

## Textbook Of Obesity Biological Psychological And Cultural Influences

Obesity is an increasing problem on a global scale, and strategies for its prevention involve experts from many disciplines including nutritionists, physicians, policy-makers and public health professionals. This book covers the latest advances in obesity development, management and prevention with specific focus on dietary interventions. Part one covers the development of obesity and key drivers for its continuation and increase. Part two looks at the role of specific dietary components in obesity management, and part three discusses the role of behavioural factors such as eating patterns in managing and preventing obesity. Part four focuses on structured dietary interventions for obesity treatment, and part five looks at public interventions and consumer issues. Reviews how different foods and diets can affect obesity management Examines various ways of preventing and treating obesity Explores how governments and industries are preventing and treating obesity

Obesity in childhood and adolescence has reached epidemic proportions in all industrialized countries around the world. Its impact on individual lives as well as on health economics has to be recognized by physicians and the public alike. Among the most common consequences of obesity in the adolescent are hypertension, dyslipidemia, back pain and psychosocial problems. Therapeutic strategies include psychological and family therapy, lifestyle/behavior modification and nutrition education. The role of regular exercise and exercise programs is emphasized. Surgical procedures and drugs used in adult obesity are still not generally recommended for obese adolescents. This book aims to increase physicians knowledge and understanding of obesity in childhood and adolescence as well as to further public awareness of the health burden and economic dimension of obesity at a young age. Several chapters deliver insights into the basic understanding of which factors contribute to or prevent the development of overweight and obesity in young people. Other contributions provide tools for the clinician to manage the care of the child and adolescent with overweight/obesity. In addition, knowledge from the latest scientific studies on the molecular biology of obesity is also presented.

Biochemistry Second Edition, is a single-semester text designed for undergraduate non-biochemistry majors. Accessible, engaging, and informative, it is the perfect introduction to the subject for students who may approach chemistry with apprehension. Its unique emphasis on metabolism and its kinetic underpinnings gives the text up-to-the-minute relevance for students investigating current public health concerns, such as obesity and diabetes. Biochemistry Second Edition will encourage students to explore the basics of chemistry and its influence on biological problems. Key Features: Provides an understanding of (mostly) enzymatic reactions that are responsible for the function and maintenance of living things. This innovative text for non-biochemistry majors includes introductory material at the beginning of each chapter that contextualizes chapter themes in real-life scenarios. Online supporting materials with further opportunities for research and investigation. Synthesis questions at the end of each chapter that encourage students to make connections between concepts and ideas, as well as develop critical-thinking skills. About the Author: Raymond S. Ochs is a biochemist with a career-long specialty in metabolism spanning 30 years. Previously, he has written the textbook Biochemistry, contributed the metabolism chapters to another text, Principles of Biochemistry, and co-edited a collection of articles published as Metabolic Regulation, and the recent monograph Metabolic Structure and Regulation. His research interests concern major pathways of liver and muscle, including glycolysis, gluconeogenesis, ureogenesis, fatty acid metabolism, glycogen metabolism, and control by cAMP, Ca<sup>2+</sup>, diacylglycerol, and AMPK. He is currently professor of pharmacy at St. John's University in New York, teaching biochemistry, physiology, and medicinal chemistry.

A Publishers Weekly Best Book of the Year From an obesity and neuroscience researcher with a knack for engaging, humorous storytelling, The Hungry Brain uses cutting-edge science to answer the questions: why do we overeat, and what can we do about it? No one wants to overeat. And certainly no one wants to overeat for years, become overweight, and end up with a high risk of diabetes or heart disease--yet two thirds of Americans do precisely that. Even though we know better, we often eat too much. Why does our behavior betray our own intentions to be lean and healthy? The problem, argues obesity and neuroscience researcher Stephan J. Guyenet, is not necessarily a lack of willpower or an incorrect understanding of what to eat. Rather, our appetites and food choices are led astray by ancient, instinctive brain circuits that play by the rules of a survival game that no longer exists. And these circuits don't care about how you look in a bathing suit next summer. To make the case, The Hungry Brain takes readers on an eye-opening journey through cutting-edge neuroscience that has never before been available to a general audience. The Hungry Brain delivers profound insights into why the brain undermines our weight goals and transforms these insights into practical guidelines for eating well and staying slim. Along the way, it explores how the human brain works, revealing how this mysterious organ makes us who we are.

