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Power to Trail and Ultra Runners Dr. Markus Holler,2021-10-14 Do you want to know how to use a Power meter for trail running? Or are you an ultra runner and want to learn how to optimally perform at your next race? Then Power to Trail and Ultra Runners is a must-read for you! This book is a guide for using Power meters in both ultra and trail running. In addition to introducing the relevant Power-related quantities, including some new concepts, you'll learn how to: - Implement a Power meter into your training routine - Develop a personal training plan for your target race - Set up a race strategy that lets you achieve your goals! Furthermore, Power to Trail and Ultra Runners comes with a set of key workouts for your training as well as two examples of training plans, targetting different race durations. Markus Holler is an ambitious trail runner and scientist. He holds a Dr. rer. nat. (German natural-science Ph.D. equivalent) in Physics and works at the University of Innsbruck in the Austrian Alps. Holler successfully finished several alpine ultra-trail races and now regularly achieves good placements with his power-based training and racing strategy. Start becoming a better trail and ultra runner with this book today!

Pinch of Nom Everyday Light Kay Allinson, Kate Allinson, 2019-12-12 100 delicious recipes – all under 400 calories – from the authors of Pinch of Nom, the fastest-selling cookbook of all time. Great-tasting recipes. Hassle-free slimming. Featuring proper breakfasts, light takes on family favourites, cheeky fakeaways and speedy midweek meals, Pinch of Nom Everyday Light is full of hearty, everyday recipes – nearly half of which are vegetarian. From Fish and Chips to Pizza Loaded Fries, Sloppy Dogs to Firecracker Prawns, and Hash Brown Breakfast Bake to Crying Tiger Beef, every recipe is under 400 calories including accompaniments, and has been tried and tested by twenty Pinch of Nom community members. 'These tasty, healthy recipes are so easy and made with simple-to-find ingredients. We're so proud of this food that the whole family can enjoy together. We hope you like making the dishes, but mostly we hope you love eating them!' - Kate & Kay

<u>Sports Nutrition</u> Ron J. Maughan, Louise Burke, 2011 Diet and athletic performance -- new aspects Diet significantly affects athletic performance, and adoption of a dietary strategy that meets an athlete's nutrition goals will maximize the possibility of competitive success. Over the years, the focus has shifted from a high intake of (animal) protein to the role of carbohydrate and water. Today, there is a growing recognition that the primary role of sports nutrition may be to promote the adaptations taking place in muscle and other tissues in response to the training stimulus. There is also much interest in

the implications of manipulation of the fat and carbohydrate content of the diet. This publication contains the proceedings of the 69th Nestl Nutrition Institute Workshop held in Hawaii in October 2010. The aim of the workshop was to explore the effects of nutritional manipulations on the metabolic responses to acute and chronic exercise. Another goal was to further identify the possible role of these dietary interventions in promoting adaptive changes in muscle, adipose tissues and other potential sites of limitation to exercise performance. Papers cover the three macronutrients carbohydrate, fat and protein, plus an additional chapter on water, together with the accompanying discussions.

Pediatric Sports Medicine Chris Koutures, Valarie Wong, 2024-06-01 Pediatric Sports Medicine: Essentials for Office Evaluation is a clinically relevant reference presented in a question-and-answer format designed to be a primary resource for all pediatric providers and health care professionals who work closely with children or young adults with sports related injuries. Dr. Chris Koutures and Dr. Valarie Wong explore the topics most commonly asked pertaining to pediatric sports medicine, in a casual, yet informative manner. The unique format of this cutting-edge book provides a rapid reference and "quick look-up" for today's busy practitioner. Pediatric Sports Medicine: Essentials for Office Evaluation includes unique chapters such as key sports medical terms and phrases, how to take a sports medicine history, what imaging studies to order, and how to determine safe return to play for many medical and musculoskeletal concerns. Additional features include: •

Information on pediatric sports medicine rehabilitation • Tips on specialty referral • Generous use of tables and figures • Pictures of labeled images and radiographs that highlight key landmarks and points of emphasis With contributions from many of the experts in the field, Pediatric Sports Medicine: Essentials for Office Evaluation is an easy-to-read resource for any medical practitioner, including physicians, nurse practitioners, physician assistants, residents, medical students, physical therapists, and athletic trainers, and many more, seeking to quickly expand their knowledge of pediatric sports medicine.

