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Maddy Hargrove, Mic Hargrove

Galloway's Book on Running Jeff Galloway,1984 An approach to running describing how to prepare for races and to avoid stress -related injuries and to help the runner get started comfortably and with confidence.

Twelve Years a Slave Solomon Northup,2024-01-04 Filmatized in 2013 and the official recipient of three Oscars, Solomon Northup's powerful slave narrative 'Twelve Years a Slave' depicts Nortup's life as he is sold into slavery after having spent 32 years of his life living as a free man in New York. Working as a travelling musician, Northup goes to Washington D.C, where he is kidnapped, sent to New Orleans, and sold to a planter to suffer the relentless and brutal life of a slave. After a dozen years, Northup escapes to return to his family and pulls no punches, as he describes his fate and that of so many other black people at the time. It is a harrowing but vitally important book, even today. For further reading on this subject, try 'Uncle Tom's Cabin' by Harriet Beecher Stowe. Solomon Northup (c.1807-c.1875) was an American abolitionist and writer, best remembered for his powerful race memoir 'Twelve Years a Slave'. At the age of 32, when he was a married farmer, father-of-three, violinist and free-born man, he was kidnapped in Washington D.C and shipped to New Orleans, sold to a planter and enslaved for a dozen years. When he gained his freedom, he wrote his famous memoir and spent some years lecturing across the US,on behalf of the abolitionist movement. 'Twelve Years a Slave' was published a year after 'Uncle Tom's Cabin' by Harriet Beecher Stowe and built on the anti-slavery momentum it had developed. Northup's final years are something of a mystery, though it is thought that he struggled to cope with family life after being freed.

The Collagen Diet Dr. Josh Axe,2019-12-31 Dr. Josh Axe, bestselling author of Keto Diet and Eat Dirt, explains how to lose weight, prevent disease, improve your digestion, and renew your youth by taking advantage of dietary collagen. Today, interest in dietary collagen is growing at an astounding rate, and with good reason. The benefits of a collagen-rich diet are remarkable, ranging from better weight control to enhanced digestion, clearer skin, reduced inflammation, and improved immune function. Dietary collagen provides a unique blend of amino acids and other compounds, making it critical for everyone, including infants, young children, the elderly, athletes, pregnant women, new mothers, and adult men and women. Simply put: When we don't get enough of the beneficial compounds found in collagen-rich foods, we experience more injuries, chronic aches and pain, digestive issues, and other symptoms associated with aging. And most people don't get enough. Collagen is the missing ingredient that can help all of us live longer, healthier, more vital lives. In The Collagen Diet, Dr. Axe describes how collagen helps maintain the structure and integrity of almost every part of the body. You'll learn how your skin, hair, nails, bones, disks, joints, ligaments, tendons, arterial walls, and gastrointestinal tract all depend on the consumption of collagen-rich foods. Featuring a twenty-eight-day meal plan, seventy mouthwatering recipes, and specific advice for supporting your body's collagen production with exercise and lifestyle interventions, The Collagen Diet provides everything you need to take advantage of this overlooked cornerstone of modern health.

Radical Beauty Deepak Chopra,Kimberly Snyder,2016-09-22 Dr Deepak Chopra, bestselling author of Reinventing the Body, Resurrecting the Soul, and Kimberly Snyder, superstar nutritionist and bestselling author of The Beauty Detox Solution, offer an exciting and practical programme to help transform you from the inside out. Through six pillars of healthy living that focus on such topics as internal and external nourishment, sleep, living naturally, avoiding excessive stress, and better understanding the relationship between emotions and inflammatory foods, the authors offer 'radical routines' and 'radical foods' that

will have the best impact on your body and mind. By revealing the latest information on new key vitamins for your metabolism, the use of healthy skincare ingredients, how skin oiling and self-massage can nourish the nervous system, and how positive emotion-based living and peace foster natural and timeless beauty, Chopra and Snyder will help you develop a more healthy body and mind, as well as increase your natural glow, magnetic presence and radiant vitality.

Brain Wash David Perlmutter, Austin Perlmutter, 2020-01-14 Fight back against a modern culture that is rewiring our brains and damaging our health with this practical, doctor-approved plan for healing that includes a ten-day boot camp and forty delicious recipes. Contemporary life provides us with infinite opportunities, along with endless temptations. We can eat whatever we want, whenever we want. We can immerse ourselves in the vast, enticing world of digital media. We can buy goods and services for rapid delivery with our fingertips or voice commands. But living in this 24/7 hyper-reality poses serious risks to our physical and mental states, our connections to others, and even to the world at large. Brain Wash builds from a simple premise: Our brains are being gravely manipulated, resulting in behaviors that leave us more lonely, anxious, depressed, distrustful, illness-prone, and overweight than ever before. Based on the latest science, the book identifies the mental hijacking that undermines each and every one of us, and presents the tools necessary to think more clearly, make better decisions, strengthen bonds with others, and develop healthier habits. Featuring a 10-day bootcamp program, including a meal plan and 40 delicious original recipes, Brain Wash is the key to cultivating a more purposeful and fulfilling life.

