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| 1. Record Nr.           | UNINA9910460419403321                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Autore                  | Anderson James W.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Titolo                  | Dr. Anderson's high-fiber fitness plan / / James W. Anderson ; with Nancy J. Gustafson                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Pubbl/distr/stampa      | Lexington, Kentucky : , : The University Press of Kentucky, , 1994<br>©1994                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| ISBN                    | 0-8131-5918-0                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Descrizione fisica      | 1 online resource (266 pages)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Disciplina              | 613.2/6                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Soggetti                | High-fiber diet<br>Electronic books.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Lingua di pubblicazione | Inglese                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Formato                 | Materiale a stampa                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Livello bibliografico   | Monografia                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Note generali           | Includes index.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Nota di contenuto       | Cover; Half-title; Title; Copyright; Dedication; Contents; Preface; Health-Promoting Foods and Practices; 1. Fiber Fights the Famous Five; SUCCESS STORY: Bill reverses diabetes and high blood fats; The Famous Five; An Unprecedented Consensus; Focus on Fiber; Fiber and Heart Disease; Fiber and High Blood Pressure; Fiber and Cancer; Fiber and Obesity; Fiber and Diabetes; Fiber and hypoglycemia; SUCCESS STORY: Marcie corrects low blood sugar; Fiber and Other Diseases; How to Use This Book; 2. Your Lifetime Diet Plan; SUCCESS STORY: Mary lowers her blood cholesterol<br>The Essence of the Prevention Plan The 1, 2, 3, 4 Food Plan; Unique Bean-if its; An Overall Balance; Don't Chew the Fat; Gift from the Sea; Emphasizing Soluble Fiber; What about Supplements?; Timing; Chapter Action Plan; 3. Your Quick Loss Plan; SUCCESS STORY: Ann drops her weight and blood cholesterol; SUCCESS STORY: Susan decreases weight and blood cholesterol; SUCCESS STORY: Rick lowers weight and insulin needs; What Is the Quick Loss Plan?; Who Is the Quick Loss Plan For?; Why Does the Quick Loss Plan Work?; Calories In, Calories Out; Why Are Records Important?; Avoiding the Yo-Yo Syndrome<br>A Daily Plan Chapter Action Plan; 4. Healthful Living; SUCCESS STORY: Barry is energized by jogging; Why Exercise?; The Good, Better, Best Exercise Plan; Exercising Safely and Enjoyably; Making the Most of Daily Activities; Moderation; Rest and Relaxation (R & R); Pacing Your Life; |

Cigarettes and Other Harmful Substances; SUCCESS STORY: John corrects an alcohol abuse problem; How to Quit Smoking; Tips to Stop Smoking; Making the Changes; Chapter Action Plan; For More Help; 5. Cooking Made Easy; Menu Magic; Quick and Simple Cooking Tips; Menu Make-Over; Sensational Snacks  
SUCCESS STORY: Judy improves family snacking habits Chapter Action Plan; 6. Shopping Made Easy; Flavor; What to Buy and Why; Food Labels at a Glance; Chapter Action Plan; 7. Eating Out Made Easy; Brown Bag Lunches; Traveling; Vending Machines and Convenience Stores; Salad Bars; Delis and Cafeterias; Fast Food Restaurants; Full-Service Restaurants; Chapter Action Plan; I Can Do That! Worksheet; Recipes; Appetizers, Beverages, and Snacks; Chili Bean Dip; Gingered Fruit Dip; Yogurt Vegetable Dip; Zingy Apple Punch; Tangy Tomato Drink; Beans and Rice; New Orleans Beans and Rice  
Jim's Spicy Baked Beans Beans and Cranberries; Savory Black Beans with Tomatoes; Curried Lentils; Limed Beans with Green Chilies; Unfried Beans; Cajun Rice; Fruit 'n' Rice; Rice Mexicano; Rapid Rice Pilaf; Rice and Mushroom Pilaf; Savory Brown Rice; Breads and Muffins; Parmesan Italian Bread; Dijon French Bread; Hearty Oat-Corn Bread; Cinnamon Quick Loaf; Blueberry Banana Bread; Raw Apple Bran Muffins; Applesauce Oat Muffins; Blueberry Oat Muffins; Blueberry Bran Muffins; Quick & Easy Oatmeal Muffins; Orange Muffins; Gay's Pineapple Oat Bran Muffins; Breakfast Foods; Allison's French Toast  
Banana Pancakes

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#### Sommario/riassunto

This pioneering work by internationally known physician Dr. James W. Anderson is a quick and easy guide to a healthier lifestyle. Breaking the steps to healthful living into manageable units, Dr. Anderson shows how making the right choices in diet, exercise and relaxation can improve health and reduce risks of major disease. Dr. Anderson's High-Fiber Fitness Plan is an essential handbook for those who want a hassle-free way to fitness and health. It has an enclosed spiral binding that lies flat on the counter with a wipeable cover and plenty of space for notes. The first half of the book is

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| 2. Record Nr.           | UNINA9911115413203321                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Autore                  | Sorgentini Hernán (Coord.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Titolo                  | Formas del pasado : Conciencia historica, historiografias, memorias                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Pubbl/distr/stampa      | Universidad Nacional de La Plata. Facultad de Humanidades y Ciencias de la Educacion, 2017                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Descrizione fisica      | 1 online resource                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Collana                 | Estudios / Investigaciones                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Soggetti                | Biography & True Stories                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Lingua di pubblicazione | Spagnolo                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Formato                 | Materiale a stampa                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Livello bibliografico   | Monografia                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Sommario/riassunto      | <p>El presente libro se concentra en lo que se considera su principal aporte colectivo: adentrarse en los debates acerca de la conciencia historica como actividad practica, como conciencia en acto. Concebirla de este modo y, por lo tanto, susceptible de ser indagada empiricamente, es una de las principales conclusiones a que llevo la reflexion colectiva y, al mismo tiempo, un hilo conductor de los distintos trabajos que componen el volumen. El libro en su conjunto investiga la conciencia historica en acto desde distintos recortes tematicos: la produccion historiografica como espacio de formulacion de conciencia historica en que distintas nociones de estructura, sujeto y proceso interactuan de manera explicita; debates intelectuales y practicas culturales en los que se ponen en juego formas diversas de articular pasado, presente y futuro; las controversias en torno a la memoria social del pasado reciente de radicalizacion politica y represion dictatorial. En conjunto, se pone en foco la compleja conexion entre historia y filosofia para leer desde alli la logica de ciertos cambios de perspectiva en el tratamiento del conocimiento historico que construyen los sujetos. Por otra parte, se privilegia la mirada sobre las formas que adquiere el pasado en la sociedad argentina, analizando ciertos momentos que resultan claves en la construccion de una conciencia de nacion; intervenciones cuestionadoras de los sentidos hegemonicos de sujeto, proceso historico e identidad nacional; debates y controversias, en fin, como</p> |