Trends in Non-alcoholic Beverages Charis M. Galanakis,2019-08-29 Trends in Nonalcoholic Beverages covers the most recent advances, production issues and nutritional and other effects of different nonalcoholic beverages, such as carbonated beverages, cereal-based beverages, energy drinks, fruit punches, non-dairy milk products, nonalcoholic beer, ready-to-drink products (e.g. tea, coffee), smoothies, sparkling and reduced water beverages. In addition, it covers relevant issues, such as traditional non-alcoholic beverages, labeling and safety issues during production, as well as the intake of functional compounds in particular applications. This is an essential resource for food scientists, technologists, engineers, nutritionists and chemists as well as professionals working in the food/beverage industry. - Provides nutrient profiles and the effects of non-alcoholic beverages - Presents the relevance of the HACCP system for the non-alcoholic beverage industry - Covers a broad range of different non-alcoholic beverages that exist in the market and their characteristics with regard to personalized nutrition

Cumulated Index Medicus, 1968

Healthy Vegan The Cookbook Niko Rittenau, Sebastian Copien, 2021-08-03 Discover the plant-based way to a balanced, healthy, and delicious lifestyle, with more than 90 vegan recipes and variations guided by nutritional science From a nutritious breakfast porridge that tastes like dessert to a delicious berry chutney sauce that will transform meals, these vegan recipes will have everyone asking for seconds! Backed by science, this groundbreaking vegan cookbook is the perfect start to a nourishing plant-based diet. It includes: - Over 90 vegan recipes and variations guided by nutritional science - Pie charts and bar graphs to help you to better understand the science and the benefits of different foods. - A modular ingredient system organized into five main food groups that make up a balanced plant-based diet: grains, greens, vegetables, proteins and toppings. With recipe ideas for breakfast, lunch, dinner and dessert, Healthy Vegan The Cookbook gives you all of the information you need to make satisfying meals without meat and dairy. It also shows you the nutritional value of different ingredients to help you create the perfect plant-based plate and provide your body with the essential nutrients it needs. Authors Niko Rittenau (a dietician) and Sebastian Copien (a chef) merge cutting-edge science with everyday vegan ingredients from the supermarket! They have applied the latest scientific findings on vegan nutrition to cooking to create delicious plant-based recipes that can form part of a healthy vegan diet. This beautifully illustrated vegan recipe book shows you how you can improve your health and well-being with the power of a plant-based diet! It's the perfect gift for the foodie in your life or anyone looking to experiment with vegan cooking for the first time.

<u>Index to Publications of the United States Department of Agriculture, 1926-1930</u> United States. Department of Agriculture. Division of Publications, 1935

The Medical Journal of Australia, 1972

#### **The National Provisioner** .1936

<u>Liver Disease in Children</u> Frederick J. Suchy,1994 This is the definitive book on pediatric liver disease, providing extensive, well-edited information that is not easily accessible or available in other textbooks. Read comprehensive information explaining the pathophysiology, clinical and laboratory diagnosis and clinical manifestations of liver disease. A must-have for those interested in this rapidly growing subspecialty in pediatrics. A Brandon-Hill recommended title.

American Journal of Public Health ,2007

Brenner & Rector's the Kidney Barry M. Brenner, Floyd C. Rector, 2008

The Lancet, 1961

British Medical Journal, 1948

<u>Index to Publications of the United States Department of Agriculture</u> United States. Dept. of Agriculture. Division of Publications, 1935

O Mundo da Criança - 13.ed. Gabriela Martorell, Diane E. Papalia, Ruth Duskin Feldman, 2019-09-13 Nesta nova edição de

O mundo da criança, Martorell, Papalia e Feldman mantêm a ampla cobertura multicultural característica das edições anteriores, equilibrando informações provenientes de pesquisas – com destaque para as descobertas da neurociência cognitiva – e tópicos de aplicação da vida real.

Proceedings of the Nutrition Society ,1999

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Medical and Health Care Books and Serials in Print ,1986

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