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ANNA CABECA, DO, OBGYN, FACOG

📖 **📖 *📖 COVID-19 to the Curb*** Dr. ANGELI MAUN AKEY, Dr. KATHLEEN O’NEIL-SMITH, 2020-05-31 Dr. ANGELI MAUN AKEY AND Dr. KATHLEEN O’NEIL-SMITH HAVE USED THEIR EXPERIENCE TO BRING A LIVING RESOURCE TO LIFE. THIS CONCISE PRIMER PROVIDES THE 3-ESSENTIAL INGREDIENTS FOR COPING WITH OUR CURRENT HEALTH CHALLENGE—INFORMATION, ANALYSIS, AND PRACTICAL STEPS FORWARD. STARTING WITH A SUMMARY OF COVID-19, THEY OUTLINE PRACTICAL INFORMATION ABOUT THE VIRUS AND HOW OUR BODIES RESPOND TO INFECTION. Dr. AKEY AND Dr. O’NEIL-SMITH SYNTHESIZE THE LATEST BREAKING MEDICAL SCIENCE INTO A FUN, EASY TO READ FORMAT, USING VIVID ANALOGIES. ADDING A CHERRY ON TOP, THEY COMBINE THEIR WORK WITH ONLINE RESOURCES SO THAT IT REMAINS UP TO DATE WITH THE LATEST MEDICAL RESEARCH!

📖 **📖 *📖 TRANSPORTATION ENERGY DATA BOOK***, 1984

📖 **📖 *📖 INSPIRATION AND INTERPRETATION*** JOHN WILLIAM BURGON, 1861

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📖 **📖 *📖 A Dictionary of the First Or Oldest Words in the English Language*** HERBERT COLERIDGE, 1862

📖 **📖 *📖 FASCIA, FUNCTION, AND MEDICAL APPLICATIONS*** DAVID LESONDAK, ANGELI MAUN AKEY, 2020-08-20 FASCIA, FUNCTION, AND MEDICAL APPLICATIONS IS ESSENTIAL READING FOR MEDICAL AND ALLIED HEALTH PRACTITIONERS WHO WANT TO BRING SCIENTIFIC INSIGHTS OF THE IMPORTANCE OF FASCIA TO HUMAN HEALTH INTO THEIR CLINICAL PRACTICES. FASCIA – THE BIODYNAMIC TISSUE THAT CONNECTS EVERY MUSCLE, BONE, ORGAN, AND NERVE IN THE BODY – IS FAST BECOMING THE LATEST TREND IN HEALTHCARE AND ALLIED HEALTH MODALITIES. THIS BOOK IS EDITED BY DAVID LESONDAK, UNIVERSITY OF PITTSBURGH MEDICAL CENTER, AUTHOR OF THE INTERNATIONAL BESTSELLER FASCIA: WHAT IT IS AND WHY IT MATTERS, AND ANGELI MAUN AKEY, MD, INTERNATIONAL PHYSICIAN EDUCATOR AND BOARD CERTIFIED IN BOTH INTERNAL AND INTEGRATIVE MEDICINE. IT CONTAINS CONTRIBUTIONS FROM A TEAM OF TOP RESEARCHERS AND EXPERT PRACTITIONERS INCLUDING PHYSICIANS, CLINICIANS, THERAPISTS, DISSECTORS, AND SURGEONS. FULLY ILLUSTRATED IN COLOR, THIS BOOK PRESENTS THE LATEST SCIENTIFIC KNOWLEDGE OF FASCIA AND EXPLAINS INSIGHTS INTO PROBLEMS LIKE CHRONIC PAIN AND MYRIAD MUSCULOSKELETAL SYMPTOMS THAT MAY NOT RESPOND TO CONVENTIONAL TREATMENTS. IT GIVES PRACTITIONERS THE INFORMATION THEY NEED TO MAKE BETTER DECISIONS TO IMPROVE THE HEALTH OF PATIENTS OFTEN WITHOUT PHARMACEUTICALS OR SURGERIES. FEATURES • PROVIDES COMPREHENSIVE OVERVIEW OF HOW FASCIA, AS A TISSUE AND A SYSTEM, AFFECTS VARIOUS BODY FUNCTIONS AND SYSTEMS, FROM MUSCULOSKELETAL DISORDERS TO NERVOUS SYSTEM, CIRCULATORY, AND AUTO-IMMUNE FUNCTION. • A SECTION DEVOTED TO MEDICAL APPLICATIONS HIGHLIGHTS A COMPREHENSIVE AND CRITICAL OVERVIEW OF VARIOUS FASCIAL THERAPIES. • GIVES PRACTITIONERS THE KNOWLEDGE THEY NEED TO REFER OR ADD AS AN ADJUNCT THERAPY TO THEIR DEPARTMENT OR REHABILITATION TEAM. THIS IS A CUTTING-EDGE, PRACTICAL GUIDE THAT WILL APPEAL TO RESEARCHERS, PHYSICIANS, AND CLINICIANS ALIKE.

