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The Blood Sugar Solution Anchor

Reaching nearly 1 million readers monthly, Better Nutrition celebrates 70 years as a leading in-store distributed magazine for health conscious consumers. Widely distributed to thousands of health-food stores and grocery chains across the country, Better Nutrition provides authoritative, well-researched information on food nutrition, dietary concerns, supplements and other natural products.

Better Nutrition Rodale Books

Wireless Body Area Networks (WBANs) are expected to promote new applications for the ambulatory health monitoring of chronic patients and elderly population, aiming to improve their quality of life and independence. These networks are composed by wireless sensor nodes (WSNs) used for measuring physiological variables (e.g., glucose level in blood or body temperature) or controlling therapeutic devices (e.g., implanted insulin pumps). These nodes should exhibit a high degree of energy autonomy in order to extend their battery lifetime or even make the node supply to rely on harvesting techniques. Typically, the power budget of WSNs is dominated by the wireless link and, hence, many efforts have been directed during the last years toward the implementation of power efficient transceivers. Because of the short range (typically no more than a few meters) and low data rate (typically in between 10 kb/s and 1 Mb/s), simple communication protocols can be employed. One of these protocols, specifically tailored for WBAN applications, is the Bluetooth low energy (BLE) standard. This book describes the challenges and solutions for the design of ultra-low power transceivers for WBANs applications and presents the implementation details of a BLE transceiver prototype. Coverage includes not only the main concepts and architectures for achieving low power consumption, but also the details of the circuit design and its implementation in a standard CMOS technology.

Ultra-Wideband Radar Elsevier

Examines the types, microstructures and attributes of AHSSAlso reviews the current and future applications, the benefits, trends and environmental and sustainability issues.

Ultra-Wideband Antennas and Propagation Springer Nature

This book describes ultra low power capacitive sensor interfaces, and presents the realization of a very low power generic sensor interface chip that is adaptable to a broad range of capacitive sensors. The book opens by reviewing important design aspects for autonomous sensor systems, discusses different building blocks, and presents the modular architecture for the generic sensor interface chip. Finally, the generic sensor interface chip is shown in state-of-the-art applications.

The Fourth Terminal John Wiley & Sons

This book explores the design of ultra-low-power radio-frequency integrated circuits (RFICs), with communication distances ranging from a few centimeters to a few meters. The authors describe leading-edge techniques to achieve ultra-low-power communication over short-range links. Many different applications are covered, ranging from body-area networks to transcutaneous implant communications and smart-appliance sensor networks. Various design techniques are explained to facilitate each of these applications.

Ultra Low Power Transceiver for Wireless Body Area Networks Springer Science & Business Media

How does Ultra-Orthodox Jewish literature describe the male body? What does the body represent? What is the ideal male body? This book is a philosophical-theological exploration of the different images of the male body in Ultra-Orthodox literature since the holocaust. The body is not incidental to this community but is the axis by which it tries to understand its meaning and its role in life. In the first part of the book, Yakir Englander explains the "problem of the body" and the different ways that Ultra-Orthodox theology deals with it. These different and even contradictory voices can teach the reader about the shifting of ideas inside Ultra-Orthodox thought in the last decades. The second part of the book focuses on the image of the ideal body and describes how the rabbis train their bodies to reach ultimate form.

Ultra-cold Fermi Gases Bloomsbury Publishing

The market of wearable wireless medical sensors is experiencing a rapid growth and the associated telecommunications services for the healthcare sector are forecast to further increase in the next years. Medical body area networks (MBANs) allow the mobility of patients and medical personnel by facilitating the remote monitoring of patients suffering from chronic or risky diseases. Currently, MBANs are being introduced in unlicensed frequency bands, where the risk of mutual interference with other electronic devices radiating in the same band can be high. Thus, coexistence is an issue on which the research scientists have dedicated much effort. Ultra wideband (UWB) signals offer many advantages to MBANs, and some features of this technology can be exploited for effective implementation of services. UWB can help in several aspects, like spectrum efficiency, energy consumption and coexistence. This book discusses the main aspects, and, in particular, the coexistence, of MBANs based on the IEEE 802.15.6 Standard using UWB physical layer. A exhaustive description of body area networks using IEEE802.15.4 technologies, providing an in-depth understanding of how the overall system works Provides understanding and insight on the use of ultra wide band technologies for the physical layer of body area networks; low power consumption and coexistence are investigated Includes services, methodologies and results related to link-level and system-level evaluations of body area networks

Theoretical Division Annual Report Academic Press

Ultra-Wideband Radio (UWB) earmarks a new radio access philosophy and exploits several GHz of bandwidth. It promises high data rate

communication over short distances as well as innovative radar sensing and localization applications with unprecedented resolution. Fields of application may be found, among others, in industry, civil engineering, surveillance and exploration, for security and safety measures, and even for medicine. The book considers the basics and algorithms as well as hardware and application issues in the field of UWB radio technology for communications, localization and sensing based on the outcome of DFG's priority-funding program "Ultra-Wideband Radio Technologies for Communications, Localization and Sensor Applications (UKoLoS)".

