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Marianne Fay,Luis Alberto Andres,Charles Fox,Ulf Narloch,Michael Slawson

The Plant Paradox Dr. Steven R. Gundry, MD, 2017-04-25 From renowned cardiac surgeon Steven R. Gundry, MD, the New York Times bestselling *The Plant Paradox* is a revolutionary look at the hidden compounds in healthy foods like fruit, vegetables, and whole grains that are causing us to gain weight and develop chronic disease. Most of us have heard of gluten—a protein found in wheat that causes widespread inflammation in the body. Americans spend billions of dollars on gluten-free diets in an effort to protect their health. But what if we've been missing the root of the problem? In *The Plant Paradox*, renowned cardiologist Dr. Steven Gundry reveals that gluten is just one variety of a common, and highly toxic, plant-based protein called lectin. Lectins are found not only in grains like wheat but also in the "gluten-free" foods most of us commonly regard as healthy, including many fruits, vegetables, nuts, beans, and conventional dairy products. These proteins, which are found in the seeds, grains, skins, rinds, and leaves of plants, are designed by nature to protect them from predators (including humans). Once ingested, they incite a kind of chemical warfare in our bodies, causing inflammatory reactions that can lead to weight gain and serious health conditions. At his waitlist-only clinics in California, Dr. Gundry has successfully treated tens of thousands of patients suffering from autoimmune disorders, diabetes, leaky gut syndrome, heart disease, and neurodegenerative diseases with a protocol that detoxes the cells, repairs the gut, and nourishes the body. Now, in *The Plant Paradox*, he shares this clinically proven program with readers around the world. The simple (and daunting) fact is, lectins are everywhere. Thankfully, Dr. Gundry offers simple hacks we easily can employ to avoid them, including: Peel your veggies. Most of the lectins are contained in the skin and seeds of plants; simply peeling and de-seeding vegetables (like tomatoes and peppers) reduces their lectin content. Shop for fruit in season. Fruit contain fewer lectins when ripe, so eating apples, berries, and other lectin-containing fruits at the peak of ripeness helps minimize your lectin consumption. Swap your brown rice for white. Whole grains and seeds with hard outer coatings are designed by nature to cause digestive distress—and are full of lectins. With a full list of lectin-containing foods and simple substitutes for each, a step-by-step detox and eating plan, and delicious lectin-free recipes, *The Plant Paradox* illuminates the hidden dangers lurking in your salad bowl—and shows you how to eat whole foods in a whole new way.

Joseph Smith's New Translation of the Bible Kent P. Jackson, Scott H. Faulring, Robert J. Matthews, 2004 This volume--the work of a lifetime--brings together all the Joseph Smith Translation manuscript in a remarkable and useful way. Now, for the first time, readers can take a careful look at the complete text, along with photos of several actual manuscript pages. The book contains a typographic transcription of all the original manuscripts, unedited and preserved exactly as dictated by the Prophet Joseph and recorded by his scribes. In addition, this volume features essays on the background, doctrinal contributions, and editorial procedures involved in the Joseph Smith Translation, as well as the history of the manuscripts since Joseph Smith's day.

10% Happier Dan Harris, 2014-03-11 #1 New York Times Bestseller REVISED WITH NEW MATERIAL Winner of the 2014 Living Now Book Award for Inspirational Memoir An enormously smart, clear-eyed, brave-hearted, and quite personal look at the benefits of meditation. —Elizabeth Gilbert Nightline anchor Dan Harris embarks on an unexpected, hilarious, and deeply skeptical odyssey through the strange worlds of spirituality and self-help, and discovers a way to get happier that is truly achievable. After having a nationally televised panic attack, Dan Harris knew he had to make some changes. A lifelong nonbeliever, he found himself on a bizarre adventure involving a disgraced pastor, a mysterious self-help guru, and a gaggle of brain scientists. Eventually, Harris realized that the source of his problems was the very thing he always thought was his greatest asset: the incessant, insatiable voice in his head, which had propelled him through the ranks of a hypercompetitive business, but had also led him to make the profoundly stupid decisions that provoked his on-air freak-out. Finally, Harris stumbled upon an effective way to rein in that voice, something he always assumed to be either impossible or useless: meditation, a tool that research suggests can do everything from lower your blood pressure to essentially rewire your brain. *10% Happier* takes readers on a ride from the outer reaches of neuroscience to the inner sanctum of network news to the bizarre fringes of America's spiritual scene, and leaves them with a takeaway that could actually change their lives.

