

Boundless Upgrade Brain Optimize Aging

Individualized Assessment of Brain Aging across the Lifespan: Applications in Health and Disease
Machine Learning, Optimization, and Data Science
Occupational Therapy with Aging Adults - E-Book
Imaging the Aging Brain
The XX Brain
For Women Only!
Issues in Aging
Aging Adult Information Processing
Adulthood and Ageing in Nigeria
Optimizing Learning
Aging and Cognition
Get Healthy Now!
Handbook of Mental Health and Aging
The International Journal of Aging & Human Development
Psychology of Aging
Boundless
The Carnitine Miracle
The American Psychiatric Press Textbook of Geriatric Neuropsychiatry
Aging of the Central Nervous System
Katja Franke Giuseppe Nicosia Karen Frank Barney William Jagust Lisa Mosconi Gary Null Mark Novak John Cerella
Nigerian Society of Educational Psychologists Barbara Clark Hayden B. Bosworth Gary Null James E. Birren Martin Orrell Ben Greenfield Robert Crayhon C. Edward Coffey Vladimir Veniaminovich Frolenkis

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the three volume set Inai 15508 15510 constitutes the refereed proceedings of the 10th international conference on machine learning optimization and data science lod 2024 held in castiglione della pescaia italy during september 22 25 2024 this year in the lod proceedings decided to also include the papers of the fourth edition of the symposium on artificial intelligence and neuroscience acain 2024 the 79 full papers included in this book were carefully reviewed and selected from 127 submissions the lod 2024 proceedings focus on machine learning deep learning ai computational optimization neuroscience and big data that includes invited talks tutorial talks special sessions industrial tracks demonstrations and oral and poster presentations of refereed papers

get all the information you need to work holistically creatively and collaboratively when providing services for older adults with karen frank barney margaret a perkinson and debbie laliberte rudman s occupational therapy with aging adults 2nd edition emphasizing evidence based occupation based practice and a collaborative interdisciplinary approach this text walks students and practitioners through the full range of gerontological occupational therapy practice inclusive of working with individual clients to working at systems and societal levels over 80 leaders in their respective topical areas contributed to the book s 33 chapters including the conceptual foundations and principles of gerontological occupational therapy bio psychosocial age related changes environmental forces shaping occupational participation for older adults the continuum of health care as well as implications for communities and the attributes ethical responsibilities and roles involved in gerontological occupational therapy this edition also covers topical ot issues that are crucially important to an aging population such as diversity and inclusion disability and aging sexuality technology telehealth and virtual environments intergenerational connections updates on dementia research and caring for someone with dementia occupational justice and aging age inclusive communities and an expanded section on hearing to ensure your students are well versed in every aspect of this key practice area unique intraprofessional and interprofessional approach to intervention emphasizes working holistically and collaboratively in serving older adults unique chapter on the wide range of physiological musculoskeletal and neurological changes among the aging patient population highlights related occupational performance issues case examples help you learn to apply new information to actual client and community situations chapter on evidence based practice discusses how to incorporate evidence into clinical or community settings questions at the end of each chapter can be used for discussion or other learning applications unique chapters on nutrition food insecurity and oral health explore related challenges faced by older adults chapter on ethics provides a deeper understanding of how to address challenging ethical dilemmas

this book contains chapters from experts in the fields of brain imaging clinical neuroscience and cognitive neuroscience who have studied the aging brain topics covered include technical factors in brain imaging pathological basis of age related structural and functional changes neurochemistry and genetics of brain imaging in aging and the use of imaging techniques in diagnosis longitudinal testing drug development and testing and presymptomatic detection the book is intended to be both a detailed review of the current status of brain imaging and aging and to serve as an introduction to the field for those who may be starting investigations using imaging techniques of pet structural mri and functional mri it covers basic science approaches such as using fmri to probe networks as well as recent developments like amyloid imaging and the use of imaging as a biomarker in clinical trials

the instant new york times bestseller i recommend that every woman and all health care professionals read this fantastically important and insightful book from a true expert in the field dr joanna mcmillan women are twice as likely as men to be diagnosed with alzheimer s disease and women are far more likely than men to suffer from anxiety depression migraines brain injuries and strokes the xx brain reveals

groundbreaking research showing that women's brains age differently from men's mostly due to the decline of a key brain protective hormone oestrogen until now medical research has focused on bikini medicine assuming that women are essentially men with breasts and tubes the xx brain reveals how the two powerful x chromosomes that distinguish women from men affect women's brains taking on all aspects of women's health including brain fog memory lapses depression stress insomnia hormonal imbalances and the increased risk of dementia dr lisa mosconi introduces cutting edge evidence based approaches to protect the female brain including diet and lifestyle strategies proven to work for women she also examines the controversies about hormonal replacement therapy and soy the perils of environmental toxins and gut health luckily it is never too late to take care of yourself the xx brain gives women the first plan to address the unique risks and strengths of the female brain for optimal lifelong brain health

this anthology is both a review of the major contributions to women's health over the course of this century and a practical guide to current concerns in the field major topics include dieting fertility menopause mental health pediatric care and more all from an alternative point of view

issues in aging 2 emark novak san jose state university isbn 10 0205578691 isbn 13 9780205578696 successful aging how can we create a better old age both for ourselves and others issues in aging second edition takes an optimistic view of aging and human potential in later life it presents the most up to date facts on aging today the issues raised by these facts and the societal and individual responses that will create a successful old age for us all this text presents the full picture of aging exhibiting the problems as well as the opportunities and advantages that accompany older age it aims to illustrate how generations are dependant on one another and how social conditions affect both the individual and social institutions

