

Victoria Soto

Your Microbiome (Bacteria) Is a Wonder of Nature: Activate & Optimize Eating for Healthy Longevity Evidence for Reductionist or Anti-Reductionist Approaches of Mental Processing Fisheries Centre Research Reports Administración en fisioterapia Violencias de género en entornos virtuales Ositadinma Anaedu Francesca Strappini Luis, Araya Veliz; Adriana Rocío, Beltrán Acosta; Gabriel Augusto, Díaz Reina; Néstor, Flórez Luna; Andrés Daniel, Gallego Ardila; Jessica Paola, González Torres; Claudia Liliana, Guarín Espinosa; Josefina, Chávez Chávez; María Alejandra, López Castro; Victoria Eugenia, Molina; Luis Fernando, Rodríguez Ibagué; Andrés, Rojas; Jahir Alexánder, Soto Mora; Giovanni, Valencia Pinzón Trinidad Donoso Vázquez

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the book explores amazing emerging discoveries and knowledge of the human microbiome its role in human health its interaction with the diet and the application of new research findings into tools and products that improve the nutritional quality of the food supply several major overarching themes emerged over the course of the book the microbiome is integral to human physiology health and disease the microbiome is probably the most intimate connection that humans have with their external environment mostly through diet how fiber the carbohydrates in our diet broken down

by the bacteria in our gut energize the formation of a healthy microbiome dietary interventions intended to have an impact on host health via their impact on the gut bacteria are being developed and seeing tremendous success successes attained by traditional cultures blue zone communities and famous athletes eating natural foods for great health extraordinary fitness and healthy longevity as guides for modern diets the book highlights through research studies the far reaching impact of microbiome on gastrointestinal disease and gastrointestinal syndrome ulcerative colitis overweight obesity diabetics heart disease stroke physical emotional and mental wellbeing cancers as well as how prebiotic and probiotic in natural whole foods can help to reverse and prevent diseases one key universal microbial property is that unlike the human genome the human microbiome is acquired anew each generation with vaginally born babies acquiring different microbiomes than cesarean section c section that can provide them strong immune system in life surprisingly new emerging discovery on saliva microbial impact on gut and brain health

as scientists or clinicians we all have an implicit theory about how the mind relates to the nervous system which infuses our research and practice this theory entails what has been traditionally known as the mind body problem intrinsically connected to the question of potentials and constraints of human and conscious artificial life it still represents an open and highly debated philosophical and empirical question the common assumption for many cognitive neuropsychologists and neuropsychiatrists is that by looking at the anatomical brain function or malfunction it is possible to predict the behavioral experience of individuals this view often called reductionism has dominated the research trajectories in neuroscience and psychiatry in the past decades

esta obra es el resultado de varios años de experiencia de los autores en el área de administración y emprendimiento en fisioterapia y salud a lo largo de su vida laboral donde plasman con una revisión juiciosa de la literatura y su práctica profesional los aspectos más relevantes y útiles a la hora de gestionar y administrar servicios de fisioterapia rehabilitación y salud en general el libro está organizado en dos secciones la primera corresponde a la administración en fisioterapia orientado a aspectos de la calidad

asistencial y la segunda a la realización de empresa donde se destacan elementos básicos del emprendimiento y el mercadeo fundamentales para los profesionales de fisioterapia los servicios de rehabilitación y salud en general

informes internacionales recientes alertan de que el progresivo alcance de internet y el uso generalizado de las redes sociales han convertido la ciberviolencia contra mujeres y niñas en un problema mundial hasta el punto de que se estima que una de cada diez mujeres a partir de los 15 años de edad ya ha sufrido alguna forma de ciberviolencia y que una de cada tres la sufrirá a lo largo de su vida estamos ante un fenómeno que va más allá del ciberespacio pues estas manifestaciones de la violencia en entornos virtuales forman parte de la propia estrategia de violencia que se ejerce contra adolescentes y jóvenes que se vale de procedimientos diversos muy eficaces no solo por su capacidad de control sino también por lo sencillo que resulta camuflar las acciones en un ambiente de normalidad este libro pretende ayudar a identificar las manifestaciones de la violencia de género que se producen en estos entornos así como dar a conocer propuestas e iniciativas que se están desarrollando para responder a las necesidades que plantea esta realidad la obra en la que participan un grupo de docentes que han trabajado en este campo busca compartir el conocimiento que han obtenido gracias a sus investigaciones las cuales aportan algunas claves de cara a la intervención educativa el libro incluye cifras y datos sobre la situación actual a la vez que ofrece a centros educativos familias y agentes socializadores propuestas de actuación creativas y novedosas sobre cómo prevenir e intervenir en lo que concierne a las violencias en los espacios virtuales el libro nos introduce en esos entornos virtuales y nos revela todo el significado y la estrategia de la violencia contra la mujer que se canalizan a través de las nuevas tecnologías y lo hace centrándose en todos los elementos involucrados las características de los agresores la forma en que se ejerce esa violencia el contexto que la disimula y muy importante las circunstancias de las mujeres que la sufren especialmente las más jóvenes

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