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What are the most promising strategies to treat alcohol and drug abuse? What are their medical implications? Despite the enormous resources spent on treating alcoholism and drug dependence, there is still no satisfactory evaluation of their effectiveness or of the cost of the different alternatives. Programs designed to treat substance abuse should be built on a foundation of evidence-based knowledge. Yet it is almost impossible to cope with the increasing amount of scientific literature. This book thus represents a guide through the myriads of articles. The most comprehensive scientific review of its kind, it presents the findings from more than 1,600 studies on the effectiveness of different treatments. The work also includes a summary of the methods available to intervene against harmful levels of alcohol, with most of the studies making use of the Diagnostic and Statistical Manual of Mental Disorders (DSM) system. The extensive results are arranged in detailed tables, which may be searched using the accompanying CD-ROM. Also enclosed are a quality checklist and an extensive glossary explaining more than 70 terms. An invaluable tool for medical researchers, clinicians and doctors as well as healthcare providers and insurers, allowing them to save major resources by identifying ineffective treatments and being aware of cost-effective alternatives. With a foreword by Henry R. Kranzler, University of Connecticut, USA.

Dr. Norman W. Walker is one of the pioneers of the raw foods movement and is recognized throughout the world as one of the most authoritative voices on life, health and nutrition. Dr.

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Walker shares his secret to a long, healthy, productive life through his internationally famous books on health and nutrition.

Whats missing on your bookshelf? This new addition!! The lack or deficiency of certain elements, such as vital organic minerals and salts from our customary diet is the primary cause of nearly every sickness and disease. How can we most readily furnish our body with the elements needed? It is hoped that this delightful book will prove to be of considerable help to those who wish to derive the utmost benefit from natural food.

The classic edition is back! First published in 1988, Weiss's Herbal Medicine is revered by herbalists and medical professionals alike as the seminal work in the field of phytotherapy. This book has established itself as an indispensable resource and is widely acknowledged as the key text in the field of medical herbalism. You will find clear, detailed information on treating conditions ranging from colds and influenza to rheumatic problems, metabolic and endocrine disorders, cancer, and much more. Conveniently arranged by organ system, the text provides guidelines for prescribing herbal remedies, with sections on dosage, application, and precautionary measures. Plus, for each plant discussed, you will find lists of their occurrence, botanical features, differentiation from related species, constituents, and medical benefits. Proprietary formulations, full references, and a comprehensive subject index of almost 2,000 entries round out the superb coverage! Weiss's life's work examines the subject of herbal medicine from both a clinical and practical viewpoint, incorporating his personal observations and clinical experience with scientific studies. This material formed the basis of Herbal Medicine, 2E, also by Thieme. The second edition, revised, expanded and modernized by Volker Fintelmann, streamlines the work into a

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more clinical text, incorporating the latest scientific research and Commission E findings on the efficacy of herbs. This edition is recommended for allopathic physicians and other medical professionals who are new to the field of herbal medicine. Professor Rudolf Fritz Weiss (1895-1991) is highly regarded as the founding father of modern German phytotherapy. He studied botany and medicine at the University of Berlin, qualifying as a doctor in 1922 and subsequently taking additional qualifications in internal medicine. A teaching post in herbal medicine was interrupted by war service as an army doctor, followed by seven years in Russian captivity as a doctor in prisoner-of-war camp hospitals. After retiring from clinical practice in 1961, he devoted his life to the scientific development and acceptance of herbal medicine. Weiss was appointed as a member of the German Commission E in 1978. He was founder and editor of the Zeitschrift fuer Phytotherapie, and lectured on current advances in the subject at the University of Tuebingen.

Dr. Hyman's revolutionary weight-loss program, based on the #1 New York Times bestseller *The Blood Sugar Solution*, supercharged for immediate results! The key to losing weight and keeping it off is maintaining low insulin levels. Based on Dr. Hyman's groundbreaking Blood Sugar Solution program, **THE BLOOD SUGAR SOLUTION 10-DAY DETOX DIET** presents strategies for reducing insulin levels and producing fast and sustained weight loss. Dr. Hyman explains how to: activate your natural ability to burn fat--especially belly fat; reduce inflammation; reprogram your metabolism; shut off your fat-storing genes; de-bug your digestive system; create effortless appetite control; and soothe the stress to shed the pounds. With practical tools designed to achieve optimum wellness, including meal plans, recipes, and shopping lists, as well as step-by-step, easy-to-follow advice on green living, supplements, medication, exercise, and more, **THE BLOOD**

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SUGAR SOLUTION 10-DAY DETOX DIET is the fastest way to lose weight, prevent disease, and feel your best.

