

1 WEEK WEIGHT LOSS CHART

One-Week Diet Plan to Try

Day 1	Monday	• Fruits of your choice • Greek Yogurt for your snack • Water (8-12 glasses)
Day 2	Tuesday	• Fresh, organic vegetables depending on your choice • Salted nuts for your snack • Water (8-12 glasses)
Day 3	Wednesday	• Fruits (you may choose different fruit from day 1 to avoid monotony) • Water (8-12 glasses)
Day 4	Thursday	• Avocado Banana smoothie • 3 glasses of reduced-fat milk • Water (8-12 glasses)
Day 5	Friday	• 1 cup of brown rice paired with any vegetable of your choice • Water (8-12 glasses)
Day 6	Saturday	• 1 cup of brown rice paired with any vegetable of your choice • Water (8-12 glasses)

Note: Focus on low-calorie foods. An increased amount of water intake can give effective weight loss results.

Gmail Weight Loss Plan This Week

Colleen Criswell

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

Gmail Weight Loss Plan This Week:

The Millenium Diet Mark Davis, 2008 Market General Trade ages 16 to 65 plus List Price 14 95 Discount 40% Returnable 100% Book Description The Millenium Diet The Practical Guide For Rapid Weight Loss is the only book currently on the market devoted to accelerated weight reduction Physician formulated and utilized by thousands of dieters this program has consistently achieved weight loss in the range of 4 to 8 pounds per week When studying the diet histories of several thousand patients certain common factor emerged concerning their eating habits Specific foods and food groups were noted to cause most of their weight gain By reducing or eliminating these foods rapid weight loss occurred The plan is safe effective and adaptable to most lifestyles There are no recipes to follow nor special foods to purchase Its ease of use and excellent outcomes makes this a diet that can help millions of people who have not done well on other programs This is the book the large publishers would rather you never see because its nutrition information is cutting edge and competes very well against their repertoire of antiquated diets which they still publish Consider the Millenium Diet for your bookshelf you won t be disappointed

The Abster Meal Plan Geno Sylvain, 2012-09-01 The Abster Meal Plan will inform you on how to eat to reach your target weight Whether you want to maintain your current weight lose a couple of pounds or increase your muscle mass The Abster Meal Plan will get you to where you re going Obesity No More vtsreekumar123@gmail.com, 2025-03-20 Embark on a transformative journey towards a healthier happier you with Obesity No More Your Ultimate Guide to a Healthier Happier You In a world where the battle against excess weight is pervasive this book serves as your comprehensive companion offering a roadmap to sustainable well being Delving beyond mere aesthetics this guide explores the intricate tapestry of obesity its roots consequences and the multifaceted approaches necessary for triumph This is not just a weight loss manual it s a holistic exploration of wellness that encompasses the mind body and spirit Discover the science behind obesity unravel the psychological barriers to weight loss and learn how to foster a positive relationship with your body Obesity No More provides evidence based strategies empowering you with practical tools for mindful eating effective exercise and stress management It s a personalized approach recognizing the uniqueness of each individual s journey offering tailored insights for lasting change Engage with inspiring stories from those who have successfully conquered obesity and find motivation to craft your own success story As you navigate the chapters you ll encounter a wealth of information engaging exercises and a supportive guide to help you create a lifestyle that promotes enduring health and happiness Say goodbye to the struggle and welcome a life where obesity is no more Let this book be your compass on the path to a transformed and revitalized you Whether you re at the beginning of your journey or seeking to reinforce healthy habits Obesity No More is your roadmap to a life of vitality joy and well being

1337 Use Cases for ChatGPT & other Chatbots in the AI-Driven Era Florin Badita, 2023-01-03 1337 Use Cases for ChatGPT other Chatbots in the AI Driven Era is a book written by Florin Badita that explores the potential uses of advanced large language models LLMs like ChatGPT in

