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Super Smoothies Fern Green 2017-01-17 A fresh collection of more than 60 illustrated recipes for delicious, healthful blended beverages with targeted detox plans and step-by-step instructions for creating custom smoothies. This easy-to-follow and informative guide pares smoothie-making back to its essence. The recipes are presented in highly visual spreads, with each ingredient photographed for at-a-glance instruction. Suggested 3- and 5-day detox plans target specific concerns, such as weight loss, metabolism, digestion, and clear skin, and the smoothies are optimized to enhance and rejuvenate well-being, with health benefits noted for each recipe. Using fresh fruits and vegetables, Super Smoothies provides the perfect introduction for novice smoothie makers, as well as new inspiration for experienced blenders.

An Introduction to Biological Control A.P. Gutierrez 2013-06-29 This volume is a revision of Biological Control by R. van den Bosch and P. S. Messenger, originally published by Intext Publishers. In the revision, I have attempted to keep the original theme, and to update it with current research findings and new chapters or sections on insect pathology, microbial control of weeds and plant pathogens, population dynamics, integrated pest management, and economics. The book was written as an undergraduate text, and not as a complete review of the subject area. Various more comprehensive volumes have been written to serve as handbooks for the experts. This book is designed to provide a concise overview of the complex and valuable field of biological control and to show the relationships to the developing concepts of integrated pest management. Population regulation of pests by natural enemies is the major theme of the book, but other biological methods of pest control are also discussed. The chapter on population dynamics assumes a precalculus-level knowledge of mathematics. Author names of species are listed only once in the text, but all are listed in the Appendix. Any errors or omissions in this volume are my sole responsibility. A. P. Gutierrez Professor of Entomology Division of Biological Control University of

California, Berkeley vii Acknowledgments Very special thanks must be given to my colleagues, Professors C. B. Huffaker and L. E. Caltagirone, for the very thorough review they provided and for the many positive suggestions they gave. Dr.

On the Edge of the Global Niko Besnier 2011-03-02 This book explores the malaise present in post-colonial Tonga, analyzing the way in which segments of this small-scale society hold on to different understandings of what modernity is, how it should be made relevant to local contexts, and how it should mesh with practices and symbols of tradition.

The Breakfast Book Andrew Dalby 2013-06-01 You've heard it from doctors, nutritionists, and your mom: breakfast is the most important meal of the day. It's also one of the most diverse, varying greatly from family to family and region to region, even while individuals tend to eat the same thing every day. While Americans traditionally like to chow down on eggs, cereal, and doughnuts, the Japanese eat rice and miso soup, and New Zealanders enjoy porridge. But while we know bacon and sausage links belong alongside pancakes and waffles in the early morning hours, we don't know how breakfast came to be. Taking a multifaceted approach to the story of the morning meal, *The Breakfast Book* collects narratives of breakfast in an attempt to pin down the mottled history of eating in the A.M. In search of what people have thought and written—and tasted—about breakfast, Andrew Dalby traces the meal's origins back to the Neolithic revolution. He follows the trail of toast crumbs from the ancient Near East and classical Greece to modern Europe and across the globe, rediscovering stories of breakfast in three thousand years of fiction, memoirs, and art. Using a multitude of entertaining breakfast facts, anecdotes, and images, he reveals why breakfast is so often the backdrop for unexpected meetings, why so many people eat breakfast out, and why this often silent meal is also so reassuring. Featuring a selection of historic and contemporary breakfast recipes from around the world, *The Breakfast Book* is the first book to explore the history of this inimitable meal and will make an ideal morning companion to crumpets, deviled kidneys, and spanakopita alike.

