

Based Guide 12

Matt Frazier,Matt Ruscigno

The Complete Idiot's Guide to Plant-Based Nutrition Julieanna Hever, 2011-08-02 The healthy vegan diet-made easy. Vegans face their own special challenges when it comes to nutrition and this book provides answers. There are about one million vegans in the U.S. and about 50,000 new ones every year. A growing number of physicians advocate a completely plant-based diet for many of their patients who suffer from diabetes, heart disease, and cancer. In *The Complete Idiot's Guide® to Plant-Based Nutrition*, readers will find: ? Where to get nutrients that others get from meat and dairy. ? How to avoid the vegan pitfall of overfed but undernourished. ? How to spot hidden animal ingredients in packaged foods. ? Tips for eating at restaurants. ? Special considerations for children and seniors.

Plant-Based Nutrition, 2E Julieanna Hever M.S., R.D., Raymond J. Cronise, 2018-01-09 Whether you're vegan, vegetarian, or omnivore, getting your nutrition from plant-based foods is one of the best things you can do for your health—and it's easier than you might think! The science confirms that a diet rich in whole, plant-based foods can help your body thrive. In fact, a growing number of physicians advocate a completely plant-based diet for many of their patients who suffer from diabetes, heart disease, and cancer. In this all new edition, leading plant-based dietician, Julieanna Hever, and Ray Cronise, the mastermind behind magician Penn Jillette's 100-pound weight loss transformation, team up to give you everything you need to know about following a plant-based diet, including: • A wealth of information on the most nutrient-dense foods in the plant kingdom • A new Food Triangle, representing a completely new way of looking at food and nutrition • New perspectives on macronutrients, and why categorizing protein, carbs, and fats as food groups causes unnecessary confusion about what to eat • The latest science on oxidative priority and how it explains why many common recipes drive unintentional weight gain • Healthspan and longevity recommendations based on the latest research • All new recipes from celebrity chefs: Matthew Kenney, Dreena Burton, Jazzy Vegetarian, Kathy Patalsky, Robin Robertson, Fran Costigan, Jason Wyrick, and Matt Frazier • Sample menus to get you started on a plant-based lifestyle • Tips for stocking your kitchen, boosting the nutritional content of your favorite dishes, and dining out healthfully

A Plant-Based Life Micaela Karlsen, 2016-07-22 More people than ever are eating a whole-food, plant-based diet. Studies show that it is better for our bodies and better for the planet, but it isn't always easy. Whether you're taking your first steps on this path to wellness or recommitting yourself to success, author Micaela Cook Karlsen clearly maps the way. Her program enables you to set your own pace and stay the course--without relying on willpower. Drawing on personal experience and the latest research, *A Plant-Based Life* reveals how to: Find and sustain your motivation Gradually add more whole, plant foods into your diet Break old food addictions and establish new habits Translate favorite recipes to create delicious, nourishing meals Reshape your food environment (at home, at work, and on the go) to make healthy eating a no-brainer Cultivate relationships that celebrate and support your new lifestyle Especially valuable are directions for navigating roadblocks. You'll find strategies for getting family members on board and for allaying friends' concerns about your food choices with evidence-based nutrition information. Take advantage of shopping tips, pantry lists, menu plans, and more than 100 mouth watering recipes, with contributions from plant-based leaders. If your goal is a healthier, more energized life, make *A Plant-Based Life* your personal GPS. The journey will be more satisfying than you ever imagined.

Vegan for Her Virginia Messina, 2013-07-09 *Vegan for Her*, a blueprint for optimal health and wellness at any age, will show you how to: lower your risk for breast cancer and heart disease; manage conditions like arthritis and migraines; diminish PMS and cramps; build strong bones for life; enhance fertility; make an easy transition to a vegan diet; and incorporate principles of both fashion and compassion into your home and wardrobe.