📖 **📖 *📖 THINK BAYES*** ALLEN B. DOWNEY, 2021-05-18 If you know how to program, you’re ready to tackle Bayesian statistics. With this book, you’ll learn how to solve statistical problems with Python code instead of mathematical formulas, using discrete probability distributions rather than continuous mathematics. Once you get the math out of the way, the Bayesian fundamentals will become clearer and you’ll begin to apply these techniques to real-world problems. Bayesian statistical methods are becoming more common and more important, but there aren’t many resources available to help beginners. Based on undergraduate classes taught by author Allen B. Downey, this book’s computational approach helps you get a solid start. Use your programming skills to learn and understand Bayesian statistics Work with problems involving estimation, prediction, decision analysis, evidence, and Bayesian hypothesis testing Get started with simple examples, using coins, dice, and a bowl of cookies Learn computational methods for solving real-world problems

📖 **📖 *📖 A PINCH OF SALT*** AUSTIN MARDON, SAMIRA SUNDERJI, HANNAH CHO, 2020-10-27 It is important to acknowledge how far research has come within the last few years and how salt has played a role in the SARS outbreak, the H1N1 virus outbreak, and now, COVID-19. Each new approach, study, trial, and prototype brings us a step closer to finding a treatment and cure for the global health crisis of the century. Salt and its extensive history, dating back to its discovery far earlier than any historical record, has proven its worth as an essential component in our world of food, disinfectants, and preservatives. Whole cities, towns, and civilizations were built based on the availability of salt, as it was considered to be a vital aspect of human life given its widely accessible and inexpensive nature. While this may seem absurd, it proves to us that salt and its multifaceted roles over decades and centuries have emerged to be effective.

📖 **📖 *📖 CLIMATE CHANGE: UNPACKING THE BURDEN ON FOOD SAFETY*** FOOD AND AGRICULTURE ORGANIZATION OF THE UNITED NATIONS, 2020-03-01 Climate change is causing unprecedented damage to our ecosystem. Increasing temperatures, ocean warming and acidification, severe droughts, wildfires, altered precipitation patterns, melting glaciers, rising sea levels and amplification of extreme weather events have direct implications for our food systems. While the impacts of such environmental factors on food security are well known, the effects on food safety receive less attention. The purpose of Climate change: Unpacking the burden on food safety is to identify and attempt to quantify some current and anticipated food safety issues that are associated with climate change. The food safety hazards considered in the publication are foodborne pathogens and parasites, harmful algal blooms, pesticides, mycotoxins and heavy metals with emphasis on methylmercury. There is also, a dedicated section on the benefits of forward-looking approaches such as horizon scanning and foresight, which will not only aid in anticipating future challenges in a shifting global food safety landscape, but also help build resilient food systems that can be continually updated as more knowledge is assimilated. By building a more widespread and better understanding of the consequences climate change has on food safety, it is hoped that this document will aid in fostering stronger international cooperation in making our food safer by reducing the global burden of these concerns.