various industries and scenarios The book provides 1337 use cases and around 4000 examples of how these technologies can be applied in the future The author Florin Badita is a data scientist social entrepreneur activist and artist who has written about his experiences with data analysis on Medium He is on the Forbes 30 under 30 list a TedX speaker and Landecker Democracy Fellow 2021 2022 He is known for his work in activism founding the civic group Corruption Kills in 2015 GIS data analysis and data mining The book covers a variety of tips and strategies including how to avoid errors when converting between different units how to provide context and examples to improve the LLM s understanding of the content and how to use the Markdown language to format and style text in chatbot responses The book is intended for anyone interested in learning more about the capabilities and potential uses of ChatGPT and other language models in the rapidly evolving world of artificial intelligence After the introduction part and the Table of content the book is split into 20 categories each category then being split into smaller categories with at least one use case and multiple examples A real example from the book Category 4 Science and technology Sub Category 4 60 Robotics 4 60 1 Text Generation General example text prompt Generate a description of a new robot design Formula Generate description of robot design Specific examples of prompts Generate a detailed description of a robot designed for underwater exploration Generate a brief overview of a robot designed for assisting with construction tasks Generate a marketing pitch for a robot designed to assist with household chores 4 60 2 Programming Assistance General example text prompt Write code to implement a specific behavior in a robot Formula Write code to implement behavior in robot Specific examples of prompts Write code to make a robot follow a specific path using sensors and control algorithms Write code to make a robot respond to voice commands using natural language processing Write code to make a robot perform basic tasks in a manufacturing setting such as moving objects from one location to another Hollywood Weekly Jan2009 , **The ASMBS Textbook of Bariatric Surgery** Christopher Still,David B. Sarwer,Jeanne Blankenship,2014-09-17 Developed by the American Society for Metabolic and Bariatric Surgery ASMBS The ASMBS Textbook of Bariatric Surgery provides a comprehensive guide of information dealing with the ever evolving field of bariatric surgery Volume II Integrated Health is divided into 3 sections bariatric medicine psychosocial and nutritional aspects of bariatric surgery The first section deals with the psychosocial issues associated with morbid obesity The second section deals with the role of bariatric physicians in preoperative and postoperative support of the bariatric patients The nutritional section discusses the preoperative and postoperative nutritional support for the bariatric patient The ASMBS Textbook of Bariatric Surgery will be of great value to surgeons residents and fellows bariatric physicians psychologists psychiatrists and integrated health members that manage the morbidly obese *Nutrition and Fitness* Riccardo Dalle Grave,2020-12-22 Mens sana in corpore sano a healthy mind in a healthy body is a Latin phrase taken from Giovenale Satire X 356 that remains relevant and is supported by today s data regarding genetics and nutrition and their contribution to mental health The purpose of this Special Issue on Nutrition and Fitness Mental Health is to provide an update on the latest

evidence regarding the association between nutrition physical activity and inactivity and physical fitness and the mental health of children adolescents and adults Particularly papers reviews and clinical or experimental studies dealing with the association between nutrition physical fitness and mental health both in general and with regard to specific mental disorders and nutrients and physical activity as agents for prevention treatment or augmentation of treatment for mental disorders will be included

Pegan Diet Cookbook: 100% VEGAN Karen Greenvang,2022-02-21 Boost Your Energy with the Vegan Alkaline Paleo Way Getting to the health and vitality of your dreams can be so easy and enjoyable when you embrace this simple delicious and nutritious fully plant based approach that is naturally gluten free grain free soy free alkaline forming and fully vegan The Vegan Paleo Pegan lifestyle is the result of the combination of the Paleo and Vegan diets This hybrid diet offers holistic health benefits such as boosting energy levels reducing inflammation losing weight in a natural way and feeling amazing The Body Mind Benefits of Vegan Paleo Speak for Themselves More energy and motivation for workouts No more digestive issues No more allergies Feel younger in your body Improve your memory With This Guide You Will Learn Over 50 Easy Mouth Watering Recipes including Fresh Fruit Skewers with Vegan Coconut Yoghurt Dip Iceberg Lettuce Wraps Spinach Wraps with Red Cabbage Carrot Grapes Almonds and Avocado Pegan Ratatouille with Black Olives and Pine Nuts Raw Thai Salad with Spiralized Zucchini Easy Chia Snack Raw Butternut Curry with Cashew Nuts and Coconut healing Pegan green smoothies many more 50 recipes in total These recipes are perfect for busy people and are quick and easy to prepare Most ingredients are easy to find in your local grocery store You can now forget about calorie counting eat more and embrace the vegan paleo Pegan approach and become a Paleo gatherer to achieve vibrant health and if desired lose weight It s not about eating less It s about eating right With this simple recipe book you can make a healthy Pegan lifestyle easy delicious effortless and enjoyable all the time while you re racing towards the health and body you deserve The good news You don t need to be 100% perfect Just focus on improving your diet with more Pegan recipes It s absolutely proven beyond all doubt that the Pegan diet works and that it s a wonderful holistic natural wholefoods based approach to getting to the health you deserve

Ketogenic Diet Therapies for Epilepsy and Other Conditions, Seventh Edition Eric Kossoff,Zahava Turner,Mackenzie C. Cervenka,Bobbie J. Barron,2020-12-28 Now in its seventh edition Ketogenic Diet Therapies for Epilepsy and Other Conditions is the premier resource for anyone considering starting or already implementing a ketogenic diet for epilepsy or other medical disorder Coauthored by a multi disciplinary care team from the world renowned Johns Hopkins Hospital this valuable reference establishes how these diets work providing both the basics as well as advanced methods on how to start and maintain children and adults on ketogenic diets Written for parents patients dietitians neurologists and individuals embarking on ketogenic diets for any purpose Ketogenic Diet Therapies brings a patient centered approach to answering common questions related to the ketogenic modified Atkins and related therapeutic diets With useful tips and information throughout chapters cover diet selection provide sample meal plans and recipes offer guidance on how to

