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Motor Carrier Safety: Preliminary Information on Challenges to Ensuring the Integrity of Drug testing Programs The Medical Review Officer's Manual The Quick Fix Critical Issues in Alcohol and Drugs of Abuse Testing Nursing Care and the Activities of Living Bioelectrochemical Systems Handbook of Forensic Drug Analysis Absolute Addiction Psychiatry Review Beating Drug Tests and Defending Positive Results The Age of Living Machines: How Biology Will Build the Next Technology Revolution Medical Review of Reviews The Fabric of Civilization Alcohol and Illicit Drug Use in the Workforce and Workplace Urine Testing for Drugs of Abuse Strengthening Forensic Science in the United States Novel Psychoactive Substances Workplace Drug Testing Emergency Toxicology The Secret of Our Success Liquid Gold Jackson Pollock Translating MicroRNAs to the Clinic Permutation City Chromatopia Sustainable Agriculture Reviews 47 A Perfect Red The Challenge Posed by New Synthetic Opioids: Pharmacology and Toxicology Chemistry: A Very Short Introduction Sacred Cow The Genesis of Neo-Kantianism, 1796-1880 Get Me Out: A History of Childbirth from the Garden of Eden to the Sperm Bank The Wahls Protocol 21 Pounds in 21 Days Principles of Regenerative Medicine Hallucinations A Concise Review of Clinical Laboratory Science Bibliography of Medical Reviews Wheelmen Cooking for Hormone Balance The Dorito Effect

Brandon/Hill Medical List selection of facts on toxicologic emergencies. Includes every type of poisoning and overdose, details on poisoning agents, and a complete diagnostic table. Topics covered: medicolegal and ethical issues, thyroid hormones, and more. "Index medicus" in v. 1-30, 1895-1924. Novel Psychoactive Substances: Classification, Pharmacology and Toxicology, Second Edition provides readers with a comprehensive examination on the classification, detection, supply and availability of novel psychoactive substances, otherwise known as "legal highs." The book covers individual classes of novel psychoactive substances that have recently emerged onto the recreational drug scene and provides an overview of the pharmacology of the substance and a discussion of their associated acute and chronic harm and toxicity. This second edition addresses drugs new to the scene, with completely updated and revised chapters. Written by international experts in the field, this multi-authored book is an essential reference for scientists,

clinicians, academics, and regulatory and law enforcement professionals. Includes chapters written by international experts in the field Presents a comprehensive overview on the classification, detection, availability and supply of novel psychoactive substances, in addition to the pharmacology and toxicology associated with the substance Offers a single source for all interested parties working in this area, including scientists, academics, clinicians, law enforcement and regulatory agencies Provides a full treatment of novel psychoactive substances that have recently emerged onto the recreational drug scene, including amphetamines and the synthetic cannabinoid receptors in 'spice' and 'K2' Neo-Kantianism was an important movement in German philosophy of the late 19th century. Frederick Beiser traces its development back to the late 18th century, and explains its rise as a response to three major developments in German culture: the collapse of speculative idealism; the materialism controversy; and the identity crisis of philosophy.--[Source inconnue]. "[An] engrossing survey of the history of childbirth." —Stephen Lowman, Washington Post Making and having babies—what it takes to get pregnant, stay pregnant, and deliver—have mystified women and men throughout human history. The insatiably curious Randi Hutter Epstein journeys through history, fads, and fables, and to the fringe of science. Here is an entertaining must-read—an enlightening celebration of human life. An integrative approach to healing chronic autoimmune conditions by a doctor, researcher, and sufferer of progressive multiple sclerosis (MS) whose TEDx talk is already a web sensation Like many physicians, Dr. Terry Wahls focused on treating her patients' ailments with drugs or surgical procedures—until she was diagnosed with multiple sclerosis (MS) in 2000. Within three years, her back and stomach muscles had weakened to the point where she needed a tilt-recline wheelchair. Conventional medical treatments were failing her, and she feared that she would be bedridden for the rest of her life. Dr. Wahls began studying the latest research on autoimmune disease and brain biology, and decided to get her vitamins, minerals, antioxidants, and essential fatty acids from the food she ate rather than pills and supplements. Dr. Wahl's adopted the nutrient-rich paleo diet, gradually refining and integrating it into a regimen of neuromuscular stimulation. First, she walked slowly, then steadily, and then she biked eighteen miles in a single day. In November 2011, Dr. Wahls shared her remarkable recovery in a TEDx talk that immediately went viral. Now, in *The Wahls Protocol*, she shares the details of the protocol that allowed her to reverse many of her symptoms, get back to her life, and embark on a new mission: to share the Wahls Protocol with others suffering from the ravages of multiple sclerosis and other autoimmune conditions. *Detox Your Body, Detox Your Life!* Detox diets are making news as the quickest, easiest way to shed pounds, boost your energy, and get yourself on a wellness track. One of the key advocates of the health benefits of cleansing detoxes is Roni DeLuz, ND. In *21 Pounds in 21 Days*, DeLuz offers three different detox programs, focusing on detoxification through taking antioxidants, fasting, stress reduction, and lifestyle changes. Also included in the book are: Maintenance plans Dozens of easy, delicious recipes Real-life tips An extensive glossary of terms A guide to supplements *21 Pounds in 21 Days* isn't just for those looking to lose weight; everyone can benefit from this revolutionary detox diet that results in a clean, refreshed system that functions at its best. This book presents recent reviews on the occurrence, analysis, toxicity and remediation of pesticides in