📖 **📖 *📖 FUNDAMENTALS OF ROCKET PROPULSION*** DP MISHRA, 2017-07-20 The book follows a unified approach to present the basic principles of rocket propulsion in concise and lucid form. This textbook comprises of ten chapters ranging from brief introduction and elements of rocket propulsion, aerothermodynamics to solid, liquid and hybrid propellant rocket engines with chapter on electrical propulsion. Worked out examples are also provided at the end of chapter for understanding uncertainty analysis. This book is designed and developed as an introductory text on the fundamental aspects of rocket propulsion for both undergraduate and graduate students. It is also aimed towards practicing engineers in the field of space engineering. This comprehensive guide also provides adequate problems for audience to understand intricate aspects of rocket propulsion enabling them to design and develop rocket engines for peaceful purposes.

📖 **📖 *📖 CARCASS MANAGEMENT GUIDELINES*** MILLER, L.P., MIKNIS, R.A. AND FLORY, G.A., 2020-12-28 Animal disease outbreaks pose many challenges for response authorities that can impact livelihoods, food security, and the environment. Proper disposal of animal carcasses that die or are culled during the outbreak is a key component of a successful response to a disease outbreak because it helps prevent or mitigate the further spread of pathogens and in case of zoonotic disease, to further protect human health. The practical guidelines presented hereby provide carcass and related waste management considerations and recommended procedures for use by veterinary services and other official response authorities when developing animal disease outbreak containment and eradication plans. The guidelines apply to animal disease outbreaks of varying sizes, whether the outbreak is isolated to a single premise or spans a region to cover numerous premises. However, they are focused on small to medium-sized holdings in countries without access to engineered landfills, rendering plants or controlled incinerators. The guidelines are written in the spirit of “keep it simple and doable”, considering the limited human and financial resources that many countries are constrained with. Its presentation and practical approach ensure that countries will find it very useful for their emergency operation procedures toolbox. Further, the guidelines directly contribute to the one-health approach by protecting the health of animals, humans, and the environment.

📖 **📖 *📖 BANKING ON THE FUTURE OF ASIA AND THE PACIFIC*** PETER MCCAWLEY, 2017-04-01 This book is a history of the Asian Development Bank (ADB), a multilateral development bank established 50 years ago to serve Asia and the Pacific. Focusing on the region’s economic development, the evolution of the international development agenda, and the story of ADB itself, this book raises several key questions: What are the outstanding features of regional development to which ADB had to respond? How has the bank grown and evolved in changing circumstances? How did ADB’s successive leaders promote reforms while preserving continuity with the efforts of their predecessors? ADB has played an important role in the transformation of Asia and the Pacific the past 50 years. As ADB continues to evolve and adapt to the region’s changing development landscape, the experiences highlighted in this book can provide valuable insight on how best to serve Asia and the Pacific in the future.