connect with local and worldwide resources and much more to ensure success Revised and thoroughly updated this edition reflects the latest pediatric and adult ketogenic recommendations with expanded sections throughout New chapters have been added to address areas of growing importance and popularity such as the new modified ketogenic diet the gut microbiome infants and the diet using diets for adults exogenous ketones and diets for conditions other than epilepsy with additional coverage of diabetes and obesity As the go to text on ketogenic diets over the course of seven editions this book continues its mission of preparing patients families and professionals for the ketogenic journey ahead This essential book will help you Understand how to start and use any of the five major ketogenic diets Fine tune the diets to meet individual needs Develop and prepare tasty and healthy ketogenic meals Navigate the real world of school family and friends with confidence Learn about the latest research on the diet for use in infants children and adults Diabetes Food Plan Viduranga Waisundara,2018-07-11 Diabetes is a global pandemic where many remedies have been recommended as means of combating the prevalence of this disease However dietary control appears to be more effective than others This book focuses on interventions concerning glycemic control the oxidative stress based occurrence of the disease and its prevention as well as novel remedies While many books have been published recently on this aspect the book aims to serve as an update to the scientific community as well as to those who have been adversely affected by the disease There are many unexplored territories when it comes to diabetes and it is hoped that this publication will open up new avenues of successfully curbing its occurrence *Bariatric Surgical Practice Guide* Saravana Kumar,Rachel Maria Gomes,2017-01-31 This book provides a comprehensive review of literature of various aspects of bariatric surgery arriving at practical recommendations for simplifying day to day practice This book is divided into 10 sections covering selection of patient preoperative predictors of outcome technical considerations specific situations post operative pathways management of complications revisional surgery and perioperative nutritional aspects It covers specific situations in bariatric surgery such as GERD hernia repair gallstone disease PCOD NAFLD and end organ disease Bariatric Surgical Practice Guide is a quick resource for practicing bariatric surgeons young and experienced to understand all practical aspects of this surgery which is gaining importance worldwide at a rapid pace Recommendations are based on existing literature as well as opinions of the authors who work at state of the art clinical facilities The Magical Circle School Newsletter: June 2015 Colleen Criswell,2015-05-23 In this edition April May 2015 Class Graduates Club Notes June Full Moon Ritual Wealth of Love by Amy Davison Kitchen Witch s Club Cauldron Litha Ritual Midsummer s Morning Sun by Amy Davison The Magickal Book Club My Wicker Man by MysticOfAmber A Nature Walk by MysticOfAmber Poem Submission Night of the No Moon by Silver Corona Powerful Pebbles by Skyla NightOwl Spell of the Month Contest Winner Theme Purification Spell Submission The Blessing Tree by Minnie Eerin Writers Under the Moon You Are Not Alone by Freyja Mahogany The Magical Circle School Newsletter: July 2015 Colleen Criswell,2015-06-24 In our July 2015 edition we have Berstuk Nature Deity by Teri Stich Club Notes Crafting Club

Corner Word Art Is It Karma by DannielleRae July 2015 Magical Circle School Calender July Blue Moon Ritual Calliope s Pep Talk by Minnie Eerin July Full Moon Ritual Unconditional Love by Colleen M Criswell July s Spell of the Month Contest Winner Theme Emotions Kitchen Witch s Cauldron Kitchen Witch s Herb of the Month Chamomile by Aurora Moon Kitchen Witch s Plants of the Month by Carra Kinnear Kitchen Witch s Theme of the Month Grilling Magickal Book Club May June Magical Circle School Class Graduates Poem Submission The Song of the Old Soul by Silver Corona Powerful Pebbles with Skyla NightOwl Puzzle Page Reactions in Arts and Crafts by DannielleRae Spell Submission Back To Myself by Minnie Eerin Story Submission Reactions to Molly by Freyja Mahogany Weight Loss Ignacio Jáuregui Lobera,2018-10-31

Epidemiological studies show that weight loss has many health benefits so different strategies have been explored to lose weight with health and esthetic reasons being the base of those strategies Weight loss may be the result of pathologies so both intentional and unintentional weight loss are different situations each being a relevant focus of study Along with that distinction gender and ethnic topics are also relevant aspects and different chapters of this book are related to male vs female topics as well as to cultural differences related to weight loss Childhood obesity from a parenting style perspective is also developed in this book Finally it must be noted that activity is essential to improve body composition and also to keep an ideal weight *The Effect of Diet and Nutrition on Postprandial Metabolism* François Mariotti,Dominique

