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xxiv, 446 pages

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wisdom that has
and still exists
within the
Native American
culture today is
astounding.

There was no
known system of
writing within
any of the
ancient Native
American
cultures (not
until 1821), so

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the wisdom of these beautiful people continued for hundreds of years (if not longer) by word of mouth.

**10 Pieces of
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Carolyn Gregoire
The embrace of
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philosophy and
mysticism in the
West has a long
history, from
the writings of
"the first
American yogi"
Henry David

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Thoreau, to the Beatles' famous 1968 pilgrimage to India, to the current scientific interest in ancient contemplative practices like meditation and yoga.

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and Leaf shared
these ideas for
tuning into your

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inner wisdom.
Write. "Pour
your doubts,
fears, dreams
and visions onto
the blank page,
let your inner
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JAY L. GARFIELD
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ancient Indian

pathways with

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many branches
from Mobile,
Alabama to
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Tennessee to
Knoxville,
Tennessee to
Bristol,
Virginia to
Roanoke,
Virginia along
the Appalachian
Valley and
beyond by other

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and fighting
words uttered by
some of the
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Mother Earth's
soul resides in
greater upstate
New York. The
area of the old

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Erie Canal root
has a well
spring for
social justice,
spiritual
aspiration and
divine
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Nutrition and Health compares Ayurvedic and Western conceptions of wellness, healthy lifestyle, and diet. Examining the phyto-pharmacological, phytochemical, clinical, ethnobotanical,

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as nutritional
ingredients. The
book focuses on
how plants can
be employed as
both aliments
and adjuvants,
able to improve
health and the

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quality of life.
It does so by
comparing the
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tradition with
the
Mediterranean
diet. Chapters
written largely
by Indian
authors trace
the early
history of
Ayurveda and the

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basic principles
and dietetics of
the Ayurveda,
Siddha, and
Unani systems of
medicine.

Chapters written
by western
scientists and
nutritionists
discuss the
global focus on
nutrients, for
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and, importantly, the Mediterranean diet. Building on this foundation, the book opens what will, no doubt, be a long and continuing journey of mutual exchange and dialogue. The authors

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Create an integrative perspective for understanding India's health traditions through the lens of modern science. They then look at how India's millennia of experience can enrich the

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West's notions of optimal nutrition, prevention, and personalized healthcare. A core of this exchange is a frontier of exploration into deep insights of human biology, individual differences and

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Seasonal influences on metabolism, and a conceptual approach to nutrition that you can apply across foods and cultures.

This volume critically examines the role of science

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in the
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social sciences.
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cultures and
societies in
South Asia and
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methods, turning

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between modern
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and Western

pseudoscience.

Study the
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between bodies
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such as Sanskrit
and computer
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mathematics and
Vedic

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material,
extensive
fieldwork and in-
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interviews, this
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to scholars and
researchers of

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philosophy,
Indology,
history,
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science and
social science.

Health

Culinary herbs
and spices have
been recognised
globally for
their dietary

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and medicinal uses for centuries. A growing body of research is acknowledging their health-promoting properties as well as their therapeutic potential with reference to a number of

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Chronic non-communicable diseases including cancer and type 2 diabetes. The aim of this book is to bring together current knowledge of thirty of the most commonly used culinary herbs and spices

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globally in an accessible dictionary format. For each culinary herb or spice the following is covered: origin and history of use, including their use in food preservation and for medicinal

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purposes;
nutritional
composition;
chemistry;
sensory plant
properties;
adulteration;
current and
emerging
research
concerning their
bioactive
properties and
their health

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Promoting and
therapeutic
potential;
safety; and
adverse effects.
The book is a
central source
of information
for those who
have a general
interest in
these foods, are
studying plant
and food science

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and nutrition,
and who practice
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interest in the
culinary arts.

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consists of
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highlight new
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in food science
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most recent innovations, emerging technologies, and strategies focusing on taking food design to sustainable levels. In particular, the handbooks includes relevant

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composition,
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utilization of
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preservation
alternatives,
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shelf life of
fresh products,
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processes
requiring less
energy or water,
among other
topics.

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provides a
comprehensive
overview of
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crops

commercially
grown in
Australia that
possess
nutritional and

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health
properties
largely unknown
on a global
basis. These
native foods
have been
consumed
traditionally,
have a unique
flavor
diversity, offer
significant
health promoting

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effects, and
contain useful
functional
properties.