Hildegardis Causae Et Curae - Scholar's Choice Edition Hildegard, 2015-02-19 This work has been selected by scholars as being culturally important, and is part of the knowledge base of civilization as we know it. This work was reproduced from the original artifact, and remains as true to the original work as possible. Therefore, you will see the original copyright references, library stamps (as most of these works have been housed in our most important libraries around the world), and other notations in the work. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. As a reproduction of a historical artifact, this work may contain missing or blurred pages, poor pictures, errant marks, etc. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

Najważniejsza Książka Jaką Kiedykolwiek Przeczytasz: Zdrowie Andrzej Jęzierski, 2018-08-07 @Wersja-EN z 70-Str. protokołem [[#3.1+:
<https://web.facebook.com/The.Luciferian.Doctrine/posts/1851301424947726> Zastanawiałeś się czasem dlaczego kiedy odwiedzasz szpital bądź też przychodnię – są tam kolejki, które zdają się nigdy nie kończyć? W istocie wygląda to w ten sposób, że np. kiedy w chorobie wieńcowej (serca), która jest spowodowana nadmiernym odłożeniem się tłuszczu w żyłach i aortach – stosuje się różnego rodzaju rurki wszczepiane pacjentowi w żyły czy operacje ich przekierowania, tak aby omijały najbardziej stłuszczone obszary – słowem, wszystko to co obchodzi problem, jednak nie likwiduje jego głównej przyczyny, czyli usunięcia tłuszczu z żył. Jeśli jednak już wykorzystywane są jakiekolwiek leki, które są skuteczne to dotyczy to z reguły tylko kondycji, które mogą spowodować śmierć pacjenta, jak np. zapalenie płuc – jednak również wtedy wykorzystywane są środki, których działanie można tylko porównać do wsadzenia głowy do mikrofalówki – niezbyt rozsądne, a wręcz destrukcyjne dla zdrowia – z zasady im większe szkody dany środek spowoduje, tym lepiej. Podobnie jest niemal w

każdej innej chorobie – nie usuwa się bezpośredniej przyczyny, nigdy – są natomiast wymyślane najróżniejsze metody i znieczulenia symptomów, kończąc na lekach psychotropowych, które niszczą pacjenta dożywotnio. Z jednej bardzo prostej przyczyny: lekarze nie leczą chorób, a jedynie sprzedają rozwiązania nieskuteczne, które zmuszają pacjenta pozbawionego wiedzy do ciągłego, repetywnego ich kupowania. Dzięki temu bogaci się każdy: lekarz, przychodnia, producenci farmaceutyków oraz firmy trzymające na nie patenty – tylko traci, ostatnia osoba w tym obiegu, czyli pacjent. Traci, bo jego dolegliwości nie są nigdy rozwiązane, co najwyżej znieczulone wraz z setką innych skutków ubocznych wywołanych produktami, które on przyjmuje. Nie wspominając już o często niebezpiecznych połączeniach substancji aktywnych, które nawarstwiają się w momencie gdy jeden lek ma za zadanie zniwelować skutki uboczne leku poprzedniego. Wiedzą o tym bardzo często pacjenci szpitali psychiatrycznych, bądź też tych, którzy już są na środkach psychotropowych nawet o tym nie wiedząc, gdyż „wszystko siedzi w głowie”. Leki sprzedawane w aptekach mają tak naprawdę za zadanie: nie pomóc, ale być ciągle w sprzedaży, a najlepiej i uzależnić pacjenta na całe życie, by nie mógł funkcjonować bez leku. Zrozumiesz to po przeczytaniu tej książki. / #zdrowie, #rak, #borelioza, #candida, #grzybica, #Nowotwór, #cukrzyca, #hiv, #aids, #Bezpłodność, #Choroba-wieńcowa, #Miażdżyca, #Cholesterol, #Nadciśnienie, #astma, #Otyłość, #Bezsennność, #impotencja

