

FREE GRAM ACCURATE DIGITAL SCALE APP

JOSEPH MERCOLA, RONNIE CUMMINS

THE KETOGENIC AND MODIFIED ATKINS DIETS, 6TH EDITION MACKENZIE C. CERVENKA, MD, SARAH DOERRER, CPNP, BOBBIE J. HENRY, RD, LDN, ERIC H. KOSSOFF, MD, ZAHAVA TURNER, RD, CSP, LDN, 2016-03-21 NOW IN ITS SIXTH EDITION, THE KETOGENIC AND MODIFIED ATKINS DIETS IS THE ESTABLISHED, AUTHORITATIVE BOOK ON THESE GROUNDBREAKING EPILEPSY TREATMENTS. WRITTEN FOR PARENTS, PATIENTS, DIETICIANS, AND NEUROLOGISTS, THIS BOOK IS AN INVALUABLE RESOURCE FOR ANYONE CONSIDERING OR STARTING A KETOGENIC DIET FOR EPILEPSY OR ANOTHER NEUROLOGIC DISORDER. WRITTEN BY DOCTORS, DIETICIANS, AND A PEDIATRIC NURSE PRACTITIONER FROM THE JOHNS HOPKINS HOSPITAL'S KETOGENIC DIET CENTER, ALONG WITH SEVERAL OTHER EXPERTS IN THE FIELD, THIS BOOK'S PATIENT-CENTERED CONTENT CONTAINS ANSWERS TO ALMOST ANY QUESTION RELATED TO THE KETOGENIC AND MODIFIED ATKINS DIETS, FOR CHILDREN AND ADULTS. CHAPTERS COVER IMPLEMENTATION, RECIPES, FINE-TUNING THE DIETS, CONNECTING WITH SUPPORT GROUPS, THE LATEST RESEARCH ON THE EFFECTIVENESS OF THE DIETS, AND MUCH MORE. THE SIXTH EDITION HAS BEEN THOROUGHLY REVISED AND UPDATED TO REFLECT CURRENT ADVANCES AND APPLICATIONS. TWO ENTIRELY NEW SECTIONS ARE DEVOTED TO THE USE OF KETOGENIC DIETS FOR EPILEPSY IN ADULTS, AND DIETS THAT CAN HELP ALLEVIATE THE SYMPTOMS OF OTHER CONDITIONS SUCH AS CANCER, DEMENTIA, AUTISM, AND MIGRAINES. COVERAGE OF THE MODIFIED ATKINS DIET IS SIGNIFICANTLY EXPANDED TO REFLECT THE GROWING POPULARITY OF THIS LESS RESTRICTIVE DIET. NEATLY ORGANIZED INTO NINE SECTIONS, THIS ESSENTIAL BOOK WILL HELP YOU: UNDERSTAND HOW THE KETOGENIC AND MODIFIED ATKINS DIETS WORK PREPARE FOR THE LIFESTYLE CHANGES INVOLVED IN FOLLOWING THESE DIETS START, MAINTAIN, FINE-TUNE, AND EVENTUALLY STOP THE DIET DEVELOP TASTY AND HEALTHY KETOGENIC MEALS CONNECT WITH LOCAL AND WORLDWIDE RESOURCES FOR EPILEPSY-RELATED ISSUES UNDERSTAND THE LATEST RESEARCH ABOUT THE DIET FOR USE IN KIDS AND ADULTS NAVIGATE THE "NON-KETO" WORLD (SCHOOLS, FAMILY, FRIENDS) WITH CONFIDENCE "IT WILL END UP BEING THE MOST WELL-READ BOOK YOU OWN AND EVERY KETO HOME SHOULD HAVE ONE. MY COPY WENT EVERYWHERE WITH ME WHEN MATTHEW WAS ON THE DIET AND I CAN'T RECOMMEND IT HIGHLY ENOUGH." —EMMA WILLIAMS, CEO/FOUNDER, MATTHEW'S FRIENDS CHARITY, DIETARY TREATMENTS FOR EPILEPSY, GLOBAL; DIRECTOR, MATTHEW'S FRIENDS CLINICS LTD. FOR KETOGENIC DIETARY THERAPIES "IF WE HAD HAD THE INFORMATION IN THIS BOOK FIFTEEN MONTHS EARLIER, A VAST MAJORITY OF CHARLIE'S \$100,000 OF MEDICAL, SURGICAL, AND DRUG TREATMENT WOULD NOT HAVE BEEN NECESSARY, A VAST MAJORITY OF CHARLIE'S SEIZURES WOULD NOT HAVE OCCURRED." —FROM THE FOREWORD BY JIM ABRAHAMS, DIRECTOR, THE CHARLIE FOUNDATION TO HELP CURE PEDIATRIC EPILEPSY

