

Scaricare La Dieta Anti Artrosi Di Marco Lanzetta Libri

"Every year between 250 000 and 500 000 people suffer a spinal cord injury, with road traffic crashes, falls and violence as the three leading causes. People with spinal cord injury are two to five times more likely to die prematurely. They also have lower rates of school enrollment and economic participation than people without such injuries. Spinal cord injury has costly consequences for the individual and society, but it is preventable, survivable and need not preclude good health and social inclusion. Ensuring an adequate medical and rehabilitation response, followed by supportive services and accessible environments, can help minimize the disruption to people with spinal cord injury and their families. The aims of International perspectives on spinal cord injury are to: --assemble and summarize information on spinal cord injury, in particular the epidemiology, services, interventions and policies that are relevant, together with the lived experience of people with spinal cord injury; --make recommendations for actions based on this evidence that are consistent with the aspirations for people with disabilities as expressed in the Convention on the Rights of Persons with Disabilities.

This new version of Frances Barr's classic introductory text, *Diagnostic Ultrasound in the Dog and Cat*, has now been revised and expanded to cover the considerable technological and knowledge based advances since the first book was published in 1990. With contributions from leading subject experts, this new book covers both the theoretical principles behind the use of ultrasound in small animal practice and the practical approach to image interpretation. In-keeping with the user-friendly style of Frances Barr's book, the book is extensively illustrated with photographs and accompanying line drawings. Organised around body systems, each chapter covers imaging procedures, normal appearances, abnormal appearances/diseases and specific conditions. Exotic animals, such as rabbits and reptiles are also included, as are new Doppler techniques. This practical guide is essential reading for all those involved in small animal imaging.

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 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.

The prevention and management of childhood obesity is important since obesity in childhood is predictive of obesity and adverse health outcomes in adulthood. The motivation of the entire family is crucial. Diseases that cause obesity are rare, but they should be identified. This volume is the newest release in the authoritative series issued by the National Academy of Sciences on dietary reference intakes (DRIs). This series provides recommended intakes, such as Recommended Dietary Allowances (RDAs), for use in planning nutritionally adequate diets for individuals based on age and gender. In addition, a new reference intake, the Tolerable Upper Intake Level (UL), has also been established to assist an individual in knowing how much is "too much" of a nutrient. Based on the Institute of Medicine's review of the scientific literature regarding dietary micronutrients, recommendations have been formulated regarding vitamins A and K, iron, iodine, chromium, copper, manganese, molybdenum, zinc, and other potentially beneficial trace elements such as boron to determine the roles, if any, they play in health. The book also: Reviews selected components of food that may influence the bioavailability of these compounds. Develops estimates of dietary intake of these compounds that are compatible with good nutrition throughout the life span and that may decrease risk of chronic disease where data indicate they play a role. Determines Tolerable Upper Intake levels for each nutrient reviewed where adequate scientific data are available in specific population subgroups. Identifies research needed to improve knowledge of the role of these micronutrients in human health. This book will be important to professionals in nutrition research and education.

This first-ever Surgeon General's Report on bone health and osteoporosis illustrates the large burden that bone disease places on our Nation and its citizens. Like other chronic diseases that disproportionately affect the elderly, the prevalence of bone disease and fractures is projected to increase markedly as the population ages. If these predictions come true, bone disease and fractures will have a tremendous negative impact on the future well-being of Americans. But as this report makes clear, they need not come true: by working together we can change the picture of aging in America. Osteoporosis, fractures, and other chronic diseases no longer should be thought of as an inevitable part of growing old. By focusing on prevention and lifestyle changes, including physical activity and nutrition, as well as early diagnosis and appropriate treatment, Americans can avoid much of the damaging impact of bone disease and other chronic diseases. This Surgeon General's Report brings together for the first time the scientific evidence related to the prevention, assessment, diagnosis, and treatment of bone disease. More importantly, it provides a framework for moving forward. The report will be another effective tool in educating Americans about how they can promote bone health throughout their lives. This first-ever Surgeon General's Report on bone health and osteoporosis provides much needed information on bone health, an often overlooked aspect of physical health. This report follows in the tradition of previous Surgeon Generals' reports by identifying the relevant scientific data, rigorously evaluating and summarizing the evidence, and determining conclusions.

