1. Record Nr. UNINA9910164913203321

Autore	Moalem Sharon
Titolo	The DNA restart : unlock your personal genetic code to eat for your genes, lose weight, and reverse aging / / Sharon Moalem, MD, PhD ; foreword by Chef Nobu Matsuhisa
Pubbl/distr/stampa	[Cork, Ireland] : , : Rodale, , 2016 ©2016
ISBN	1-62336-669-0
Descrizione fisica	1 online resource (277 pages) : illustrations
Classificazione	HEA019000HEA039060
Disciplina	612.3
Soggetti	Nutrition - Genetic aspects DNA damage - Prevention
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di bibliografia	Includes bibliographical references.
Sommario/riassunto	"The DNA Restart turns traditional dietary advice on its head with groundbreaking research that demonstrates that we all require different diets based on our genes. In The DNA Restart, Sharon Moalem, MD, PhD, provides a revolutionary step-by-step guide to the diet and lifestyle perfect for your individual genetic makeup. A physician, scientist, neurogeneticist, and New York Times bestselling author, Dr. Moalem has spent the last two decades researching and formulating how to reset your own genetic code using five essential pillars: eat for your genes; reverse aging; eat umami; drink oolong tea; and slow living. The DNA Restart plan utilizes decades of in-depth scientific research into genetics, epigenetics, nutrition, and longevity to explain the pivotal role genes play in the journey to ideal weight and health status. Dr. Moalem's unique 28-day plan shows how to upgrade sleep, harness sensory awareness, and use exercise to reset your DNA; how to determine the right amounts of protein, carbs, and fats you need for your individual genetic make-up; and how to incorporate umami-rich recipes and oolong tea into your diet to genetically thrive. Delicious recipes with mix-and-match meal plans, inspiring testimonials, and genetic self-tests round out this paradigm shifting

diet book"--

2. Record Nr. UNINA9910153209903321

Autore	Adak Amal Kumar
Titolo	Emerging research on applied fuzzy sets and intuitionistic fuzzy matrices / / Amal Kumar Adak, Debashree Manna, and Manoranjan Bhowmik, editors
Pubbl/distr/stampa	Hershey, Pennsylvania : , : IGI Global, , 2017 ©2017
ISBN	1-5225-0915-1
Descrizione fisica	PDFs (374 pages) : illustrations
Collana	Advances in Computational Intelligence and Robotics, , 2327-042X
Disciplina	511.3/223
Soggetti	Fuzzy sets Matrices
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Fuzzy sets, intuitionistic fuzzy sets: separation of generalized interval-valued intuitionistic fuzzy sets / Monoranjan Bhowmik, Madhumangal Pal -- Neutrosophic sets and logic / Mumtaz Ali, Florentin Smarandache, Luige Vladareanu -- Interval-valued intuitionistic fuzzy partition matrices / Amal Kumar Adak -- P-F fuzzy rings and normal fuzzy ring: fuzzy ring / Manoj Kumar -- Intutionistic fuzzy difference equation / Sankar Prasad Mondal, Dileep Kumar Vishwakarma, Apu Kumar Saha -- Semiring of generalized interval-valued intuitionistic fuzzy matrices / Debashree Manna -- Classification techniques in data mining: classical and fuzzy classifiers / Ali Hosseinzadeh, S. A. Edalatpanah -- Multiobjective optimization of solar-powered irrigation system with fuzzy type-2 noise modelling / T. Ganesan, Pandian Vasant, I. Elamvazuthi -- Non-linear intuitionistic fuzzy number and its application in partial differential equation / Sankar Prasad Mondal -- Use of fuzzy set theory in DNA sequence comparison and amino acid classification / Subhram Das [and 3 others]. -- On Bipolar Fuzzy B-Subalgebras of B-Algebras / Tapan Senapati -- Decision Making by Using Intuitionistic Fuzzy Rough Set / T. K. Das -- An Efficient Method

for Forecasting Using Fuzzy Time Series / Pritpal Singh -- A Three-Level Supply Chain Model with Necessity Measure / Barun Das -- Modified Iterative Methods for Solving Fully Fuzzy Linear Systems / S. A. Edalatpanah.

Sommario/riassunto

"This book is a pivotal reference source for the latest scholarly perspectives on the interdisciplinary use of fuzzy logic theory, focusing on the application of sets and matrices by highlighting theoretical framework and empirical research findings"--Provided by publisher.