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learn about the human body from the inside out every year more than 100 000 degrees are completed in biology or biomedical sciences anatomy and physiology classes are required for these majors and others such as life sciences and chemistry and also for students on a pre med track these classes also serve as valuable electives because of the importance and relevance of this subject s content anatomy and physiology for dummies 2nd edition appeals to students and life learners alike as a course supplement or simply as a guide to this intriguing field of science with 25 percent new and revised content including updated examples and references throughout readers of the new edition will come to understand the meanings of terms in anatomy and physiology get to know the body s anatomical structures and gain insight into how the structures and systems function in sickness and health new examples references and case studies updated information on how systems function in illness and in health newest health discovers and insights into how the body works written in plain english and packed with dozens of beautiful illustrations anatomy physiology for dummies is your guide to a fantastic voyage of the human body

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language and sensory perception areas that directly impact treatment decisions key features an emphasis on fundamental information on neuroanatomy neurophysiology and functional processes using an analogy driven and relaxed conversational writing style more than 350 new and beautifully illustrated full color neuroanatomical and neurophysiological figures that work to bring the written material to life content is divided into four major sections that build upon each other to foster a comprehensive understanding of the nervous system from the cellular to systems three summary chapters on the neural bases of speech language and hearing that help integrate the basic information from earlier chapters with content specific to csd each chapter begins with an introduction and learning objectives and ends with a top ten summary list of key take home concepts and study review questions bolded key terms throughout with a comprehensive glossary of definitions clinical importance boxes highlight clinically relevant disorders and syndromes that compliment topic coverage further interest boxes highlight interesting and exciting facts about the nervous system s structure physiology and functionality disclaimer please note that ancillary content such as documents audio and video etc may not be included as published in the original print version of this book

within the united kingdom uk most mainstream healthcare practitioners receive little or no nutrition education during their years of training as a consequence the understanding of nutrition amongst primary care practitioners such as general practitioners pharmacists midwives and practice nurses is limited and is largely focused on energy consumption and obesity there is little knowledge of the wealth of micronutrients that underpin health nor of the ticking timebomb of insufficient intakes of those micronutrients amongst a significant proportion of the population in the uk the building blocks of life a nutrition foundation for healthcare professionals is a step towards redressing that balance it sets out an informative and engaging narrative on how and why nutrition is the basis for good health it discusses uk specific issues with regards to diet and intakes of vitamins minerals essential fatty acids and other micronutrients it also raises concerns about the potential negative health implications of the generally poor uk

diet and suggests ways that healthcare practitioners can support patients in improving their long term health outlook nutrition policy in the uk needs to be dragged into the 21st century and this book sets out evidence based arguments which challenge current public health myths such as the idea that 10 micrograms of vitamin d is all anyone needs or the messaging around the consumption of saturated fat vs highly processed seed oils or that everyone can get all the nutrients they need from a varied and balanced diet although the building blocks of life a nutrition foundation for healthcare professionals focuses on concerns around poor diet and the consequent micronutrient inadequacies in the uk the nutritional detail is relevant no matter where you are in the world everyone eats all the time it is time that mainstream medicine looked towards food as both a cause and a solution to many of the chronic degenerative conditions that plague modern life

ever wondered how the food you eat becomes the energy your body needs to keep going if dna is a set of instructions in your cells how does it tell your cells what to do how does your brain know what your feet are doing the theory of evolution says that humans and chimps descended from a common ancestor but does it tell us how and why we humans are insatiably curious creatures who can t help wondering how things work starting with our own bodies wouldn t it be great to have a single source of quick answers to all our questions about how living things work now there is from molecules to animals cells to ecosystems biology for dummies answers all your questions about how living things work written in plain english and packed with dozens of illustrations quick reference cheat sheets and helpful tables and diagrams it can get you quickly up to speed on what you need to know to understand how cells work get a handle on the chemi stry of life find out how food becomes energy get to know your body s systems decode the secrets of dna find out what evolution is and isn t and how it works take a peek into the lives of bacteria explore how viruses do their thing most basic biology books take a very round about approach dividing things up according to different types of organisms biology for dummies cuts right to the chase with fast paced easy to absorb explanations of the life processes common to all organisms topics covered include how plants and animals get nutrients how organisms transport nutrients and

expel waste how nutrients are transformed into energy how energy is used to sustain life how organisms breathe how organisms reproduce how organisms evolve into new life forms how organisms create ecosystems with this engaging guide in your corner you ll get a grip on complex biology concepts and unlock the mysteries of how life works in no time no advanced degrees required

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