

Longliving Of Soviet Georgia

C. Jeya K. Henry, Stanley J. Ulijaszek

Longliving Of Soviet Georgia:

The Longliving of Soviet Georgia G. Z. Pitskhelauri, 1982 Examines the lifestyle of the people of Soviet Georgia and how it contributes to their longevity and provides advice on the prevention of premature aging Historical Dictionary of Georgia Alexander Mikaberidze, 2015-02-06 Situated in the breathtaking Caucasus Mountains between the Black and the Caspian Seas the country of Georgia sits at the crossroads between Europe and Asia it has gone through more turbulence and change in the last twenty five years the casting off of the Soviet regime a civil war two ethno territorial conflicts economic collapse corruption government inefficiency and massive emigration than most countries go through in 250 years This small nation s strategic location at the crossroads of different civilizations has been a curse as well as a blessing Once a battlefield between the ancient empires and the Christian and Islamic worlds today it is caught between its NATO aspirations and its location in Russia's backyard Yet despite all challenges and hardships this resilient and ancient country with thousands of years of winemaking three thousand years of statehood and almost two millennia of Christianity continues to survive and thrive Historical Dictionary of Georgia Second Edition through its chronology glossary introduction appendixes maps bibliography and over 900 hundreds of cross referenced dictionary entries on important persons places events and institutions and significant political economic social and cultural aspects traces Georgia s history and provides a compass for the direction the country is heading This book is an excellent access point for students researchers and anyone wanting to know more about Georgia **The Georgian Feast** Darra Goldstein, 2013-12-24 Every Georgian dish is a poem Alexander Pushkin According to Georgian legend God took a supper break while creating the world He became so involved with his meal that he inadvertently tripped over the high peaks of the Caucasus spilling his food onto the land below The land blessed by Heaven's table scraps was Georgia Nestled in the Caucasus mountain range between the Black and Caspian seas the Republic of Georgia is as beautiful as it is bountiful The unique geography of the land which includes both alpine and subtropical zones has created an enviable culinary tradition In The Georgian Feast Darra Goldstein explores the rich and robust culture of Georgia and offers a variety of tempting recipes The book opens with a fifty page description of the culture and food of Georgia Next are over one hundred recipes often accompanied by notes on the history of the dish Holiday menus a glossary of Georgian culinary terms and an annotated bibliography round out the volume Living to 100 and Beyond Timothy Harris, 2009 Designed to build upon recent Symposia on the same topic Living to 100 and Beyond explores the research that has focused on increasing life expectancies and the lifestyles of longer lived individuals It provides a basic understanding of the actuarial mathematics associated with life expectancies their calculation and their projection It also highlights the important issues facing society as populations age The book also provides a discussion of a host of products targeted for the aged It can thus serve as a reference source for anyone who is impacted by any aspect of this fascinating topic It concludes with an extensive bibliography for those who would like additional information Long-term

Consequences of Early Environment C. Jeya K. Henry, Stanley J. Ulijaszek, 1996-06-27 In this book a leading team of researchers explore the long term effects of early environment in humans The Elderly as Modern Pioneers Philip Silverman, 1987 Overall one of the most competent and well presented treatments of the subject now available Jay Sokolovsky University of Maryland a valuable contribution to the field of gerontology The volume combines interdisciplinary and cross cultural perspectives written in a well organized framework without sacrificing depth and comprehensive summary of gerontological research Clinical GerontologistA well written and documented volume for persons interested in the anthropological viewpoint on aging Choice the use of cross cultural comparisons provides a broadened perspective to understanding the issues of aging Current Literature on AgingIt is comprehensive well written mercifully jargon free critical and controversial and undogmatic Aging and SocietyThis volume focuses on the nature and problems of old age providing a comprehensive summary of current gerontological research from interdisciplinary and cross cultural perspectives

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Medical Books and Serials in Print ,1984 Radical Medicine Louisa L. Williams, 2011-07-12 A radical approach to holistic healing that examines the root causes and cures for ailments such as Alzheimer's disease breast cancer and heart attacks Offers cutting edge detoxification and draining therapies to address the tremendous chemical onslaught of modern life Explains the profound health problems caused by dental amalgams vaccinations antibiotics cosmetics With the historic use of toxic mercury amalgam fillings excessive courses of antibiotics damaging childhood vaccines and the many industrial pollutants and chemicals that have been spread into our air water and food over the past century general holistic health guidelines are simply no longer adequate for most people Only through radical measures that is getting to the true root or underlying cause of disease can effective healing occur In Radical Medicine naturopathic physician Louisa Williams describes how to treat these and other modern day obstacles to cure in order to ensure against future degenerative disease and achieve the optimal health that is our birthright Examining the many health problems triggered by dental amalgams and poor dentistry Dr Williams explains that our teeth are focal points for health issues that arise elsewhere in the body She explores the impact of vaccinations the excessive use of antibiotics and the chemical laden products used as health and beauty aids which are linked to Alzheimer's disease heart attacks and breast and other cancers and provides information on cutting edge detoxification treatments as well as drainage and nutritional therapies A practical guide for practitioners and patients alike Radical Medicine offers a wealth of holistic natural therapies for overcoming what is poisoning us and our world so we can achieve optimal health and well being

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