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Lifestyle Medicine Jeffrey I. Mechanick, Robert F. Kushner, 2016-03-18 Lifestyle the manner in which people live is fundamental to health wellness and prevention of disease It follows that attention to lifestyle is critically important to effective and successful health care But here s the challenge health care professionals receive very little if any formal training about lifestyle counseling and therefore are ill equipped to incorporate lifestyle issues into clinical practice In response Lifestyle Medicine is evolving as a means to fill this knowledge gap Lifestyle medicine approaches health and wellness by harnessing the power of lifestyle related behaviors and influencing the environment we live in It is a formal approach that promises to enhance and strengthen a re invigorated health care system that is still outpaced by the epidemic proportions and complexity of chronic diseases like obesity diabetes depression hypertension and cancer among others Lifestyle Medicine A Manual for Clinical Practice presents this formal approach in a pragmatic context This unique and practical manual provides clear and succinct guidance on nearly all aspects of lifestyle medicine The approach is both explanatory and pragmatic providing case studies and bulleted translation of academic information into clinical practice recommendations There is an emphasis on scientific evidence wherever possible as well as opinions by the expert chapter authors who practice lifestyle medicine There is a how to rationality to the book consistent with a premise that any and all health care professionals should and perhaps must incorporate lifestyle medicine A valuable checklist is included at the close of the book that summarizes key points and provides a practical tool for routine patient encounters

Master the Art of Business Positioning: How to Stand Out in Saturated Markets Simon Schroth, 2025-04-02 In today s competitive business world standing out in a crowded market can seem impossible However Master the Art of Business Positioning shows you exactly how to carve out a unique space for your brand and become the go to choice for your target audience This book reveals the secrets to positioning your business in a way that not only attracts attention but also converts prospects into loyal customers You ll learn how to identify your unique value proposition differentiate yourself from competitors and effectively communicate your brand s strengths to your target market The book covers key strategies for

brand positioning including market research messaging and creating a compelling brand story that resonates with your ideal customers In addition to positioning strategies this book dives into the psychology of consumer behavior showing you how to align your brand with the emotional needs and desires of your customers With actionable steps and real world case studies Master the Art of Business Positioning provides everything you need to stand out and dominate in even the most saturated markets

Evolution of the Human Diet Peter S. Ungar, 2007 We are interested in the evolution of hominin diets for several reasons One is the fundamental concern over our present day eating habits and the consequences of our societal choices such as obesity prevalent in some cultures and starvation in others Another is that humans have learned to feed themselves in extremely varied environments and these adaptations which are fundamentally different from those of our closest biological relatives have to have had historical roots of varying depth The third and the reason why most paleoanthropologists are interested in this question is that a species trophic level and feeding adaptations can have a strong effect on body size locomotion life history strategies geographic range habitat choice and social behavior Diet is key to understanding the ecology and evolution of our distant ancestors and their kin the early hominins A study of the range of foods eaten by our progenitors underscores just how unhealthy many of our diets are today This volume brings together authorities from disparate fields to offer new insights into the diets of our ancestors Paleontologists archaeologists primatologists nutritionists and other researchers all contribute pieces to the puzzle This volume has at its core four main sections Reconstructed diets based on hominin fossils tooth size shape structure wear and chemistry mandibular biomechanics Archaeological evidence of subsistence stone tools and modified bones Models of early hominin diets based on the diets of living primates both human and non human paleoecology and energetics Nutritional analyses and their implications for evolutionary medicine New techniques for gleaning information from fossil teeth bones and stone tools new theories stemming from studies of paleoecology and new models coming from analogy with modern humans and other primates all contribute to our understanding When these approaches are brought together they offer an impressive glimpse into the lives of our distant ancestors The contributions in this volume explore the frontiers of our knowledge in each of these disciplines as they address the knowns the unknowns and the unknowables of the evolution of hominin diets

AI, Agents & Automation for influencers 2025 Jens Belner, 101-01-01 The Ultimate Playbook for Influencers Who Want to Scale with AI in 2025 Struggling to Keep Up with Content Engagement Monetization AI is the Game Changer You Need The influencer industry is evolving faster than ever and if you re not leveraging AI automation and digital agents you re already falling behind What if you could Automate content creation without losing your personal touch Predict viral trends before they happen Use AI chatbots to engage fans 24 7 and turn DMs into dollars Land high paying brand deals while AI negotiates for you Monetize your influence with AI powered courses digital products memberships This book is your all in one roadmap to leveraging AI in 2025 Whether you re a TikTok YouTuber Instagram influencer podcaster or content creator this book will

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