Sleep and Health provides an accessible yet comprehensive overview of the relationship between sleep and health at the individual, community and population levels, as well as a discussion of the implications for public health, public policy and interventions. Based on a firm foundation in many areas of sleep health research, this text further provides introductions to each sub-area of the field and a summary of the current research for each area. This book serves as a resource for those interested in learning about the growing field of sleep health research, including sections on social determinants, cardiovascular disease, cognitive functioning, health behavior theory, smoking, and more. Highlights the important role of sleep across a wide range of topic areas Addresses important topics such as sleep disparities, sleep and cardiometabolic disease risk, real-world effects of sleep deprivation, and public policy implications of poor sleep Contains accessible reviews that point to relevant literature in often-overlooked areas, serving as a helpful guide to all relevant information on this broad topic area

The leading clinical reference work in the field--now significantly revised with 85% new material--this handbook gives practitioners and students a comprehensive understanding of the causes, consequences, and management of adult and childhood obesity. In concise, extensively referenced chapters from preeminent authorities, the Handbook presents foundational knowledge and reviews evidence-based psychosocial and lifestyle interventions as well as pharmacological and surgical treatments. It provides guidelines for conducting psychosocial and medical assessments and for developing individualized treatment plans. The effects of obesity--and of weight loss--on physical and psychological well-being are reviewed, as are strategies for helping patients maintain their weight loss. New to This Edition \*Many new authors and topics; extensively revised and expanded with over 15 years of research and clinical advances, including breakthroughs in understanding the biological regulation of appetite and body weight. \*Section on contributors to obesity, with new chapters on food choices, physical activity, sleep, and psychosocial and environmental factors. \*Chapters on novel treatments for adults--acceptance and commitment therapy, motivational interviewing, digitally based interventions, behavioral economics, community-based programs, and nonsurgical devices. \*Chapters on novel treatments for children and adolescents--school-based preventive interventions, family-based behavioral weight loss treatment, and bariatric surgery. \*Chapters on the gut microbiome, the emerging field of obesity medicine, reimbursement for weight loss therapies, and managing co-occurring eating disorders and obesity.

A provocative expose of the dieting industry from one of the nation's leading researchers in self-control and the psychology of weight loss that offers proven strategies for sustainable weight loss. From her office in the University of Minnesota's Health and Eating Lab, professor Traci Mann researches self-control and dieting. And what she has discovered is groundbreaking. Not only do diets not work; they often result in weight gain. Americans are losing the battle of the bulge because our bodies and brains are not hardwired to resist food—the very idea of it works against our biological imperative to survive. In

Secrets From the Eating Lab, Mann challenges assumptions—including those that make up the very foundation of the weight loss industry—about how diets work and why they fail. The result of more than two decades of research, it offers cutting-edge science and exciting new insights into the American obesity epidemic and our relationship with eating and food. Secrets From the Eating Lab also gives readers the practical tools they need to actually lose weight and get healthy. Mann argues that the idea of willpower is a myth—we shouldn't waste time and money trying to combat our natural tendencies. Instead, she offers 12 simple, effective strategies that take advantage of human nature instead of fighting it—from changing the size of your plates to socializing with people with healthy habits, removing “healthy” labels that send negative messages to redefining comfort food.

Physical Activity and Obesity, Second Edition, provides a clear explanation of the concepts, research techniques, and results of studies critical to understanding physical activity and the obesity epidemic. For courses in Abnormal Psychology, Clinical Psychology, Gender and Psychopathology, and Eating Disorders. In addition, Eating Disorders may be a useful supplemental text in courses within the following areas: Nursing, Nutrition, and Sports Medicine. Eating Disorders presents a comprehensive and accessible investigation of eating disorders, including but not limited to anorexia nervosa, and bulimia nervosa. The text spans topics such as historical and cross-cultural trends in prevalence of eating pathology, biological bases of eating disorders, and treatment and prevention.