Becoming Vegan Brenda Davis, Vesanto Melina, 2000 A comprehensive look at vegan diets includes information on how a vegan lifestyle protects against chronic disease; what the best sources for protein and calcium really are; why good fats are vital to health; balanced diets for infants, children and seniors; pregnancy and breast-feeding tips for mothers; tips for teens turning vegan; considerations for maintaining and reaching a healthy weight; and achieving peak performance as a vegan athlete. Includes a vegan food guide outlining a daily plan for healthy eating, along with sample menus.

The Evidence-Based Guide to Antipsychotic Medications Anthony J. Rothschild, 2010-01-12 *The Evidence-Based Guide to Antipsychotic Medications* is designed to provide both clinicians and residents with focused, comprehensive, and clinically relevant information regarding the use of antipsychotic medications to treat a broad range of psychiatric conditions -- from mood and anxiety disorders to substance abuse, personality disorders, and schizophrenia. The volume editor is a renowned psychiatrist and author with more than 25 years of experience in both clinical and research settings diagnosing and treating patients with mood and psychotic disorders. In addition, each of the volume's 13 contributors is an expert with many years of clinical experience to draw on. The book is down-to-earth and reader-friendly and is structured for maximal utility in both coverage and format: Key Clinical Points cap each chapter, synthesizing and summarizing the knowledge you can take away, and serving both as a refresher for those using the book as a reference and as a study aid to master the material. Both FDA-approved and off-label use of antipsychotic medications are addressed, reflecting the reality of clinical practice on the front lines. Use of antipsychotic medications in both the pediatric and geriatric populations, a potentially controversial subject, is addressed in a nonsensational, straight-forward manner. The Appendixes provide a wealth of information in tabular format, including drug tables (names, strengths, formulations, pharmacokinetics, and dosing); advice on initiating and monitoring antipsychotic medications; common side effects and their management; and special considerations for use during pregnancy and breastfeeding. *The Evidence-Based Guide to Antipsychotic Medications* is the first in a new series that strives to take evidence-based psychiatry from gold standard to standard practice. Scientifically up-to-date and rigorous, yet accessible and easy to understand, this volume stands alone as an indispensable resource on the topic.

The China Study: Revised and Expanded Edition T. Colin Campbell, Thomas M. Campbell, II, 2016-12-27 The revised and expanded edition of the bestseller that changed millions of lives The science is clear. The results are unmistakable. You can dramatically reduce your risk of cancer, heart disease, and diabetes just by changing your diet. More than 30 years ago, nutrition researcher T. Colin Campbell and his team at Cornell, in partnership with teams in China and England, embarked upon the China Study, the most comprehensive study ever undertaken of the relationship between diet and the risk of developing disease. What they found when combined with findings in Colin's laboratory, opened their eyes to the dangers of a diet high in animal protein and the unparalleled health benefits of a whole foods, plant-based diet. In 2005, Colin and his son Tom, now a physician, shared those findings with the world in *The China Study*, hailed as one of the most important books about diet and health ever

written. Featuring brand new content, this heavily expanded edition of Colin and Tom's groundbreaking book includes the latest undeniable evidence of the power of a plant-based diet, plus updated information about the changing medical system and how patients stand to benefit from a surging interest in plant-based nutrition. The China Study—Revised and Expanded Edition presents a clear and concise message of hope as it dispels a multitude of health myths and misinformation. The basic message is clear. The key to a long, healthy life lies in three things: breakfast, lunch, and dinner.