This practical text guides the reader in developing the necessary tools for teaching those patients with limited literacy skills. Nurses will learn proven strategies for evaluating comprehension and teaching patients using written materials, tapes, video, computer aided instruction, visuals, and graphics. An abundance of case studies helps to demonstrate the application of teaching/learning theory to actual practice. Readers will also explore literacy issues in health care as well as the cultural impact on comprehension.

This lucid work provides a distillation of the author's lifetime experience with and compassion for the elderly. The expression "Giants of Geriatrics", coined by the author, is used in medical language to describe the principle chronic disabilities of old age. These include immobility, instability, incontinence, and intellectual impairment. Chapters on each of these have been supplemented by chapters on five further chronic disabilities, which are stroke, aphasia, depression, and visual and auditory handicap. Each chapter ends with a short critical bibliography, and the most significant points are encapsulated in original aphorisms. The aim is to provide practical guidance in non-specialist language for management of the "Giants", concentrating on areas of geriatric medicine which are not normally available in standard textbooks.

A System of Health Accounts 2011: Revised Edition provides an updated and systematic description of the financial flows related to the consumption of health care goods and services.

Turn food from foe to friend with this bestselling guide to developing healthy eating habits through mindfulness—from a

Zen teacher Food. It should be one of life's great pleasures, yet many of us have such a conflicted relationship with it that we miss out on that most basic of satisfactions. But it is possible—and not really all that difficult—to reclaim the joy of eating, according to Dr. Jan Bays. Mindfulness is the key. Her approach involves bringing one's full attention to the process of eating—to all the tastes, smells, thoughts, and feelings that arise during a meal. She shows you how to:

- Tune into your body's own wisdom about what, when, and how much to eat
- Eat less while feeling fully satisfied
- Identify your habits and patterns with food
- Develop a more compassionate attitude toward your struggles with eating
- Discover what you're really hungry for

Whether you are overweight, suffer from an eating disorder, or just want to get more out of life, this book offers a simple tool that can transform your relationship with food into one of ease and delight. This new edition, updated throughout, contains a new chapter on how to provide children with a foundation in mindful eating that will serve them well all the rest of their lives. It also includes a link to a 75-minute on-line audio program of mindful eating exercises led by the author.

Compulsive Eating Behavior and Food Addiction: Emerging Pathological Constructs is the first book of its kind to emphasize food addiction as an addictive disorder. This book focuses on the preclinical aspects of food addiction research, shifting the focus towards a more complex behavioral expression of pathological feeding and combining it with current research on neurobiological substrates. This book will become an invaluable reference for researchers in food addiction and compulsive eating constructs. Compulsive eating behavior is a pathological form of feeding that phenotypically and neurobiologically resembles the compulsive-like behaviors associated with both drug abuse and behavioral addictions. Compulsive eating behavior, including Binge Eating Disorder (BED), certain forms of obesity, and 'food addiction' affect an estimated 70 million individuals worldwide. Synthesizes clinical and preclinical perspectives on addictive eating behavior Identifies how food addiction is similar and/or different from other addictions Focuses on the underlying neurobiological mechanisms Provides information on therapeutic interventions for patients with food addiction

The Public Health Foundation (PHF) in partnership with the Centers for Disease Control and Prevention (CDC) is pleased to announce the availability of Epidemiology and Prevention of Vaccine-Preventable Diseases, 13th Edition or "The Pink Book" E-Book. This resource provides the most current, comprehensive, and credible information on vaccine-preventable diseases, and contains updated content on immunization and vaccine information for public health practitioners, healthcare providers, health educators, pharmacists, nurses, and others involved in administering vaccines. "The Pink Book E-Book" allows you, your staff, and others to have quick access to features such as keyword search and chapter links. Online schedules and sources can also be accessed directly through e-readers with internet access. Current, credible, and comprehensive, "The Pink Book E-Book" contains information on each vaccine-preventable disease and delivers immunization providers with the latest information on:

- Principles of vaccination
- General recommendations on immunization
- Vaccine safety
- Child/adult immunization schedules
- International vaccines/Foreign language terms
- Vaccination data and statistics

The E-Book format contains all of the information and updates that are in the print version, including:

