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YADIRA ONEILL

The Revolutionary New Science of Keto That Offers More Benefits Without Deprivation Psychology Press

As a holistic veterinarian and scientist, Dr. Gary Richter helps dog and cat owners to navigate the thicket of treatment options and separate the fact from the fiction. He wants us to use what actually works, not just what Western science or alternative medicine say "should" work. This multifaceted approach to health is known as integrative medicine. Dr. Richter examines traditional medicine from many cultures alongside modern medical techniques, describing the best of complementary care and the best of conventional veterinary medicine. Every treatment he recommends has the backing of scientific research or years of successful outcomes in his clinical practice. After explaining the treatment, he offers specific recommendations for an integrative approach to common diseases, including allergies, skin conditions, diabetes, heart disease, and cancer. A holistic approach to health includes nutrition, as it sets up the foundation for your pet's health. Dr. Richter cuts through the hype in the pet-food world and explains how to choose the best commercial foods and supplements, and even includes both raw and cooked dog- and cat-food recipes for general diet as well as to treat specific needs. He also explains how we can use the right foods and supplements to "hack" the body's processes, including the immune system.

A Stress-System Approach to Assessment and Treatment

HarperCollins

This text provides information on prebiotics and probiotics, their

general properties, technological applications and legislative aspect of adding prebiotics and probiotics to foods.

The All-Meat Diet Classic National Academies Press

Following the success of the bestselling *Clean Gut* and *Wheat Belly* comes this essential guide to improving digestive health from an expert in functional medicine—who reveals why everything that ails us, from fatigue to weight gain to bloating and bad skin, can be traced back to the gut, and shares his cleansing plan to help us reclaim our health. Dr. Vincent Pedre understands gut problems firsthand. He suffered from IBS for years before becoming an expert in functional medicine and learning how to heal his body from the inside. Dr. Pedre used his own experience to develop The Gut C.A.R.E. Program—an approach that draws from both Western and Eastern methodologies, combining integrative and functional medicine—that has a proven success record in his private practice in New York. Now, for the first time, Dr. Pedre makes his revolutionary plan for health and wellness available to everyone. *Happy Gut* takes readers step-by-step through Gut C.A.R.E.—Cleanse, Activate, Restore, and Enhance—which eliminates food triggers, clears the gut of unfriendly pathogens, and replaces them with healthy probiotics and nutrients that repair and heal the gut. Rather than masking symptoms with medication, he shows us how to address the problem at its core to restore the gastrointestinal system to its proper functioning state. By fixing problems in the gut, followers of Dr. Pedre's program have found that their other health woes are also cured and have lost weight, gained energy, and improved seemingly unrelated issues, such as seasonal allergies, in addition to eliminating their chronic muscle and abdominal pain. Complete with recipes and meal plans including gluten-free, low-fat, and

vegetarian options, a 28-day gut cleanse, yoga postures to help digestion, and testimonials from many of his patients, *Happy Gut* will help you feel better and eliminate gut issues for life.

Cannabinoids and Sleep Elsevier

Taking an expansive perspective on osteoporosis and its ramifications, but with a central focus on the transition from diagnosis to treatment, rehabilitation and current management options, this practical guide discusses the most recent knowledge and literature on osteoporosis for the wide cross-section of professionals involved in treating this pervasive condition. It enables the physician or physician extender to develop a strategy for diagnosing osteoporosis, including detailed laboratory tests as well as imaging, interpreting findings, and determining options appropriate to the needs of individual patients. The material offers guidance on how to treat osteoporosis patients who are suffering from neurological conditions such as brain and spinal cord injuries, rheumatologic syndromes, peripheral neuropathies, gastrointestinal conditions, as well as cardiopulmonary, liver and kidney disorders, among others. Additional chapters address management of osteoporosis in men, patients with advanced medical illnesses including various forms of cancer, organ failure and organ transplantation, pediatric onset of primary and secondary osteoporosis, and the female athlete triad. Covering the gamut of considerations presented by osteoporosis patients, *Osteoporosis Rehabilitation: A Practical Approach* is a timely, interdisciplinary resource for orthopedists, rehabilitation specialists, primary care physicians, nurses and any other professionals who bring their expertise to bear on the management of this common condition.

