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RUSH HARDY

Theory & Practice Psychiatry Princeton University Press

Die richtigen Lebensmittel auswählen ist bei einer Unverträglichkeit von Histamin manchmal nicht so einfach. Was kann ich bedenkenlos essen, was bereitet mir Beschwerden? Ist in diesem Lebensmittel auch wirklich kein Histamin enthalten und löst es auch keine Histaminfreisetzung im Körper aus? Dieser Einkaufsführer schafft Abhilfe: - Auf einen Blick: Die besten Lebensmittel für eine mastzellschonende Ernährung. - Praktisches Ampelsystem: Sofort sehen, was geeignet ist und was Sie besser nicht kaufen. - Auswärts essen: die besten Tipps für beschwerdefreien Genuss auch im Restaurant.

Richtig einkaufen bei Laktose-Intoleranz. Springer

This updated edition of the Handbook of Autism explores and expands on the practical and jargon free information of the best-selling first edition. The authors dispel many of the myths surrounding this puzzling and complex disorder. They provide practical information that makes sense, covering both medical and educational issues. Revised research and new case-studies, including follow-ups to the case-studies featured in the first edition reflect the developments made over the last eight years both in the understanding and management of autism. A list of contacts and services at the back of the book underlines its practical approach.

Observing Homosexual and Gender Nonconformity Behaviors John Wiley & Sons

The author presents the theory of portfolio choice from a new perspective, recommending decision rules that have advantages over those currently used in theory and practice. Portfolio choice theory relies on expected values. Goodall argues that this dependence has a historical basis and argues that current decision rules are inadequate for most portfolio choice situations. Drawing on econometric solutions proposed for the problem of forecasting outcomes of a chance experiment, the author defines adequacy criteria, and proposes adequate decision rules for a variety of situations. Goodall's theory combines the problems of prediction and choice, and formulates solutions based on cost functions that fit the underlying decision situation.

Living Gluten-Free For Dummies Georg Thieme Verlag

Ob Reizdarm, Reizmagen, Intoleranzen oder Magenerkrankungen - leichte Schonkost hilft garantiert! Und bei der Auswahl der richtigen Lebensmittel hilft die Neuauflage dieses Einkaufsführers. Über 700 Nahrungsmittel aus dem Supermarkt, Bioladen, dem Markt oder Snacks für unterwegs werden nach Lebensmittelgruppen und Beschwerden wie Blähungen Zusätzlich gibt es Ernährungstipps, Einkaufstabellen und Hinweise zum Essen im Restaurant und unterwegs. und Verstopfung unterteilt und zuverlässig mit einer Ampel bewertet.

Richtig einkaufen bei Fructose-Intoleranz Georg Thieme Verlag

In Cancer Screening: A Practical Guide for Physicians, a panel of highly experienced clinicians and researchers from around the world present their up-to-date screening techniques for a wide variety

of cancers. The techniques range from screening for breast, gynecological, and gastrointestinal cancers, to testing for urogenital, dermatological, and respiratory cancers. In addition to providing the busy practitioner with quick access to guidelines for particular cancers, the epidemiology and biology of the various cancers, as well as the sensitivity and specificity of the methods, are discussed in detail. Authoritative and physician-friendly, Cancer Screening: A Practical Guide for Physicians offers to all internists, oncologists, various subspecialists, and primary care physicians a concise practical review of cancer screening designed specifically for daily use in the consulting room.

Wenn Brot & Getreide krank machen John Wiley & Sons

Attraktiv gestaltetes Kochbuch für Menschen, die unter Fruchtzucker-Unverträglichkeit leiden; mit einer kurzen medizinischen Einleitung, in der die wichtigsten Grundregeln einer fruchtzuckerarmen Ernährung erklärt werden.

Perfect Health Diet Simon and Schuster

Stabilizing the world's climates means cutting carbon dioxide pollution. There's no way around it. But what if that's not enough? What if it's too difficult to accomplish in the time allotted or, worse, what if it's so late in the game that even cutting carbon emissions to zero, tomorrow, wouldn't do? Enter solar geoengineering. The principle is simple: attempt to cool Earth by reflecting more sunlight back into space. The primary mechanism, shooting particles into the upper atmosphere, implies more pollution, not less. If that doesn't sound scary, it should. There are lots of risks, unknowns, and unknowables. In Geoengineering: The Gamble, climate economist Gernot Wagner provides a balanced take on the possible benefits and all-too-real risks, especially the so-called "moral hazard" that researching or even just discussing (solar) geoengineering would undermine the push to cut carbon emissions in the first place. Despite those risks, he argues, solar geoengineering may only be a matter of time. Not if, but when. As the founding executive director of Harvard's Solar Geoengineering Research Program, Wagner explores scenarios of a geoengineered future, offering an inside-view of the research already under way and the actions the world must take to guide it in a productive direction.