The author of Eve's Rib takes a close up look at scientific efforts to understand and control human obesity, examining the pharmaceutical and weight control programs available, the history of obesity research, and the science of body weight, and arguing that the real problem with obesity is not losing the weight, but keeping it off.

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The contemporary successor to the editors' earlier Obesity: Theory and Therapy, this comprehensive handbook guides mental health, medical, and allied health professionals through the process of planning and delivering individualized treatment services for those seeking help for obesity. Concise, extensively referenced chapters present foundational knowledge and review the full range of widely used interventions, including self-help, behavioral, and cognitive-behavioral approaches; pharmacotherapy; and surgery. Provided are state-of-the-art guidelines for assessing obese individuals for health risks and for mood and eating disorders; treatment algorithms for tailoring interventions to the severity of the client's problem; details on adjunctive interventions for improving body image and self-esteem; recommendations for working with child clients; and much more.

The second Canadian edition of Health Psychology: Biopsychosocial Interactions integrates multidisciplinary research and theory to help students understand the complex connections between psychology and health. This comprehensive yet accessible textbook covers the biopsychosocial factors that impact human health and wellness, placing particular emphasis on the distinctive characteristics of the Canadian health care system, the issues and challenges unique to Canadian culture, and the most recent Canadian research in the field of health psychology. Clear, student-friendly chapters examine topics such as coping with stress and illness, lifestyles for enhancing health and preventing illness, managing pain and discomfort, getting medical treatment, and living with chronic illness. This fully revised second edition features the latest available data and research from across Canada and around the world. New and expanded chapters explore psychosocial factors in aging and dying, legalized marijuana use in Canada, the link between inflammation and depression, Canadian psychosocial models of pain, recent Medical Assistance in Dying (MAiD) legislation, weight control, eating disorders, and exercise, and much more. Throughout the text, updated illustrative examples, cross-cultural references, and real-world cases reinforce key points and strengthen student comprehension, retention, and interest.

The United States, we are told, is facing an obesity epidemic, a "battle of the bulge" that requires drastic and immediate action. Some have predicted that, due to increasing rates of overweight and obesity, this generation will be the first to die at a younger age than their parents. Obesity has been blamed for increasing healthcare expenditure, rising costs of airplane travel, and even global warming. How and why has obesity exploded onto the public health agenda? How does this perspective of obesity as a crisis - as well as how we assign blame and responsibility for obesity - affect how we feel about our bodies? And how does it inform how medical professionals and the general public treat visibly fat people? Drawing on interviews, statistical analyses, and experimental studies, Abigail Saguy examines the implications of understanding fatness as a medical health risk, disease, and epidemic, and how we've come to understand the issue in these terms. Saguy argues that our current fears build upon a century-old distaste for fat as a marker of moral failing and low social status. Economic, professional, and political incentives, she demonstrates, have also contributed to the social construction of obesity as a medical problem and as a public health crisis. She also shows how scientific debates over the relationship between body size and health risk take place within a larger, though often invisible, debate over whether we should understand - or frame - fatness as obesity at all. From obesity to fat acceptance, Saguy examines the various frames in which the idea of fat is viewed - and most importantly acted upon - today. Controversially, she argues that public discussions of the obesity crisis are actually creating the phenomenon that they claim to be dispassionately exploring. From the categories we use to discuss overweight and obesity, to the way we frame the crisis, we are literally making ourselves fat. Finally, What's Wrong with Fat? reveals the collateral damage - including the intensification of negative body image and justification of weight-based discrimination - of the war on fat.

This book was an absolute joy to read and offers a comprehensive review of health psychology.... This book should become a classic - necessary reading for students in all branches of health. Nursing students will find it invaluable, but other students - and their teachers - will also find it very useful. SAGE have added a valuable and important text to their already impressive list, and Marks can be complimented on his scholarly organisation of complex topics into an accessible and readable whole. No library should be without it and serious students should invest in a copy of their own' - Health Matters The Health Psychology Reader is designed to complement and support the recent textbook Health Psychology: Theory, Research and Practice by David F Marks, Michael Murray, Brian Evans and Carla Willig (SAGE, 2000). It can also be used as a stand-alone resource given its didactic nature. The Reader explores key topics within the health psychology field with incisive introductions to each section by the editor and includes a selection of the most important theoretical and empirical published work. The Reader is organized into the following parts: Part 1: Health Psychology's development, definition and context Part 2: Theories in health psychology Part 3: Health behaviour and experience Part 4: Beliefs, explanations and communication Part 5: Critical approaches to health psychology In each of these areas the editor has written introductory sections which highlight the key issues, questions and problems. These are summarized in Boxes, which condense into a few words the essential features of each topic. The Health Psychology Reader will be invaluable reading to

all students in Health Psychology, either at undergraduate or postgraduate level.