BoD – Books on Demand

Advances in Engineering Materials, Structures and Systems: Innovations, Mechanics and Applications comprises 411 papers that were presented at SEMC 2019, the Seventh International Conference on Structural Engineering, Mechanics and Computation, held in Cape Town, South Africa, from 2 to 4 September 2019. The subject matter reflects the broad scope of SEMC conferences, and covers a wide variety of engineering materials (both traditional and innovative) and many types of structures. The many topics featured in these Proceedings can be classified into six broad categories that deal with: (i) the mechanics of materials and fluids (elasticity, plasticity, flow through porous media, fluid dynamics, fracture, fatigue, damage, delamination, corrosion, bond, creep, shrinkage, etc); (ii) the mechanics of structures and systems (structural dynamics, vibration, seismic response, soil-structure interaction, fluid-structure interaction, response to blast and impact, response to fire, structural stability, buckling, collapse behaviour); (iii) the numerical modelling and experimental testing of materials and structures (numerical methods, simulation techniques, multi-scale modelling, computational modelling, laboratory testing, field testing, experimental measurements); (iv) innovations and special structures (nanostructures, adaptive structures, smart structures, composite structures, bio-inspired structures, shell structures, membranes, space structures, lightweight structures, long-span structures, tall buildings, wind turbines, etc); (v) design in traditional engineering materials (steel, concrete, steel-concrete composite, aluminium, masonry, timber, glass); (vi) the process of structural engineering (conceptualisation, planning, analysis, design, optimization, construction, assembly, manufacture, testing, maintenance, monitoring, assessment, repair, strengthening, retrofitting, decommissioning). The SEMC 2019 Proceedings will be of interest to civil, structural, mechanical, marine and aerospace engineers. Researchers, developers, practitioners and academics in these disciplines will find them useful. Two versions of the papers are available. Short versions, intended to be concise but self-contained summaries of the full papers, are in this printed book. The full versions of the papers are in the e-book.

Ultra-Low Voltage Nano-Scale Memories Springer Science & Business Media

Updated and expanded new edition An Updated, Interactive Guide to Take Your Running to the Next Level With 20 years of running and competing around the world under her belt, Krissy Moehl is a top female ultramarathon runner, respected by her peers and an inspiration to runners everywhere. With enhanced chapter information, quotes from pillars in the sport and her updated training plans—including write-in running logs to keep track of progress—you’ll be able to train for your first ultra like a pro. Moehl’s experience translates into the most effective and easy-to-follow training method, broken down into phases to help all runners take it to the next level and accomplish their goals. She will guide you on everything from choosing the right race for you to injury prevention and picking the right gear. She also shares her love of the sport by providing helpful tips, bonus content and personal stories. With this book, you will find all the resources and encouragement you need to succeed in challenging your mind and body with an ultramarathon!

Better Nutrition Springer Science & Business Media

In the tradition of the previous three conferences, the proceedings of the 4th Ultra-Wideband Short-Pulse Electromagnetics Conference explores topics including pulse generation and detection; broadband electronic systems; antennas - theory, design, experiments and systems; pulse propagation; scattering theory; signal processing; and buried targets - detection and identification.

Feed Your Body Right: From Birth to Adulthood Springer Science & Business Media

? This book investigates the design of devices, systems, and circuits for medical applications using the two recently established frequency bands: ultra-wideband (3.1-10.6 GHz) and 60 GHz ISM band. These two bands provide the largest bandwidths available for communication technologies and present many attractive opportunities for medical applications. The applications of these bands in healthcare are wireless body area network (WBAN), medical imaging, biomedical sensing, wearable and implantable devices, fast medical device connectivity, video data transmission, and vital signs monitoring. The recent technological advances and developments proposed or used in medicine based on these two bands are covered. The book introduces possible solutions and design techniques to efficiently implement these systems in medical environment. All individual chapters are written by leading experts in their fields. Contributions by authors are on various applications of ultra-wideband and the 60 GHz ISM band including circuit implementation, UWB and 60 GHz signal transmission around and in-body, antenna design solution, hardware implementation of body sensors, UWB transceiver design, 60 GHz transceiver design, UWB radar for contactless respiratory monitoring, and ultra-wideband based medical Imaging. The book will be a key resource for medical professionals, bio-medical engineers, and graduate and senior undergraduate students in computer, electrical, electronic and biomedical engineering disciplines.