THE TRUTH ABOUT COVID-19 JOSEPH MERCOLA, RONNIE CUMMINS, 2021-04-29 USA TODAY, WALL STREET JOURNAL, AND PUBLISHERS WEEKLY NATIONAL BESTSELLER "AN ELOQUENT, CHARISMATIC, AND KNOWLEDGEABLE [CRITIQUE] OF A CORRUPT SYSTEM." —ROBERT F. KENNEDY, JR., FROM THE FOREWORD "DR. MERCOLA IS A VISIONARY, PIONEER, AND LEADER." —DEL BIGTREE, HOST OF THE HIGHWIRE MULTIPLE NEW YORK TIMES BEST-SELLING AUTHOR DR. JOSEPH MERCOLA AND RONNIE CUMMINS, FOUNDER AND DIRECTOR OF THE ORGANIC CONSUMERS ASSOCIATION, TEAM UP TO EXPOSE THE TRUTH—AND END THE MADNESS—ABOUT COVID-19. THROUGH VIGOROUS RESEARCH, OVER 500 REFERENCES TO PEER-REVIEWED SCIENTIFIC JOURNAL ARTICLES, OFFICIAL GOVERNMENT STATISTICS, AND PUBLIC HEALTH RESEARCH FINDINGS FROM AROUND THE WORLD, THE AUTHORS LAY BARE THE URGENT NEED FOR A GLOBAL AWAKENING. IT IS TIME TO COME TOGETHER, DEMAND THE TRUTH, AND TAKE CONTROL OF OUR HEALTH. THE TRUTH ABOUT COVID-19 IS YOUR INVITATION TO JOIN DR. MERCOLA AND CUMMINS AS THEY EDUCATE AND ORGANIZE FOR A HEALTHY, EQUITABLE, DEMOCRATIC, AND REGENERATIVE FUTURE. *THE PAPERBACK EDITION IS UPDATED WITH A NEW PREFACE BY DR. MERCOLA* PHENOMENAL . . . REQUIRED READING FOR THIS TIME IN OUR LIVES. —SHAWN STEVENSON, HOST OF THE MODEL HEALTH SHOW "DR. MEROLA HAS CHANGED THE WAY WE THINK ABOUT HEALTH." —DAVE ASPREY, NEW YORK TIMES BESTSELLING AUTHOR AND HOST OF BULLETPROOF RADIO

DIABETES & CARB COUNTING FOR DUMMIES SHERRI SHAFER, 2017-03-09 COUNT YOUR CARBS — AND COUNT ON MANAGING YOUR DIABETES LIVING WITH DIABETES DOESN'T HAVE TO MEAN GIVING UP ALL OF YOUR FAVORITE FOODS. CARBS FROM HEALTHY FOODS BOOST NUTRITION AND SUPPLY ESSENTIAL FUEL FOR YOUR BRAIN AND BODY. COUNTING CARBS IS INTEGRAL TO MANAGING DIABETES BECAUSE YOUR CARB CHOICES, PORTION SIZES, AND MEAL TIMING DIRECTLY IMPACT BLOOD GLUCOSE LEVELS. DIABETES & CARB COUNTING FOR DUMMIES PROVIDES ESSENTIAL INFORMATION ON HOW TO STRIKE A BALANCE BETWEEN CARB INTAKE, EXERCISE, AND DIABETES MEDICATIONS WHILE MAKING HEALTHY FOOD CHOICES. — COVERING THE LATEST INFORMATION ON WHY CARB COUNTING IS IMPORTANT FOR TYPE 1 DIABETES, TYPE 2 DIABETES, AND GESTATIONAL DIABETES, THIS BOOK PROVIDES THE TOOLS YOU NEED TO BEST MANAGE YOUR DIET AND YOUR DIABETES. NEARLY ONE IN 11 PEOPLE IN THE UNITED STATES HAVE DIABETES AND ONE OUT OF EVERY 3 ADULTS HAVE PREDIABETES (BLOOD GLUCOSE LEVELS ABOVE NORMAL RANGES). DIABETES RATES ARE SKYROCKETING WORLDWIDE. IF YOU OR A LOVED ONE HAS BEEN DIAGNOSED — OR IS TEETERING ON THE EDGE OF DIAGNOSIS — YOU'LL FIND ALL THE SAFE, TRUSTED GUIDANCE YOU NEED TO BETTER MANAGE YOUR HEALTH THROUGH IMPROVING YOUR NUTRITION AND MANAGING YOUR CARB INTAKE. DISCOVER HOW WHAT YOU EAT AFFECTS DIABETES EXPLORE THE IMPORTANCE OF CARBS IN NUTRITION AND HEALTH GET THE FACTS WHEN IT COMES TO FIBER, FATS, SWEETENERS, AND ALCOHOL. DECIPHER FOOD LABELS AND DISCOVER HOW TO COUNT CARBS IN BULK, FRESH, AND RESTAURANT FOODS MANAGE YOUR DIABETES AND REDUCE OTHER DIET-RELATED HEALTH RISKS IMPROVE BLOOD GLUCOSE LEVELS SAMPLE MEAL PLANS IN CONTROLLED CARB COUNT RANGES FOOD COMPOSITION LISTS FOR COUNTING CARBS AND IDENTIFYING BEST BET PROTEINS AND FATS IF YOU'RE ONE OF THE MILLIONS OF PEOPLE WITH DIABETES OR PREDIABETES IN SEARCH OF AN ACCESSIBLE RESOURCE TO HELP YOU PORTION AND COUNT CARBS TO BETTER MANAGE THIS DISEASE, THIS IS THE GO-TO GUIDE YOU'LL TURN TO AGAIN AND AGAIN BECAUSE WHEN IT COMES TO DIABETES — CARBOHYDRATES COUNT.