Dardevet,2020-11-04 The postprandial period is the metabolic phase that directly follows the ingestion of a meal This period is critical to the handling of nutrients to feed the body throughout the whole day but it is also a time of challenge for the body s metabolism which has to be flexible and adaptable regarding the quantity and the quality of the nutrient intake Changes in postprandial metabolism have been considered to be potential early markers in the pathophysiological course finally leading to an increased risk of disease development This book aimed to broaden and add to the research on the importance of postprandial metabolism in nutrition The book includes literature reviews that cover the broad state of the art of our knowledge about postprandial metabolism fine original studies of the complex changes in metabolism and the physiological processes that are considered to drive the onset of pathogenesis Finally a series of examples on how nutrient content especially proteins sucrose and lipids can influence the postprandial metabolism over a wide range of phenomena operating during the postprandial period and how they could contribute to tipping the body towards adverse health processes Role

of Natural Compounds in Inflammation and Inflammatory-Related Diseases Francesco Maione,2019-10-01 The papers reported here will contribute to proposing new insights into the mechanisms of several conditions as well as suggesting new diagnostic alternatives and therapeutic targets in widespread pathologies such inflammation and inflammatory based diseases The discovery of the new is as always anchored in recourse to the old ISMINA 2021 Anggit Wicaksono,Natalia Desy Putriningtyas,Nur Siyam,Billy Castyana ,2021-10-19 We are delighted to introduce the proceedings of the 5th International Conference on Sports Health and Physical Education ISMINA 2021 with the theme Transformation on Sports

Health and Physical Education Facing the Global Pandemic This conference has brought researchers educators and practitioners around the world The 5th ISMINA 2021 Proceedings contains 75 articles Consisting of 35 sports themed articles 25 health themed articles and 15 physical education themed articles The 5th ISMINA 2021 collaborates with ICSSPE APPORI and several leading Indonesian universities in the fields of physical education sports and health education The 5th ISMINA 2021 aims to gather all knowledge and transformation to face the global pandemic in the fields of physical education health and sports Finally we would like to express our gratitude and appreciation for all committee and the reviewers who helped us maintain the high quality of manuscripts included in the proceedings published by EUDL Also we are thankful to all the authors who submitted papers because of which the conference became a story of success *ABSTRACT BOOK of I. INTERNATIONAL CONGRESS ON MEDICINAL AND AROMATIC PLANTS* , Dear Academicians Readers and Educators We are pleased to present the issue of the International Journal of Secondary Metabolite as a special issue entitled I International Congress on Medicinal and Aromatic Plants Natural And Healthy Life This special issue contains some of scientific studies presented in the congress Hosting the I International Medical and Aromatic Plant Congress held in Konya on 9-12 May 2017 by the cooperation of the Ministry of Forestry and Water Affairs General Directorate of Forestry and Necmettin Erbakan University was a great honor for us The total number of abstract submission for the congress was 1923 After the scientific evaluation 85 abstracts were rejected and 244 abstracts were withdrawn As a result a total of 1594 abstracts were accepted for presentation 280 of them as oral presentation and 1314 as poster presentation 2604 authors were contributed and 1543 participants were participated to the congress The studies presented in the congress was electronically shared in terms of accessibility The authors of 220 papers presented in the congress submitted to the International Journal of Secondary Metabolite for publication 70 of them were published and 150 full papers were rejected due to revision deadline reviewing process etc after reviewing process I would like to special thank to the Journal founder for publishing and also to the editor editorial board and authors for contributing this issue Best regards Dr Muzaffer EKER Rector of Necmettin Erbakan University TC Orman ve Su leri Bakanl Orman Genel M d r l ve Necmettin Erbakan niversitesi payda l nda Necmettin Erbakan niversitesi ev sahipli inde 9-12 May s 2017 tarihlerinde Konya da ger ekle tirilen I Uluslararası T bbi ve Aromatik Bitkiler Kongresi nin a l program Orman ve Su leri Bakan Say n Prof Dr Veysel Ero lu Sa l k Bakan Prof Dr Recep Akda Milletvekilleri Konya Valisi Yakup Canbolat Konya B y k ehir Belediye Ba kan Tahir Aky rek Afyon Kocatepe niversitesi Rekt r Prof Dr Mustafa Solak Necmettin Erbakan niversitesi Rekt r Prof Dr Muzaffer eker Orman Genel M d r Dekanlar Akademisyenler Daire Ba kanlar renciler ve sekt rde faaliyet g steren i adamlar n n kat l m yla ger ekle tirilmi tir Kongre son y llarda yap lan en geni kat l ml bilimsel organizasyon olma zelli i ta maktad r Kongreye t bbi ve aromatik bitkilerin dahil oldu u pek ok alandan tan nm ve se kin akademisyenler kat lm t r Davetli Konu mac olarak kongreye kat lan Mauritius niversitesi nden Vidushi Neergheen Bhujun Handong Global niversitesi nden Jong Bae Kim Malezya dan ve Ege

