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Nota di contenuto	Intro -- Preface -- About This Book -- Contents -- Editor and Contributors -- 1 Philosophy Virtue of Nature, Mankind and Natural Health -- Abstract -- 1 Introduction -- 2 Exercise -- 3 Nutrition and Diet -- 4 Spiritual Beliefs -- 5 Reduce Stress and Anxiety -- 6 Sleep -- 6.1 Optimize Melatonin Levels in the Body -- 7 Activate Happiness Hormones -- 8 Conclusion -- References -- 2 Bioinspiration and Biomimicry in Lifestyle -- Abstract -- 1 Introduction -- 2 Nature-Based Technologies -- 2.1 Surface Engineering -- 2.2 Sensor Technology -- 2.3 Wave and Vibrations -- 2.4 Tissue-Engineering -- 2.5 Flight Technology -- 2.6 Energy and Environment -- 3 Biomimetic Drug Delivery -- 3.1 Bioinspired Nanostructures -- 3.2 Liposomes -- 3.3 Biomimetic Polymeric Carriers -- 3.4 Dendrimers -- 4 Bioinspired Materials for Medical Applications -- 4.1 Types of Biomaterials -- 4.1.1 Metals -- 4.1.2 Ceramics -- 4.1.3 Biopolymers -- 4.1.4 Composites -- 4.2 Application Areas and Practices -- 4.2.1 Orthopedics -- 4.2.2 Cardiovascular Disease (CVD) -- 4.2.3 Wound Healing -- 5 Artistic Design and Biomimetic Process -- 6 Interdisciplinary Education: Biological Inspiration -- 7 Biomimetic Approach in Architecture -- 8 Conclusion -- Acknowledgments -- References -- 3 Nature's

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