

1. Record Nr.	UNISA996389992803316
Autore	Fisher John, Saint, <1469-1535.>
Titolo	A sermon had at Paulis [[electronic resource] ] : by the co[m]mandment of the most reuerend father in god my lorde legate, and sayd by loh[a]n the bysshop of Rochester, vpo[n] qui[n]quagesom sonday, concernynge certayne heretickes, whiche tha[n] were abiured for holdynge the heresies of Martyn Luther that famous hereticke, and for ye kepyng and reteynng of his bokes agaynst the ordinance of the bulle of pope Leo the tenth
Pubbl/distr/stampa	[Imprinted at London, : In fletestrete, in the house of Thomas Berthelet, nere to the Cundite, at the signe of Lucrece, [1526?]]
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Formato	Materiale a stampa
Livello bibliografico	Monografia
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2. Record Nr.	UNINA9910954510403321
Titolo	Food components to enhance performance : an evaluation of potential performance-enhancing food components for operational rations // Committee on Military Nutrition Research, Food and Nutrition Board, Institute of Medicine ; Bernadette M. Marriott, editor
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Nota di contenuto	FOOD COMPONENTS TO ENHANCE PERFORMANCE -- Copyright -- Preface -- FOCUS OF THE REPORT -- HISTORY OF THE COMMITTEE -- COMMITTEE TASK AND PROCEDURES -- ACKNOWLEDGMENTS -- REFERENCES -- Contents -- PART I Committee Summary and Recommendations -- 1 Introduction and Background -- THE COMMITTEE'S TASK -- Terms Used in This Report -- Report Organization -- MILITARY RESEARCH ON NUTRITIONAL ENHANCEMENT OF SOLDIER PERFORMANCE -- History and Current Research -- Design Issues for Rations -- Biochemical Strategies and Issues -- PERFORMANCE ISSUES AND MEASUREMENT APPROPRIATE TO THE MILITARY -- Physical Performance -- Mental Performance -- PROVIDING FOOD IN THE CONTEXT OF MILITARY COMBAT SETTINGS -- STRESS AND NUTRIENT INTERACTIONS -- The Central Nervous System -- Endocrine System Responses to Stress -- Immune System Responses to Stress -- Metabolic Responses to Stress and Activity -- POTENTIAL

PERFORMANCE-ENHANCING FOOD COMPONENTS -- Physical Performance Enhancement -- Food Components that May Enhance Mental Performance -- Nutrients on Neurotransmitter release -- SPECIFIC FOOD COMPONENTS -- Tyrosine -- Carbohydrates -- Glucose -- Structured Lipids -- Choline -- Functions of Choline -- Dietary Choline and Choline Deficiency -- Potential Areas of Clinical and Military Interest -- Caffeine -- Carnitine -- SAFETY AND REGULATORY ASPECTS OF POTENTIAL PERFORMANCE-ENHANCING FOOD COMPONENTS -- Safety of Amino Acids -- Regulation of Food Components by the U.S. Food and Drug Administration<sup>1</sup> -- SUMMARY -- REFERENCES -- 2 Conclusions and Recommendations -- CONCLUSIONS -- GENERAL CONCLUSIONS -- General Concepts of Performance Enhancement -- Food Components or Nutrients that Offer Potential to Enhance Performance -- Other Food Components of Theoretical Importance but Low Probability of Improving Performance -- ANSWERS TO THE QUESTIONS POSED TO THE COMMITTEE. RECOMMENDATIONS -- General -- Recommendations Regarding Food Components Proposed by the Army -- Specific Recommendations -- Other Areas that Offer Research Potential -- AREAS FOR FUTURE RESEARCH -- REFERENCES -- PART II Background and Introduction to the Topic -- 3 Nutritional Enhancement of Soldier Performance at the U.S. Army Research Institute of Environment... -- INTRODUCTION -- METHODOLOGY -- MACRONUTRIENT AND PERFORMANCE RESEARCH AT USARIEM -- Carbohydrate and Work at High Altitude -- Carbohydrate and Thermoregulation During Cold Exposure -- Carbohydrate and Work in the Heat -- Carbohydrate and Load-Bearing Work and Marksmanship -- NUTRITIONAL PHARMACOLOGY (CAFFEINE RESEARCH) -- NUTRITIONAL NEUROTRANSMITTER RESEARCH (TYROSINE) -- CURRENT USARIEM NUTRITION AND PERFORMANCE ENHANCEMENT RESEARCH -- SUMMARY -- REFERENCES -- 4 Optimizing the Design of Combat Rations -- INTRODUCTION -- OPTIMIZATION CONSIDERATIONS -- SELF-HEATING INDIVIDUAL MEAL MODULE -- Component Preservation -- Self-Heating -- Consumer Acceptance -- NUTRITIONAL ENGINEERING FOR PERFORMANCE ENHANCEMENT -- Basic Performance-Nutrient Concept -- Goal Programming -- Experimental Diets -- Tailored-Ration System -- SUMMARY: THE CHALLENGE -- REFERENCES -- 5 Biochemical Strategies for Ration Design: Concerns of Bioavailability -- INTRODUCTION -- PRACTICAL CONSIDERATIONS FOR RATION DESIGN -- BIOCHEMICAL STRATEGIES FOR CONTROLLED DELIVERY OF NUTRIENTS -- CONCLUSIONS AND RECOMMENDATIONS -- REFERENCES -- DISCUSSION -- PART III Military Issues -- 6 Evaluation of Physical Performance -- INTRODUCTION -- PHYSICAL PERFORMANCE FACTORS AND THEIR EVALUATION -- Physiological Factors -- Metabolic Capacity -- Neuromotor Control -- Substrates and Tissue Homeostasis -- Assessment of Submaximal Endurance Capacity -- Laboratory Tests of Aerobic Endurance -- Field Task Tests of Aerobic Endurance. RECOMMENDATIONS -- REFERENCES -- 7 The Effects of Sleep Deprivation on Performance During Continuous Combat Operations -- INTRODUCTION -- CONCLUSIONS AND RECOMMENDATIONS -- REFERENCES -- 8 The Role of Context in Behavioral Effects of Foods -- INTRODUCTION -- DETERMINING A BASELINE -- EXPECTANCY -- CONTROLLING THE FOOD, STIMULUS, AND TREATMENT -- PEOPLE -- Individual Differences -- Clinical Disorders -- Social Influence -- CHEMICALS, FOODS, AND MEALS -- PERFORMANCE AND MOOD OUTCOMES -- CONCLUSIONS -- REFERENCES -- DISCUSSION -- PART IV Stress and Nutrient Interactions: Metabolic Consequences -- 9 Stress and Monoamine Neurons in the Brain -- INTRODUCTION -- SYNTHESIS

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IMPAIRMENT -- Mechanisms of Action of Glucose on Working Memory.  
Conclusions and Recommendations Regarding Glucose as a Cognition  
Enhancer.

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Sommario/riassunto

The physiological or psychological stresses that employees bring to their workplace affect not only their own performance but that of their co-workers and others. These stresses are often compounded by those of the job itself. Medical personnel, firefighters, police, and military personnel in combat settings--among others--experience highly unpredictable timing and types of stressors. This book reviews and comments on the performance-enhancing potential of specific food components. It reflects the views of military and non-military scientists from such fields as neuroscience, nutrition, physiology, various medical specialties, and performance psychology on the most up-to-date research available on physical and mental performance enhancement in stressful conditions. Although placed within the context of military tasks, the volume will have wide-reaching implications for individuals in any job setting.

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