biological systems such as fish, chickens, water, soil and food. New Synthetic Opioids (NSOs), most of which are illegally produced and sold for recreational use, are posing a serious threat to the health of consumers. Due to the low cost of materials and equipment required for clandestine laboratories production with respect to the production cost of heroin, NSOs are climbing the illegal street and web drug market. Several of these drugs have been involved in a recent rise in acute intoxications and overdose deaths. Since NSOs offer enormous profit potential, and there is strong demand for their use, these drugs are being trafficked by organized crime and present major challenges for medical professionals facing intoxications and fatalities, law enforcement agencies fighting against their diffusion and policymakers trying to restrain the use and abuse of NSOs. This Research Topic aimed to fill the gap on current knowledge on pharmacology and toxicology, health risks for adult and newborns of NSOs covering both basic scientific as well as epidemiological and clinical aspects. 3 reviews, 3 mini-reviews, 1 original article, 2 case reports and 1 opinion are here presented.

Every day, we urinate nutrients that can fertilize plants - plants to could be used for beautiful landscapes, food, fuel, and fiber. Instead, these nutrients are flushed away and treated at high cost. Or they are discharged to waters where they overfertilize and choke off aquatic life. Urine accounts for most of the nutrients in domestic wastewater, and it usually carries no disease risk. *Liquid Gold: The Lore and Logic of Using Urine to Grow Plants* tells you how to put it to work as a resource. Starting with a short history of urine use (from ritual to medicinal to even culinary) and a look at some unexpected urinals, *Liquid Gold* shows how urine is used worldwide to grow food and landscapes, while protecting the environment, saving its users the cost of fertilizer, and reconnecting people to the land and the nutrient cycles that sustain the. That's real flower power! This comprehensive text provides clear explanations of the effects of drugs on human performance and the need for workplace drug testing. It provides essential information on the regulatory and legal frameworks around the world, how to set policies and coverage of all aspects of drug analysis and the associated interpretation of results. Contents include: * epidemiology of drug use in the working population* the evidence base and guidelines for workplace drug testing* legal, regulatory aspects and policies for drugs and alcohol* urine and alternative sample collection process* analytical techniques and specimen adulteration. Case studies of successful programmes are also included to illustrate the principles discussed. Written by internationally acknowledged experts this informative book will be essential reading for anyone interested in workplace drug testing or setting up such a system including clinical and forensic toxicologists, occupational health physicians, nurses, human resources, drug counselling and treatment providers, analytical chemists and lawyers. Alain Verstraete is Professor at the Department of Clinical Chemistry, Microbiology and Immunology, Ghent University, Ghent, Belgium and Department Head of the Toxicology Laboratory of the Laboratory of Clinical Biology, Ghent University Hospital, Ghent, Belgium. A lively and important argument from an award-winning journalist proving that the key to reversing North America's health crisis lies in the overlooked link between nutrition and flavor. In *The Dorito Effect*, Mark Schatzker shows us how our approach to the nation's number one public health crisis has gotten it wrong. The epidemics of obesity, heart disease, and diabetes are not tied to the overabundance of fat or carbs

