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Hormonal Contraception and Post-menopausal Hormonal Therapy IARC Working Group on the Evaluation of Carcinogenic Risks to Humans 1999 Evaluates evidence for an increased risk of cancer in women using combined oral contraceptives, progestogen-only hormonal contraceptives, post-menopausal estrogen therapy, and post-menopausal estrogen-progestogen therapy. Although the carcinogenicity of these preparations has been extensively investigated, the book stresses the many complex methodological issues that must be considered when interpreting findings and weighing results. Evidence of an association between use of these preparations and positive effects on health, including a reduced risk of some cancers, is also critically assessed. The first and most extensive monograph evaluates evidence of an association between the use of combined oral contraceptives and cancer at nine sites. Concerning breast cancer, the evaluation concludes that, even if the association is causal, the excess risk for breast cancer associated with patterns of use that are typical today is very small. Studies of predominantly high-dose preparations found an increased risk of hepatocellular carcinoma in the absence of hepatitis viruses. Citing these findings, the evaluation concludes that there is sufficient evidence in humans for the carcinogenicity of combined oral contraceptives. The evaluation also found sufficient evidence for the carcinogenicity of some, but not all, combined preparations in animals. Combined oral contraceptives were classified as carcinogenic to humans. The evaluation also cites conclusive evidence that these agents have a protective effect against cancers of the ovary and endometrium. Progestogen-only contraceptives are evaluated in the second monograph, which considers the association with cancer at six sites. The evaluation found no evidence of an increased risk for breast cancer. Although the evaluation found sufficient evidence in animals for the carcinogenicity of medroxyprogesterone acetate, evidence for the carcinogenicity of progestogen-only contraceptives in humans was judged inadequate. Progestogen-only contraceptives were classified as possibly carcinogenic to humans. The third monograph, on post-menopausal estrogen therapy, considers evidence of an association with cancer at eight sites. Findings from a large number of epidemiological studies indicate a small increase in the risk of breast cancer in women who have used these preparations for five years or more. Studies consistently show an association between use of post-menopausal estrogen therapy and an increased risk for endometrial cancer. Data on the association with other cancers were either inconclusive or suggested no effect on risk. The evaluation concludes that post-menopausal estrogen therapy is carcinogenic to humans. The final monograph evaluates the association between the use of post-menopausal estrogen-progestogen therapy and cancer at four sites. The evaluation of limited data on breast cancer found an increased relative risk observed with long-term use. Data were judged insufficient to assess the effects of past use and of different progestogen compounds, doses, and treatment schedules. For endometrial cancer, the evaluation found an increase

in risk relative to non-users when the progestogen was added to the cycle for 10 days or fewer. Post-menopausal estrogen-progestogen therapy was classified as possibly carcinogenic to humans. Concerning post-menopausal therapy in general, the book notes that evidence of carcinogenic risks must be placed in perspective of potential benefits. The prevention of osteoporotic fractures is cited as the best-established benefit. Evidence also suggests that estrogen prevents heart disease and may prevent memory loss and dementia.

The Life of Lord Bacon John Cambell 1853

Anti-aging Therapeutics Ronald Klatz 2003

Health at a Glance: Europe 2012 OECD 2012-11-16 This book presents a set of key indicators of health status, determinants of health, health care resources and activities, quality of care, health expenditure and financing in 35 European countries, including the 27 European Union member states, 5 candidate countries and 3 EFTA countries.

Clinical Management of Chronic Obstructive Pulmonary Disease William MacNee 2009-01-01 This book reviews the differential diagnosis, pathogenesis, and clinical management of COPD, plus specific treatment regimens, treatment of acute exacerbations, goals of therapy, prognosis, nonpharmacologic management, and smoking cessation. A main focus of the text is pharmacologic treatment of COPD, with results of major clinical trials for COPD medication agents reviewed. Pertinent clinical issues encountered in the management of COPD are discussed. Relevant consensus statements and guidelines on treatment are reviewed and critiqued.