Energy Bars and Balls Fern Green 2017-01-26 Energy balls and bars are the number one snack. They are full of superfoods and can be easily made at home. With health benefits in mind, all these recipes are dairy-free, mostly gluten-free, cooked, raw and packed full of protein. The punch comes with the ingredients: chia seeds, hemp seeds, oats, quinoa, almond butter, walnuts, cacao, carob, coconut oil, goji berries and dates. All are rich in vitamins and minerals and can help boost the immune system as well as have anti-inflammatory properties. Each recipe helps boost your body's natural defences, giving it the protein it needs to keep the body functioning at its very best. These energising snacks are cheap and easy to grab on the go, as they can be packed in a lunchbox for work, school, travel or when exercising. And if you have too many, they are easy to freeze for later. What more could you ask for in a little snack? The recipes in this cookbook are simple and presented simply. You can immediately see all the ingredients you will need laid out, check the preparation time and quickly scan the method.

Breasts, Bottles and Babies Valerie A. Fildes 1986

Markus + Diana Klaus Hagerup 2006 Using fake stories to get autographs of celebrities in the mail, Markus meets his match when actress Diana Mortensen responds with more than a photograph - causing Markus to become more heavily involved in his lie and his regrets.

Heads-Up Baseball Ken Ravizza 1995-06-01 "This book provides practical strategies for developing the mental skills which help speed you to your full potential."---Dave Winfield

What does it mean to play heads-up baseball? A heads-up player has confidence in his ability, keeps control in pressure situations, and focuses on one pitch at a time. His mental skills enable him to play consistently at or near his best despite the adversity baseball

presents each day. "My ability to fully focus on what I had to do on a daily basis was what made me the successful player I was. Sure I had some natural ability, but that only gets you so far. I think I learned how to focus; it wasn't something that I was necessarily born with." -- Hank Aaron "Developing and refining my mental game has played a critical role in my success in baseball. For years players have had to develop these skills on their own. This book provides practical strategies for developing the mental skills that will help speed you toward your full potential." -- Dave Winfield

The Healing Code Alex Loyd 2011-03-17 The Healing Code is your healing kit for life - to heal the issues you know about, and the ones you don't. In 2001, while trying to cure his wife of her long term depression, Dr. Alex Loyd discovered how to activate a physical function built into the body that consistently and predictably removes the source of 95% of all illness and disease, so that the neuro-immune system takes over its job of healing whatever is wrong with the body. He also discovered that there is a Universal Healing Code that will heal most issues for most people - physical, emotional and relational, as well as enabling breakthroughs in success and well being. The Healing Code has been subjected to numerous tests which have validated its success, as do the testimonies of the thousands of people for whom it has worked. In this book you will discover for yourself The Healing Code process. It's easy to learn, can be used just about anywhere and takes only six minutes to complete. This life changing book also includes the Seven Secrets of life, health and prosperity, the 10-second Instant Impact technique for defusing everyday stress and the Heart Issues Finder - a simple test that identifies quickly your own personal source issues and imbalances. In just six minutes, lower stress, turn the immune and healing systems back on and discover the life changing effects of The Healing Code.

Green Proteins Fern Green 2015-07-28 Promoting a strong immune system, green proteins are the key to a balanced, low-meat diet and healthy, plant-fuelled bodies. Low on antioxidants and fibre? Looking for a healthy meat replacement? Want to make your daily meals delicious and nutritious? Look inside for 66 illustrated high-protein, high-fibre recipes packed with vitamins and minerals to boost your immune system and aid weight loss. Includes a healthy eating programme to transform your daily meal routine, with snacks and salads, mains and desserts.

Proteine verdi. La bibbia. Sostituire quotidianamente la carne. 66 ricette antiossidanti e ricche di fibre Fern Green 2016

Heaven And Hell Aldous Huxley 2014-01-01 Inspired by the poetry of William Blake, Heaven and Hell delves into the murky topic of human consciousness through a discussion of religious mystical perception, biochemistry and psychoactive drug experimentation. Heaven and Hell explains how science, art, religion, literature, and psychoactive drugs can expand the reader's everyday view of reality, offering a more profound grasp of the human experience. Like his earlier essay, The Doors of Perception, Aldous Huxley's Heaven and Hell exerted a tremendous influence on the counter-culture movement of the 1960s, inspiring the imaginations of an entire generation of artists and revolutionaries like Jim Morrison and Jackson Pollack. HarperTorch brings great works of non-fiction and the dramatic arts to life in digital format, upholding the highest standards in ebook production and celebrating reading in all its forms. Look for more titles in the HarperTorch collection to build your digital library.

