Controlling High Blood Through Nutrition, Nutritional Supplements, Lifestyle, and Drugs

Mark C. Houston 2021

“In this second edition of the book, Dr. Houston confirms his stature as master of making the complex understandable, of turning worries into easy and practical action items, and in providing a comprehensive guide for health that goes well beyond blood pressure control. This book is for doctors, nutritionists, naturopaths, pharmacists, and most importantly for all the regular people who understand that high blood pressure is the insidious agent most likely to sabotage our health. I cannot think of another book where all the components of blood pressure control are discussed so thoroughly and clearly. Sergio Fazio, MD, William and Sonja Connor Chair of Preventive Cardiology, Professor of Medicine, Director of Preventive Cardiology, Knight Cardiovascular Institute Oregon Health & Science University, Portland, OR

"Dr. Mark Houston is perhaps the best hypertensive physician expert in the world! He not only brings enormous clinical experience to the table in treating thousands of patients, but also teaches physicians, performs and publishes clinical studies, while writing books for the lay public at the same time. If I had high blood pressure, I would consult with him in a heartbeat! This book is a great place to start for anyone with a family history of hypertension or overt blood pressure issues. Highly recommended!" - Dr. Steve Sinatra, Cardiologist

"Dr. Houston offers an evidenced based approach to hypertension. Whether you are a patient or clinician this book contains a step by step approach not available in conventional medical practice. Learn to transform your health through the power of lifestyle medicine." - Mimi Guarneri MD FACC, Pres. Academy Integrative Health and Medicine, Med. Director Guarneri Integrative Health

"Highly recommended!" - Mark C. Houston, MD FACC, President Academy Integrative Health and Medicine, Med. Director Guarneri Integrative Health

"High blood pressure or hypertension is the most common primary diagnosis in the United States and a leading cause of heart attack, heart failure, kidney failure, and stroke. Despite extensive research over the past several decades, the cause of most cases of adult hypertension is still unknown and thought to be genetic. Current methods of controlling blood pressure in the general population need to be improved. Controlling High Blood Pressure through Nutrition, Nutritional Supplements, Lifestyle, and Drugs provides an integrative approach on how to prevent and treat high blood pressure. It includes scientific research, clinical evaluation, and applications which help patients learn easy solutions to implement treatments to prevent and manage hypertension. Key features:

- Includes recommendations and clinical studies on ideal drugs to reduce blood pressure with the fewest side effects and optimal efficacy.
- Presents a nutrition program for patients to manage high blood pressure and reduce weight which, if followed, helps lower the risk of heart attack, heart failure, stroke, kidney failure, and early death.
- Provides a comprehensive review of nutritional supplements to improve blood pressure control and reduce cardiovascular disease.

Written by leading experts in hypertension and nutrition, this book presents a unique and optimal approach to reducing cardiovascular problems related to high blood pressure, it serves as a guide for both health practitioners and their patients.

How to Raise Kids Who Aren't Assholes

Melinda Wenner Moyer 2021-07-20

How to Raise Kids Who Aren't Assholes is a clear, actionable, sometimes humorous (but always science-based) guide for parents on how to shape their kids into honest, kind, generous, confident, independent, and resilient people...who just might save the world one day. As an award-winning science journalist, Melinda Wenner Moyer was regularly asked to investigate and address all kinds of parenting questions: how to potty train, when and whether to get vaccines, and how to help kids sleep through the night. But as Melinda’s children grew, she found that one huge area was ignored in the realm of parenting advice: how do we make sure our kids don’t grow up to be assholes? On social media, in the news, and from the highest levels of government, kids are increasingly getting the message that being selfish, obnoxious and cruel is okay. Hate crimes among children and teens are rising, while compassion among teens has been dropping. We know, of course, that young people have the capacity for great empathy, resilience, and action, and we all want to bring up kids who will help build a better tomorrow. But how do we actually do this? How do we raise children who are kind, considerate, and ethical inside and outside the home, who will grow into adults committed to making the world a better place? How to Raise Kids Who Aren't Assholes is a deeply researched, evidence-based primer that provides a fresh, often surprising perspective on parenting issues, from toddlerhood through the teenage years.

First, Melinda outlines the traits we want our children to possess–including honesty, generosity, and antiracism—and then she provides scientifically-based strategies that will help parents instill those characteristics in their kids. Learn how to raise the kind of kids you actually want to hang out with—and who just might save the world.