Cancer Screening Georg Thieme Verlag

This book is unique in that it is a book written by world experts in a way that can easily be understood by athletes and which can immediately result in changes that can help performance or recovery. The various chapters are written by leaders in the field who discuss the latest science and translate the scientific findings into a practical message. So it is not just theory, every chapter contains clear advice and by doing so this book bridges the gap between science and practice. After reading this book, athletes and coaches will be up to date with the latest developments, will be able to distinguish fact from fiction and will be able to make changes to their nutritional preparation that will have an impact.

Laktose-Intoleranz BoD - Books on Demand

Practical, delicious ways to manage a gluten-free diet. If you have a wheat allergy, gluten

intolerance, celiac disease, or just want to enjoy the benefits of a diet free of wheat, barley, and rye, then this handy pocket guide gets you on the gluten-free path. You'll get a handle on the whos, whats, whys, and hows of going gluten-free as well as trusted advice on how to manage gluten sensitivity. Packed with practical advice ranging from what to eat and what to avoid to how to shop and cook, this book gets you started living — and loving — a gluten-free lifestyle.

Richtig einkaufen bei Laktose-Intoleranz: Über 900 Fertigprodukte und Lebensmittel Georg Thieme Verlag

How knowing the extreme risks of climate change can help us prepare for an uncertain future If you had a 10 percent chance of having a fatal car accident, you'd take necessary precautions. If your finances had a 10 percent chance of suffering a severe loss, you'd reevaluate your assets. So if we know the world is warming and there's a 10 percent chance this might eventually lead to a catastrophe beyond anything we could imagine, why aren't we doing more about climate change right now? We insure our lives against an uncertain future—why not our planet? In *Climate Shock*, Gernot Wagner and Martin Weitzman explore in lively, clear terms the likely repercussions of a hotter planet, drawing on and expanding from work previously unavailable to general audiences. They show that the longer we wait to act, the more likely an extreme event will happen. A city might go underwater. A rogue nation might shoot particles into the Earth's atmosphere, geoengineering cooler temperatures. Zeroing in on the unknown extreme risks that may yet dwarf all else, the authors look at how economic forces that make sensible climate policies difficult to enact, make radical would-be fixes like geoengineering all the more probable. What we know about climate change is alarming enough. What we don't know about the extreme risks could be far more dangerous. Wagner and Weitzman help readers understand that we need to think about climate change in the same way that we think about insurance—as a risk management problem, only here on a global scale. With a new preface addressing recent developments Wagner and Weitzman demonstrate that climate change can and should be dealt with—and what could happen if we don't do so—tackling the defining environmental and public policy issue of our time.

Richtig einkaufen bei Fructose-Intoleranz Georg Thieme Verlag

Massive Verdauungsprobleme, starke Darmbeschwerden nach dem Verzehr von Getreide oder Brot - da denken viele an Zöliakie. Was viele jedoch nicht wissen: Glutenunverträglichkeit muss nicht gleich Zöliakie sein! Menschen mit der sogenannten "Glutensensitivität" fallen durch jedes Raster und gelten als gesund. Doch wo kommen die Beschwerden dann her? Ist alles etwa nur Einbildung? Dr. Ledochowski überrascht mit neuen Thesen: Z. B. sieht er gesunde Vollkorn-Ernährung aus Allergiegründen kritisch. Durch die Selbsttests bietet er Betroffenen eine wertvolle Hilfestellung bei der Suche nach den Ursachen der Beschwerden. Ernährungsempfehlungen und Rezepte runden dieses Buch ab.

