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The Physiology of Thirst and Sodium Appetite - G. de Caro - 2013-12-11
The behavioral neuroscience of thirst and sodium appetite are research ventures that have expanded dramatically in recent years. Work done in the mid-1950s and early 1960s made it clear that drinking behavior could be affected by direct manipulations of the brain, especially by brain damage and by pharmacological treatments. Since that time experimental approaches have diversified and the research enterprise has attracted the interest of a broad international community of scientists. Many aspects of both thirst and sodium appetite are being studied. The most prominent of these are: 1) phylogenetic and ontogenetic aspects of the phenomena of drinking behavior, 2) the mechanisms of a variety of dipsogenic and antidipsogenic treatments, both drugs and hormones, 3) the biological controls of drinking and their interaction with the regulation of blood volume and blood pressure, 4) the peripheral signals of drinking including the role of the baro- and volume-receptors, 5) the receptor systems within the brain and the neuroanatomical circuitry for thirst and sodium appetite, and 6) the possible roles of brain sodium and of the hormones of sodium conservation in the arousal of sodium appetite. This acceleration of basic research activity has given in sights into the clinical disorders of thirst and salt appetite and has produced pharmacological agents of potential therapeutic use.
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The Salt Fix - James Dinicolantonio - 2020-08-04
What if everything you know about salt is wrong? A leading cardiovascular research scientist explains how this vital crystal got a negative reputation, and shows how to lower blood pressure and experience weight loss using salt. The Salt Fix is essential reading for everyone on the keto diet! We've all heard the recommendation: eat no more than a teaspoon of salt a day for a healthy heart. Health-conscious Americans have hewn to the conventional wisdom that your salt shaker can put you on the fast track to a heart attack, and have suffered through bland but "heart-healthy" dinners as a result. What if the low-salt dogma is wrong? Dr. James DiNicolantonio has reviewed more than five hundred publications to unravel the impact of salt on blood pressure and heart disease. He's reached a startling conclusion: The vast majority of us don't need to watch our salt intake. In fact, for most of us, more salt would be advantageous to our nutrition--especially for those of us on the keto diet, as keto depletes this important mineral from our bodies. The Salt Fix tells the remarkable story of how salt became unfairly demonized--a never-before-told drama of competing egos and interests--and took the fall for another white crystal: sugar. According to The Salt Fix, too little salt can: * Make you crave sugar and refined carbs * Send the body into semistarvation mode * Lead to weight gain, insulin resistance, type 2 diabetes, cardiovascular disease, chronic kidney disease,
and increased blood pressure and heart rate. But eating the salt you desire can improve everything, from your sleep, energy, and mental focus to your fitness, fertility, and sexual performance. It can even stave off common chronic illnesses, including heart disease. The Salt Fix shows the best ways to add salt back into your diet, offering his transformative five-step program for recalibrating your salt thermostat to achieve your unique, ideal salt intake. Science has moved on from the low-salt dogma, and so should you--your life may depend on it.

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**The Hunger for Salt** - D. Denton - 1982-08-01

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**Economic Zooarchaeology** - Peter Rowley-Conwy - 2017-05-31

Economic archaeology is the study of how past peoples exploited animals and plants, using as evidence the remains of those animals and plants. The animal side is usually termed zooarchaeology, the plant side archaeobotany. What distinguishes them from other studies of ancient animals and plants is that their ultimate aim is to find out about human behaviour – the