or any other specific nutrient. Instead, we have been led astray by the growing divide between flavor—the tastes we crave—and the underlying nutrition. Since the late 1940s, we have been slowly leeching flavor out of the food we grow. Those perfectly round, red tomatoes that grace our supermarket aisles today are mostly water, and the big breasted chickens on our dinner plates grow three times faster than they used to, leaving them dry and tasteless. Simultaneously, we have taken great leaps forward in technology, allowing us to produce in the lab the very flavors that are being lost on the farm. Thanks to this largely invisible epidemic, seemingly healthy food is becoming more like junk food: highly craveable but nutritionally empty. We have unknowingly interfered with an ancient chemical language—flavor—that evolved to guide our nutrition, not destroy it. With in-depth historical and scientific research, *The Dorito Effect* casts the food crisis in a fascinating new light, weaving an enthralling tale of how we got to this point and where we are headed. We've been telling ourselves that our addiction to flavor is the problem, but it is actually the solution. We are on the cusp of a new revolution in agriculture that will allow us to eat healthier and live longer by enjoying flavor the way nature intended. This origin story of history's most vivid color pigments is perfect for artists, history buffs, science lovers, and design fanatics. Did you know that the Egyptians created the first synthetic color and used it to create the famous blue crown of Queen Nefertiti? Or that the noblest purple comes from a predatory sea snail? In the Roman Empire, hundreds of thousands of snails had to be sacrificed to produce a single ounce of dye. Throughout history, pigments have been made from deadly metals, poisonous minerals, urine, cow dung, and even crushed insects. From grinding down beetles and burning animal bones to alchemy and pure luck, *Chromatopia* reveals the origin stories behind over fifty of history's most vivid color pigments. Featuring informative and detailed color histories, a section on working with monochromatic color, and "recipes" for paint-making, *Chromatopia* provides color enthusiasts with an eclectic story of how synthetic colors came to be. Red lead, for example, was invented by the ancient Greeks by roasting white lead, and it became the dominant red in medieval painting. Spanning from the ancient world to modern leaps in technology, and vibrantly illustrated throughout, this book will add a little chroma to anyone's understanding of the history of colors.

"The Medical Review Officer's Manual: MROCC's Guide to Drug Testing, Sixth Edition is a comprehensive, well-organized resource for Medical Review Officers (MROs), MRO Assistants, and everyone responsible for providing workplace drug and alcohol testing services. Written by Robert B. Swotinsky, MD, MPH, a Medical Review Officer with 30 years of experience, this clearly organized and indexed manual sets the standard of performance for MROs. It also remains the best possible resource of preparation for MROCC's MRO Certification Examination. This newly revised reference has been updated to address regulatory changes during the past five years, including: Additional prescription opioids (added to the federal panel in 2017) Oral fluid testing guidelines (2020) The Federal Motor Carrier Safety Administration Clearinghouse (2020) The updated federal Custody and Control Form (2020) An expanded discussion of testing of non-urine specimens Guidelines for drug test interpretation have been updated to reflect evolving standards of practice. These include the means of verifying medical explanations, the interpretation of marijuana-positives with respect to state-legalized marijuana use, and the use of cannabidiol (CBD).

Scientific discussions have been updated to include recent citations for some of the less well-known parts of the federal regulations so readers can more easily locate the source material. Available as a package in both print and electronic formats, the eBook version will be updated periodically to keep you abreast of future changes in regulations and recommendations. The MRO Manual can also be used as a companion to *The Medical Review Officer Team Manual: MROCC's Guide for MROs and MRO Team Members, Second Edition* by James Ferguson, DO, FASAM published by OEM Press"-- A majority of the Fortune 500 Companies implement some practice of workplace drug testing in their company policies. This practice was first initiated by President Ronald Reagan when he ordered federal agencies to drug test federal employees involved in sensitive positions as well as positions involving public safety. As a practicing toxicologist, Dr. Amitava Dasgupta is involved with the pre-employment drug testing at his own hospital and aptly shares his expertise in *Beating Drug Tests and Defending Positive Results: A Toxicologist's Perspective*, which covers all major issues concerning how people try to beat drug tests and defend positive test results. In each chapter, extensive references are cited so that readers can access more information on a particular topic that may interest them. The book will undoubtedly prove helpful to toxicologists, medical technologists, pathologists, human resources professionals and anyone interested in workplace drug testing. "Illuminate[s] the complexities of the human brain and the mysteries of the human mind." —The New York Times