Australian
native plant
foods have also
been identified
for their
promising
antioxidant and
antimicrobial
properties that
have

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considerable commercial potential. This book is divided into three parts: The first part reviews the cultivation and production of many Australian native plants (ANP), including Anise Myrtle, Bush Tomato,

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Desert Limes,
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Finger Lime,
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Lemon Aspen,
Lemon Myrtle,
Muntries, Native
Pepper,
Quandong,
Riberry, and
Wattle Seed. It
then examines

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the food and health applications of ANP and discusses alternative medicines based on aboriginal traditional knowledge and culture, nutritional characteristics, and bioactive

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Compounds in ANP. In addition, it reviews the anti-obesity and anti-inflammatory properties of ANP and discusses food preservation, antimicrobial activity of ANP, and unique flavors from

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Australian
native plants.
The third
section covers
the commercial
applications of
ANP. It focuses
on native
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extracts and
cosmetic
applications,
processing of
native plant

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foods and ingredients, quality changes during packaging, and storage of Australian native herbs. The final few chapters look into the importance of value chains that connect

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producers and consumers of native plant foods, new market opportunities for Australian indigenous food plants, and the safety of using native foods as ingredients in the health and food sectors.

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Recent global cancer
statistical data
has clearly
indicated that
prostate cancer
is currently the
second most
frequently
diagnosed cancer
(at 15% of all
male cancers)
and globally the

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Sixth leading
cause of cancer
death in males.
This book is a
summary of
prostate cancer,
covering its
incidence,
epidemiology,
and current
treatment
options. It also
serves as an up-
to-date review

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of the status of
currently
available
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medicines for
treating
prostate cancer,
including
various plant
extracts, herbal
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products, yoga,

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Ayurveda,
homeopathy, and
Siddha medicines
used in prostate
cancer therapy.

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potentially life-
threatening
disease that
affects millions
worldwide, especially in

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Africa. The
recent emergence
and spread of
multidrug
resistance in
parts of
Southeast Asia
prompts the
urgent need for
novel and
effective
therapy against
the disease.

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of the most
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botanical kingdom. Humble in appearance, modest in its needs, *Peganum harmala* has been venerated for millennia as a deity-manifesting entheogen and a powerful medicine. This book traverses harmal's

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chemistry, its
possible role in
the origins of
religion, and
its employment
from ancient
times to the
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therapy of
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suffering from
infections, For
infestations,

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metabolic
derangements,
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degeneration,
visual weakness,
and cancer. Its
peculiar indolic
compounds, known
as harmala
alkaloids, are
now appreciated
as exerting
profound effects
on the mind and

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on the body.
These effects
are the result
of the
alkaloids' Plant
interactions
with, and
binding to,
serotonin
receptors on the
cell surfaces of
neurons in the
brain and
lymphocytes in

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the blood, the latter constituting the diffuse structural basis of the immune system. This biphasic modulation by harmala alkaloids has led to a novel pharmacologic re-

visioning

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for the first
time, the
concept of a
"Lymphoneuric
syncytium" and
its possible
long term tuning
via
"somatodelic" as
well as
"psychedelic"
effects. The
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rationale
underlying the
use of harmful in
the medicines of
the past and the
healing
technologies of
our future is
developed
through
exhaustive and
meticulous
explorations in
both ethnopharma

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"provings" by one of the authors and a psychiatric colleague. The noted and esteemed botanically-trained physician Dr. Andrew Weil states in his Preface that this "monumental"

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Volume will
become the
standard
reference work
in the field.
Harmal: The
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will be an
invaluabile
addition to the
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professional pha
rmacognosists,

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botanists,
physicians,
psychologists,
neuroscientists,
and all persons
interested in
the interrelatio
nship of
consciousness,
medicine, and
coevolution.

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cáncer,
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y el control de
peso. Descubre
cómo mantenerte
sano y en forma
con los 30
alimentos que
alargan la vida.
Aunque estemos

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Genéticamente
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determinadas
enfermedades,
una sana y
correcta
alimentación
puede «corregir
nuestro
destino». Esta
es la premisa de
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urodegenerativas
. Los
protagonistas de
esta revolución

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Presenta recetas
sabrosas para
convertir la
salud en un
estilo de vida.

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