Nitrate and Man Jean L'hirondel 2001-11-07 Nitrate is ubiquitous. It is present in water, soil, plants and food, and is also a normal human metabolite. The main external sources of nitrate are vegetables and drinking water. This book examines the relationship between nitrates and human health. During the last 50 years or so, nitrate has been feared as the source of the rare condition called methaemoglobinaemia, or 'blue baby syndrome', for young infants. Nitrate has also been implicated with causing cancer, through increased formation of carcinogenic compounds. Both claims are based on dubious evidence. This book sets out research results to disprove these assumptions, and goes on to explore the beneficial effects of nitrate in preventing infections, cancer and cardiovascular diseases. It is essential reading for researchers in medicine, and those in agriculture and food industries.

Obesity and Cancer Tobias Pischon 2016-12-01 This book provides a comprehensive and up-to-date review of the relationship between obesity and cancer. It opens with a global perspective on obesity and cancer incidence, followed by in-depth discussions of those cancers for which we have sufficient evidence of a causal relationship with obesity. It addresses topics such as the effects of obesity on cancer incidence and cancer survival, the effects of weight gain and weight loss in adulthood on cancer risk, the effects of childhood and adolescent obesity, and the role of body fat distribution in cancer risk. Individual chapters discuss potential pathways for the observed associations and explore possible mechanisms from both an epidemiological and an experimental perspective. It concludes with a population perspective on the cancer risk that is attributable to obesity and is thus potentially avoidable. This book is of particular value to researchers and epidemiologists and is also of interest to public health workers and clinicians.

Foods to Fight Cancer Richard Béliveau 2007 Furnishes practical guidelines on how to create an

everyday diet that can be used to combat cancer, focusing on a variety of foods that may prove beneficial in preventing and treating various forms of cancer and looking at the properties of eleven anti-cancer foods.

Chemoprevention of Cancer and DNA Damage by Dietary Factors Siegfried Knasmüller 2009-04-27 This reference work provides a comprehensive overview of the field of dietary chemoprevention of cancer. It reviews the wide variety of dietary factors and mechanisms of anticarcinogenesis and antimutagenesis that have been identified in vitro and in animal and human studies. This volume covers the most recent molecular mechanism by which dietary antimutagens and anticarcinogens function, and also notes the needs for further research in this potentially important area of public health. It is a must-have reference for nutritional scientists, medicinal chemists, food scientists, biotechnologists, pharmacists, and molecular biologists working in academia or the pharmaceutical and food industries, as well as governmental and regulatory agencies concerned with nutrition and cancer. With a foreword by Bruce N. Ames. Sections of the book: ● General Principles ● Experimental Models and Methods Used in Chemoprevention ● Selected Chemoprotective Dietary Factors and Components

A Life Course Approach to Healthy Ageing Yoav Ben-Shlomo 2014-01 This title investigates the lifetime determinants of healthy ageing and their implications for policy and practice, bringing together authorities in ageing research and knowledge transfer from across the world.

Medizinisches Englisch pocket Deborah Lorenz-Struve 2005

Annual report Deutsches Institut für Ernährungsforschung Potsdam-Rehbrücke 1996

Risk Management of Chemicals Mervyn Richardson 1992 This book is an authoritative work on the risk management of chemicals and fills an important gap in the market, which is devoid of works on the subject. It reviews the current status of risks entailed in the manufacture, handling, use and disposal of the chemicals on which we all depend and suggests future action for the protection of both the workplace and the natural environment. Risk Management of Chemicals has an international authorship and addresses international issues. It is the sequel to the RSC's publications 'Toxic Hazard Assessment of Chemicals' and 'Risk Assessment of Chemicals in the Environment' and like those should find an important place as a key reference work. This book is a must for graduates, researchers, regulatory bodies, safety professionals, trade unions, politicians and anyone with an interest in this area.

