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Brenda Piper

Multidisciplinary Approach to Obesity Andrea Lenzi, Silvia Migliaccio, Lorenzo Maria Donini, 2014-11-18 This book describes in detail the multidisciplinary management of obesity, providing readers with a thorough understanding of the rationale for a multidisciplinary approach and with the tools required to implement it effectively. The emphasis is on a translational approach, starting from basic concepts and fundamental mechanisms of the pathology and clinical morbidity. Experts in the field discuss the full range of relevant topics, including the significance of physical exercise, psychological issues, nutritional strategies, pharmacological options and bariatric surgery. Put another way, the book covers all aspects from the bench to the bedside. Physicians, scientists and postgraduate students will all find it to be invaluable in understanding the causes and optimal management of obesity, which has rapidly become a major public health problem.

Protein Power Michael R. Eades, Mary Dan Eades, 2009-10-21 Join the thousands who have experienced dramatic weight loss, lowered cholesterol, and improvement or reversal of the damages of heart disease, adult-onset diabetes, and other major diseases by following this medically proven program. Protein Power will teach you how to use food as a tool for • Dramatic and permanent weight loss • Resetting your metabolism and boosting your energy levels • Lowering your “bad” cholesterol levels while elevating the “good” • Protecting yourself from “The Deadly Diseases of Civilization” (including high blood pressure and heart disease) And best of all, Protein Power encourages you to • Eat the foods you love, including meats (even steaks, bacon, and burgers), cheeses, and eggs • Rethink the current wisdom on fat intake (science has shown that fat does not make you fat!) • Stop shocking your body with breads, pastas, and other fat-inducing carbohydrates So prepare yourself for the most dramatic life-enhancing diet program available!

Work and Family, 1991

Obesity G. Michael Steelman, Eric C. Westman, 2016-04-27 Obesity is considered a complex and multifactorial disease. Its treatment, therefore, must also be multimodal and tailored to meet the needs of each patient. *Obesity: Evaluation and Treatment Essentials* presents a wide spectrum of practical treatment protocols for obesity including exercise, pharmacology, behavior modification, and dietary factors,

Obesity Michael G. Steelman, Eric Westman, 2016-04-19 Addressing a growing epidemic in today's world, *Obesity: Evaluation and Treatment Essentials* presents practical treatment protocols for obesity, including exercise, pharmacology, behavior modification, and dietary factors, from the point of view of the practicing physician. Encompassing a multidisciplinary audience of clinicians and researcher

Anti-Diet Christy Harrison, 2019-12-24 Reclaim your time, money, health, and happiness from our toxic diet culture with groundbreaking strategies from a registered dietitian, journalist, and host of the Food Psych podcast. 68 percent of Americans have dieted at some point in their lives. But upwards of 90% of people who intentionally lose weight gain it back within five years. And as many as 66% of people who embark on weight-loss efforts end up gaining more weight than they lost. If dieting is so clearly ineffective, why are we so obsessed with it? The culprit is diet culture, a system of beliefs that equates thinness to health and moral virtue, promotes weight loss as a means of attaining higher status, and demonizes certain ways of eating while elevating others. It's sexist, racist, and classist, yet this way of thinking about food and bodies is so embedded in the fabric of our society that it can be hard to recognize. It masquerades as health, wellness, and fitness, and for some, it is all-consuming. In *Anti-Diet*, Christy Harrison takes on diet culture and the multi-billion-dollar industries that profit from it, exposing all the ways it robs people of their time, money, health, and happiness. It will turn what you think you know about health and wellness upside down, as Harrison explores the history of diet culture, how it's infiltrated the health and wellness world, how to recognize it in all its sneaky forms, and how letting go of efforts to lose weight or eat perfectly actually helps to improve people's health—no matter their size. Drawing on scientific research, personal experience, and stories from patients and colleagues, *Anti-Diet* provides a radical alternative to diet culture, and helps readers reclaim their bodies, minds, and lives so they can focus

on the things that truly matter.

Infrastructure and Technology Management Tugrul U. Daim, Leong Chan, Judith Estep, 2018-01-10 This book presents emerging technology management approaches and applied cases from leading infrastructure sectors such as energy, healthcare, transportation and education. Featuring timely topics such as fracking technology, electric cars, Google's eco-friendly mobile technology and Amazon Prime Air, the volume's contributions explore the current management challenges that have resulted from the development of new technologies, and present tools, applications and frameworks that can be utilized to overcome these challenges. Emerging technologies make us rethink how our infrastructure will look in the future. Solar and wind generation, for example, have already changed the dynamics of the power sector. While they have helped to reduce the use of fossil fuels, they have created management complications due to their intermittent natures. Meanwhile, information technologies have changed how we manage healthcare, making it safer and more accessible, but not without implications for cost and administration. Autonomous cars are around the corner. On-line education is no longer a myth but still a largely unfulfilled opportunity. Digitization of car ownership is achievable thanks to emerging business models leveraging new communication technologies. The major challenge is how to evaluate the relative costs and benefits of these technologies. This book offers insights from both researchers and industry practitioners to address this challenge and anticipate the impact of new technologies on infrastructure now and in the future.

