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## **The South Asian Health Solution A Culturally Tailored Guide To Lose Fat Increase Energy And Avoid Disease**

Global Health RisksThe Age of Sustainable DevelopmentU.S. HistoryGoat ScienceGlobalization and Its DiscontentsKarma Of Brown FolkThe Starch SolutionChasing InnovationHuman Resources for HealthCommunities in ActionThe Healthspan SolutionThe South Asian Health SolutionThe China StudyBonded LaborDemographics and the Demand for Higher EducationThe Advanced Mediterranean Diet: Lose Weight, Feel Better, Live Longer (2nd Edition)Perspectives on Poverty in IndiaThe Economics of Climate Change in Southeast AsiaThe Future of the Public's Health in the 21st CenturyGrEEEn Solutions for Livable CitiesPakistan, Regional Security and Conflict ResolutionRoutledge Handbook of China-India RelationsMason DixonSkywriting JournalPharmacy Practice in Developing CountriesGlobal GroundwaterJapan RearmedPlant FactoryCooperative Development in the South China SeaWorld Social Report 2020The Beauty Detox SolutionThe Blood Sugar SolutionSnow LeopardsRe-engineering Affordable Care Policy in ChinaSolution Protocols to Festering Island DisputesThe Fat SwitchThe Diabetes CodeThe Blue ZonesPublic HealthDrawdown

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## Global Health Risks

“How does it feel to be a problem?” asked W. E. B. Du Bois of black Americans in his classic *The Souls of Black Folk*. A hundred years later, Vijay Prashad asks South Asians “How does it feel to be a solution?” In this kaleidoscopic critique, Prashad looks into the complexities faced by the members of a “model minority”—one, he claims, that is consistently deployed as “a weapon in the war against black America.” On a vast canvas, *The Karma of Brown Folk* attacks the two pillars of the “model minority” image, that South Asians are both inherently successful and pliant, and analyzes the ways in which U.S. immigration policy and American Orientalism have perpetuated these stereotypes. Prashad uses irony, humor, razor-sharp criticism, personal reflections, and historical research to challenge the arguments made by Dinesh D’Souza, who heralds South Asian success in the U.S., and to question the quiet accommodation to racism made by many South Asians. A look at Deepak Chopra and others whom Prashad terms “Godmen” shows us how some South Asians exploit the stereotype of inherent spirituality, much to the chagrin of other South Asians. Following the long engagement of American culture with South Asia,

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Prashad traces India's effect on thinkers like Cotton Mather and Henry David Thoreau, Ravi Shankar's influence on John Coltrane, and such essential issues as race versus caste and the connection between antiracism activism and anticolonial resistance. The Karma of Brown Folk locates the birth of the "model minority" myth, placing it firmly in the context of reaction to the struggle for Black Liberation. Prashad reclaims the long history of black and South Asian solidarity, discussing joint struggles in the U.S., the Caribbean, South Africa, and elsewhere, and exposes how these powerful moments of alliance faded from historical memory and were replaced by Indian support for antiblack racism. Ultimately, Prashad writes not just about South Asians in America but about America itself, in the tradition of Tocqueville, Du Bois, Richard Wright, and others. He explores the place of collective struggle and multiracial alliances in the transformation of self and community—in short, how Americans define themselves. AWARDS Village Voice Favorite Books of 2000

### **The Age of Sustainable Development**

In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of

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the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. *Communities in Action: Pathways to Health Equity* seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

### **U.S. History**

This publication reviews the economics of climate change in Southeast Asia, with a particular focus on Indonesia, Philippines, Singapore,

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Thailand, and Viet Nam. It confirms that the region is highly vulnerable to climate change, demonstrates that a wide range of adaptation measures are already being applied, and that it has great potential to contribute to the reduction of greenhouse gas emissions globally. It shows that the cost to the region and globally of taking no early action against climate change far outweighs the cost of action. The publication urges Southeast Asia to play an important part in working toward a global solution to climate change, and to apply all feasible and economically viable adaptation and mitigation measures as key elements of poverty reduction and sustainable development strategies. It also argues that the current global economic crisis offers Southeast Asia an opportunity to start a transition towards a climate-resilient and low-carbon economy by introducing green stimulus programs that can simultaneously shore up economies, create jobs, reduce poverty, lower carbon emissions, and prepare for the worst effects of climate change.

