

1. Record Nr.	UNINA9910793309403321
Autore	Kraft Diane <1963->
Titolo	The A-Z guide to food as medicine // Diane Kraft
Pubbl/distr/stampa	Boca Raton : , : CRC Press LLC, , 2019
ISBN	0-429-48628-6 0-429-94251-6 9781138598546 9780429942518
Edizione	[Second edition.]
Descrizione fisica	1 online resource (438 pages)
Disciplina	613.2
Soggetti	Functional Food Nutritive Value Phytotherapy human nutrition processed food product health care public health nutrition nutritional disease
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Table of ContentsForewordPrefaceAcknowledgmentsAuthorChapter AChapter B Chapter C Chapter DChapter EChapter F Chapter GChapter HChapter IChapter JChapter K Chapter LChapter MChapter N Chapter OChapter P Chapter QChapter RChapter SChapter T Chapter UChapter VChapter WChapter X Chapter YChapter ZAppendix 1: Major Phytochemical Groups and Specific Phytochemicals Addressed in The A-Z Guide to Food as Medicine, 2nd edAppendix 2: Reference Daily Intakes Used to Calculate % DVs in The A-Z Guide to Food as Medicine, 2nd edAppendix 3: Definitions of Drug Terms Used in The A-Z Guide to Food as Medicine, 2nd edIndex.
Sommario/riassunto	Reprising The 2017 American Library Association Outstanding Academic Title award-winning A-Z Guide to Food As Medicine, this new

edition explores the physiological effects of more than 250 foods, food groups, nutrients, and phytochemicals in entries that include: definition and background information such as traditional medicinal use, culinary facts, and dietary intake and deficiency information, scientific findings on the physiological effects of foods, food groups, and food constituents, bioactive dose when known, such as nutrient Dietary Reference Intakes focusing on 19-to-50-year-old individuals, safety highlights, such as nutrient Tolerable Upper Intake Levels A health professional's comprehensive nutrition handbook that includes all nutrients, nutrient functions, "good" and "excellent" sources of nutrients, nutrient assessment, and deficiency symptoms, as well as summaries of foods, food groups, and phytochemicals. New to the Second Edition: disease- and condition-focused Index that leads readers to foods used to manage specific conditions and diseases, focus on practical recommendations for health maintenance and disease prevention, including tables, insets, and updated scientific findings on more than a dozen new foods. Features: dictionary-style summaries of the physiological effects of foods, food groups, nutrients, and phytochemicals alphabetically listed for quick access, approximately 60 B & W images of foods; informational tables and insets that define or illustrate concepts such as drug terminologies, classes of phytochemicals, and medicinal aspects of foods and of a plant-based diet, over 1,000 scientific references from peer-reviewed sources, including The Academy of Nutrition and Dietetics Evidence Analysis Library, and position statements of major health organizations.

---

2. Record Nr.	UNINA9910797946403321
Autore	Nelson Peter <1962->
Titolo	Be in a treehouse : design, construction, inspiration // Pete Nelson
Pubbl/distr/stampa	New York, New York : , : Abrams, , 2014 ©2014
ISBN	1-61312-593-3
Descrizione fisica	1 online resource (390 p.)
Disciplina	728.9
Soggetti	Tree houses Tree houses - Design and construction
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	It's not the destination, it's the journey -- The treehouses at treehouse point -- Treehouse U -- Putting it all together: the WC Ranch treehouse -- A tour of single-tree designs -- A tour of multiple-tree designs -- A walk in the woods: inspiring treehouses collected from all over.
Sommario/riassunto	Pete Nelson, the world's best-known treehouse designer and builder, wants to put readers in trees--his motto is, "get 'er done, so you can BE in a TREE." His new book is a comprehensive source of inspiration and practical information about treehouse design and construction. To that end, he shares the basics of treehouse construction with his own recent projects as case studies. Using photographs taken especially for this project along with diagrams, he covers the selection and care of trees, and explains the fundamentals of building treehouse platforms. To ignite the imagination, Nelson presents 27 treehouses in the United States, Europe, and Africa. The book will be indispensable to anyone who aspires to have a treehouse, from the armchair dreamer, to the amateur builder, to the professional contractor.