The past twenty years have manifested worrying trends in the field of mental health in the United States. Most concerning is the increasingly popular idea that mental disorders are best understood as brain disorders. From this point of view, when confronted with an overly-energetic little boy, parents are informed that their son has a "brain disease" which causes inattention and hyperactivity and that this disease is best treated with drugs. Likewise, a person suffering from a major depressive disorder is told that her depression is caused by a "chemical imbalance" in her brain and that this imbalance is best treated with other chemicals that can restore equilibrium to her brain's chemistry. The idea is not just common - it is ubiquitous. "Everyone knows that mental illness is caused by the brain; those are the facts." And therein lies the problem. Those are not the facts. In this groundbreaking study, William Schultz demonstrates on both philosophical and scientific grounds that mental disorders are best understood not as brain disorders, but rather as solvable problems of personal agency and meaning. This book is essential reading for clinicians, practitioners, philosophers, and any interested in the future of mental health.

The Obesity: Multiple Choice Questions" Third Edition is a succinct book that provides a plethora of multiple-choice questions. This manuscript aims to provide a tool for healthcare providers to learn about the challenging problem of obesity. Significant changes and new content is added based on current trends. The book's simple format makes the subject easy to understand. Short critique and citations follow most questions. Much work is being done to cover the most important and relevant topics. Health Care providers preparing for obesity exams will find it as a useful teaching aid. Many questions are based on clinical problems faced by clinicians treating obesity and related disorders in their day to day practices. We are hopeful that this book will bring new insights and help develop future physicians who are capable of addressing the obesity epidemic and the challenges it brings.

Acclaimed for its encyclopedic coverage, this is the only handbook that synthesizes current knowledge and clinical practices in the fields of both eating disorders and obesity. Like the prior editions, the significantly revised third edition features more than 100 concise, focused chapters with lists of key readings in place of extended references. All aspects of eating disorders and obesity are addressed by foremost clinical researchers: classification, causes, consequences, risk factors, and pathophysiology, as well as prevention, treatment, assessment, and diagnosis. New to This Edition \*Reflects 15 years of important advances in both fields, including state-of-the-art intervention approaches and a growing focus on how the brain regulates eating behavior. \*Dozens of entirely new chapters. \*New topics: epigenetics, body weight and neurocognitive function, stress and emotion regulation, the gut microbiome, surgical devices for obesity, food labeling and marketing, and more. \*Expanded coverage of prevention and policy.

Written by leading international experts, this book explores one of the central difficulties faced by nutritionists today; how to improve people's health by getting them to change their dietary behaviour. It provides an overview of the current understanding of consumer food choice by exploring models of food choice, the motivations of consumers, biological, learning and societal influences on food choice, and food choices across the lifespan. It concludes by examining the barriers to dietary change and how nutritionists can best impact upon dietary behaviour. In recent decades, we have seen five perilous and interlocking trends dominate global discourse: irreversible climate change, extreme food and water shortages, rising chronic illnesses, and rampant obesity. Why can't we make any progress in counteracting these problems despite vast expenditures of intellectual, institutional, and social capital? What makes these global emergencies the "wicked problems" that resist our best efforts and only grow more daunting? Daniel Callahan, noted author and the nation's preeminent scholar in bioethics, examines these global problems and shines a light on the institutions, practices, and actors that block major change. We see partisan political and ideological forces, old-fashioned hucksters, and trumped-up scientific disagreements but also the problem of modern progress itself. Obesity, anthropogenic climate change, degenerative diseases, ecological degradation, and global famine are often the unintended consequences of unchecked industrial growth, insatiable eating habits, and technologically extended life spans. Only through well-crafted political, regulatory, industrial, and cultural counterstrategies can we change enough minds to check these threats. With big thinking on issues that are usually evaluated separately, this book is sure to scramble partisan divides and provoke unusual, heated debate.