Disrupt Aging Jo Ann Jenkins, 2016-04-05 This book sets out to change the current conversation about what it means to get older. In it, Jenkins chronicles her own journey, as well as those of others who are making their mark as disrupters, to show readers how we can all be active, financially unburdened, and happy as we get older. It's [a] ... narrative that touches on all the important issues facing people 50+ today, from caregiving and mindful living to building age-friendly communities and attaining financial freedom--

Aurora Kim Stanley Robinson, 2018-06-05 From one of science fiction's most powerful voices, Aurora tells the incredible story of our first voyage beyond the solar system. Brilliantly imagined and beautifully told, it is the work of a writer at the height of his powers. Our voyage from Earth began generations ago. Now, we approach our new home. AURORA. For more from Kim Stanley Robinson, check out: 2312Shaman New York 2140

Family Practice Guidelines, Fifth Edition Jill C. Cash, MSN, APN, FNP-BC, Cheryl A. Glass, MSN, APRN, WHNP-BC, Jenny Mullen, DNP, MSN, FNP-BC, ACHPN, 2020-05-29 This bible of family practice for primary care clinicians and students provides current national practice guidelines for professional standards of care across the life span. Concise and clearly organized, this resource features detailed, step-by-step instructions for physical examinations and diagnostic testing in the outpatient setting, information on health promotion, care guidelines, dietary information, information on culturally responsive care, patient resources, and abundant patient-education handouts. Now in color with abundant images and illustrations, this fifth edition features thoroughly updated guidelines and recommendations to reflect latest in practice, as well as many new guidelines. Each of the diagnoses includes definition, incidence, pathogenesis, predisposing factors, common complaints, signs/symptoms, subjective data, physical exam and diagnostic tests, differential diagnosis, and a care plan. Key Features: Presents information for disorders in consistent format for ease of use Highlights key considerations with Practice Pointers Provides individual care points for pediatric, pregnant, and geriatric patients Includes 138 printable Patient Teaching Guides Offers 18 procedure guidelines and routine health maintenance guidelines Features appendices that provide guidelines on normal lab values, special diets, Tanner's Sexual Maturity Stages, and teeth

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.

Life in the Universe Dirk Schulze-Makuch, Louis N. Irwin, 2018-11-19 Examines each of these parameters in crucial depth and makes the argument that life forms we would recognize may be more common in our solar system than many assume. Considers exotic forms of life that would not have to rely on carbon as the basic chemical element, solar energy as the main energy source, or water as the primary solvent and the question of detecting bio- and geosignatures of such life forms, ranging from earth environments to deep space. Seeks an operational definition of life and investigate the realm of possibilities that nature offers to realize this very special state of matter. Avoids scientific jargon wherever possible to make this intrinsically interdisciplinary subject understandable to a broad range of readers.

Affirmative Action for the Rich Richard D. Kahlenberg, 2012-03 The use of race-based affirmative action in higher education has given rise to hundreds of books and law review articles, numerous court decisions, and several state initiatives to ban the practice. However, surprisingly little has been said or written or done to challenge a larger, longstanding affirmative action program that tends to benefit wealthy whites: legacy preferences for the children of alumni. *Affirmative Action for the Rich* sketches the origins of legacy preferences, examines the philosophical issues they raise, outlines the extent of their use today, studies their impact on university fundraising, and reviews their implications for civil rights. In addition, the book outlines two new theories challenging the legality of legacy preferences, examines how a judge might review those claims, and assesses public policy options for curtailing alumni preferences. The book includes chapters by Michael Lind of the New America Foundation; Peter Schmidt of the Chronicle of Higher Education; former Wall Street Journal reporter Daniel Golden; Chad Coffman of Winnemac Consulting, attorney Tara O'Neil, and student Brian Starr; John Brittain of the University of the District of Columbia Law School and attorney Eric Bloom; Carlton Larson of the University of California--Davis School of Law; attorneys Steve Shadowen and Sozi Tulante; Sixth Circuit Court Judge Boyce F. Martin Jr. and attorney Donya Khalili; and education writer Peter Sacks.