animal and plant remains are a means to this end. The 33 papers present a wide array of topics covering many areas of archaeological interest. Aspects of method and theory, animal bone identification, human palaeopathology, prehistoric animal utilisation in South America, and the study of dog cemeteries are covered. The long-running controversy over the milking of animals and the use of dairy products by humans is discussed as is the ecological impact of hunting by farmers, with studies from Serbia and Syria. For Britain, coverage extends from Mesolithic Star Carr, via the origins of agriculture and the farmers of Lismore Fields, through considerations of the Neolithic and Bronze Age. Outside Britain, papers discuss Neolithic subsistence in Cyprus and Croatia, Iron Age society in Spain, Medieval and post-medieval animal utilisation in northern Russia, and the claimed finding of a modern red deer skeleton in Egypt’s Eastern Desert. In exploring these themes, this volume celebrates the life and work of Tony Legge (zoo)archaeologist and teacher.
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Neurobiology of Body Fluid Homeostasis - Laurival Antonio De Luca Jr. - 2013-10-01
A timely symposium entitled Body-Fluid Homeostasis: Transduction and Integration was held at Araraquara, São Paulo, Brazil in 2011. This meeting was convened as an official satellite of a joint gathering of the International Society for Autonomic Neuroscience (ISAN) and the American Autonomic Society (AAS) held in Buzios, Rio de Janeiro. Broad international participation at this event generated stimulating discussion among the invited speakers, leading to the publication of Neurobiology of Body Fluid Homeostasis: Transduction and Integration.
Drawn from the proceedings and filled with rich examples of integrative neurobiology and regulatory physiology, this volume: Provides updated research using human and animal models for the control of bodily fluids, thirst, and salt appetite Exits neural and endocrine control of body fluid balance, arterial pressure, thermoregulation, and ingestive behavior Discusses recent developments in molecular genetics, cell biology, and behavioral plasticity Reviews key aspects of brain serotonin and steroid and peptide control of fluid consumption and arterial pressure The book highlights research conducted by leading scientists on signal transduction and sensory afferent mechanisms, molecular genetics, perinatal and adult long-term influences on regulation, central neural integrative circuitry, and autonomic/neuroendocrine effector systems. The findings discussed by the learned contributors are relevant for a basic understanding of disorders such as heat injury, hypertension, and excess salt intake. A unique reference on the neurobiology of body fluid homeostasis, this volume is certain to fuel additional research and stimulate further debate on the topic.

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Implementing Recommendations for Dietary Salt Reduction - - 1996

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Implementing recommendations for dietary salt reduction: Where are we? Where are we going? How do we get there? : a summary of an NHLBI workshop.

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Strategies to Reduce Sodium Intake in the United States - Institute of Medicine - 2010-11-14

Reducing the intake of sodium is an important public health goal for Americans. Since the 1970s, an array of public health interventions and national dietary guidelines has sought to reduce sodium intake. However, the U.S. population still consumes more sodium than is recommended, placing individuals at risk for diseases related to elevated blood pressure. Strategies to Reduce Sodium Intake in the United States evaluates and makes recommendations about strategies that could be implemented to
reduce dietary sodium intake to levels recommended by the Dietary Guidelines for Americans. The book reviews past and ongoing efforts to reduce the sodium content of the food supply and to motivate consumers to change behavior. Based on past lessons learned, the book makes recommendations for future initiatives. It is an excellent resource for federal and state public health officials, the processed food and food service industries, health care professionals, consumer advocacy groups, and academic researchers.

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Encyclopedia of Animal Behavior, Second Edition, the latest update since the 2010 release, builds upon the solid foundation established in the first edition. Updated sections include Host-parasite interactions, Vertebrate social behavior, and the introduction of ‘overview essays’ that
Thirst - David J. Ramsay - 2012-12-06
At one time or another, everyone has said "I am thirsty". Yet what causes this sensation of thirst? It is obvious that a certain quantity of fluid must be present for the body to function normally. How does a water deficit in the body then influence drinking habits? But supposing the physiological need is met, what about the psychological need or social need? Water is certainly the most necessary fluid; then why do we humans often prefer other beverages, even at great cost of effort or money or health? The

Encyclopedia of Animal Behavior, Second Edition, the latest update since the 2010 release, builds upon the solid foundation established in the first edition. Updated sections include Host-parasite interactions, Vertebrate social behavior, and the introduction of ‘overview essays’ that boost the book's comprehensive detail. The structure for the work is modified to accommodate a better grouping of subjects. Some chapters have been reshuffled, with section headings combined or modified. Represents a one-stop resource for scientifically reliable information on animal behavior. Provides comparative approaches, including the perspective of evolutionary biologists, physiologists, endocrinologists, neuroscientists and psychologists. Includes multimedia features in the online version that offer accessible tools to readers looking to deepen their understanding.
subject of thirst and drinking behavior are uniquely discussed in this book. For the first time both the physiological and the psychological aspects of water and beverage consumption are examined in one volume. The many recent developments concerning how a lack of water is signalled physiologically and processed neurally to affect drinking behavior are critically surveyed. Prospects for understanding the cultural and sensory influences on beverage consumption are mapped out. The thirty-one chapters by authorities in the field were all mutually reviewed and revised in the light of precirculated comments and round-table discussions. Together they provide a complete picture of the current state of knowledge on what determines fluid consumption in human beings and animals.