How Not to Die Michael Greger, M.D., FACLM, Gene Stone, 2015-12-08 From the physician behind the wildly popular NutritionFacts website, *How Not to Die* reveals the groundbreaking scientific evidence behind the only diet that can prevent and reverse many of the causes of disease-related death. The vast majority of premature deaths can be prevented through simple changes in diet and lifestyle. In *How Not to Die*, Dr. Michael Greger, the internationally-renowned nutrition expert, physician, and founder of NutritionFacts.org, examines the fifteen top causes of premature death in America—heart disease, various cancers, diabetes, Parkinson's, high blood pressure, and more—and explains how nutritional and lifestyle interventions can sometimes trump prescription pills and other pharmaceutical and surgical approaches, freeing us to live healthier lives. The simple truth is that most doctors are good at treating acute illnesses but bad at preventing chronic disease. The fifteen leading causes of death claim the lives of 1.6 million Americans annually. This doesn't have to be the case. By following Dr. Greger's advice, all of it backed up by strong scientific evidence, you will learn which foods to eat and which lifestyle changes to make to live longer. History of prostate cancer in your family? Put down that glass of milk and add flaxseed to your diet whenever you can. Have high blood pressure? Hibiscus tea can work better than a leading hypertensive drug—and without the side effects. Fighting off liver disease? Drinking coffee can reduce liver inflammation. Battling breast cancer? Consuming soy is associated with prolonged survival. Worried about heart disease (the number 1 killer in the United States)? Switch to a whole-food, plant-based diet, which has been repeatedly shown not just to prevent the disease but often stop it in its tracks. In addition to showing what to eat to help treat the top fifteen causes of death, *How Not to Die* includes Dr. Greger's Daily Dozen—a checklist of the twelve foods we should consume every day. Full of practical, actionable advice and surprising, cutting edge nutritional science, these doctor's orders are just what we need to live longer, healthier lives.

No Meat Athlete Matt Frazier, Matt Ruscigno, 2013-10 Combining the winning elements of proven training approaches, motivational stories, and innovative recipes, *No Meat Athlete* is a unique guidebook, healthy-living cookbook, and nutrition primer for the beginner, every day, and serious athlete who wants to live a meatless lifestyle. Author and popular blogger, Matt Frazier, will show you that there are many benefits to embracing a meat-free athletic lifestyle, including: - Weight loss, which often leads to increased speed- Easier digestion and faster recovery after workouts- Improved energy levels to help with not just athletic performance but your day-to-day life - Reduced impact on the planet Whatever your motivation for choosing a meat-free lifestyle, this book will take you through everything you need to know to apply your lifestyle to your training. Matt Frazier provides practical advice and tips on how to transition to a plant-based diet while getting all the nutrition you need; uses the power of habit to make those changes last; and offers up menu plans for high performance, endurance, and recovery. Once you've mastered the basics, Matt delivers a training manual of his own design for runners of all abilities and ambitions. The manual provides training plans for common race distances and shows runners how to create healthy habits, improve performance, and avoid injuries. *No Meat Athlete* will take you from the start to finish line, giving you encouraging tips, tricks, and advice along the way.

The Beginner's Guide to a Plant-based Diet Brandon Hearn, 2018 This Plant-Based Diet Beginners Guide should help you get started. Discover the stress-free way to start a plant-based diet with easy, everyday comfort recipes.

Thrive, 10th Anniversary Edition Brendan Brazier, 2017-02-14 One of the few professional athletes on an entirely plant-based diet, Brendan Brazier developed this easy-to-follow program to enhance his performance as an elite endurance athlete. Ten years later, his lifestyle still works. In this anniversary edition, Brendan brings 25 new recipes as well as updates throughout. *Thrive* features a 12-week whole foods meal plan, 125 easy-to-make recipes with raw food options that are free of dairy, gluten, soy, wheat, corn, refined sugar. With this program, you can lower body fat and increase muscle tone; diminish visible signs of aging; increase energy and mental clarity; sleep better and more restfully. *Thrive* is a long-term eating plan that will help you develop a lean body, sharp mind, and everlasting energy, whether you're a professional athlete or simply looking to boost your physical and mental health.