L'80-90% delle persone ha ancora otturazioni dentali in amalgama, una miscela di metalli pesanti tossici come mercurio, argento, stagno, zinco e rame, che vengono rilasciati dalle otturazioni e assorbiti dal corpo. Di conseguenza, chiunque abbia in bocca otturazioni in amalgama ingoia costantemente mercurio e altri metalli pesanti, tossici per l'organismo. E gli effetti nocivi non tardano a manifestarsi, perché i metalli pesanti si accumulano in vari organi e nel cervello, provocando molte malattie (Alzheimer, Parkinson, sclerosi multipla, sclerosi laterale amiotrofica, fibromialgia, mal di testa, nevralgie, disturbi della personalità, depressione, sindrome da stanchezza cronica, allergie e molte altre). Peter Kern esamina a fondo la questione, presentando nuovi aspetti, analizzando le fonti dei metalli pesanti e i loro effetti sull'organismo. Descrive inoltre come scegliere il metodo giusto per disintossicarsi, presenta soluzioni alle possibili complicazioni e fornisce un aiuto concreto per la ricerca di trattamenti efficaci, dimostrando che un valido aiuto può venire dalla naturopatia.

This book intends to provide a comprehensive and up-to-date description of the newest techniques in minimally invasive liver surgery. The treatment of liver diseases comprises a significant component of the practice of any general surgeon working either in the academic, general and community hospitals. With the rapid expansion of knowledge and technology also the liver has been approached laparoscopically in a few specialized centers with well recognized advantages for the patients. Now this large amount of experience will be made

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universally available through this book. After a concise description of the main tools and technology necessary to carry out a safe laparoscopic and/or robot-assisted liver surgery, details of operative techniques will be illustrated. Each chapter will consist of an introduction, a summary of the indications and contraindications of specific operative procedures and a detailed description of each surgical procedure, including the potential complications of both the surgery and the postoperative care. A special effort will be done to provide informative and accurate illustrations and pictures, that will be completed by the DVD containing the movies illustrating the technical procedures performed by the leading European liver surgeons.

"With many case histories of diabetes, high blood pressure, seizures, chronic fatigue syndrome, migraines, Alzheimer's, Parkinson's, multiple sclerosis, and others showing that all of these can be simply investigated and cured"--Cover.

Una tecnica alla portata di tutti per mantenersi in forma e ritrovare il benessere
Seconda edizione riveduta e ampliata con numerose illustrazioni e due mappe a colori delle zone riflesse
Corso teorico-pratico di massaggio riflessogeno ai piedi
È una...
Aura Soma: Healing Through Color, Plant, and Crystal Energy, is a natural healing system using multicolored oils containing plant extracts and

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essences to promote self-healing on a physical, mental or spiritual level. This book explains the over 94 mesmerizing bottles of colored oils and tells how people have discovered their remarkable healing powers, each color variation of oil having its own therapeutic effects. This wonderful method of vibrational healing was originated by a blind woman, Vicky Wall, in the '80s, and her message is carried on here by her loving students, Irene Dalichow and Mike Booth. Aura Soma is a holistic, nonintrusive therapy that not only treats physical and emotional symptoms, but which also revitalizes the human aura. The demand for Aura Soma oils is increasing phenomenally, with interest growing worldwide.

Chemical Exposures: Low Levels and High Stakes explains how day-to-day variations in chemical exposure may cause unusual and seemingly unpredictable symptoms, including many that have been termed psychosomatic in the past. It describes how everyday, low-level chemical exposures may cause fatigue, memory impairment, headaches, mood changes, breathing difficulties, digestive problems, and a host of chronic unexplained illnesses including chronic fatigue syndrome, Gulf War syndrome, and sick building syndrome. The authors are the first writers to clearly describe and document the process of adaptation, a concept that provides a rational and scientific basis for understanding these symptoms. In the Second