Pelvic Floor Dysfunction G. Willy Davila 2008-12-23 All the characteristics and driving force of The Cleveland Clinic are to be found in this book on pelvic floor function. The Cleveland Clinic is a group practice founded in 1921 on the principles of cooperation, collaboration, and collegiality. Its founders believed that many physicians working together will discover better solutions to medical problems than physicians working in isolation. They believed that the combination of disciplines, with their inherent differences in philosophy and skills, will produce a better outcome than might have evolved singularly. The power of the collaborative approach is on full display in this book. The pelvic floor unites three separate organ systems. Before this time, each has been approached individually. Urologists, gynecologists, and colorectal surgeons are each trained in their own disciplines, and the pelvic floor is subsumed in these larger fields of study. When they combine their focus on the pelvic floor, they bring their unique perspectives and different approaches to a common goal: the relief of pelvic floor syndromes such as incontinence and pelvic organ prolapse.

Viruses, Genes, and Cancer Eric Hunter 2018-08-11 This volume focuses on virus-host cell interactions,

cellular genes acquired or modulated by viruses, the pathological effects of these interactions, and therapeutic interventions. Several chapters specifically address the role of viruses and genes – such as oncogenes, proto-oncogenes, or tumor suppressor genes – in the etiology of human cancer. Oncogenic signaling by PI3 kinase, mTOR, Akt, or the major cancer drivers MYC and RAF, and the role of tumor suppressors like p53, are discussed in detail. The volume also explores the emerging role of noncoding RNAs such as microRNAs in tumorigenesis and cancer therapeutics, and offers new insights into the role of HIV-host interactions relevant to pathogenesis and treatment. Gathering contributions written by leading scientists in their respective fields, the volume offers a valuable resource for researchers and clinicians alike.

Urban Public Health Gina S. Lovasi 2020-09-10 Today, we know cities as shared spaces with the potential to both threaten and promote human health: while urban areas are known to amplify the transmission of epidemics like Ebola, urban residency is also associated with longer, healthier lives. Modern cities encompass a wide ecology of infrastructures, institutions and services that impact health, from access to improved sanitation and early childhood education to the design of buildings and transportation systems. So how has this centuries-long transformation in human settlement affected the mindset surrounding public health research and practice? *Urban Public Health* is an interdisciplinary collaboration from experts across the globe that approaches the issue of urban health research from a uniquely public health orientation. The carefully crafted and thoughtful chapters in this volume grapple with the complexity of the urban setting as a physical and social space while also providing an abundance of global and local examples of current urban health practices. *Urban Public Health* is divided into four pragmatic sections which cover core conceptual models of public health and their inequities, methods of urban health research assessment, methods of urban health research analysis and explanation, and ultimately, opportunities for urban health research to inform action through partnership and collaboration, including those which elevate community voices and capacities. An accessible guide for both students and researchers alike, *Urban Public Health* shines a light on how to understand, measure and change the urban setting so that cities grow, people thrive, and no one is left behind.

After Cancer Care Gerald Lemole 2015-08-25 After the intense experience and range of emotion that comes with surgery, radiation, or chemotherapy (or all three), cancer patients often find themselves with little or no guidance when it comes to their health post-treatment. *After Cancer Care* is the much-needed authoritative, approachable guide that fills this gap. It includes information on how to maintain physical health—with chapters on epigenetics, nutrition, and exercise—as well as emotional health through stress management techniques. The cutting-edge and growingly popular science of Epigenetics has shown that you are not stuck with your genetic history: your choices in diet, exercise, and even relationships can help determine whether or not your genes promote cancer, and therefore determine your propensity for relapse. Your lifestyle has an effect on the most common types of cancer including breast cancer, prostate cancer, melanoma, endometrial cancer, colon cancer, bladder cancer, and lymphoma. The doctors present easy-to-incorporate lifestyle changes to help you “turn on” hundreds of genes that fight cancer, and “turn off” the ones that encourage cancer, while recommending lifestyle plans to address each type. In addition, they share 34 healthy recipes and tips on staying active and exercising, detoxifying your house and environment, and taking supplements to help prevent relapse. With more than three decades of post-cancer-care experience, Drs. Lemole, Mehta, and McKee break down the science into palatable, practical takeaways so that you can drastically improve your quality of life and enjoy many years of cancer-free serenity.