niversitesi'nden emekli Prof. Dr. M. N. Z. Yeditepe Üniversitesi'nden Prof. Dr. Erdem Ye. İlada Sebahattin Zaim Üniversitesi'nden Prof. Dr. Adem ELG N. T. B. TAK Marmara Araştırma Merkezi'nden Prof. Dr. Cesarettin Ala. alvar Hacettepe Üniversitesi'nden Prof. Dr. rem. Tatlı. ankaya ve Cumhurbaşkanlığından Prof. Dr. brahim Adnan Sara. o. lu bunlar arasında sayılabilir Kongrede geçen boyunca yedi ayrı salonda a. a. daki b. l. klar altında s. z. l. ve poster bildiriler sunulmuştur ve y. o. un kat. l. m. g. zlenmiştir. T. b. bi. Bitki Aromatik Bitki ve Mantar retimi T. b. bi. ve Aromatik Bitkisel r. n. Sanayii Fonksiyonel G. dalar Bitkisel a. ylar ve Nutras. tikler Tabii Kozmetik r. n. ler Aromatik Bitkiler ve U. ucu Ya. lar Farmakoloji Farmakognozi Toksikoloji Farmakovijilans Tabii Bitki r. t. s. n. n. Korunması ve Etnobotanik T. b. bi. ve Aromatik Bitkilerde Antropoloji Sosyo. Ekonomi. K. lt. r. ve Etik T. b. bi. ve Aromatik Bitkilerin Ak. lc. Kullan. m. Kongrede s. z. l. sunular Lokman Hekim Farabi b. n. i. Sina Ak. emsettin Mevl. na ve Balo Salonları'nda poster sunular ise Poster Salonunda ger. ekle. tirilmiştir. tir. Kongre s. resince Selva Redoks Tales Analitik Dr. Mustafa M. cahit Y. lmaz Sem. Yap. l. can Biosan firmalar ile Orman Su. leri Bakanlı. Konya B. y. k. ehir Belediyesi Park ve Bah. eler Daire Ba. kanlı. NE. G. da M. hendisli i. B. l. m. NE. Sa. l. k. Bilimleri Fak. ltesine ait stantlarda t. b. bi. ve aromatik bitkilerle ilgili r. n. ve yay. n. tan. t. m. lar ger. ekle. tirilmiştir. tir. Orman Genel M. d. r. l. kongreye d. ll. foto. raflar sergisi ile renk katm. t. r. Kongremizin d. zenlenmesinde 12 Y. r. tme Kurulu 24 yerli 25 yabancı olmak üzere 49 Bilim Kurulu ve 11 Dan. ma Kurulu yesi g. rev. yapm. t. r. Kongremize toplam 1543 kat. l. m. c. ba. vurmu olup kat. l. m. c. lar i. erisinde 520 retim eleman 483 retim yesi 429 renci ve 111 sekt. r. temsilcisi dinleyici yer alm. t. r. Kongremize 524 bay kat. l. m. c. 1019 bayan kat. l. m. c. ba. vurmu. tur. Kongreye bildiri g. nderen 2604 yazardan 382 adeti ziraat 321 adeti g. da 311 adeti orman 270 adeti m. hendislik 225 adeti sa. l. k. 161 adeti diyetisyenlik 157 adeti veterinerlik 145 adeti farmakoloji 104 adeti eczac. l. k. 37 adeti di. hekimli i. ve 491 adeti kozmetik peyzaj sosyal k. lt. rel. vb. di. er. alanlarda al. t. belirlenmiştir. tir. Kongreye toplam bildiri ba. vurusu 1923 adet olup bilimsel de. erlendirme sonucu 85 adeti reddedilmiştir. 244 adet bildiri geri ekilmiştir. tir. Sonu. olarak 280 bildiri s. z. l. bildiri olarak ve 1314 bildiri poster bildiri olmak üzere toplam 1594 bildiri kabul edilmiştir. tir. S. z. l. bildiriler konular na uygun olarak 48 oturumda poster bildiriler ise 14 oturumda sunulmuştur. Bu bildiriler i. erisinde yazarlar taraf. ndan bildiri kitab. nda bas. lmak üzere 159 tam metin g. nderimi ger. ekle. tirilmiştir. ayn. zamanda uluslararası alan indeksli International Journal of Secondary Metabolite dergisine de 173 tam metin makale g. nderilmiştir. olup toplam 332 adet tam metin haz. rlanm. t. r. Kongre web sayfam. za 45 bin tekil ziyaret i. girmi ve 4 milyondan fazla hit olmuştur. tur. m. lar. r. Kongre duyurular ve hat. rlatmalar i. in 150 binden fazla mail g. nderilmiştir. olup yakla. k. 15 bin mail al. nm. t. r. Kongre ile ilgili sekreteryaya zerinden yakla. k. 6000 g. r. me. yap. lm. t. r. Yukarıda ifade edilen konferans bildiri oturumlar ve toplant. lar. da t. b. bi. ve aromatik bitkiler sekt. r. nde ortaya kan. reform ihtiya. lar mevzuat ula. m. ve kalite sorunlar vb. konular tart. lm. t. r. Ortaya kan. sonu. lar. kongre d. zenleme kurulu taraf. ndan sonu. bildirgesi haline getirilmiştir. tir. Sonu. Bildirgesi ile tam metin kongre kitab. e kongre kitap olarak kongre payda. lar na ait web siteleri ile kongre web sitesinden www. tabkon. org kamuoyu ile payla. lacakt. r. SONU ve DE. ERLEND. RME RAPORU Kongre de. erlendirme oturumu soru. cevap k. sm. ndan elde edilen sonu. lar ile de. erlendirmelerini g. nderen bilim insanları n. g. r. leri a. a. da yer ald. gibi zetlenebilir. 1 Bitkisel r. n. lerin sa. l. k. zerine olumlu