📖 **📖 *📖 KETO-GREEN 16*** ANNA CABECA, DO, OBGYN, FACOG, 2024-01-02 An innovative 16-day plan that combines the fat-burning benefits of a ketogenic diet with the brain-clearing and keto-flu protection of alkaline food, by the USA Today bestselling author of The Hormone Fix. “A powerful program that paves the way for lasting health, longevity, and disease resistance.”—David Perlmutter, MD, New York Times bestselling author of Grain Brain Are you having a hard time losing weight? Do you suffer from brain fog, lack of focus, or poor memory? Do you run out of energy halfway through the day? Do you have unwanted cravings? If you answered “yes” to any of these questions, join the club! In this revolutionary book, Dr. Anna Cabeca shares a proven way to finally give you the results you want, need, and deserve. There is no question that going keto works. This strict high-fat/low-carb diet denies the body glucose as a main source of energy and instead promotes the production and use of ketone bodies as fuel. It’s a great way to move you off a weight plateau, gain willpower, and get results fast. But going keto also often results in gastrointestinal discomfort, low energy, and moodiness—known as the “keto flu”—which makes the diet hard to sustain. The solution? Add alkaline foods—leafy greens, other vegetables, broths, healthy oils, nuts, and seeds—for a lifestyle that’s more sustainable and easier on your body. In other words: Go Keto-Green and thrive! A triple-board-certified physician, Dr. Anna Cabeca developed her method through years of careful patient and test-panel research. In Keto-Green 16, she explains the science behind her innovation: Hormone production dips as a woman ages, leading to increased visceral fat. By pairing keto-diet staples with foods that bring the body’s pH to a more alkaline level, you’ll shed belly fat while balancing the hormones responsible for that bulkier midsection. And by fueling your brain with ketones—like rocket fuel instead of gasoline—you’ll make better decisions, including healthier choices for what to eat. The unique nutritional balance of the Keto-Green 16 diet also boosts mood. With 16 days of what-to-eat instructions (including a version for vegetarians and vegans); more than 50 delicious breakfast, lunch, dinner, and snack recipes; information about the 16 best alkaline foods; a 16-hour intermittent-fasting strategy; 16-minute HIIT exercise routines; and a chapter outlining the specifics of the nutritional plan just for men; Keto-Green 16 will ensure that you skip the flu and get on with rapid and

AMAZING WEIGHT LOSS.

📖 **WHEN SCOTLAND WAS JEWISH** ELIZABETH CALDWELL HIRSCHMAN,DONALD N. YATES,2015-05-07 THE POPULAR IMAGE OF SCOTLAND IS DOMINATED BY WIDELY RECOGNIZED ELEMENTS OF CELTIC CULTURE. BUT A SIGNIFICANT NON-CELTIC INFLUENCE ON SCOTLAND’S HISTORY HAS BEEN LARGELY IGNORED FOR CENTURIES? THIS BOOK ARGUES THAT MUCH OF SCOTLAND’S HISTORY AND CULTURE FROM 1100 FORWARD IS JEWISH. THE AUTHORS PROVIDE EVIDENCE THAT MANY OF THE NATIONAL HEROES, VILLAINS, RULERS, NOBLES, TRADERS, MERCHANTS, BISHOPS, GUILD MEMBERS, BURGESSES, AND MINISTERS OF SCOTLAND WERE OF JEWISH DESCENT, THEIR ANCESTORS ORIGINATING IN FRANCE AND SPAIN. MUCH OF THE TRADITIONAL HISTORICAL ACCOUNT OF SCOTLAND, IT IS PROPOSED, RESTS ON FUNDAMENTAL INTERPRETIVE ERRORS, PERPETUATED IN ORDER TO AFFIRM SCOTLAND’S IDENTITY AS A CELTIC, CHRISTIAN SOCIETY. A MORE ACCURATE AND PROFOUND UNDERSTANDING OF SCOTTISH HISTORY HAS THUS BEEN BURIED. THE AUTHORS’ WIDE-RANGING RESEARCH INCLUDES EXAMINATION OF CENSUS RECORDS, ARCHAEOLOGICAL ARTIFACTS, CASTLE CARVINGS, CEMETERY INSCRIPTIONS, RELIGIOUS SEALS, COINAGE, BURGESS AND GUILD MEMBER ROLLS, NOBLE GENEALOGIES, FAMILY CRESTS, PORTRAITURE, AND GEOGRAPHIC PLACE NAMES.

