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Nota di contenuto	I Energy, evolution and medicine 1 Energy and the body -- 2 Evolutionary medicine -- 3 The brain and the immune system - two competing realms -- II Energy expenditure in the spotlight 4 Inflammation and energy -- 5 Pain and energy -- 6 Psychological stress and energy -- 7 Other energy-draining situations -- 8 What does increased energy expenditure mean for the body -- III From energy and evolution to symptoms 9 Daytime tiredness and depression -- 10 Sleep disorders and symptoms related to the time of day -- 11 Loss of appetite - malnutrition and malnutrition -- 12 Muscle wasting -- 13 Bone loss - osteoporosis -- 14 Weight changes (increase and decrease) -- 15 Storage hormones (increase and decrease). 11 Loss of appetite, malnutrition and malnutrition -- 12 Muscle atrophy -- 13

Bone atrophy - osteoporosis -- 14 Weight changes (gain and loss) -- 15 The storage hormone insulin doesn't do it - insulin resistance -- 16 Dwindling libido, lower fertility -- 17 The sympathetic nervous system fires the insulin hormone. 17 Sympathetic nervous system fires and causes high blood pressure -- 18 Increased blood clotting - thromboses/embolisms -- 19 Stress worsens inflammation and inflammation changes stress resilience -- 20 The big summary: unwanted energy expenditure -- Glossary -- Appendix.

Sommario/riassunto

In this scientific non-fiction book, Rheumatologist and Professor of Experimental Medicine Rainer H. Straub holistically explains a central conflict in the body: why the battle for energy leads to aging and fatigue, stress, sleep disorders, weight problems, libido issues, and hypertension. He explores how this particularly affects people with chronic inflammatory diseases. With fascinating insights, the author takes us on a journey into evolutionary biology, the present state of energy regulation, and the forward-looking field of psychoneuroimmunology. Learn to understand the connections between inflammatory processes and energy regulation in the body, drawing implications for disease pathophysiology and for therapeutic possibilities. From the contents Energy and the body - Evolutionary medicine - Brain and immune system - two competing organs - Inflammation and energy - Pain and energy - Psychological stress and energy - What does increased energy expenditure mean for the body? – Fatigue - sleep disorders - loss of appetite – malnutrition - muscle and bone loss - insulin resistance - libido and fertility – hypertension - thrombosis and embolisms - stress worsens inflammation and inflammation changes stress tolerance. The Author Professor Dr. med. Rainer H. Straub is Professor of Experimental Medicine and Rheumatologist. He heads the Laboratory for Experimental Rheumatology and Neuroendocrine Immunology, Department of Internal Medicine at the University Hospital Regensburg. The translation was done with the help of artificial intelligence. A subsequent human revision was done primarily in terms of content.