MAKE IT UP MARIE RAYMA, 2016-12-27 EVER THINK OF MAKING YOUR OWN BEAUTY PRODUCTS -- HANDMADE, HIGH

PERFORMANCE, HEALTHY ALTERNATIVES TO JUST ABOUT EVERY CHEMICAL LADEN PRODUCT YOU CURRENTLY PUT ON YOUR FACE AND BODY? IT'S EASIER THAN YOU THINK! IN *MAKE IT UP* AUTHOR MARIE RAYMA SHARES THE RECIPES SHE HAS DEVELOPED THROUGH YEARS OF TRIAL, ERROR, AND TESTING TO COME UP WITH THE VERY BEST. THIS IS REAL MAKEUP AND SKINCARE: BRIGHT LIPSTICKS, QUALITY MINERAL POWDERS, LONG-WEARING EYELINERS, AND MASKS AND CLEANSERS THAT YIELD RESULTS. RAYMA WALKS YOU THROUGH NATURAL INGREDIENTS AVAILABLE ONLINE OR AT HEALTH FOOD STORES. THESE AWESOME OILS, BUTTERS, CLAYS, AND MINERALS WILL REPLACE THE PETROLEUM PRODUCTS, ARTIFICIAL COLORS, AND LAB-CREATED MYSTERY FRAGRANCES THAT HAVE UNTOLD EFFECTS ON OUR BODIES. PRODUCTS CAN BE TAILORED FOR INDIVIDUAL NEEDS -- FROM SWAPPING OUT INGREDIENTS NOT SUITABLE FOR SENSITIVE SKIN TO WHIPPING UP THE PERFECT COLORS SUITED FOR ANY COMPLEXION. WITH EASY-TO-FOLLOW INSTRUCTION, *MAKE IT UP* PROVIDES MORE THAN 40 ESSENTIAL COSMETICS AND SKIN CARE PROJECTS SO YOU CAN MAKE JUST WHAT YOU WANT, WHEN YOU NEED IT.

📖 **THE PIZZA BIBLE** TONY GEMIGNANI, 2014-10-28 A COMPREHENSIVE GUIDE TO MAKING PIZZA, COVERING NINE DIFFERENT REGIONAL STYLES--INCLUDING NEAPOLITAN, ROMAN, CHICAGO, AND CALIFORNIAN--FROM 12-TIME WORLD PIZZA CHAMPION TONY GEMIGNANI. EVERYONE LOVES PIZZA! FROM FLUFFY SICILIAN PAN PIZZA TO CLASSIC NEAPOLITAN MARGHERITA WITH AUTHENTIC CHARRED EDGES, AND FROM CHICAGO DEEP-DISH TO CRACKER-THIN, THE PIZZA SPECTRUM IS WIDE AND WONDERFUL, WITH SOMETHING TO SUIT EVERY MOOD AND OCCASION. AND WITH SO MANY FABULOUS TYPES OF PIE, WHY COMMIT TO JUST ONE STYLE? THE PIZZA BIBLE IS A COMPLETE MASTER CLASS IN MAKING DELICIOUS, PERFECT, PIZZERIA-STYLE PIZZA AT HOME, WITH MORE THAN SEVENTY-FIVE RECIPES COVERING EVERY STYLE YOU KNOW AND LOVE, AS WELL AS THOSE YOU'VE YET TO FALL IN LOVE WITH. PIZZAIOLO AND TWELVE-TIME WORLD PIZZA CHAMPION TONY GEMIGNANI SHARES ALL HIS INSIDER SECRETS FOR MAKING AMAZING PIZZA IN HOME KITCHENS. WITH THE PIZZA BIBLE, YOU'LL LEARN THE INS AND OUTS OF STARTERS, MAKING DOUGH, ASSEMBLY, TOPPINGS, AND BAKING, HOW TO RIG YOUR HOME OVEN TO MAKE PIZZA LIKE THE PROS, AND ALL THE TIPS AND TRICKS THAT ELEVATE HOME PIZZA-MAKING INTO A CRAFT.

📖 **2017 CFR ANNUAL PRINT TITLE 40 PROTECTION OF ENVIRONMENT - PART 63 (63.1200 TO 63.1439)** OFFICE OF THE FEDERAL REGISTER, 2017-07-01

📖 **CODE OF FEDERAL REGULATIONS**, 2017 SPECIAL EDITION OF THE FEDERAL REGISTER, CONTAINING A CODIFICATION OF DOCUMENTS OF GENERAL APPLICABILITY AND FUTURE EFFECT ... WITH ANCILLARIES.