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Edition of this professionally acclaimed work, the authors offer evidence for an emerging new theory of disease-toxicant-induced loss of tolerance-which may have far-reaching implications for medicine, public health, and environmental policy. Based on a report commissioned by the New Jersey Department of Health that won the World Health Organization's Macedo Award, *Chemical Exposures* is the most comprehensive book ever written on sensitivity to low level chemical exposure and the many health effects associated with it. This work clarifies the nature of chemical sensitivity, shows how it differs from traditional allergies and toxicity, and suggests how federal and state governments can help those who are affected. The book identifies four major groups of people with hypersensitivity to low levels of chemicals: occupants of tight buildings, industrial workers who handle chemicals, residents of communities exposed to toxic chemicals, and individuals with random and unique exposures to various chemicals. The fact that similar symptoms are being reported by members of these demographically diverse groups not only points to a serious problem, it may also contribute to a better understanding of chemical sensitivity. Included are a number of features that will be invaluable to health professionals: * Clear, concise explanations of technical material * The most extensive bibliography to date on the subject * Tables contrasting different

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medical approaches * Descriptions of recent research and proposed mechanisms * An annotated bibliographical appendix highlighting illnesses that have been linked to environmental exposures * Policy recommendations for federal and state governments "Clinicians and policymakers would do well to read and heed the advice of this book."-Journal of the American Medical Association "Clinicians, researchers, and policymakers in this field would be well advised to read this landmark book."-American Public Health Association Newsletter "A milestone in the evolution of multiple chemical sensitivity."-Chemical and Engineering News ".groundbreaking and accessible.balanced and scholarly.essential reading for risk assessors, physicians, psychologists, attorneys concerned with toxic torts, public health officials, regulators, government decisionmakers, medical and environmental researchers, as well as laypersons."-Journal of Risk Analysis

Stanco, debole e di cattivo umore? E' arrivato il momento di depurarsi con un'alimentazione corretta basata sull'utilizzo di frutta e verdura, importanti fattori di benessere e salute. Una dieta adeguata dal punto di vista nutrizionale è in grado di esercitare effetti positivi nella prevenzione e nel trattamento delle principali malattie del mondo occidentale e per questo ha assunto un ruolo insostituibile nel campo della medicina preventiva. Il testo di Marion

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Grillparzer è una guida illustrata con un taglio pratico che spiega le proprietà dei vegetali e il loro utilizzo mirato per riscoprire il piacere di prendersi cura di se stessi secondo natura.

These Guidelines review the use of medicines such as methadone, buprenorphine, naltrexone and clonidine in combination with psychosocial support in the treatment of people dependent on heroin or other opioids. Based on systematic reviews of the literature and using the GRADE approach to determining evidence quality, the guidelines contain specific recommendations on the range of issues faced in organizing treatment systems, managing treatment programmes and in treating people dependent on opioids. Developed in collaboration with internationally acclaimed experts from the different regions of the globe, this book should be of interest to policy makers, program managers, and clinicians everywhere who seek to alleviate the burden of opioid dependence.

La prima cura contro ogni disturbo sta nell'eliminare scorie e tossine che rallentano i processi vitali e favoriscono le malattie. Vi proponiamo una guida completa per la depurazione di tutti gli organi, attraverso consigli di alimentazione, l'uso di rimedi naturali e integratori. Seguendo i nostri consigli pratici potrete eliminare gonfiori e malesseri, ringiovanire cellule e tessuti, prevenire il rischio di gravi patologie e anche smaltire i chili di troppo.

Master the words and phrases necessary for handling everyday situations Practice Makes Perfect: Italian Vocabulary helps you develop your vocabulary by providing practice in word-building and encouraging you to analyze new words for an ever-increasing vocabulary. Each chapter of this comprehensive book focuses on a theme, such as family or travel, so you can build your language skills in a systematic

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manner. As you lay the foundation for an increasing vocabulary, you are able to perfect your new words with plenty of exercises and gain the confidence to communicate well in Italian. Practice Makes Perfect: Italian Vocabulary offers you: More than 250 exercises Concise grammatical explanations A new chapter on contemporary vocabulary An answer key to gauge your comprehension With help from this book, you can easily speak or write in Italian about: Different occupations and jobs * Italian holidays and traditions * Taking the train * Growing your own garden * Where it hurts on your body * Your house * Your family and friends * What you studied in school * Your favorite TV show * Your family's background . . . and much more!