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Pathophysiology of Hypertension in Blacks - John C.S. Fray - 2013-05-27

Overall, American blacks have twice the rate of high blood pressure of American whites and five to seven times the rate of severe hypertension. As a result, American blacks have a higher incidence of stroke (50%), heart disease (30%), and kidney disease (50%). Not only are blacks more likely to develop hypertension, but the disorder develops earlier, is often more severe, and is more likely to be fatal at an earlier age. While lack of early and aggressive treatment contributes to the problem, research has shown that physiological and environmental factors play an important role. Pathophysiology of Hypertension in Blacks examines much of the research that has been done to explain the pathogenesis of hypertension among black Americans. The book is divided into four sections. The first section considers genetic mechanisms of the disease. Increased sensitivity to salt, a common feature among both normotensive and hypertensive blacks, may have developed during the slave trade and slavery as a physiological adaptation to prevent death from excessive loss of salt and water; survival favored those most able to conserve salt, an ability which predisposes black Americans today to hypertension. During childhood, this enhanced salt-sensitivity may be complicated by insulin resistance and hyperinsulinemia. The second section examines the role of social, cultural, psychosocial, and socioeconomic factors in the pathogenesis of hypertension. The authors of these chapters present models and explanations that show how these factors may influence physiological variables. The third area of the book deals with the role of urbanization and salt (both in and out of Africa), the role of diet, the role of intracellular ion metabolism, and the increasing significance of renin. The last section of the book summarizes the evidence presented in earlier chapters, and also outlines therapeutic strategies that are effective in controlling blood pressure in hypertensive blacks. The book presents underlying physiological mechanisms.
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the stage for the application of modern molecular
biology to the pathophysiology of hypertension in
blacks. This book is a volume in the Clinical
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Neuroendocrinology in Physiology and Medicine - P. Michael Conn - 1999-10-06

A panel of leading experts integrate the latest findings from basic and clinical science to create a comprehensive treatment of the processes by which the brain acts as an endocrine organ, not only to control hormonal functions, but also to maintain homeostasis and regulate behavior. The authors-recognized both as leaders in their fields and as skilled teachers-provide systematic coverage of the analytical, anatomical, functional, clinical, and pathological aspects of neuroendocrinology. Topics range from the interactions between the nervous and endocrine systems to the regulation of reproduction, development, metabolism, fluid balance, and biological rhythms. Neuroendocrinology in Physiology and Medicine offers an unprecedented marriage of clinical and basic knowledge that has been missing from classical neuroscience, endocrinology, and physiology texts. It will teach today's medical students and serve researchers as a valuable reference to this rapidly growing field.

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A number of genes have been identified that are associated with an increased body mass index (BMI), the standard measurement of obesity. By analyzing these genes, researchers hope to gain a better understanding of what causes obesity and develop ways to tackle the problem. The study of genes and obesity could lead to new treatments. Genes and Obesity reviews the latest developments in the field. This series provides a forum for discussion of new discoveries, approaches, and ideas. Contributions from leading scholars and industry experts Reference guide for researchers involved in molecular biology and related fields.
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For review see: J.R. McNeill, in HAHR, 74, 1 (February 1994); p. 136-137.

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**The Archaeology of the Caucasus** - Antonio Sagona - 2018
This conspectus brings together in an accessible and systematic manner a dizzy array of archaeological cultures situated between several worlds.

**Food and Evolution** - Marvin Harris - 1987
An unprecedented interdisciplinary effort suggests that there is a systematic theory behind why humans eat what they eat.

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**National High Blood Pressure Education Program** - National High Blood Pressure Education Program. Working Group on Primary Prevention of Hypertension - 1993

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Reviews the rationale for primary prevention of hypertension as a complementary approach to the current hypertension detection & treatment strategies. Examines research on the efficacy of lifestyle modifications & makes recommendations for policy, implementation, & dissemination strategies. Features: two approaches to accomplish primary prevention of hypertension, an examination of 11 interventions for primary prevention (weight control, reduced salt intake, physical activity, reduced alcohol consumption, etc.), & recommendations for a national campaign aimed at primary prevention.

