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*Quick Access is an information database developed by Integrative Medicine Communications to allow health professionals from various educational and philosophical backgrounds access to a complete picture of the different approaches used to maintain health, treat disease or manage conditions. By bringing together many specialists, including pharmacists, doctors, nutritionists, herbalists and naturopaths, Quick Access has developed into an accurate, practical, essential and fully referenced database providing monographs on conditions, herbs and dietary supplements. For the first time*

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*this information is being made available in a user-friendly format aimed directly at the general public. Quick Access Consumer Guide to Conditions, Herbs & Supplements offers authoritative, concise and readable information that makes sense of the most popular dietary supplements on the market. The book has three broad categories that allow quick answers to your questions: Conditions - learn about a condition's signs and symptoms, what causes and what to expect from the doctor. This is followed by a number of treatment options including drugs, nutrition and the use of complementary therapies. Only those complementary therapies considered safe and that work well with conventional care have been included. As a result, herbs and dietary supplements receive a*

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*relatively large share of coverage. Herbs - this section gives the best evidence to support the use of herbs in maintaining health or in treating conditions. You are able to search for a particular herb, using this section first, or look here for more information on an herb, having seen it listed under treatment options for a particular condition. Supplements - this section offers substantive information on the use of dietary supplements in maintaining health or in managing conditions.*

*A role playing game of suspense, horror and hope in 2080 on the streets of Manhattan.*

*The Complete Nutritional Supplements Buyer's Guide*

*Cumulated Index Medicus*

*Supplements*

*East-West Anti-Aging Strategies*

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This report from the Committee on Military Nutrition Research reviews the history of caffeine usage, the metabolism of caffeine, and its physiological effects. The effects of caffeine on physical performance, cognitive function and alertness, and alleviation of sleep deprivation impairments are discussed in light of recent scientific literature. The impact of caffeine consumption on various aspects of health, including cardiovascular disease, reproduction, bone mineral density, and fluid homeostasis are reviewed. The behavioral effects of caffeine

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are also discussed, including the effect of caffeine on reaction to stress, withdrawal effects, and detrimental effects of high intakes. The amounts of caffeine found to enhance vigilance and reaction time consistently are reviewed and recommendations are made with respect to amounts of caffeine appropriate for maintaining alertness of military personnel during field operations. Recommendations are also provided on the need for appropriate labeling of caffeine-containing supplements, and education of military personnel on the use of these supplements. A brief

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review of some alternatives to caffeine is also provided.

As CAM becomes widely accepted, rehabilitation professionals are incorporating CAM concepts and techniques into their own practice. This book will help them to gain an understanding of the field, and to acquire specific knowledge and skills which they can apply to the treatment of movement related disorders.

Being an Account of Work Done Under the Red Cross During the Campaign of 1870

Notes and Recollections of an Ambulance Surgeon, being an account of work done under the Red Cross during the

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Campaign of 1870

Environmental Health

Perspectives

A Reference Handbook of the  
Medical Sciences Embracing  
the Entire Range of Scientific  
and Allied Sciences

**Sudden Death in Epilepsy (SUDEP)** is a major cause of death in people with epilepsy, accounting for up to 17% of all deaths. Research interest is exploding, focusing on epidemiology, basic mechanisms, identification of risk factors, and biomarkers. New wearable technologies are approved or in development. These incorporate accelerometers and advanced heart rate detection, which are linked to smart phones. The advent of FDA approved detection devices now allows

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immediate intervention by family and loved ones. The next frontier for SUDEP remains effective prevention strategies, which will likely include new devices and pharmacologic interventions. This volume is organized into three sections: Basic and Physiologic Mechanisms; Clinical Risk Factors and Inventories; and Very Early Research into Pharmacologic Interventions. It is our hope that this eBook will inform clinicians of key advances in the field, and to foster and stimulate basic and translational research with one purpose: To prevent SUDEP in those at risk.

An overview of dietary supplements describes their use and effects.