- New vaccine administration chapter
- New recommendations regarding selection of storage units and temperature monitoring tools
- New recommendations for vaccine transport
- Updated information on available influenza vaccine products
- Use of Tdap in pregnancy
- Use of Tdap in persons 65 years of age or older
- Use of PCV13 and PPSV23 in adults with immunocompromising conditions
- New licensure information for varicella-zoster immune globulin

Contact bookstore@phf.org for more information. For more news and specials on immunization and vaccines visit the Pink Book's Facebook fan page

Wheat Belly Lose the Wheat, Lose the Weight, and Find Your Path Back to Health Rodale Books

In this updated reissue of their classic Homeopathy: A Frontier in Medical Science, Italian physicians Paolo Bellavite and Andrea Signorini thoroughly examine previous and current literature on the science of homeopathy in order to discover answers to the elemental questions about homeopathy. Bellavite and Signorini engage in a fascinating discussion of the biophysics of water, biological effects of electromagnetic fields, chaos theory, and fractals.

"Published by the United States Government in recognition of its responsibility to promulgate this classification throughout the United States for morbidity coding." Complete comparability with International classification of diseases, 9th revision.

Recommended for all clinical settings; required for reporting of diagnoses and diseases in all U.S. Public Health Service and Health Care Financing Administration programs. Three volumes consist of tabular list of diseases, alphabetic index of diseases, and tabular list and alphabetic index of procedures.

Includes a sneak peek of Undoctored—the new book from Dr. Davis! In this #1 New York Times bestseller, a renowned cardiologist explains how eliminating wheat from our diets can prevent fat storage, shrink unsightly bulges, and reverse myriad health problems. Every day, over 200 million Americans consume food products made of wheat. As a result, over 100 million of them experience some form of adverse health effect, ranging from minor rashes and high blood sugar to the unattractive stomach bulges that preventive cardiologist William Davis calls "wheat bellies." According to Davis, that excess fat has nothing to do with gluttony, sloth, or too much butter: It's due to the whole grain wraps we eat for lunch. After witnessing over 2,000 patients regain their health after giving up wheat, Davis reached the disturbing conclusion that wheat is the single largest contributor to the nationwide obesity epidemic—and its elimination is key to dramatic weight loss and optimal health. In *Wheat Belly*, Davis exposes the harmful effects of what is actually a product of genetic tinkering and agribusiness being sold to the American public as "wheat"—and provides readers with a user-friendly, step-by-step plan to navigate a new, wheat-free lifestyle. Informed by cutting-edge science and nutrition, along with case studies from men and women who have experienced life-changing transformations in their health after waving goodbye to wheat, *Wheat Belly* is an illuminating look at what is truly making Americans sick and an action plan to clear our plates of this seemingly benign ingredient.

What do Eastern Europe's booming sex trade, America's subprime mortgage lending scandal, China's fake goods industry, and celebrity philanthropy in Africa have in common? With biopirates trolling the blood industry, fish-farming bandits ravaging the high seas, pornography developing virtually in Second Life, and games like World of Warcraft spawning online sweatshops, how are

rogue industries transmuting into global empires? And will the entire system be transformed by the advent of sharia economics? With the precision of an economist and the narrative deftness of a storyteller, syndicated journalist Loretta Napoleoni examines how the world is being reshaped by dark economic forces, creating victims out of millions of ordinary people whose lives have become trapped inside a fantasy world of consumerism. Napoleoni reveals the architecture of our world, and in doing so provides fresh insight into many of the most insoluble problems of our era.

Evidence Based Medicine provides a clear explanation of the central questions: how to ask answerable clinical questions; how to translate them into effective searches for the best evidence; how to critically appraise that evidence for its validity and importance; and how to integrate it with patients' values and preferences.

Teaches communication skills to doctors and medical practitioners that will improve relationships with patients and increase effectiveness of treatment programs.

Introduction -- Challenges -- potential for health gain -- Guiding principles -- Strategic approach -- Framework for action -- Taking action -- The way forward - taking the next steps -- References -- Annex 1, Annex 2.