The Last Godfathers John Follain 2009-07-21 *The Last Godfathers* charts the spectacular rise and the

fall of one of the richest and most powerful criminal organizations in history, the Sicilian mafia's Corleone clan. From humble origins in the town of Corleone, they manipulated the Cosa Nostra's code of honor—deceiving and bludgeoning to the summit of the secret brotherhood, purging rivals and launching terrorist campaigns which decimated anti-mafia judges, police and politicians. Journalist John Follian focuses on the three godfathers who headed the clan from the 1950s on. Luciano "The Professor" Leggio, Salvator "The Beast" Riina and Bernardo "The Tractor" Provenzano—who forged a vicious gang bent on the subversion of democracy. Cutting through the romantic aura of Hollywood films, *The Last Godfathers* portrays the true face of the Corleone mob, delving into the bloody facts behind the myth of the modern mafia.

The European People's Party T. Jansen 1998-04-02 Describes the origins (since 1925), the foundation (1978) and the evolution (until today) of the 'European People's Party' and shows how political parties are vital to the integration process within the European Union. The book examines the emergence of a transnational party system to which the Christian Democrats contribute with the EPP alongside the Social Democrats (ESP) and the Liberal Democrats (ELDR). The analysis of the political, structural and programmatic development of the EPP shows clearly that European politics have become to a large extent domestic affairs and vice versa.

Handbook Integrated Care Volker Amelung 2017-06-30 This handbook gives profound insight into the main ideas and concepts of integrated care. It offers a managed care perspective with a focus on patient orientation, efficiency, and quality by applying widely recognized management approaches to the field of health care. The handbook also provides international best practices and shows how integrated care does work throughout various health systems. The delivery of health and social care is characterised by fragmentation and complexity in most health systems throughout the world. Therefore, much of the recent international discussion in the field of health policy and health management has focused on the topic of integrated care. "Integrated" acknowledges the complexity of patients' needs and aims to meet it by taking into account both health and social care aspects. Changing and improving processes in a coordinated way is at the heart of this approach.

Quantitative Genetics in the Wild Anne Charmantier 2014 Across these fields, there is increasing appreciation of the need to quantify the genetic - rather than just the phenotypic - basis and diversity of key traits, the genetic basis of the associations between traits, and the interaction between these genetic effects and the environment. This research activity has been fuelled by methodological advances in both molecular genetics and statistics, as well as by exciting results emerging from laboratory studies of evolutionary quantitative genetics, and the increasing availability of suitable long-term datasets collected in natural populations, especially in animals. *Quantitative Genetics in the Wild* is the first book to synthesize the current level of knowledge in this exciting and rapidly-expanding area.

National Report on Human Exposure to Environmental Chemicals 2005

Krebs - Lifestyle und Umweltfaktoren als Risiko Hanna Heikenwälder 2019-06-28 Renommierter Heidelberger Wissenschaftler haben in diesem Buch zusammengetragen, was heute über Krebserkrankungen und ihre Ursachen bekannt ist. Lediglich 5 bis 10% aller Krebserkrankungen werden durch vererbte Gendefekte verursacht. Epidemiologische und experimentelle Daten aus wissenschaftlichen Studien und Hochrechnungen zeigen, wie sehr das Erkrankungsrisiko durch die eigene moderne Lebensweise beeinflusst wird. Die Autoren haben sich zum Ziel gesetzt, diffusen Ängsten und gefährlichem Halbwissen wissenschaftlich valides Wissen entgegenzusetzen und diese Daten und Fakten verständlich und unterhaltsam zu präsentieren. Das Buch richtet sich an alle

medizinisch Interessierten, Betroffene und Angehörige.