To many people, hallucinations imply madness, but in fact they are a common part of the human experience. These sensory distortions range from the shimmering zigzags of a visual migraine to powerful visions brought on by fever, injuries, drugs, sensory deprivation, exhaustion, or even grief. Hallucinations doubtless lie behind many mythological traditions, literary inventions, and religious epiphanies. Drawing on his own experiences, a wealth of clinical cases from among his patients, and famous historical examples ranging from Dostoevsky to Lewis Carroll, the legendary neurologist Oliver Sacks investigates the mystery of these sensory deceptions: what they say about the working of our brains, how they have influenced our folklore and culture, and why the potential for hallucination is present in us all. From Paleolithic flax to 3D knitting, explore the global history of textiles and the world they weave together in this enthralling and educational guide. The story of humanity is the story of textiles -- as old as civilization itself. Since the first thread was spun, the need for textiles has driven technology, business, politics, and culture. In *The Fabric of Civilization*, Virginia Postrel synthesizes groundbreaking research from archaeology, economics, and science to reveal a surprising history. From Minoans exporting wool colored with precious purple dye to Egypt, to Romans arrayed in costly Chinese silk, the cloth trade paved the crossroads of the ancient world. Textiles funded the Renaissance and the Mughal Empire; they gave us banks and bookkeeping, Michelangelo's David and the Taj Mahal. The cloth business spread the alphabet and arithmetic, propelled chemical research, and taught people to think in binary code. Assiduously researched and deftly narrated, *The Fabric of Civilization* tells the story of the world's most influential commodity. Scores of talented and dedicated people serve the forensic science community, performing vitally important work. However, they are often constrained by lack of adequate resources, sound policies, and national support. It is clear that change and advancements, both

systematic and scientific, are needed in a number of forensic science disciplines to ensure the reliability of work, establish enforceable standards, and promote best practices with consistent application. *Strengthening Forensic Science in the United States: A Path Forward* provides a detailed plan for addressing these needs and suggests the creation of a new government entity, the National Institute of Forensic Science, to establish and enforce standards within the forensic science community. The benefits of improving and regulating the forensic science disciplines are clear: assisting law enforcement officials, enhancing homeland security, and reducing the risk of wrongful conviction and exoneration. *Strengthening Forensic Science in the United States* gives a full account of what is needed to advance the forensic science disciplines, including upgrading of systems and organizational structures, better training, widespread adoption of uniform and enforceable best practices, and mandatory certification and accreditation programs. While this book provides an essential call-to-action for congress and policy makers, it also serves as a vital tool for law enforcement agencies, criminal prosecutors and attorneys, and forensic science educators. Despite continuing interest in employee alcohol and illicit drug use, there has been little systematic and integrative dissemination of research findings. This has led to many inaccurate claims and beliefs regarding the prevalence, causes, and productivity outcomes of employee substance use. In this authoritative book, Michael R. Frone takes a close, hard look at what we know and don't know about workforce and workplace substance involvement. In doing so, he exposes the lack of evidence behind many popular myths that have persisted since the 1980s "'war on drugs,'" including: The myth that workplace alcohol and illicit drug use is highly prevalent The myth that employee substance use has a strong effect on productivity, leading to high costs for employers The myth that drug testing and employee assistance programs are proven ways for employers to deter substance use Frone's comprehensive review covers nearly all of the related research conducted over the past 20-30 years, including several national studies and government reports as well as the broader research literature. In particular, Frone analyses methodological limitations and the tendency of many science reporters to "'go beyond the data'" when interpreting results. Given the need for evidence-based management and policy, this book will be a comprehensive resource for researchers and practitioners in management, occupational health, and addiction treatment/prevention. *The Handbook of Forensic Drug Analysis* is a comprehensive chemical and analytic reference for the forensic analysis of illicit drugs. With chapters written by leading researchers in the field, the book provides in-depth, up-to-date methods and results of forensic drug analyses. This Handbook discusses various forms of the drug as well as the origin and nature of samples. It explains how to perform various tests, the use of best practices, and the analysis of results. Numerous forensic and chemical analytic techniques are covered including immunoassay, gas chromatography, and mass spectrometry. Topics range from the use of immunoassay technologies for drugs-of-abuse testing, to methods of forensic analysis for cannabis, hallucinogens, cocaine, opioids, and amphetamine. The book also looks at synthetic methods and law enforcement concerns regarding the manufacture of illicit drugs, with an emphasis on clandestine methamphetamine production. This Handbook should serve as a widely used reference for forensic scientists, toxicologists, pharmacologists, drug companies, and professionals working in

toxicology testing labs, libraries, and poison control centers. It may also be used by chemists, physicians and those in legal and regulatory professions, and students of graduate courses in forensic science. Contributed to by leading scientists from around the world

The only analysis book dedicated to illicit drugs of abuse Comprehensive coverage of sampling methods and various forms of analysis

