1. Record Nr. UNINA9910148931303321

Autore	Chaskalson Michael
Titolo	Mindfulness in Eight Weeks: The Revolutionary 8 Week Plan to Clear Your Mind and Calm Your Life
Pubbl/distr/stampa	HarperCollins UK
ISBN	0-00-759150-0
Disciplina	616.891425
Lingua di pubblicazione	Inglese
Formato	Musica
Livello bibliografico	Monografia
Sommario/riassunto	Praised by the UK's National Institute for Health and Excellence and prescribed by the NHS, Mindfulness is fast becoming a revered and popular method used by healthcare professionals and lay people alike to help alleviate anxiety, depression and stress. In his new book, Chaskalson - well qualified with over three decades of practical experience - guides the reader in an eight week course that is a hybrid of the two most popular approaches: Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy (MBCT), offering an easy-to-follow course that you can practise in your own time and within the comfort of your own home. Broken down into eight weeks with chapters such as 'Mindfulness for the Breath', 'Staying Present' and 'How Can I Best Take Care of Myself', this is a highly practical and immediate approach to Mindfulness. With step-by-step instructions carefully coordinated for each week, Mindfulness in Eight Weeks promises to have you up to speed in under two months

2. Record Nr. UNINA9910303438503321

Autore	Böttger Angelika
Titolo	Lessons on Caffeine, Cannabis & Co : Plant-derived Drugs and their Interaction with Human Receptors / / by Angelika Böttger, Ute Vothknecht, Cordelia Bolle, Alexander Wolf
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Springer, , 2018
ISBN	3-319-99546-4
Edizione	[1st ed. 2018.]
Descrizione fisica	1 online resource (X, 217 p. 69 illus., 50 illus. in color.)
Collana	Learning Materials in Biosciences, , 2509-6125
Disciplina	613.84
Soggetti	Pharmacology Botanical chemistry Science - Study and teaching Biotechnology Cancer - Research Molecular biology Pharmacology/Toxicology Plant Biochemistry Science Education Cancer Research Molecular Medicine
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Introduction: Plant secondary metabolites and their general function in plants -- Historical and current perspective -- Medicinal use -- Recreational use -- General overview over biosynthesis pathways of plant secondary metabolites -- Drugs affecting GPCR: GPCRs in plants and animals -- Dopamine and 5-HT2A-serotonin receptors – Cocaine, mescaline, psilobin -- Opiate receptors – morphine, salvinorin A -- Cannabinoid receptors – THC -- Muscarinergic acetylcholin receptor - muscarin, atropine -- Adenosine receptor – caffeine -- Drugs affecting ion channels: Ligand and voltage activated channels -- Nicotinic acetylcholin receptor – Nicotine, Curare -- GABAA/C-receptor – Muscimol, thujone -- ionotropic Glycine receptor – Strychnine --

	ionotropic Glutamate receptor - ibogtenic acid, kainic acid -- TRP channels – capsaicin, menthol, aconitine, resiniferatoxin -- Anti-cancer drugs acting on the cell cycle: Cell cycle in animals and plants -- Microtubuli - Colchicine, taxol, vinblastine, Podophyllotoxin (Lignan) -- Topoisomerase - camptothecin, etoposide -- G2/M phase arrest, apoptosis – curcubitacin, triptolide.
Sommario/riassunto	This textbook provides a structured, easy to understand and thorough insight into the mode of function of plant secondary metabolites in plants and humans. It explains the biosynthesis and molecular action of nicotine, cannabis, caffeine and Co, describes the effects of these drugs on signal transduction at receptors and ion channels in animals, their relevance for human health and their potential for recreational use and abuse. It also offers a broad and comprehensive understanding on the role and function of these diverse molecules for the plants that make them. This textbook is written for master students and scientist in biochemistry and biology as well as for pharmaceutical and medical students. It will be a valuable study tool for teachers and students alike.