Epitranscriptomics Stefan Jurga 2021-07-28 This book reviews a novel and exciting field of cellular and molecular biology called epitranscriptomics, which focuses on changes in an organism's cells resulting from the posttranscriptional modification of cellular RNA. RNA-binding proteins (RBPs) play a crucial role in these posttranscriptional modifications and also support several cellular processes necessary for maintaining RNA homeostasis. Exploring the mechanisms underlying RNA modifications and RBP function is an emerging area of biomedical research, taking the study of gene regulation a step beyond epigenetics. This book reveals that the RNA molecule is not just an information-carrying molecule with some secondary structures. Accordingly, how RNA is modified, regulated, packaged, and controlled is an important aspect. Leading experts address questions such as where the over 170 distinct posttranscriptional RNA modifications are located on the genome, what percentage of mRNAs and noncoding RNAs these modifications include, and how an RNA modification impacts a person's biology. In closing, the book reviews the role of RNA modifications and RBPs in a variety of diseases and their pathogenesis. Addressing some of the most exciting challenges in epitranscriptomics, this book provides a valuable and engaging resource for researchers in academia and industry studying the phenomena of RNA modification.

Hormones and Breast Cancer 2013-06-25 First published in 1943, Vitamins and Hormones is the longest-running serial published by Academic Press. The Editorial Board now reflects expertise in the field of hormone action, vitamin action, X-ray crystal structure, physiology and enzyme mechanisms. Under the capable and qualified editorial leadership of Dr. Gerald Litwack, Vitamins and Hormones continues to publish cutting-edge reviews of interest to endocrinologists, biochemists, nutritionists, pharmacologists, cell biologists and molecular biologists. Others interested in the structure and function of biologically active molecules like hormones and vitamins will, as always, turn to this series for comprehensive reviews by leading contributors to this and related disciplines. This volume focuses on hormones and breast cancer. Contributions from leading authorities informs and updates on all the latest developments in the field

OECD Science, Technology and Innovation Outlook 2021 Times of Crisis and Opportunity OECD 2021-01-12 In immediate responses to the COVID-19 crisis, science and innovation are playing essential roles in providing a better scientific understanding of the virus, as well as in the development of vaccines, treatments and diagnostics. Both the public and private sectors have poured billions of dollars into these efforts, accompanied by unprecedented levels of global cooperation.

Diseases of the Pancreas Markus W. Büchler 2004 "This clearly laid out and easily readable encyclopedia is aimed particularly at general practitioners and students in their clinical years, as well as at specialists who desire a more in-depth knowledge of the pancreas, such as internists, gastroenterologists, surgeons, radiologists, oncologists, pathologists and pediatricians. But others will also find this to be a comprehensive reference book on the subject."--BOOK JACKET.

Quantitative Estimation and Prediction of Human Cancer Risks H. Moller 1999 The book provides an overview of current practices, sources of data and scientific methods in cancer risk estimation and prediction, for researchers and for regulatory personnel at the local, national and international levels.

The Elephant in the Room Jonathan Waxman 2011-09-28 The Elephant in the Room is a collection of short stories that creatively communicate the cancer patient's journey. The stories, based on real-life accounts, are built around the idiosyncratic relationships between patients and their doctors. Using

humor, empathy and wisdom, Jonathan Waxman explores the very human side of cancer as well as providing expert commentary on the clinical aspects of diagnosis and therapy of this disease. These stories comfort and entertain, inform and engage, and are a treat to read for anyone whose life has been affected by cancer.