Notes on Syphilis

Instructor's Manual with Test Bank to

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Accompany Personal Nutrition, Second Edition

A Life with Late Onset Epilepsy  
Supplements to Clinical  
Neurophysiology

***When it comes to natural medicines, such as herbs, vitamins, and dietary supplements, you want to make sure you're getting the truth about what works, what is safe, and what is a waste of money. You need evidence-based, trustworthy, unbiased sources and studies so that you can make wise decisions for yourself and your family. In consultation with the experts at ConsumerLab.com and Natural Medicines™, Dr. Walt***

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***Larimore has combed the available research from around the globe to evaluate about 1300 natural medicines or interventions for more than 500 conditions or indications summarized in helpful charts and tables. This highly readable and reliable guide will tell you what natural medicines have proven to be both safe and effective while suggesting the best-value "Top Picks" for health issues such as - brain and heart health - digestive and immune health - energy and fatigue - losing weight - keeping hair, skin, and nails young - increasing the quality and***

***length of your life - and many more Arranged topically so you can go directly to the information you need, this comprehensive, trustworthy guide is a resource you'll return to again and again. Praise for The Natural Medicine Handbook "I highly recommend this informative book. In it you will find reliable, independent evidence that will help inform your health-related decisions." --Dónal O'Mathúna, PhD "A much-needed and intensely evidence-based resource. . . . Anyone reading this book will gain the skills needed to ask and answer the***

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***right questions about whether to and how to incorporate natural medicines as part of their healthy lifestyle."--Reid B. Blackwelder, MD, FAAFP "An entirely digestible and ultimately useful guide for patients and practitioners alike."--Matthew A. Ciorba, MD "Navigating the landscape of herbs, vitamins, and supplements can be particularly complex and treacherous. Dr. Larimore's approach is direct and comprehensive and will certainly help numerous patients and their families make informed and safe decisions."--Jacob N. Hall, MD***

***This book Healthy Longevity Techniques, East-West Anti-aging Strategies provides extensive practical advices on preserving health and longevity. It is a book for people of all ages. It is Joseph P. Hous most important and far-reaching book yet. The goal of this book is to help readers live to 100 or to your Tian Nian.***

***Vegetarian Times  
Grand Mal***

***Caffeine for the Sustainment of Mental Task Performance***

After developing epilepsy as an adult, Robert Dodge experienced increasingly

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dangerous seizures and was seen by specialists on five continents. His firsthand account of adapting to life with epilepsy begins with an overview of this often misunderstood neurological disorder--still attributed to demonic possession in some parts of the world--and recounts his struggle as his seizures became life-threatening. Dodge describes his treatments and their side effects, including four ineffective surgeries that removed an eighth of his brain, and the personal challenges of social stigma.

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This book questions the extent to which human beings are capable of changing their physical characteristics and behavioural patterns.

Supplement 1-, Cumulative  
Index

Detailed Information on Herbal  
Products ...

The Naturalists' Leisure Hour  
and Monthly Bulletin

Healthy Longevity Techniques

**The Publishers**

**Weekly Vegetarian Times**

**The Wiley Blackwell**

**Handbook of Humanism**

**presents an edited**

**collection of essays that**

**explore the nature of**

**Humanism as an approach to life, and a philosophical analysis of the key humanist propositions from naturalism and science to morality and meaning. Represents the first book of its kind to look at Humanism not just in terms of its theoretical underpinnings, but also its consequences and its diverse manifestations Features contributions from international and emerging scholars, plus renowned figures such as Stephen Law, Charles**

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**Freeman and Jeaneanne  
Fowler Presents  
Humanism as a positive  
alternative to theism  
Brings together the world  
s leading Humanist  
academics in one  
reference work  
General Catalogue of  
Printed Books  
Complementary  
Therapies for Physical  
Therapy  
Catalog  
A Clinical Decision-  
making Approach  
*To do what no other magazine  
does: Deliver simple, delicious  
food, plus expert health and***

***lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.***

***The Natural Medicine Handbook***

***The Publishers Weekly  
With an Appendix on the  
Unity of the Syphilitic Poison  
Notes and Recollections of an  
Ambulance Surgeon***