These days, it's often easier to avoid face-to-face contact in favor of technological shortcuts. But as Michael Gelb argues in this compelling, entertaining book, the meaningful relationships that come from real interaction are the key to creating innovative ideas and solving our most intractable problems. In *The Art of Connection*, Gelb offers readers seven methods of developing this essential rapport in their professional and personal lives. Each chapter covers specific techniques and illustrates them with memorable stories, relevant scientific research, and hands-on exercises that allow readers to apply their new skills. Most important, Gelb reminds us that developing rapport with others is not just a business tool to enhance productivity but a valuable end in itself. He guides us to cultivate the skills we all need to deepen our relationships, broaden our humanity, and transform our lives.

Dr. Perlmutter's #1 New York Times bestseller about the devastating effects of gluten, sugar, and carbs on the brain and body -- updated with the latest nutritional and neurological science *When Grain Brain* was published in 2013, Dr. Perlmutter kick-started a revolution. Since then, his book has been translated into thirty languages, and more than 1.5 million readers have been given the tools to make monumental life-changing improvements to their health. They've lost weight, banished anxiety and depression, reduced or eliminated chronic conditions, and taken proactive steps to safeguard themselves against cognitive decline and neurological disease -- all without drugs. In this fully revised, five-year-anniversary edition, Dr. Perlmutter builds on his mission. Drawing on the latest developments in scientific research, which have further validated his recommendations, he explains how the Grain Brain program boosts the brain, shows the benefits of using fat as a main fuel source, and puts forth the most compelling evidence to date that a non-GMO, gluten-free, and low-carb diet is crucial for cognitive function and long-term health. Featuring up-to-date data and practical advice based on leading-edge medicine, including modified guidelines for testing and supplements, plus a wealth of new recipes, *Grain Brain* empowers you to take control of your health as never before and achieve optimal wellness for lifelong vitality.

Get a multi-dimensional understanding of musculoskeletal anatomy with *Anatomy Trains: Myofascial Meridians for Manual Therapists and Movement Professionals*, 4th Edition. This hugely successful, one-of-a-kind title continues to center on the application of anatomy trains across a variety of clinical assessment and treatment approaches - demonstrating how painful problems in one area of the body can be linked to a "silent area" away from the problem, and ultimately giving rise to new treatment strategies. This new fourth edition has been fully updated with the latest evidence-based research and includes new coverage of anatomy trains in motion using Pilates-evolved movement, anatomy trains in horses and dogs, and the updated fascial compendium on elements, properties, neurology, and origins of the fascial system. This new edition also features an enhanced eBook format included with purchase as well as new photos and images throughout both text versions. In all, this unique exploration of the role of fascial in healthy movement and postural distortion is an essential read for physical therapists, massage therapists, craniosacral therapists, yoga instructors, osteopathologists, manual therapists, athletic and personal trainers, dance instructors, chiropractors, acupuncturists, and any professional working in the field of movement. A revolutionary approach to the study of human anatomy provides a holistic map of myoanatomy to help improve the outcomes of physical therapies that are traditionally used to manage pain and other musculoskeletal disorders. Relevant theory descriptions are applied to all common types of movement, posture analysis, and physical treatment modalities. Intuitive content organization has been designed to help you reference a concept quickly or gain a more detailed understanding of any given area according to your need. Section on myofascial force transmission in gait dynamics is written by guest author James Earls. Robust appendices discuss the relevance of the *Anatomy Trains* concept to the work of Dr Louis Schultz (Meridians of Latitude), Ida Rolf (Structural Integration) and correspondences with acupuncture meridians. NEW! Revised and expanded content throughout the text reflects the most up-to-date research and latest evidence for the scientific basis of common clinical finding. NEW! Enhanced eBook format included with purchase offers a new larger library of recent HD videos, including animations and webinars with the author. NEW! Section on anatomy trains in motion uses Pilates-evolved movement to explore strength and plasticity along each line by Art of Motion author Karin Gurtner NEW! Appendix: The *Anatomy Trains* in quadrupeds (horses and dogs), mapped for equine and pet therapies by Rikke Schultz and Wibeke Eklund, DVMs NEW! Appendix: Updated fascial compendium on elements, properties, neurology, and origins of the fascial system NEW! Photos and images of fascial tissues, adhesions, and layers gives you a better understanding of text content.

