



Intermittent Fasting 2025 Promo

Nidhi Puranik

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[Successful and Sustainable Weight Loss](#) Uwe Knop,2026-02-10 This book offers honest support to anyone who wants to finally lose weight and maintain their desired weight in the long term Using the I DIET MY WAY principle it provides guidance for your personal path to weight loss helping you reach your ideal weight with a tailored concept and maintain it permanently The tips and recommendations are based on the latest scientific findings on weight loss nutrition and lifestyle change In a time when new diets and food trends seem to emerge almost weekly this book combines solid scientific knowledge with honest straightforward advice for lasting weight loss In this edition the author s successful concept is updated with the latest social trends and scientific findings In a digestible and entertaining way you ll learn The core principle behind all classic diets is always the same Maintaining weight loss is the real challenge Yo yo effect more Risks that can cause your weight to fluctuate Practical tips How to get started and stick with it The essential guide to losing weight successfully and staying slim for good

[Health Promotion Throughout the Life Span](#) Carole Liium Edelman,Carol Lynn Mandle,Elizabeth C. Kudzma,2013-01-01 Up to date and easy to read this textbook provides comprehensive coverage of all major concepts of health promotion and disease prevention It highlights growth and development throughout the life span emphasizing normal development as well as the specific problems and health promotion issues common to each stage All population groups are addressed with separate chapters for individuals families and communities Provided by publisher

Health Promotion Throughout the Life Span - E-Book Carole Liium Edelman,Elizabeth Connelly Kudzma,Carol Lynn Mandle,2013-10-01 With the advent of health care reform and an emphasis on reducing health care costs health promotion and disease prevention is a priority in nursing care Be prepared with Health Promotion Throughout the Life Span 8th Edition your comprehensive guide to major health promotion concepts Featuring practical guidance including boxes on diversity awareness evidence based practice innovative practice hot topics and quality and safety as well as case studies and care plans our experienced authors give you all the tools you need to stay current on the latest research and trends in health promotion Extensive coverage of growth and development throughout the lifespan emphasizes the unique problems and health promotion needs of each age and stage of development Separate chapters on each population group individual family and community stress the unique issues faced when providing care to each group Evidence Based Practice boxes emphasize current research efforts and opportunities in health promotion Hot Topics and Innovative Practice boxes engage students interest by introducing significant issues trends and creative programs and projects in health promotion practice Diversity Awareness boxes address various cultural perspectives and provide important information that needs to be considered in planning care Case studies and care plans present realistic situations that challenge students to reflect upon important health promotion concepts Think About It boxes dig deeper into the chapter topic and encourage critical thinking Numerous pedagogical features such as objectives key terms and textual summaries highlight the most important concepts and terms in

each chapter Updated nutrition coverage includes MyPyramid from the FDA as well as the latest information on food safety and fad diets Expanded health policy coverage focuses on global health historical perspectives financing healthcare concierge medical practices and the hospitalist movement Health Promotion for the Twenty First Century explores current and future health promotion challenges and research initiatives Updated Healthy People 2010 data includes midcourse review objectives and an introduction to Healthy People 2020 Case Studies and Care Plans summarize key concepts and show how they apply to real life practice

Emotional Capital for the Triple Win Elena V. Amber,2025-06-23

A groundbreaking guide for the next generation of business leaders founders and innovators this book unveils 50 innovative strategies to revolutionize consumer behavior to achieve the triple win for people the planet and universal prosperity How can we transform impulsive buying into meaningful action taking empowering people to navigate the consequences of economic growth Essential reading for business leaders dedicated to making a significant difference this book is a blueprint for a brighter more sustainable world Elena V Amber is a founder researcher and award winning author whose work sits at the intersection of leadership psychology and neuroscience aiming to promote sustainable consumption and business practices