Ten Years and Nothing Hay House, Inc

Hallelujah! Here is a diet that will dramatically change your life

from the inside, out. Based on a biblical foundation and years of research, statistics, and powerful testimonials including the author's own dramatic story George Malkmus' The Hallelujah Diet has caused people from all walks of life to stop and reconsider their daily food consumption habits. Stressing the healing power of food and how its proper use restores the body to a natural, healthy state, this book provides life-changing and life-saving information, recipes, and eating plans that have been proven safe and miraculously successful. It encourages a healthy change in eating, promoting exercise, fresh air, pure water, sunshine, and rest. Hallelujah! A diet that finally ties food and health together with common sense.

Summary & Analysis of the Plant Paradox Elsevier Health Sciences From the New York Times bestselling author of The Plant Paradox comes a guide to one-pot cooking for the whole family, with a special focus how to make the Plant Paradox program kid-friendly. Since the publication of The Plant Paradox in 2017, hundreds of thousands of people have embraced Dr. Gundry's nutritional protocol—and experienced life-changing results. But most of Dr. Gundry's readers aren't cooking for themselves alone. "How can I extend this way of eating to my entire family? And is it safe for my kids?" are the questions he is most often asked. In The Plant Paradox Family Cookbook, Dr. Gundry reassures parents as he sets the record straight, providing an overview of children's nutritional needs and explaining how we can help our kids thrive on the Plant Paradox program—a diet low in lectins. Dr. Gundry offers shocking evidence of how the Plant Paradox program is not only "safe" for kids, but also the best possible way to set them up for a lifetime of health and responsible eating. As research continues to bear out, a healthy microbiome—or "gut"—is the cornerstone of human health. The foods we eat at the beginning of our lives have a long-term impact on the makeup of our microbiome. Lectin-containing foods—such as grains, legumes, certain fruits and vegetables, and conventional dairy—damage it by creating holes in the gut wall and triggering the kind of systemic inflammation that lays the groundwork for disease. And yet, many of the foods we are routinely told to feed our children—think milk, whole grain bread, peanut butter—have an incredibly high lectin content. The Plant Paradox Family Cookbook includes more than 80 recipes that make cooking for a family a breeze. And since pressure cooking is the best and easiest way to

reduce lectin content in foods like grains and beans, the majority of the quick and easy recipes are Instant-Pot friendly. From weeknight dinners to make-ahead breakfasts to snacks and even lunchbox-ready meals, The Plant Paradox Family Cookbook will help the whole family experience the incredible benefits of the Plant Paradox program.

No More Heartburn Citadel Press

New York Times best-selling author Dr. Joseph Mercola teams up with cardiovascular expert Dr. James J. DiNicolantonio to cut through the confusion about how dietary fats affect our bodies--and set the record straight on how to eat for optimal health. Should you cook with coconut oil or vegetable oil? Eat butter, cream, or olive oil? Supplement with fish oil or flax oil? Sometimes it seems as if everyone has a different opinion on these crucial questions--but this book holds real answers. Best-selling author and teacher Dr. Joseph Mercola teams up with cardiovascular expert Dr. James DiNicolantonio to cut through the confusion about how dietary fats affect our bodies and set the record straight on how to eat for optimal well-being. Dr. DiNicolantonio, an internationally known and respected scientist, has spent nearly a decade studying the effects of different fats on the body. Dr. Mercola is one of the world's leading authorities on natural health. In Superfuel, they've gathered a wealth of information and insight in a form that's both impeccably researched and highly accessible. You'll read about: * The many health problems supposedly caused by saturated fat--that actually aren't * Why the so-called healthy vegetable oils are actually making you sick and fat * The optimal ratio of omega-3 to omega-6 fats in your diet * Foods that help resolve inflammation, increase longevity, and fight or prevent chronic illness * A cyclical ketogenic eating plan that keeps your body burning fat as healthy fuel * Supplemental fats such as fish oil, krill oil, and flax oil--what to take and how to choose * Which oils you should cook with, how to use them, and why * And much more Drawing on Dr. DiNicolantonio's firsthand research at Saint Luke's Mid America Heart Institute, as well as hundreds of groundbreaking studies from the medical literature, Superfuel will give you the facts you need to optimize your fats and your health.