Waking Up Sam Harris, 2014-09-09 For the millions of Americans who want spirituality without religion, Sam Harris's latest New York Times bestseller is a guide to meditation as a rational practice informed by neuroscience and psychology. From Sam Harris, neuroscientist and author of numerous New York Times bestselling books, *Waking Up* is for the twenty percent of Americans who follow no religion but who suspect that important truths can be found in the experiences of such figures as Jesus, the Buddha, Lao Tzu, Rumi, and the other saints and sages of history. Throughout this book, Harris argues that there is more to understanding reality than science and secular culture generally allow, and that how we pay attention to the present moment largely determines the quality of our lives. *Waking Up* is part memoir and part exploration of the scientific underpinnings of spirituality. No other book marries contemplative wisdom and modern science in this way, and no author other than Sam Harris—a scientist, philosopher, and famous skeptic—could write it.

Bullying and Cyberbullying: Their Nature and Impact on Psychological Wellbeing Carla Canestrari, Alessandra Fermani, Gonzalo Del Moral, 2023-09-07

Selection of the HPLC Method in Chemical Analysis Serban C. Moldoveanu, Victor David, 2016-11-01 Selection of the HPLC Method in Chemical Analysis serves as a practical guide to users of high-performance liquid chromatography and provides criteria for method selection, development, and validation. High-performance liquid chromatography (HPLC) is the most common analytical technique currently practiced in chemistry. However, the process of finding the appropriate information for a particular analytical project requires significant effort and pre-existent knowledge in the field. Further, sorting through the wealth of published data and literature takes both time and effort away from the critical aspects of HPLC method selection. For the first time, a systematic approach for sorting through the available information and reviewing critically the up-to-date progress in HPLC for selecting a specific analysis is available in a single book. *Selection of the HPLC Method in Chemical Analysis* is an inclusive go-to reference for HPLC method selection, development, and validation. Addresses the various aspects of practice and instrumentation needed to obtain reliable HPLC analysis results Leads researchers to the best choice of an HPLC method from the overabundance of information existent in the field Provides criteria for HPLC method selection, development, and validation Authored by world-renowned HPLC experts who have more than 60 years of combined experience in the field

Discipline-Based Education Research National Research Council, Division of Behavioral and Social Sciences and Education, Board on Science Education, Committee on the Status, Contributions, and Future Directions of Discipline-Based Education Research, 2012-08-27 The National Science Foundation funded a synthesis study on the status, contributions, and future direction of discipline-based education research (DBER) in physics, biological sciences, geosciences, and chemistry. DBER combines knowledge of teaching and learning with deep knowledge of discipline-specific science content. It describes the discipline-specific difficulties learners face and the specialized intellectual and instructional resources that can facilitate student understanding. Discipline-Based Education Research is based on a 30-month study built on two workshops held in 2008 to explore evidence on promising practices in undergraduate science, technology, engineering, and mathematics (STEM) education. This book asks questions that are essential to advancing DBER and broadening its impact on undergraduate science teaching and learning. The book provides empirical research on undergraduate teaching and learning in the sciences, explores the extent to which this research currently influences undergraduate instruction, and identifies the intellectual

and material resources required to further develop DBER. Discipline-Based Education Research provides guidance for future DBER research. In addition, the findings and recommendations of this report may invite, if not assist, post-secondary institutions to increase interest and research activity in DBER and improve its quality and usefulness across all natural science disciplines, as well as guide instruction and assessment across natural science courses to improve student learning. The book brings greater focus to issues of student attrition in the natural sciences that are related to the quality of instruction. Discipline-Based Education Research will be of interest to educators, policy makers, researchers, scholars, decision makers in universities, government agencies, curriculum developers, research sponsors, and education advocacy groups.

Users' Guides to the Medical Literature Gordon Guyatt, Drummond Rennie, Maureen O. Meade, Deborah J. Cook, 2008-03-01 The “essential” companion to the landmark Users' Guides to the Medical Literature - completely revised and updated! 5 STAR DOODY'S REVIEW! This second edition is even better than the original. Information is easier to find and the additional resources that will be available at www.JAMAevidence.com will provide readers with a one-stop source for evidence-based medicine.--Doody's Review Service Evidence-based medicine involves the careful interpretation of medical studies and its clinical application. And no resource helps you do it better-and faster-than Users' Guides to the Medical Literature: Essentials of Evidence-Based Clinical Practice. This streamlined reference distills the most clinically-relevant coverage from the parent Users' Guide Manual into one highly-focused, portable resource. Praised for its clear explanations of detailed statistical and mathematical principles, The Essentials concisely covers all the basic concepts of evidence-based medicine--everything you need to deliver optimal patient care. It's a perfect at-a-glance source for busy clinicians and students, helping you distinguish between solid medical evidence and poor medical evidence, tailor evidence-based medicine for each patient, and much more. Now in its second edition, this carry-along quick reference is more clinically relevant--and more essential--than ever! **FEATURES** Completely revised and updated with all new coverage of the basic issues in evidence-based medicine in patient care Abundant real-world examples drawn from the medical literature are woven throughout, and include important related principles and pitfalls in using clinical research in patient care decisions Edited by over 60 internationally recognized editors and contributors from around the globe Also look for JAMAevidence.com, a new interactive database for the best practice of evidence based medicine.

