



for boosting good physical and mental health. As the mainstream interest in healthy eating continues to grow, so too has the interest in healthy drinks, and especially in reducing consumption of alcohol. This book contains seventy nutrient-rich hot and cold infused-water recipes, guaranteed to not only quench your thirst but, make you feel better too. Recipes use myriad fruits and herbs—including lemon, kiwi, pomegranate, peach, mint, rosemary, cranberries, cucumber, raspberry, and vanilla—ensuring your palette will be as satisfied as your body.

Your Body’s Many Cries for Water-F. Batmanghelidj 1997-01 A preventive and self-education manual for those who prefer to adhere to the logic of the natural and the simple in medicine.

The Atlas of Water-Maggie Black 2016-09 Climate change, population increase, and the demands made by the growing number of people adopting urban lifestyles and western diets threaten the world’s supply of freshwater, edging us closer to a global water crisis, with dire implications for agriculture, the economy, the environment, and human health. Completely revised and updated, The Atlas of Water is a compelling visual guide to the state of this life-sustaining resource. Using vivid graphics, maps, and charts, it explores the complex human interaction with water around the world. This vibrant atlas addresses all the pressing issues concerning water, from water shortages and excessive demand, to dams, pollution, and privatization, all considered in terms of the growing threat of an increasingly unpredictable climate. It also outlines critical tools for managing water, providing safe access to water, and preserving the future of the world’s water supply.

The Boom-Russell Gold 2014-04-08 A Pulitzer Prize finalist presents an unstinting exploration of today’s controversial fracking technologies to consider the arguments of its supporters and detractors, profiling key contributors while explaining how the practice is changing the way energy is used.

The True Power of Water-Masaru Emoto 2005-09-20 Dear Reader, I am honored that you have picked up The True Power of Water. In a world of no mistakes, it is not by coincidence that you and I are embarking on this journey. The words and pictures you are about to see will open a new world of possibilities for you -- just as my research has done for me. In this book you will learn of the unique properties of water and its ability to improve your health and your life. You will see the effect each of us has on water -- not only the water we drink but also the water that makes up 70 percent of the human body and, most importantly, what happens to that water as we interact with each other. 2005 marks the beginning of the United Nations Decade of Water. It is our individual responsibility to learn all we can about water, the most precious resource on our planet, and to help shift the consciousness through our thoughts, through our words and prayers, and through our commitment to respect each other with love and gratitude. May our understanding of water help bring peace to all humankind. Masaru Emoto

The Healing Power of Water-Masaru Emoto 2008-09-01 This book will transform your world view. Dr. Masaru Emoto’s first book, The Hidden Message in Water, told about his discovery that crystals formed in frozen water revealed changes when specific, concentrated thoughts were directed toward them. He also found that water from clear springs and water that has been exposed to loving words showed brilliant, complex and colourful snowflake patters. In contrast, polluted water, or water exposed to negative though formed incomplete, asymmetrical patterns with dull colors.

The Water-Energy-Food Nexus-Aiko Endo 2018-04-16 This book highlights the water-energy-food nexus as one of the most important and fundamental global environmental issues facing the world. Climate and social changes are putting increased pressure on water, energy and food resources. As water is the central aspect within this cluster, the book focuses on the inherent tradeoffs in water resources between producing/consuming energy and food. In addition, it discusses an inter- and trans-disciplinary approach to understanding the complexity of the water-energy-food nexus system, and creating policy options to reduce the tradeoffs among resources. The content integrates a variety of academic disciplines, including not only the natural sciences (e.g. hydrology, coastal oceanography, costal aquatic bioscience, fisheries, environmental earth science etc.) but also the humanities and social sciences (e.g. marine policy, environmental energy policy, resource governance, policy process theory etc.). The book can be used as a textbook for undergraduate and graduate-level sustainability science courses. Further, its practical content and trans-disciplinary approach to addressing nexus issues with stakeholders offers vital information for practitioners and administrators alike.

Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate-Institute of Medicine 2005-06-18 Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate The Dietary Reference Intakes (DRIs) are quantitative estimates of nutrient intakes to be used for planning and assessing diets for healthy people. This new report, the sixth in a series of reports presenting dietary reference values for the intakes of nutrients by Americans and Canadians, establishes nutrient recommendations on water, potassium, and salt for health maintenance and the reduction of chronic disease risk. Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate discusses in detail the role of water, potassium, salt, chloride, and sulfate in human physiology and health. The major findings in this book include the establishment of Adequate Intakes for total water (drinking water, beverages, and food), potassium, sodium, and chloride and the establishment of Tolerable Upper Intake levels for sodium and chloride. The book makes research recommendations for information needed to advance the understanding of human requirements for water and electrolytes, as well as adverse effects associated with the intake of excessive amounts of water, sodium, chloride, potassium, and sulfate. This book will be an invaluable reference for nutritionists, nutrition researchers, and food manufacturers.

The Moral Case for Fossil Fuels-Alex Epstein 2014-11-13 Could everything we know about fossil fuels be wrong? For decades, environmentalists have told us that using fossil fuels is a self-destructive addiction that will destroy our planet. Yet at the same time, by every measure of human well-being, from life expectancy to clean water to climate safety, life has been getting better and better. How can this be? The explanation, energy expert Alex Epstein argues in The Moral Case for Fossil Fuels, is that we usually hear only one side of the story. We’re taught to think only of the negatives of fossil fuels, their risks and side effects, but not their positives—their unique ability to provide cheap, reliable energy for a world of seven billion people. And the moral significance of cheap, reliable energy, Epstein argues, is woefully underrated. Energy is our ability to improve every single aspect of life, whether economic or environmental. If we look at the big picture of fossil fuels compared with the alternatives, the overall impact of using fossil fuels is to make the world a far better place. We are morally obligated to use more fossil fuels for the sake of our economy and our environment. Drawing on original insights and cutting-edge research, Epstein argues that most of what we hear about fossil fuels is a myth. For instance. . . Myth: Fossil fuels are dirty. Truth: The environmental benefits of using fossil fuels far outweigh the risks. Fossil fuels don’t take a naturally clean environment and make it dirty; they take a naturally dirty environment and make it clean. They don’t take a naturally safe climate and make it dangerous; they take a naturally dangerous climate and make it ever safer. Myth: Fossil fuels are unsustainable, so we should strive to use “renewable” solar and wind. Truth: The sun and wind are intermittent, unreliable fuels that always need backup from a reliable source of energy—usually fossil fuels. There are huge amounts of fossil fuels left, and we have plenty of time to find something cheaper. Myth: Fossil fuels are hurting the developing world. Truth: Fossil fuels are the key to improving the quality of life for billions of people in the developing world. If we withhold them, access to clean water plummets, critical medical machines like incubators become impossible to operate, and life expectancy drops significantly. Calls to “get off fossil fuels” are calls to degrade the lives of innocent people who merely want the same opportunities we enjoy in the West. Taking everything into account, including the facts about climate change, Epstein argues that “fossil fuels are easy to misunderstand and demonize, but they are absolutely good to use. And they absolutely need to be championed. . . . Mankind’s use of fossil fuels is supremely virtuous—because human life is the standard of value and because using fossil fuels transforms our environment to make it wonderful for human life.”

Flood Scour for Bridges and Highways-Mohiuddin A. Khan 2015-02-05 Publisher’s Note: Products purchased from Third Party sellers are not guaranteed by the publisher for quality, authenticity, or access to any online entitlements included with the product. Proven methods for preventing and mitigating bridge and highway flood scour Offering detailed guidelines on bridge scour countermeasures, this comprehensive resource provides a proactive strategy for the design and construction of bridges to prevent scour, as well as a reactive plan for post-flood disaster management. Topics discussed include erosion, causes of scour, AASHTO design codes, hydrology, hydraulics, scour analysis, inspection methods, and modern materials technology. Real-world case studies illustrate the concepts presented. The authoritative information in this practical guide will help you to develop more efficient and cost-effective design processes and bridge management systems for river bridges subjected to floods. Flood Scour for Bridges and Highways covers: Floods, scour problems, and mitigation River instability caused by flow obstructions Past failures and bridges vulnerable to failure Geotechnical and hydraulic issues at scour-critical rivers and bridges Hydrology, floods, and scour-critical bridges Estimating scour depths and selecting applicable countermeasures Inspections, ratings, and monitoring countermeasures FHWA, HEC-18, and HEC-23 scour countermeasures as remediation Innovative methods of flood control and disaster management