Mindfulness For Dummies Shamash Alidina, 2010-06-03 How to reduce stress, anxiety, high blood pressure, and even chronic pain-by refocusing your mind
A cutting-edge meditation therapy that uses self-control techniques, mindfulness has taken off across the globe as a way of overcoming negative thoughts and emotions and achieving a calmer, more focused state of mind. Written by a professional mindfulness trainer, this practical guide covers the key self-control techniques designed to help you achieve a more focused and contented state of mind, while maximizing the health benefits of mindfulness-from reducing stress, anxiety, and high blood pressure to overcoming depression and low self-esteem and battling chronic pain and insomnia. Includes self-control techniques (such as body posture, sitting practice and breathing exercises) and routines Includes an audio CD featuring narrated meditations and exercises Introducing you to a new and powerful form of meditation therapy, Mindfulness For Dummies outlines how to use it in your everyday life to achieve a new level of self-awareness and self-understanding and reap the long-term rewards of better health. Note: CD files are available to download when buying the eBook version

Running and Fat Burning for Women Jeff Galloway, Barbara Galloway, 2011-06-30 This book explains the process of fat deposition and burning, and provides a plan to gain control over both sides of the issue: intake and burn-off. Whether one is getting off the couch or has been exercising for years, there is advice for improving well-being through eating strategies and gentle segments of exercise. Jeff and Barbara don't just explain the principles, they say exactly what to eat and how to insert 5-10 minutes of exercise, strategically. Readers will find tools to manage the process, with a series of steps leading to the goal.

Leczenie odżywianiem. Zdrowe jelita Kimberly Tessmer, 2022-06-15 Przełomowy poradnik, który pomoże ci pozbyć się dolegliwości trawiennych i poczuć ulgę. Książka z serii Leczenie odżywianiem została napisana przez dietetyczkę oraz specjalistkę od spraw żywienia Kimberly Tessmer. Publikacja zawiera wachlarz bezcennych informacji niezbędnych, by zachować równowagę mikrobiologiczną w jelitach i ustrzec się przed niebezpiecznymi chorobami, między innymi: otyłością, alergią, astmą, zapaleniem stawów, chorobami autoimmunologicznymi, nowotworem jelita grubego czy cukrzycą. Jeśli szukasz książki, która pomoże ci się uporać ze wzdęciami, z gazami, biegunką, nudnościami, zatwardzeniem, bólem brzucha i skurczami żołądka, koniecznie zajrzyj do „Zdrowych jelit”. Masz przed sobą kopalnię fenomenalnych wskazówek, jak pozbyć się dolegliwości żołądkowych i innych symptomów wskazujących na zaburzenia pracy

jelit. Dzięki niej: - poznasz najnowsze doniesienia medyczne dotyczące pracy jelit, a także uproszczone omówienie różnych zaburzeń pokarmowych dla lepszego ich zrozumienia; - uzyskasz przydatne porady dotyczące wprowadzenia zmian w stylu odżywiania, potrzebnych do wyeliminowania problemów jelitowych i utrzymania układu pokarmowego w zdrowiu; - zdobędziesz kluczowe informacje o suplementach diety, które mogą pomóc w osiągnięciu optymalnego zdrowia jelit; - przetestujesz łatwe do planowania przepisy na posiłki, dzięki którym poczujesz się lepiej.

Dietary reference values for energy Scientific Advisory Committee on Nutrition, 2012-05-02 Dietary reference values (DRVs) for energy are based on estimating the total energy expenditure (TEE) for groups of people. TEE provides a measure of the energy requirement at energy balance i.e. when energy intake matches energy expenditure. The methodology to measure TEE - the doubly labelled water (DLW) method - has advanced and as a result, the evidence base on TEE in a wide variety of population groups has expanded considerably. With the high levels of overweight and obesity currently seen in the UK and the wealth of new data now available, it was considered timely for the Scientific Advisory Committee on Nutrition (SACN) to review recommendations for the UK population. This report details the evidence and approaches SACN have considered in order to update the DRVs for energy. SACN chose a prescriptive approach to estimating energy reference values; suitable reference body weight ranges consistent with long-term good health were used to calculate energy reference values. Thus, basal metabolic rate (BMR) values were predicted using healthy reference body weights. Using this approach, if overweight groups consume the amount of energy recommended for healthy weight groups, they are likely to lose weight, whereas underweight sections of the population should gain weight towards the healthy body weight range. SACN has derived new energy reference values. For most population groups, except for infants and young children, the values have increased. DRVs should be used to assess the energy requirements for large groups of people and populations, but should not be applied to individuals due to the large variation in physical activity and energy expenditure observed between people.

