

Dr Podcast

Yaba Blay

Dr Podcast Scripts for the Primary FRCA Rebecca A. Leslie, Emily K. Johnson, Alexander P. L. Goodwin, 2011-05-05 Dr Podcast (www.dr-podcast.com) is a great way to revise for the FRCA exams and has been met with widespread enthusiasm from candidates. It provides podcasts of questions and model answers with no redundant material. Dr Podcast scripts are now available in print format. Containing the scripts of all 90 individual podcasts from the Dr Podcast Primary FRCA collection, they also include diagrams the reader can draw to explain their answers. They cover the entire syllabus for the Primary FRCA, allowing the readers to experience the style of the questions likely to be asked and providing tips on how to excel in the exam. Each podcast is written by a successful candidate who has insight and experience of the exam, and all material has been reviewed by experienced consultants with detailed knowledge of the educational standards. For those preparing for the Primary FRCA exams, Dr Podcast scripts are a must.

Dr Podcast Scripts for the Primary FRCA Rebecca A. Leslie, Emily K. Johnson, Alexander P. L. Goodwin, 2011

Dr Podcast Scripts for the Final FRCA Rebecca A. Leslie, Emily K. Johnson, Gary Thomas, Alexander P. L. Goodwin, 2011-07-28 Dr Podcast (www.dr-podcast.com) is a great way to revise for the FRCA exams and has been met with widespread enthusiasm from candidates. It provides podcasts of questions and model answers with no redundant material. Dr Podcast scripts are now available in print format. Containing the scripts of all 103 individual podcasts from the Dr Podcast Final FRCA collection, they also include diagrams the reader can draw to explain their answers. They cover the entire syllabus for the Final FRCA, allowing the readers to experience the style of the questions likely to be asked and providing tips on how to excel in the exam. Each podcast is written by a successful candidate who has insight and experience of the exam, and all material has been reviewed by experienced consultants with detailed knowledge of the educational standards. For those preparing for the Final FRCA exams, Dr Podcast scripts are a must.

The Fog Lifted Kristin Seymour, RN Kristin Seymour MS, 2016-04-04 This book is a reflection of what it feels like to live with ADHD. It's about overcoming obstacles and accomplishing goals, finding personal and professional success, and ultimately true self-love. It's about learning to live with ADHD without relying solely on medication, and discovering that ADHD can actually be one of your biggest assets! Endorsed by physicians and educators, this book is an inspiring resource for parents, educators, students, therapists - anyone affected by ADD/ADHD. Proceeds of this book will be donated to the special school district of Missouri.

Anxiety Rx Russell Kennedy, 2024-09-03 From physician and neuroscientist Russell Kennedy comes an award-winning book that offers a revolutionary, life-changing approach to healing anxiety. After years of trying different therapies for his crippling anxiety without success, Dr. Russell Kennedy had an epiphany: anxiety does not start in the brain. Anxiety starts in the body, where trauma is stored and physical and emotional perception begin. Alarm bells originating in the body are what trigger those anxious thoughts that we call anxiety, and Russ realized that true healing starts only when we learn not to conflate the two. He understood that existing therapies focused only on the mind would never get to the root of the problem—at best, they could help manage symptoms, but they'd never truly heal anxiety. Wanting to make a difference for the millions who suffer from anxiety disorder, Russ created Anxiety Rx, a book that blends his personal story with medical science, neuroscience, and developmental psychology. Readers learn how to sever the connection between the somatic alarm and the flood of anxious thoughts—in the process they begin to heal old trauma and gain a sense of control previously unknown. Russ offers techniques not only for our thinking minds, but for our feeling bodies, changing not just our mindset, but our “body-set.” Unraveling the intricate relationship between anxiety, the body, and the mind, Anxiety Rx offers a profound path toward healing and growth.

