

Newsingle

Writing In InDesign CC 2014 Producing Books Epidemics and War How Not to Die David Bergsland Rebecca M. Seaman Michael Greger, M.D., FACLM
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this is a major update for me the epub production techniques have changed quite a bit both for fixed layout and for reflowable epubs many of the changes i ve been waiting for with epub production have been implemented indesign now stands at the top of the heap for book production in general and epub production in particular you do not need to know code though understanding how html and css works will aid your conceptual understanding i was lukewarm about fxl until i realized that the new fixed layout epubs would show gradient paragraph rules gradient strokes and fills in tables and much more the only major things we re missing are justification and hyperlinked test does not work in fxl the exported epubs upload flawlessly to the ibooks store and kobo writing life finally the 21st century book publishing software we need is within our grasp there s still more to come but this version is very good

through its coverage of 19 epidemics associated with a broad range of wars and blending medical knowledge demographics geographic and medical information with historical and military insights this book reveals the complex relationship between epidemics and wars throughout history how did small pox have a tremendous effect on two distinct periods of war one in which the disease devastated entire native armies and leadership and the other in which technological advancements and the application of medical knowledge concerning the disease preserved an army and as a result changed the course of events epidemics and war the impact of disease on major conflicts in history examines fascinating historical questions like this and dozens more exploring a plethora of communicable diseases viral fungal and or bacterial in nature that spread and impacted wars or were spread by some aspect of mass human

conflict written by historians medical doctors and people with military backgrounds the book presents a variety of viewpoints and research approaches each chapter examines an epidemic in relation to a period of war demonstrating how the two impacted each other and affected the populations involved directly and indirectly starting with three still unknown unidentified epidemics ranging from classical athens to the battle of bosworth in england the book s chapters explore a plethora of diseases that spread through wars or significantly impacted wars the book also examines how long ended wars can play a role in the spread of epidemics a generation later as seen in the 21st century mumps epidemic in bosnia 15 to 20 years after the bosnian conflicts of the 1990s

new york times bestseller this book may help those who are susceptible to illnesses that can be prevented his holiness the dalai lama absolutely the best book i ve read on nutrition and diet dan buettner author of the blue zones solution from the physician behind the wildly popular nutritionfacts website how not to die reveals the groundbreaking scientific evidence behind the only diet that can prevent and reverse many of the causes of disease related death the vast majority of premature deaths can be prevented through simple changes in diet and lifestyle in how not to die dr michael greger the internationally renowned nutrition expert physician and founder of nutritionfacts org examines the fifteen top causes of premature death in america heart disease various cancers diabetes parkinson s high blood pressure and more and explains how nutritional and lifestyle interventions can sometimes trump prescription pills and other pharmaceutical and surgical approaches freeing us to live healthier lives the simple truth is that most doctors are good at treating acute illnesses but bad at preventing chronic disease the fifteen leading causes of death claim the lives of 1 6 million americans annually this doesn t have to be the case by following dr greger s advice all of it backed up by strong scientific evidence you will learn which foods to eat and which lifestyle changes to make to live longer history of prostate cancer in your family put down that glass of milk and add flaxseed to your diet whenever you can have high blood pressure hibiscus tea can work better than a leading hypertensive drug and without the side effects fighting off liver disease drinking coffee can reduce liver inflammation battling breast cancer consuming soy is associated with prolonged survival worried about heart disease the number 1 killer in the united states switch to a whole food plant based diet which has been repeatedly shown not just to prevent the disease but often stop it in its tracks in addition to showing what to eat to help treat the top fifteen causes of death how not to die includes dr greger s daily dozen a checklist of the twelve foods we should

consume every day full of practical actionable advice and surprising cutting edge nutritional science these doctor s orders are just what we need to live longer healthier lives

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