The prevalence of obesity has now reached such proportions that in many parts of the world it is one of the most dominant health problems. Obesity leads to a number of serious diseases such as type 2 diabetes, cardiovascular disease, hypertension, stroke and cancer as well as psychological problems and a poor quality of life. Obesity research is now very active and understanding of the disease has greatly increased. The International Textbook of Obesity offers a definitive coverage of the area looking at epidemiology, causes, current research and management. \* Gives an up to date account of the field \* Edited by a leading expert in the area \* Contributions from an impressive array of authors including many from young researchers giving new perspectives on the issues This will be a lasting reference for a wide range of academic and professional health care workers, including obesity research specialists, diabetologists, nutritionists, practising physicians and endocrinologists.

Early detection and treatment of the metabolic syndrome (MBS) aims at primary and secondary prevention of type 2 diabetes, cardiovascular disease (hypertension, coronary heart disease, stroke, intermittent claudication) and possibly also depression and Alzheimer's disease.

Health and Behavior: A Multidisciplinary Approach, while providing up-to-date evidence-based information on topics such as stress, pain, models of health communication and behavior change, and research methods, goes beyond the individual to include the cultural, social, and political dimensions impacting health and medical care.

Textbook of Obesity is designed to cover all of the essential elements concerning the etiology, prevention and treatment of obesity suitable for students in nutrition, dietetics and health science courses. Providing core knowledge for students is an essential and urgent requirement to ensure that those graduating will be properly equipped to deal with the high prevalence of overweight and obesity, currently affecting almost two-thirds of the population of the USA and with prevalence in much of the rest of the world rapidly catching up. This landmark text is organized into 5 parts comprising 27 chapters, each carefully written in a user-friendly style by experts in the area. Part I helps the reader to understand the scope and complexity of the problem of obesity. Part II focuses on obesity etiology. Part III examines the health consequences of obesity for both children and adults. Part IV discusses the challenge of assessing obesity in humans and offers insights into community factors that influence the risk of obesity. Finally, Part V dedicates 13 chapters to a discussion of a wide variety of obesity prevention and treatment interventions

that are currently in use. Textbook of Obesity is an essential purchase for students and the many health professionals dealing with obesity on a day-to-day basis. A dedicated companion website features an extensive bank of questions and answers for readers to test their understanding, and all of the book's illustrations for instructors to download:

[www.wiley.com/go/akabas/obesity](http://www.wiley.com/go/akabas/obesity)

Sugar consumption is suspected to play an important role in the pathogenesis of diabetes, cardiovascular disorders, fatty liver disease, and some forms of cancers. Dietary sugars—fructose in particular—also have a potential role in obesity and metabolic diseases. Dietary Sugars and Health presents all aspects of dietary sugars as they relate to health and disease. It provides a review of the current science related to dietary sugars, ranging from historical and cultural perspectives to food science and production to basic research, animal trials, human pathophysiology, epidemiology, and public health policy implications. Each chapter features a concise, thorough summary of the current knowledge, including an overview of cutting-edge research, controversies, and future perspectives. The book provides a balanced approach through global and multidisciplinary contributions as well as input from various sectors, from academia to the food and beverage industry. The overall collection provides readers with a balanced and complete view of the science related to dietary sugars and health. This book is an invaluable reference for food scientists, nutrition scientists, clinical and translational researchers, obesity researchers, physiologists, public health scientists, and policy makers.

Textbook of Obesity Biological, Psychological and Cultural Influences John Wiley & Sons

This open access book is a systematic update of the philosophical and scientific foundations of the biopsychosocial model of health, disease and healthcare. First proposed by George Engel 40 years ago, the Biopsychosocial Model is much cited in healthcare settings worldwide, but has been increasingly criticised for being vague, lacking in content, and in need of reworking in the light of recent developments. The book confronts the rapid changes to psychological science, neuroscience, healthcare, and philosophy that have occurred since the model was first proposed and addresses key issues such as the model's scientific basis, clinical utility, and philosophical coherence. The authors conceptualise biology and the psychosocial as in the same ontological space, interlinked by systems of communication-based regulatory control which constitute a new kind of causation. These are distinguished from physical and chemical laws, most clearly because they can break down, thus providing the basis for difference between health and disease. This work offers an urgent update to the model's scientific and philosophical foundations, providing a new and coherent account of causal interactions between the biological, the psychological and social.

