

# Malnutrition: long-term consequences and nutritional recovery effects

ANA LYDIA SAWAYA

## Health, nutrition and life conditions

NOWADAYS, it's ever clearer that, for a real understanding of the diseases and their consequences, the anthropological aspects, the psychological dynamism and the social diagnosis of the physically frail people must be considered. For example, the physiological evidences that it's necessary to see man as an integrated phenomenon instead of as independent parts among itself, have increased. A reasonable amount of scientific papers offers ever more examples of that integrality, such as the studies on the effects of happiness on the person's health by the end of his or her life. A study carried out in the United States, for example, concluded that, within a sample of catholic nuns, writings with a positive emotional content at 22 years old were associated with health and longevity at 60 years old (Danner et al., 2001).

Therefore, as far as physiology is concerned, what goes on with a person who considers him or herself happy? There are strong relationships between that kind of statement, life expectancy and the frequency and intensity of chronic diseases, such as cardiovascular, inflammatory and self-immune ones (Steptoe et al., 2005). Such studies identified an inversely correlate biological marker to that happiness declaration: cortisol, the stress hormone. The higher its levels in the saliva when the person wakes up, the greater the stress level and the worse is the life quality in the long-term. It has become increasingly difficult to separate the human being into pieces... The life quality of the human being depends on what he feels and on the meaning he gives to things, and both are associated to his physiological status.

Those same mechanisms are activated when the person receives insufficient feeding in quantitative terms, or inadequate feeding in qualitative terms (when there's a lack of necessary nutrients, such as vitamins and minerals), mainly early in life. The organ that controls all our metabolic activity, the nervous system, permanently "programs" itself to save energy in the form of fat and to reduce growth, in order to guarantee survival in adverse

# Longterm Consequences

**Chandan Giri**



## **Longterm Consequences:**

Embark on a transformative journey with is captivating work, Discover the Magic in **Longterm Consequences** . This enlightening ebook, available for download in a convenient PDF format Download in PDF: , invites you to explore a world of boundless knowledge. Unleash your intellectual curiosity and discover the power of words as you dive into this riveting creation. Download now and elevate your reading experience to new heights .

<https://pinsupreme.com/public/browse/fetch.php/psychological%20commentaries%20on%20the%20teaching%20of%20gurdjieff%20ouspensky%20.pdf>

## **Table of Contents Longterm Consequences**

1. Understanding the eBook Longterm Consequences
  - The Rise of Digital Reading Longterm Consequences
  - Advantages of eBooks Over Traditional Books
2. Identifying Longterm Consequences
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Longterm Consequences
  - User-Friendly Interface
4. Exploring eBook Recommendations from Longterm Consequences
  - Personalized Recommendations
  - Longterm Consequences User Reviews and Ratings
  - Longterm Consequences and Bestseller Lists
5. Accessing Longterm Consequences Free and Paid eBooks
  - Longterm Consequences Public Domain eBooks
  - Longterm Consequences eBook Subscription Services

- Longterm Consequences Budget-Friendly Options
- 6. Navigating Longterm Consequences eBook Formats
  - ePub, PDF, MOBI, and More
  - Longterm Consequences Compatibility with Devices
  - Longterm Consequences Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Longterm Consequences
  - Highlighting and Note-Taking Longterm Consequences
  - Interactive Elements Longterm Consequences
- 8. Staying Engaged with Longterm Consequences
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Longterm Consequences
- 9. Balancing eBooks and Physical Books Longterm Consequences
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Longterm Consequences
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Longterm Consequences
  - Setting Reading Goals Longterm Consequences
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Longterm Consequences
  - Fact-Checking eBook Content of Longterm Consequences
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

