1. Record Nr. UNINA9910158985003321

Autore	Ortemberg Adriana
Titolo	Spectacular superfoods : change your diet, change your life / / Adriana Ortemberg
Pubbl/distr/stampa	New York, NY : , : Skyhorse Publishing, , [2016] ©2016
ISBN	1-5107-0556-2
Descrizione fisica	1 online resource (229 pages) : color illustrations
Classificazione	HEA017000
Disciplina	613.2
Soggetti	Nutrition Health Vitality Cooking (Natural foods)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Intro -- Title Page -- Dedication -- Copyright -- Contents -- "Eat well, feel well" -- A balanced diet -- Food categories -- Daily dietary needs -- Top ten foods for a well-balanced diet -- Superfoods to improve your sex life -- Age and food -- The first months -- After twelve months -- After age five -- Adolescence -- Adulthood -- Old age -- Superfoods -- What to eat? -- Choosing the best options -- Types of additives -- Nutraceuticals -- Frozen food -- GMOs -- Irradiated food -- Organic food -- Superfoods -- Food for hormonal problems -- Food to prevent premature aging -- Food to strengthen the joints -- Food for healthy bones -- Food for a healthy heart -- Food combinations -- How to combine food -- Food compatibility charts -- Eat everything . . . but not all at once (food and weight control) -- Living without heartburn: The delicate balance between enzymes -- Utensils and cooking techniques -- Food preservation -- Preparing food -- Cooking utensils -- Recipes -- Assorted salads -- Vegetable broth: A medicinal food -- Hot and cold soups -- Rice -- Potatoes -- Pasta -- Vegetables -- Pizzas and quiches -- Crepes and potato patties -- Oriental dishes -- Mushrooms and special dishes -- Desserts -- Juices and drinks -- Guide to eating well when you are short on time --

	The best and worst diets -- Glossary.
Sommario/riassunto	"Today, it is more important than ever to pay attention to what we eat. Meat, prepared meals, frozen foods, canned fruits and vegetables treated with harmful chemicals--all of these undermine our defenses and make us susceptible to illness. Eating fresh, whole foods is vital to our health and wellbeing, and Adriana Ortemberg explains how you can get the most out of your meals. This basic guide explores foods that can actually provide healthy prevention of disease and infection, strengthen the immune system, and improve your quality of life. Popular superfoods are discussed along with some of the latest scientific discoveries of nutritional qualities and therapeutic uses of vegetables like broccoli and artichokes, as well as lesser-known fruits like noni. Full of practical information and useful advice, these pages elaborate on foods that: Promote joint and bone relief Alleviate hormonal problems Improve circulation and heart health Assist in healthy weight loss Prevent cancer and premature aging Fight diabetes Reinforce your immune system And many more amazing benefits! You'll love the recipe chapter, which includes delicious soups, pastas, pizzas, Asian dishes, beverages, and even desserts! In addition, Adriana discusses basic cooking techniques, food storage, and helpful tools to keep in your kitchen. With this book, you will take the first step toward healthy eating and a life of vitality and flavor!"--

2. Record Nr. UNINA9910999687703321

Autore	Farmer William M
Titolo	Simple Type Theory : A Practical Logic for Expressing and Reasoning About Mathematical Ideas / / by William M. Farmer
Pubbl/distr/stampa	Cham : , : Springer Nature Switzerland : , : Imprint : Birkhäuser, , 2025
ISBN	3-031-85352-0
Edizione	[2nd ed. 2025.]
Descrizione fisica	1 online resource (XXIX, 319 p. 11 illus., 5 illus. in color.)
Collana	Computer Science Foundations and Applied Logic, , 2731-5762
Disciplina	004.0151
Soggetti	Computer science Set theory Mathematical logic Computational complexity Reasoning Computer Science Logic and Foundations of Programming Set Theory Mathematical Logic and Foundations Computational Complexity Formal Reasoning
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Chapter 1 Introduction -- Chapter 2 Answers to Readers' Questions -- Chapter 3 Preliminary Concepts -- Chapter 4 Syntax -- Chapter 5 Semantics -- Chapter 6 Additional Notation -- Chapter 7 Beta-reduction and Substitution -- Chapter 8 Proof Systems -- Chapter 9 Theories -- Chapter 10 Inductive Sets and Types -- Chapter 11 Sequences -- Chapter 12 Developments -- Chapter 13 Real Number Mathematics -- Chapter 14 Morphisms -- Chapter 15 Alonzo Variants -- Chapter 16 Software Support.
Sommario/riassunto	This unique textbook, in contrast to a standard logic text, provides the reader with a logic that can be used in practice to express and reason about mathematical ideas. The book is an introduction to simple type theory, a classical higher-order version of predicate logic that extends first-order logic. It presents a practice-oriented logic called Alonzo that

is based on Alonzo Church's formulation of simple type theory known as Church's type theory. Unlike traditional predicate logics, Alonzo admits undefined expressions. The book illustrates using Alonzo how simple type theory is suited ideally for reasoning about mathematical structures and constructing libraries of mathematical knowledge. For this second edition, more than 400 additions, corrections, and improvements have been made, including a new chapter on inductive sets and types. Topics and features: · Offers the first book-length introduction to simple type theory as a predicate logic · Provides the reader with a logic that is close to mathematical practice · Includes a module system for building libraries of mathematical knowledge · Employs two semantics, one for mathematics and one for logic · Emphasizes the model-theoretic view of predicate logic · Presents several important topics, such as definite description and theory morphisms, not usually found in standard logic textbooks Aimed at students of mathematics and computing at the graduate or upper-undergraduate level, this book is well suited for mathematicians, computing professionals, engineers, and scientists who need a practical logic for expressing and reasoning about mathematical ideas. William M. Farmer is a Professor in the Department of Computing and Software at McMaster University in Hamilton, Ontario, Canada. .