The Cleansing Program to Help You Lose Weight, Gain Energy, and Eliminate Pain North Atlantic Books

Language is one of our most precious and uniquely human

capacities, so it is not surprising that research on its neural substrates has been advancing quite rapidly in recent years. Until now, however, there has not been a single introductory textbook that focuses specifically on this topic. Cognitive Neuroscience of Language fills that gap by providing an up-to-date, wide-ranging, and pedagogically practical survey of the most important developments in the field. It guides students through all of the major areas of investigation, beginning with fundamental aspects of brain structure and function, and then proceeding to cover aphasia syndromes, the perception and production of speech, the processing of language in written and signed modalities, the meanings of words, and the formulation and comprehension of complex expressions, including grammatically inflected words, complete sentences, and entire stories. Drawing heavily on prominent theoretical models, the core chapters illustrate how such frameworks are supported, and sometimes challenged, by experiments employing diverse brain mapping techniques. Although much of the content is inherently challenging and intended primarily for graduate or upper-level undergraduate students, it requires no previous knowledge of either neuroscience or linguistics, defining technical terms and explaining important principles from both disciplines along the way.

Dream First, Details Later Springer Nature

For hundreds of years cannabis has been used as a therapeutic medicine around the world. Cannabis was an accepted medicine during the second half of the 19th century, but its use declined because single agent pain medications were advocated by physicians who demanded standardization of medicines. It was not until 1964 when the chemical structure of THC (delta 9-tetrahydrocannabinol) was elucidated and its pharmacological effects began to be understood. Numerous therapeutic effects of cannabis have been reviewed, but cannabis-based medicines are still an enigma because of legal issues. Many patients could benefit from cannabinoids, terpenoids and flavonoids found in Cannabis sativa L. These patients suffer from medical conditions including chronic pain, chronic inflammatory diseases, neurological disorders, and other debilitating illnesses. As more states are legalizing medical cannabis, prescribers need a reliable source which provides clinical information in a succinct format. This book focuses on the science of cannabis as an antioxidant

and anti-inflammatory supplement. It discusses cannabis uses in the human body for bone health/osteoporosis; brain injury and trauma; cancer; diabetes; gastrointestinal conditions; mental health disorders; insomnia; pain; anxiety disorders; depression; migraines; eye disorders; and arthritis and inflammation. There is emphasis on using the whole plant — from root to raw leaves and flowers discussing strains, extraction and analysis, and use of cannabis-infused edibles. Features: Provides an understanding of the botanical and biochemistry behind cannabis as well as its use as a dietary supplement. Discusses endocannabinoid system and cannabinoid receptors. Includes information on antioxidant benefits, pain receptors using cannabinoids, and dosage guidelines. Presents research on cannabis treatment plans, drug-cannabis interactions and dosing issues, cannabis vapes, edibles, creams, and suppositories. Multiple appendices including a glossary of cannabis vocabulary, how to use cannabis products, a patient guide and recipes as well as information on cannabis for pets.

By Steven R. Gundry Cambridge University Press

Alisa Vitti found herself suffering through the symptoms of polycystic ovarian syndrome (PCOS), and was able to heal herself through food and lifestyle changes. Relieved and reborn, she made it her mission to empower other women to be able to do the same. As she says, 'Hormones affect everything. Have you ever struggled with acne, oily hair, dandruff, dry skin, cramps, headaches, irritability, exhaustion, constipation, irregular cycles, heavy bleeding, clotting, shedding hair, weight gain, anxiety, insomnia, infertility, lowered sex drive, or bizarre food cravings and felt like your body was just irrational?' With this breadth of symptoms, improving hormonal health is a goal for women at every stage of their lives Alisa Vitti says that medication and anti-depressants aren't the only solutions. The thousands of women she has treated in her Manhattan clinic know the power of her process that focuses on uncovering your unique biological make up. Groundbreaking and informative, WomanCode educates women about hormone health in a way that's relevant and easy to understand. Bestselling author and women's health expert Christiane Northrup, who has called WomanCode the 'Our Bodies, Ourselves of this generation', provides an insightful foreword.