The Diet Compass: The 12-Step Guide to Science-Based Nutrition for a Healthier and Longer Life Bas Kast, 2021-01-05 The answer to all questions about aging and nutrition. When science journalist Bas Kast collapsed with chest pains when he was only 40, he was faced with an existential question: had he ruined his health with junk food? He decided to radically change his eating habits in order to heal himself. But what is really good for you? This was the beginning of a journey of discovery into the latest research into aging and nutrition—and it lasted several years. What do people with a particularly long life span eat? How can you lose weight efficiently? Are afflictions typical of old age avoidable? Can you eat yourself young with certain foods? Much of what we think is healthy can even be harmful. Bas Kast has compared thousands of sometimes contradictory studies to deliver scientifically founded findings about what really makes for healthy eating.

The Whole Foods Plant Based Diet Gabby Roles, 2013-08-10 Does a whole foods plant based diet intrigue and scare you at the same time? Do you wonder just what people on these diets eat? Have you avoided this type of diet because you thought there was no way you could live on vegetables alone? The good news is that *The Whole Foods Plant Based Diet: A Beginner's Guide to a Whole Foods Plant Based Diet* will help to put all of your fears behind you. This nutrition book for beginners helps you to realize that this is not a diet; it is a way to change your life for the better. Whether you are just curious about this diet or your doctor has recommended that you start to watch what you eat, take a look at what you can gain from this book: * Gain a thorough understanding of whole foods and which foods qualify * Learn how to shop for and cook whole foods * Understand how the right plant based foods can help you fight chronic illness * Learn how to fight the signs of aging * Understand how to achieve overall wellness Download *The Whole Foods Plant Based Diet: A Beginner's Guide to a Whole Foods Plant Based Diet* and see just how much you can change the way you eat. This is not a steadfast diet that must be strictly followed. It is a gentle guide to ease you into healthy eating and turning your mediocre health into great health that promotes a long, healthy life.

A Case-Based Guide to Eye Pain Michael S. Lee, KATHLEEN B. DIGRE, 2017-11-15 Diagnosing a patient with unexplained ocular pain can be time-consuming and difficult, but taking an anatomic approach and excluding causes along the

way can aid in the diagnosis. This book provides the reader with a systematic evaluation plan for these cases, written and edited by leaders in the field. *A Case-Based Guide to Eye Pain* is written for both ophthalmologists and neuro-ophthalmologists since there are not enough neuro-ophthalmologists to treat the number of patients with unexplained ocular pain and general ophthalmologists are having to take on the diagnosis and treatment of these patients. Organized in an easy-to-use manner, each case covers the following key elements: the chief complaint, history of the present illness, the examination, assessment and plan, follow-up, alternate perspective, summary points, and key references. Tables are also available to help the reader rapidly sort through cases that may apply to a sign, symptom, historical feature, diagnostic test or treatment option. This allows the practitioner who has a patient with a particular concern to use the tables to identify a case discussion. Additionally, *A Case-based Guide to Eye Pain* includes an appendices with the general approach to eye pain and anatomy of the trigeminal pathway and its relation to eye pain.

Vegan Style Sascha Camilli, 2019-11-12 Calling all compassionate consumers—now you can become completely cruelty-free with this inspirational guide to vegan products, brands, and materials to help you look good and live kindly. Going vegan doesn't just apply to the food you eat—now you can veganize all aspects of your life from beauty products to fashion to homeware. And with so many ethical, environmentally friendly products on the market today, you no longer have to sacrifice style for sustainability. *Vegan Style* offers a healthy dose of luxurious lifestyle inspiration for people who want to live kindly, feel good, and look fabulous. With insight and advice from today's most creative and innovative vegan fashion designers and influencers, discover how you can incorporate more cruelty-free brands to your wardrobe while still looking great. Plus, get some pointers from vegan experts on homeware, grooming products for men, and plant-based places to travel. We've got your entire vegan lifestyle covered!