Pediatric Nutrition in Practice B. Koletzko, J. Bhatia, Z.A. Bhutta, P. Cooper, M. Makrides, R. Uauy, W. Wang, 2015-04-17 There is no other time in life when the provision of adequate and balanced nutrition is of greater importance than during infancy and childhood. During this dynamic phase characterized by rapid growth, development and developmental plasticity, a sufficient amount and appropriate composition of nutrients both in health and disease are of key importance for growth, functional outcomes such as cognition and immune response, and the metabolic programming of long-term health and well-being. This compact reference text provides concise information to readers who seek quick guidance on practical issues in the nutrition of infants, children and adolescents. After the success of the first edition, which sold more than 50'000 copies in several languages, the editors prepared this thoroughly revised and updated second edition which focuses again on nutritional challenges in both affluent and poor populations around the world. Serving as a practical reference guide, this book will contribute to further improving the quality of feeding of healthy infants and children, as well as enhancing the standards of nutritional care in sick children.

Reducing Salt in Foods David Kilcast, Fiona Angus, 2007-02-14 Concerns have grown that consumption levels of salt are well above those needed for nutritional purposes and that this can lead to adverse effects on health, in particular cardiovascular disease. Consumers are increasingly looking to reduce their salt intake, making salt reduction a priority for food manufacturers. This is not straightforward, though, as salt plays an important role in food preservation, taste and processability. Written by a team of international experts, Reducing salt in foods provides a unique review of current knowledge in this field. This book is

divided into three parts and discusses the major issues concerned with salt reduction and how it may be achieved. Part one reviews the key health issues driving efforts to reduce salt, government action regarding salt reduction and the implications of salt labelling. Consumer perception of salt and views on salt reduction and are also discussed. The second part focuses on the technological, microbiological and sensory functions of salt and strategies that can be taken to reduce salt. The final part of the book outlines strategies which have been taken to reduce salt in particular food groups: meat and poultry, seafood, bread, snack foods, dairy products and canned foods. Reducing salt in foods is an essential reference for health professionals, governments and food manufacturers. Discusses methods to reduce salt while maintaining food sensory quality, shelf-life and processability Provides a unique review of current knowledge in this field An essential reference for health professionals, governments and food manufacturers

Level Up Your Day S. J. Scott, Rebecca Livermore, 2015-01-06 **DISCOVER::** How to Find Your Work-Life Balance with a Powerful Daily Routine Imagine what your life would be like if your days were filled with purpose, productivity and time to enjoy the little things. (Instead of chaos, overwhelm and exhaustion.) You can make this happen by building a daily routine that perfectly blends your personality with your career and personal obligations. Unfortunately, it isn't always easy to stick to a day-to-day ritual. You might be so busy that you can't add anything else to your crowded schedule. Or you might be following advice that doesn't match who you are. (Like forcing yourself to wake up at 5 a.m. when you work best late at night.) So what's the secret to creating a daily routine that sticks? The answer: Build one that matches your natural energy levels and gives you the flexibility to meet all of your day-to-day obligations. **LEARN::** How to Find (and Focus on) the 80/20 of Your Daily Activities The trick to finding that work-life balance is to be intentional with how you spend your time. You can do this by applying the 80/20 rule, which states that you achieve 80% of your results from 20% of your effort. This principle applies to all areas of life. Right now, only a handful of the activities you do each day will have the biggest big impact on your life -- whether you're at work, at home or enjoying a hobby. All you have to do identify these activities and focus on them instead of worrying about time-wasting activities. The great thing about this principle is that, once you're mindful of it, you learn to focus on the 20% that yields the best results. In the book, *Level Up Your Day*, we show you how to identify the 80/20 activities in the six areas of your routine and explain how to get the most from each experience. **DOWNLOAD::** *Level Up Your Day: How to Maximize the 6 Essential Areas of Your Daily Routine* *Level Up Your Day* provides an action plan to maximize the SIX areas of your life. We will cover: **** 8 Reasons to Build a Daily Routine **** **Area #1:** Energy (sleep and renewal activities) **** Area #2:** Eating (general nutrition and meal planning) **** Area #3:** Exercise (regular exercise and constant movement) **** Area #4:** Routine activities (streamlining repetitive tasks and household chores) **** Area #5:** Working (at a job or in your own business) **** Area #6:** Fun (hobbies, relaxation or a creative outlet) **** 4 Ways to Maximize Your Daily Ritual **** **Four Case Studies that Show How Regular Folks Achieve Day-to-Day Success** You can manage your day-to-day activities. The secret is to fully understand your daily responsibilities and build a plan of how you'll do it all. **Would You Like To Know More?** Download now to learn how to build a powerful daily routine. Scroll to the top of the page and select the buy now button.