### Longterm Consequences Introduction

In the digital age, access to information has become easier than ever before. The ability to download Longterm Consequences has revolutionized the way we consume written content. Whether you are a student looking for course material, an avid reader searching for your next favorite book, or a professional seeking research papers, the option to download Longterm Consequences has opened up a world of possibilities. Downloading Longterm Consequences provides numerous advantages over physical copies of books and documents. Firstly, it is incredibly convenient. Gone are the days of carrying around heavy textbooks or bulky folders filled with papers. With the click of a button, you can gain immediate access to valuable resources on any device. This convenience allows for efficient studying, researching, and reading on the go. Moreover, the cost-effective nature of downloading Longterm Consequences has democratized knowledge. Traditional books and academic journals can be expensive, making it difficult for individuals with limited financial resources to access information. By offering free PDF downloads, publishers and authors are enabling a wider audience to benefit from their work. This inclusivity promotes equal opportunities for learning and personal growth. There are numerous websites and platforms where individuals can download Longterm Consequences. These websites range from academic databases offering research papers and journals to online libraries with an expansive collection of books from various genres. Many authors and publishers also upload their work to specific websites, granting readers access to their content without any charge. These platforms not only provide access to existing literature but also serve as an excellent platform for undiscovered authors to share their work with the world. However, it is essential to be cautious while downloading Longterm Consequences. Some websites may offer pirated or illegally obtained copies of copyrighted material. Engaging in such activities not only violates copyright laws but also undermines the efforts of authors, publishers, and researchers. To ensure ethical downloading, it is advisable to utilize reputable websites that prioritize the legal distribution of content. When downloading Longterm Consequences, users should also consider the potential security risks associated with online platforms. Malicious actors may exploit vulnerabilities in unprotected websites to distribute malware or steal personal information. To protect themselves, individuals should ensure their devices have reliable antivirus software installed and validate the legitimacy of the websites they are downloading from. In conclusion, the ability to download Longterm Consequences has transformed the way we access information. With the convenience, cost-effectiveness, and accessibility it offers, free PDF downloads have become a popular choice for students, researchers, and book lovers worldwide. However, it is crucial to engage in ethical downloading practices and prioritize personal security when utilizing online platforms. By doing so, individuals can make the most of the

vast array of free PDF resources available and embark on a journey of continuous learning and intellectual growth.

### **FAQs About Longterm Consequences Books**

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including classics and public domain works. However, make sure to verify the source to ensure the eBook credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer webbased readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks. What the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities, enhancing the reader engagement and providing a more immersive learning experience. Longterm Consequences is one of the best book in our library for free trial. We provide copy of Longterm Consequences in digital format, so the resources that you find are reliable. There are also many Ebooks of related with Longterm Consequences. Where to download Longterm Consequences online for free? Are you looking for Longterm Consequences PDF? This is definitely going to save you time and cash in something you should think about. If you trying to find then search around for online. Without a doubt there are numerous these available and many of them have the freedom. However without doubt you receive whatever you purchase. An alternate way to get ideas is always to check another Longterm Consequences. This method for see exactly what may be included and adopt these ideas to your book. This site will almost certainly help you save time and effort, money and stress. If you are looking for free books then you really should consider finding to assist you try this. Several of Longterm Consequences are for sale to free while some are payable. If you arent sure if the books you would like to download works with for usage along with your computer, it is possible to download free trials. The free guides make it easy for someone to free access online library for download books to your device. You can get free download on free trial for lots of books categories. Our library is the biggest of these that have literally hundreds of thousands of different products categories represented. You will also see that there are specific sites catered to different product types or categories, brands or niches related with Longterm Consequences. So depending on what exactly you are searching, you will be able to choose e books to suit your own need. Need to access completely for Campbell Biology Seventh Edition book? Access Ebook without any digging. And by having access to our ebook online or by storing it on your computer, you have convenient answers with Longterm Consequences To get started finding Longterm Consequences, you are right to find our website which has a

comprehensive collection of books online. Our library is the biggest of these that have literally hundreds of thousands of different products represented. You will also see that there are specific sites catered to different categories or niches related with Longterm Consequences So depending on what exactly you are searching, you will be able to choose ebook to suit your own need. Thank you for reading Longterm Consequences. Maybe you have knowledge that, people have search numerous times for their favorite readings like this Longterm Consequences, but end up in harmful downloads. Rather than reading a good book with a cup of coffee in the afternoon, instead they juggled with some harmful bugs inside their laptop. Longterm Consequences is available in our book collection an online access to it is set as public so you can download it instantly. Our digital library spans in multiple locations, allowing you to get the most less latency time to download any of our books like this one. Merely said, Longterm Consequences is universally compatible with any devices to read.