The Menopause Manifesto Dr. Jennifer Gunter, 2021-05-25 'A guide to counteract medical misogyny' New Scientist 'The world's most famous - and outspoken - gynaecologist' Guardian In *The Menopause Manifesto* internationally renowned, New York Times bestselling author Dr Jen Gunter brings you empowerment through knowledge by countering stubborn myths and misunderstandings about menopause with hard facts, real science, fascinating historical perspective and expert advice. The only thing predictable about menopause is its unpredictability. Factor in widespread misinformation, a lack of research, and the culture of shame around women's bodies, and it's no wonder women are unsure what to expect during the menopause transition and beyond. Menopause is not a disease - it's a planned change, like puberty. And just like puberty, we should be educated on what's to come years in advance, rather than the current practice of leaving people on their own with bothersome symptoms and too much conflicting information. Knowing what is happening, why and what to do about it is both empowering and reassuring. Frank and funny, Dr Jen debunks misogynistic attitudes and challenges the over-mystification of menopause to reveal everything you really need to know about: * Perimenopause * Hot flashes * Sleep disruption * Sex and libido * Depression and mood changes * Skin and hair issues * Outdated therapies * Breast health * Weight and muscle mass * Health maintenance screening * And much more Filled with practical, reassuring information, this essential guide will revolutionise how women experience menopause - including how their lives can be even better for it!

The Doctor's Kitchen Rupy Aujla, 2017-12-18 'I'm just a straight-talking NHS doctor lending my unbiased opinion on healthy eating and showing everybody how to get phenomenal ingredients on their plates everyday.' Dr Rupy Aujla's first cookbook, *The Doctor's Kitchen*, is the go-to book to help you kick unhealthy faddy diets for good. In the book, Rupy, explains the principles of healthy living in a fun and relatable way with over 100 vibrant, tasty recipes steeped in medical science which are easy and inexpensive to make. The impact of lifestyle on illness has never been higher on the national agenda and Rupy believes that what we choose to put on our plates is the most important health intervention we can make. *The Doctor's Kitchen* stands out from the crowd by using medical knowledge to create the recipes. Rupy advocates Plates over Pills every time and he is living proof that what you eat can shift medical outcomes as he overhauled his own heart condition by addressing his diet and creating his own delicious food that he now shares in this book. Infused with flavours from around the world, this tasty selection of everyday meals makes healthy eating an absolute pleasure.

Pocket Medicine Marc S Sabatine, 2013-10-07 Prepared by residents and attending physicians at Massachusetts General Hospital, this pocket-sized looseleaf is one of the best-selling references for medical students, interns, and residents on the wards and candidates reviewing for internal medicine board exams. In bulleted lists, tables, and algorithms, Pocket Medicine provides key clinical information about common problems in internal medicine, cardiology, pulmonary medicine, gastroenterology, nephrology, hematology-oncology, infectious diseases, endocrinology, and rheumatology. This Fifth Edition is fully updated and includes a sixteen-page color insert with key and classic abnormal images. If you purchased a copy of Sabatine: Pocket Medicine 5e, ISBN 978-1-4511-8237-8, please make note of the following important correction on page 1-36: Oral anticoagulation (Chest 2012;141:e531S; EHJ 2012;33:2719; Circ 2013;127:1916) · All valvular AF as stroke risk very high · Nonvalv. AF: stroke risk ~4.5%/y; anticoag @ 68% ~ stroke; use a risk score to guide Rx: CHADS2: CHF (1 point), HTN (1), Age ≥75 y (1), DM (1), prior Stroke/TIA (2) CHA2DS2-VASc: adds 65–74 y (1) =75 y (2), vasc dis. [MI, Ao plaque, or PAD (1)]; ? (1) score ³2 @ anticoag; score 1 @ consider anticoag or ASA (? latter reasonable if risk factor age 65-74 y, vasc dis. or ?); antithrombotic Rx even if rhythm control [SCORE CORRECTED] · Rx options: factor Xa or direct thrombin inhib (non-valv only; no monitoring required) or warfarin (INR 2-3; w/ UFH bridge if high risk of stroke); if Pt refuses anticoag, consider ASA + clopi or, even less effective, ASA alone (NEJM 2009;360:2066) Please make note of this correction in your copy of Sabatine: Pocket Medicine 5e immediately and contact LWW's Customer Service Department at 1.800.638.3030 or 1.301.223.2300 so that you may be issued a corrected page 1-36. You may also download a PDF of page 1-36 by clicking [HERE](#). All copies of Pocket Medicine, 5e with the ISBN: 978-1-4511-9378-7 include this correction.