In the context of wastewater treatment, Bioelectrochemical Systems (BESs) have gained considerable interest in the past few years, and several BES processes are on the brink of application to this area. This book, written by a large number of world experts in the different sub-topics, describes the different aspects and processes relevant to their development. Bioelectrochemical Systems (BESs) use micro-organisms to catalyze an oxidation and/or reduction reaction at an anodic and cathodic electrode respectively. Briefly, at an anode oxidation of organic and inorganic electron donors can occur. Prime examples of such electron donors are waste organics and sulfides. At the cathode, an electron acceptor such as oxygen or nitrate can be reduced. The anode and the cathode are connected through an electrical circuit. If electrical power is harvested from this circuit, the system is called a Microbial Fuel Cell; if electrical power is invested, the system is called a Microbial Electrolysis Cell. The overall framework of bio-energy and bio-fuels is discussed. A number of chapters discuss the basics – microbiology, microbial ecology, electrochemistry, technology and materials development. The book continues by highlighting the plurality of processes based on BES technology already in existence, going from wastewater based reactors to sediment based bio-batteries. The integration of BESs into existing water or process lines is discussed. Finally, an outlook is provided of how BES will fit within the emerging biorefinery area.

Paul Durham keeps making Copies of himself: software simulations of his own brain and body which can be run in virtual reality, albeit seventeen times more slowly than real time. He wants them to be his guinea pigs for a set of experiments about the nature of artificial intelligence, time, and causality, but they keep changing their mind and baling out on him, shutting themselves down.

Maria Deluca is an Autoverse addict; she's unemployed and running out of money, but she can't stop wasting her time playing around with the cellular automaton known as the Autoverse, a virtual world that follows a simple set of mathematical rules as its "laws of physics". Paul makes Maria a very strange offer: he asks her to design a seed for an entire virtual biosphere able to exist inside the Autoverse, modelled right down to the molecular level. The job will pay well, and will allow her to indulge her obsession. There has to be a catch, though, because such a seed would be useless without a simulation of the Autoverse large enough to allow the resulting biosphere to grow and flourish — a feat far beyond the capacity of all the computers in the world.

Most people remember chemistry from their schooldays as largely incomprehensible, a subject that was fact-rich but understanding-poor, smelly, and so far removed from the real world of events and pleasures that there seemed little point, except for the most introverted, in coming to terms with its grubby concepts, spells, recipes, and rules.

Peter Atkins wants to change all that. In this Very Short Introduction to Chemistry, he encourages us to look at chemistry anew, through a chemist's eyes, in order to understand its central concepts and to see how it contributes not only towards our material comfort, but also to human culture. Atkins shows how chemistry provides the infrastructure of our world, through the chemical industry, the fuels of heating,

power generation, and transport, as well as the fabrics of our clothing and furnishings. By considering the remarkable achievements that chemistry has made, and examining its place between both physics and biology, Atkins presents a fascinating, clear, and rigorous exploration of the world of chemistry - its structure, core concepts, and exciting contributions to new cutting-edge technologies.

ABOUT THE SERIES: The Very Short Introductions series from Oxford University Press contains hundreds of titles in almost every subject area. These pocket-sized books are the perfect way to get ahead in a new subject quickly. Our expert authors combine facts, analysis, perspective, new ideas, and enthusiasm to make interesting and challenging topics highly readable. *Critical Issues in Alcohol and Drugs of Abuse Testing, Second Edition*, addresses the general principles and technological advances for measuring drugs and alcohol, along with the pitfalls of drugs of abuse testing. Many designer drugs, for example, are not routinely tested in drugs of abuse panels and may go undetected in a drug test. This updated edition is a must-have for clinical pathologists, toxicologists, clinicians, and medical review officers and regulators, bridging the gap between technical and clinical information. Topics of note include the monitoring of pain management drugs, bath salts, spices (synthetic marijuana), designer drugs and date rape drugs, and more. Serves as a ready resource of information for alcohol and drug testing. Ideal resource for making decisions related to the monitoring and interpretation of results. Includes concise content for clinical laboratory scientists, toxicologists and clinicians.