📖 **STRENGTHENING FORENSIC SCIENCE IN THE UNITED STATES** NATIONAL RESEARCH COUNCIL, DIVISION ON ENGINEERING AND PHYSICAL SCIENCES, COMMITTEE ON APPLIED AND THEORETICAL STATISTICS, POLICY AND GLOBAL AFFAIRS, COMMITTEE ON SCIENCE, TECHNOLOGY, AND LAW, COMMITTEE ON IDENTIFYING THE NEEDS OF THE FORENSIC SCIENCES COMMUNITY, 2009-07-29 SCORES OF TALENTED AND DEDICATED PEOPLE SERVE THE FORENSIC SCIENCE COMMUNITY, PERFORMING VITALLY IMPORTANT WORK. HOWEVER, THEY ARE OFTEN CONSTRAINED BY LACK OF ADEQUATE RESOURCES, SOUND POLICIES, AND NATIONAL SUPPORT. IT IS CLEAR THAT CHANGE AND ADVANCEMENTS, BOTH SYSTEMATIC AND SCIENTIFIC, ARE NEEDED IN A NUMBER OF FORENSIC SCIENCE DISCIPLINES TO ENSURE THE RELIABILITY OF WORK, ESTABLISH ENFORCEABLE STANDARDS, AND PROMOTE BEST PRACTICES WITH CONSISTENT APPLICATION. *STRENGTHENING FORENSIC SCIENCE IN THE UNITED STATES: A PATH FORWARD* PROVIDES A DETAILED PLAN FOR ADDRESSING THESE NEEDS AND SUGGESTS THE CREATION OF A NEW GOVERNMENT ENTITY, THE NATIONAL INSTITUTE OF FORENSIC SCIENCE, TO ESTABLISH AND ENFORCE STANDARDS WITHIN THE FORENSIC SCIENCE COMMUNITY. THE BENEFITS OF IMPROVING AND REGULATING THE FORENSIC SCIENCE DISCIPLINES ARE CLEAR: ASSISTING LAW ENFORCEMENT OFFICIALS, ENHANCING HOMELAND SECURITY, AND REDUCING THE RISK OF WRONGFUL CONVICTION AND EXONERATION. *STRENGTHENING FORENSIC SCIENCE IN THE UNITED STATES* GIVES A FULL ACCOUNT OF WHAT IS NEEDED TO ADVANCE THE FORENSIC SCIENCE DISCIPLINES, INCLUDING UPGRADING OF SYSTEMS AND ORGANIZATIONAL STRUCTURES, BETTER TRAINING, WIDESPREAD ADOPTION OF UNIFORM AND ENFORCEABLE BEST PRACTICES, AND MANDATORY CERTIFICATION AND ACCREDITATION PROGRAMS. WHILE THIS BOOK PROVIDES AN ESSENTIAL CALL-TO-ACTION FOR CONGRESS AND POLICY MAKERS, IT ALSO SERVES AS A VITAL TOOL FOR LAW ENFORCEMENT AGENCIES, CRIMINAL PROSECUTORS AND ATTORNEYS, AND FORENSIC SCIENCE EDUCATORS.

📖 **TINY BUT MIGHTY** HANNAH SHAW, 2019-08-06 *A NEW YORK TIMES BESTSELLER* #1 NATIONAL BESTSELLER INDIE BESTSELLER FROM KITTEN LADY, THE PROFESSIONAL KITTEN RESCUER, HUMANE EDUCATOR, ANIMAL ADVOCATE, AND OWNER OF THE POPULAR INSTAGRAM @KITTENXLADY COMES THE DEFINITIVE BOOK ON SAVING THE MOST VULNERABLE--AND ADORABLE--FELINE POPULATION: NEWBORN KITTENS. HANNAH SHAW, BETTER KNOWN AS KITTEN LADY, HAS DEDICATED HER LIFE TO SAVING THE TINIEST FELINES, BUT ONE DOESN'T HAVE TO BE A PROFESSIONAL KITTEN RESCUER TO CHANGE--AND SAVE--LIVES. IN *TINY BUT MIGHTY*, HANNAH NOT ONLY OUTLINES THE DANGERS NEWBORN KITTENS FACE AND HOW SHE COMBATS THEM, BUT HOW YOU CAN HELP EVERY STEP OF THE WAY, FROM FIGHTING FELINE OVERPOPULATION ON THE STREETS TO FOSTERING UNWEANED KITTENS, FROM COMBATING ILLNESS TO COMBATING COMPASSION FATIGUE, FROM FINDING A VET TO FINDING THE PURRFECTION FOREVER HOME. FILLED WITH INFORMATION ON ANIMAL WELFARE, INSTRUCTIONAL GUIDES, AND PERSONAL RESCUE STORIES OF KITTENS LIKE CHLOE, TIDBIT, HANK, AND BADGER--NOT TO MENTION HUNDREDS OF ADORABLE KITTEN PHOTOS--*TINY BUT MIGHTY* IS THE MUST-HAVE KITTEN BOOK FOR CAT LOVERS, CURRENT-AND-FUTURE RESCUERS, FOSTER PARENTS, ACTIVISTS, AND ADVOCATES.