Father Romano Zago, a Franciscan Friar and scholar, wrote the book *Cancer Can Be Cured* to reveal to the world an all natural Brazilian Recipe that contains the juice made from the whole leaf plant of *Aloe Arborescens* and honey that has been shown to rapidly restore the body's health so it heals itself of all types of cancer. The book tells how it was while administering to the poor in the shantytown of Rio Grande do Sul , Brazil that he and the provincial Father Arno Reckziegel, witnessed the healing of simple people of cancer who used this recipe. Later, when he had assignments in Israel and Italy where this aloe species grows naturally he continued to see great success in the chronically ill being cured when he recommended they use this recipe. This inspired for him to spend the next 20 years in researching the science behind this aloe species and the publication of that research in this book along with his numerous first hand anecdotes of cancer healing by those using the Brazilian juice recipe. Chapters include information on how to prepare the recipe using the three ingredients of whole leaf *Aloe arborescens* juice, honey and a small amount of distillate (1%); how to take the preparation; questions and answers on everything from how

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to pick the aloe leaves, why each of the three ingredients is important in the recipe, the types of cancer that have been cured using the recipe, other diseases and health problems the recipe has shown to be beneficial in helping the human body solve; the internationalization of the recipe on five continents; anecdotal stories of some body healings; the composition of Aloe; and Aloe and Aids. There has been much publicized scientific research and literature on the synergistic benefits of the 300 phytotherapeutic biochemical and nutrient constituents of Aloe vera to aid the body's defenses to enhance the immune system and protect against diseases. However, this is the first book to reveal the little known potency

Presents the Easyway method for quitting smoking, based on a factual understanding of the harm of cigarette addiction and practical advice on how to successfully break the habit.

Stress Syndrome • Metabolic Syndrome • Cardiovascular Syndrome • Immune Syndrome • Malabsorption Syndrome • Hormone Syndrome • Osteo Syndrome These seven categories comprise hundreds of health problems in our modern world – problems that get worse and cause subsequent illness if left untreated. 7-Syndrome Healing takes you on an in-depth journey that covers more than 130 of the most effective and beneficial dietary supplements on the market today. These vitamins, minerals, herbs, and other products help stop the endless progression of health problems, and they do so in the best way: naturally. You'll learn the basics of core vitamins, minerals, and other natural compounds that are important to anyone seeking to prevent the seven syndromes and to live a long, healthy life. Each easy-to-read section of 7 Syndrome Healing will help you quickly identify information in the areas of health that interest you and pertain to your unique needs. This complete manual features detailed examinations of the most popular and

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effective dietary supplements, nutrients, herbs, and other natural alternative remedies, their applications, their history, and their benefits.

The thyroid is the new hot topic in health. Across age groups, from baby boomers and their parents to millennials and even children, more and more people—women especially—are hearing that their thyroids are to blame for their fatigue, weight gain, brain fog, memory issues, aches and pains, tingles and numbness, insomnia, hair loss, hot flashes, sensitivity to cold, constipation, bloating, anxiety, depression, heart palpitations, loss of libido, restless legs, and more. Everyone wants to know how to free themselves from the thyroid trap. As the thyroid has gotten more and more attention, though, these symptoms haven't gone away—people aren't healing. Labeling someone with "Hashimoto's," "hypothyroidism," or the like doesn't explain the myriad health issues that person may experience. That's because there's a pivotal truth that goes by unnoticed: A thyroid problem is not the ultimate reason for a person's illness. A problematic thyroid is yet one more symptom of something much larger than this one small gland in the neck. It's something much more pervasive in the body, something invasive, that's responsible for the laundry list of symptoms and conditions attributed to thyroid disease. In *Medical Medium Thyroid Healing*, Anthony William, the Medical Medium, reveals an entirely new take on the epidemic of thyroid illness. Empowering readers to become their own thyroid experts, he explains in detail what the source problem really is, including what's going on with

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Inflammation, autoimmune disease, and dozens more symptoms and conditions, then offers a life-changing toolkit to rescue the thyroid and bring readers back to health and vitality. It's an approach unlike any other, and as his millions of fans and followers will tell you, it's the approach that gets results.

Nazi Wives is a fascinating look at the personal lives, psychological profiles, and marriages of the wives of officers in Hitler's inner circle. Goering, Goebbels, Himmler, Heydrich, Hess, Bormann—names synonymous with power and influence in the Third Reich. Perhaps less familiar are Carin, Emmy, Magda, Margaret, Lina, Ilse and Gerda... These are the women behind the infamous men—complex individuals with distinctive personalities who were captivated by Hitler and whose everyday lives were governed by Nazi ideology.