### **Goat Science**

Snow Leopards: Biodiversity of the World: Conservation from Genes to Landscapes is the only comprehensive work on the biology, behavior, and conservation status of the snow leopard, a species that has long

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been one of the least studied, and hence poorly understood, of the large cats. Breakthroughs in technologies and methodologies to study this elusive cat have come rapidly, including non-invasive genetics, camera traps, and GPS-satellite collaring. The book begins with chapters on the genetic standing and taxonomy of the snow leopard, followed by chapters on their behavior and ecology. Additional contributions follow on the current and emerging threats to the species, which include longstanding concerns, such as poaching and conflicts with livestock, and new and emerging threats such as mining and climate change. A section on conservation solutions, backed by valuable case studies, starts with an overview of the important role mountain communities play in assuring the snow leopard's long-term persistence. In addition, chapters on the role of captive snow leopards for the conservation of the species, state-of-the-art techniques and technologies for studying and monitoring snow leopards, status reports from around the region, and future perspectives, such as transboundary conservation initiatives, international conventions (CITES, CMS, etc.), the role of the IUCN Cat Specialist Group and the Snow Leopard Network, and undertakings such as the Global Snow Leopard Forum facilitated by the World Bank are also included. Serves as the first and only comprehensive book on the biology, behavior, and conservation status of the snow leopard Brings together the most

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current scientific knowledge, documents the most pressing conservation issues, and shares success stories in alleviating the broad threats that now jeopardize the long-term survival of this species Brings current knowledge of the species, not only to researchers and conservationists, but also to decision makers, academics, and students Edited by recognized snow leopard experts, with more than 50 years of collective experience in research and conservation of the species

### **Globalization and Its Discontents**

Presenting a comprehensive examination of China's medical care system, this book tackles issues of policymaking, organization, management and financing in the context of the provision of affordable care in China. Making use of extensive field investigations, interviews and a thorough analysis of documents, this book examines the re-structuring of the medical care system, spanning more than three and half decades from 1979 to the present day. Assessing the difficulties of regulatory control in the health care sector, it also explores theoretical alternatives, including post-Weberian constructs of uncertainty and control, as well as franchise and asymmetric information in market transactions. Ultimately, it argues that patient medical care has become less and less affordable amid shrinking government subsidies,

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breakdowns of public insurances and increases in user charges, especially between the mid-1990s and mid-2000s. Whilst the government took decades to re-organize the public hospital system and rebuild public insurances, it faced a dilemma of enforcing both low-cost medical care and maintaining revenue flow to public hospitals through marketization. Re-engineering Affordable Care Policy in China provides extensive discussion of the policymaking process as well as detailed analysis of policy contents. As such, it will be invaluable to students and scholars of Chinese social policy and public administration, as well as Chinese Studies more generally.

### **Karma Of Brown Folk**

Published by OpenStax College, U.S. History covers the breadth of the chronological history of the United States and also provides the necessary depth to ensure the course is manageable for instructors and students alike. U.S. History is designed to meet the scope and sequence requirements of most courses. The authors introduce key forces and major developments that together form the American experience, with particular attention paid to considering issues of race, class and gender. The text provides a balanced approach to U.S. history, considering the people, events and ideas that have shaped the

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United States from both the top down (politics, economics, diplomacy) and bottom up (eyewitness accounts, lived experience).

## **The Starch Solution**

This book shows how colonial legacies and the postcolonial state of Pakistan negatively influenced the socio-political and cultural dynamics and the security situation in Pakistan's Pashtun 'tribal' areas, formerly known as the Federally Administered Tribal Areas (FATA). It offers a local perspective on peace and conflict resolution in Pakistan's Pashtun 'tribal' region. Discussing the history and background of the former FATA region, the role of Pashtun conflict resolution mechanism Jirga and the persistence of colonial-era Frontier Crimes Regulations (FCR) in the region, the author argues that the persistence of colonial legacies in the Pashtun 'tribal' areas, especially the FCR, coupled with the overarching influence of the military on security policy has negatively impacted the security situation in the region. By focusing on the Jirga and Jirga-based Lashkars (or Pashtun militias), the book shows how Pashtuns have engaged in their own initiatives to handle the rise of militancy in their region. Moreover, the book argues that, even after the introduction of constitutional reforms and FATA's merger with the

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Khyber Pakhtunkhwa province, little has changed in the region, especially regarding the treatment of 'tribal' Pashtuns as equal citizens of Pakistan. This book explains, in detail, why indigenous methods of peace and conflict resolution, such as the Jirga, could play some role towards long-term peace in the South Asian region. Historically and contextually informed with a focus on North-West Pakistan, this book will be of interest to academics studying South Asian studies, international relations, peace and conflict studies, terrorism and traditional justice and restorative forms of peace-making.