Production and Processing of Healthy Meat, Poultry and Fish Products - A.M. Pearson - 2013-03-09
The central theme for this volume was chosen since consumers have great interest in purchasing low fat, low salt and reduced cholesterol meat, poultry and fish products. As in past volumes, experts in the field have been chosen to write chapters with emphasis on their breadth of knowledge in each specific area. Efforts were also made to obtain authors from different countries in order to give the book a worldwide perspective. Chapter I stresses the...
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**Historical Archaeology in Nigeria** - Kit W. Wesler - 1998

The case studies included in this collection range, from the coast of Lagos State, through the Yoruba, inland, once dominated by Oyo and Ibadan, to Benin, City, seat of the great pre-colonial empire, north, to Zungeru, seat of colonial administration under Lord Lugard, and the Jos Plateau, homeland of the Ron; and south again to the Niger Delta, where the Nigerian people first began their historic interaction with Portuguese explorers.


This edition is a thorough revision of the previous. There are 3 chapters on general principles, natural sources of minerals, and detection and correction of mineral imbalances in animals. Individual chapters are given to Ca, P, Mg, Na and Cl, K, S, Co, Cu, I, Fe, Mn, Se, and Zn. Three final chapters cover occasionally beneficial elements (B, Cr, Li, Mo, Ni, Si, Sn, V), essentially toxic elements (Al, As, Cd, F, Pb, Hg), and design of supplementation trials for assessing mineral deprivation.
Underwood - 1999

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**Principles of Hormone/Behavior Relations** - Donald W Pfaff - 2018-01-10

Principles of Hormone/Behavior Relations, Second Edition, provides an introduction to the underlying principles of endocrine regulation of behavior, a newly emerging area of research within neurobiology and endocrinology. It addresses the properties of hormone/behavior relations, including the influence of family background, timing issues, neuroanatomical features, cellular mechanisms, and the importance of environmental context and evolution. This new edition incorporates critical advances in the field, also including increased coverage of hormonal influences on food intake, and on the cardiovascular system. The addition of entirely new principles provides further coverage of epigenetics and appetite. Thoroughly revised and updated, this book is an ideal resource for neuroscientists and researchers engaging in this rapidly expanding field of study.

Provides a unique structure where each chapter addresses a key principle that is illustrated by numerous basic experimental and clinical examples. Includes user-friendly features, such as boxed figures with extended captions and references, numerous clinical notes, and a comprehensive list of abbreviations. Contains numerous illustrations that highlight both the clinical and basic science information.

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Consumer concerns play a critical role in dictating the direction of research and development in food protection. The rising demand for minimally processed foods, growing concerns about the use of synthetic preservatives, and suspected links between the overuse of antibiotics and multi-drug resistance in microbes has made food safety a global priority. Natural Food Antimicrobial Systems focuses on advances in the technology of food safety. Numerous antimicrobial agents exist in animals and plants where they evolved as defense mechanisms. For example, the antimicrobial components of milk have been unraveled in recent years. The book covers how these components - such as lactoferrin - can be used as multifunctional food additives such as antioxidants and immuno-modulating agents. The six sections cover lacto-antimicrobials, ovo-
antimicrobials, phyto-antimicrobials, bacto-antimicrobials, acid-antimicrobials, and milieu-antimicrobials. Each chapter provides background and historical information, molecular properties, antimicrobial activity, biological advantage, applications, safety, tolerance, and efficacy, and biotechnology. To satisfy the rapidly changing consumption patterns of the global market, the food processing industry continuously searches for new technologies in food science. Designed as a reference for academia and corporate R & D, Natural Food Antimicrobial Systems fills this need, offering in-depth information on emerging biotechnology, efficacy, and applications of natural food antimicrobial systems.