Plato and Europe Jan Patočka 2002 The Czech philosopher Jan Patočka (1907-1977) is widely recognized as the most influential thinker to come from postwar Eastern Europe. This book presents his most mature ideas about the history of Western philosophy.

Rogue Economics Loretta Napoleoni 2011-01-04 What do Eastern Europe's booming sex

trade, America's subprime mortgage lending scandal, China's fake goods industry, and celebrity philanthropy in Africa have in common? With biopirates trolling the blood industry, fish-farming bandits ravaging the high seas, pornography developing virtually in Second Life, and games like World of Warcraft spawning online sweatshops, how are rogue industries transmuting into global empires? And will the entire system be transformed by the advent of sharia economics? With the precision of an economist and the narrative deftness of a storyteller, syndicated journalist Loretta Napoleoni examines how the world is being reshaped by dark economic forces, creating victims out of millions of ordinary people whose lives have become trapped inside a fantasy world of consumerism. Napoleoni reveals the architecture of our world, and in doing so provides fresh insight into many of the most insoluble problems of our era.

**Alkaline Juices and Smoothies** Stephan Domenig 2016-04 Kick-start your health makeover with 'Alkaline Juices and Smoothies', a fast track to weight loss, increased energy and a balanced body and mind.

**Medical Medium Thyroid Healing** Anthony William 2017-11-07 Experience the epic truth about your thyroid from the #1 New York Times best-selling author of the Medical Medium series Everyone wants to know how to free themselves from the thyroid trap. As the thyroid has gotten more and more attention, though, these symptoms haven't gone away--people aren't healing. Labeling someone with "Hashimoto's," "hypothyroidism," or the like doesn't explain the myriad health issues that person may experience. That's because there's a pivotal truth that goes by unnoticed: A thyroid problem is not the ultimate reason for a person's illness. A problematic thyroid is yet one more symptom of something much larger than this one small gland in the neck. It's something much more pervasive in the body, something invasive, that's responsible for the laundry list of symptoms and conditions attributed to thyroid disease. Discover the real reasons and the healing path for dozens of symptoms and conditions, including: ACHES AND PAINS; ANXIETY AND DEPRESSION; AUTOIMMUNE DISEASE; BRAIN FOG AND FOCUS; CANCER; EPSTEIN-BARR VIRUS; PREGNANCY COMPLICATIONS; FATIGUE; MONONUCLEOSIS; FIBROMYALGIA AND CFS; HAIR THINNING AND LOSS; HASHIMOTO'S THYROIDITIS; HEADACHES AND MIGRAINES; HEART PALPITATIONS; VERTIGO; HYPERTHYROIDISM; HYPOTHYROIDISM; MENOPAUSAL SYMPTOMS; MYSTERY WEIGHT GAIN; SLEEP DISORDERS; TINGLES AND NUMBNESS

**The 12th Planet** Zecharia Sitchin 1991-05-01 Over the years, startling evidence has been unearthed, challenging established notions of the origins of Earth and life on it, and suggesting the existence of a superior race of beings who once inhabited our world. The product of thirty years of intensive research, The 12th Planet is the first book in Zecharia Sitchin's prophetic Earth Chronicles series--a revolutionary body of work that offers indisputable documentary proof of humanity's extraterrestrial forefathers. Travelers from the stars, they arrived eons ago, and planted the genetic seed that would ultimately blossom into a remarkable species...called Man. The 12th Planet brings to life the Sumerian civilization, presenting millennia-old evidence of the existence of Nibiru, the home planet of the Anunnaki, and of the landings of the Anunnaki on Earth every 3,600 years, and reveals a complete history of the solar system as told by these early visitors from another planet. Zecharia Sitchin's Earth Chronicles series, with millions of copies sold worldwide, deal with the history and prehistory of Earth and humankind. Each book in the series is based upon information written on clay tablets by the ancient civilizations of the Near East. The series is offered here, for the first time, in highly readable, hardbound collector's editions with

enhanced maps and diagrams.