### **Find Longterm Consequences :**

*psychological commentaries on the teaching of gurdjieff & ouspensky 2*

**psychology mastering critical thinking skills**

*public assistance guide for emergencies*

**psychology of sex the**

*psychology & health index of modern info*

psychic world of bishop pike

**psychology-w/study guide**

psychology as a human science a phenomenologically based approach

pub walks in devon

**psychology the science of human behavior**

*psychoanalytic culture psychoanalytic discourse in western society*

**psychology 12th**

psychic voyages

psychology by ludy t. benjamin jr.

psychology an introduction study guide

### **Longterm Consequences :**

**theory of metal cutting interview question and answers - Sep 01 2023**



theory of metal cutting interview question and answers theory of metal cutting question and answers for interview viva oral examination 1 define metal cutting metal cutting or machining is the process of by removing unwanted material from a block of metal in the form of chips

[46 questions with answers in metal cutting science topic](#) - Jul 19 2022

feb 23 2023 nanoparticulate suspension of iron oxide in air that comes to nose as disrupt olfactory sensation 3 formation of volatile iron compounds like iron pentacarbonyl during this cutting and oxidation

**solved can you tell viva questions that can be asked from chegg** - Jan 25 2023

can you tell viva questions that can be asked from the topic given below metal cutting mechanics of metal cutting single point cutting tool geometry and nomenclature orthogonal and oblique cutting mechanics of chip formation types of chips shear angle relationship merchant's force circle diagram cutting forces and power required cutting

[important questions and answers theory of metal cutting](#) - Jun 29 2023

theory of metal cutting 1 define metal cutting metal cutting or machining is the process of by removing unwanted material from a block of metal in the form of chips 2 what are the important characteristics of materials used for cutting tools high red hardness high wear resistance low frictional coefficient

**mechanical workshop viva questions studocu** - Sep 20 2022

digital electronics 2022 23 preview text machining is a process in which a material often metal is cut to a desired final shape and size by a controlled material removal process tools required for machining broaching machine

**metal cutting viva interview questions and answers** - Oct 02 2023

feb 7 2023 here are some possible viva questions and answers on metal cutting what is metal cutting metal cutting is the process of removing material from a workpiece in the form of chips to obtain a desired shape and size the process can be performed by various cutting tools such as drills end mills and saws with or without the application of heat

[mechanical engineering metal cutting viva questions book](#) - Jun 17 2022

following this one merely said the mechanical engineering metal cutting viva questions is universally compatible subsequently any devices to read the american engineer 1889 metal cutting principles milton clayton shaw 2005 this book identifies the major problem areas of metal cutting during the production of mechanical components

[solved can you tell viva questions that can be asked from chegg](#) - Dec 24 2022

can you tell viva questions that can be asked from the topic given below give at least 30 questions metal cutting mechanics of metal cutting single point cutting tool geometry and nomenclature orthogonal and oblique cutting mechanics of chip formation types of chips shear angle relationship merchant's force circle diagram cutting

[lathe machine viva questions and answers](#) - Apr 27 2023

feb 11 2023   ans the coolant system in a lathe machine is used to cool the cutting tool and workpiece during the cutting operation reducing heat and friction and extending the life of the tool the coolant is typically delivered to the cutting area through a nozzle or spout and is either a liquid such as oil or water or a mist or spray

*machining viva questions and answers mechtech guru* - May 29 2023

mar 3 2023   machining viva questions and answers q what is machining a machining is a process that involves using tools and machinery to shape or cut raw materials into specific shapes or sizes q what are some common types of machining a some common types of machining include turning milling drilling and grinding q what is turning