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**Experimental and Genetic Models of Hypertension** - W. De Jong - 2013-06-02

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**Experimental and Genetic Models of Hypertension** - W. De Jong - 2013-06-02

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**Mineral Nutrition of Livestock** - N. F. Suttle - 2010

The fourth edition of this important book covers the advances in livestock mineral nutrition, updated with more illustrations and additional material on the relationship between livestock and man. Recent developments are discussed, such as increasing the 'mineral value' of feeds by the use of additives and enhancing mineral availability through the use of organic sources of trace elements. The concept of the 'mineral footprint' of livestock production is introduced and methods of mineral feeding that lower environmental pollution are presented. Opportunities and problems in manipulating the mineral content of livestock to improve the mineral status of consumers are also addressed. The book is an essential resource for researchers and students in animal nutrition, agriculture and veterinary medicine, and a useful reference for those concerned with human nutrition and environmental protection.

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The Scars of Evolution - Elaine Morgan - 2012-04
In this lively and controversial book Elaine Morgan presents a challenging interpretation to the question of human evolution. With brilliant logic she argues that our hominid ancestors began to evolve in response to an aquatic environment. Millions of years ago something happened that caused our ancestors to walk on two legs, to lose their fur, to develop larger brains and learn how to speak. Elaine Morgan discovers what this event was by studying the many incongruous flaws in the physiological make-up of humans. The human body is liable to suffer from obesity, lower back pain and acne. In support of her aquatic ape hypothesis she points out the flaws in our physiological make-up: the difficulties of erect bipedalism, our hairlessness and fat-layers, our preference for face to face sex and the way we breathe. Are these flaws a record of the history of the species, the 'scars' of evolution that are clues to earlier stages of evolution? Morgan establishes the origins of the evolutionary path that separated humans from other animals and questions the theories currently accepted by science. Did our ancestors adapt to an aquatic environment that subsequently dried out? Elaine Morgan has made the Aquatic Ape Hypothesis a plausible alternative to conventional theories of evolution and in The Scars of Evolution she brings a real understanding of who humans are and where they came from.
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Great Seesaw - Geoffrey Blainey - 1988-06-18
An argument for the existence of a mental seesaw which in the last 250 years has affected a wide range of human attitudes and activities. The author argues that the present economic crisis has close links with the seesaw, though the seesaw itself helps to explain events that seem unconnected.
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**The Last Saltmakers of Nexquipayac, Mexico**
- Jeffrey R. Parsons - 2001

**Handbook of Diagnostic Endocrinology**
- Janet E. Hall - 2003-01-22

Experienced physicians concisely explain the pathophysiology and clinical manifestations of endocrine disorders and survey all the latest laboratory diagnostics. Topics range widely from an overview of the diagnosis of diabetes and the long-term monitoring of its complications to the evaluation of menstrual dysfunction. Coverage is also given to the diagnosis of pituitary tumors, Cushing's syndrome, thyroid disease, and hypoglycemia; the evaluation of endocrine-induced hypertension; the assessment of dyslipidemia and obesity; and approaches to diagnosing hyper- and hypocalcemia. There are also discussions of osteoporosis, hypogonadism and erectile dysfunction, and hyperandrogenism in women. The authors each review the complex physiological basis of the relevant endocrine processes and provide richly instructive recommendations for followup and long-term management of patients.
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**The Noodle Narratives** - Frederick Errington - 2013-08-02

Tasty, convenient, and cheap, instant noodles are one of the most remarkable industrial foods ever. Consumed around the world by millions, they appeal to young and old, affluent and impoverished alike. The authors examine the history, manufacturing, marketing, and consumption of instant noodles. By focusing on three specific markets, they reveal various ways in which these noodles enable diverse populations to manage their lives. The first market is in Japan, where instant noodles have facilitated a major transformation of post-war society, while undergoing a seemingly endless tweaking in flavors, toppings, and packaging in order to entice consumers. The second is in the United States, where instant noodles have become important to many groups including college students, their nostalgic parents, and prison inmates. The authors also take note of “heavy users,” a category of the chronically hard-pressed targeted by U.S. purveyors. The third is in Papua New Guinea, where instant noodles arrived only recently and are providing cheap food options to the urban poor, all the while transforming them into aspiring consumers. Finally, this study examines the global “Big Food” industry. As one of the food system’s singular achievements, the phenomenon of instant noodles provides insight into the pros and cons of global capitalist provisioning.

