

Ray Lavender

Dentine Hypersensitivity Blue Mind The Lavender The Power of Lavender Peter Glenn Robinson Wallace J. Nichols Peace Valley Lavender Farm

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dentine hypersensitivity developing a person centred approach to oral health provides a detailed and integrated account of interdisciplinary research into dentine hypersensitivity the monograph will be of interest to all those working on person centred oral health related research because it provides not only an account of the findings of a series of studies into dentine hypersensitivity drawing on the research traditions of epidemiology sociology psychology and dental public health but an integrated study of the benefits of exploring a single oral condition from this range of disciplines provides an introduction to dentine hypersensitivity and uses a multidisciplinary approach to detail interdisciplinary research on the subject outlines the clinical presentation of dentine hypersensitivity and the underlying physiological mechanisms presents a case study of how social and behavioral science can bring new insights into the experience treatment and fundamental knowledge of an important dental condition written by prominent dentists psychologists sociologists and industry scientists working specifically on the topic of dentine hypersensitivity and its subsequent research

the 10th anniversary edition of the landmark book on the remarkable effects of water on our health and well being a decade ago marine biologist dr wallace j nichols revolutionized how we think about our connection to water exploring the questions we ve long lacked answers to why are we drawn to lakes rivers oceans beaches and pools each summer why does being near water set our minds and bodies at ease boost creativity enhance wellness and increase longevity over the past several years blue mind has become the ultimate resource on the remarkable benefits of being near in on or under water combining

cutting edge neuroscience psychology and cross disciplinary data with compelling personal stories from top athletes leading scientists military veterans and gifted artists nichols shows how proximity to water can improve performance increase calm diminish anxiety and increase professional success now with updated science backed research examples of innovative practitioners and a new afterword on the far reaching impact of this groundbreaking book blue mind not only illustrates the crucial importance of our connection to water it provides a paradigm shifting blueprint for a movement to create better lives for everyone on this blue marble we call home

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