Rethinking Infrastructure in Latin America and the Caribbean Marianne Fay, Luis Alberto Andres, Charles Fox, Ulf Narloch, Michael Slawson, 2017-08-02 Latin America and the Caribbean (LAC) does not have the infrastructure it needs, or deserves, given its income. Many argue that the solution is to spend more; by contrast, this report has one main message: Latin America can dramatically narrow its infrastructure service gap by spending efficiently on the right things. This report asks three questions: what should LAC countries' goals be? How can these goals be achieved as cost-effectively as possible? And who should pay to reach these goals? In doing so, we drop the 'infrastructure gap' notion, favoring an approach built on identifying the 'service gap'. Benchmarking Latin America in this way reveals clear strengths and weaknesses. Access to water and electricity is good, with the potential for the region's electricity sector to drive competitive advantage; by contrast, transport and sanitation should be key focus areas for further development. The report also identifies and analyses some of the emerging challenges for the region--climate change, increased demand and urbanization--that will put increasing pressure on infrastructure and policy makers alike. Improving the region's infrastructure performance in the context of tight fiscal space will require spending better on well identified priorities. Unlike most infrastructure diagnostics, this report argues that much of what is needed lies outside the infrastructure sector--in the form of broader government issues--from competition policy, to budgeting rules that no longer solely focus on controlling cash expenditures. We also find that traditional recommendations continue to apply regarding independent, well-performing regulators and better corporate governance, and highlight the critical importance of cost recovery where feasible and desirable, as the basis for future commercial finance of infrastructure services. Latin America has the means and potential to do better; and it can do so by spending more efficiently on the right things.

Desalination, with a Grain of Salt Heather Cooley, Peter H. Gleick, Gary Hartman Wolff, 2006-01-01

Sepsis Management in Resource-limited Settings Arjen M. Dondorp, Martin W. Dünser, Marcus J. Schultz, 2019-02-08 This book is open access under a CC BY 4.0 license. It constitutes a unique source of knowledge and guidance for all healthcare workers who care for patients with sepsis and septic shock in resource-limited settings. More than eighty percent of the worldwide deaths related to sepsis occur in resource-limited settings in low and middle-income countries. Current international sepsis guidelines cannot be implemented without adaptations towards these settings, mainly because of the difference in local resources and a different spectrum of infectious diseases causing sepsis. This prompted members of the Global Intensive Care working group of the European Society of Intensive Care Medicine (ESICM) and the Mahidol-Oxford Tropical Medicine Research Unit (MORU, Bangkok, Thailand) - among which the Editors - to develop with an international group of experts a comprehensive set of recommendations for the management of sepsis in resource-limited settings. Recommendations are based on both current scientific evidence and clinical experience of clinicians working in resource-limited settings. The book includes an overview chapter outlining the current challenges and future directions of sepsis management as well as general recommendations on the structure and organization of intensive care services in resource-limited settings. Specific recommendations on the recognition and management of patients with sepsis and septic shock in these settings are grouped into seven chapters. The book provides evidence-based practical guidance for doctors in low and middle income countries treating patients with sepsis, and highlights areas for further research and discussion.

Instruction and Pedagogy for Youth in Public Libraries Casey Rawson, 2018-09-25 There seems to be little resistance to the idea that children and teens learn in public library spaces. However, many public librarians do not see themselves as teachers. This implies that much of the learning that happens in public libraries is incidental--tangential to the real purpose and design of these spaces and programs. In this book, we make the case that public librarians should embrace an explicit instructional role as a core part of their professional practice. Inside, you'll find both a comprehensive review of what is known so far about instruction for youth in public libraries and a primer on core educational concepts and frameworks for current and future public librarians. Each chapter includes real-world examples of libraries and librarians who are already practicing powerful teaching.