The Handbook of Autism Springer

The use of complementary therapies is exploding, increasing the pressure to establish a rigorous science to support its practice. *Clinical Research in Complementary Therapies: Principles, Problems and Solutions* provides students with the tools they need to research complementary and integrative medicine (CIM) and so fill this gap. Essential for both undergraduate and postgraduate students, this second edition is significantly updated and enhanced. Part 1 deals with research strategies and

methods, explaining the major types of clinical research in CIM and how these inter-relate. New chapters are included on whole systems research, qualitative research and questionnaire development. Not all therapies can be treated the same way nor channeled through the signal process of randomized controlled trials. Therefore, detailed description of mixed methods approaches including observational, qualitative, cost-benefit and comparative effectiveness research are described. Part 2 deals with specific complementary therapies and how they are investigated by experts in each field. The book analyses the key questions asked and the controversies debated in complementary medicine research and offers clear and innovative guidance for answering these questions. FEATURES • Provides an overarching synthesis of methods in CIM and how they are to be used collectively including the role of comparative effectiveness research • Suggests both general and specific factors which need to be considered in assessing or planning complementary therapy research • Pinpoints aspects of research which are different in orthodox research and complementary therapy research • Reviews the types of research carried out in specific complementary therapies and analyses issues which arise • Includes information on measuring the economic cost and benefits of complementary medicine, clinical audit and the role of placebos use • Builds upon recent research results, looks at the lessons these provide for all complementary therapies and suggests key issues to address in future research. • Provides an overarching synthesis of methods in CIM and how they are to be used collectively including the role of comparative effectiveness research • Suggests both general and specific factors which need to be considered in assessing or planning complementary therapy research • Pinpoints aspects of research which are different in orthodox research and complementary therapy research • Reviews the types of research carried out in specific complementary therapies and analyses issues which arise • Includes information on measuring the economic cost and benefits of complementary medicine, clinical audit and the role of placebos use • Builds upon recent research results, looks at the lessons these provide for all complementary therapies and suggests key issues to address in future research.

What HIT Me? Living with Histamine Intolerance Georg Thieme Verlag

Referred to as the "Grand Prix of epidemiology" by The New York Times, this study examines more than 350 variables of health and nutrition with surveys from 6,500 adults in more than 2,500 counties across China and Taiwan, and conclusively demonstrates the link between nutrition and heart disease, diabetes, and cancer. While revealing that proper nutrition can have a dramatic effect on reducing and reversing these ailments as well as curbing obesity, this text calls into question the practices of many of the current dietary programs, such as the Atkins diet, that are widely popular in the West. The politics of nutrition and the impact of special interest groups in the creation and dissemination of public information are also discussed.

Richtig einkaufen bei Histamin-Intoleranz Georg Thieme Verlag

Michael Lambertus examines the influence of perceived homosexual sexual and gender nonconform behaviors on the elicitation of two moral emotions, disgust and contempt, as well as moral judgment of male participants in his study. In doing so, he considers the extent to which these men endorse specific cultural beliefs about masculinity—also referred to as 'masculinity ideology'. The author succeeds in proving an increase in disgust towards perceived homosexual, but not towards heterosexual sexual behavior of a description of a fictional person, the more the participants

advocate masculine gender role norms.

[Clinical Research in Complementary Therapies E-Book](#) Elsevier Health Sciences

The simple, science-based, "Paleo perfected" (Vogue) diet that promotes effortless weight loss and peak health—written by two Harvard scientists. In Perfect Health Diet, Paul and Shou-Ching Jaminet explain in straightforward terms how anyone can regain health and lose weight by optimizing nutrition, detoxifying the diet, and supporting healthy immune function. They show how toxic, nutrient-poor diets sabotage health, and how on a healthy diet, diseases often spontaneously resolve. Perfect Health Diet makes weight loss effortless with a clear, balanced, and scientifically proven plan to change the way you eat—and feel—forever!

[Adequate Decision Rules for Portfolio Choice Problems](#) Tor Books

In the past few decades, scientists of human nature—including experimental and cognitive psychologists, neuroscientists, evolutionary theorists, and behavioral economists—have explored the way we arrive at moral judgments. They have called into question commonplaces about character and offered troubling explanations for various moral intuitions. Research like this may help explain what, in fact, we do and feel. But can it tell us what we ought to do or feel? In *Experiments in Ethics*, the philosopher Kwame Anthony Appiah explores how the new empirical moral psychology relates to the age-old project of philosophical ethics. Some moral theorists hold that the realm of morality must be autonomous of the sciences; others maintain that science undermines the authority of moral reasons. Appiah elaborates a vision of naturalism that resists both temptations. He traces an intellectual genealogy of the burgeoning discipline of "experimental philosophy," provides a balanced, lucid account of the work being done in this controversial and increasingly influential field, and offers a fresh way of thinking about ethics in the classical tradition. Appiah urges that the relation between empirical research and morality, now so often antagonistic, should be seen in terms of dialogue, not contest. And he shows how experimental philosophy, far from being something new, is actually as old as philosophy itself. Beyond illuminating debates about the connection between psychology and ethics, intuition and theory, his book helps us to rethink the very nature of the philosophical enterprise.