Italian Identity in the Kitchen, or Food and the Nation Massimo Montanari 2013-07-23

Massimo Montanari draws readers into the far-flung story of how local and global influences came to flavor Italian identity. The fusion of ancient Roman cuisine—which consisted of bread, wine, and olives—with the barbarian diet—rooted in bread, milk, and meat—first formed the basics of modern eating across Europe. From there, Montanari highlights the importance of the Italian city in the development of gastronomic taste in the Middle Ages, the role of Arab traders in positioning the country as the supreme producers of pasta, and the nation's healthful contribution of vegetables to the fifteenth-century European diet. Italy became a receiving country with the discovery of the New World, absorbing corn, potatoes, and tomatoes into its national cuisine. As disaster dispersed Italians in the nineteenth century, new immigrant stereotypes portraying Italians as "macaroni eaters" spread. However, two world wars and globalization renewed the perception of Italy and its culture as unique in the world, and the production of food constitutes an important part of that uniqueness.

Green Smoothies Fern Green 2014-08-26 A comprehensive guide to the ever-popular green smoothie, with all you need to make delicious healthy drinks to suit your lifestyle. Feeling tired and run-down? Looking for a great start to your day? Want the perfect juice to help detox your body? Inside you'll find 66 illustrated smoothies, juices and tonics that will kickstart your metabolism, fire up your mind and promote whole-body health. Includes a 7-day detox plan and a key to the health benefits of each drink - with helpful hints on ingredients and kitchen utensils as well. This easy-to-follow book has all you need to make your own delicious smoothies and juices. Fern Green is a UK-based food stylist. Green Smoothies is her first book. For more information visit [ferngreenfood.carbonmade.com](http://ferngreenfood.carbonmade.com)

Ecopsychology Vladimir Antonov 2012-03-25 This book is written in a simple and easy-to-understand language by scientist-biologist Dr. Vladimir Antonov. It covers the essential issues: what is God, the place of human being in the Evolution of the Universal Consciousness, principles of forming and correction of destiny, ways of attaining health and happiness, most effective methods of psychic self-regulation, about spiritual development and cognition of God.

Total Diet Studies Gerald G. Moy 2013-11-08 Unless a food is grossly contaminated, consumers are unable to detect through sight or smell the presence of low levels of toxic chemicals in their foods. Furthermore, the toxic effects of exposure to low levels of chemicals are often manifested slowly, sometimes for decades, as in the case of cancer or organ failure. As a result, safeguarding food from such hazards requires the constant monitoring of the food supply using sophisticated laboratory analysis. While the food industry bears the primary responsibility for assuring the safety of its products, the overall protection of people's diets from chemical hazards must be considered one of the most important public health functions of any government. Unfortunately, many countries do not have sufficient capability and capacity to monitor the exposure of their populations to many potentially toxic chemicals that could be present in food and drinking water. Without such monitoring, public health authorities in many countries are not able to identify and respond to problems posed by toxic chemicals, which may harm their population and undermine consumer confidence in the safety of the food supply. From a trade perspective, those countries that cannot demonstrate that the food they produce is free of potentially hazardous chemicals will be greatly disadvantaged or even subject to sanctions in the international marketplace. The goal of a total diet study (TDS) is to provide basic information on the levels and trends of exposure to chemicals in foods as consumed by the population. In other words, foods are processed and