From the former president of MIT, the story of the next technology revolution, and how it will change our lives. A century ago, discoveries in physics came together with engineering to produce an array of astonishing new technologies: radios, telephones, televisions, aircraft, radar, nuclear power, computers, the Internet, and a host of still-evolving digital tools. These technologies so radically reshaped our world that we can no longer conceive of life without them. Today, the world's population is projected to rise to well over 9.5 billion by 2050, and we are currently faced with the consequences of producing the energy that fuels, heats, and cools us. With temperatures and sea levels rising, and large portions of the globe plagued with drought, famine, and drug-resistant diseases, we need new technologies to tackle these problems. But we are on the cusp of a new convergence, argues world-renowned neuroscientist Susan Hockfield, with discoveries in biology coming together with engineering to produce another array of almost inconceivable technologies—next-generation products that have the potential to be every bit as paradigm shifting as the twentieth century's digital wonders. *The Age of Living Machines* describes some of the most exciting new developments and the scientists and engineers who helped create them. Virus-built batteries. Protein-based water filters. Cancer-detecting nanoparticles. Mind-reading bionic limbs. Computer-engineered crops. Together they highlight the promise of the technology revolution of the twenty-first century to overcome some of the greatest humanitarian, medical, and environmental challenges of our time. The first in-depth look at Lance Armstrong's doping scandal, the phenomenal business success built on the back of fraud, and the greatest conspiracy in the history of sports. Lance Armstrong won a record-smashing seven Tours de France after staring down cancer, and in the process became an international symbol of resilience and courage. In a sport constantly dogged by blood-doping scandals, he seemed above the fray. Then, in January 2013, the legend

imploded. He admitted doping during the Tours and, in an interview with Oprah, described his "mythic, perfect story" as "one big lie." But his admission raised more questions than it answered—because he didn't say who had helped him dope or how he skillfully avoided getting caught. The Wall Street Journal reporters Reed Albergotti and Vanessa O'Connell broke the news at every turn. In *Wheelmen* they reveal the broader story of how Armstrong and his supporters used money, power, and cutting-edge science to conquer the world's most difficult race. *Wheelmen* introduces U.S. Postal Service Team owner Thom Weisel, who in a brazen power play ousted USA Cycling's top leadership and gained control of the sport in the United States, ensuring Armstrong's dominance. Meanwhile, sponsors fought over contracts with Armstrong as the entire sport of cycling began to benefit from the "Lance effect." What had been a quirky, working-class hobby became the pastime of the Masters of the Universe set. *Wheelmen* offers a riveting look at what happens when enigmatic genius breaks loose from the strictures of morality. It reveals the competitiveness and ingenuity that sparked blood-doping as an accepted practice, and shows how the Americans methodically constructed an international operation of spies and revolutionary technology to reach the top. It went on to become a New York Times Bestseller, a Wall Street Journal Business Bestseller, and win numerous awards, including a Gold Medal for the Axiom Business Book Awards. At last exposing the truth about Armstrong and American cycling, *Wheelmen* paints a living portrait of what is, without question, the greatest conspiracy in the history of sports. An investigative journalist exposes the many holes in today's bestselling behavioral science, and argues that the trendy, TED-Talk-friendly psychological interventions that are so in vogue at the moment will never be enough to truly address social injustice and inequality. With their viral TED talks, bestselling books, and counter-intuitive remedies for complicated problems, psychologists and other social scientists have become the reigning thinkers of our time. Grit and "power posing" promised to help overcome entrenched inequalities in schools and the workplace; the Army spent hundreds of millions of dollars on a positive psychology intervention geared at preventing PTSD in its combat soldiers; and the implicit association test swept the nation on the strength of the claim that it can reveal unconscious biases and reduce racism in police departments and human resources departments. But what if much of the science underlying these blockbuster ideas is dubious or fallacious? What if Americans' longstanding preference for simplistic self-help platitudes is exerting a pernicious influence on the way behavioral science is communicated and even funded, leading respected academics and the media astray? In *The Quick Fix*, Jesse Singal examines the most influential ideas of recent decades and the shaky science that supports them. He begins with the California legislator who introduced self-esteem into classrooms around the country in the 1980s and the Princeton political scientist who warned of an epidemic of youthful "superpredators" in the 1990s. In both cases, a much-touted idea had little basis in reality, but had a massive impact. Turning toward the explosive popularity of 21st-century social psychology, Singal examines the misleading appeal of entertaining lab results and critiques the idea that subtle unconscious cues shape our behavior. As he shows, today's popular behavioral science emphasizes repairing, improving, and optimizing individuals rather than truly understanding and confronting the larger structural forces that drive social ills. Like Anand