Pre-Incident Indicators of Terrorist Incidents

Brent L. Smith 2011-01

This is a print on demand edition of a hard to find publication. Explores whether sufficient data exists to examine the temporal and spatial relationships that existed in terrorist group planning, and if so, could patterns of preparatory conduct be identified? About one-half of the terrorists resided, planned, and prepared for terrorism relatively close to their eventual target. The terrorist groups existed for 1,205 days from the first planning meeting to the date of the actual/planned terrorist incident. The planning process for specific acts began 2-3 months prior to the terrorist incident. This study examined selected terrorist groups/incidents in the U.S. from 1980-2002. It provides for the potential to identify patterns of conduct that might lead to intervention prior to the commission of the actual terrorist incidents. Illustrations.

Take Control of Your Cancer Risk

John Whyte, MD, MPH 2021-10-05

Something everyone has the power to do is reduce your cancer risk, and this book will show you just how easy it is to do it. Each year, over a million people in the United States alone hear the words no one ever wants to hear: You have cancer. But what if there was a way for fewer people to hear these words? One of the biggest myths regarding cancer is that it’s mostly genetic - meaning that you have no control over whether you get it. While genetics do have an impact, the truth is that your lifestyle and environment play the major role. Physician and Chief Medical Officer of WebMD John Whyte, MD, MPH, shares straightforward information and equips you with strategies to help you on a
journey to better health. In Take Control of Your Cancer Risk, Dr. Whyte provides helpful tips including: assessing your cancer risk knowing which screenings you need, and when learning the role, food, exercise, and sleep play understanding the relationship between stress and cancer.

Take Control of Your Cancer Risk is filled with practical advice that empowers you to really take control of your health.

**Introduction to Electronic Commerce and Social Commerce** Efraim Turban 2017-04-23

This is a complete update of the best-selling undergraduate textbook on Electronic Commerce (EC). New to this 4th Edition is the addition of material on Social Commerce (two chapters); a new tutorial on the major EC support technologies, including cloud computing, RFID, and EDI; ten new learning outcomes; and video exercises added to most chapters. Wherever appropriate, material on Social Commerce has been added to existing chapters. Supplementary material includes an Instructor’s Manual; Test Bank questions for each chapter; Powerpoint Lecture Notes; and a Companion Website that includes EC support technologies as well as online files. The book is divided into six parts. Part 1 is an Introduction to E-Commerce and E-Marketsplaces. Part 2 focuses on EC Applications, while Part 3 looks at Emerging EC Platforms, with two new chapters on Social Commerce and Enterprise Social Networks. Part 4 examines EC Support Services, and Part 5 looks at E-Commerce Strategy and Implementation. Part 6 is a collection of online tutorials on Launching Online Businesses and EC Projects, with tutorials focusing on e-CRM; EC Technology; Business Intelligence, including Data-, Text-, and Web Mining; E-Collaboration; and Competition in Cyberspace. The following are tutorials: "are" "not" "related" "to" "any" "specific" "chapter." =" they" "cover" "the" "essentials" "ecce" "technologies" "and" "provide" "a" "guide" "to" "relevant" "resources." WP

**Black Man with a Gun** Lucky Rosenbloom 2011-02-21

AMERICA’S WORST NIGHTMARE IS AN ARMED BLACK AMERICAN’S WE APONY OF EDUCATION. Shooting his ammunition of applied knowledge. Th e ability to articulate the Black opinion fi red through his pen and paper as direct force to protect his family and self from the weapons of others. Black Man with a Gun compels Blacks to defend and protect themselves with justifi ed ed force when confronted with incidents of unfairness. Black males must choose to engage or disengage; protecting yourself / engaging must be done with fully loaded weaponry of immediate, competent, and concise application of your education. One must be prepared to willfully, intentionally, and lawfully engage in political and social issues. Th e Black male must be prepared with the ammunition of research, courage and perspicacity. Load, reload and fire at will. Let your opinions exit your weapon (brain) with intense force. When giving our opinions or protecting ourselves it’s best to fight and live than killed into EC chapters grouped into 6 parts. Part 1 is an Introduction to E-Commerce and E-Marketspaces. Part 2 focuses on EC Applications, while Part 3 looks at Emerging EC Platforms, with two new chapters on Social Commerce and Enterprise Social Networks. Part 4 examines EC Support Services, and Part 5 looks at E-Commerce Strategy and Implementation. Part 6 is a collection of online tutorials on Launching Online Businesses and EC Projects, with tutorials focusing on e-CRM; EC Technology; Business Intelligence, including Data-, Text-, and Web Mining; E-Collaboration; and Competition in Cyberspace. The following are tutorials: "are" "not" "related" "to" "any" "specific" "chapter." =" they" "cover" "the" "essentials" "ecce" "technologies" "and" "provide" "a" "guide" "to" "relevant" "resources." WP