prepared as typical for a country before they are analyzed in order to better represent actual dietary intakes. Total diet studies have been used to assess the safe use of agricultural chemicals (e.g., pesticides, antibiotics), food additives (e.g., preservatives, sweetening agents), environmental contaminants (e.g., lead, mercury, arsenic, cadmium, PCBs, dioxins), processing contaminants (e.g., acrylamide, polycyclic aromatic hydrocarbons, chloropropanols), and natural contaminants (e.g., aflatoxin, patulin, other mycotoxins) by determining whether dietary exposure to these chemicals are within acceptable limits. Total diet studies can also be applied to certain nutrients where the goal is to assure intakes are not only below safe upper limits, but also above levels deemed necessary to maintain good health. International and national organizations, such as the World Health Organization, the European Food Safety Agency and the US Food and Drug Administration recognize the TDS approach as one of the most cost-effective means of protecting consumers from chemicals in food, for providing essential information for managing food safety, including food standards, and for setting priorities for further investment and study. Total Diet Studies introduces the TDS concept to a wider audience and presents the various steps in the planning and implementation of a TDS. It illustrates how TDSs are being used to protect public health from chemicals in the food supply in many developed and developing countries. The book also examines some of the applications of TDSs to specific chemicals, including contaminants and nutrients.

Eating and Healing Andrea Pieroni 2006-03-15 Discover neglected wild food sources—that can also be used as medicine! The long-standing notion of “food as medicine, medicine as food,” can be traced back to Hippocrates. Eating and Healing: Traditional Food As Medicine is a global overview of wild and semi-domesticated foods and their use as medicine in traditional societies. Important cultural information, along with extensive case studies, provides a clear, authoritative look at the many neglected food sources still being used around the world today. This book bridges the scientific disciplines of medicine, food science, human ecology, and environmental sciences with their ethno-scientific counterparts of ethnobotany, ethnoecology, and ethnomedicine to provide a valuable multidisciplinary resource for education and instruction. Eating and Healing: Traditional Food As Medicine presents respected researchers’ in-depth case studies on foods different cultures use as medicines and as remedies for nutritional deficiencies in diet. Comparisons of living conditions in different geographic areas as well as differences in diet and medicines are thoroughly discussed and empirically evaluated to provide scientific evidence of the many uses of these traditional foods as medicine and as functional foods. The case studies focus on the uses of plants, seaweed, mushrooms, and fish within their cultural contexts while showing the dietary and medical importance of these foods. The book provides comprehensive tables, extensive references, useful photographs, and helpful illustrations to provide clear scientific support as well as opportunities for further thought and study. Eating and Healing: Traditional Food As Medicine explores the ethnobiology of: Tibet—antioxidants as mediators of high-altitude nutritional physiology Northeast Thailand—“wild” food plant gathering Southern Italy—the consumption of wild plants by Albanians and Italians Northern Spain—medicinal digestive beverages United States—medicinal herb quality Commonwealth of Dominica—humoral medicine and food Cuba—promoting health through medicinal foods Brazil—medicinal uses of specific fishes Brazil—plants from the Amazon and Atlantic Forest Bolivian Andes—traditional food medicines New Patagonia—gathering of wild plant foods with medicinal uses Western Kenya—uses of traditional herbs among the Luo people South Cameroon—ethnomycology in Africa Morocco—food medicine and ethnopharmacology Eating and Healing: Traditional Food As Medicine is an essential

research guide and educational text about food and medicine in traditional societies for educators, students from undergraduate through graduate levels, botanists, and research specialists in nutrition and food science, anthropology, agriculture, ethnoecology, ethnobotany, and ethnobiology.

