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Paul McFedries

Between Empowerment and Manipulation Marijn Sax,2021-09-28 Popular health apps are commercial services. Despite the promise of empowerment they offer, the tensions introduced by their data-driven, dynamically adjustable digital environments engender a potential for manipulation to which their designers and operators can easily succumb. In this important book, the author develops an ethical framework to evaluate the commercial practices of for-profit health apps, proceeding to a detailed proposal of how to legally address the exploitation, for financial gain, of users' need for health. Focusing on the intricate tracking of users over time, coupled with the possibility to personalize the environment based on knowledge gained from tracking, the book's in-depth analysis of popular for-profit health apps engages with such particulars as the following: the strategic framing of health in health apps; the cultural tendency to presume we are unhealthy until we have proven we are healthy; the key concepts of autonomy, vulnerability, trust, and manipulation; how health apps develop ongoing profitable relationships with users; and use of misleading and aggressive commercial practices. The author argues that the European Union's Unfair Commercial Practices Directive, when informed by ethical considerations, offers promising legal solutions to the manipulation concerns raised by popular for-profit health apps. The book will be welcomed not only for its incisive scrutiny of the health app phenomenon but also for the light it sheds on the wider problems inherent in the digital society—what digital environments know about their users, how they use that knowledge, and for which purpose. Its progress from an ethical approach to legal solutions will recommend the book to lawyers concerned with business practices, human resources professionals, policymakers, and academics interested in the intersection of ethics and law.

Journal of Interdisciplinary Science Topics, Volume 7 Cheryl Hurkett,2018-05-18 The Journal of Interdisciplinary Science Topics (JIST) forms part of the 'Interdisciplinary Research Journal' module in the third year of both the BSc and MSci Natural Science degrees. It is intended to provide students with hands-on experience of, and insight into, the academic publishing process. The activity models the entire process from paper writing and submission, refereeing other students' papers, sitting on the editorial board that makes final decisions on the papers, to finally publishing in an online journal. This book is a compilation of the papers written by undergraduate students that were published during the 2017/2018 academic year.

Emerging Trends in Intelligent Computing and Informatics Faisal Saeed,Fathey Mohammed,Nadhmi Gazem,2019-11-01 This book presents the proceedings of the 4th International Conference of Reliable Information and Communication Technology 2019 (IRICT 2019), which was held in Pulai Springs Resort, Johor, Malaysia, on September 22–23, 2019. Featuring 109 papers, the book covers hot topics such as artificial intelligence and soft computing, data science and big data analytics, internet of things (IoT), intelligent communication systems, advances in information security, advances in information systems and software engineering.

Fitbit For Dummies Paul McFedries,2019-06-12 Take a complete tour of the Fitbit ecosystem From Fitbit features to the Fitbit app to the social features of Fitbit.com, this approachable book covers everything you need to know to get the most out of your Fitbit wristband or watch. Whether you're a fitness newcomer, a regular walker, or a long-time exerciser, your Fitbit is a powerful device that can tell you much more than how many steps you take each day. This book offers easy-to-follow, step-by-step instructions for tracking all that data and getting the most out of your Fitbit investment. Go beyond steps to track sleep, heart rate, weight, and more Set up your health and fitness goals — then go for them! Connect to third-party apps such as Strava and Weight Watchers Stay motivated by sharing your activities with friends It's one thing to simply wear your Fitbit, but it's quite another to use your Fitbit to reach your personal health goals. Whether that goal is to get fit, lose weight, eat better, or reduce stress, your Fitbit has settings and features that can help you get there. And this book shows you how!

