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tech equipment High and low intensity fat burning and muscle building exercises along with healthful easy and quick recipes numerous tips and tricks to burning more calories throughout the day make this the essential fitness and weight loss kit This edition does not contain the bonus DVD video that is included with the paperback version of the book *Canadian Family Practice Guidelines* Jill C. Cash, Cheryl A. Glass, Debbie Fraser, Lynn Corcoran, Margaret Edwards, 2019-08-15 Written specifically for the needs of family and adult nursing students medical students and primary care practitioners in Canada this gold standard reference of family practice in America named a 2013 Doody's core title and 1st place winner of the American Journal of Nursing book award in 2017 now provides current Canadian practice protocols for professional standards of care across the life span Guidelines are delivered in a user friendly step by step instructional style for physical exams and diagnostic testing results in SI units health maintenance recommendations approved by Health Canada care guidelines including Canadian drug names and dietary information information on culturally responsive care and patient resources specific to Canada Practice guidelines are organized primarily by body system and delivered in outline format for quick and easy access Each of more than 280 disorder protocols includes definition incidence prevalence pathogenesis predisposing factors common findings other signs and symptoms subjective data physical examination diagnostic tests differential diagnoses plan follow up consultation referral and individual considerations Also included are numerous Client Teaching Guides in PDF format for customization and downloading Abundant references are specific to the Canadian health care system Key Features Presents over 280 guidelines in consistent outline format Provides Canadian routine health maintenance guidelines vaccinations and screenings for HIV and HepC Covers individual care considerations for pediatric pregnant and geriatric patients Offers numerous Client Teaching Guides in digital format for clients to take home *The Equilibrium Plan* Sally Edwards, 1987 Abstract Designed to teach the lay person how to balance diet and exercise this book addresses nutrition and exercise from various aspects Based on the premise that the only true diet plan is a proper balance between what is eaten and what is burned off the reader is informed about the many diet plans available as well as the concept of creeping obesity Scientific explanations of calorie burning energy balance nutrient dense foods healthful cooking shopping and many other facets of how exercise contributes to weight control comprise some of the topics discussed Diet exercise calories logs game plans starter menus job calorie charts general activities charts and coded food charts are included along with photographs of the author exercising An Equilibrium Plan Slide Guide is included **A Manual of Medical Treatment Or Clinical Therapeutics** Isaac Burney Yeo, Edward Farquhar Buzzard, 1909 **Good Housekeeping**, 1927 *A Manual of medical treatment or Clinical therapeutics. v. 2* Isaac Burney Yeo, 1909 **Modern Hospital**, 1927 *Directory of Food and Nutrition Information Services and Resources* Robyn C. Frank, 1984 Directory intended to assist nutritionists and other interested professionals as to sources of food and nutrition information Emphasis is on management education food science and related aspects of applied nutrition Arranged under nine chapters dealing with such topics as databases reference

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