Freshwater Aquariums For Dummies Maddy Hargrove, Mic Hargrove, 2011-03-03 Covers the latest aquarium gadgets Design a dazzling underwater environment with this bestselling guide! Setting up your first freshwater aquarium can be a daunting task. This friendly guide answers all your questions, from setting up your tank and selecting fish to the water, chemicals, plants, and much more. There's also expanded guidance on combining different species of

fish, maintaining a tank, cleaning gravel, and dealing with common problems such as algae. Discover how to * Choose the right aquarium * Select the best fish * Get good deals on equipment * Maintain a clean, healthy environment * Handle tank pitfalls * Breed your fish

Dietary Reference Intakes for Sodium and Potassium National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Food and Nutrition Board, Committee to Review the Dietary Reference Intakes for Sodium and Potassium, 2019-08-26 As essential nutrients, sodium and potassium contribute to the fundamentals of physiology and pathology of human health and disease. In clinical settings, these are two important blood electrolytes, are frequently measured and influence care decisions. Yet, blood electrolyte concentrations are usually not influenced by dietary intake, as kidney and hormone systems carefully regulate blood values. Over the years, increasing evidence suggests that sodium and potassium intake patterns of children and adults influence long-term population health mostly through complex relationships among dietary intake, blood pressure and cardiovascular health. The public health importance of understanding these relationships, based upon the best available evidence and establishing recommendations to support the development of population clinical practice guidelines and medical care of patients is clear. This report reviews evidence on the relationship between sodium and potassium intakes and indicators of adequacy, toxicity, and chronic disease. It updates the Dietary Reference Intakes (DRIs) using an expanded DRI model that includes consideration of chronic disease endpoints, and outlines research gaps to address the uncertainties identified in the process of deriving the reference values and evaluating public health implications.

The Black Swan Nassim Nicholas Taleb, 2009-10-13 In the author's point of view, a black swan is an improbable event with three principal characteristics - It is unpredictable; it carries a massive impact; and, after the fact, we concoct an explanation that makes it appear less random, and more predictable, than it was. Why do we not acknowledge the phenomenon of black swans until after they occur? Part of the answer, according to Taleb, is that humans are hardwired to learn specifics when they should be focused on generalities. We concentrate on things we already know and time and time again fail to take into consideration what we don't know. We are, therefore, unable to truly estimate opportunities, too vulnerable to the impulse to simplify, narrate, and categorize, and not open enough to rewarding those who can imagine the 'impossible'.

The First-Time Manager Loren B. Belker, Jim McCormick, Gary S. Topchik, 2012-01-30 What's a rookie manager to do? Faced with new responsibilities, and in need of quick, dependable guidance, novice managers can't afford to learn by trial and error. The First-Time Manager is the answer, dispensing the bottom-line wisdom they need to succeed. A true management classic, the book covers essential topics such as hiring and firing, leadership, motivation, managing time, dealing with superiors, and much more. Written in an inviting and accessible style, the revised sixth edition includes new material on increasing employee engagement, encouraging innovation and initiative, helping team members optimize their talents, improving outcomes, and distinguishing oneself as a leader. Packed with immediately usable insight on everything from building a team environment to conducting performance appraisals, The First-Time Manager remains the ultimate guide for anyone starting his or her career in management.

Crohn's Disease Giuseppe Lo Re, Massimo Midiri, 2015-11-18 This book describes and illustrates the radiological findings that are characteristic of Crohn's disease and correlates these appearances with clinical and surgical findings in order to assist the reader in implementing an appropriate diagnostic approach in this complex disease, which often differs from patient to patient. All of the modern imaging modalities and techniques are covered, including ultrasound,

multidetector row computed tomography (MDCT), magnetic resonance imaging (MRI), and combinations of MDCT and MRI with enteroclysis and enterography. The current value of X-ray and the role of endoscopy are also examined. Care is taken to cover specific patient groups, including pediatric patients, those with perianal disease or anal fistulas, and patients who have undergone surgery. In addition to surgical approaches, including minimally invasive options, other new therapies are discussed. The book will be invaluable for diagnostic radiologists, gastroenterologists, and surgeons.

The Complete Guide to Sports Nutrition Anita Bean, 2013-08-15 The Complete Guide to Sports Nutrition is the definitive practical handbook for anyone wanting a performance advantage. This fully updated and revised edition incorporates the latest cutting-edge research. Written by one of the country's most respected sports nutritionists, it provides the latest research and information to help you succeed. This seventh edition includes accessible guidance on the following topics: maximising endurance, strength and performance how to calculate your optimal calorie, carbohydrate and protein requirements advice on improving body composition specific advice for women, children and vegetarians eating plans to cut body fat, gain muscle and prepare for competition sport-specific nutritional advice.

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