etkilerinin oldu u bilinmektedir Ancak bu r nlerin yanl kullan m nedeniyle karaci er nakline kadar gidebilen hayati ve ciddi sa l k sorunlar na yol a abildi i g r lmektedir Sekt r n ve vatanda n sorunlar na y nelik z m retmek amac yla Bakanl klar Orman ve Su leri Bakanl Sa l k Bakanl G da Tar m ve Hayvanc l k Bakanl ve G mr k ve Ticaret Bakanl aras nda bir TIBB VE AROMAT K B TK LER KOORD NASYON ST KURULU olu turulmal d r 2 B lgemizin t bbi ve aromatik bitkiler sekt r nde ilk olarak b lgelere g re t bbi aromatik bitki retim planlama al malar yap lmal d r B lgelere g re ekonomik de eri ve retim potansiyeli y ksek bir veya birka bitki t r belirlenmelidir Bu bitki t r n n do adan toplama ve k lt re al narak retilebilecek t rleri ayr ayr belirlenmelidir Gerekli r n n belirlenmesi retim planlamas ve fiyatland rma al malar n yapmak i in yerelden STK kamu ve zel sekt r uzmanlar n n yer ald farkl disiplinlerden m te ekkil bir komite kurulmal d r Bu belirlenen bitkilerin gerek toplanmas gerekse k lt re al narak retilmesi i in gerekli organizasyonlar ve destekler sa lanmal d r 3 lkemiz ok zengin do as na ra men hala i lenmemi bir bitki ihracat s olmaya devam etmektedir lkemizde bitkisel ila sanayinin geli memesi bunun yan nda parf meride kullan lan sentetik r nlerin daha ucuz olmas gibi nedenlerle do al u ucu ya lar n ikinci planda kalmas t bbi ve aromatik bitkilerin retim olanaklar n k s tlam t r 4 T bbi ve aromatik bitkilerin mevcut durumunu korumak ve artan pazarda yer almas n sa lamak i in piyasan n istedi i r nleri istedi i miktar ve kalitede sunmam z nem arz etmektedir Do al zenginliklerimizimizin s reklili i ve gelecekteki ara t rmalar i in gen kaynaklar n n korunmas insitu ve ex situ nemlidir Ancak t bbi ve aromatik bitki retimini do adan toplayarak kar lamam z m mk n de ildir Yeterli miktarda standart ve kaliteli r n retmek i in bu bitkilerin k lt re al nmas ve slah nem arz etmektedir T bbi aromatik bitkilerde lkemiz endemik bitkilerinin isimlendirilmesinde terminoloji birlikteli i ve b lgesel co rafi farkl l klar tan mlay c temel bilgilerin netle tirilmesi gerekmektedir Ayr ca lkemiz floras na uygun e it slah na y nelik proje al malar yapt r lmas gerekmektedir k lt re alma adaptasyon slah vb 5 T bbi ve aromatik bitkilere ait d zenli istatistiksel veriler bulunmamaktad r Bu arz talep ili kisi dikkate al narak retim yapmay zorla t rmaktad r Bu nedenle bitkilerle ilgili bilgilerin toplanaca ve ula labilece i veri bankalar olu turulmal d r Yurt i i ve yurt d nda ticareti yap lan do al bitkilerin tam bir listesi toplay c arac ihra eden firma ve ilgili devlet kurumlar yla birlikte haz rlanmal ve bir veri taban olu turulmal d r T bbi ve aromatik bitkilerin do adan toplanmalar kontrol alt na al nmal nesli tehlikede olanlar koruma alt na al nmal ncelikle tar m na ge ilmeli t m bu bilgiler olu turulacak veri taban nda yer almal d r 6 En ok ihracat yap lanlar d ndaki bitkisel r nler ihracat istatistiklerinde di erleri fasl nda yer almaktad r Bu y zden lkemizden ihra edilen droglar n tam bir listesine ula abilmek m mk n olmamaktad r Bu bitkiler zerinde sa l kl al malar yap labilmesi i in bunlar n ticaretlerinin izlenmesi ihracat ve zellikle retim miktarlar n n ve bunlar n ne kadar n n do adan toplama ve ne kadar n n da tarla retiminden geldi inin istatistiklerde a k ve net olarak yer almas zorunlulu u bulunmamaktad r 7 T ketici ve sanayici taleplerine cevap veren kaliteli ve standart r n i in slah edilmeli e itlerin geli tirilmesi uygun ekolojik ko ullar n belirlenmesi do al bitkilerin do aya zarar vermeden zaman nda toplanmas hasat sonras i lemler ve i leme teknolojisinin belirlenmesi t bbi ve aromatik bitkilerde retim ve pazar olanaklar n artt racakt r B lgelere g re birka r nde z t ve etken madde