📖 **FINE TUNE YOUR HORMONE SYMPHONY** ANGELI AKEY,2011-04-04

📖 **STACKING THE DECK** BRUCE CURTIS,HARRY SMALLER,D. W. LIVINGSTONE,1992-01-01 INTRODUCTION CHAPTER ONE SO MANY PEOPLE: WAYS OF SEEING CLASS DIFFERENCES IN SCHOOLING CHAPTER TWO THE ORIGINS OF EDUCATIONAL INEQUALITY IN ONTARIO CHAPTER THREE STREAMING IN THE ELEMENTARY SCHOOL CHAPTER FOUR STREAMING IN THE SECONDARY SCHOOL CHAPTER FIVE UNSTACKING THE DECK: A NEW DEAL FOR OUR SCHOOLS ABSTRACT BIBLIOGRAPHY

📖 **CORK OAK WOODLANDS ON THE EDGE** JAMES ARONSON,João SANTOS PEREIRA,JULI G. PAUSAS,2012-09-26 CORK OAK HAS HISTORICALLY BEEN AN IMPORTANT SPECIES IN THE WESTERN MEDITERRANEAN—ECOLOGICALLY AS A CANOPY OR “FRAMEWORK” TREE IN NATURAL WOODLANDS, AND CULTURALLY AS AN ECONOMICALLY VALUABLE RESOURCE THAT UNDERPINS LOCAL ECONOMIES. BOTH THE NATURAL WOODLANDS AND THE DERIVED CULTURAL SYSTEMS ARE EXPERIENCING RAPID CHANGE, AND WHETHER OR NOT THEY ARE RESILIENT ENOUGH TO ADAPT TO THAT CHANGE IS AN OPEN QUESTION. CORK OAK WOODLANDS ON THE EDGE PROVIDES A SYNTHESIS OF THE MOST UP-TO-DATE, SCIENTIFIC, AND PRACTICAL INFORMATION ON THE MANAGEMENT OF CORK OAK WOODLANDS AND THE CULTURAL SYSTEMS THAT DEPEND ON CORK OAK. IN ADDITION, CORK OAK WOODLANDS ON THE EDGE OFFERS TEN SITE PROFILES WRITTEN BY LOCAL EXPERTS THAT PRESENT AN IN-DEPTH VISION OF CORK OAK WOODLANDS ACROSS A RANGE OF BIOPHYSICAL, HISTORICAL, AND CULTURAL CONTEXTS, WITH SIXTEEN PAGES OF FULL-COLOR PHOTOS THAT ILLUSTRATE THE TREE, AGRO-SILVOPASTORAL SYSTEMS, PRODUCTS, RESIDENT BIODIVERSITY, AND MORE. CORK OAK WOODLANDS ON THE EDGE IS AN IMPORTANT BOOK FOR ANYONE INTERESTED IN THE FUTURE OF CORK OAK WOODLANDS, OR IN THE MANAGEMENT OF CULTURAL LANDSCAPES AND THEIR ASSOCIATED LAND-USE SYSTEMS. IN A CHANGING WORLD FULL OF RISKS AND SURPRISES, IT REPRESENTS AN EXCELLENT EXAMPLE OF A MULTIDISCIPLINARY AND HOLISTIC APPROACH TO STUDYING, MANAGING, AND RESTORING AN ECOSYSTEM, AND WILL SERVE AS A GUIDE FOR OTHER STUDIES OF THIS KIND.