**Telemedicine** Institute of Medicine 1996-11-08 Telemedicine—the use of information and telecommunications technologies to provide and support health care when distance separates the participants—is receiving increasing attention not only in remote areas where health care access is troublesome but also in urban and suburban locations. Yet the benefits and costs of this blend of medicine and digital technologies must be better demonstrated before today's cautious decisionmakers invest significant funds in its development. Telemedicine presents a framework for evaluating patient care applications of telemedicine. The book identifies managerial, technical, policy, legal, and human factors that must be taken into account in evaluating a telemedicine program. The committee reviews previous efforts to establish evaluation frameworks and reports on results from several completed studies of image transmission, consulting from remote locations, and other telemedicine programs. The committee also examines basic elements of an evaluation and considers relevant issues of quality, accessibility, and cost of health care. Telemedicine will be of immediate interest to anyone with interest in the clinical application of telemedicine.

**Kismet** Amina Akhtar 2022-08

From Amina Akhtar comes a viciously funny thriller about wellness—the smoothies, the secrets, and the deliciously deadly impulses. Lifelong New Yorker Ronnie Khan never thought she’d leave Queens. She’s not an “aim high, dream big” person—until she meets socialite wellness guru Marley Dewhurst. Marley isn’t just a visionary; she’s a revelation. Seduced by the fever dream of finding her best self, Ronnie makes for the desert mountains of Sedona, Arizona. Healing yoga, transcendent hikes, epic juice cleanses...Ronnie consumes her new bougie existence like a fine wine. But is it, really? Or is this whole self-care business a little sour? When the glam gurus around town start turning up gruesomely murdered, Ronnie has her answer: all is not well in wellness town. As Marley’s blind ambition veers into madness, Ronnie fears for her life.

**The Medical Library Association Guide to Finding Out About Heart Disease** Jeanette de Richmond 2013-10-10

Heart disease affects millions of people every year. The MLA Guide to Finding Out About Heart Disease organizes and offers evaluated print and online resources to help readers develop a collection or research specific medical options, incorporating important data and key concepts about risk factors and symptoms of heart disease.


This book constitutes the refereed proceedings of the 6th International Conference on Augmented Cognition, FAC 2011, held in Orlando, FL, USA in July 2011, within the framework of the 14th International Conference on Human-Computer Interaction, HCII 2011, with 11 other thematically similar conferences. The 75 full papers presented were carefully reviewed and selected from numerous submissions. The papers are organized in topical parts on theories, models, and technologies for augmented cognition; neuroscience and brain monitoring; augmented cognition, social computing, and collaboration; augmented cognition for learning; augmented cognition and interaction; and augmented cognition and human factors.

**The South Beach Diet Cookbook** Arthur Agatston 2004-04-13

A companion to “The South Beach Diet” presents more than two hundred recipes that demonstrate how to eat healthfully without compromising taste, outlining the diet’s basic philosophies and sharing personal success stories. Osce Skills for Trainees in Medicine Augustine Efedaye Ohwovoriole 2015-09-21

OSCE, the popular technique of examining clinical medical trainees, is now about 40 years old. Its usage has become universal. Whether you are a trainer or a trainee stakeholder in health care, you cannot afford to be ignorant of OSCE. OSCE for Trainees in Medicine will enable you, the trainee to: Prepare for the OSCE in medicine specialties Face the examiners at an OSCE with confidence Professionally and proficiently interact with patients in any setting Enhance your clinical competencies Demystify the OSCE process Love rather than loathe an OSCE If you want to master and tame the OSCE as a trainee and become OSCE-savvy, then this book is a must for you.