Strategies Based on Social Learning and Behavior

Exchange Principles The Plant ParadoxThe Hidden Dangers in

"Healthy" Foods That Cause Disease and Weight Gain
CURE HEARTBURN AND INDIGESTION FOR GOOD—WITHOUT DRUGS! DID YOU KNOW: · A silently damaged gut can stall healing of all other diseases · Popular antacids and prescription acid blockers actually aggravate your condition, while promoting deterioration or development of other diseases · The gut controls over half of the disease-fighting immune system In this remarkable book, Sherry A. Rogers, M.D., a leading expert in drug-free gastrointestinal therapy, explains how you can pinpoint the causes of your stomach distress and offers easy-to-follow advice for creating an effective, personalized program for achieving and maintaining total gastrointestinal health. The cutting-edge methods detailed here return your body to its natural state of health—without the risks and side effects of prescription drugs and traditional therapies that merely mask symptoms. Sample menus of tasty, easy-to-prepare meals, clear, explanatory charts and tables, and an extensive list of gastrointestinal health resources make this vital reading for anyone suffering the chronic agony of heartburn.

Ketogenic Keys to Unlock the Secrets of Good Fats, Bad Fats, and Great Health Elsevier Health Sciences

Dr. Steven Gundry presents one of the most radical diets to date in his revolutionary and controversial book, "The Plant Paradox." This FastReads Summary & Analysis will help you understand the basic tenets of the science behind this ground-breaking diet while offering an editorial review of the book as a whole. Please note this summary does NOT include the specifics of The Plant Paradox diet. This summary & analysis distills the key takeaways, helps you review the book's content, and allows you to further understand its value from an editorial perspective. Whether you'd like to supplement your understanding, refresh your memory, or simply decide whether or not "The Plant Paradox" diet is for you, this FastReads Summary & Analysis is here to help. Absorb everything you need to know in under 20 minutes. What does this FastReads Summary & Analysis Include? A short synopsis of the original book Editorial Review of the writing style and content Key takeaways of the author's main points Brief chapter-by-chapter summaries A short bio of the author Original Book Summary Overview Can you imagine that plants may resent us for eating them, and that they might have set up some defenses so that we get sicker and sicker whenever we consume them? Dr. Steven

Gundry, an expert on health and nutrition, drops some controversial revelations about how some foods we have been considering "healthy," are actually contributing to our illnesses and decline in quality of life. Hard as it is to believe, Dr. Gundry explains that grains and whole wheat are causing obesity and a number of seemingly unrelated conditions, such as arthritis, migraines, and autoimmune responses, as part of their defenses against being eaten by predators like us. BEFORE YOU BUY: The purpose of this FastReads Summary & Analysis is to help you decide if it's worth the time, money and effort reading the original (if you haven't already). FastReads has pulled out the essence-but only to help you ascertain the value of the book for yourself. This summary & analysis does not contain the specifics of the Plant Paradox diet and is not meant as a replacement for "The Plant Paradox." PLEASE NOTE: This is a summary, analysis and review of the book and not the original book.

Antioxidants in Human Health and Disease HarperCollins

From bestselling author Dr. Steven Gundry, a quick and easy guide to The Plant Paradox program that gives readers the tools to enjoy the benefits of lectin-free eating in just 30 days. In Dr. Steven Gundry's breakout bestseller The Plant Paradox, readers learned the surprising truth about foods that have long been regarded as healthy. Lectins—a type of protein found in fruits, vegetables, legumes, dairy, and grains—wreak havoc on the gut, creating systemic inflammation and laying the groundwork for disease and weight gain. Avoiding lectins offers incredible health benefits but requires a significant lifestyle change—one that, for many people, can feel overwhelming. Now, in The Plant Paradox Quick and Easy, Dr. Gundry makes it simpler than ever to go lectin free. His 30-day challenge offers incentives, support, and results along with a toolkit for success. With grocery lists, meal plans, time-saving cooking strategies, all-new recipes, and guidance for families and those following specialized diets (including ketogenic and vegan), The Plant Paradox Quick and Easy is the all-in-one resource Plant Paradox fans and newcomers alike need to jumpstart results reap the health benefits of living lectin-free.