Diagnose Krebs - Das Überlebensbuch für die Seele Dr. Angela Grigelat 2021-10-11 Krebs - wie jetzt weiterleben? Orientierung und Hilfe für die Zeit nach der Diagnose Die seelische Belastung bei einer Krebserkrankung ist so groß wie bei keiner anderen Krankheit - auch für das Umfeld der Erkrankten. Auf die Erschütterung, die eine Krebsdiagnose auslöst, folgt eine Vielzahl an Belastungen: Erkrankte müssen nicht nur die Strapazen der Krebstherapie schultern, sondern mit Ängsten, Stress, Erschöpfung, und manchmal mit Depressionen umgehen. Zudem wird von Krebskranken erwartet, dass sie sich Fragen zu ihrer Lebensführung stellen: Haben sie falsch gelebt und den Krebs mitverursacht? Hat die Krankheit womöglich einen Sinn, und kann man seelisch bei der Gesundung mithelfen? Dr. Angela Grigelat ist Psychoonkologin, sie begleitet Menschen, die an Krebs erkrankt sind. Sie weiß, welche seelischen Reaktionen eine Krebserkrankung auslösen kann und welche Themen den Betroffenen unweigerlich begegnen. Ihr Ziel: Dass sowohl Patienten als auch ihre Unterstützer in der Lage sind, zu recherchieren, zu kommunizieren und nach Hilfe zu suchen - und vor allem, sich von falschen Ansprüchen frei zu machen und manche Angst loszuwerden. Das erste Buch, das Betroffene und ihre Angehörigen während der Krebserkrankung coacht: ruhig, zuversichtlich, ordnend und anregend.

Cultural Sport Psychology Robert Schinke 2009 "Cultural Sport Psychology is the first full text to offer a complete and authoritative look at this developing field by a diverse group of established and aspiring contributors. As clinicians develop their practice to include more diverse athletes and sport psychologists expand to work in multicultural settings, this text will undeniably spark increased discussion, reflection, and research of cultural considerations in sport psychology practice."--BOOK JACKET.

Gastrointestinal Microbiology Arthur C. Ouwehand 2006-06-05 This reference supplies a comprehensive and current overview of every aspect of gastrointestinal microbiota. Expertly written chapters cover conventional and molecular techniques for the study of differing microbial populations, as well as the analysis of microbial activity and interaction with host bodies. Illustrative and up-to-date, this source

Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults Expert Panel on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults (U.S.) 1998 Of evidence-based recommendations -- Introduction -- Overweight and obesity: background -- Examination of randomized controlled trial evidence -- Treatment guidelines -- Summary of recommendations -- Future research.

healthstyle - Gesundheit als Lifestyle Jürgen Kurz 2020-11-26 healthstyle berichtet in 4 Ausgaben pro Jahr schwerpunktmäßig über die vier Themenwelten Gesundheit | Prävention | Coaching | Naturheilkunde. Eine Vision zu haben, ein Ziel zu entwickeln und Dinge mutig und bewusst zu ändern - das ist eines der Erfolgsrezepte für ein selbstbestimmtes und erfolgreiches Leben. Gesundheit als Lifestyle - dieses Motto ist Basis für nachhaltiges Glück in jedem Lebensbereich. Die hsm healthstyle.media GmbH hat sich das Ziel gesetzt, Dich darin zu unterstützen, Deinen Alltag gelassen zu meistern und zugleich Deinen eigenen Weg zu gehen. Denn Dein Lebensglück ist so individuell wie Du selbst. Nur Du weißt, was dazugehört. Du selbst hast es in der Hand. Gemeinsam gehen wir auf Entdeckungsreise, damit Du genau das findest, was Dein Leben grundlegend und dauerhaft bereichert.

"Für was stehe ich jeden Tag auf?", oder: "Wie bringe ich mehr Freude, Stabilität und Ruhe in mein Leben?". Unser gesamtes Angebot ist darauf abgestimmt. Zeitschrift, Bücher und CDs, digitale Formate - wähle das für Dich Passende. Wir geben Dir Inspiration und konkrete Tipps, wie Du Schritt für Schritt Deinen ganz persönlichen Zielen näherkommst und Deine Lebensbereiche in Balance bringst. Wer zufrieden ist mit dem, was er hat, und weiß, was er will, für den ist Glückhsein nicht weit.