Nourishing the Brain Nidhi Puranik,2026-01-07 The book will provide a comprehensive examination of how dietary and nutritional interventions can influence the management and progression of various neurological disorders including Alzheimer's Parkinson's Obsessive Compulsive disorder and Autism spectrum disorders The purpose of the book is to investigate the role of specific nutrients dietary patterns and phytochemicals in influencing the onset and symptoms of neurological disorders The book will summarize the current research findings from preclinical and clinical studies on the efficacy of nutritional strategies and their potential therapeutic benefits The book also highlights the existing challenges and limitations in the application of nutritional therapies for neurological conditions and suggests areas for further research The book will offer actionable dietary recommendations and strategies for patients caregivers and healthcare professionals to integrate nutritional approaches into overall management plans for neurological disorders This book is intended for everyone who is involved with brain related research or studies such as healthcare professionals including neurologists dietitians and nutritionists who are looking to integrate dietary strategies and nutritional therapies into the management of neurological disorders individuals with neurological conditions caregivers and health conscious readers interested in using diet and nutrition to support brain health and cognitive function

Health Promotion and Aging Steven Albert,2025-09-06

Cutting edge evidence based strategies to help older adults thrive and optimize their health throughout the aging process Connects research policy and practice for promoting wellness in old age Readers will learn how to assess risks and apply interventions across systems settings and populations The ninth edition includes critical updates on digital health tools pharmacological advances volunteering and international perspectives making it ideal for those working in gerontology public health and interprofessional aging services What's New Expanded analysis of wearable tech digital health literacy and their applications

in aging care New material on geroscience and evolving Medicare coverage for health promotion Insight into brain training pharmacotherapies and evidence based cognitive strategies Updated discussions on encore careers volunteering and the aging services network Integration of Healthy People 2030 objectives and global perspectives on aging Key Features Explores health risks resilience strategies and optimal aging approaches grounded in current scientific evidence Prepares students and professionals to design implement and evaluate interventions for healthy aging across disciplines Includes instructor resources test banks and real world tools to enhance learning and course integration Written by a leading gerontology scholar and GSA Fellow with deep interdisciplinary expertise and editorial leadership *Aging And Fasting*

Cassian Pereira, AI, 2025-03-12 *Aging And Fasting* explores intermittent fasting as a powerful tool for promoting longevity and better health It highlights that aging isn't an inevitable decline but a malleable process influenced by lifestyle choices such as strategically timed eating patterns Fasting can trigger autophagy the body's way of cleaning out damaged cells and improve metabolic flexibility which is the ability to efficiently switch between using glucose and fat for energy The book begins with the basic principles and protocols of intermittent fasting before diving into the science behind how fasting affects the body It dedicates chapters to autophagy metabolic regulation and hormonal responses By drawing on clinical trials animal studies and meta analyses *Aging And Fasting* presents a science backed approach offering practical guidance for implementing intermittent fasting safely and effectively It is designed to help readers understand and apply fasting to optimize their health and well being as they age

Intermittent Fasting for Beginners Michelle Dawson, 2019-07-06 Promotion ends shortly Are you tired Would you like to have more energy Are you overweight Do you have Type 2 Diabetes Are your grocery bills getting too high Would you like to learn how to save money on groceries Intermittent fasting is fast becoming the most popular method to lower and maintain weight Whether you have chosen the 5:2 diet the 24 hour fasts or the alternating fasting days this book will show you how to choose your style and reach your goal of weight loss While most texts about fasting are written primarily for male bodybuilders the author Michelle Dawson opens a new path by creating this guide for both genders and certainly leaves nothing to be desired The book Intermittent fasting reveals a true and bearable way to maintain a slender and healthy body that can be presumed without making dangerous diets Discover what kind of exercise can take you to gain weight common versions of intermittent fasting is ideal for losing weight how intermittent fasting is applied and all the incredible health benefits of intermittent fasting Ignore the unbelievers and join the Fasting revolution You can also begin to enjoy the benefits of aesthetics and health that the Fasting lifestyle gives In sum this intermittent fasting beginner guide for men and women will cover the following basics What is Intermittent Fasting Science behind Intermittent Fasting Fasting Gets the Nobel Prize What is autophagy Health Benefits of Intermittent Fasting Who Can Fast Who should fast Fasting During Pregnancy and Breastfeeding Different Health Conditions and Medications Intermittent Fasting and Type 1 and 2 Diabetes Fasting Myths and Misconceptions Fasting for Low Blood Sugar How to start Intermittent

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