A guide to the diet sweeping Europe explains how to eat in restaurants and enjoy champagne and chocolate and still lose weight by identifying different kinds of fats and watching the glycemic index of carbohydrates

The Mediterranean is an outstanding 'hot-spot' of biological diversity. It is exceptional not only for this, but also because of its long history of interactions between its human inhabitants and the other fauna and flora of the region. The cradle of many civilizations, the Mediterranean region has been host to humans for thousands of years. This book is the first to synthesise our current understanding of the ecology, biology, and geology of Mediterranean animals, birds, and plants, and their habitats. The authors focus on the unique historical determinants and spatial patterns of Mediterranean biodiversity. In particular, the dramatic impacts of long-term human activities on the region's landscapes, flora, and fauna, are considered. This fascinating story will be of interest to researchers and students in ecology, biology, conservation, and geography, as well as to naturalists, and ecotourists visiting this popular holiday region.

Vaccinology: An Essential Guide outlines in a clear, practical format the entire vaccine development process, from conceptualization and basic immunological principles through to clinical testing and licensing of vaccines. With an outstanding introduction to the history and practice of vaccinology, it also guides the reader through the basic science relating to host immune responses to pathogens. Covering the safety, regulatory, ethical, and economic and geographical issues that drive vaccine development and trials, it also presents vaccine delivery strategies, novel vaccine platforms (including experimental vaccines and pathogens), antigen development and selection, vaccine modelling, and the development of vaccines against emerging pathogens and agents of bioterror. There are also sections devoted to veterinary vaccines and associated regulatory processes. *Vaccinology: An Essential Guide* is a perfect tool for designed for undergraduate and graduate microbiologists and immunologists, as well as residents, fellows and trainees of infectious disease and vaccinology. It is also suitable for all those involved in designing and conducting clinical vaccine trials, and is the ideal companion to the larger reference book *Vaccinology: Principles and Practice*.

By popular request the artist behind the Pattern and Design Coloring Book Series now brings you 50 new mandala designs: Volume One of her new series devoted wholly to mandalas! These beautiful and intricate mandalas are artist Jenean Morrison's interpretation of an art form that can be traced back centuries. Mandalas are used by many as calming, meditative tools. As with her Pattern and Design Coloring Book series, all 50 designs are printed on the FRONTS OF PAGES ONLY. Jenean is certain that you'll find these mandalas as relaxing and fun to color as they were for her to design. Challenging yet soothing at the same time, you'll experience many hours of enjoyment with Volume One of the Mandala Designs Coloring Book!

This book provides a practical guide to the management of secondary symptoms commonly seen in patients suffering from advanced cancer, AIDS, and other terminal diseases. Drawing on a vast body of knowledge about the causes of specific symptoms and what works best to relieve them, the book issues expert advice on the steps to follow when evaluating patients and finding ways to improve their comfort and quality of life. Emphasis is placed on the need for individual treatment plans that take into account psychological, social, and spiritual aspects as well as physical problems. While many of the approaches described are drug-based, non-drug measures, which are often simple to implement and can provide substantial relief, are also covered in detail. The book has 15 concise chapters. General principles of patient evaluation and management are outlined in the first, which lists routine questions to be asked when evaluating the nature and severity of a symptom and explains the principles of treatment for both non-drug measures and drug therapies. The remaining chapters, which form the core of the guide, focus on 14 common symptoms, moving from anorexia, anxiety, and asthenia, through constipation, nausea, and vomiting, to skin problems and urinary symptoms. Complaints such as cough and hiccup, which can give rise to considerable discomfort in the terminally ill patient, are also considered. Each symptom is covered according to a common approach, which outlines possible causes, describes the steps to follow during evaluation, and explains how to select and implement the best treatment option. Details range from a five-step plan for the management of uncomplicated constipation, through alerts to cases where inappropriate treatments may be harmful or dangerous, to advice on the types of food that are particularly likely to precipitate nausea. For drug therapies, information includes recommended drugs, doses, and modes of administration, together with advice on special side effects and other problems that may arise in the terminally ill patient. The book complements information contained in the standard WHO guide *Cancer Pain Relief: with a Guide to Opioid Availability* which is now in its second edition. Pain management is therefore not covered in the present work.