The Archetype Diet Harper Collins

This open access book sets out the stress-system model for functional somatic symptoms in children and adolescents. The book begins by exploring the initial encounter between the

paediatrician, child, and family, moves through the assessment process, including the formulation and the treatment contract, and then describes the various forms of treatment that are designed to settle the child's dysregulated stress system. This approach both provides a new understanding of how such symptoms emerge -- typically, through a history of recurrent or chronic stress, either physical or psychological -- and points the way to effective assessment, management, and treatment that put the child (and family) back on the road to health and well-being.

The Hallelujah Diet HarperCollins

Probiotics, Prebiotics, and Synbiotics: Bioactive Foods in Health Promotion reviews and presents new hypotheses and conclusions on the effects of different bioactive components of probiotics, prebiotics, and synbiotics to prevent disease and improve the health of various populations. Experts define and support the actions of bacteria; bacteria modified bioflavonoids and prebiotic fibrous materials and vegetable compounds. A major emphasis is placed on the health-promoting activities and bioactive components of probiotic bacteria. Offers a novel focus on synbiotics, carefully designed prebiotics probiotics combinations to help design functional food and nutraceutical products Discusses how prebiotics and probiotics are complementary and can be incorporated into food products and used as alternative medicines Defines the variety of applications of probiotics in health and disease resistance and provides key insights into how gut flora are modified by specific food materials Includes valuable information on how prebiotics are important sources of micro-and macronutrients that modify body functions

A Rule Breaker's Guide to Being Healthy in an Unhealthy World Springer

Discover your unique female archetype to combat emotional eating, lose weight, and become your happiest, healthiest you. In working with thousands of women who wanted to lose weight and change the shape of their bodies, leading nutritionist and functional medicine practitioner Dana James observed a striking trend: no matter how diligent they were in sticking to their diet and exercise plans, old behavioral patterns and self-doubt sabotaged their efforts. In *The Archetype Diet*, James helps

readers escape the seemingly endless psychological tug-of-war that is hampering their ability to care for themselves and explains which hormones cause you to store body fat on your belly, thighs and hips, and what to eat to change it. A revolutionary, holistic approach to weight loss, this book guides in readers in discovering which of four archetypes they embody: · The Nurturer is always there to care for others. She is kind and compassionate, but this can come at the expense of her own self-care. · The Wonder Woman bases her self-worth on her accomplishments. She is ambitious and driven, but her work often takes precedent over her diet. · The Femme Fatale is sensual, strong, and alluring but can become obsessed with her looks to the point that she develops an unhealthy relationship with food. · The Ethereal is spiritual and intuitive, but highly sensitive to her environment so she tends to eat to numb her reactions to the world. By becoming attuned to your archetype, James shows how you can alter your diet to help feed your unique body chemistry while simultaneously examining how your sense of self-worth shapes your behaviors—including what you eat—in ways that may be working against your goals. Offering recipes, a ten-day meal plan, and a step-by-step psychological intervention, *The Archetype Diet* will put you on the path to becoming leaner, stronger, and more attuned to your feminine fire and energy.

Activity Report 1994-1999 Cabi

The Plant Paradox The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain HarperCollins

Superfuel HarperCollins

The author of the best-selling *Who Wrote the Bible?* investigates the way God's visible presence gradually diminishes in the Bible, the famous declaration by Friedrich Nietzsche that "God is dead," and similar mysteries.

The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain HarperCollins

"I read this book... it worked. My autoimmune disease is gone and I'm 37 pounds lighter in my pleather." --Kelly Clarkson 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.

Reclaim Your Self-Worth and Change the Shape of Your Body Penguin

Antioxidants and their mechanisms of action; Food factors as antioxidants; Coronary heart disease; Malignant disease; Other diseases; Indicators of oxidative stress; Consumer issues.