📖 **BULLETIN OF THE ATOMIC SCIENTISTS**, 1961-05 THE BULLETIN OF THE ATOMIC SCIENTISTS IS THE PREMIER PUBLIC RESOURCE ON SCIENTIFIC AND TECHNOLOGICAL DEVELOPMENTS THAT IMPACT GLOBAL SECURITY. FOUNDED BY MANHATTAN PROJECT SCIENTISTS, THE BULLETIN'S ICONIC DOOMSDAY CLOCK STIMULATES SOLUTIONS FOR A SAFER WORLD.

📖 **OP AMPS FOR EVERYONE** RON MANCINI, 2003 THE OPERATIONAL AMPLIFIER (OP AMP) IS THE MOST VERSATILE AND WIDELY

USED TYPE OF ANALOG IC, USED IN AUDIO AND VOLTAGE AMPLIFIERS, SIGNAL CONDITIONERS, SIGNAL CONVERTERS, OSCILLATORS, AND ANALOG COMPUTING SYSTEMS. ALMOST EVERY ELECTRONIC DEVICE USES AT LEAST ONE OP AMP. THIS BOOK IS TEXAS INSTRUMENTS' COMPLETE PROFESSIONAL-LEVEL TUTORIAL AND REFERENCE TO OPERATIONAL AMPLIFIER THEORY AND APPLICATIONS. AMONG THE TOPICS COVERED ARE BASIC OP AMP PHYSICS (INCLUDING REVIEWS OF CURRENT AND VOLTAGE DIVISION, THEVENIN'S THEOREM, AND TRANSISTOR MODELS), IDEALIZED OP AMP OPERATION AND CONFIGURATION, FEEDBACK THEORY AND METHODS, SINGLE AND DUAL SUPPLY OPERATION, UNDERSTANDING OP AMP PARAMETERS, MINIMIZING NOISE IN OP AMP CIRCUITS, AND PRACTICAL APPLICATIONS SUCH AS INSTRUMENTATION AMPLIFIERS, SIGNAL CONDITIONING, OSCILLATORS, ACTIVE FILTERS, LOAD AND LEVEL CONVERSIONS, AND ANALOG COMPUTING. THERE IS ALSO EXTENSIVE COVERAGE OF CIRCUIT CONSTRUCTION TECHNIQUES, INCLUDING CIRCUIT BOARD DESIGN, GROUNDING, INPUT AND OUTPUT ISOLATION, USING DECOUPLING CAPACITORS, AND FREQUENCY CHARACTERISTICS OF PASSIVE COMPONENTS. THE MATERIAL IN THIS BOOK IS APPLICABLE TO ALL OP AMP ICs FROM ALL MANUFACTURERS, NOT JUST TI. UNLIKE TEXTBOOK TREATMENTS OF OP AMP THEORY THAT TEND TO FOCUS ON IDEALIZED OP AMP MODELS AND CONFIGURATION, THIS TITLE USES IDEALIZED MODELS ONLY WHEN NECESSARY TO EXPLAIN OP AMP THEORY. THE BULK OF THIS BOOK IS ON REAL-WORLD OP AMPS AND THEIR APPLICATIONS; CONSIDERATIONS SUCH AS THERMAL EFFECTS, CIRCUIT NOISE, CIRCUIT BUFFERING, SELECTION OF APPROPRIATE OP AMPS FOR A GIVEN APPLICATION, AND UNEXPECTED EFFECTS IN PASSIVE COMPONENTS ARE ALL DISCUSSED IN DETAIL. *PUBLISHED IN CONJUNCTION WITH TEXAS INSTRUMENTS *A SINGLE VOLUME, PROFESSIONAL-LEVEL GUIDE TO OP AMP THEORY AND APPLICATIONS *COVERS CIRCUIT BOARD LAYOUT TECHNIQUES FOR MANUFACTURING OP AMP CIRCUITS.

