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Titolo	Urban governance and smart city planning : lessons from Singapore // authored by Zaheer Allam (The Port Louis Development Initiative, Mauritius)
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Note generali	Includes index.
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Nota di contenuto	Prelims -- Chapter 1: The rise of Singapore -- Chapter 2: Singapore's governance style and urban planning -- Chapter 3: Seeking liveability through the Singapore model.
Sommario/riassunto	In a world characterised by rapid urbanisation it is increasingly difficult to devise urban governance models which are resilient, safe and inclusive, and that also preserve the environment. This book takes Singapore, a leader in this field, as a case study, looking at its successes in urban governance and smart city planning. Through the lens of environmental sustainability, the author examines Singapore's recent adoption of technological tools, which have led to increased efficiency and performance, and have also supported its economic ambitions. The book unveils a unique and critical insight into

Singapore's approach. Considering the historical, political and technological context, the author shares the techniques and key projects that have contributed to the all-important improvement of liveability levels in the city state.

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Biochemical imbalances in disease : a practitioner's handbook / / edited by Lorraine Nicolle and Ann Woodriff Beirne ; foreword by David S. Jones

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Soggetti

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Nota di contenuto

FRONT COVER; A Practitioner's Handbook:Biochemical Imbalances in Disease; CONTENTS; Foreword; Chapter 1The Healthcare Futurescape: How Did We Get Here and Where Are We Going?; 1. Some key shapers of medicine; 1.1 Hippocrates, Galen and humorism; 1.2 The nineteenth century medical revolution; 1.3 The twentieth century; 2. Homeostasis and allostasis; 2.1 Homeostasis; 2.2 Allostasis; 3. Functional medicine (FM); 3.1 The adoption and usage of the FM model among UK nutritional therapists; 4. The chapters; Chapter 2 Gastro-Intestinal Imbalances; Part 1 The gastro-intestinal tract - Use and abuse 1. Gastro-intestinal imbalances and disease2. Physiological imbalances of the human digestive system; 2.1 Oral cavity and oesophagus; 2.2

The stomach; 2.3 The small intestine; 2.4 The colon; 3. Microflora supplementation and the human gut; 4. Diagnostic testing; Part 2 Functional disorders of the gastro-intestinal tract; 5. Functional gastro-intestinal tract disorders; 5.1 Irritable bowel syndrome (IBS); 5.2 Functional abdominal pain (FAP); 5.3 Functional bloating (FB); 5.4 Functional constipation (FC); Chapter 3 Compromised Detoxification; 1. Introduction
7.2 Considerations for the detoxification programme 8. The dietary management of detoxification; 8.1 Aims of a dietary detoxification programme; 8.2 Protein; 8.3 Carbohydrates; 8.4 Fats; 8.5 Dairy; 8.6 Herbs and spices; 8.7 Fasting and dietary restriction; 8.8 Food preparation; 9. Lifestyle interventions; 9.1 Exercise; 9.2 Sauna; 9.3 Hydrotherapy; 10. Supplement treatment regimes; 11. Chelation therapy; Contraindications of chelating drugs; 12. Other considerations for successful detoxification; 13. Compromised detoxification and chronic disease
13.1 Examples of common conditions and compromised detoxification 14. Conclusion; Chapter 4 Polyunsaturated Fatty Acid (PUFA) Imbalances; Part 1 The health effects of imbalances in PUFA status and metabolism; 1. What are essential fatty acids?; 2. EFA metabolism and eicosanoid synthesis; 3. Changes in dietary fat intake over time; 3.1 The n-6:n-3 FA ratio; 3.2 Trans fats; 4. Signs and symptoms of PUFA deficiency; 5. A closer look at some of PUFAs' mechanisms; 5.1 The role of eicosanoids; 5.2 Cellular signalling and transcription; 5.3 Membrane structure and organisation
6. PUFA modulation of some specific disease processes

Sommario/riassunto

Biochemical imbalances caused by nutritional deficiencies are a contributory factor in chronic illnesses such as cardiovascular disease, diabetes, auto-immune conditions and cancer. This handbook for practitioners explains how to identify and treat such biochemical imbalances in order to better understand and manage a patient's ill-health.
