

1. Record Nr.	UNINA9910462066303321
Autore	Knox Sara
Titolo	The orphan gunner [[electronic resource] /] / Sara Knox
Pubbl/distr/stampa	Artarmon, N.S.W., : Giramondo Publishing, 2007
ISBN	1-922146-04-8
Descrizione fisica	1 online resource (384 p.)
Disciplina	823.4
Soggetti	Australian fiction Australian literature Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	CHAPTER 1: Bomber county; CHAPTER 2: 1938; CHAPTER 3: Bank Holiday; CHAPTER 4: Jetty; CHAPTER 5: A Turn at the Tivoli; CHAPTER 6: First Casualties; CHAPTER 7: What Evelyn was like; CHAPTER 8: Cranwell; CHAPTER 9: Extraction; CHAPTER 10: Confidences; CHAPTER 11: A happy accident; CHAPTER 12: Chop Girl; CHAPTER 13: Gossip; CHAPTER 14: Battle Tactics; CHAPTER 15: Crew; CHAPTER 16: Flat Spin; CHAPTER 17: The naming of parts; CHAPTER 18: Prophecy; CHAPTER 19: Ping-Pong; CHAPTER 20: Four of the Seven Dwarves; CHAPTER 21: Tussor Yokel; CHAPTER 22: The Caterpillar Club; CHAPTER 23: Rivals CHAPTER 24: The Morality of AltitudeCHAPTER 25: Maximum Effort; CHAPTER 26: No Killingholme Hero; CHAPTER 27: Burns; Epilogue1956; Acknowledgements
Sommario/riassunto	The Orphan Gunner is an unconventional romance set in bomber command in Lincolnshire during the Second World War.

2. Record Nr.	UNINA9911011348803321
Autore	Chatterjee Ayan
Titolo	Nanofuel: The Future of Sports Nutrition : Boosting Performance with Nanotech Nutrients / / edited by Ayan Chatterjee, Tanmay Sarkar, Slim Smaoui
Pubbl/distr/stampa	Singapore : , : Springer Nature Singapore : , : Imprint : Springer, , 2025
ISBN	981-9654-71-8
Edizione	[1st ed. 2025.]
Descrizione fisica	1 online resource (772 pages)
Collana	Smart Nanomaterials Technology, , 3004-8281
Altri autori (Persone)	SarkarTanmay SmaouiSlim
Disciplina	620.5 660.6
Soggetti	Nanobiotechnology Sports sciences Nutrition Nanoparticles Sports Nutrition
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Introduction to Nanotechnology in Sports Nutrition -- Nanocarriers: Revolutionizing Nutrient Delivery -- The Science of Nano-Enhanced Hydration -- Nanoparticles: Unlocking Peak Athletic Performance -- Optimizing Protein Absorption with Nano-Encapsulation -- Vitamins and Minerals: Nanotech Solutions for Enhanced Bioavailability -- The Role of Nanofibers in Muscle Recovery -- Nanotechnology in Energy Supplements: Sustained Endurance -- Targeted Delivery: Precision Nutrition for Athletes -- Nanotech Innovations in Electrolyte Replacement -- Smart Nanomaterials for Injury Prevention and Recovery -- Synergistic Effects: Combining Nanonutrients for Maximum Impact -- Nanotechnology in Pre-Workout Formulations -- Post-Workout Recovery: Nano-Enhanced Solutions -- Immune Support for Athletes: Nanotech Approaches -- The Future of Personalized Sports Nutrition with Nanotech -- Nanoparticles in Fat Metabolism and Weight Management -- Boosting Cognitive Function in Athletes with Nano-Nutrients -- Safety and Efficacy of Nano-Supplements in Sports --

Regulatory Considerations for Nano-Enhanced Sports Nutrition --
Nanotechnology in Anti-Inflammatory Sports Supplements --
Optimizing Sleep and Recovery with Nanotech Interventions -- Real-
World Applications: Case Studies of Nanotech in Sports -- Innovations
in Nano-Packaging for Nutrient Stability -- Future Directions and
Emerging Trends in Nanofuel for Athletes.

Sommario/riassunto

This book provides a groundbreaking exploration of how nanotechnology is revolutionizing sports nutrition. Offering a blend of cutting-edge science and practical applications, it reveals how nano-enhanced nutrients can optimize athletic performance, recovery, and overall health. The book aims to solve the problem of inefficient nutrient delivery in sports supplements. It provides readers with scientifically backed insights into how nanotechnology can overcome these challenges, offering practical solutions for athletes and sports nutrition professionals. Targeted at sports nutritionists, athletic trainers, researchers, and health-conscious athletes, this book is an essential resource for anyone interested in the future of sports nutrition and the transformative potential of nanotechnology.