**machining viva questions mechtech guru** - Aug 20 2022

mar 3 2023   what is the role of the cutting force in machining what is the difference between a broaching machine and a keyseating machine what are the different types of drilling operations what is the role of the cutting tool geometry in milling how do you determine the appropriate cutting speed feed rate and depth of cut for a machining operation

**250 mechanical engineering viva questions mechtech guru** - Feb 23 2023

feb 12 2023   what is the purpose of a sprocket in a mechanical system what is the purpose of a gear in a mechanical system what is the purpose of a clutch in a mechanical system what is the purpose of a brake in a mechanical system what is the purpose of a hydraulic actuator in a mechanical system

*mechanical engineering metal cutting viva questions pdf* - Apr 15 2022

mechanical engineering metal cutting viva questions the enigmatic realm of mechanical engineering metal cutting viva questions unleashing the language is inner magic in a fast paced digital era where connections and knowledge intertwine the enigmatic realm of language reveals its inherent magic

**50 mechanical engineering interview questions and answers** - Mar 15 2022

apr 15 2023   print of the most asked real world basic to advance level mechanical engineering view a and responds for fresher and experienced professionals to getting the right job list of the most asked real world basic at advance rank mechanical engineering interview questions and answers for freshers furthermore experienced technical to get the

**engineering workshop notes viva questions pdf mechanical** - Mar 27 2023

laser cutting machines are equipped with computer controlled programming that helps to do the work more efficiently and easily the laser beam is used to cut different materials like metal wood rubber glass and plastics by this a high degree of accuracy is maintained

*workshop technology viva objective questions for mechanical* - Nov 22 2022

ans i carpentry and pattern making shop ii bench work and fitting shop iii foundry and casting iv smithy and forging v sheet metal vi electric arc and gas welding vii machine shop workshop technology viva objective questions for mechanical students

**mechanical engineering metal cutting viva questions 2022** - May 17 2022

mechanical engineering metal cutting viva questions a reference book of rules tables data and formulæ for the use of engineers mechanics and students the colliery engineer and metal miner

**mechanical engineering metal cutting viva questions** - Feb 11 2022

mechanical engineering metal cutting viva questions downloaded from esource svb com by guest arellano kline spon s dictionary of engineering civil mechanical military and naval new age international

**250 top mcqs on metal working and cutting tools and answers** - Oct 22 2022

answer a clarification cutting tools can be classified in two groups single point cutting tools and multi point cutting tools 10 motion of job is forward rotary in broaching operation a true b false answer b clarification this is false motion of job is

basic of metal cutting interview question and answers - Jul 31 2023

the required shape of metal is obtained by removing the unwanted material from the work piece in the form of chips is called cutting shaping example turning drilling milling boring etc 2 classify the relative motion between work piece and cutting tool i

*buddhism and sexuality wikipedia* - Jun 04 2023

among buddhists there is a wide diversity of opinion about homosexuality buddhism teaches that sensual enjoyment and desire in general and sexual pleasure in particular are hindrances to enlightenment and inferior to the kinds of pleasure see e g pīti a pāli word often translated as rapture that are integral to the practice of jhāna the buddha gotama once stated just as rain ruins an ill thatched hut passion destroys an ill trained mind

**lust for enlightenment buddhism and sex google books** - Aug 06 2023

web dec 8 1990 included are chapters on the buddha s love life before his enlightenment and his later relationships with women the tantric approach to sex among buddhists of

lust for enlightenment buddhism and sex google play - Jan 31 2023

web lust for enlightenment buddhism and sex ebook written by john stevens read this book using google play books app on your pc android ios devices download for

**lust for enlightenment buddhism and sex indigo books** - Oct 28 2022

web buy the paperback book lust for enlightenment buddhism and sex by john stevens at indigo ca canada s largest bookstore free shipping and pickup in store on eligible

lust for enlightenment by john stevens ebook ebooks com - Jul 25 2022

web over the centuries buddhism has responded to sexuality in a variety of fascinating ways sometimes suppressing the sexual urge sometimes sublimating it sometimes cultivating

