

1. Record Nr.	UNINA9910158996203321
Autore	Aviv Jonathan E. <1960->
Titolo	The Acid Watcher Diet : A 28-Day Reflux Prevention and Healing Program / / Jonathan Aviv
Pubbl/distr/stampa	New York, NY : , : Harmony Books, , [2017] ©2017
ISBN	1-101-90559-X
Edizione	[First edition.]
Descrizione fisica	1 online resource (259 pages)
Classificazione	MED060000HEA039000
Disciplina	616.324
Soggetti	Gastroesophageal reflux
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Sommario/riassunto	<p>"Do you suffer from abdominal bloating; a chronic, nagging cough or sore throat; post-nasal drip; a feeling of a lump in the back of your throat; allergies; or a shortness of breath? If so, odds are that you are experiencing acid reflux without recognizing the silent symptoms. Even without the presence of heartburn or indigestion, more than 60 million people are suffering from acid-related disorders that are undetected or untreated--and leading to long-term health problems, including the rapid rise of esophageal cancer. Since there are no outward signs of acid damage and the typical symptoms might not be recognized, until now you might not have known how pervasive acid reflux is or that you have it. In <i>The Acid Watcher Diet</i>, Dr. Jonathan Aviv, one of the leading authorities on the diagnosis and treatment of acid reflux disease, helps readers identify those silent symptoms and provides his proven solution for reducing whole-body acid damage quickly and easily. His 28-day program includes a two-phase eating plan, menu guide, and recipes and works to immediately neutralize acid, stabilize pH levels, and relieve the inflammation at the root of acid reflux. Dr. Aviv's Power of Five rule will help readers discover the key foods that offer fast relief, and his Daily Six will reveal the foods to avoid (onion, tomato, citrus, and more). The Acid Watcher Diet's groundbreaking program is just what millions of readers need to reduce acid and balance their</p>

bodies and minds for optimal health"--

"A groundbreaking program by one of the nation's leading experts on acid reflux to help the millions of diagnosed and undiagnosed sufferers identify the silent, potentially deadly symptoms and provide them with a proven 28-day eating plan to stop acid damage in its tracks"--

2. Record Nr.	UNINA9910524899703321
Autore	Langa Patrício Vitorino
Titolo	Higher Education in Portuguese Speaking African Countries : Higher Education in Portuguese Speaking African Countries / / Patrício Vitorino Langa
Pubbl/distr/stampa	Baltimore, Maryland : , : Project Muse, , 2014 ©2014
ISBN	9781920677527 1920677526
Edizione	[1st ed.]
Descrizione fisica	1 online resource (122 p.)
Disciplina	370.967
Soggetti	Education, Higher - Africa, Portuguese-speaking Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Preface -- Executive summary and structure -- Introduction and background -- Angola -- Cape Verde -- Guinea-Bissau -- Mozambique -- Sao Tome and Principe -- Conclusion -- Appendix 1. Building a higher education research network and advocacy for PALOP: HERANA-PALOP -- Appendix 2. Interviews -- About the author.
Sommario/riassunto	This publication is the result of a baseline study of the state of the higher education systems in the five Portuguese speaking countries in Africa (PALOP): Angola, Cape Verde, Guinea-Bissau, Mozambique and Sao Tome and Principe. The project was undertaken by an African international expert in the field of higher education studies and was fully sponsored and supported by the Association for the Development of Education in Africa (ADEA). The report offers a historical overview of

the development of higher education in PALOP from colonial times to the present. The main objective of this baseline study is to map the landscape and dynamics of change in the higher education systems of PALOP countries. It focuses on describing the latest developments of trends of expansion, financing, governance and policy reforms closely linked to the development of higher education systems in these countries. Furthermore, the study will facilitate an informed debate and the dissemination of knowledge on the role of higher education for development in Africa.

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