THE LOW-FODMAP IBS SOLUTION PLAN AND COOKBOOK RACHEL PAULS, 2020-10-06 REDUCE IBS SYMPTOMS WITH A 4-WEEK MEAL PLAN AND SIMPLE, DELICIOUS RECIPES! THE LOW-FODMAP IBS SOLUTION PLAN AND COOKBOOK IS YOUR GUIDE TO SUCCESSFULLY NAVIGATING THE LOW-FODMAP DIET AND REDUCING IBS SYMPTOMS, INCLUDING A 4-WEEK MEAL PLAN AND MORE THAN 100 LOW-FODMAP, GLUTEN-FREE RECIPES THAT CAN BE EASILY PREPARED IN LESS THAN 30 MINUTES. IF YOU ARE ONE OF THE 45 MILLION AMERICANS SUFFERING FROM IRRITABLE BOWEL SYNDROME (IBS), EATING FOOD MAY BE THE START OF A VICIOUS CYCLE. THE LOW-FODMAP IBS SOLUTION PLAN AND COOKBOOK WILL PROVIDE EVERYTHING YOU NEED TO STOP THIS CYCLE AND HEAL YOUR GUT, USING THE MEDICALLY PROVEN LOW-FODMAP DIET. REDUCE SYMPTOMS OF IBS AND OTHER DIGESTIVE CONDITIONS WITH AN EASY-TO-UNDERSTAND INTRODUCTION TO THE LOW-FODMAP DIET, A 4-WEEK MEAL PLAN TO GUIDE YOU THROUGH THE FIRST PHASES, AND MORE THAN 100 DELICIOUS LOW-FODMAP, GLUTEN-FREE RECIPES THAT CAN BE EASILY PREPARED IN LESS THAN 30 MINUTES. YOU WILL RECEIVE SOUND, RESULTS-BASED ADVICE FROM INTERNATIONALLY RECOGNIZED PHYSICIAN, SURGEON AND RESEARCHER DR. RACHEL PAULS, WHO USES THE LOW-FODMAP DIET TO SUCCESSFULLY TREAT HER OWN IBS SYMPTOMS. INSIDE, YOU'LL FIND GUIDANCE AND STRAIGHTFORWARD LOW-FODMAP RECIPES THAT PUT YOU BACK IN CONTROL, PLUS NUMEROUS VEGAN AND VEGETARIAN OPTIONS. ENJOY MEALTIME ONCE AGAIN WITH RECIPES SUCH AS: LEMON BLUEBERRY MUG MUFFINS MAKE-AHEAD BREAKFAST BURRITOS FLAT-TUMMY CHICKEN CORN CHOWDER SUMMERTIME SALAD WITH TOASTED PECANS LEMON CHICKEN WITH ROTINI AND VEGETABLES TANGY TURKEY SLOPPY JOES PEANUT PAD THAI HUMMUS PIZZA WITH GREEK SALAD BANANA CHOCOLATE CHIP OAT BARS CHEWY BROWNIE COOKIES WITH WALNUTS SCRUMPTIOUS PUMPKIN PIE ENERGY BITES MAKE THIS BOOK THE START OF A HEALTHIER AND HAPPIER LIFESTYLE AND A HEALTHIER AND HAPPIER YOU!

DEMOCRACY AND EDUCATION JOHN DEWEY, 1916 JOHN DEWEY'S DEMOCRACY AND EDUCATION ADDRESSES THE CHALLENGE OF PROVIDING QUALITY PUBLIC EDUCATION IN A DEMOCRATIC SOCIETY. IN THIS CLASSIC WORK DEWEY CALLS FOR THE COMPLETE RENEWAL OF PUBLIC EDUCATION, ARGUING FOR THE FUSION OF VOCATIONAL AND CONTEMPLATIVE STUDIES IN EDUCATION AND FOR THE NECESSITY OF UNIVERSAL EDUCATION FOR THE ADVANCEMENT OF SELF AND SOCIETY. FIRST PUBLISHED IN 1916, DEMOCRACY AND EDUCATION IS REGARDED AS THE SEMINAL WORK ON PUBLIC EDUCATION BY ONE OF THE MOST IMPORTANT SCHOLARS OF THE CENTURY.

POPULAR MECHANICS, 2000-01 POPULAR MECHANICS INSPIRES, INSTRUCTS AND INFLUENCES READERS TO HELP THEM MASTER THE MODERN WORLD. WHETHER IT'S PRACTICAL DIY HOME-IMPROVEMENT TIPS, GADGETS AND DIGITAL TECHNOLOGY, INFORMATION ON THE NEWEST CARS OR THE LATEST BREAKTHROUGHS IN SCIENCE -- PM IS THE ULTIMATE GUIDE TO OUR HIGH-TECH LIFESTYLE.

POPULAR SCIENCE, 1945-08 POPULAR SCIENCE GIVES OUR READERS THE INFORMATION AND TOOLS TO IMPROVE THEIR TECHNOLOGY AND THEIR WORLD. THE CORE BELIEF THAT POPULAR SCIENCE AND OUR READERS SHARE: THE FUTURE IS GOING TO BE BETTER, AND SCIENCE AND TECHNOLOGY ARE THE DRIVING FORCES THAT WILL HELP MAKE IT BETTER.

THE WHOLE BODY RESET STEPHEN PERRINE, HEIDI SKOLNIK, AARP, 2023-12-26 THE FIRST-EVER WEIGHT-LOSS PLAN SPECIFICALLY DESIGNED TO STOP-AND REVERSE-AGE-RELATED WEIGHT GAIN AND MUSCLE LOSS, WHILE SHRINKING YOUR BELLY, EXTENDING YOUR LIFE, AND CREATING YOUR HEALTHIEST SELF AT MID-LIFE AND BEYOND--