Quantum World Of Ultra-cold Atoms And Light, The - Book Iii: Ultra-cold Atoms Springer Science & Business

The National Security Agency is the world’s most powerful, most far-reaching espionage. Now with a new afterword describing the security lapses that preceded the attacks of September 11, 2001, Body of Secrets takes us to the inner sanctum of America’s spy world. In the follow-up to his bestselling Puzzle Palace, James Banford reveals the NSA’s hidden role in the most volatile world events of the past, and its desperate scramble to meet the frightening challenges of today and tomorrow. Here is a scrupulously documented account—much of which is based on unprecedented access to previously undisclosed documents—of the agency’s tireless hunt for intelligence on enemies and allies alike. Body of secrets is a riveting analysis of this most clandestine of agencies, a major work of history and investigative journalism. A New York Times Notable Book

Hot Stamping of Ultra High-Strength Steels Metabolic Press

Advances in Atomic, Molecular, and Optical Physics publishes reviews of recent developments in a field that is in a state of rapid growth, as new experimental and theoretical techniques are used on many old and new problems. Topics covered include related applied areas, such as atmospheric science, astrophysics, surface physics and laser physics. Articles are written by distinguished experts and contain relevant review material and detailed descriptions of important recent

developments. International experts Comprehensive articles New developments

Ultra-Wideband Short-Pulse Electromagnetics 4 Frontiers Media SA

Reaching nearly 1 million readers monthly, Better Nutrition celebrates 70 years as a leading in-store distributed magazine for health conscious consumers. Widely distributed to thousands of health-food stores and grocery chains across the country, Better Nutrition provides authoritative, well-researched information on food nutrition, dietary concerns, supplements and other natural products.

The Male Body in Ultra-Orthodox Jewish Theology Simon and Schuster

Ultra-low voltage large-scale integrated circuits (LSIs) in nano-scale technologies are needed both to meet the needs of a rapidly growing mobile cell phone market and to offset a significant increase in the power dissipation of high-end microprocessor units. The goal of this book is to provide a detailed explanation of the state-of-the-art nanometer and sub-1-V memory LSIs that are playing decisive roles in power conscious systems. Emerging problems between the device, circuit, and system levels are systematically discussed in terms of reliable high-speed operations of memory cells and peripheral logic circuits. The effectiveness of solutions at device and circuit levels is also described at length through clarifying noise components in an array, and even essential differences in ultra-low voltage operations between DRAMs and SRAMs.

Advanced High-Strength Steels IOS Press

In THE BLOOD SUGAR SOLUTION, Dr. Mark Hyman reveals that the secret solution to losing weight and preventing not just diabetes but also heart disease, stroke, dementia, and cancer is balanced insulin levels. Dr. Hyman describes the seven keys to achieving wellness-nutrition, hormones, inflammation, digestion, detoxification, energy metabolism, and a calm mind-and explains his revolutionary six-week healthy-living program. With advice on diet, green living, supplements and medication, exercise, and personalizing the plan for optimal results, the book also teaches readers how to maintain lifelong health. Groundbreaking and timely, THE BLOOD SUGAR SOLUTION is the fastest way to lose weight, prevent disease, and feel better than ever.

Ultra-Distance Cycling World Scientific

Providing a comprehensive overview of hot stamping (also known as ‘press hardening’), this book examines all essential aspects of this innovative metal forming method, and explores its various uses. It investigates hot stamping from both technological and business perspectives, and outlines potential future developments. Individual chapters explore topics such as the history of hot stamping, the state of the art, materials and processes employed, and how hot stamping is currently being used in the automotive industry to create ultra-high-strength steel components. Drawing on experience and expertise gathered from academia and industry worldwide, the book offers an accessible resource for a broad readership including students, researchers, vehicle manufacturers and metal forming companies.

Fundamental Research in Ultra High Dilution and Homoeopathy Page Street Publishing

This unique book features 37 full-length, peer-reviewed versions of papers presented at the First Los Alamos Symposium on Ultra-Wideband Radar. The purpose of the symposium was to offer an open, unbiased forum where researchers in areas connected to ultra-wideband radar (UWBR) could present results of their work and exchange ideas. The papers published from the proceedings illuminate the breadth and depth of the topic and cover seven general areas: fundamental electromagnetic theory; computational electromagnetics and code development; signal propagation, scattering, and reception; new technologies, advanced arrays, and imaging; signal processing and radar systems; and applications and testing. The book will provide stimulating reading for scientists, engineers, managers, and students working with UWBR.

Advanced Materials in Automotive Engineering CRC Press

The field of cold atomic gases faced a revolution in 1995 when Bose-Einstein condensation was achieved. Since then, there has been an impressive progress, both experimental and theoretical. The quest for ultra-cold Fermi gases started shortly after the 1995 discovery, and quantum degeneracy in a gas of fermionic atoms was obtained in 1999. The Pauli exclusion principle plays a crucial role in many aspects of ultra-cold Fermi gases, including inhibited interactions with applications to precision measurements, and strong correlations. The path towards strong interactions and pairing of fermions opened up with the discovery in 2003 that molecules formed by fermions near a Feshbach resonance were surprisingly stable against inelastic decay, but featured strong elastic interactions. This remarkable combination was explained by the Pauli exclusion principle and the fact that only inelastic collisions require three fermions to come close to each other. The unexpected stability of strongly interacting fermions and fermion pairs triggered most of the research which was presented at this summer school. It is remarkable foresight (or good luck) that the first steps to organize this summer school were already taken before this discovery. It speaks for the dynamics of the field how dramatically it can change course when new insight is obtained. The contributions in this volume provide a detailed coverage of the experimental techniques for the creation and study of Fermi quantum gases, as well as the theoretical foundation for understanding the properties of these novel systems.