

Basic Concepts In Physiology A Students Survival Guide

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Basic Concepts In Physiology A

The concept of homeostasis, the maintenance of the internal physiological environment of an organism within tolerable limits, is well established in medicine and physiology. In contrast, allostasis is ...

Allostasis, Homeostasis, and the Costs of Physiological Adaptation

Check out this great listen on Audible.com. The papers, internet, and magazines are all full of the latest guidance on how to lose weight, stay fit, live longer, etc. Unfortunately, a lot of the ...

The simple truth about optimal health and how to achieve it

Meditators who claim to have achieved enlightenment have distinct patterns of brain activity while awake and asleep, studies show. Long-term meditators also have less activity in parts of the brain ...

Psychology Today

The COVID-19 pandemic caused thousands of deaths and changed lives all over the world. Daily life has also altered people's eating habits, mainly among those who stayed working at home. However, ...

A Nutritional Counseling Program Prevents an Increase in Workers' Dietary Intake and Body Weight During the COVID-19 Pandemic

When it comes to healthcare, words can be matters of life and death. Research shows that physicians, nurses, and other providers' terminology actually influences health outcomes — either by ...

In health care, words can hurt — or heal

Why do voices crack and pimples flare up during puberty? When do boys go through puberty, and when do girls experience it? Read on for pivotal facts you should know about puberty.

22 Facts About Puberty

Researchers from Kumamoto University, Japan have found that a component derived from turmeric essential oil, aromatic turmerone ...

Turmeric protects against central nervous system disorders

Athletics coach James Hillier gives an insight into the science of peaking and the importance of training right.

Athletics coach James Hillier gives an insight into the science of peaking and the importance of training right.

Twelve faculty have been selected to receive the President's Award for Excellence in Teaching, which honors those who have demonstrated exceptional accomplishments in teaching. The 2021 honorees ...

12 honored for excellence in teaching

The U.S. Weightlifting team has added another role to help their athletes perform at the top of their game – a sleep performance director.

This doctor helps Olympians with their sleep. Here are his tips to sleep like a champion.

A June 2021 research utilizing excessive resistance Inspiratory Muscle Strength Training (IMST) demonstrated a discount in blood stress measurements in addition to cardio train or remedy.¹ High blood ...

Lowers Blood Pressure More Efficiently Than a Prescription

As the quest for longevity forges ahead, enthusiasts are turning to biohacking. It will be interesting to see how new-age techies and health experts in India embrace this revolution.

Biohacking: A little bit of me in my life

Neuroscientists at the University of Massachusetts Amherst have demonstrated in new research that dopamine plays a key role in how songbirds learn complex new sounds.

UMass Amherst research pinpoints role of dopamine in songbird's brain plasticity

I sang it at videoke parties with all my bravado, giving everything I had in my diaphragm. The musical was one of my favorites, and my ambitious self thought I could reach the high notes of this piece ...

What marketers can learn from videoke sessions

Professor Xinyu Liu (MIE) and his team used computer-controlled light to direct the motion of a simple worm, a technique that could pave the way for entirely new kinds of robots ...

RoboWorm: Light-controlled organism offers a new strategy for micro-scale robotics

But now the college is restarting at the centre, from Tuesday, September 14. Kate had 15 years' experience working with children and families for the local authority, helping pa ...

Baby College is coming to Keighley

As surfing completes its first-ever Olympic ride, the sport is poised for another sea change thanks to artificial intelligence and big data ...

How Olympic surfing is trying to ride the machine learning wave

When it comes to the medicinal and therapeutic properties of Cannabis sativa, an unsolved mystery is whether there exists an "entourage effect," whereby the pain-relieving effects of the plant as a ...

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