A Case-Based Guide to Clinical Endocrinology Terry F. Davies, 2022-01-04 Now in a revised and expanded third edition, this case-based guide emphasizes the latest investigative advances in both imaging and molecular diagnostics and new treatment approaches for a wide variety of common and complex endocrine conditions. Utilizing unique clinical case histories, each main endocrine condition and disorder is curated by a senior Section Editor with an introduction to his or her area covering both physiology and pathophysiology. This introductory chapter is followed by a number of case histories written by invited experts and designed to cover the important relevant pathophysiology, following a consistent chapter format for ease of use, including bulleted objectives, case presentations, review of the diagnosis, lessons learned, and 3-5 multiple-choice review questions. Section headings include the pituitary, thyroid (overactivity, underactivity and cancer) and parathyroid, adrenal disorders, metabolic bone disease, type 2 diabetes, lipid abnormalities, obesity, and pregnancy. Topics new to this edition include PCOS, transgender medicine and the endocrine effects of viral infections. With a focus on covering major parts of the APDEM curriculum, *A Case-Based Guide to Clinical Endocrinology* remains a tremendous resource for junior and veteran clinicians alike.

The Book of Veganish Kathy Freston, Rachel Cohn, 2016-08-30 Bestselling authors Kathy Freston and Rachel Cohn join together to create a toolbox of resources to aid socially aware teens and young adults interested in adopting a vegan lifestyle. *The Book of Veganish* contains everything curious young adults need to help them navigate through the transition to a vegan lifestyle. The 70 simple recipes are perfect for those with tight budgets and rudimentary cooking tools (and skills). Filled with insights on the benefits of adopting a plant-based diet and how to best deal with parents and the rest of the nonvegan world, *The Book of Veganish* will allow existing and aspiring vegans to feel confident about their new lifestyle choices.

Forks Over Knives Family Alona Pulde, Matthew Lederman, 2020-05-05 Discover how to “feed your family a plant-based diet that is delicious, cost-effective, and easy” (Mayim Bialik, author of *Mayim's Vegan Table*) with this complete and accessible cookbook filled with more than 125 delicious and kid-friendly recipes and plenty of tips for raising a whole-foods-loving family. After the trailblazing film *Forks Over Knives* helped spark a medical and nutritional revolution, more and more people continue to adopt a whole-food, plant-based lifestyle. Now, doctors Alona Pulde and Matthew Lederman share those same values for the entire family. Filled with more than 125 quick and easy recipes, helpful tips, and the latest in scientific findings, *Forks Over Knives Family* teaches you why whole food, plant-based eating is the best way to keep your family well-nourished through the years. Beginning with pregnancy and moving into the teenage years, this guide tackles all the most important topics to keep your family's health on track, from dealing with allergies to traveling to parties and play dates, and more. Providing an in-depth look at the role of nutrition at every stage of a child's development and bolstered by easy-to-understand tips and tricks, “*Forks Over Knives Family* serves up delicious, whole food recipes that everyone in your house will enjoy” (Michelle and Matt, authors of the New York Times bestseller *Thug Kitchen*).

The Evidence-based Guide to Antidepressant Medications Anthony J. Rothschild, 2012 *The Evidence-Based Guide to Antipsychotic Medications* is a table-rich, comprehensive overview of current knowledge regarding the use of antipsychotic medications to treat a broad range of psychiatric conditions, from anxiety disorders to schizophrenia.

The Strengths-Based Guide to Supporting Autistic Children Claire O'Neill, 2023-02-21 'Being strength-aware has brought many moments of joy to our family life. It is this potential for growth and joy that I now want to share in this book' This flexible, dip-in-dip-out guide will introduce you to the strengths-based approach that is helping autistic children and their families to thrive. By focusing on how to identify, develop and use your child's strengths to support them throughout childhood and into adolescence, this transformative approach is here to show you and your child that their unique character-strengths can empower them and shape their future. Claire O'Neill combines her personal experience as an autistic person and mother to autistic children with her expert knowledge as a professional working with autistic young people to demonstrate the value of a strengths-based approach. With step-by-step instructions on how parents and teachers can incorporate this approach easily into family and school life, Claire also offers a variety of specific tips, tricks and engaging activities to provide ongoing support for parents and teachers alike.

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