Giridharadas's *Winners Take All, The Quick Fix* is a fresh and powerful indictment of the thought leaders and influencers who cut corners as they sell the public half-baked solutions to problems that deserve more serious treatment. Published to accompany the exhibition Jackson Pollock held at the Museum of Modern Art, New York, from 1 November 1998 to 2 February 1999. Virtually any disease that results from malfunctioning, damaged, or failing tissues may be potentially cured through regenerative medicine therapies, by either regenerating the damaged tissues in vivo, or by growing the tissues and organs in vitro and implanting them into the patient. *Principles of Regenerative Medicine* discusses the latest advances in technology and medicine for replacing tissues and organs damaged by disease and of developing therapies for previously untreatable conditions, such as diabetes, heart disease, liver disease, and renal failure. Key for all researchers and institutions in Stem Cell Biology, Bioengineering, and Developmental Biology The first of its kind to offer an advanced understanding of the latest technologies in regenerative medicine New discoveries from leading researchers on restoration of diseased tissues and organs *A Perfect Red* recounts the colorful history of cochineal, a legendary red dye that was once one of the world's most precious commodities. Treasured by the ancient Mexicans, cochineal was sold in the great Aztec marketplaces, where it attracted the attention of the Spanish conquistadors in 1519. Shipped to Europe, the dye created a sensation, producing the brightest, strongest red the world had ever seen. Soon Spain's cochineal monopoly was worth a fortune. Desperate to find their own sources of the elusive dye, the English, French, Dutch, and other Europeans tried to crack the enigma of cochineal. Did it come from a worm, a berry, a seed? Could it be stolen from Mexico and transplanted to their own colonies? Pirates, explorers, alchemists, scientists, and spies -- all joined the chase for cochineal, a chase that lasted more than three centuries. *A Perfect Red* tells their stories -- true-life tales of mystery, empire, and adventure, in pursuit of the most desirable color on earth. This book gives a practical focus to the underpinning theory of nursing in order to help students through the academic part of their undergraduate course as well as their placement. The book is based on the activities of living model so each activity has its own chapter, allowing readers to dip in and out. It is essential reading for students, enabling them to understand and manage the many clinical issues they face on a daily basis when nursing adults on wards, in clinics and in the community setting. A breakthrough program with more than 125 tempting, nutrient-dense recipes for thyroid conditions, Hashimoto's, adrenal fatigue, menopause, endometriosis, fibroids, breast health, PMS, PCOS, and other hormonal imbalances. Millions of women suffer from the life-altering, often debilitating symptoms resulting from hormonal imbalances: stubborn weight gain, fatigue, brain fog, depression, insomnia, digestive issues, and more. The good news is that most of these conditions are reversible. Integrative hormone and nutrition expert Magdalena Wszelaki knows this first-hand. Developing hyperthyroidism and then Hashimoto's, adrenal fatigue, and estrogen dominance propelled her to leave a high-pressured advertising career and develop a new way of eating that would repair and keep her hormones working smoothly. Now symptom free, Magdalena shares her practical, proven knowledge so other women may benefit. Drawing on current research and the programs she has developed and used to help thousands of women, she offers clear, concise action plans for what to remove and add to our daily diet to

regain hormonal balance, including guides for specific conditions and more than 125 easy-to-prepare, flavorful, and anti-inflammatory recipes that are free of gluten, dairy, soy, corn, and nightshades and low in sugar. Based on twenty hormone-supporting superfoods and twenty hormone-supporting super herbs—with modifications for Paleo, Paleo for Autoimmunity (AIP), anti-Candida, and low-FODMAP diets—these healing recipes include a terrific selection for everyday meals, from Sweet Potato and Sage Pancakes and Honey Glazed Tarragon Chicken to a Decadent Chocolate Cherry Smoothie. With make-ahead meals, under-thirty-minute recipes, and time-saving tips and techniques, *Cooking for Hormone Balance* emphasizes minimal effort for maximum results—a comprehensive food-as-medicine approach for tackling hormone imbalance and eating your way to better health.

