

Soyya

FOR HEALTH

The Definitive Medical Guide

Stephen Holt, M.D.



Mary Ann Liebert, Inc.  Publishers

Soya For Health The Definitive Medical Guide

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Soya for Health Stephen Holt,1996-01-01 **Amino Acids and Proteins for the Athlete: The Anabolic Edge** Mauro G. Di Pasquale,2007-11-30 Extensively updated with all chapters rewritten and double the information and references Amino Acids and Proteins for the Athlete The Anabolic Edge Second Edition reflects the nearly exponential increase in data and knowledge in the past few years regarding the use of amino acids and proteins to enhance athletic performance This groundbreaking book is written by physician Mauro Di Pasquale two time Pan American two time North American and eight time Canadian Powerlifting Champion Dr Di Pasquale served as an advisor to the World Wrestling and World Bodybuilding Federations has written for numerous health and bodybuilding publications and has published several books and newsletters on sports related issues In this volume he imparts his scientific knowledge as well as lessons learned from his own athletic achievement to give professional and recreational athletes the tools they need to improve performance using nutrition and nutritional supplements as alternatives to drug use The book begins with a brief review of energy and protein metabolism before describing the positive impact of supplementation on athletic performance health disease and longevity It reveals the actions of protein and amino acid supplements on muscle size and strength and energy metabolism as well as the role of specific amino acid supplements The second part of the book the practical how to section Naturally Anabolic advises the athlete on ways to achieve maximum progress while avoiding the use of anabolic drugs It provides the inside scoop on how to use nutrition to manipulate anabolic hormones naturally and how to lose body fat without sacrificing muscle The final chapter reveals the secrets of powerful nutritional supplements that can enhance an athlete s performance By following Dr Di Pasquale s time tested advice athletes will get the inside edge over the competition and take their achievement to the next level

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A Wellness Guide Wellness Publishing.com,2002-08

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Complementary and Alternative Medicine John William Spencer,Joseph J. Jacobs (M.D.),2003 This popular evidence based overview of complementary and alternative medicine CAM emphasizes clinical research analyzes the effectiveness of each therapy and presents practical information on how these therapies can be used to treat health conditions and diseases It not only acquaints the reader with information about CAM but provides evidence for the effectiveness of various therapies used to treat medical conditions ranging from allergies to psychiatric conditions in all populations relevant to CAM including children women and the elderly Summary tables embedded throughout highlight clinical data statistics and major research findings More thorough documentation in this edition is achieved through new tables and added commentary on the quality of studies making research findings more relevant and useful Chapters are grouped according to condition and special populations rather than treatment so readers can easily compare all possible treatments for a specific condition Up to date tables allow the reader to see what studies have been done for a certain condition and what the findings are Extensive references and suggested reading lists refer the reader to the most up to date or historically relevant sources An emphasis on research and clinical studies gives the book a comprehensive focus on CAM treatments and results The evidenced based approach clearly details which therapies are most effective and safe Up to date tables focusing on critical needs related to demographics safety and areas of clinical pain allow summary information to be quickly referenced Comprehensive reliable content presents an unbiased account of CAM that allows the reader to follow the data without excessive commentary from the authors A focus on major medical conditions for which there is the most detailed and up to date information available allows the reader to learn about the major critical issues of CAM The ways in which research methodology can be used to practice evidence based medicine is reviewed in several chapters A focus on special populations including women children and the elderly presents important CAM considerations for these groups A new chapter on Legal and Ethical Issues addresses important professional considerations for practice related to CAM including physician liability malpractice issues patient responsibility and accreditation and licensing of CAM providers A new chapter on Integration of Clinical Practice and Medical Training with Complimentary and Alternative and Evidence Based Medicine evaluating use of the case history approach information and evidence in clinical

practice and a model for integration of CAM used at the University of Arizona School of Medicine Significant content updates are provided for timely issues such as the use of herbs for depression the use of massage for anxiety CAM in pediatric and nursing care situations and multi modal therapies for pain Each table throughout the book has been extensively updated with the latest facts and information A final summary chapter at the end of the book presents emerging CAM treatments and suggests goals for CAM studies Much more attention has been paid in this edition to evaluating the quality of research which allows for concrete and valid conclusions that are supported by science Appendices have been updated with much more information on research databases listings and organizations

Herbal Medicine Mark Blumenthal, 2000 This well referenced instructive and clinically accurate guide provides everything you need to know about the safe and effective use of medicinal herbs Published by the American Botanical Council ABC the book contains comprehensive scientifically based information on 29 herbs and 13 proprietary herbal products The reference is also the first of its kind to include a continuing education module for a wide variety of healthcare professionals Each herb analysis includes an extensively referenced therapeutic Monograph a 2 page Clinical Overview for quick reference and a 1 page Patient Information Sheet for the health professional to copy and give to patients Pharmacological activity herb drug interactions adverse effects preparations dosage name brands regulations and detailed tables of clinical studies are all accurately presented in this important educational guidebook Key features of the ABC Guide In depth data thorough and detailed information for the most popular herbs and herbal products sold in the US market today More than 40 tables of clinical studies including 180 commercial products Incorporation of science based and traditional information Standardized and regimented layout ensures quick and easy access to information National continuing education credit 10 to 13 5 credit hours available to health professionals in five disciplines Message to customers The University of Texas Medical Branch at Galveston UTMB has extended CME credit for physicians for The ABC Clinical Guide to Herbs The current 20 fee will no longer be charged This will now be offered at no cost with purchase of the book In addition CE credit has been extended for nurses pharmacists and dietitians THE ABC CLINICAL GUIDE to HERBS provides healthcare professionals with what they want factual current scientifically based information and guidance on the top selling herbs in the United States A must have reference for every practice Published by the American Botanical Council Thieme is proud to be the exclusive worldwide distributor for this book

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