most deadly crisis in American history. In 2018, it claimed nearly fifty thousand lives -- more than gunshots and car crashes combined, and almost as many Americans as were killed in the entire Vietnam War. But even as the overdose crisis ravages our nation -- straining our prison system, dividing families, and defying virtually every legislative solution to treat it -- few understand how it came to be. *Opium* tells the fascinating (Lit Hub) and at times harrowing tale of how we arrived at today's crisis, making timely and startling connections among painkillers, politics, finance, and society (Laurence Bergreen). The story begins with the discovery of poppy artifacts in ancient Mesopotamia, and goes on to explore how Greek physicians and obscure chemists discovered opium's effects and refined its power, how colonial empires marketed it around the world, and eventually how international drug companies developed a range of powerful synthetic opioids that led to an epidemic of addiction. Throughout, Dr. John Halpern and David Blistein reveal the fascinating role that opium has played in building our modern world, from trade

networks to medical protocols to drug enforcement policies. Most importantly, they disentangle how crucial misjudgments, patterns of greed, and racial stereotypes served to transform one of nature's most effective painkillers into a source of unspeakable pain -- and how, using the insights of history, state-of-the-art science, and a compassionate approach to the illness of addiction, we can overcome today's overdose epidemic. This urgent and masterfully woven narrative tells an epic story of how one beautiful flower became the fascination of leaders, tycoons, and nations through the centuries and in their hands exposed the fragility of our civilization. An NPR Best Book of the YearA landmark project. -- Dr. Andrew WeilEngrossing and highly readable. -- Sam QuinonesAn astonishing journey through time and space. -- Julie Holland, MDThe most important, provocative, and challenging book I've read in a long time. -- Laurence Bergreen

Public Health Genomics and International Wealth Creation Ebomoyi, E. William,2016-03-30 In 2003, the secrets of the human genome were cracked open, creating a flurry of anticipation (and more than a little commercial buzz) about the role that genetic modification would play in years to come. This burgeoning field stands poised to redefine old paradigms and reshape industries such as medicine, agriculture, pharmacology, and biotechnology. Public Health Genomics and International Wealth Creation seeks to explore new opportunities and challenges in genomic commercialization by presenting a roadmap of current research, setting forth clear guidelines for how genomics can be wielded safely and ethically in a manner concordant with public welfare. Addressing problems such as chronic disease, world hunger, and global economic disparity, this book is an essential reference source for doctors, bioethicists, human genome specialists, and scientists in the fields of genetics and genomics. This authored monograph contains chapters on topics ranging from agronomics and biotechnology to commercial genomics, genome sequencing, cancer genomics, and more.

The Five-Ton Life Susan Subak,2018-08 Winner of the 2018 Nautilus Book Award, Silver, for Green Living/Sustainability At nearly twenty tons per person, American carbon dioxide emissions are among the highest in the world. Not every American fits this statistic, however. Across the country there are urban neighborhoods, suburbs, rural areas, and commercial institutions that have drastically lower carbon footprints. These exceptional places, as it turns out, are neither poor nor technologically advanced. Their low emissions are due to culture. In *The Five-Ton Life*, Susan Subak uses previously untapped sources to discover and explore various low-carbon locations. In Washington DC, Chicago suburbs, lower Manhattan, and Amish settlements in Lancaster County, Pennsylvania, she examines the built and social environment to discern the characteristics that contribute to lower greenhouse-gas emissions. The most decisive factors that decrease energy use are a commitment to small interiors and social cohesion, although each example exhibits its own dynamics and offers its own lessons for the rest of the country. Bringing a fresh approach to the quandary of American household consumption, Subak's groundbreaking research provides many pathways toward a future that is inspiring and rooted in America's own traditions.

Coronavirus and Disease Modeling Peter C. Earle,2020-08-21 We shut down our schools, sports, theaters, bars, restaurants, and churches—government ignored the rule of law and put individual rights on hold—but it is more than obvious now that this was all a huge distraction. The focus should have been on the aged with underlying conditions living in nursing homes. The models nowhere included what ended up being our reality, even though that reality was upon us as early as February when people in nursing homes began to die in Washington State. We should have seen it long before the lockdowns began. Now the modelers in the epidemiological profession need to learn what the economists figured out long ago: Human life is too complex to be accurately modeled, much less predicted. This book includes contributions from: Phillip W. Magness James L. Caton Jeffrey Tucker John Tamny Gregory van Kipnis Robert E. Wright George Gilder Peter C. Earle Edward P. Stringham Stephen C. Miller Fiona Harrigan Donald J. Boudreaux Ethan Yang David Hart The American Institute for Economic Research in Great Barrington, Massachusetts, was founded in 1933 as the first independent voice for sound economics in the United States. Today it publishes ongoing research, hosts educational programs, publishes books, sponsors interns and scholars, and is home to the world-renowned Bastiat Society and the highly respected Sound Money Project. The American Institute for Economic Research is a 501c3 public charity.

Visions of Technological Transcendence James A. Herrick,2017-03-03 This book examines key narratives animating the techno-progressive rhetoric of the human enhancement movement, arguing that enhancement and transhumanist discourse performs a variety of distinctly mythic functions. Principal among these is to cast a vision of a technological future involving enhanced posthumans, immortality, human merger with machines and space colonization.

The Mind Unlocked Marc Arginteanu, M.D.,2023-11-21 A popular claim in recent years is that a person only uses 10% of their brain, and while this is not remotely true, it is accurate that the human brain contains massive untapped capabilities. Brains remain the most magnificent biological machines, and the latest neurobiological research on nutrition, sleep, music and exercise aims to help people keep theirs in top shape. The human mind is more than just electrochemical signals--it's a fountain of consciousness, transcending physicality. This work, backed by decades of experience, includes the latest neuroscience research and vignettes based on the author's actual patients. Containing mental hacks to explain how to overcome mental limitations, it explores how simple changes like breaking bad habits, having a better work-life balance, and more could help the human mind go from being just fine-tuned to being enlightened and limitless. With these hacks, a designer brain is just around the corner.

Better with Age Dr. Alan D. Castel,2018-08-01 Age is an important number, but it can also be deceiving. After 40, most people say they feel younger than their years, some lie about their age, and many attempt to hide the signs of growing old. *Better with Age* addresses the many myths and paradoxes about the aging process. Although most people think of their later years in terms of decline, they can be one of the best times in life. This book presents the latest scientific research about the psychology of aging, coupled with insights from those who have succeeded in doing it well, such as Maya Angelou, Bob Newhart, Jared Diamond, John Glenn, and John Wooden. We are all aging, and many people are concerned about what to expect with advancing years. Retirement, happiness, and brain health are some of the many topics covered in this book. *Better with Age* shows what we can do now, at any stage in life, to make sure we enjoy old age.

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