How our collective intelligence has helped us to evolve and prosper Humans are a puzzling species. On the one hand, we struggle to survive on our own in the wild, often failing to overcome even basic challenges, like obtaining food, building shelters, or avoiding predators. On the other hand, human groups have produced ingenious technologies, sophisticated languages, and complex institutions that have permitted us to successfully expand into a vast range of diverse environments. What has enabled us to dominate the globe, more than any other species, while remaining virtually helpless as lone individuals? This book shows that the secret of our success lies not in our innate intelligence, but in our collective brains—on the ability of human groups to socially interconnect and learn from one another over generations. Drawing insights from lost European explorers, clever chimpanzees, mobile hunter-gatherers, neuroscientific findings, ancient bones, and the human genome, Joseph Henrich demonstrates how our collective brains have propelled our species' genetic evolution and shaped our biology. Our early capacities for learning from others produced many cultural innovations, such as fire, cooking, water containers, plant knowledge, and projectile weapons, which in turn drove the expansion of our brains and altered our physiology, anatomy, and psychology in crucial ways. Later on, some collective brains generated and recombined powerful concepts, such as the lever, wheel, screw, and writing, while also creating the institutions that continue to alter our motivations and perceptions. Henrich shows how our genetics and biology are inextricably interwoven with cultural evolution, and how culture-gene interactions launched our species on an extraordinary evolutionary trajectory. Tracking clues from our ancient past to the present, *The Secret of Our Success* explores how the evolution of both our cultural and social natures produce a collective intelligence that explains both our species' immense success and the origins of human uniqueness. We're told that if we care about our health—or our planet—eliminating red meat from our diets is crucial. That beef is bad for us and cattle farming is horrible for the environment. But science says otherwise. Beef is framed as the most environmentally destructive and least healthy of meats. We're often told that the only solution is to reduce or quit red meat entirely. But despite what anti-meat groups, vegan celebrities, and some health experts say, plant-based agriculture is far from a perfect solution. In *Sacred Cow*, registered dietitian Diana Rodgers and former research biochemist and New York Times bestselling author Robb Wolf explore the quandaries we face in raising and eating animals—focusing on the largest (and most maligned) of farmed animals, the cow. Taking a critical look at the assumptions and misinformation about meat, *Sacred Cow* points out the flaws in our

current food system and in the proposed "solutions." Inside, Rodgers and Wolf reveal contrarian but science-based findings, such as: • Meat and animal fat are essential for our bodies. • A sustainable food system cannot exist without animals. • A vegan diet may destroy more life than sustainable cattle farming. • Regenerative cattle ranching is one of our best tools at mitigating climate change. You'll also find practical guidance on how to support sustainable farms and a 30-day challenge to help you transition to a healthful and conscientious diet. With scientific rigor, deep compassion, and wit, Rodgers and Wolf argue unequivocally that meat (done right) should have a place on the table. It's not the cow, it's the how!

Translating microRNA to the Clinic reviews the possibilities of current methodological tools and experimental approaches used by leading translational researchers. The book features the uses of micro ribonucleic acid as deployed in cancer targeting in biomarkers, diabetes, cardiovascular disease, and neurodegeneration, among many others. Pedagogically, the work concentrates on the latest knowledge, laboratory techniques, and experimental approaches used by translational research leaders in this field, promoting a cross-disciplinary communication between the sub-specialities of medicine, but in common with other books on the topic. In addition, the book emphasizes recent innovations, critical barriers to progress, the new tools that are being used to overcome them, and specific areas of research that require additional study to advance the field as a whole. Encompasses the latest innovations and tools being used to apply microRNA from lab to clinic

Extensive pedagogical updates aiming to improve the education of translational researchers in this field Transdisciplinary approach aims to support cross-fertilization between different sub-specialties of medicine This book serves as a tool for general psychiatrists, medical students, residents, and fellows looking for a clinically relevant and high-yield overview of addiction psychiatry in preparation for their board exams – or for everyday clinical practice. Written by expert educators in addiction psychiatry, the text is organized by substances misused and populations affected. This book serves as both a primary learning tool for those new to the field, as well as a reference for those working in addiction treatment. Each chapter begins with summaries of high yield clinical pearls, followed by general information including treatment, and then ends with accompanying board-style review questions. The scope includes understanding substances of misuse and substance use disorders (SUDs), how to evaluate, diagnose, and monitor SUDs, how to treat SUDs both pharmacologically and behaviorally, and critical information for specific populations of patients. Absolute Addiction Psychiatry for Clinical Practice and Review is an excellent resource for all medical students, residents, fellows, and professionals taking certification exams in addiction, including those in psychiatry, addiction medicine, emergency medicine, internal medicine, pain medicine, and others. The chapter "Laboratory Testing for Substance Use Disorders" is available open access under a Creative Commons Attribution 4.0 International License via link.springer.com. The Second Edition offers a concise review of all areas of clinical lab science, including the standard areas, such as hematology, chemistry, hemostasis, immunohematology, clinical microbiology, parasitology, urinalysis and more, as well as lab management, lab government regulations, and quality assurance. A companion website offers 35 case studies, an image bank of color images, and a quiz bank with 500 questions in certification format.

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