### **Chasing Innovation**

Fourth-grader Mason struggles to enjoy playing basketball after his best friend persuades him to join a team, and learns that the dog-hating lady next door is not so bad after all.

### **Human Resources for Health**

Provides a culturally tailored diet and lifestyle modification program for South Asians living around the world.

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## **Communities in Action**

Pick up that bread! This doctor-approved method lets you keep the carbs and lose the pounds! Fear of the almighty carb has taken over the diet industry for the past few decades--from Atkins to Dukan--even the mere mention of a starch-heavy food is enough to trigger an avalanche of shame and longing. But the truth is, carbs are not the enemy! Bestselling author John A. McDougall and his kitchen-savvy wife, Mary, prove that a starch-rich diet can actually help you lose weight, prevent a variety of ills, and even cure common diseases. By fueling your body primarily with carbohydrates rather than proteins and fats, you will feel satisfied, boost energy, and look and feel your best. Including a 7-Day Sure-Start Plan, helpful weekly menu planner, and nearly 100 delicious, affordable recipes, The Starch Solution is a groundbreaking program that will help you shed pounds, improve your health, save money, and change your life.

## **The Healthspan Solution**

Goat science covers quite a wide range and varieties of topics, from genetics and breeding, via nutrition, production systems,

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reproduction, milk and meat production, animal health and parasitism, etc., up to the effects of goat products on human health. In this book, several parts of them are presented within 18 different chapters. Molecular genetics and genetic improvement of goats are the new approaches of goat development. Several factors affect the passage rate of digesta in goats, but for diet properties, goats are similar to other ruminants. Iodine deficiency in goats could be dangerous. Assisted reproduction techniques have similar importance in goats like in other ruminants. Milk and meat production traits of goats are almost equally important and have significant positive impacts on human health. Many factors affect the health of goats, heat stress being of increasing importance. Production systems could modify all of the abovementioned characteristics of goats.

### **The South Asian Health Solution**

The book examines India's experience with poverty reduction in a period of rapid economic growth. Marshalling evidence from multiple sources of survey data and drawing on new methods, the book asks how India's structural transformation - from rural to urban, and from agriculture to nonfarm sectors - is impacting poverty. Our analysis suggests that since the early 1990s, urban growth has emerged as a

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much more important driver of poverty reduction than in the past. We focus in particular on the role of small and medium size conurbations in India, both as the urban sub-sector in which urban poverty is overwhelmingly concentrated, and as a sub-sector that could potentially stimulate rural-based poverty reduction. Second, in rural areas, we focus on the nature of intersectoral transformation out of agriculture into the nonfarm economy. Stagnation in agriculture has been accompanied by dynamism in the nonfarm sector, but there is much debate about whether the growth seen has been a symptom of agrarian distress or a source of poverty reduction. Finally, alongside the accelerating economic growth and the highly visible transformation that is occurring in India's major cities, inequality is on the rise. This is raising concern that economic growth in India has by-passed significant segments of the population. The third theme on social exclusion asks if, despite the dramatic growth, historically grounded inequalities along lines of caste, tribe and gender have persisted. This book would be of interest for policymakers, researchers, non-governmental organizations, and international agencies from India and abroad--who wish to know more about India's experience of the last two decades in reducing poverty.

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In this analysis of the global workforce, the Joint Learning Initiative, a consortium of more than 100 health leaders, proposes that mobilization and strengthening of human resources for health, neglected yet critical, is central to combating health crises in some of the world's poorest countries and for building sustainable health systems everywhere. Worker shortage, skill mix imbalance, maldistribution, negative work environments, and weak knowledge bases challenge nearly all countries. Especially in the poorest countries, the workforce is under assault by a triple threat of HIV/AIDS, out-migration, and inadequate investment. Effective country strategies should be launched and backed by international reinforcement. These include urgently mobilizing one million more health workers for Africa, and focusing efforts on the unremunerated community-level health workers, the majority of whom are women. Ultimately, the crisis in human resources is a shared problem requiring shared responsibility for cooperative action. Alliances for action are recommended to strengthen the performance of all actors while expanding space and energy for new ones.