The Problem of Race-regeneration Havelock Ellis 1911

The Law in the Information and Risk Society Gunnar Duttge 2011 "The information and risk society poses a new challenge for the law in all its fragments. Modern media communication and technologies increase people's prosperity while stating new risks with not uncommonly devastating crisis-potential: The banking crisis, the safety net for the euro zone and the nuclear incident in Fukushima are only the latest forms of those specific modern common dangers which the law is facing--in many cases due to it's domestically limited validity--not or not sufficiently prepared. In order to promote the international dialog within the jurisprudence there was a conference in October 2010 held by the faculty of law of the Georg-August-Universität, supported by the chair of GAU, together with the faculty of Seoul National University School of Law discussing main issues of law in a modern information and risk society. With this volume the results of this convention shall be made accessible to everybody interested"--Page 4 of cover.

World Cancer Report 2014 Bernard W. Stewart 2014 World Cancer Report 2014 provides a professional, multidisciplinary assessment of all aspects of the geographical distribution, biology, etiology, prevention, and control of cancer, predicated on research. World Cancer Report is designed to provide non-specialist health professionals and policy-makers with a balanced understanding of cancer control and to provide established cancer professionals with insights about recent developments.

Tall Tail Rita Mae Brown 2017-05-02 "Returning to Virginia's post-revolutionary history and to characters introduced in Tail Gait, the story follows the Garth sisters and their husbands, neighbors to a brutal slaveholder whose murder at the hands of one of his slaves is neither unexpected nor unwarranted, especially when the impetus was an attack on that slave's wife. The sisters manage to smuggle the fugitive to safety in York, Pennsylvania, while ensuring that the circumstances underlying the entire ordeal stay long buried. Until now. Harry and her animal companions come closer to drawing a link between the past and the present. And in this centuries-spanning caper, they will discover that hiding who you really are may have mortal consequences ... As the questions surrounding."--

Die Kraft des Lichts Alexander Wunsch 2019-06-17 Wie Pflanzen und die meisten Tiere brauchen wir Menschen Licht, um zu leben. In unserer immer künstlicher werdenden Umwelt können wir nur gesund bleiben und unsere Leistungsfähigkeit erhalten, wenn wir mit Sonnenlicht, Kunstlicht und farbigem Licht richtig umgehen. Der Arzt und führende Lichtexperte Dr. med. Alexander Wunsch beschreibt, wie gutes Licht die Gesundheit fördert, den biologischen Rhythmus im Gleichgewicht hält und präventiv und heilend eingesetzt werden kann. Er erklärt Schritt für Schritt, wie sich die Haut ab dem Frühjahr am besten an das natürliche Sonnenlicht gewöhnt und warum dies vom Einfallswinkel der Strahlen, von unterschiedlichen Hauttypen und von der Herkunft unserer Vorfahren abhängt. Zudem beschreibt er ausführlich, warum schlechtes Licht - etwa von LEDs oder Bildschirmen - uns krank macht, gibt Anleitungen, wie die eigenen vier Wände und der Arbeitsplatz ideal beleuchtet werden können und worauf man beim Umgang mit Computern, TV-Geräten und Smartphones achten sollte.

An Approach to Community Mental Health Gerald Caplan 2013-11-05 Tavistock Press was

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established as a co-operative venture between the Tavistock Institute and Routledge & Kegan Paul (RKP) in the 1950s to produce a series of major contributions across the social sciences. This volume is part of a 2001 reissue of a selection of those important works which have since gone out of print, or are difficult to locate. Published by Routledge, 112 volumes in total are being brought together under the name The International Behavioural and Social Sciences Library: Classics from the Tavistock Press. Reproduced here in facsimile, this volume was originally published in 1961 and is available individually. The collection is also available in a number of themed mini-sets of between 5 and 13 volumes, or as a complete collection.