**Diabetes and Hypertension** Samy I. McFarlane 2012-10-19

Diabetes and hypertension have evolved as two of the modern day epidemics affecting millions of people around the world. These two common co-morbidities lead to substantial increase in cardiovascular disease, the major cause of morbidity and mortality of adults around the world. In Diabetes and Hypertension: Evaluation and Management, a panel of renowned experts address a range of critical topics—from basic concepts in evaluation and management of diabetes and hypertension, such as dietary interventions, to evaluation and management of secondary hypertension in clinical practice. Other chapters focus on high cardiovascular risk populations such as those with coronary heart disease, chronic kidney disease and minority patients. In addition, evolving concepts and new developments in the field are presented in other chapters, such as prevention of type 2 diabetes and the epidemic of sleep apnea and its implication for diabetes and hypertension evaluation and management. An important title covering two of the most troubling disorders of our time, Diabetes and Hypertension: Evaluation and Management will provide the busy practitioner with cutting edge knowledge in the field as well as practical information that can translate into better care provided to the high-risk population of diabetics and hypertensive patients.
Men's Health 2008-01 Men's Health magazine contains daily tips and articles on fitness, nutrition, relationships, sex, career and lifestyle.

Hypertension: A Companion to Braunwald's Heart Disease E-Book George L. Bakris 2017-01-03 The third edition of Hypertension: A Companion to Braunwald’s Heart Disease, by Drs. George L. Bakris and Matthew Sorrentino, focuses on every aspect of managing and treating patients who suffer from hypertensive disorders. Designed for cardiologists, endocrinologists and nephrologists alike, this expansive, in-depth review boasts expert guidance from contributors worldwide, keeping you abreast of the latest developments from basic science to clinical trials and guidelines. Features expert guidance from worldwide contributors in cardiology, endocrinology, neurology and nephrology. Covers behavior management as an integral part of treatment plans for hypertensives and pre-hypertensives. Covers new developments in epidemiology, pathophysiology, immunology, clinical findings, laboratory testing, invasive and non-invasive testing, risk stratification, clinical decision-making, prognosis, and management. Includes chapters on current topics such as hypertension in pregnancy, encephalopathy, sleep disorders including sleep apnea, a major cause of hypertension; a novel chapter on environmental pollution and its contribution to endothelial dysfunction, and more! Equips you with the most recent guidelines from the major societies. Updates sourced from the main Braunwald’s Heart Disease text. Highlights new combination drug therapies and the management of chronic complications of hypertension.

Political Crises, Social Conflict and Economic Development Andrés Solimano 2005-01-01 Political Crises, Social Conflict and Economic Development is a rare attempt to undertake comparative political economy analysis of the Andean region and thus represents a welcome contribution. . . It is clearly written and will engage scholars interested in Latin America from a wide range of disciplines. Jonathan di John, Journal of Agrarian Change This collection of essays on the political economy of the Andean region goes to the heart of the struggle these small economies face in completing crucial reforms and achieving higher growth. Andrés Solimano has brought together the best and the brightest talent from each country, the result being the most compelling analysis ever of how enclave development and a historical dependence on primary exports renders these countries distinctly Andean. As the essays argue, the political solutions and economic remedies must address this phenomenon, rather than mimicking those strategies of the larger emerging market countries in the region. Carol Wise, University of Southern California, US The contributors to this authoritative volume analyze the impact of political crises and social conflict on economic performance in the Andean region of Latin America. The blend of theory and case studies is also relevant for understanding other complex societies in the developing world and transition economies. The book provides illuminating insights on how to understand, and survive, the complicated interactions between volatile politics, unstable democracies, violence, social inequality and uneven economic performance. Recent political economy theories are combined with valuable quantitative and qualitative information on presidential crises, breakdowns of democracy, constitutional reforms, quality of institutions, and social inequality and exclusion to understand actual country realities. Part I provides the conceptual framework and a regional perspective of the book. Part II contains five political economy country studies Bolivia, Colombia, Ecuador, Peru and Venezuela written by leading scholars in the field and former senior policymakers, including a former President. Together, the chapters highlight the detrimental effects of political instability and social conflict on economic growth and stability, as well as the feedback effects from poor economic performance on political instability and institutional fragility. The country studies warn that narrow economic reforms that do not pay adequate attention to politics, institutions and social structures are bound to fail in bringing lasting prosperity and stability to complex societies. Examining new and rich information on episodes of political turmoil, military interventions, forced presidential resignations, constitutional reforms and social uprisings, this book will be required reading for all those interested in the interface of politics and economic development.

The Medicine Man, Book 2 Beverly Cialone 2015-01-01 As Kasey’s health, life, and her relationship with Ashwin hang precariously in the balance, he must contend with his jealous ex-fiance, Silver Moon. As her jealousy increases to frightening and dangerous levels, Ashwin must find a way to deal with her, as well as figure out how to pull his beloved Kasey from the devasting grip of the tragedy that has befallen her. Will Silver Moon’s heinous actions put an end to Ashwin’s and Kasey’s budding relationship, or will true love prevail?