retimine ge ilmesi retilen r nler i in markala ma ve standart olu turma 7 faaliyetlerinin y r t lmesi elzemdir Ayr ca ham madde retimini ikincil r nlere d n t recek tar ma dayal sanayi tesislerinin b lgeye kazand r lmas olduk a nemlidir 8 G da Tar m ve Hayvanc l k l m d rl klerinin fide ve tohum da t lmas noktas nda il zel idaresiyle birlikte projeler yapmas n n ok etkili olacakt r 9 T bbi ve aromatik bitkiler alan nda faaliyet g steren retici toplay c ihracat sanayici ara t rmac ve di er t m payda lar n koordinasyonunu sa layacak bir sistem ve ara t rma sonu lar n n prati e aktar lmas i in ara t r c sanayici retici aras nda bilgi ak n sa layacak yay n sistemi olu turulmal d r 10 Genetik kaynaklar kullan larak tar ma ve lke ekonomisine endemik vb ekonomik de eri olan bitkiler kazand r lmal d r Genetik materyal tohumluk fide yetersizli ini gidermek i in al malar yap lmal d r 11 Ta i yabanc madde kar t rma problemine kar standardizasyon sa lanmal d r 12 Aktar d kkan a mak i in T bbi ve Aromatik B l m mezunu olma art getirilmelidir 13 ki y ll k olan e itim s resi yetersizdir Avrupa lkelerindeki gibi Medikal Herbalist lik ekinde uygulamal en az y ll k e itim verilmelidir 14 Hali haz rdaki m fredat g zden ge irilerek bu konudaki s z sahibi lkelerdeki gibi e itim verilmelidir Okullar aras nda m fredat birli i sa lanmal d r E itimcilerin bu konuda yetkinli i art ko ulmal d r Meslek gereklerine uygun donan ml mezunlar n yeti ebilmesi i in e itime uygun altyap sa lanmal d r 15 Bu b l m mezunlar na yeterli e itim verilerek herbalist nvan verilebilir Ve yasalarca da tan nabilir Mevcut unvan olan T bbi ve Aromatik Bitkiler Teknikeri uzun bir unvan oldu undan daha ak lda kal c bir unvan i in d zenleme yap lmal d r 16 Baharat bitkisel g da takviyesi do al kozmetik bitki ay bitkisel ila reten i yerleri ile bu t r r nlerin sat n n yap ld eczane aktar organik r n d kk nlar nda b l m mezunlar n n al t r lmas zorunlulu u yasalarca dikkate al nmal d r 17 Bilimsel ara t rma sonu lar n n prati e aktar lmas noktas nda al malar n yap lmas gerekmektedir Elde edilen sonu lar n ulusal ve uluslararası l de katk yapmas beklenmektedir 18 lkemizde bitkisel ila sanayinin geli mesine y nelik al malara destek verilmelidir 8 19 Uluslararası ticarete nem ta yan t rlerin retimi ve ihracat n n artt r lmas gerekmektedir 20 Pazar garantili bah e tarla uygulamalar na y nelik al malar ile markala maya y nelik al malar yap lmal d r Ayr ca stratejik de eri olan r nlerin retimine gidilmelidir 21 Herhangi bir zaman diliminde pop ler olan t r ya da r n zerine yo unla mak yerine her d nem nemini kaybetmeyen t rlere nem verilmelidir 22 T bbi ve aromatik bitkilerin tar m i in orman arazileri yerine tar msal alanlar n ayr lmas gereklidir 23 T bbi ve aromatik bitki analizi ile ilgili yetkin laboratuvarlar arac l yla kriterler belirlenmeli bile enlerin i eri i ve miktar ve yap lacak al malarda bu standartlar baz al nmal d r 24 Bitkilerin do ru tan mlanmamas nemli bir hata olarak kar m za kmaktad r Bu konuda yetkinli i olan ki ilerle ortak al lmal d r 25 retim teknolojileri ile ilgili al ma yapmak isteyen yat r mc lara gerekli e itimler bakanl k vb kurumlar n deste iyle verilmelidir 26 Fitoterapi konusunda Sa l k Bakanl n n deste i gereklidir 27 G da takviyesi olarak sat lan r nlerin ruhsatland r lmas Sa l k Bakanl taraf ndan yap lmal d r 28 Bilimsel al malara konu olan bitkiler aktar veya pazardan temin edilmemeli do al ortam veya k lt r ortam ndan al nmal Bu t r bildiriler bilimsel kongrede kabul edilmemelidir 29 T bbi ve aromatik bitkilerin retimi esnas nda zirai m cadelede ruhsatl pestisit retimi zerine al malar yap lmal d r 30 Kongre esnas nda posterlerin okunabilmesi i in daha uzun s re as l kalmal d r lave olarak bu amaca d n k olarak posterler elektronik ortamda