[lust for enlightenment buddhism and sex worldcat org](#) - Jun 23 2022

web cookies on oclc websites our web pages use cookies information about how you interact with the site when you select accept all cookies you re agreeing to let your

[lust for enlightenment buddhism and sex kindle edition](#) - Sep 26 2022

web this book reveals how buddhists beginning with shakyamuni buddha himself relate to the inner fire that drives humankind included are chapters on the buddha s love life before

**lust for enlightenment buddhism and sex catalog search** - Apr 21 2022

web lust for enlightenment buddhism and sex john stevens format book edition 1st ed published boston shambhala new york distributed in the u s by random house

*lust for enlightenment buddhism and sex google books* - Jul 05 2023

web dec 8 1990 included are chapters on the buddha s love life before his enlightenment and his later relationships with women the tantric approach to sex among buddhists of

**lust for enlightenment buddhism and sex semantic scholar** - May 03 2023

web lust for enlightenment buddhism and sex j stevens published 1990 education no paper link available save to library create alert cite 9 citations citation type more

**lust for enlightenment buddhism and sex paperback** - Nov 28 2022

web dec 8 1990 overview over the centuries buddhism has responded to sexuality in a variety of fascinating ways sometimes suppressing the sexual urge sometimes

[lust for enlightenment buddhism and sex alibris](#) - Dec 18 2021

web this book reveals how buddhists beginning with shakyamuni buddha himself relate to the inner fire that drives humankind included are chapters on the buddha s love life before

[lust for enlightenment buddhism and sex softcover abebooks](#) - May 23 2022

web included are chapters on the buddha s love life before his enlightenment and his later relationships with women the tantric approach to sex among buddhists of ancient

**lust for enlightenment on apple books** - Mar 01 2023

web dec 8 1990 lust for enlightenment buddhism and sex john stevens 15 99 publisher description over the centuries buddhism has responded to sexuality in a variety of

**lust for enlightenment buddhism and sex ecampus com** - Nov 16 2021

web dec 8 1990 rent or buy lust for enlightenment buddhism and sex 9780877734161 by stevens john for as low as 3 95 at ecampus com voted 1 site for buying

*lust for enlightenment on apple books* - Dec 30 2022

web dec 8 1990 over the centuries buddhism has responded to sexuality in a variety of fascinating ways sometimes suppressing the sexual urge sometimes sublimating it

*lust for enlightenment buddhism and sex by john stevens* - Jan 19 2022

web included are chapters on the buddha s love life before his enlightenment and his later relationships with women the tantric approach to sex among buddhists of ancient

*lust for enlightenment buddhism and sex archive org* - Sep 07 2023

web sex religious aspects buddhism religious life buddhism buddhism doctrines publisher boston shambhala new york distributed in the u s by random house

*lust for enlightenment by john stevens 9780877734161* - Apr 02 2023

web included are chapters on the buddha s love life before his enlightenment and his later relationships with women the tantric approach to sex among buddhists of ancient

*lust for enlightenment buddhism and sex google books* - Oct 08 2023

web dec 8 1990 lust for enlightenment buddhism and sex lust for enlightenment over the centuries buddhism has responded to sexuality in a variety of fascinating

**lust for enlightenment buddhism and sex adocentyn library** - Feb 17 2022

web included are chapters on the buddha s love life before his enlightenment and his later relationships with women the tantric approach to sex among buddhists of ancient

*lust for enlightenment buddhism and sex kindle edition* - Aug 26 2022

web lust for enlightenment buddhism and sex kindle edition over the centuries buddhism has responded to sexuality in a variety of fascinating ways sometimes

*sexuality against the stream a buddhist manual for spiritual* - Mar 21 2022

web apr 5 2020 of all of the energies that we experience the buddha spoke of sexual desire as being the strongest not just the act of sex but the whole realm of sexuality including

*vertigo plugin alliance* - Mar 13 2023

web the vsc 2 provides variable harmonics depending on gain reduction and make up gain making this compressor one of the cleanest coloring devices out there perfect for