MAXIMUS BODY BOBBY MAXIMUS, MICHAEL EASTER, 2018-05-08 MEN'S HEALTH MAGAZINE'S #1 PERSONAL TRAINER DELIVERS CUTTING-EDGE, HIGH-INTENSITY WORKOUTS TO HELP YOU PACK SERIOUS MUSCLE AND BECOME UNSTOPPABLY FIT. FROM THE MAN RESPONSIBLE FOR THE GYM THAT TRAINED THE ACTORS IN THE MOVIE 300 COMES CUTTING-EDGE FITNESS STRATEGIES, 100 WORKOUTS, AND A TRAINING PLAN THAT HAS SUCCESSFULLY TRANSFORMED A-LIST ACTORS AND ACTRESSES, ELITE SPECIAL-FORCES SOLDIERS, ALL-STAR ATHLETES, AND EVERYDAY MEN AND WOMEN. WITH BOBBY MAXIMUS'S GUIDANCE YOU TOO CAN BECOME ONE OF THE MOST INSANELY FIT PEOPLE THE WORLD HAS EVER SEEN. THE DIETS AND WORKOUTS THAT PROMISE EASY RESULTS IN MINUTES PER DAY HAVE TRICKED MASSES INTO WASTING THEIR MONEY ON FALSE PROMISES. SUPPLEMENTS, SMOOTHIES, AND 4-MINUTE WORKOUTS AREN'T GETTING PEOPLE ANY FITTER. GETTING THAT SHREDDED

BODY REQUIRES REAL COMMITMENT AND REAL WORK—AND BOBBY CAN SHOW YOU HOW. MAXIMUS BODY FEATURES CIRCUIT-STYLE WORKOUTS THAT WILL PUSH YOU TO YOUR LIMITS AND WORK YOUR WHOLE BODY. WITH A PLETHORA OF EXERCISES LIKE “DON’T ASK ME ABOUT YOUR ABS,” THAT WORK YOUR CORE WITH A COMBINATION OF SIT UPS, PUSH UPS, PULL UPS, AND EVEN LEG RAISES, YOU CAN DEVELOP AN EXERCISE ROUTINE THAT FITS YOUR NEEDS. WHETHER YOU ARE OVERWEIGHT AND TRYING TO GET BACK INTO SHAPE, OR A HIGH-LEVEL ATHLETE TRYING TO GAIN THAT EXTRA EDGE, MAXIMUS BODY OFFERS UP THOUSANDS OF ONCE-SECRET WAYS TO BURN FAT, ADD LEAN MUSCLE, REVEAL A SHREDDED 8-PACK, AND BUILD MIND-BENDING PHYSICAL FITNESS.

INTRODUCTION TO INFORMATION RETRIEVAL CHRISTOPHER D. MANNING, PRABHAKAR RAGHAVAN, HINRICH SCHÖTZE, 2008-07-07 CLASS-TESTED AND COHERENT, THIS TEXTBOOK TEACHES CLASSICAL AND WEB INFORMATION RETRIEVAL, INCLUDING WEB SEARCH AND THE RELATED AREAS OF TEXT CLASSIFICATION AND TEXT CLUSTERING FROM BASIC CONCEPTS. IT GIVES AN UP-TO-DATE TREATMENT OF ALL ASPECTS OF THE DESIGN AND IMPLEMENTATION OF SYSTEMS FOR GATHERING, INDEXING, AND SEARCHING DOCUMENTS; METHODS FOR EVALUATING SYSTEMS; AND AN INTRODUCTION TO THE USE OF MACHINE LEARNING METHODS ON TEXT COLLECTIONS. ALL THE IMPORTANT IDEAS ARE EXPLAINED USING EXAMPLES AND FIGURES, MAKING IT PERFECT FOR INTRODUCTORY COURSES IN INFORMATION RETRIEVAL FOR ADVANCED UNDERGRADUATES AND GRADUATE STUDENTS IN COMPUTER SCIENCE. BASED ON FEEDBACK FROM EXTENSIVE CLASSROOM EXPERIENCE, THE BOOK HAS BEEN CAREFULLY STRUCTURED IN ORDER TO MAKE TEACHING MORE NATURAL AND EFFECTIVE. SLIDES AND ADDITIONAL EXERCISES (WITH SOLUTIONS FOR LECTURERS) ARE ALSO AVAILABLE THROUGH THE BOOK’S SUPPORTING WEBSITE TO HELP COURSE INSTRUCTORS PREPARE THEIR LECTURES.