yay mlanmal d r 31 Kongrede kullan lan dilin T rk e ve ngilizce olmas nem arz etmektedir 32 Etnobotanikte 70 farkl e it bitkiye kekik ad veriliyor Bunu giderecek al malar yap lmal d r 33 Sar ve k rm z kantaronun etki mekanizmalar farkl olmas na kar n bu bitkiler kar t r larak hataen birbirinin yerine kullan labilmektedir Bu y zden baz sa l k problemleri ya anabilmektedir Bu ve benzeri durumlar n giderilmesi i in gerekli al malar yap lmal d r 9 34 Lavanta vb endemik bitkilerin lke ekonomisine kazand r lmas i in al malar yap lmal d r 35 T bbi ve aromatik bitkiler zerine farkl bilim disiplinlerinin i birli i i inde y r tece i multidisipliner al malar ve toplant lar n say s art r lmal d r Fakat bu toplant lar belli bir koordinasyon i inde y r t lmelidir Benzer tarzda fazla say da yak n tarihli ve i erikli toplant lar d zenlenmektedir 36 T bbi ve aromatik bitkilerle ilgili kongrelerin mutad olarak ulusal ve uluslararası bazda d zenlenmesi gerekir Bunun i in 2 y lda bir ulusal 4 y lda bir uluslararası kongre d zenlenmesine karar verilmi tir Ger ekle tirilecek kongrelerden kacak sonu ve neriler akademik ekonomik ve retim r n faydal model yeni teknolojiler kt lar n n olmas i in azami zen ve gayretin g sterilmesi b y k neme haizdir 37 Bir sonraki Ulusal T bbi ve Aromatik Bitkiler Kongresi nin Afyon Kocatepe niversitesi ev sahipli inde 2018 2019 e itim retim d neminde Afyon da yap lmas na karar verilmi tir Kongre sonu lar n n lkemize bilim insanlar na reticilere sanayicilere ve b t n insanl a olumlu katk yapmas dile iyle 16 05 2017 Konya

Health Benefits of Mediterranean Diet Giuseppe Grosso, Daniela Martini ,2019-10-01 Growing evidence shows that a dietary pattern inspired by Mediterranean diet principles is associated with numerous health benefits A Mediterranean type diet has been demonstrated to exert a preventive effect toward cardiovascular diseases in both Mediterranean and non Mediterranean populations Part of these properties may depend on a positive action toward healthier metabolism decreasing the risk of diabetes and metabolic syndrome related conditions Some studies also suggested a potential role in preventing certain cancers Finally newer research has showed that a higher adherence to the Mediterranean diet is associated with a lower risk of cognitive decline depression and other mental disorders Overall a better understanding of the key elements of this dietary pattern the underlying mechanisms and targets are needed to corroborate current evidence and provide insights on new and potential outcomes This Special Issue welcomes original research and reviews of literature concerning the Mediterranean diet and various health outcomes Observational studies on established nutritional cohorts preferred case control studies or population sample on the association with non communicable diseases Level of evidence on the association with human health including systematic reviews and metaanalyses Evaluation of application of Mediterranean diet principles in non Mediterranean countries Description of mechanisms of action pathways and targets at the molecular level including interaction with gut microbiota

Multidisciplinary Approach to Obesity Andrea Lenzi, Silvia Migliaccio, Lorenzo Maria Donini, 2014-11-18 This book describes in detail the multidisciplinary management of obesity providing readers with a thorough understanding of the rationale for a multidisciplinary approach and with the tools required to implement it effectively The emphasis is on a translational approach starting from basic concepts and fundamental mechanisms of the pathology and clinical morbidity

Experts in the field discuss the full range of relevant topics including the significance of physical exercise psychological issues nutritional strategies pharmacological options and bariatric surgery Put another way the book covers all aspects from the bench to the bedside Physicians scientists and postgraduate students will all find it to be invaluable in understanding the causes and optimal management of obesity which has rapidly become a major public health problem

Adopting the Song of Appearance: An Psychological Symphony within **Gmail Weight Loss Plan This Week**

In a global eaten by displays and the ceaseless chatter of quick transmission, the melodic beauty and psychological symphony produced by the prepared word usually disappear into the back ground, eclipsed by the persistent sound and disturbances that permeate our lives. Nevertheless, set within the pages of **Gmail Weight Loss Plan This Week** a wonderful literary treasure overflowing with organic emotions, lies an immersive symphony waiting to be embraced. Crafted by a masterful composer of language, this fascinating masterpiece conducts visitors on an emotional journey, well unraveling the concealed melodies and profound impact resonating within each cautiously crafted phrase. Within the depths of this emotional analysis, we can explore the book is key harmonies, analyze their enthralling publishing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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