Recent Developments in Intelligent Information and Database Systems Dariusz Król,Lech Madeyski,Ngoc Thanh Nguyen,2016-03-15 The

objective of this book is to contribute to the development of the intelligent information and database systems with the essentials of current knowledge, experience and know-how. The book contains a selection of 40 chapters based on original research presented as posters during the 8th Asian Conference on Intelligent Information and Database Systems (ACIIDS 2016) held on 14–16 March 2016 in Da Nang, Vietnam. The papers to some extent reflect the achievements of scientific teams from 17 countries in five continents. The volume is divided into six parts: (a) Computational Intelligence in Data Mining and Machine Learning, (b) Ontologies, Social Networks and Recommendation Systems, (c) Web Services, Cloud Computing, Security and Intelligent Internet Systems, (d) Knowledge Management and Language Processing, (e) Image, Video, Motion Analysis and Recognition, and (f) Advanced Computing Applications and Technologies. The book is an excellent resource for researchers, those working in artificial intelligence, multimedia, networks and big data technologies, as well as for students interested in computer science and other related fields.

Keto Meal Prep Stefano Villa, Are you looking for new ketogenic diet recipes? Are you hoping to free up more of your week? Are you interested in what meal prepping can offer you? 'Keto,' from the word ketosis, is made from Ketones, the term for the body's energy molecules. This is a second source of energy for the body that is utilized when glucose (blood sugar) is insufficient to meet the body's needs. Ketones are generated when the number of carbohydrates (the major source of glucose) consumed is very little, in combination to a limited amount of protein (additional protein is converted into glucose.) Under these conditions, the liver converts fat to ketones which are then transported into the bloodstream. The body cells use this as a source of energy, like glucose. They can also be utilized by the brain. This is essential, as the brain cannot get its energy directly from fat, and it is a rapid energy-consuming organ. 'Keto,' from the word ketosis, is made from Ketones, the term for the body's energy molecules. This is a second source of energy for the body that is utilized when glucose (blood sugar) is insufficient to meet the body's needs. Ketones are generated when the number of carbohydrates (the major source of glucose) consumed is very little, in combination to a limited amount of protein (additional protein is converted into glucose.) Under these conditions, the liver converts fat to ketones which are then transported into the bloodstream. The body cells use this as a source of energy, like glucose. They can also be utilized by the brain. This is essential, as the brain cannot get its energy directly from fat, and it is a rapid energy-consuming organ. Here's a sneak preview of what's inside of this book: ✓what's keto and how to get started ✓ a 28 meal plan ✓ tons of ketogenic recipes ✓ tips and tricks of a ketogenic lifestyle ✓ FAQ Get your copy now

Designing for Older Adults Walter Boot,Neil Charness,Sara J. Czaja,Wendy A. Rogers,2020-09-27 Designing for Older Adults: Case Studies, Methods, and Tools There are many products, tools, and technologies available that could provide support for older adults. However, their success requires that they are designed with older adults in mind by being aware of, and adhering to, design principles that recognize the needs, abilities, and preferences of diverse groups of older adults. Achieving good design is a process facilitated by seeing principles and guidelines in action. Design success requires understanding how to use the methods and tools available to evaluate initial ideas and prototypes. The goal of this book is to provide illustrative case studies of designing for older adults based on real design challenges faced by the researchers of the Center for Research and Education on Aging and Technology Enhancement (CREATE) over the past two decades. These case studies exemplify the use of human factors tools and user-centered design principles to understand the needs of older adults, identify where existing designs failed older users, and examine the effectiveness of design changes to better accommodate the abilities and preferences of the large and growing aging population. Features Reviews important design considerations for older adults and presents a framework for design Provides a series of real-world case studies to ground design principles and guidelines Offers a unique set and broad array of design challenges, from the design of healthcare devices, to computer systems and apps, to transportation systems and robots Gives an overview of emerging technologies, their potential benefits to older adults, anticipated design considerations, and new and emerging approaches to evaluating design Covers these topics with designers in mind, providing the most up-to-date recommendations based on the scientific