The Economic Weapon Nicholas Mulder 2022-01-11 The first international history of the emergence of economic sanctions during the interwar period and the legacy of this development Economic sanctions dominate the landscape of world politics today. First developed in the early twentieth century as a way of exploiting the flows of globalization to defend liberal internationalism, their appeal is that they function as an alternative to war. This view, however, ignores the dark paradox at their core: designed to prevent war, economic sanctions are modeled on devastating techniques of warfare. Tracing the use of economic sanctions from the blockades of World War I to the policing of colonial empires and the interwar confrontation with fascism, Nicholas Mulder uses extensive archival research in a political, economic, legal, and military history that reveals how a coercive wartime tool was adopted as an instrument of peacekeeping by the League of Nations. This timely study casts an overdue light on why sanctions are widely considered a form of war, and why their unintended consequences are so tremendous.

Green Smoothies Fern Green 2015-12-29 A collection of 66 illustrated smoothies, juices, nut milks, and tonics to kick-start metabolism, fire up the mind, and promote whole-body health. An easy-to-follow and informative guide, this book pares smoothie-making back to its essence. Each recipe is presented in a highly visual spread, and grouped ingredients are displayed opposite finished smoothies and juices, providing at-a-glance instruction. Recipes like Dandelion Tonic, Popeye's Juice, Coconut Kale, and Pineapple Twist provide a simple introduction for the new smoothie maker, as well as new inspiration for the experienced blender. A seven-day detox plan with straightforward recipes energizes and invigorates.

Biology and Wildlife of the Mediterranean Region Jacques Blondel 1999 P. 55.

Heidegger and the Jews Donatella Di Cesare 2018-08-23 Philosophers have long struggled to reconcile Martin Heidegger's involvement in Nazism with his status as one of the greatest thinkers of the twentieth century. The recent publication of his *Black Notebooks* has reignited fierce debate on the subject. These thousand-odd pages of jotted observations profoundly challenge our image of the quiet philosopher's exile in the Black Forest, revealing the shocking extent of his anti-Semitism for the first time. For much of the philosophical community, the *Black Notebooks* have been either used to discredit Heidegger or seen as a bibliographical detail irrelevant to his thought. Yet, in this new book, renowned philosopher Donatella Di Cesare argues that Heidegger's "metaphysical anti-Semitism" was a central part of his philosophical project. Within the context of the Nuremberg race laws, Heidegger felt compelled to define Jewishness and its relationship to his concept of Being. Di Cesare shows that Heidegger saw the Jews as the agents of a modernity that had disfigured the spirit of the West. In a deeply disturbing extrapolation, he presented the Holocaust as both a means for the purification of Being and the Jews' own "self-destruction": a process of death on an industrialized scale that was the logical conclusion of the acceleration in technology they themselves had brought about. Situating Heidegger's anti-Semitism firmly within the context of his thought, this groundbreaking work will be essential reading for students and scholars of philosophy and history as well as the many readers interested in Heidegger's life, work, and legacy.

The Forgotten Revolution Lucio Russo 2013-12-01 The period from the late fourth to the late second century B. C. witnessed, in Greek-speaking countries, an explosion of objective knowledge about the external world. While Greek culture had reached great heights in art,

literature and philosophy already in the earlier classical era, it is in the so-called Hellenistic period that we see for the first time — anywhere in the world — the appearance of science as we understand it now: not an accumulation of facts or philosophically based speculations, but an organized effort to model nature and apply such models, or scientific theories in a sense we will make precise, to the solution of practical problems and to a growing understanding of nature. We owe this new approach to scientists such as Archimedes, Euclid, Eratosthenes and many others less familiar today but no less remarkable. Yet, not long after this golden period, much of this extraordinary development had been reversed. Rome borrowed what it was capable of from the Greeks and kept it for a little while yet, but created very little science of its own. Europe was soon smothered in the obscurantism and stasis that blocked most avenues of intellectual development for a thousand years — until, as is well known, the rediscovery of ancient culture in its fullness paved the way to the modern age.

Skin Nina G. Jablonski 2013-02-20 The rich cultural canvas of the skin is placed within its broader biological context in a complete guidebook to the pliable covering that makes humans who they are.