### **Bonded Labor**

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This powerful, unsettling book gives us a rare glimpse behind the closed doors of global financial institutions by the winner of the 2001 Nobel Prize in Economics. When it was first published, this national bestseller quickly became a touchstone in the globalization debate. Renowned economist and Nobel Prize winner Joseph E. Stiglitz had a ringside seat for most of the major economic events of the last decade, including stints as chairman of the Council of Economic Advisers and chief economist at the World Bank. Particularly concerned with the plight of the developing nations, he became increasingly disillusioned as he saw the International Monetary Fund and other major institutions put the interests of Wall Street and the financial community ahead of the poorer nations. Those seeking to understand why globalization has engendered the hostility of protesters in Seattle and Genoa will find the reasons here. While this book includes no simple formula on how to make globalization work, Stiglitz provides a reform agenda that will provoke debate for years to come. Rarely do we get such an insider's analysis of the major institutions of globalization as in this penetrating book. With a new foreword for this paperback edition.

### **Demographics and the Demand for Higher Education**

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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.

### **The Advanced Mediterranean Diet: Lose Weight, Feel Better, Live Longer (2nd Edition)**

The main aim of modern public health is to improve the quality of life and promote health for all. Public health deals with a wide range of individuals and collaborates with various organizations, departments, and agencies to improve health, forestall disease and promote well-being. The field of public health is constantly evolving in response

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to the needs of communities and populations that are facing demographic, epidemiological and technological challenges. To overcome these challenges, health professionals need to conduct research to generate evidence-based policies to improve the health of the community. Throughout the course of this book, a number of emerging and re-emerging public health issues from different countries are discussed and attempts are made to illustrate a balanced and evidence-based approach towards tackling major public health problems.

### **Perspectives on Poverty in India**

The Routledge Handbook of China-India Relations provides a much-needed understanding of the important and complex relationship between India and China. Reflecting the consequential and multifaceted nature of the bilateral relationship, it brings together thirty-five original contributions by a wide range of experts in the field. The chapters show that China-India relations are more far-reaching and complicated than ever and marked by both conflict and cooperation. Following a thorough introduction by the Editors, the handbook is divided into seven parts which combine thematic and chronological principles: Historical overviews Culture and strategic culture: constructing the other Core bilateral conflicts Military relations Economy and

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development Relations with third parties China, India, and global order This handbook will be an essential reference work for scholars interested in International Relations, Asian Politics, Global Politics, and China-India relations.

### **The Economics of Climate Change in Southeast Asia**

A vivid look at how India has developed the idea of entrepreneurial citizens as leaders mobilizing society and how people try to live that promise Can entrepreneurs develop a nation, serve the poor, and pursue creative freedom, all while generating economic value? In *Chasing Innovation*, Lilly Irani shows the contradictions that arise as designers, engineers, and businesspeople frame development and governance as opportunities to innovate. Irani documents the rise of "entrepreneurial citizenship" in India over the past seventy years, demonstrating how a global ethos of development through design has come to shape state policy, economic investment, and the middle class in one of the world's fastest-growing nations. Drawing on her own professional experience as a Silicon Valley designer and nearly a decade of fieldwork following a Delhi design studio, Irani vividly chronicles the practices and mindsets that hold up professional design as the answer to the challenges of a country of more than one billion

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people, most of whom are poor. While discussions of entrepreneurial citizenship promise that Indian children can grow up to lead a nation aspiring to uplift the poor, in reality, social, economic, and political structures constrain whose enterprise, which hopes, and which needs can be seen as worthy of investment. In the process, Irani warns, powerful investors, philanthropies, and companies exploit citizens' social relations, empathy, and political hope in the quest to generate economic value. Irani argues that the move to recast social change as innovation, with innovators as heroes, frames others—craftspeople, workers, and activists—as of lower value, or even dangers to entrepreneurial forms of development. With meticulous historical context and compelling stories, *Chasing Innovation* lays bare how long-standing power hierarchies such as class, caste, language, and colonialism continue to shape opportunity in a world where good ideas supposedly rule all.