Throughout the rise and fall of Nazism these women loved and lost, raised families and quarreled with their husbands and each other, all the while jostling for position with the Fuhrer himself. Until now, they have been treated as minor characters, their significance ignored, as if they were unaware of their husbands' murderous acts, despite the evidence that was all around them: the stolen art on their walls, the slave labor in their homes, and the produce grown in concentration camps on their tables. James Wyllie's *Nazi Wives* explores these women in detail for the first time, skillfully interweaving their stories through years of struggle, power, decline and destruction into the post-war twilight of denial and delusion.

'User-friendly' format ideal for exam preparation, concise

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text clearly integrated with high-quality colour clinical photographs, unique approach allows review of a wide selection of cases during short clinical attachments, and an essential resource for students and health care specialists in all fields of medicine.

Helmut Sigel, Astrid Sigel and Roland K.O. Sigel, in close cooperation with John Wiley & Sons, launch a new Series "Metal Ions in Life Sciences". The philosophy of the Series is based on the one successfully applied to a previous series published by another publisher, but the move from "biological systems" to "life sciences" will open the aims and scope and allow for the publication of books touching on the interface between chemistry, biology, pharmacology, biochemistry and medicine.

Volume 2 focuses on the vibrant research area concerning nickel as well as its complexes and their role in Nature. With more than 2,800 references and over 130 illustrations, it is an essential resource for scientists working in the wide range from inorganic biochemistry all the way through to medicine. In 17 stimulating chapters, written by 47 internationally recognized experts, Nickel and Its Surprising Impact in Nature highlights critically the biogeochemistry of nickel, its role in the environment, in plants and cyanobacteria, as well as for the gastric pathogen *Helicobacter pylori*, for gene expression and carcinogenesis. In addition, it covers the complex-forming properties of nickel with amino acids, peptides, phosphates, nucleotides, and nucleic acids. The volume also provides sophisticated insights in the recent progress made in understanding the role of nickel in enzymes such as ureases, hydrogenases, superoxide

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dismutases, acireductone dioxygenases, acetyl-coenzyme A synthases, carbon monoxide dehydrogenases, methyl-coenzyme M reductases...and it reveals the chaperones of nickel metabolism.

Often called the father of modern aromatherapy, Tisserand introduced the use of essential oils in healing in this seminal bestseller. Includes a glossary and therapeutic index.

The book addresses controversies related to the origins of cancer and provides solutions to cancer management and prevention. It expands upon Otto Warburg's well-known theory that all cancer is a disease of energy metabolism. However, Warburg did not link his theory to the "hallmarks of cancer" and thus his theory was discredited. This book aims to provide evidence, through case studies, that cancer is primarily a metabolic disease requiring metabolic solutions for its management and prevention. Support for this position is derived from critical assessment of current cancer theories. Brain cancer case studies are presented as a proof of principle for metabolic solutions to disease management, but similarities are drawn to other types of cancer, including breast and colon, due to the same cellular mutations that they demonstrate.

Curare il fegatoCurare il fegatobisogna disintossicarlo bene : così previene le malattie piuù graviDisintossicarsi senza faticaIn 7 giorni in modo semplice ed economicoLSWR

A Thoroughly Southern Mystery #7 "Patricia Sprinkle is a modern master of the classic cozy mystery." --Nancy Pickard State bridge champ, Edie Whelan, may win card

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games, but the hand that life deals her isn't quiet as rosy. But she has her job at the library and her beautiful thousand-acre pecan grove—a stressful life, but an acceptable one. But then the pecan grove's foreman suddenly dies...and then Edie goes too—and not from natural causes. Now, county magistrate Mac Yarbrough is on the case to prove the foreman's son innocent of murder, and figure out who's got a card up their sleeve... “Sprinkle entertains and enchants her readers. Her characters are so real you'll find yourself believing you grew up with them.” —Christian Retailing “Sprinkle has a real eye for regional culture and traditions. . . . She tackles weighty subject matter with a steady hand and a reassuring touch.”—Atlanta Journal Constitution “Sprinkle has a gift for developing a full, rich world.” —Publisher's Weekly

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