Myth and Symbol in Ancient Egypt Robert Thomas Rundle Clark 1978 This classic study remains the best single introduction to the Egyptian mythological world. The Egyptians lived apart from the rest of the ancient world, and it is this isolation that makes their ideas so difficult to appreciate and interpret. Egyptian thought was presented in terms of mythology: myth was used to convey insights into the workings of nature and the ultimately indescribable realities of the soul ...

Denial Ajit Varki 2013-06-04 The history of science abounds with momentous theories that disrupted conventional wisdom and yet were eventually proven true. Ajit Varki and Danny Brower's "Mind over Reality" theory is poised to be one such idea—a concept that runs counter to commonly-held notions about human evolution but that may hold the key to understanding why humans evolved as we did, leaving all other related species far behind. At a chance meeting in 2005, Brower, a geneticist, posed an unusual idea to Varki that he believed could explain the origins of human uniqueness among the world's species: Why is there no humanlike elephant or humanlike dolphin, despite millions of years of evolutionary opportunity? Why is it that humans alone can understand the minds of others? Haunted by their encounter, Varki tried years later to contact Brower only to discover that he had died unexpectedly. Inspired by an incomplete manuscript Brower left behind, Denial presents a radical new theory on the origins of our species. It was not, the authors argue, a biological leap that set humanity apart from other species, but a psychological one: namely, the uniquely human ability to deny reality in the face of inarguable evidence—including the willful ignorance of our own inevitable deaths. The awareness of our own mortality could have caused anxieties that resulted in our avoiding the risks of competing to procreate—an evolutionary dead-end. Humans therefore needed to evolve a mechanism for overcoming this hurdle: the denial of reality. As a consequence of this evolutionary quirk we now deny any aspects of reality that are not to our liking—we smoke cigarettes, eat unhealthy foods, and avoid exercise, knowing these habits are a prescription for an early death. And so what has worked to establish our species could be our undoing if we continue to deny the consequences of unrealistic approaches to everything from personal health to financial risk-taking to climate change. On the other hand reality-denial affords us many valuable attributes, such as optimism, confidence, and courage in the face of long odds. Presented in homage to Brower's original thinking, Denial offers a powerful warning about the dangers inherent in our remarkable ability to ignore reality—a gift that will either lead to our downfall, or

continue to be our greatest asset.

From Good Goddess to Vestal Virgins Ariadne Staples 2013-02-01 The role of women in Roman culture and society was a paradoxical one. On the one hand they enjoyed social, material and financial independence and on the other hand they were denied basic constitutional rights. Roman history is not short of powerful female figures, such as Agrippina and Livia, yet their power stemmed from their associations with great men and was not officially recognised. Ariadne Staples' book examines how women in Rome were perceived both by themselves and by men through women's participation in Roman religion, as Roman religious ritual provided the single public arena where women played a significant formal role. *From Good Goddess to Vestal Virgins* argues that the ritual roles played out by women were vital in defining them sexually and that these sexually defined categories spilled over into other aspects of Roman culture, including political activity. Ariadne Staples provides an arresting and original analysis of the role of women in Roman society, which challenges traditionally held views and provokes further questions.

Medications and Mothers' Milk 2017 Dr. Thomas W. Hale, PhD 2016-10-24 Now in its 17th Edition, *Medications and Mothers' Milk*, is the worldwide best selling drug reference on the use of medications in breastfeeding mothers. This book provides you with the most current, complete, and easy-to-read information on thousands of medications in breastfeeding mothers. This massive update has numerous new drugs, diseases, vaccines, and syndromes. It also contains new tables, and changes to hundreds of existing drugs. Written by a world-renown clinical pharmacologist, Dr. Thomas Hale, and Clinical Pharmacy Specialist Dr. Hilary Rowe, this drug reference provides the most comprehensive review of the data available regarding the transfer of various medications into human milk. This new and expanded reference has data on 1,115 drugs, vaccines, and herbals, with many other drugs and substances included in the appendices. New to this Edition: Many new drugs, vaccines, herbals, and chemicals. Major updates to existing drug monographs. New tables to compare and contrast the suitability of psychiatric medications. New table to compare and contrast pain medications. Updated table and new monograph on hormonal contraception. If you work with breastfeeding mothers, this book is an essential tool to use in your practice.