Chronic Kidney Disease and Hypertension Matthew R. Weir 2014-11-17 The treatment of hypertension has become the most important intervention in the management of all forms of chronic kidney disease. Chronic Kidney Disease and Hypertension is a current, concise, and practical guide to the identification, treatment and management of hypertension in patients with chronic kidney disease. In depth chapters discuss many relevant clinical questions and the future of treatment through medications and or novel new devices. Written by expert authors, Chronic Kidney Disease and Hypertension provides an up-to-date perspective on management and treatment as and how it may re-shape tomorrow approaches to treat both the hypertensive and chronic kidney disease.

Secrets of Longevity Maoshing Ni 2006-05-04 Secrets of Longevity is full of surprising, all-natural ideas for living a longer, healthier life, happier. As a 38th-generation doctor specializing in longevity, Dr. Mao (as he’s known to his patients) knows the answers—and they’re surprisingly simple and powerful. It’s amazing how a little honey in your tea can aid internal healing. Or how taking a walk after dinner each night can reduce the risk of stroke and heart disease. The tips are organized into chapters on diet, healing, environment, exercise, and relationships so you can easily dip into the areas you’d like to address. Marrying wisdom from the East with the latest scientific advances from the West, Secrets of Longevity puts at your fingertips a whole host of ways to make your stay on earth longer, healthier, and much, much happier.


Article Marketing Secrets Exposed Anthony Ekanem 2016-06-06 Of all the ways to make money online, in my opinion, article marketing is the easiest and best way for anybody to make their first dollar. The best part is that without spending any more than the cost of a domain name, you can create a passive income that can bring you money from an article that you wrote years ago. So ask yourself: “Is spending a few minutes writing a 250-word article worth the time if it brings you money still years later?” I thought yes would be the answer. I’m sure you’ve heard a ton of different opinions on how you should do article marketing and how you should provide the best information possible, write informative articles and give your reader value and so on. Well, what you’re about to read is probably going to go against a lot of what you have read, and the article “gurus” are not going to like it…..but doing it this way has made me A LOT of money so I don’t care if they agree with me or not! I’m going to do it the way it makes money and a way that continues to bring me money day in and day out. If you are willing to put in the time to follow this method, you WILL make money and a good amount of it. What you need to remember is that there is no super highway to making money on the Internet. You MUST stay consistent and motivated even when you get frustrated and feel like things are not going your way. It is those who continue to work and promote their business that will in the end be successful. So, no more pep talks. Let’s get right into it.

The Little Black Book of Scams Industry Canada 2014-03-10 The Canadian edition of The Little Black Book of Scams is a compact and easy to use reference guide filled with information Canadians can use to protect themselves against a variety of common scams. It debunks common myths about scams, provides contact information for reporting a scam to the correct authority, and offers a step-by-step guide for scam victims to reduce their losses and avoid becoming repeat victims. Consumers and businesses can consult The Little Black Book of Scams to avoid falling victim to social media and mobile phone scams, fake charities and lotteries, dating and romance scams, and many other schemes used to defraud Canadians of their money and

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Men's Health 2008-01 Men's Health magazine contains daily tips and articles on fitness, nutrition, relationships, sex, career and lifestyle.
personal information.

*The Good Sleeper* Janet Krone Kennedy 2015-01-20 A clinical psychologist who developed a Sleep Disorders Treatment Program at the Manhattan Veterans Affairs Medical Center uses her years of experience to help new parents train their infants to become great sleepers through proven methods and practices. Original.

**Pulmonary Vascular Disease** Jess Mandel 2006 Offers a current and comprehensive review of the pathophysiology, diagnosis, and treatment of pulmonary hypertension and venous thromboembolism. Discusses in depth the pharmacologic and non-pharmacologic therapies used in the treatment of pulmonary vascular disease -- including the benefits and risks of each -- allowing for more informed care decisions.