It Doesn't Have to Be Awkward Drew Pinsky,Paulina Pinsky,2021-09 Featuring . . . personal anecdotes and filled with accessible resources, a celebrity doctor and his daughter present this . . . comprehensive guide to sex, relationships and consent in today's #Metoo era--Provided by publisher.

The Seasons of God Richard Blackaby,2012-08-21 What season of life are you in? Each of us goes through periods of life that have a certain character—a few months or a few years, good times or difficult circumstances, times of brilliant joy or periods of dark clouds. Often we say, “It’s just the season of life I’m in.” But did you know that just as God has purposes for the seasons of nature, he also uses seasons in your life to grow you, work with you, and talk to you? Richard Blackaby explains in *The Seasons of God* how understanding the principles of the seasons can offer us hope, direction, insight, and intimacy with God himself. It’s a thoughtful exploration of God’s patterns at work in our lives—how His will is being carried out in the best way...at the best time. Your plans, your relationships, your career, your ministry—all have their unique God-intended moment. God’s Word expresses it this way: “For everything there is a season, and a time for every matter under heaven.” So what’s your season of life? And what is God telling you through the season you’re in?

One Drop Yaba Blay,2021-02-16 Challenges narrow perceptions of Blackness as both an identity and lived reality to understand the diversity of what it means to be Black in the US and around the world What exactly is Blackness and what does it mean to be Black? Is Blackness a matter of biology or consciousness? Who determines who is Black and who is not? Who’s Black, who’s not, and who cares? In the United States, a Black person has come to be defined as any person with any known Black ancestry. Statutorily referred to as “the rule of hypodescent,” this definition of Blackness is more popularly known as the “one-drop rule,” meaning that a person with any trace of Black ancestry, however small or (in)visible, cannot be considered White. A method of social order that began almost immediately after the arrival of enslaved Africans in America, by 1910 it was the law in almost all southern states. At a time when the one-drop rule functioned to protect and preserve White racial purity, Blackness was both a matter of biology and the law. One was either Black or White. Period. Has the social and political landscape changed one hundred years later? *One Drop* explores the extent to which historical definitions of race continue to shape contemporary racial identities and lived experiences of racial difference. Featuring the perspectives of 60 contributors representing 25 countries and combining candid narratives with striking portraiture, this book provides living testimony to the diversity of Blackness. Although contributors use varying terms to self-identify, they all see themselves as part of the larger racial, cultural, and social group generally referred to as Black. They have all had their identity called into question simply because they do not fit neatly into the stereotypical “Black box”—dark skin, “kinky” hair, broad nose, full lips, etc. Most have been asked “What are you?” or the more politically correct “Where are you from?” throughout their lives. It is through contributors’ lived experiences with and lived imaginings of Black identity that we can visualize multiple possibilities for Blackness.

The Brain Warrior's Way Daniel G. Amen, M.D.,Tana Amen BSN, RN,2017-12-12 New York Times bestselling authors Dr. Daniel Amen and Tana Amen are ready to lead you to victory...*The Brain Warrior's Way* is your arsenal to win the fight to live a better life. The Amens will guide you through the process, and give you the tools to take control. So if you’re serious about your health, either out of desire or necessity, it’s time to arm yourself and head into battle. When trying to live a healthy lifestyle, every day can feel like a battle. Forces are destroying our bodies and our minds. The standard American diet we consume is making us sick; we are constantly bombarded by a fear-mongering news media; and we’re hypnotized by technical gadgets that keep us from our loved ones. Even our own genes can seem like they’re out to get us. But you can win the war. You can live your life to the fullest, be your best, and feel your greatest, and the key to victory rests between your ears. Your brain runs your life. When it works right, your body works right, and your decisions tend to be thoughtful and goal directed. Bad choices, however, can lead to a myriad of problems in your body. Studies have shown that your habits turn on or off certain genes that make illness and early death more or less likely. But you can master your brain and body for the rest of your life with a scientifically-designed program: the Brain Warrior’s Way. Master your brain and body for the rest of your life. This is not a program to lose 10 pounds, even though you will do that—and lose much more if needed. You can also prevent Alzheimer’s, reverse aging, and improve your: -Overall health -Focus -Memory -Energy -Work -Mood Stability -Flexibility -Inner Peace -Relationships The Amens have helped tens of thousands of clients over thirty years, and now they can help you. It is time to live a better life—right now!