ARTIFICIAL INTELLIGENCE IN HEALTHCARE ADAM BOHR, KAVEH MEMARZADEH, 2020-06-21 ARTIFICIAL INTELLIGENCE (AI) IN HEALTHCARE IS MORE THAN A COMPREHENSIVE INTRODUCTION TO ARTIFICIAL INTELLIGENCE AS A TOOL IN THE GENERATION AND ANALYSIS OF HEALTHCARE DATA. THE BOOK IS SPLIT INTO TWO SECTIONS WHERE THE FIRST SECTION DESCRIBES THE CURRENT HEALTHCARE CHALLENGES AND THE RISE OF AI IN THIS ARENA. THE TEN FOLLOWING CHAPTERS ARE WRITTEN BY SPECIALISTS IN EACH AREA, COVERING THE WHOLE HEALTHCARE ECOSYSTEM. FIRST, THE AI APPLICATIONS IN DRUG DESIGN AND DRUG DEVELOPMENT ARE PRESENTED FOLLOWED BY ITS APPLICATIONS IN THE FIELD OF CANCER DIAGNOSTICS, TREATMENT AND MEDICAL IMAGING. SUBSEQUENTLY, THE APPLICATION OF AI IN MEDICAL DEVICES AND SURGERY ARE COVERED AS WELL AS REMOTE PATIENT MONITORING. FINALLY, THE BOOK DIVES INTO THE TOPICS OF SECURITY, PRIVACY, INFORMATION SHARING, HEALTH INSURANCES AND LEGAL ASPECTS OF AI IN HEALTHCARE. HIGHLIGHTS DIFFERENT DATA TECHNIQUES IN HEALTHCARE DATA ANALYSIS, INCLUDING MACHINE LEARNING AND DATA MINING ILLUSTRATES DIFFERENT APPLICATIONS AND CHALLENGES ACROSS THE DESIGN, IMPLEMENTATION AND MANAGEMENT OF INTELLIGENT SYSTEMS AND HEALTHCARE DATA NETWORKS INCLUDES APPLICATIONS AND CASE STUDIES ACROSS ALL AREAS OF AI IN HEALTHCARE DATA

THE BOOK OF R TILMAN M. DAVIES, 2016-07-16 THE BOOK OF R IS A COMPREHENSIVE, BEGINNER-FRIENDLY GUIDE TO R, THE WORLD’S MOST POPULAR PROGRAMMING LANGUAGE FOR STATISTICAL ANALYSIS. EVEN IF YOU HAVE NO PROGRAMMING EXPERIENCE AND LITTLE MORE THAN A GROUNDING IN THE BASICS OF MATHEMATICS, YOU’LL FIND EVERYTHING YOU NEED TO BEGIN USING R EFFECTIVELY FOR STATISTICAL ANALYSIS. YOU’LL START WITH THE BASICS, LIKE HOW TO HANDLE DATA AND WRITE SIMPLE PROGRAMS, BEFORE MOVING ON TO MORE ADVANCED TOPICS, LIKE PRODUCING STATISTICAL SUMMARIES OF YOUR DATA AND PERFORMING STATISTICAL TESTS AND MODELING. YOU’LL EVEN LEARN HOW TO CREATE IMPRESSIVE DATA VISUALIZATIONS WITH R’S BASIC GRAPHICS TOOLS AND CONTRIBUTED PACKAGES, LIKE GGPLOT2 AND GGVIS, AS WELL AS INTERACTIVE 3D VISUALIZATIONS USING THE RGL PACKAGE. DOZENS OF HANDS-ON EXERCISES (WITH DOWNLOADABLE SOLUTIONS) TAKE YOU FROM THEORY TO PRACTICE, AS YOU LEARN: –THE FUNDAMENTALS OF PROGRAMMING IN R, INCLUDING HOW TO WRITE DATA FRAMES, CREATE FUNCTIONS, AND USE VARIABLES, STATEMENTS, AND LOOPS –STATISTICAL CONCEPTS LIKE EXPLORATORY DATA ANALYSIS, PROBABILITIES, HYPOTHESIS TESTS, AND REGRESSION MODELING, AND HOW TO EXECUTE THEM IN R –HOW TO ACCESS R’S THOUSANDS OF FUNCTIONS, LIBRARIES, AND DATA SETS –HOW TO DRAW VALID AND USEFUL CONCLUSIONS FROM YOUR DATA –HOW TO CREATE PUBLICATION-QUALITY GRAPHICS OF YOUR RESULTS COMBINING DETAILED EXPLANATIONS WITH REAL-WORLD EXAMPLES AND EXERCISES, THIS BOOK WILL PROVIDE YOU WITH A SOLID UNDERSTANDING OF BOTH STATISTICS AND THE DEPTH OF R’S FUNCTIONALITY. MAKE THE BOOK OF R YOUR DOORWAY INTO THE GROWING WORLD OF DATA ANALYSIS.

FREE GRAM ACCURATE DIGITAL SCALE APP Book Review: UNVEILING THE POWER OF WORDS

IN SOME SORT OF DRIVEN BY INFORMATION AND CONNECTIVITY, THE ABILITY OF WORDS HAS BECOME MORE EVIDENT THAN EVER. THEY HAVE THE CAPACITY TO INSPIRE, PROVOKE, AND IGNITE CHANGE. SUCH COULD BE THE ESSENCE OF THE BOOK **FREE GRAM ACCURATE DIGITAL SCALE APP**, A LITERARY MASTERPIECE THAT DELVES DEEP INTO THE SIGNIFICANCE OF WORDS AND THEIR IMPACT ON OUR LIVES. PUBLISHED BY A RENOWNED AUTHOR, THIS CAPTIVATING WORK TAKES READERS ON A TRANSFORMATIVE JOURNEY, UNRAVELING THE SECRETS AND POTENTIAL BEHIND EVERY WORD. IN THIS REVIEW, WE WILL EXPLORE THE BOOK IS KEY THEMES, EXAMINE ITS WRITING STYLE, AND ANALYZE ITS OVERALL AFFECT READERS.

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