literature but in an accessible, easy-to-understand, non-technical manner

Artificial Intelligence for the Internet of Everything William Lawless,Ranjeev Mittu,Donald Sofge,Ira S Moskowitz,Stephen Russell,2019-02-21 Artificial Intelligence for the Internet of Everything considers the foundations, metrics and applications of IoE systems. It covers whether devices and IoE systems should speak only to each other, to humans or to both. Further, the book explores how IoE systems affect targeted audiences (researchers, machines, robots, users) and society, as well as future ecosystems. It examines the meaning, value and effect that IoT has had and may have on ordinary life, in business, on the battlefield, and with the rise of intelligent and autonomous systems. Based on an artificial intelligence (AI) perspective, this book addresses how IoE affects sensing, perception, cognition and behavior. Each chapter addresses practical, measurement, theoretical and research questions about how these "things may affect individuals, teams, society or each other. Of particular focus is what may happen when these "things begin to reason, communicate and act autonomously on their own, whether independently or interdependently with other "things . Considers the foundations, metrics and applications of IoE systems Debates whether IoE systems should speak to humans and each other Explores how IoE systems affect targeted audiences and society Discusses theoretical IoT ecosystem models

Diabetic Diet For Beginners Susan Zeppieri,2022-07-25 This book provides essential tools for managing your diabetes through healthy eating and exercise. It includes a beginner's guide to understanding diabetes and its relationship with food, weight, and exercise. This book also provides advice for preventing complications, improving your quality of life, and maintaining a healthy lifestyle. A quick and easy guide to understanding the basic principles of diabetes and how to live a healthy lifestyle with diabetes. This book is designed to provide you with all the essential information you need to take charge of your diabetes. HERE'S WHAT MAKES THIS BOOK SPECIAL: • Diabetes Facts, Figures and Myths • Analysis & Symptoms of Diabetes • How to Beat Diabetes with Healthy Diet • Step by Step Diet Plan to Prevent, Control • Much, much more! Interested? Then Scroll up, click on Buy now with 1- Click, and Get Your Copy Now! 🔲🔲🔲

Handbook of Research on Social Marketing and Its Influence on Animal Origin Food Product Consumption Bogueva, Diana,Marinova, Dora,Raphaely, Talia,2018-03-02 As marketing professionals look for more effective ways to promote their goods and services to customers, a thorough understanding of customer needs and the ability to predict a target audience's reaction to advertising campaigns is essential. The Handbook of Research on Social Marketing and Its Influence on Animal Origin Food Product Consumption is a critical scholarly resource that examines the role of social marketing in understanding and changing behavior regarding the negative impacts of consuming animal-based foods. Featuring coverage on a broad range of topics, such as the psychology of meat consumption, food waste, and meat substitutes, this publication is geared towards academicians, students, and professionals seeking current research on social marketing interventions and the demarketing of meat.

Research Anthology on Food Waste Reduction and Alternative Diets for Food and Nutrition Security Management Association, Information Resources,2020-09-17 The world population is expected to increase exponentially within the next decade, which means that the food demand will increase and so will waste production. The increasing demand for food as well as changes in consumption habits have led to the greater availability and variety of food with a longer shelf life. However, there is a need for effective food waste management and food preservation as wasted food leads to overutilization of water and fossil fuels and increasing greenhouse gas emissions from the degradation of food. The Research Anthology on Food Waste Reduction and Alternative Diets for Food and Nutrition Security explores methods for reducing waste and cutting food loss in order to help the environment and support local communities as well as solve issues including that of land space. It also provides vital research on the development of plant-based foods, meat-alternative diets, and nutritional outcomes. Highlighting a range of topics such as agricultural production, food supply chains, and sustainable diets, this publication is an ideal reference source for policymakers, sustainable developers, politicians, ecologists,

environmentalists, corporate executives, farmers, and academicians seeking current research on food and nutrition security.

Textbook of Family Medicine E-Book David Rakel,Robert E. Rakel,2015-02-02 This ninth edition of the Textbook of Family Medicine, edited by Drs. Robert E. Rakel and David P. Rakel, remains your #1 choice for complete guidance on the principles of family medicine, primary care in the community, and all aspects of clinical practice. Ideal for both residents and practicing physicians, this medical reference book includes evidence-based, practical information to optimize patient care and prepare you for the ABFM exam. A clean, quick-reference layout makes it easy for you to put information to work immediately in your practice. Gain a new understanding of the patient-centered medical home and how to achieve this status in outpatient clinics. Make the most effective care decisions with help from Evidence vs. Harm icons that guide you through key treatments of common medical conditions. Take advantage of today's most useful online resources with a convenient list of outstanding clinical websites. Quickly spot Best Evidence Recommendations with special boxes located throughout the text, and glean helpful tips on diagnosis and therapy from Key Points boxes found on every page. Quickly access content with an efficient new layout that includes more than 1,000 tables and full-color illustrations; treatment boxes for a concise overview of how to treat various conditions; Grade A SORT recommendations; and key points highlighting the major takeaways of each chapter. Take advantage of an enhanced focus on team-based care as the role of primary care providers evolves, and stay up to date on the most current practice guidelines with evidence-based information throughout. Remain at the forefront of the field with coverage on self-care, the emergence of tobacco alternatives such as e-cigarettes, and the changing picture of cancer in America.

