

1. Record Nr.	UNINA9910149208903321
Autore	Schultz Patricia
Titolo	1,000 places to see in the United States and Canada before you die // Patricia Schultz
Pubbl/distr/stampa	New York, New York : , : Workman Publishing, , 2016 ©2016
ISBN	0-7611-8971-8
Descrizione fisica	1 online resource (1,201 pages) : color illustrations, photographs
Disciplina	917.3
Soggetti	United States Description and travel Canada Description and travel
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes indexes.
Sommario/riassunto	"The #1 New York Times bestseller, now more compelling, more inspiring, and more giftable than ever, 1,000 Places to See in the United States & Canada Before You Die, has been completely updated and is now in glorious full color. From the iconic series with millions and millions of books and calendars in print, this is the essential and deliciously readable guide for armchair travelers and adventurers who want to know the best places to visit in all 50 states and Canada. It's the go-to for anyone planning a solo road trip, weekend getaway, or vacation with the kids. This front-to-back, page-by-page revision ensures that every entry is current, and phone numbers, web addresses, and other nuts-and-bolts info is correct. Closed and out-of-date listings have been replaced by exciting new attractions, from Miami's Perez Art Museum to Idaho's Wine Country to Manhattan's High Line. With 1,000 spectacular destinations and 600 transporting photographs, now more vibrant in full color, the book includes where to stay, where to dine, and the best time to visit. Special indices point readers to excellent adventure travel, top cultural institutions, great golf, nature's wonders, plus more than 150 places of particular interest to families"--

2. Record Nr.	UNINA9910786065603321
Autore	Weeks Philip <1979->
Titolo	Painful bladder syndrome [[electronic resource]] : controlling and resolving interstitial cystitis through natural medicine / / Philip Weeks
Pubbl/distr/stampa	London ; ; Philadelphia, : Singing Dragon, 2013
ISBN	1-283-90610-4 0-85701-089-1
Descrizione fisica	1 online resource (194 p.)
Disciplina	616.6/2 616.62 616.6206
Soggetti	Bladder - Diseases - Alternative treatment Bladder - Diseases - Diet therapy Interstitial cystitis - Alternative treatment
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Painful Bladder Syndrome: Controlling and Resolving Interstitial Cystitis through Natural Medicine; Disclaimer; Introduction; Part I Understanding Painful Bladder Syndrome; 1. What is Painful Bladder Syndrome?; 2. Diagnosing Painful Bladder Syndrome; 3. Conventional Painful Bladder SyndromeTreatment Methods; 4. Holistic Medical Perspectives on the Causes of PBS; 5. Painful Bladder Syndrome and Diet; Summary; Part II Managing Painful Bladder Syndrome; 6. Diet and the Gut; 7. Detoxification; 8. Necessary Nutrients; 9. Testing; 10. Taking the Fear Out of Flare-ups; 11. Acupuncture 12. AdaptogensConclusion; Endnotes; Bibliography; Resources; Index; Blank Page
Sommario/riassunto	Painful bladder syndrome is a common and highly debilitating condition that Western medicine finds notoriously difficult to treat. Blending ancient and modern holistic medical traditions from both East and West, Philip Weeks guides the reader through the process of managing their symptoms effectively using a simple yet powerful combination of natural techniques, nutrition and herbal medicine. Applying his deep understanding of the principles of Ayurvedic and

Chinese medicine, he provides holistic medical perspectives on the causes of PBS, as well as clear explanations of specific holistic meth