📖 **SALATUL LAYL** H. (HASNAIN) KASSAMALI,T. (TAHERA) KASSAMALI,2003

📖 **INTRODUCTION TO DEEP LEARNING** SANDRO SKANSI,2018-02-04 THIS TEXTBOOK PRESENTS A CONCISE, ACCESSIBLE AND ENGAGING FIRST INTRODUCTION TO DEEP LEARNING, OFFERING A WIDE RANGE OF CONNECTIONIST MODELS WHICH REPRESENT THE CURRENT STATE-OF-THE-ART. THE TEXT EXPLORES THE MOST POPULAR ALGORITHMS AND ARCHITECTURES IN A SIMPLE AND INTUITIVE STYLE, EXPLAINING THE MATHEMATICAL DERIVATIONS IN A STEP-BY-STEP MANNER. THE CONTENT COVERAGE INCLUDES CONVOLUTIONAL NETWORKS, LSTMS, WORD2VEC, RBMS, DBNS, NEURAL TURING MACHINES, MEMORY NETWORKS AND AUTOENCODERS. NUMEROUS EXAMPLES IN WORKING PYTHON CODE ARE PROVIDED THROUGHOUT THE BOOK, AND THE CODE IS ALSO SUPPLIED SEPARATELY AT AN ACCOMPANYING WEBSITE. TOPICS AND FEATURES: INTRODUCES THE FUNDAMENTALS OF MACHINE LEARNING, AND THE MATHEMATICAL AND COMPUTATIONAL PREREQUISITES FOR DEEP LEARNING; DISCUSSES FEED-FORWARD NEURAL NETWORKS, AND EXPLORES THE MODIFICATIONS TO THESE WHICH CAN BE APPLIED TO ANY NEURAL NETWORK; EXAMINES CONVOLUTIONAL NEURAL NETWORKS, AND THE RECURRENT CONNECTIONS TO A FEED-FORWARD NEURAL NETWORK; DESCRIBES THE NOTION OF DISTRIBUTED REPRESENTATIONS, THE CONCEPT OF THE AUTOENCODER, AND THE IDEAS BEHIND LANGUAGE PROCESSING WITH DEEP LEARNING; PRESENTS A BRIEF HISTORY OF ARTIFICIAL INTELLIGENCE AND NEURAL NETWORKS, AND REVIEWS INTERESTING OPEN RESEARCH PROBLEMS IN DEEP LEARNING AND CONNECTIONISM. THIS CLEARLY WRITTEN AND LIVELY PRIMER ON DEEP LEARNING IS ESSENTIAL READING FOR GRADUATE AND ADVANCED UNDERGRADUATE STUDENTS OF COMPUTER SCIENCE, COGNITIVE SCIENCE AND MATHEMATICS, AS WELL AS FIELDS SUCH AS LINGUISTICS, LOGIC, PHILOSOPHY, AND PSYCHOLOGY.

📖 **DUTCH COLONIALISM, MIGRATION AND CULTURAL HERITAGE** GEERT OOSTINDIE,2008-01-01 MIGRATION FLOWS IN THE FORMER DUTCH COLONIAL ORBIT CREATED AN INTRICATE WEB CONNECTING THE NETHERLANDS TO AFRICA, ASIA AND THE AMERICAS; AFRICA TO THE AMERICAS AND TO ASIA; IN THE NINETEENTH CENTURY ASIA TO THE AMERICAS, WITH, IN THE POST-SECOND WORLD WAR PERIOD, THE DIRECTION OF MIGRATION SHIFTING TO THE NETHERLANDS. SOME OF THESE MIGRATIONS WERE VOLUNTARY, OTHERS WERE FORCED; THEY HELPED TO CREATE COLONIAL SOCIETIES THAT WERE NEVER TYPICALLY DUTCH, BUT DID HAVE DUTCH CHARACTERISTICS. POWER IMBALANCE, ETHNIC DIFFERENCES AND CREOLIZATION CHARACTERIZED THE CULTURAL CONFIGURATION OF THESE COLONIAL SOCIETIES. THIS BOOK, WITH CONTRIBUTIONS BY A NUMBER OF DUTCH SCHOLARS, PROVIDES STATE-OF-THE-ART DISCUSSIONS ON THESE MIGRATION HISTORIES. IN ADDITION, IT PRESENTS REFLECTIONS ON THE WAYS THIS PAST AND ITS REPERCUSSIONS ARE REMEMBERED (OR FORGOTTEN, OR ACTIVELY SILENCED) THROUGHOUT THE FORMER COLONIAL EMPIRE.

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