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Sommario/riassunto	The monograph was written based on the material of the post-doctoral thesis prepared under the supervision of Prof. Dr. Rakhmanov and it has been translated from its original version in Russian. It presents a comprehensive analysis of the process of biological adaptation and adaptation capacity of the population to the marine climate of Russia's North, the Black and Caspian Sea regions and the Baltic Sea coast. The authors explore different biological reactions to adaptation and offer their classification depending on the type of climate. Special attention

is given to the prevention of prenosological conditions and diseases typical of coastal areas. Evidence suggests that the human body has a remarkable capacity to adapt to a range of climatic and weather conditions through a variety of targeted adaptation measures.