### **The Future of the Public's Health in the 21st Century**

No Marketing Blurb

### **GrEEEn Solutions for Livable Cities**

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Plant Factory: An Indoor Vertical Farming System for Efficient Quality Food Production provides information on a field that is helping to offset the threats that unusual weather and shortages of land and natural resources bring to the food supply. As alternative options are needed to ensure adequate and efficient production of food, this book represents the only available resource to take a practical approach to the planning, design, and implementation of plant factory (PF) practices to yield food crops. The PF systems described in this book are based on a plant production system with artificial (electric) lights and include case studies providing lessons learned and best practices from both industrial and crop specific programs. With insights into the economics as well as the science of PF programs, this book is ideal for those in academic as well as industrial settings. Provides full-scope insight on plant farm, from economics and planning to life-cycle assessment Presents state-of-the-art plant farm science, written by global leaders in plant farm advancements Includes case-study examples to provide real-world insights

### **Pakistan, Regional Security and Conflict Resolution**

Celebrity nutritionist and beauty expert Kimberly Snyder helps dozens of Hollywood's A-list stars get red-carpet ready—and now you're

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getting the star treatment. Kim used to struggle with coarse hair, breakouts and stubborn belly fat, until she traveled the world, learning age-old beauty secrets. She discovered that what you eat is the ultimate beauty product, and she's developed a powerful program that rids the body of toxins so you can look and feel your very best. With just a few simple diet changes, you will:

### **Routledge Handbook of China-India Relations**

Global Groundwater: Source, Scarcity, Sustainability, Security, and Solutions presents a compilation of compelling insights into groundwater scenarios within all groundwater-stressed regions across the world. Thematic sub-sections include groundwater studies on sources, scarcity, sustainability, security, and solutions. The chapters in these sub-sections provide unique knowledge on groundwater for scientists, planners, and policymakers, and are written by leading global experts and researchers. Global Groundwater: Source, Scarcity, Sustainability, Security, and Solutions provides a unique, unparalleled opportunity to integrate the knowledge on groundwater, ranging from availability to pollution, nation-level groundwater management to transboundary aquifer governance, and global-scale review to local-scale case-studies. Provides interdisciplinary content

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that bridges the knowledge from groundwater sources to solutions and sustainability, from science to policy, from technology to clean water and food Includes global and regional reviews and case studies, building a bridge between broad reviews of groundwater-related issues by domain experts as well as detailed case studies by researchers Identifies pathways for transforming knowledge to policy and governance of groundwater security and sustainability

### **Mason Dixon**

Nutrition experts for decades have recommended the healthy Mediterranean diet. Dr. Steve Parker incorporates the latest nutrition science breakthroughs in this newly revised second edition of his award-winning "Advanced Mediterranean Diet." Dr. Parker's weight management plan is highly customizable, depending on the user's weight, sex, and preferred dieting style. In addition to a time-honored portion-controlled diet, Dr. Parker presents the world's first low-carb Mediterranean diet: the Ketogenic Mediterranean Diet. This is a two-for-one deal. You'll discover 1) which foods are the healthiest, 2) which carbohydrates are particularly fattening, 3) why we no longer have to worry about dietary total fat, saturated fat, and cholesterol, 4) how to lose weight by watching portion sizes or calories, 5) how to

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lose weight by limiting carbohydrate consumption, 6) which of these two popular dieting methods is optimal for you, and 7) 64 easy and delectable recipes. The traditional Mediterranean diet is rich in fruits, vegetables, legumes, whole grains, fish, olive oil, judicious amounts of wine, with modest portions of meat and poultry. This way of eating is linked to longer lifespan and reduced risk of heart attack, stroke, cancer, diabetes, and dementia. The book includes advice on how to avoid weight regain, instruction on exercise, a general index, a recipe index, and scientific references. All measurements are given in both U.S. customary and metric units.

### **Skywriting Journal**

This report examines the links between inequality and other major global trends (or megatrends), with a focus on technological change, climate change, urbanization and international migration. The analysis pays particular attention to poverty and labour market trends, as they mediate the distributional impacts of the major trends selected. It also provides policy recommendations to manage these megatrends in an equitable manner and considers the policy implications, so as to reduce inequalities and support their implementation.

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## **Pharmacy Practice in Developing Countries**

Pharmacy Practice in Developing Countries: Achievements and Challenges offers a detailed review of the history and development of pharmacy practice in developing countries across Africa, Asia, and South America. Pharmacy practice varies substantially from country to country due to variations in needs and expectations, culture, challenges, policy, regulations, available resources, and other factors. This book focuses on each country's strengths and achievements, as well as areas of weakness, barriers to improvement and challenges. It sets out to establish a baseline for best practices, taking all of these factors into account and offering solutions and opportunities for the future. This book is a valuable resource for academics, researchers, practicing pharmacists, policy makers, and students involved in pharmacy practice worldwide as it provides lessons learned on a global scale and seeks to advance the pharmacy profession. Uses the latest research and statistics to document the history and development of pharmacy practice in developing countries Describes current practice across various pharmacy sectors to supply a valuable comparative analysis across countries in Africa, Asia, Europe, and South America Highlights areas of achievement, strengths, uniqueness, and future opportunities to

