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Jean Foret Giddens

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180° You Turn Micki Woodford, 2025-10-14 Christians today struggle to connect their physical health with spiritual health This devotional will provide comprehensive wellness guidance integrating scripture with exercise science nutrition stress management techniques and sleep hygiene practices We will embark on a journey that will bring us closer to total wellness in mind body and soul **Nutrition Essentials: Practical Applications** Dr. Paul Insel, Don Ross, Kimberley McMahon, Melissa Bernstein, 2022-09-29 This book provides students with a comprehensive current and science based introduction to nutrition concepts guidelines and functions Its student focused approach provides information about topics and issues that concern them a balanced diet nutritional supplements weight management exercise and much more Throughout each chapter readers will engage with the latest dietary guidelines scientific evidence and national standards to help individuals follow a healthy dietary pattern at every life stage **Eat Your Ice Cream** Ezekiel J. Emanuel, 2026-01-06 From one of America's leading doctors an authoritative practical and entertaining guide to living a full and healthy life Everyone wants to live a full and healthy life and every day brings a tidal wave of attention grabbing misinformation faddish ideas from wellness influencers and bizarre advice from news outlets over extrapolating the results of tiny outlier studies The

Wellness Industrial Complex prescribes conflicting and complicated regimens while promising us more time to enjoy in the future though it sure is demanding a lot of time right now. But what actually matters most to our health and longevity? What has the most robust actionable evidence? What's the junk you can skip? In *Eat Your Ice Cream*, renowned physician Ezekiel J. Emanuel argues that life is not a competition to live the longest and that wellness shouldn't be difficult; it should be an invisible part of one's lifestyle that yields maximum health benefits with the least work. Dr. Emanuel cuts through the noise with wit and good humor, giving readers just what they need: simple, high-impact evidence-based guidelines on such issues as alcohol consumption, food and nutrition, exercise, sleep, mental acuity, and social engagement. Resisting the tide of the latest trends to extend life at all costs, *Eat Your Ice Cream* reveals that many of the tools for a long, healthy, and meaningful life are already within reach. Pairing common sense with uncommon wisdom based on his decades of expertise and experience, Dr. Emanuel helps us consider which lifestyle changes are worth making and how to most easily implement them for longer, healthier, and happier lives. Readers will come away with greater clarity and a deeper understanding of what really matters for well-being: connection, purpose, and sustainable choices backed by rigorous science.

Lifestyle Medicine, Fourth Edition James M. Rippe, 2024-09-20 The fourth edition of Dr. James Rippe's classic *Lifestyle Medicine* textbook continues to lead and inform the rapidly growing field of lifestyle medicine. This is the discipline that focuses on the impact of daily habits and actions on both short and long term health and quality of life. The first edition of this comprehensive work named the field of lifestyle medicine in the academic medical literature. The fourth edition continues to span and expand the field and offers extensive evidence-based literature in virtually every aspect of lifestyle medicine. This Textbook, edited by cardiologist Dr. James Rippe who is a leading lifestyle medicine researcher, represents the combined wisdom and recommendations of over 325 experts in virtually every aspect of lifestyle medicine. Chapter authors have been chosen because of their background as leaders in various aspects of lifestyle medicine. *Lifestyle Medicine* Fourth Edition contains extensive sections on the treatment and prevention of coronary heart disease, stroke, cancer, diabetes, obesity, substance abuse, dementia, and many other clinical conditions. Key lifestyle modalities such as physical activity, nutrition, weight management, sleep, stress reduction, and positive connections with other humans are supported by detailed discussion and state of the art evidence. The expanded section on behavioral medicine provides an important framework for these discussions. Every chapter has been completely revised and many new topics added such as lifestyle medicine for nursing, psychiatry, and preventive neurology. The fourth edition of this classic text continues to serve as the leading comprehensive textbook in lifestyle medicine. The original has been called the indispensable bible of lifestyle medicine and the fourth edition of this work continues to justify this designation. There is no longer any serious doubt that daily habits and actions have a significant impact on multiple aspects of health. The fourth edition of *Lifestyle Medicine* provides the scientific evidence to support this assertion and will serve as an invaluable reference and guide not only to lifestyle medicine practitioners but to all primary care physicians.

subspecialty physicians nurses and other healthcare practitioners *Nutrition for Foodservice and Culinary Professionals* Karen E. Drummond,Lisa M. Brefere,2021-12-21 Combine the insights of an experienced dietitian and a renowned chef in this practical guide to nutrition and food In the newly revised 10th Edition of Nutrition for Foodservice and Culinary Professionals registered nutritionist Karen E Drummond and executive chef Lisa M Brefere deliver an insightful guide to incorporating healthy balanced dietary techniques into everyday practice From national nutrition guidelines to food preparation and labeling standards the authors cover every relevant aspect of planning preparing and serving healthy meals They include updated 2020 2025 Dietary Guidelines for Americans from the USDA the latest nutrition research culinary trends ingredients and planning menus to meet the diverse nutritional needs of today s customers This book also includes A thorough introduction to the fundamentals of nutrition and foods including why nutrition is important what constitutes a healthy diet and discussions of calories and nutrients A comprehensive exploration of balanced cooking and menus including how to build flavor balanced baking modifying recipes and gluten free baking Practical discussions of applied nutrition including how to handle customers special nutrition requests weight management and nutrition for people of all ages Several appendices including serving sizes for MyPlate food groups and dietary reference intakes An enhanced e book with links to technique videos interactive games quizzes and glossary entries Perfect for students completing a culinary arts or foodservice management curriculum Nutrition for Foodservice and Culinary Professionals Tenth Edition is also an indispensable resource for chefs cooks and anyone else who professionally prepares food

CURRENT Medical Diagnosis and Treatment 2025 Maxine A. Papadakis,Michael W. Rabow,Kenneth R. McQuaid,Monica Gandhi,2024-09-06 The 1 annual guide in adult internal medicine Each year CURRENT Medical Diagnosis and Treatment CMDT undergoes extensive revision to deliver new clinical developments in every field of adult internal medicine making it the most popular annual textbook of its kind For more than six decades CMDT has been disseminating authoritative information that students residents and clinicians need to build their medical knowledge expertise and confidence Written by top experts in their fields chapters are formatted so you can find the most relevant diagnostic tools for day to day practice CURRENT Medical Diagnosis Treatment 2025 provides Emphasis on the practical aspects of clinical diagnosis and disease management Coverage of more than 1 000 diseases and disorders Hundreds of quick access drug treatment tables with indexed trade names Essentials of Diagnosis provides snapshot of common diseases disorders Diagnostic and treatment algorithms and tables present critical information at a glance Carefully curated references provide peer reviewed evidence based information and PMID numbers for quick online access Hundreds of full color photographs and illustrations CMDT 2025 updates include Year in Review table highlights nearly 100 recent advances impacting clinical practice New chapter on Substance Use Disorders New photos reflecting clinical conditions in a variety of skin tones Key updates to Viral Rickettsial Infections chapter including concise directives on COVID 19 and measles Expanded coverage of major GI Disorders such as Crohn disease and ulcerative colitis

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