Dr. James W. Kalat's BIOLOGICAL PSYCHOLOGY is the most widely used text in the course area, and for good reason: an extremely high level of scholarship, clear and occasionally humorous writing style, and precise examples. Throughout all eleven editions, Kalat's goal has been to make biological psychology accessible to psychology students, not just to biology majors and pre-meds. Another goal has been to convey the excitement of the search for biological explanations of behavior, and Kalat delivers. Updated with new topics, examples, and recent research findings--and supported by new online bio-labs, part of the strongest media package yet--this text speaks to today's students and instructors. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Childhood obesity has tripled in the United States since the 1970s, leaving many of America's children vulnerable to long-term physical and mental health issues. In an attempt to understand what is responsible for these swelling statistics, a number of health professionals, school administrators, government officials, and cultural experts have examined the possible culprits. This informative edition explores a number of those perspectives, urging readers to use essays and articles as the basis for further inquiry and individual assessment. This book examines the role of government, the responsibilities of parents, the health care costs of childhood obesity, fast food and food marketing, as well as physical activity as it relates to childhood obesity.

Ignite your students' excitement about behavioral neuroscience with Brain & Behavior: An Introduction to Behavioral Neuroscience, Fifth Edition by best-selling author Bob Garrett and new co-author Gerald Hough. Garrett and Hough make the field accessible by inviting students to explore key theories and scientific discoveries using detailed illustrations and immersive examples as their guide. Spotlights on case studies, current events, and research findings help students make connections between the material and their own lives. A study guide, revised artwork, new animations, and an interactive eBook stimulate deep learning and critical thinking. A Complete Teaching & Learning Package Contact your rep to request a demo, answer your questions, and find the perfect combination of tools and resources below to fit your unique course needs. SAGE Premium Video Stories of Brain & Behavior and Figures Brought to Life videos bring concepts to life through original animations and easy-to-follow narrations. Watch a sample. Interactive eBook Your students save when you bundle the print version with the Interactive eBook (Bundle ISBN: 978-1-5443-1607-9), which includes access to SAGE Premium Video and other multimedia tools. Learn more. SAGE coursepacks SAGE coursepacks makes it easy to import our quality instructor and student resource content into your school's learning management system (LMS). Intuitive and simple to use, SAGE coursepacks allows you to customize course content to meet your students' needs. Learn more. SAGE edge This companion website offers both instructors and students a robust online environment with an impressive array of teaching and learning resources. Learn more. Study Guide The completely revised Study Guide offers students even more opportunities to practice and master the material. Bundle it with the core text for only \$5 more! Learn more.

Challenging Obesity provides a balanced, objective account of this often emotive but increasingly important field, weaving together contributions from the broad range of disciplines, which together are helping us to understand, live with, and respond to the issues that obesity presents.

Obesity is considered a complex and multifactorial disease. Its treatment, therefore, must also be multimodal and tailored to meet the needs of each patient. Obesity: Evaluation and Treatment Essentials presents a wide spectrum of practical treatment protocols for obesity including exercise, pharmacology, behavior modification, and dietary factors,

Examines the biological, psychological, and sociocultural influences on eating behaviors Psychology of Eating provides a multi-disciplinary overview to the study of eating; it examines current research in biology, nutrition, psychology, and more. The text's balance of major theories, historical and current research, and real-life examples enables students to understand and interact with the material presented. MySearchLab is a part of the Rowland program. Research and writing tools, including access to academic journals, help students explore the Psychology of Eating in even greater depth. To provide students with flexibility, students can download the eText to a tablet using the free Pearson eText app. This title is available in a variety of formats - digital and print. Pearson offers its titles on the devices students love through Pearson's MyLab products, CourseSmart, Amazon, and more.

With rates of obesity soaring to epidemic proportions, this reference strives to unearth new treatment regimens and pharmaceuticals for the prevention and treatment of obesity.