Obesity Prevention and Treatment James M. Rippe, John P. Foreyt, 2021-09-23 The World Health Organization estimates that there are 2.1 billion individuals with obesity globally. Nearly three quarters of adults in the United States are overweight or obese. The average individual with obesity cuts ten years off their life expectancy, yet less than 40% of physicians routinely counsel individuals concerning the adverse health consequences of obesity. **Obesity Prevention and Treatment: A Practical Guide** equips healthcare practitioners to include effective weight management counselling in the daily practice of medicine. Written by lifestyle medicine pioneer and cardiologist, Dr. James Rippe and obesity expert Dr. John Foreyt, this book provides evidence-based discussions of obesity and its metabolic consequences. A volume in the Lifestyle Medicine Series, it provides evidence-based information about the prevention and treatment of obesity through lifestyle measures, such as regular physical activity and sound nutrition, as well as the use of new medications or bariatric surgery available to assist in weight management. Provides a framework and practical strategies to assist practitioners in safe and effective treatments of obesity. Contains information explaining the relationship between obesity and increased risk of heart disease, diabetes, cancer, osteoarthritis, and other chronic conditions. Chapters begin with bulleted key points and conclude with a list of Clinical Applications. Written for practitioners at all levels, this user-friendly, evidence-based book on obesity prevention and treatment will be valuable to practitioners in general medicine or subspecialty practices.

Johns Hopkins Nursing Evidence-based Practice Deborah Dang, Sandra Dearholt, 2018
Appendix F_Nonresearch Evidence Appraisal Tool--Appendix G_Individual Evidence Summary Tool--
Appendix H_Synthesis Process and Recommendations Tool -- Appendix I_Action Planning Tool --
Appendix J_Dissemination Tool

Adherence to Long-term Therapies Eduardo Sabaté, 2003 This report is based on an exhaustive review of the published literature on the definitions, measurements, epidemiology, economics and interventions applied to nine chronic conditions and risk factors.

Body Contouring Michele Shermak, 2010-09-21 The definitive full-color illustrated atlas of breast and body contouring surgical procedures Includes DVD with video clips Part of the McGraw-Hill Plastic Surgery Atlas series, **Body Contouring** is a full-color, step-by-step guide to learning how to perform both traditional and contemporary plastic surgery procedures relative to breast and body contouring. Two hundred medical illustrations and more than two hundred photographs - all in full color - offer unmatched coverage of the required surgical steps and actual results. A companion DVD features skill-building surgical video clips. For each procedure, you'll find a complete review of

key topics, including: Introduction to the surgical approach Relevant anatomy Indications Markings Details of the procedure (incision and exposure) Postoperative care Pitfalls Tips Part I of Body Contouring addresses important clinical concerns such as the safety of surgical techniques, intraoperative positioning, psychological issues, and issues pertaining to massive weight loss and surgical wound care. Part II then reviews specific body contouring surgical procedures by body region, beginning with the upper extremity, and proceeding to the female breast, male chest (gynecomastia), abdomen, back, and lower extremity. Learn all aspects of body contouring surgery, step by step: Breast surgery: Reduction; Mastopexy; Augmentation; Lifting; Gynecomastia; Arm and thigh contouring with liposuction and excisional techniques; Abdominoplasty, upper and lower, with hernia repair techniques; Back contouring

Diet and Nutrition Brenda Piper, 2013-12-14

Life Without Bread Christian Allen, Wolfgang Lutz, 2000 Based on more than 40 years of clinical research, this illuminating book unravels the mysteries of nutrition and shows how a low-carbohydrate/high protein diet can help prevent cancer, diabetes, heart disease, and obesity, as well as increase strength, endurance, and muscle mass.

Missing Data Patrick E. McKnight, Katherine M. McKnight, Souraya Sidani, Aurelio José Figueredo, 2007-03-28 While most books on missing data focus on applying sophisticated statistical techniques to deal with the problem after it has occurred, this volume provides a methodology for the control and prevention of missing data. In clear, nontechnical language, the authors help the reader understand the different types of missing data and their implications for the reliability, validity, and generalizability of a study's conclusions. They provide practical recommendations for designing studies that decrease the likelihood of missing data, and for addressing this important issue when reporting study results. When statistical remedies are needed--such as deletion procedures, augmentation methods, and single imputation and multiple imputation procedures--the book also explains how to make sound decisions about their use. Patrick E. McKnight's website offers a periodically updated annotated bibliography on missing data and links to other Web resources that address missing data.