The Pain-Free Mindset Dr Deepak Ravindran,2021-03-04 If you know anyone who works in the NHS. A nurse, doctor, physio, dietitian, administrator, manager, literally anyone. Gift them this book. Dr Rupy Aujla This book is an absolute must have for anyone who wants to take back control of their lives - and most importantly - their pain. Kate Silverton There is no easy fix when it comes to chronic pain. Opioids are often the first, addictive resort and surgery rarely achieves the pain free outcome promised. But while there is no single fix, there is a way out and it starts with your mindset. This is the powerful approach of *The Pain-Free Mindset*, where NHS pain consultant Dr Ravindran brings his 20 years of experience to offer you an effective set of techniques that will help you take back control and overcome your pain. In this groundbreaking guide you will: ·Discover what happens to your body and brain when you experience pain ·Learn how you can change the way you perceive and respond to pain - without taking addictive medication ·Find the best pain-management plan for you and your lifestyle Packed with science-backed tips and inspiring case studies this book will transform your mindset and show that you have the power to live pain free.

Stay Off My Operating Table Philip Ovadia,2021-11-11

So you think you know what's good for you? Dr Norman Swan,2022-02-03 For over thirty years, Dr Norman Swan has been delivering straight, honest, common-sense health information as both a physician and much-loved broadcaster. After many years of listening, Norman Swan knows what medical issues people are curious and concerned about. Drawing on the questions he hears time and again, from millennials to baby boomers and all the generations between, *So You Think You Know What's Good For You?* is a one-stop handbook that will settle fruitless anxieties and allow people to focus on what matters to them. Replace medical myths, half-truths and misconceptions with the information you need to make better decisions about how to eat and how to live to put your mind at ease and ensure your and your family's health is the best it can be. *So You Think You Know What's Good For You?* is the new authoritative must-have manual for everyone who cares about their health and wants to cut through the myths and fads.

Homecoming Thema Bryant, Ph.D.,2023-09-19 A road map for dismantling the fear and shame that keep you from living a free and authentic life In the aftermath of stress, disappointment, and trauma, people often fall into survival mode, even while a part of them longs for more. Juggling multiple demands and responsibilities keeps them busy, but not healed. As a survivor of sexual assault, racism, and evacuation from a civil war in Liberia, Dr. Thema Bryant knows intimately the work involved in healing. Having made the journey herself, in addition to guiding others as a clinical psychologist and ordained minister, Dr. Thema shows you how to reconnect with your authentic self and reclaim your time, your voice, your life. Signs of disconnection from self can take many forms, including people-pleasing, depression, anxiety, and resentment. Healing starts with recognizing and expressing emotions in an honest way and reconnecting with the neglected parts of yourself, but it can’t be done in a vacuum. Dr. Thema gives you the tools to meaningfully connect with your larger community, even if you face racism and sexism, heartbreak, grief, and trauma. Rather than shrinking in the face of life’s difficulties, you will discover in *Homecoming* the therapeutic approaches and spiritual practices to live a more expansive life characterized by empowerment, healthier relationships, gratitude, and a deeper sense of purpose.

What Happened to You? Oprah Winfrey,Bruce D. Perry,2021-04-27 ONE MILLION COPIES SOLD #1 NEW YORK TIMES BESTSELLER Our earliest

experiences shape our lives far down the road, and *What Happened to You?* provides powerful scientific and emotional insights into the behavioral patterns so many of us struggle to understand. “Through this lens we can build a renewed sense of personal self-worth and ultimately recalibrate our responses to circumstances, situations, and relationships. It is, in other words, the key to reshaping our very lives.”—Oprah Winfrey This book is going to change the way you see your life. Have you ever wondered Why did I do that? or Why can't I just control my behavior? Others may judge our reactions and think, What's wrong with that person? When questioning our emotions, it's easy to place the blame on ourselves; holding ourselves and those around us to an impossible standard. It's time we started asking a different question. Through deeply personal conversations, Oprah Winfrey and renowned brain and trauma expert Dr. Bruce Perry offer a groundbreaking and profound shift from asking “What’s wrong with you?” to “What happened to you?” Here, Winfrey shares stories from her own past, understanding through experience the vulnerability that comes from facing trauma and adversity at a young age. In conversation throughout the book, she and Dr. Perry focus on understanding people, behavior, and ourselves. It’s a subtle but profound shift in our approach to trauma, and it’s one that allows us to understand our pasts in order to clear a path to our future—opening the door to resilience and healing in a proven, powerful way.