this book aims to reverse the bias shown in research literature concerning the decline of information processing abilities with age twenty chapters identify areas of limited or no decline in cognitive functioning with respect to rate of information processing attentional capacity object perception word perception language comprehension learning memory and problem solving these findings attest to the imbalance of previous published research presenting a fairer portrayal of the aged mind investigates a broad variety of information processing tasks and capabilities shows that aging adults can look forward to minimum dysfunction over a wide range of intellectual activity reverses the bias toward portrayal of the aged dysfunctional mind provides information applicable toward interacting with the aged in counseling and care giving settings

as the world's population ages the study of aging and its effects on cognition becomes increasingly important aging and cognition research

methodologies and empirical advances takes an interdisciplinary look at cognitive aging how it happens and how to study it the first part of the book explores methods for measuring cognitive change including how to study cohort effects how can we account for differences in cognitive performance from one cohort to another should we assume factor invariance across cohorts or time these issues are treated in the context of new and existing empirical research making the discussion of methodological issues more concrete and accessible the second part of the book explores the social and psychological factors associated with cognitive aging for example to what extent do socioeconomic status optimism and personal sense of control affect aging is the controversial use it or lose it theory of cognition valid finally the concluding section explores how to use research findings to improve the everyday functioning of adults a challenging task because everyday functioning relies on complex cognitive tasks and most cognitive research measures only basic cognitive tasks the chapter in this final section uses medication adherence as an example of deriving real world solutions from cognitive research results with its emphasis on social and contextual factors that influence aging this book showcases both substantive and methodological developments in the field it will be useful to everyone who studies aging and cognition jacket psycinfo database record c 2009 apa all rights reserved

a new york times bestseller the fully revised and updated edition to the national bestseller get healthy now includes new research and nutritional advice for treating allergies diabetes pms andropause and everything in between from healthy skin and hair to foot and leg care and featuring an up to date alternative practitioners guide get healthy now is your one stop guide to becoming healthier from top to bottom inside and out let the new mr natural time magazine show you the best alternatives to drugs surgical intervention and other standard western techniques drawing from methods that have been supported by thousands of years of use in other societies as well as more recent discoveries in modern medicine this comprehensive guide to healthy living offers a wide range of alternative approaches to help you stay healthy

this volume offers a collection of classic original and often widely cited papers including some older papers which may be hard to find through conventional searches they address a broad range of key issues such as cognitive changes related to aging social and emotional changes lifestyle factors dependency on carers and related mental health problems in old age

what if peak performance wasn't myth but a matter of understanding proven systems and strategies in an ideal world you could optimize mind body and spirit and now you can biohacker and coach ben greenfield reveals how to unlock boundless energy in his popular book boundless since health and performance science evolve rapidly ben has applied his industry knowledge self experimentation and extensive research to create this thoroughly revised and updated edition which covers everything you need to upgrade your daily routine from sleep and cognition to fat loss immunity beauty fitness and age reversal key updates include mitochondrial optimization boost energy by enhancing mitochondrial density and biogenesis minimizing metabolic dysfunction vagus nerve stimulation beat stress sleep soundly and increase hrv using electricity

light and sound to tune your nervous system sleep optimization step by step methods to reset circadian rhythm overcome jet lag and optimize sleep naps and meditation for deep recovery healthy fats navigate fats and fatty acids mitigate seed oil damage and decode menus and food labels emf protection understand how emfs affect the brain and the devices that can shield your body home and office libido and sexual performance increase pleasure decrease time between orgasms and deepen relationships chronic infections and detox get insights on stealth co infections mold mycotoxins lyme and cirs with safe effective management protocols top doctors and clinics a curated list of the best doctors and medical teams specializing in precision and functional medicine nootropics and peptides new brain boosting smart drugs and peptides with instructions for managing tbis and concussions age reversal tactics latest supplements drugs and biohacks from ben s recent longevity experiments sleep disruptors uncover a hidden sleep assassin not mentioned in the first edition and how to address it minimalist fat burning use ben s go to moves to burn fat without hitting the gym fat loss peptides updated insights on peptides like ozempic and glp 1 agonists plus safe natural approaches to curb cravings longevity tips strategies for extending life even without the resources of a tech billionaire fitness and daily routines revised fitness plans and daily habits to boost physical and mental performance biohacked home strategies to optimize invisible variables like air light water and electricity in your home injury recovery tools to heal injuries quickly and reduce chronic pain so you can enjoy the activities you love gut health fix gut issues with up to date tests supplements diets detox protocols and healing strategies diet insights ben s updated views on keto and carnivore diets including healthier modifications immune system support recommendations for tackling diseases like cancer and viruses with ben s detailed action plans for chronic disease treatments self quantification latest labs tests and reference ranges for analyzing your body brain blood and biomarkers oral care ben s cutting edge approach to dental health and its impact on overall wellness travel and busy days how ben stays healthy with minimalist travel and dietary strategies

based on his extensive research and 10 years of clinical experience with carnitine crayton has assembled the first and most comprehensive guide to using this remarkable nutrient

this book s 41 chapters are divided into five major sections following a comprehensive introduction to geriatric neuropsychiatry the editors include detailed chapters about neuropsychiatric assessment neuropsychaitric aspects of psychiatric disorders and neurological disease in the elderly and principles of neuropsychiatric treatment

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