The Everything Guide to Remote Work Jill Duffy, 2022-02-08 Discover the secret to being productive and successful no matter where you are with this essential guide to remote work. During COVID-19, working from home became the new normal. Now, both employers and employees find that the remote work they were forced to adjust to may be, well, better—financially, sustainably, and even in terms of overall morale and productivity. But working from home is not without its challenges. It can be difficult to eliminate distractions, strike a solid work/life balance, and maintain social connections that are crucial in the workplace. Whether you're trying to find and land a job from the comfort of your home, learning to manage a virtual team, or dream of living a digital nomad lifestyle, *The Everything Guide to Remote Work* has everything you need to be successful. You'll learn to optimize your own workplace culture, whether it's in your home office or a constantly changing backdrop. So whether your company continues to work remotely full time or you only have to go to the office a few days a week, you'll be armed with all the tools you'll need to make the most out of this new lifestyle.

Earth Day Melissa Ferguson, 2021 Earth Day celebrates our beautiful planet and calls us to act on its behalf. Some people spend the day planting flowers or trees. Others organize neighborhood clean-ups, go on nature walks, or make recycled crafts. Readers will discover how a shared holiday can have multiple traditions and be celebrated in all sorts of ways.

The Essential Buffett Robert G. Hagstrom, 2002-08-19 Nach Veröffentlichung der beiden Titel *The Warren Buffett Way* und *The Warren Buffett Portfolio* stieg die Nachfrage nach einem Buch, das die Anwendung von Buffetts Methoden auf Aktien und Wachstumswerte genau erläutert. Dabei sollten auch seine bewährten und erprobten Investmentstrategien nicht zu kurz kommen. Buffetts Technik des Focus-Investing (Konzentration auf ausgesuchte Unternehmen) hat sich als außergewöhnlich erfolgreich erwiesen - bei konventionellen Werten. *The Essential Buffett* zeigt, wie diese Strategien auch auf Werte der New Economy angewendet werden können.

Living with Obesity L. E. Carmichael, 2014-01-01 Living with Obesity features fictional narratives paired with firsthand advice from a medical expert to help preteens and teenagers feel prepared for dealing with obesity during adolescence. Topics include causes and risk factors, complications, tests and diagnosis, treatment methods, coping strategies, and giving and getting support. Throughout the book, Ask Yourself This questions encourage discussion. Features include a selected bibliography, further readings, Just the Facts summary of medical facts about obesity, Where to Turn summary of key advice that includes contact information for helpful organizations, a glossary, source notes, and an index. Aligned to Common Core Standards and correlated to state standards. Essential Library is an imprint of Abdo Publishing, a division of ABDO.

Performing #MeToo Judith Rudakoff, 2023-04-21 This collection of essays applies a multinational lens to performances that explore the #MeToo movement. In October 2017, a wave of sexual assault allegations against Hollywood producer Harvey Weinstein prompted an outpouring of similar stories on Twitter and beyond, all bound by the same hashtag: #MeToo. The phrase, initially coined by activist Tarana Burke in 2006, reverberated across the internet and invigorated a movement. The essays in this volume engage with many of the performative interpretations of and responses to the #MeToo movement and invite reflection, discussion, and action. Written by an international group of scholars and artists, the essays bring a global perspective to discussions on topics at the intersection of the #MeToo movement and the performing arts, including celebrity feminism, the practice of protest as a coping mechanism, misogynistic speech, the politics of performance, rehearsing and performing intimacy, and more. Contributors highlight works they have performed, witnessed, or studied, offering analysis and nuance while creating an archive of a powerful cultural moment.

Pounds and Inches A. T. W. Simeons, 2010-12 This book, popularly known as Pounds and Inches, contains the original HCG diet protocol, as created by Dr. A.T.W. Simeons. Dr. Simeons' Pounds and Inches manuscript has revolutionized weight loss around the world. Developed over sixty years ago and used safely by thousands since, this HCG weight-loss protocol has a long history of helping people just like you to shed their unwanted pounds and lose inches off their waist, hips, and thighs. Unleash the power of this protocol in your own life today! Now available in a new easy-reading format, this one of a kind edition also includes a free discount coupon for HCG Quick Loss Plus! Now also available in Spanish, under the title: Libras Y Pulgadas. Buy your copy here: http://www.amazon.com/gp/product/1467941263/ref=s9_simh_bw_p14_d4_g14_i1?pf_rd_m=ATVPDKIKX0DER&pf_rd_s=center-4&pf_rd_r=0EB6HY7BBXFJGCCSQHGP&pf_rd_t=101&pf_rd_p=1365203102&pf_rd_i=283155

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