[Sports Nutrition - From Lab to Kitchen](#) Georg Thieme Verlag

The definitive book on self-healing and true health. This easy to understand book gets right to the point and tells you literally how to turn your life around and never get sick again. No doctors, no pills. You do this at home for almost nothing. Step by Step. See the inspirational video at healyourself101.com

Geoengineering Harvard University Press

Histamine is an important mediator of allergic diseases, but knowledge of histamine as a cause of numerous non-allergic symptoms and signs is limited. This book offers wide-ranging coverage of histamine intolerance. There is extensive background discussion of the origin of histamine, its content in food and alcoholic beverages and intolerance to red wine. Diagnosis of histamine

intolerance is explained and the various symptoms of histamine intolerance are clearly described. Subsequent chapters cover the relation of histamine to a wide variety of conditions, including drug intolerance, atopic dermatitis, seasickness and osteoporosis. This book will prove of value in clinical practice by facilitating differential diagnosis, which is by no means straightforward given the multiplicity of symptoms of histamine intolerance and by assisting in the selection of therapeutic measures.

The Pilgrims Springer Science & Business Media

Als Heilpraktikerin und Azidosetherapeutin hat sich Doris Wroblewski seit über 20 Jahren mit dem Problem der Übersäuerung, besser eines Basenmangels, seinen Ursachen, seinen Folgen und den daraus möglicher Weise entstehenden Krankheiten beschäftigt. In diesem Buch bietet sie eine kurze Einführung in die theoretischen Zusammenhänge, der Schwerpunkt liegt aber auf der Praxis. Eiweiß, Fette und Kohlenhydrate werden danach bewertet, ob sie säure- oder basenüberschüssig im Organismus wirken. Die Basische Kost - so natürlich wie möglich - aus der Küche der Natur sollte die Grundlage unserer täglichen Ernährung sein. Viele einfache Rezepte, geschrieben "aus der Praxis für die Praxis", erleichtern die Umstellung auf eine basenreiche, gesunde Ernährung und weisen damit den Weg zu einem harmonischen Leben und zur Gesundheit in eigener Verantwortung.

[Women's Health Counts](#) Georg Thieme Verlag

HIT - Histamine Intolerance - is a condition that affects many people but remains largely undiagnosed. The symptoms of histamine intolerance (HIT) are caused by the inability of the body to break down histamine sufficiently. These symptoms can appear very like an allergy and can cause stomach and intestinal complaints, migraine, tiredness and skin problems, to name but a few. This is in most cases because of the reduced activity or low presence of an enzyme called diamine oxidase (DAO), which is mainly responsible for breaking down histamine and other biogenic amines ingested through food. Foods that are known culprits include: red wine, ready meals, cured meats, mature cheeses, tomatoes and aubergines. It can make people's lives a total misery. But it CAN be brought under control with the RIGHT DIAGNOSIS and the RIGHT DIET. This book is a guide to how to achieve both. It helps both health professionals and patients gain insight. After the great success of the first edition, this second edition contains a new section on the different points of view about diagnosis as well as a second food list - a tolerance index which resulted from a survey of 800 participants who judged 109 foods according to their individual threshold - side by side with the scientifically based food list. CONTENTS Introduction Histamine Intolerance - In a nutshell How do I find out if I have HIT? Other intolerances -DAO and its closest friends and helpers What HIT is not Specially for the ladies - HIT's favourite targets How do I find out what to eat or not? What do I need to do at home? How do I keep the family happy? How can I deal with this at work? What do I need to keep in mind when shopping? What consequences are there for my social life? Meat - the good...the bad and the ugly Fish - the good... and the ugly Milk and Dairy Products - essentials Fruit & Vegetables - the little labyrinth Bread & Baking The problem with alcohol! Pharmaceuticals, food additives, E-numbers and other culprits Food lists and supplements Short summary of therapy options Recipes The Food Diary

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