1. Record Nr. UNINA9910148765903321

Autore	Glass Cathy
Titolo	Cut: The True Story of an Abandoned, Abused Little Girl Who Was Desperate to Be Part of a Family
Pubbl/distr/stampa	HarperCollins UK
ISBN	0-00-757779-6
Disciplina	362.76092
Lingua di pubblicazione	Inglese
Formato	Musica
Livello bibliografico	Monografia
Sommario/riassunto	Million-copy bestselling author Cathy Glass tells the story of Dawn, a sweet and seemingly well-balanced girl whose outward appearance masks a traumatic childhood of suffering at the hands of the very people who should have cared for her.Dawn was the first girl Cathy Glass ever fostered. Sweet and seemingly well balanced girl, Dawn's outward appearance masked a traumatic childhood so awful, that even she could not remember it.During the first night, Cathy awoke to see Dawn looming above Cathy's baby's cot, her eyes staring and blank. She sleepwalks - which Cathy learns is often a manifestation in disturbed children. It becomes a regular and frightening occurrence, and Cathy is horrified to find Dawn lighting a match whilst mumbling it's not my fault in her sleep one night.Cathy discovers Dawn is playing truant from school, and struggling to make friends. More worryingly she finds her room empty one night, and her pillow covered in blood. Dawn has been self-harming in order to release the pain of her past. When Dawn attempts suicide, Cathy realises that she needs more help than she can give. Dawn's mother eventually confides in her that Dawn was sent away to live with relatives in Ireland between the ages of 5 and 9, and Cathy soon realises that the horrors Dawn was exposed to during this time have left her a very disturbed little girl.

2.

Record Nr.	UNINA9910409693203321
Autore	Flint Harry J
Titolo	Why Gut Microbes Matter : Understanding Our Microbiome / / by Harry J. Flint
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Springer, , 2020
ISBN	3-030-43246-7
Edizione	[1st ed. 2020.]
Descrizione fisica	1 online resource (169 pages)
Collana	Fascinating Life Sciences, , 2509-6745
Disciplina	612.32 612.3601579
Soggetti	Medical microbiology Health promotion Microbiology Human physiology Life sciences Medical Microbiology Health Promotion and Disease Prevention Food Microbiology Human Physiology Popular Life Sciences Microbiota intestinal Llibres electrònics
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Microorganisms and the Microbiome -- The Gut Microbiome: Essential Symbionts or Unwelcome Guests? -- How to Analyse Microbial Communities? -- How Microbes Gain Energy with and Without Oxygen -- Who Inhabits Our Gut? Introducing the Human Gut Microbiota -- Variability and Stability of the Human Gut Microbiome -- How Gut Microorganisms Make Use of Available Carbohydrates -- Do My Microbes Make Me Fat? Potential for the Gut Microbiota to Influence Energy Balance, Obesity and Metabolic Health in Humans -- Gut Microbiota and Metabolites -- Host Responses to Gut Microbes --

	Treating the Gut Microbiome as a System -- Perspectives and Prospects.
Sommario/riassunto	Given the at times confusing new information concerning the human microbiome released over the last few years, this book seeks to put the research field into perspective for non-specialists. Addressing a timely topic, it breaks down recent research developments in a way that everyone with a scientific background can understand. The book discusses why microorganisms are vital to our lives and how our nutrition influences the interaction with our own gut bacteria. In turn, it goes into more detail on how microbial communities are organised and why they are able to survive in the unique environment of our intestines. Readers will also learn about how their personal microbial profile is as unique as their fingerprint, and how it can be affected by a healthy or unhealthy lifestyle. Thanks to the open and easy-to-follow language used, the book offers an overview for all readers with a basic understanding of biology, and sheds new light on this fascinating and important part of our bodies.