* What explanations have been advanced for pain and what are their shortcomings? * How do theoretical models account for apparent anomalies in the experience of pain? * What are the implications for clinical practice and how has practice guided theory? Psychology has made an enormous contribution to the understanding of pain and its phenomena, mechanisms, and treatments. This book explores and integrates current research in key areas of pain and pain management from a psychological perspective, and places recent developments in an historical context. The experience of pain cannot be captured in physiological terms, and treatments based on physical models are often inadequate. This book explores the multidimensional nature of pain mechanisms, including the roles of past experience, culture and personality, and considers the implications for research and treatment. The approach is primarily theoretical, but with a significant emphasis on clinical practice and application. This balance is often lacking in comparable texts, and is enhanced by the professional and research background of the authors. This clear and approachable text includes self-contained chapters that can be regarded as units of study and a unified glossary of terms completes the package. It is designed to provide a key resource for advanced undergraduate and postgraduate courses in health psychology, clinical psychology and social psychology as well as students and practitioners in health and social welfare.

This text is a concise handbook designed to assist the clinician in the implementation of Accelerated Partial Breast Irradiation (APBI). It includes a review of the principles that underlie APBI, a practical and detailed description of each technique for APBI, a review of current clinical results of APBI, and a review of the incidence and management of treatment related complications. The book encompasses a number of different techniques and approaches that include brachytherapy, intraoperative, and external beam techniques. There is currently no single source that describes these techniques and their clinical implementation.

The demand for academic coursework and corporate training programs using the Internet and computer-mediated communication networks increases daily. The development and implementation of these new programs requires that traditional teaching techniques and course work be significantly reworked. This handbook consists of 20 chapters authored by experts in the field of teaching in the online environment to adult students enrolled in graduate university degree programs, corporate training programs, and continuing education courses. The book is organized to first lay a conceptual and theoretical foundation for implementing any online learning program. Topics such as psychological and group dynamics, ethical issues, and curriculum design are covered in this section. Following the establishment of this essential framework are separate sections devoted to the practical issues specific to developing a program in either an academic or corporate environment. Whether building an online learning program from the ground up or making adjustments to improve the effectiveness of an existing program, this book is an invaluable resource.--From Amazon.

The content of "Diagnostic criteria for research" (DCR-10) is derived from chapter V(F), Mental and behavioural disorders, of ICD-10 [International Statistical Classification of Diseases and Related Health Problems, tenth revision] This second edition has been updated in a user-friendly layout that makes its comprehensive information extremely accessible. The handbook, written for all physicians who treat cancer patients, provides a survey of current therapeutic concepts of solid tumors and hematologic malignancies in internal oncology. Each individual chapter of this shortened new edition is structured in the same way and features a brief outline or tabular summary of the main aspects of epidemiology, pathology, staging, and diagnosis. The main focus is on the therapeutic strategy, i.e., an interdisciplinary approach to systemic drug therapy. Surgical and radiological concepts of treatment are also covered, as are supportive care, pain relief methods and ethical problems. This title is a must for clinicians and practitioners as well as interns, residents and postgraduate students.

The medically proven diet that restores your body's essential nutritional balance "Good fats"--essential fatty acids--influence every aspect of our being, from the beating of our hearts to our ability to learn to remember. There are two types of essential fatty acids (EFAs), omega-6 and omega-3. The problem with our modern diet is that it contains far more omega-6 fatty acids than omega-3s. This hidden imbalance makes us more vulnerable to heart disease, cancer,

obesity, autoimmune diseases, allergies, diabetes, and depression. The Omega Diet is a natural, time-tested diet that balances the essential fatty acids in your diet. It is packed with delicious food that contain the "good" fats, including real salad dressing, cheese, eggs, fish--even the occasional chocolate dessert--and an abundance of antioxidant-rich fruits, vegetables, and legumes. The Omega Diet provides: seven simple dietary guidelines for optimal physical and mental health a concise guide to the foods you need to restore your body's nutritional balance a diet plan that lets you eat fat as you lose fat fifty delicious recipes that are quick and easy to prepare a comprehensive three-week menu to help you get started

Describes the health advantages of a vegetarian diet, offers recipes and menu plans, and includes suggestions for dieters, athletes, and diabetics.

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