Six Weeks to Skinny Jeans Amy Cotta,2013-01-08 Every woman has a pair of trophy "skinny" jeans she has banished to the back of her closet: a reminder of days past, when she felt young, sexy, and fit. Well, with Amy Cotta's help, readers will tone up, slim down, and stay motivated until they can shimmy back into those sexy skinny jeans for good! Diet, exercise, and attitude are all readers need to succeed during this 6-week program. Cotta's eating plan trims fast-burning carbohydrates for the first 3 weeks, igniting weight loss, then reintroduces and manages those carbs for the second half of the plan. Her graduated fitness program offers three styles of cardio and strength-training exercises that get progressively more challenging to keep readers from getting bored or hitting a plateau while sculpting those curves. Both plans are simple to follow at home—no gym, fancy equipment, or expensive food deliveries required—and there are calendars, food logs, and meal plans to help readers stay upbeat and organized. Packed with dynamic, down-to-earth strategies, Six Weeks to Skinny Jeans inspires women to take control of their lifestyle and feel younger, sexier, and fitter than ever before.

The Born Again Runner Pete Magill,2016-10-09 From the lead author of Build Your Running Body ("the best running book ever"—Runner's World founder Bob Anderson), a one-of-a-kind guide for everyone who wants to run but feels they can't As a drug-addled young man, Pete Magill once found himself in the ER, with his body telling him to give up. Taking up running seemed impossible—but he willed himself to do it anyway. Magill went on to become one of the fastest masters runners ever, and a sought-after coach. Over a glowing (albeit hard-won) career, he has heard every excuse people use to stop running or never start—from achy knees and sore ankles, to advanced age and arthritis, to too many cigarettes or years on the couch. In every case, Magill's best advice is to do what he did: Run anyway—at a pace and mileage that work. Through inspiration, science, and anecdote, Magill gets runners out the door; through personal action plans, he sets them on the right path; and through the best exercises to protect and rehabilitate the body, he keeps them going—showing a way forward for new and sidelined runners who haven't before realized how close they are to fun and pain-free running!

Health Apps, Genetic Diets and Superfoods Tina Sikka,2023-02-23 This book critically examines contemporary health and wellness culture through the lens of personalization, genetification and functional foods. These developments have had a significant impact on the intersecting categories of

gender, race, and class in light of the increasing adoption of digital health and surveillance technologies like MyFitnessPal, Lifesum, HealthyifyMe, and Fooducate. These three vectors of identity, when analysed in relation to food, diet, health, and technology, reveal significant new ways in which inequality, hierarchy, and injustice become manifest. In the book, Tina Sikka argues that the corporate-led trends associated with health apps, genetic testing, superfoods, and functional foods have produced a kind of dietary-genomic-functional food industrial complex. She makes the positive case for a prosocial, food secure, and biodiverse health and food culture that is rooted in community action, supported by strong public provisioning of health care, and grounded in principles of food justice and sovereignty.