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**Appetite and Food Intake** - Ruth Harris - 2008-02-21
A complex interplay of social, economic, psychological, nutritional and physiological forces influence ingestive behavior and demand an integrated research approach to advance understanding of healthful food choices and those that contribute to health disorders including obesity-related chronic diseases. Taking a multifaceted approach, Appearance and Food Intake

**Nutrition and Sensation** - Alan R. Hirsch - 2015-03-18
Nutrition and Sensation explores how sensations can impact nutrition. It unravels the hidden sensory universe acting to control our appetite and nutritional desires. The sensory influence on food choice is ubiquitous. Whether it is the color of soda, the viscosity of maple syrup, or the aroma of chocolate, the sensory experience fuels consumption. The book covers the impact of olfaction, gustation, retronasal olfaction, vision, vestibular function, hearing, and somatosensory and tactile nature on nutrition. It also discusses the use of the sensory system to treat nutritional disorders including obesity. Special attention is given to the mechanisms surrounding smell and taste and how they can influence satiety and weight. This book is a fascinating read for anyone looking for deeper understanding of the link between the sensory system and nutrition.
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**The Basal Ganglia VII** - Louise F.B. Nicholson - 2012-12-06
This volume, The Basal Ganglia VII, is derived from the proceedings of the Seventh Triennial Meeting of the International Basal Ganglia Society (IBAGS). The Meeting was held from 11 - 15 February 2001 at The Copthorne Resort, Waitangi, Bay of Islands, New Zealand, the site of the signing of the Treaty of Waitangi in 1840 and the traditional birth-place of the New Zealand Nation. As at previous Meetings, our aim was to hear and discuss new ideas and research developments on the basal ganglia and the implications of these findings for novel treatment strategies for basal ganglia disorders. The International Basal Ganglia Society (IBAGS) was founded in September 1983 when a small group of about 50 neuroscientists and clinicians with a passion for research on the basal ganglia met for a three day meeting in a small isolated seaside resort, Lome, 150km from Melbourne in Australia. The meeting was organised by John McKenzie and was so successful that the participants decided to establish IBAGS and to meet every 3 years at an isolated seaside resort in different countries of the world.
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**Genetics and Pathophysiology of Essential Hypertension** - Madhu Khullar - 2012-03-09
This book, authored by renowned researchers in the field of Hypertension Research, details the state of the art knowledge in genetics, genomics and pathophysiology of Essential hypertension, specifically the genetic determinants of hypertension and role of gene variants in response to anti-hypertensive therapy. Two chapters describe mitochondrial mutations in Essential hypertension and in hypertension associated Left ventricular hypertrophy, one chapter reviews in detail the global gene expression in hypertension, and an up to date treatise on pathophysiology of resistant hypertension is detailed in another chapter. Other topics included in the book are end organ damage, baroreceptor sensitivity and role of music therapy in essential hypertension.
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**The Industrial Diet** - Anthony Winson - 2013-10

“This is a hugely informative book, stocked full of careful analysis.”—Amy Best, Associate Professor of Sociology, George Mason University

Accused by many of creating a global health crisis, the American diet has been a source of controversy for years. The way Americans eat—and the disastrous health problems that can often result—is debated on daytime talk shows and in political arenas, written about in bestselling manifestos, and exposed in Oscar-nominated documentaries. Yet, despite all the attention from the media and the scientific community, few studies have looked seriously at the mass-market forces underlying our Western diet. In The Industrial Diet, Anthony Winson chronicles the forces that have transformed our natural resources into an industry that produces edible commodities, an industry that far too often subverts our well-being instead of nourishing us. Tracing the industrial diet’s history from its roots in the nineteenth century through to the present day, Winson looks at the role of technology, population growth, and political and economic factors in the constitution and transformation of mass dietary regimes. In addition to providing new evidence linking broad-based dietary changes with negative health effects in the developed and developing world, Winson also outlines realistic and innovative strategies that can lead to a healthier future. A fresh new look at the degradation of food and the emergent struggle for healthful eating, this book is an eye-opening tour of the state of nutrition and food culture today.
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**Principles of Visual Anthropology** - Paul Hockings - 2003-01-01
This edition contains 27 articles, written by scholars and filmmakers who are generally acknowledged as the international authorities in the field, and a new preface by the editor. The book covers ethnographic filming and its relations to the cinema and television; applications of filming to anthropological research, the uses of still photography, archives, and videotape; subdisciplinary applications in ethnography, archeology, bio-anthopology, museology and ethnohistory; and overcoming the funding problems of film production.

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