Cleaning Up Your Mental Mess Dr. Caroline Leaf,2021-03-02 Toxic thoughts, depression, anxiety--our mental mess is frequently aggravated by a chaotic world and sustained by an inability to manage our runaway thoughts. But we shouldn't settle into this mental mess as if it's just our new normal. There's hope and help available to us--and the road to healthier thoughts and peak happiness may actually be shorter than you think. Backed by clinical research and illustrated with compelling case studies, Dr. Caroline Leaf provides a scientifically proven five-step plan to find and eliminate the root of anxiety, depression, and intrusive thoughts in your life so you can experience dramatically improved mental and physical health. In just 21 days, you can start to clean up your mental mess and be on the road to wholeness, peace, and happiness.

Decoding Boys Cara Natterson,2020-02-11 “If you’re raising a boy, you need this brilliant book. It is clear, wise, and eye-opening.” —Lisa Damour, Ph.D., author of *Untangled* When boys enter puberty, they tend to get quiet—or at least quieter than before—and parents often misread their signals. Here’s how to navigate their retreat and steer them through this confusing passage, by the bestselling author of *The Care and Keeping of You* series and *Guy Stuff: The Body Book for Boys*. What is my son doing behind his constantly closed door? What’s with his curt responses, impulsiveness, newfound obsession with gaming, and . . . that funky smell? As pediatrician and mother of two teenagers Cara Natterson explains, puberty starts in boys long before any visible signs appear, and that causes confusion about their changing temperaments for boys and parents alike. Often, they also grow quieter as they grow taller, which leads to less parent-child communication. But, as Natterson warns in *Decoding Boys*, we respect their increasing “need” for privacy, monosyllabic conversations, and alone time at their peril. Explaining how modern culture mixes badly with male adolescent biology, Natterson offers science, strategies, scripts, and tips for getting it right: • recognizing the first signs of puberty and talking to our sons about the wide range of “normal” through the whole developmental process • why teenagers make irrational decisions even though they look mature—and how to steer them toward better choices • managing video game and screen time, including discussing the unrealistic and dangerous nature of pornography • why boys need emotional and physical contact with parents—and how to give it in ways they’ll accept • how to prepare boys to resist both old and new social pressures—drugs, alcohol, vaping, and sexting • teaching consent and sensitivity in the #MeToo culture *Decoding Boys* is a powerful and validating lifeline, a book that will help today’s parents keep their sons safe, healthy, and resilient, as well as ensure they will become emotionally secure young men. Praise for *Decoding Boys* “Comforting . . . a common-sensical and gently humorous exploration of male puberty’s many trials.”—Kirkus Reviews

The Plant Power Doctor Gemma Newman,2021-01-07 'Dr Gemma is one of the few brave voices in the medical community who is experienced, courageous and confident enough to talk openly about food and its significance in preventing disease to save lives.' Dr Rupy Aujla 'Packed full of leading science in a very accessible way and lots of beautiful recipes too.' The Happy Pear 'The Plant Power Doctor should be on bookshelves of everyone who wants to live a longer, better life.' Dan Buettner 'One of a new wave of GPs who prescribe lifestyle changes as well as drugs.' The Telegraph You can eat your way to a brighter future Just imagine if what you put on your plate could radically improve your health right now AND make you healthier in the future too... British family doctor Gemma Newman explores how a simple change in diet helps many common chronic illnesses - from diabetes and heart disease to obesity - and the science that explains why it works. Enjoy over 60 delicious meal ideas to kick-start your plant-powered eating, along with simple shopping lists and meal plans. This book contains everything you need to futureproof your body and mind. Are you ready to discover the power of plants? Let's dive in...

Dr Podcast Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **Dr Podcast**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Written 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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