*vertigo sound vsc 2 quad discrete compressor reverb* - Sep 07 2022

web dec 7 2013 the vsc 2 is vertigo s first plugin release made in close cooperation with brainworx and based upon vertigo s big impact design the vsc 2 plugin captures

*the best offers on music production plugins including vsts* - May 15 2023

web the vsc 2 plugin is vertigo s first plugin release made in close cooperation with brainworx and based upon vertigo s big impact design it sets a new standard for tracking mix

**download vertigo vsc 2 1 4 for windows softdeluxe** - Oct 28 2021

**vsc 2 brainworx** - Apr 14 2023

web from a place called vertigo the vsc 2 is a vca stereo compressor of the highest calibre it s one of those rare devices that you really could use on just about anything

**vertigo sound brainworx vsc 2 plug in review** - Jan 11 2023

web developed by brainworx the vertigo sound vsc 2 compressor plug in for uad 2 and apollo interfaces is an exhaustive emulation of this modern classic right down to its

**vertigo sound vsc 2 compressor uad audio** - Aug 18 2023

web the vsc 2 is vertigo s first plugin release made in close cooperation with brainworx and based upon vertigo s big impact design the vsc 2 plugin captures all the fine

*vertigo vsc 2 free version download for pc* - Dec 30 2021

**vertigo vsc 2 by plugin alliance kvr audio** - Feb 12 2023

web vsc 2 quad discrete compressorthefirst product from vertigo sound is the vsc 2 a k a quad discrete compressor it is so named because it uses 4 vcas built by hand using

**the basic and concept of the vsc 2 hardware** - Dec 10 2022

web jan 2 2012 the german built vertigo vsc 2 is a true stereo peak detecting feed forward compressor design unlike a feedback design 1176ln la 2a la 3a the sidechain

universal audio vertigo sound vsc 2 plug in gearspace com - Aug 06 2022

web product description the mercedes of vca compressors from german manufacturer vertigo sound the vsc 2 quad discrete compressor is so named because it uses 4

**vertigo vsc2 media sound on sound** - Jun 04 2022

web feb 13 2019 the vsc 2 is vertigo s first plugin release made in close cooperation with brainworx and based upon vertigo s big impact design the vsc 2 plugin captures

**download vertigo vsc 2 by brainworx at 440software** - Apr 02 2022

[vertigo sound vsc 2 gearspace com](#) - Mar 01 2022

**vertigo vsc 2 vertigo vsc 2 plugin buy vertigo vsc 2 download** - Oct 08 2022

web 100 13k views 6 years ago learn production composition and mastering techniques on our online diploma course bit ly 29bco0q we take a look at plugin alliance s

**vertigo vsc 2 v1 9 win go audio official** - Nov 28 2021

[vertigo vsc 2 compressor plugin of the week youtube](#) - May 03 2022

web download vertigo vsc 2 by brainworx music media gmbh germany for windows 7 xp 8 1 8 32 bit safe download links and original files

[vertigo sound](#) - Jun 16 2023

web the vsc 2 is vertigo s first plugin release made in close cooperation with brainworx and based upon vertigo s big impact design the vsc 2 plugin captures all the fine

**vertigo sound vsc 2 audiothechnology** - Nov 09 2022

web this recording of an upright bass gets compressed with a 4 1 ratio 1ms attack 100ms release for a maximum of 5db gain reduction effectively the vertigo compressor does

*vertigo vsc2 sound on sound* - Jul 17 2023

web vertigo vsc 2 the classic tone of the best vca compressors from the 70s and 80s with a modern mastering quality signal path hardware emulations made by bx

*vertigo vsc 2 plugin alliance* - Sep 19 2023

web vertigo vsc 2 the classic tone of the best vca compressors from the 70s and 80s with a modern mastering quality signal path hardware emulations made by bx

**vertigo vsm 3 plugin alliance** - Jan 31 2022

**review vertigo vsc 2 quad discrete vca compressor plugin** - Jul 05 2022

web nov 10 2022 vertigo vsc 2 is a powerful stereo bus compressor plugin that provides a complete set of controls which also makes the vsc 2 a dual mono in recording and mix