Creating Safe, Equitable, Engaging Schools David Osher, Deborah Moroney, Sandra L. Williamson, 2018 Creating Safe, Equitable, Engaging Schools brings together the collective wisdom of more than thirty experts from a variety of

fields to show how school leaders can create communities that support the social, emotional, and academic needs of all students. It offers an essential guide for making sense of the myriad frameworks, resources, and tools available to create a continuous improvement system. Filled with recommendations gleaned from research and ongoing work in every US state and territory, this book is a critical resource for understanding and adopting evidence-based practices and making programmatic decisions to ensure the ideal conditions for learning, growth, and development. Creating Safe, Equitable, Engaging Schools is an essential read for teachers, principals, district leaders, and organizations that work with schools to create challenging and supportive environments for all students. --Paul Cruz, superintendent, Austin Independent School District Osher and colleagues not only connect the dots between big ideas--deeper learning, trauma, social and emotional learning, evidence-based programs, comprehensive community planning--but they model the continuous improvement approach in the way ideas are ordered across and within the chapters. This is a masterful volume: comprehensive, accessible, and way overdue. --Karen J. Pittman, cofounder, president and CEO, The Forum for Youth Investment This book provides a very usable road map for creating safe, healthy, equitable, and caring schools. The editors and contributors successfully integrate research, practice, and policy to help educators develop and implement effective and sustainable models to nurture caring schools that all children and educators deserve. --Mark T. Greenberg, Bennett Chair of Prevention Research, Pennsylvania State University David Osher is vice president and an institute fellow at American Institutes for Research. Deborah Moroney is a managing director at American Institutes for Research and is director of the youth development and supportive learning environments practice area. Sandra Williamson is a vice president for policy, practice, and systems change at American Institutes for Research.

Germania Brendan McNally,2009-02-10 In their youth, Manni and Franzi, together with their brothers, Ziggy and Sebastian, captured Germany's collective imagination as the Flying Magical Loerber Brothers -- one of the most popular vaudeville acts of the old Weimar days. The ensuing years have, however, found the Jewish brothers estranged and ensconced in various occupations as the war is drawing near its end and a German surrender is imminent. Manni is traveling through the Ruhr Valley with Albert Speer, who is intent on subverting Hitler's apocalyptic plan to destroy the German industrial heartland before the Allies arrive; Franzi has become inextricably attached to Heinrich Himmler's entourage as astrologer and masseur; and Ziggy and Sebastian have each been employed in pursuits that threaten to compromise irrevocably their own safety and ideologies. Now, with the Russian noose tightening around Berlin and the remnants of the Nazi government fleeing north to Flensburg, the Loerber brothers are unexpectedly reunited. As Himmler and Speer vie to become the next Führer, deluded into believing they can strike a bargain with Eisenhower and escape their criminal fates, the Loerbbers must employ all their talents -- and whatever magic they possess -- to rescue themselves and one another. Deftly written and darkly funny, Germania is an astounding adventure tale -- with subplots involving a hidden cache of Nazi gold, Hitler's miracle U-boats, and Speer's secret plan to live out his days hunting walrus in Greenland -- and a remarkably imaginative novel from a gifted new writing talent.

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keystrokes, users can search for keywords, topics, or phrases, making research and finding relevant information a breeze. This efficiency saves time and effort, streamlining the learning process and allowing individuals to focus on extracting the information they need. Furthermore, the availability of free PDF books and manuals fosters a culture of continuous learning. By removing financial barriers, more people can access educational resources and pursue lifelong learning, contributing to personal growth and professional development. This democratization of knowledge promotes intellectual curiosity and empowers individuals to become lifelong learners, promoting progress and innovation in various fields. It is worth noting that while accessing free Orgapp 050 Beta PDF books and manuals is convenient and cost-effective, it is vital to respect copyright laws and intellectual property rights. Platforms offering free downloads often operate within legal boundaries, ensuring that the materials they provide are either in the public domain or authorized for distribution. By adhering to copyright laws, users can enjoy the benefits of free access to knowledge while supporting the authors and publishers who make these resources available. In conclusion, the availability of Orgapp 050 Beta free PDF books and manuals for download has revolutionized the way we access and consume knowledge. With just a few clicks, individuals can explore a vast collection of resources across different disciplines, all free of charge. This accessibility empowers individuals to become lifelong learners, contributing to personal growth, professional development, and the advancement of society as a whole. So why not unlock a world of knowledge today? Start exploring the vast sea of free PDF books and manuals waiting to be discovered right at your fingertips.

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