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provide a basis for learning and improvement Establishes a baseline for best practices and solutions

### **Global Groundwater**

Since the coming into force of the United Nations Law of the Sea, states have been targeting outlying islands to expand their exclusive economic zones, simultaneously stirring up strident nationalism when such plans clash with those of neighbouring states. No such actions have brought the world closer to the brink of war than the ongoing face-off between China and Japan over the Diaoyu/Senkaku islands, an uninhabited archipelago in the East China Sea. In this timely and original book, Godfrey Baldacchino provides a detailed exploration of seven tried and tested solution protocols that have led to innovative 'win-win' solutions to island disputes over the last four centuries. A closer look at the circumstances and processes that brought contending regional powers to an honourable, even mutually advantageous, settlement over islands provides a convincing and original argument as to why the conflict over the Diaoyu/Senkaku islands need not conclude in a 'zero-sum' or 'winner takes all' solution, as is the likely outcome of both open conflict and international arbitration. The book will be of interest to scholars and practitioners concerned with the

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festering Diaoyu/Senkaku dispute, as well as students, scholars and policy specialists in geography, geopolitics, international relations, conflict studies, island studies, Asian studies and history.

### **Japan Rearmed**

From acclaimed author Dr. Jason Fung, a revolutionary guide to reversing diabetes. Dr. Jason Fung forever changed the way we think about obesity with his best-selling book, *The Obesity Code*. Now he has set out to do the same for type 2 diabetes. Today, most doctors, dietitians, and even diabetes specialists consider type 2 diabetes to be a chronic and progressive disease—a life sentence with no possibility of parole. But the truth, as Dr. Fung reveals in this paradigm-shifting book, is that type 2 diabetes is reversible. Writing with clear, persuasive language, he explains why conventional treatments that rely on insulin or other blood-glucose-lowering drugs can actually exacerbate the problem, leading to significant weight gain and even heart disease. The only way to treat type 2 diabetes effectively, he argues, is proper dieting and intermittent fasting—not medication. Dr. Jason Fung forever changed the way we think about obesity with his best-selling book, *The Obesity Code*. Now he has set out to do the same for type 2 diabetes. Today, most doctors,

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### **Plant Factory**

This publication is a comprehensive assessment of leading risks to global health. It provides detailed global and regional estimates of premature mortality, disability and loss of health attributable to 24 global risk factors.--Publisher's description.

### **Cooperative Development in the South China Sea**

Boundary disputes in the South China Sea have been a long-standing

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threat to peace and security in East and Southeast Asia. Without agreed definition of boundaries, provisional arrangements to develop resources in the disputed area have become the favored, and most effective, solution. Therefore, joint development between various countries has taken place in the form of ad hoc arrangements with the goal of achieving positive outcomes for all parties involved. Incorporating insights from ten authors from six countries (Brunei, China, Indonesia, Malaysia, the Philippines, and Vietnam), this book provides a comprehensive analysis of the incentives and policies to joint development in the South China Sea disputes. The authors also discuss the bottlenecks and proposed policy options. The authors ease doubts over joint development in South China Sea disputes and shed light on creative ways to promote cooperation. The book is a key reference for students and scholars in politics and international relations, Asian Studies, and maritime law.

### **World Social Report 2020**

Increase your lifespan and optimize your health with plant-based recipes for a longer, more vibrant life. Authors and leading plant-based nutrition experts Julieanna Hever and Ray Cronise have spent over a decade researching diet and nutrition, analyzing longevity

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studies, and helping their clients achieve sustainable, lasting health benefits by adopting a whole food, plant-based diet. In The Healthspan Solution, they share the simple and effective diet that has allowed their clients to lose weight, reverse disease, reduce or eliminate medication use, and achieve optimal health. This accessible and easy-to-follow guide examines the health risks posed by typical Western eating habits and explains how a diet rich in vegetables, fruits, whole grains, legumes, mushrooms, nuts, seeds, herbs and spices can lead to lower blood pressure, healthy weight management, and longer life. Their flexible, customizable approach to eating challenges the conventional idea of breakfast, lunch, and dinner and focuses instead on soups, salads, sides, and sweets. With 100 delicious recipes to choose from, The Healthspan Solution make adopting a plant-based lifestyle simple and sustainable. Evidence-based research on the scientific underpinnings of the healthspan diet Easy-to-follow guidelines simplify food choices without being restrictive Beautifully photographed recipes offer options and flexibility Praise for The Healthspan Solution: "Ray and Julieanna didn't write a fad diet book. It's about making a permanent lifestyle transformation. The magic is I still can eat anything I want. The trick is what I want has profoundly changed. They did the trick for me and saved my life—now let them help you."—Penn Jillette, Las Vegas entertainer and magician "Ray is a