**Promoting Independence for Older Persons with Disabilities** W.C. Mann 2006-01-17 The papers in this book provide important content related to aging, disability and independence. The focus of these papers is on maintaining independence and active participation in family and community activities for older persons who face chronic health conditions that have the potential to negatively impact our independence. By using technology (smart homes, robotics, telehealth, other assistive devices), maintaining our mobility, and preventing injuries we can offset much or all of the disabling effects of chronic health conditions. This publication brings together a mix of individuals focused on aging, disability and independence, including those involved in research and development, professional practice and services, businesses providing products and services, government and policy planners, and end users and beneficiaries of our research, products, services, and policies. The main topics in this publication are Smart Homes; Robotics; Telehealth; Home Modifications and Universal Design; and Assistive Devices and Workplace Adaptations.

**Geriatric Nursing Case Studies, Second Edition** Dr. Donna J. Bowles, MSN, EdD, RN, CNE 2015-04-08 Praise for the first edition: “This is an excellent teaching guide and resource manual for instructors, gerontological nursing students, and practicing nurses and social workers who wish to learn more about geriatric concerns and care. It will be kept by nursing students long after they graduate as a guide to resources that will be valuable throughout their nursing careers. As a home care nurse working mainly with the geriatric community, I found the resources helpful in my practice. As an instructor, I found the book to be a very useful guide for teaching geriatrics.” Score: 90, 4 Stars —Doody’s Medical Reviews "[This] is a unique volume that effectively addresses the lack of gerontology case studies for use with undergraduate nursing students. Case studies are a pedagogically powerful approach to active learning that offer opportunities to apply content to clinical practice." —The Gerontologist "The case narrative approach of this book promotes active learning that is more meaningful to students (and practicing nurses) and more likely to increase the transfer of evidence into practice. An excellent resource for faculty (staff educators) to facilitate critical learning skills." —Liz Capezuti, PhD, RN, FAAN Dr. John W. Rowe Professor in Successful Aging Co-Director, Hartford Institute for Geriatric Nursing New York University College of Nursing Vivid case examples help guide nurses in developing appropriate interventions that include complementary and alternative health therapies and provide a basis for evaluating outcomes. Exercises interspersed throughout each case study include multiple open-ended and multiple-choice questions to facilitate learning and critical thinking. The text is unique in that some of the presented cases focus on psychosocial issues such as gambling addiction, hoarding behavior, emergency preparedness, and long-distance caregiving. Cases also depict geriatric clients who are living healthy, productive lives to counter myths and negative attitudes about older adults. Scenarios demonstrating ethical dilemmas prepare students to appropriately respond to “gray area” situations. The text is geared for AACN and NLN accreditation and is organized according to the needs of actual clinical settings. With cases that take place in the home and community or within primary, acute, and long-term care facilities, this book will be useful for courses specific to gerontology nursing or across any nursing curriculum. New to the Second Edition: A completely new section of Aging Issues Affecting the Family New cases addressing health care disparities, aging in place, and prevention of catheter-associated urinary tract infection Additional contemporary case studies The addition of Quality for Safety in Nursing Education (QSEN) initiatives A greater focus on prioritization and delegation of client’s needs infused throughout exercises

**Patient Safety and Quality** 2008 "Nurses play a vital role in improving the safety and quality of patient care" -- not only in the hospital or ambulatory treatment facility, but also of community-based care and the care performed by family members. Nurses need know what proven techniques and interventions they can use to enhance patient outcomes. To address this need, the Agency for Healthcare Research and Quality (AHRQ), with additional funding from the Robert Wood Johnson Foundation, has prepared this comprehensive, 1,400-page, handbook for nurses on patient safety and quality -- Patient Safety and Quality: An Evidence-Based Handbook for Nurses. (AHRQ Publication No. 08-0043)."-Online AHRQ bluff, brown Web Information Systems Engineering - WISE 2016 Wojciech Cellary 2016-11-01 This two volume set LNCS 10041 and LNCS 10042 constitutes the proceedings of the 17th International Conference on Web Information Systems Engineering, WISE 2016, held in Shanghai, China, in November 2016. The 39 full papers and 31 short papers presented in these proceedings were carefully reviewed and selected from 233 submissions. The papers cover a wide range of topics such as Social Network Data Analysis; Recommender Systems; Topic Modeling; Data Diversity; Data Similarity; Context-Aware Recommendation; Prediction; Big Data Processing; Cloud Computing; Event Detection; Data Mining; Sentiment Analysis; Ranking in Social Networks; Microblog Data Analysis; Query Processing; Spatial and Temporal Data; Graph Theory; Non-Traditional Session on Global Data Quality and Trust in Big Data.

