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You will learn to:

- ✔ Form a “healthy food plate”;
- ✔ Fight stress without eating;
- ✔ Set the right goals and achieve them

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to use technology you already have at your fingertips to make your weight loss journey a lot easier and more effective How to boost your metabolism and burn more fat How to train your body to use fat instead of carbs How to get results with a low carb diet without starving yourself Beverage Industry ,1987 **The Transformative Power of Mobile Medicine** Paul Cerrato,John Halamka,2019-01-23 The Transformative Power of Mobile Medicine Leveraging Innovation Seizing Opportunities and Overcoming Obstacles of mHealth addresses the rapid advances taking place in mHealth and their impact on clinicians and patients It provides guidance on reliable mobile health apps that are based on sound scientific evidence while also offering advice on how to stay clear of junk science The book explores the latest developments including the value of blockchain the emerging growth of remote sensors in chronic patient care the potential use of Amazon Alexa and Google Assistant as patient bedside assistants the use of Amazon s IoT button and much more This book enables physicians and nurses to gain a deep understanding of the strengths and weaknesses of mobile health and helps them choose evidence based mobile medicine tools to improve patient care Provides clinicians and technologists with an update on the latest mobile health initiatives and tools including the work done at Beth Israel Deaconess Medical Center Harvard Medical School Encompasses case studies with real world examples to turn abstract concepts into flesh and blood examples of how mHealth benefits the public Presents drawings graphics and flow charts to help readers visualize the functionality and value of mobile medicine *Novel Psychoactive Drugs* Liana Fattore,Aviv Weinstein,2019-06-05 An increasing number of novel psychoactive drugs are currently available and sold as legal highs or research chemicals These New Psychoactive Substances NPS constitute a broad range of hundreds of natural and synthetic drugs including synthetic cannabinoids synthetic cathinones synthetic opioids and other classes which use has resulted in a significantly growing number of intoxication and mortality as reported by emergency and poison centres from all over the world Definition of NPS includes any substance that has recently become available and has been designed purposely to replace illegal drugs although not necessarily of new synthesis Use of NPS is dramatically increased in the last decade and represents a serious risk for the public health Their ever evolving chemical structure the possibility to distribute in real time through the Internet and social networks information about their use and effects have dramatically challenged public health and drug policies internationally NPS recently attracted great attention but most are still unregulated and proposed online as legal alternatives to traditional illicit drugs Unfortunately this area is still poorly investigated and very limited information are available so far on their nature and potential risks The phenomenon of NPS requires multi national and multi disciplinary collaborations to improve our knowledge on this changing drug market to share information and define good practices at a global level Political and educational efforts are indispensable to regulate this mutable scenario and to inform the public about health consequences of NPS use Clinicians and emergency staff should be aware that NPS may cause severe health consequences and unexpected adverse effects and be informed on how to recognized and treat specific intoxication cases Considering the widespread use of NPS and paucity of

information about their toxicology and pharmacology this Research Topic will be useful to understand the new trends in the scenario of drug use abuse and addiction to inform professionals and general public about the health problems caused by NPS and to help drug control policies to adopt suitable control measures

MacRae's Blue Book ,1967 **New York Magazine** ,1990-11-19 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea

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