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scientific visionary and Julieanna is a master of nutrition. Together they've written a fact-based recipe book for longevity that belongs in every kitchen. Buy it."-David Sinclair, PhD, AO, Professor of Genetics, Harvard Medical School "Working with Julieanna and Ray has given me a profoundly new understanding of how food impacts health and how what we eat is often dictated by social influences. I'm excited to be a part of their effort to push to this message out to a far bigger audience."-Cyan Banister, angel investor and entrepreneur "Julieanna and Ray are an incredible team. While others have sought to demonstrate the adequacy of an exclusively plant-sourced diet, they teach how it can be superior and mimics longevity research."-Rich Roll, plant-powered ultra athlete and author

### **The Beauty Detox Solution**

### **The Blood Sugar Solution**

A guide that cuts through the haze of misinformation and delivers an insightful message to anyone living with or at risk from the following: cancer, diabetes, heart disease, obesity, Alzheimer's

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disease and /or osteoporosis. Dr Campbell illuminates the connection between nutrition and these often fatal diseases and reveals the natural human diet. He also examines the source of nutritional confusion produced by powerful lobbies, government entities and opportunist scientists. Part medical thriller, part governmental exposé.

### **Snow Leopards**

Modern Japan is not only responding to threats from North Korea and China but is also reevaluating its dependence on the United States, Sheila Smith shows. No longer convinced they can rely on Americans to defend their country, Tokyo's political leaders are now confronting the possibility that they may need to prepare the nation's military for war.

### **Re-engineering Affordable Care Policy in China**

"The economics of American higher education are driven by one key factor--the availability of students willing to pay tuition--and many related factors that determine what schools they attend. By digging

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into the data, economist Nathan Grawe has created probability models for predicting college attendance. What he sees are alarming events on the horizon that every college and university needs to understand. Overall, he spots demographic patterns that are tilting the US population toward the Hispanic southwest. Moreover, since 2007, fertility rates have fallen by 12 percent. Higher education analysts recognize the destabilizing potential of these trends. However, existing work fails to adjust headcounts for college attendance probabilities and makes no systematic attempt to distinguish demand by institution type. This book analyzes demand forecasts by institution type and rank, disaggregating by demographic groups. Its findings often contradict the dominant narrative: while many schools face painful contractions, demand for elite schools is expected to grow by 15+ percent. Geographic and racial profiles will shift only slightly--and attendance by Asians, not Hispanics, will grow most. Grawe also use the model to consider possible changes in institutional recruitment strategies and government policies. These "what if" analyses show that even aggressive innovation is unlikely to overcome trends toward larger gaps across racial, family income, and parent education groups. Aimed at administrators and trustees with responsibility for decisions ranging from admissions to student support to tenure practices to facilities construction, this book

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offers data to inform decision-making--decisions that will determine institutional success in meeting demographic challenges"--

### **Solution Protocols to Festering Island Disputes**

Siddharth Kara's *Sex Trafficking* has become a critical resource for its revelations into an unconscionable business, and its detailed analysis of the trade's immense economic benefits and human cost. This volume is Kara's second, explosive study of slavery, this time focusing on the deeply entrenched and wholly unjust system of bonded labor. Drawing on eleven years of research in India, Nepal, Bangladesh, and Pakistan, Kara delves into an ancient and ever-evolving mode of slavery that ensnares roughly six out of every ten slaves in the world and generates profits that exceeded \$17.6 billion in 2011. In addition to providing a thorough economic, historical, and legal overview of bonded labor, Kara travels to the far reaches of South Asia, from cyclone-wracked southwestern Bangladesh to the Thar desert on the India-Pakistan border, to uncover the brutish realities of such industries as hand-woven-carpet making, tea and rice farming, construction, brick manufacture, and frozen-shrimp production. He describes the violent enslavement of millions of impoverished men, women, and children who toil in the production of numerous products at

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minimal cost to the global market. He also follows supply chains directly to Western consumers, vividly connecting regional bonded labor practices to the appetites of the world. Kara's pioneering analysis encompasses human trafficking, child labor, and global security, and he concludes with specific initiatives to eliminate the system of bonded labor from South Asia once and for all.