**Eat to Beat Disease** William W Li 2019-03-19 Eat your way to better health with this New York Times bestseller on food’s ability to help the body heal itself from cancer, dementia, and dozens of other avoidable diseases. Forget everything you think you know about your body and food, and discover the new science of how the body heals itself. Learn how to identify the strategies and dosages for using food to transform your resilience and health in Eat to Beat Disease. We have radically underestimated our body’s power to transform and restore our health. Pioneering physician scientist, Dr. William Li, empowers readers by showing them the evidence behind over 200 health-boosting foods that can starve cancer, reduce your risk of dementia, and beat dozens of avoidable diseases. Eat to Beat Disease isn’t about what foods to avoid, but rather is a life-changing guide to the hundreds of healing foods to add to your meals that support the body’s defense systems, including: Plums Cinnamon Jasmine tea Red wine and beer Black Beans San Marzano tomatoes Olive oil Pacific oysters Cheeses like Jarlsberg, Camembert and cheddar Sourdough bread The book’s plan shows you how to integrate the foods you already love into any diet or health plan to activate your body’s health defense systems-Angiogenesis, Regeneration, Microbiome, DNA Protection, and Immunity-to fight cancer, diabetes, cardiovascular, neurodegenerative autoimmune diseases, and other debilitating conditions. Both informative and practical, Eat to Beat Disease explains the science of healing and prevention, the strategies for using food to actively transform health, and points the science of wellbeing and disease prevention in an exhilarating new direction.

**Quick Quiz Questions** Mark Agnew 2013-04-26 Quick Quiz Questions Pub Quiz At Home: Science & Nature Round Quizzes and Quiz shows have always been popular, whether it is Mastermind with Magnus Magnusson, Who Wants To Be A Millionaire with Chris Tarrant or The Weakest Link with Anne Robinson it is clear that people LOVE quizzes. This quiz book is our second in the Pub Quiz At Home series. Inside are 15 quick Science & Nature quizes of varying degrees of difficulty for example: What is measured with a protractor? Which object is moving half an inch away from the earth every year? Which English scientist discovered oxygen? So how good is your Science & Nature knowledge? Find out with this book, a few friends and a few...
drinks! Please enjoy this book responsibly. PS. This book comes with Free updates for readers. Which means whenever we add new quizzes you will be able to update to the latest edition adding more questions at no extra cost. Can't say better than that for a pound!

**Good Agricultural Practices for Greenhouse Vegetable Crops** 2013 This publication capitalizes on the experience of scientists from the North Africa and Near East countries, in collaboration with experts from around the world, specialized in the different aspects of greenhouse crop production. It provides a comprehensive description and assessment of the greenhouse production practices in use in Mediterranean climate areas that have helped diversify vegetable production and increase productivity. The publication is also meant to be used as a reference and tool for trainers and growers as well as other actors in the greenhouse vegetables value chain in this region.

**Innovation Generation** Roberta B. Ness MD, MPH 2012-03-01 Whether you are a student or an established scientist, researcher, or engineer, you can learn to be more innovative. In Innovation Generation, internationally renowned and scientist Roberta Ness provides all the tools you need to cast aside your habitual ways of navigating the every-day world and to think "outside the box." Based on an extraordinarily successful program at the University of Texas, this book provides proven techniques to expand your ability to generate original ideas. These tools include analogy, expanding assumptions, pulling questions apart, changing your point of view, reversing your thinking, and getting the most out of multidisciplinary groups, to name a few. Woven into the discussion are engaging stories of famous scientists who found fresh paths to innovation, including groundbreaking primate scientist Jane Goodall, father of lead research Herb Needleman, and physician Ignaz Semmelweis, whose discovery of infection control saved millions. Finally, the book shows how to combine your newly acquired skills in innovative thinking with the normal process of scientific thinking, so that your new abilities are more than playthings and can power your science.

**Transactions on Engineering Technologies** Sio-Iong Ao 2019-10-10 This book contains revised and extended research articles written by prominent researchers, selected from presentations at the International MultiConference of Engineers and Computer Scientists (IMECES 2018) held in Hong Kong, 14-16 March, 2018. Topics covered include engineering physics, communications systems, control theory, automation, engineering mathematics, scientific computing, electrical engineering, and industrial applications. The book gives a snapshot of selected advances in engineering technologies and their applications, and will serve as a useful reference for researchers and graduate students in these fields.

