



Nutrition, Fitness, and Mindfulness. An Evidence-Based Guide for Clinicians /

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editor.

edt.

<http://id.loc.gov/vocabulary/relators/edt>

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Monografía

This comprehensive volume presents an approach based on cutting edge clinical science to the integration of healthy behaviors in clinical practice, using three major categories; healthy eating, active living, and mindfulness. Chapters are authored and edited by a select group of national and international experts in their respective fields who have developed these concepts for application in routine practice. All chapters are formatted to provide key learning points and summarized conclusions for easy reference. Topics include the DASH diet, plant based nutrition, the Mediterranean diet, beneficial herbs and spices, fitness, spirituality, meditation, healthy sleep, and disease prevention. Nutrition, Fitness, and Mindfulness will be a useful guide for all clinicians and healthcare professionals encouraging patients to make more thoughtful and healthy lifestyle choices

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Contenido: Section I: Nutrition -- The DASH Diet -- The Mediterranean Diet -- Plant-Based Diet -- The Low AGE Diet -- Healthy Drinks -- Beneficial Herbs and Spices -- Integrating Healthy Eating and Drinking into Daily Life. Section II: Fitness -- Walking and Bicycling -- Aerobic Exercise -- Anaerobic Exercise -- Traditional Exercise: Yoga, Tai Chi, etc -- Integrating Physical Activity into a Routine Schedule -- Section III: Mindfulness -- Health Benefits of Meditation -- Health Benefits of Spirituality -- Health Benefits of Living with a Purpose and Emotional

Resilience -- The Therapeutic Value of Refreshing Sleep Patterns -- Integrating Mindfulness into a Routine Schedule -- Section IV: Use of This Integrated Approach in Different Populations -- Health Promotion and Chronic Disease Prevention in the General Population -- Health Promotion and Chronic Disease Prevention in African Americans and Hispanics -- Integrative Approach in Cardiovascular Disease -- Integrative Approach in Chronic Kidney Disease -- Summary and Conclusions

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