Offering the latest recommendations and research from the most respected leaders in the field, the Second Edition compiles the most noteworthy studies on the evaluation and management of obese patients.

Human beings have always been affected by their surroundings. There are various health benefits linked to being able to access to nature; including increased physical activity, stress recovery, and the stimulation of child cognitive development. The Oxford Textbook of Nature and Public Health provides a broad and inclusive picture of the relationship between our own health and the natural environment. All aspects of this unique relationship are covered, ranging from disease prevention through physical activity in green spaces to innovative ecosystem services, such as climate change adaptation by urban trees. Potential hazardous consequences are also discussed including natural disasters, vector-borne pathogens, and allergies. This book analyses the complexity of our human interaction with nature and includes sections for example epigenetics, stress physiology, and impact assessments. These topics are all interconnected and fundamental for reaching a full understanding of the role of nature in public health and wellbeing. Much of the recent literature on environmental health has primarily described potential threats from our natural surroundings. The Oxford Textbook of Nature and Public Health instead focuses on how nature can positively impact our health and wellbeing, and how much we risk losing by destroying it. The all-inclusive approach provides a comprehensive and complete coverage of the role of nature in public health, making this textbook invaluable reading for health professionals, students, and researchers within public health, environmental health, and complementary medicine.

In one indispensable volume, this book combines a complete overview of night eating syndrome (NES) with evidence-based treatment guidelines and clinical tools. Experts in the field review the biological underpinnings of NES and its common comorbidities; explain how the basic science can inform clinical practice; and discuss issues in assessment and diagnosis. Vivid case examples are featured. Of special utility for clinicians, the book includes a manual for delivering an empirically supported cognitive-behavioral treatment protocol. Reproducible client forms can be photocopied from the book or downloaded and printed in a convenient 8 1/2" x 11" size.

The diagnosis of mental illness is frequently accompanied by sleep problems; conversely, people experiencing sleep problems may subsequently develop mental illness. Sleep and Mental Illness looks at this close correlation and considers the implications of research findings that have emerged in the last few years. Additionally, it surveys the essential concepts and practical tools required to deal with sleep and co-morbid psychiatric problems. The volume is divided into three main sections: basic science, neuroendocrinology, and clinical science. Included are over 30 chapters on topics such as neuropharmacology, insomnia, depression, dementia, autism, and schizophrenia. Relevant questionnaires for the assessment of sleep disorders, including quality-of-life measurement tools, are provided. There is also a summary table of drugs for treating sleep disorders. This interdisciplinary text will be of interest to clinicians working in psychiatry, behavioral sleep medicine, neurology, pulmonary and critical care medicine.

Global Health Complications of Obesity presents a valuable resource for research scientists and clinicians by covering the burden of obesity and related diseases and serving as a starting point for in-depth discussions in academic settings and for obesity-treatment specialists. Obesity is associated with a statistically higher risk of heart disease, hypertension, insulin resistance, type 2 diabetes and many other diseases. This succinct resource focuses on the current data, research and management of obesity. It is essential reading for healthcare professionals, endocrinologists, nutritionists, public health students and medical students. Presents clinical cases, key terms and targeted references Addresses diseases including diabetes, cancer, hypertension, osteoarthritis, fatty liver disease, infertility, renal failure and depression Provides a link to new knowledge that is ideal for both researchers and clinicians

The challenge of teaching bio-psychology is first getting students up to speed with the basic brain functions and terminology, before this can be applied to psychology, and then finally helping them develop critical thinking about the subject. This book uniquely addresses all three of these issues and provides a resource that supports students at each of these different levels of understanding. Key features include:

- New video animations for the biology chapters and high-quality illustrations throughout, helping students grasp the basic neuroanatomy and microbiology.
- 'Check your understanding' questions in the book and MCQs online help students test their understanding and prepare for assessments.
- Chapters cover the need-to-know topics for psychology students with 'Insight' and 'Focus on Methods' boxes, highlighting these topics' relevance to the real-world.
- Spotlights build on the chapters, delving deeper into contemporary debates, issues and controversies around topical areas such as post-traumatic stress disorder, obesity and pain.

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