**MEDINFO 2019: Health and Wellbeing e-Networks for All** L. Ohno-Machado 2019-11-12 Combining and integrating cross-institutional data remains a challenge for both researchers and those involved in patient care. Patient-generated data can contribute precious information to healthcare professionals by enabling monitoring under normal life conditions and also helping patients play a more active role in their own care. This book presents an overview of state-of-the-art informatics projects from multiple regions of the world; it will be of interest to anyone working in the field of medical informatics.

**The High Blood Pressure Solution** Richard D. Moore 2001-05-01 • Proves that the majority of cases of stroke, heart attack, and hypertension can easily be prevented by maintaining the proper ratio of potassium to sodium in the diet. • Updated with scientific evidence from a recent Finnish study showing a 60 percent decline in deaths attributed to strokes and heart attacks. • Provides a comprehensive program for balancing body chemistry at the cellular level. High blood pressure is entirely preventable, without reliance on synthetic drugs. Dr. Moore's approach is simple: by maintaining the proper ratio of potassium to sodium in the diet, blood pressure can be regulated at the cellular level, preventing the development of hypertension and the high incidence of strokes and heart attacks. Dr. Moore's program is based on the powerful 1986 Finnish study reporting on the latest scientific research in support of his program. The most striking results come from Finland, where for several decades sodium chloride has been replaced nationwide with a commercial sodium/potassium mixture, resulting in a 60 percent decline nationwide in deaths attributed to strokes and heart attacks. Extrapolated to America, the Finnish statistics would mean 360,000 strokes prevented and 96,000 lives saved every year. Dr. Moore makes it clear that high blood pressure is only one symptom of an entire systemic imbalance. He outlines a safe, effective program that focuses on nutrition, weight loss, and exercise to bring the entire body chemistry into balance. For those currently taking blood pressure medications, he includes a chapter on working with your physician to ensure that any reduction in hypertension danger can be effected gradually and safely.

**The Mckellar Guidelines for Managing Older People with Diabetes in Residential and Other Care Settings** Trisha Dunning 2019 The “People Power” Health Superbook: Book 17. Prescription Drug Guide (Drug Allergies, Free & Low - Cost Drugs, Buy Drugs, Drug Errors, Drug Side - Effects) Tony Kelbrat 2014-04-04 Educate yourself about any condition you might have and the treatments from both the Western and holistic points of view. Use both to heal yourself. Like the golden mean, excess in anything is not good for you. Use generic as opposed to brand name drugs to save money. They're drugs whose patent has run out so now anybody can produce them. The original company keeps the right to its brand name so when the doctor writes out your prescription, ask him to write out the generic name of the drug, if applicable as opposed to the brand name which many doctors, probably because of habit it. They get some form of commission from that company. Not all drugs are manufactured in a generic version. The major points of medical drug use are: Know the drug you’re using. If it doesn’t work, ask for another drug that does the same function. There are many different drugs that treat the same diseases. Follow the dosage instructions. Throw old drugs away.

**Mayo Clinic 5 Steps to Controlling High Blood Pressure** Sheldon G. Sheps 2015-12-04 How to play a vital role in your own health and longevity: A handbook from “one of the most reliable, respected health resources that Americans have” (Publishers Weekly). This easy-to-use guide will help you understand the many issues related to high blood pressure and assist you in preventing it, managing it, and making essential treatment decisions. • Learn which single factor you can do the most about when it comes to influencing your blood pressure. This one step may be all it takes to lower your blood pressure and keep it under control. • How losing as little as 10 pounds may reduce your blood pressure to a healthier level—includes practical help for maintaining a healthier weight. • Discover a great alternative that may lower your blood pressure just about as much as medications—without the expense of prescriptions. • Why your blood pressure goes down if you make your heart stronger—and dozens of tips to realize this goal. • How to manage your sodium intake. • Information about medications for when changes in
lifestyle aren't enough and more

Preventing Alzheimer's Disease National Institutes National Institutes of Health 2017-02-16
This booklet summarizes what scientists have learned so far and where research is headed. There is no definitive evidence yet about what can prevent Alzheimer's or age-related cognitive decline. What we do know is that a healthy lifestyle-one that includes a healthy diet, physical activity, appropriate weight, and no smoking-can maintain and improve overall health and well-being. Making healthy choices can also lower the risk of certain chronic diseases, like heart disease and diabetes, and scientists are very interested in the possibility that a healthy lifestyle might have a beneficial effect on Alzheimer's as well. In the meantime, as research continues to pinpoint what works to prevent Alzheimer's, people of all ages can benefit from taking positive steps to get and stay healthy.