History of the Breast Marilyn Yalom 1998-03-31 In this provocative, pioneering, and wholly engrossing cultural history, noted scholar Marilyn Yalom explores twenty-five thousand years of ideas, images, and perceptions of the female breast--in religion, psychology, politics, society, and the arts. Through the centuries, the breast has been laden with hugely powerful and contradictory meanings. There is the "good breast" of reverence and life, the breast that nourishes infants and entire communities, as depicted in ancient idols, fifteenth-century Italian Madonnas, and representations of equality in the French Revolution. Then there is the "bad breast" of Ezekiel's wanton harlots, Shakespeare's Lady Macbeth, and the torpedo-breasted dominatrix, symbolizing enticement and aggression. Yalom examines these contradictions--and illuminates the implications behind them. A fascinating, astute, and richly allusive journey from Paleolithic goddesses to modern day feminists, *A History of the Breast* is full of insight and surprises. As Yalom says, "I intend to make you think about women's breasts as you never have before." In this, she succeeds brilliantly.

Tradition in Evolution. The Art and Science in Pastry Leonardo Di Carlo 2014

A dictionary of the English and Italian languages Joseph Baretti 1760

Sport Smoothies Fern Green 2019 Athletes love smoothies because they offer a simple, delicious way to get the nutrients they need. Smoothies are one of the most athlete-friendly drinks. Packing in the nutrients, calories, and hydration that are so essential to athletic performance, smoothies are an athlete-friendly way to fuel the body and recover after

workouts. Sport Smoothies offers more than 60 fully-illustrated smoothie recipes for before and after workouts, for building muscle, and for carb-loading. Athletes can choose the smoothie that best fuels the workout goals of each day--or just pick the flavors they're in the mood for. Each Sport Smoothie recipe contains a tasty mix of 4-6 healthy ingredients that are easy to find in any grocery store. Combining the unique benefits of a variety of fruits, vegetables, nut butters, and seeds, Sport Smoothies offers up great flavors for athletes to improve their health and recovery.

Testing Treatments Imogen Evans 2011 This work provides a thought-provoking account of how medical treatments can be tested with unbiased or 'fair' trials and explains how patients can work with doctors to achieve this vital goal. It spans the gamut of therapy from mastectomy to thalidomide and explores a vast range of case studies.

Nosso Lar Arcadia Press 2016-09

The Leopard Giuseppe Tomasi di Lampedusa 2010 In the spring of 1860, Fabrizio, the charismatic Prince of Salina, still rules over thousands of acres and hundreds of people, including his own numerous family, in mingled splendour and squalor. Then comes Garibaldi's landing in Sicily and the Prince must decide whether to resist the forces of change or come to terms with them.

Obsolete Objects in the Literary Imagination Francesco Orlando 2008-10-01 Translated here into English for the first time is a monumental work of literary history and criticism comparable in scope and achievement to Eric Auerbach's *Mimesis*. Italian critic Francesco Orlando explores Western literature's obsession with outmoded and nonfunctional objects (ruins, obsolete machinery, broken things, trash, etc.). Combining the insights of psychoanalysis and literary-political history, Orlando traces this obsession to a turning point in history, at the end of eighteenth-century industrialization, when the functional becomes the dominant value of Western culture. Roaming through every genre and much of the history of Western literature, the author identifies distinct categories into which obsolete images can be classified and provides myriad examples. The function of literature, he concludes, is to remind us of what we have lost and what we are losing as we rush toward the future.