### **The Fat Switch**

The anthrax incidents following the 9/11 terrorist attacks put the spotlight on the nation's public health agencies, placing it under an unprecedented scrutiny that added new dimensions to the complex issues considered in this report. The Future of the Public's Health in the 21st Century reaffirms the vision of Healthy People 2010, and outlines a systems approach to assuring the nation's health in practice, research, and policy. This approach focuses on joining the unique resources and perspectives of diverse sectors and entities and challenges these groups to work in a concerted, strategic way to promote and protect the public's health. Focusing on diverse partnerships as the framework for public health, the book discusses: The need for a shift from an individual to a population-based approach in practice, research, policy, and community engagement. The status of

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the governmental public health infrastructure and what needs to be improved, including its interface with the health care delivery system. The roles nongovernment actors, such as academia, business, local communities and the media can play in creating a healthy nation. Providing an accessible analysis, this book will be important to public health policy-makers and practitioners, business and community leaders, health advocates, educators and journalists.

### **The Diabetes Code**

This publication is a result of a 2-year innovative, exploratory, and reflective study of cities as unique urban spaces that support life, work, and play. It responds to major issues that affect the quality of life of urban residents. This publication offers practical ways on how urban managers, urban practitioners, businesspeople, and citizens can engage to make cities more livable by building on their distinctive physical, social, cultural, and economic characteristics. With the adoption of the Sustainable Development Goals by the United Nations, the book comes at the right time to offer integrated urban development solutions that can translate global development commitments into urban-level actions to achieve livable cities.

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## **The Blue Zones**

Jeffrey D. Sachs is one of the world's most perceptive and original analysts of global development. In this major new work he presents a compelling and practical framework for how global citizens can use a holistic way forward to address the seemingly intractable worldwide problems of persistent extreme poverty, environmental degradation, and political-economic injustice: sustainable development. Sachs offers readers, students, activists, environmentalists, and policy makers the tools, metrics, and practical pathways they need to achieve Sustainable Development Goals. Far more than a rhetorical exercise, this book is designed to inform, inspire, and spur action. Based on Sachs's twelve years as director of the Earth Institute at Columbia University, his thirteen years advising the United Nations secretary-general on the Millennium Development Goals, and his recent presentation of these ideas in a popular online course, *The Age of Sustainable Development* is a landmark publication and clarion call for all who care about our planet and global justice. Visit <http://cup.columbia.edu/extras/supplement/sachs-9780231173148> for additional teaching materials for students and instructors, including chapter summaries, key concepts, problem sets, and slides.

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## Public Health

• New York Times bestseller • The 100 most substantive solutions to reverse global warming, based on meticulous research by leading scientists and policymakers around the world “At this point in time, the Drawdown book is exactly what is needed; a credible, conservative solution-by-solution narrative that we can do it. Reading it is an effective inoculation against the widespread perception of doom that humanity cannot and will not solve the climate crisis. Reported by-effects include increased determination and a sense of grounded hope.”  
–Per Espen Stoknes, Author, What We Think About When We Try Not To Think About Global Warming “There’s been no real way for ordinary people to get an understanding of what they can do and what impact it can have. There remains no single, comprehensive, reliable compendium of carbon-reduction solutions across sectors. At least until now. . . . The public is hungry for this kind of practical wisdom.” –David Roberts, Vox “This is the ideal environmental sciences textbook—only it is too interesting and inspiring to be called a textbook.” –Peter Kareiva, Director of the Institute of the Environment and Sustainability, UCLA In the face of widespread fear and apathy, an international coalition of researchers, professionals, and scientists have come together to offer a set of realistic and bold solutions to

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climate change. One hundred techniques and practices are described here—some are well known; some you may have never heard of. They range from clean energy to educating girls in lower-income countries to land use practices that pull carbon out of the air. The solutions exist, are economically viable, and communities throughout the world are currently enacting them with skill and determination. If deployed collectively on a global scale over the next thirty years, they represent a credible path forward, not just to slow the earth's warming but to reach drawdown, that point in time when greenhouse gases in the atmosphere peak and begin to decline. These measures promise cascading benefits to human health, security, prosperity, and well-being—giving us every reason to see this planetary crisis as an opportunity to create a just and livable world.

### **Drawdown**

An expert on human longevity reveals the sometimes unusual but effective secrets of diet, behavior, fitness, and attitude collected from long-lived communities around the world, revealing the critical everyday lifestyle choices and behavior that correspond to a longer, healthier life. Reprint.

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