Ketogenic Diet Cookbook For Weight Loss KC GOH,2016-12-31 DISCOVER HOW TO LOSE WEIGHT WITHOUT STARVING AND IMPROVE YOUR HEALTH WITH THE KETOGENIC DIET! This is a practical ketogenic diet guide and cookbook with more than 30 keto-friendly recipes. It will help you to understand what is the ketogenic diet and how to get started. Eating does not make you fat, it is what you eat that makes you fat. Losing weight does not mean starvation. If you know how to eat the right food, you can turn your body into a natural fat-burning machine. The book will show you how you can lose weight fast without starvation or any exercise by following the ketogenic diet. It will show you how a ketogenic diet can turn your body to burn fats naturally without exercise. There will be no starving, no salads, but you will get to eat real food that makes you slim and healthy. It provides meal suggestions and cooking recipes to make your new eating lifestyle healthy and fun. This book covers *What is the ketogenic diet *The benefits and side-effects of the ketogenic diet *What to eat and what not to eat – The Ketogenic Food List *FAQs on the ketogenic diet *Ketogenic meals suggestions for breakfast, lunch and dinner *30 Keto-friendly recipes for Western and Asian-style food *Bonus recipes via video links on my YouTube channel and access to my Facebook Group By following the ketogenic diet, you will not just lose the weight but you will lower your cholesterol, feel and look younger and dramatically improve your health. This book features 30 proven healthy Western and Asian food recipes that are fast and easy-to-prepare. Each recipe comes with detailed instructions and full-color images. If you want to look better and feel better, this book is for you. Start the keto diet today and change for a healthier life!

Deep Learning for Cognitive Computing Systems M.G. Sumithra,Rajesh Kumar Dhanaraj,Celestine Iwendi,Anto Merline Manoharan,2022-12-31 Cognitive computing simulates human thought processes with self-learning algorithms that utilize data mining, pattern recognition, and natural language processing. The integration of deep learning improves the performance of Cognitive computing systems in many applications, helping in utilizing heterogeneous data sets and generating meaningful insights.

Reversing Diabetes Don Colbert,2012-03-06 It is possible to manage and even reverse diabetes through natural means, and in Reversing Diabetes, Dr. Colbert shows you how. Most people view diabetes as a dead-end street. Once you receive a diabetes diagnosis, your only option is to manage the symptoms with a restricted diet, close monitoring of blood sugar, and expensive medications. Dr. Colbert shows that diabetes can be treated instead through safe, natural means, like healthy food and vitamins rather than strictly relying on prescription drugs. He shows you how to manage your weight and your glucose intake with a whole-body approach, using nutritional supplements along with dietary and lifestyle changes to lose weight, repair cell damage, improve insulin function, and reduce the side effects from prescription drugs, many of which rob nutrients from the body and cause additional symptoms. Based on the same life-changing principles of the low-glycemic, high-fiber eating plan provided in Dr. Colbert's New York Times best-selling book, Dr. Colbert's "I Can Do This" Diet, this book adapts that plan in a way that makes it ideal for diabetics who need to manage their glucose levels and their weight. "Siloam, an imprint of Charisma House Book Group, is the leader in the Christian health and fitness genre, with several best-sellers...including Don Colbert's The Bible Cure series." --Christian Retailing "Physician Don Colbert Preaches The Gospel Of Good Nutrition, Advising His Patients To Follow In The Footsteps Of One Of History's Better-known Role Models." --Orlando Sentinel

Psychological Treatment of Older Adults Lee Hyer,2013-10-17 Print+CourseSmart

Ask Dr. Nandi Partha Nandi,2017-09-12 The star of the award-winning TV show, Ask Dr. Nandi, which reaches over eighty-five million US households, empowers readers to become their own health hero. Dr. Partha Nandi delivers passionate, empathetic, and trusted health advice daily to over eighty-five million US households, is seen in ninety countries worldwide, and his Facebook videos have been watched by more than 1.5 million viewers. In a sound bite culture, Ask Dr. Nandi disrupts the status quo by engaging viewers with in depth discussions on the health and wellness topics that matter to their lives. A health hero means being an advocate for yourself and your family, in sickness and in health. It's about building the confidence to gain knowledge and use that knowledge to make tough decisions. In Ask Dr. Nandi, Dr. Nandi gives readers the necessary tools to become empowered and take ownership of his or her health choices. Whether addressing bullying or prostate cancer, community and purpose or fitness and nutrition, Dr. Nandi tackles the tough questions, stimulates conversations, creates a new awareness of options and resources, and guides readers to confidently make the choices that are best for them.

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