

Chapter 1 : Japanese Research Exposes Statin Scam: People with High Cholesterol Live Longer

Blood that has been depleted of oxygen and loaded with carbon dioxide empties into the ____, which carry it back to the heart. A. arteries B. veins.

Featuring the full suite of sensors - including cadence, speed, and torque, the Active Line offers great hill climbing torque for moderate to steep hills. The Active Line drive offers a maximum assist speed of 20 mph. The design of the Performance Line system allows the motor to give you peak torque in each of your gears, making for great hill climbing ability with low power usage. Not only does it offer more torque, but it also ramps up assistance at a slower pedaling RPM, giving a very satisfying, peppy ride feel. In addition to the increase in torque on the CX Drive system, Bosch has redesigned the motor casing to offer a narrower Q-factor that will feel at home on a mountain bike. Besides front hub motors, Bafang also produces a range of rear hub drives, a simple mid-drive motor, and ebike components such as consoles HMIs and battery packs. The Faraday Porteur uses a custom controller similar to the controller in the Stromer ST2, combined with a watt 8Fun geared hub motor in the front hub. Rider input is registered by a FAG bottom bracket torque sensor. On the whole, the system makes for an incredible smooth, responsive ride. The motor, while geared, is very silent and compact and offers great torque for the size and weight. As with all geared hub motors as compared with direct drive motors, there is more possibility of wear over time due to the added complexity of moving gears inside the motor. Learning from Impulse 1. Bikes with Impulse We no longer sell bikes with the Impulse drive system. Yamaha has been building electric bike systems for more than 20 years, has millions of systems on the road, and produces nearly , units annually. The new PW Series middle-motor system resembles the Bosch system in many ways. The standout feature of the Yamaha system is its ability to run a dual front chainringâ€”unique among middle motor systems here at The New Wheel. This allows for a wider gear range on bikes equipped with a Yamaha PW system. Bikes with Yamaha We no longer sell bikes with the Yamaha drive system. There are a number of things that make Bionx unique. Bionx pioneered the introduction of torque-sensed pedal assistance by creating a drive system with a torque sensor and controller integrated into the motor. This allowed for clean and easy installation, minimized reliability issues that can result from faulty wiring, and simplified servicing. Bionx is the perfect system for moderate to steep hill climbing and instant acceleration. Finally, the direct drive motor design allows for extremely reliable performanceâ€”the two bearings in the motor are the only wear pointsâ€”and completely silent operation. The drive was developed in cooperation between Derby Cycles, the parent company of Focus and Kalkhoff, and Alder, a German-based wheelchair motor manufacturer. The Xion drive is a traditional, reliable direct drive hub motor with a twist: Other benefits of the Xion drive include a sophisticated control panel, regenerative brake assist, a quick release rear hub, and one of the most smooth performing torque sensors on the market. Bikes with Xion We no longer sell bikes with the Xion drive system. The Dapu motor is a geared hub motor. This motor type is distinct from a direct drive motor like Bionx, and has a variety of benefits stemming from its design that can be appreciated in its unique ride feel and performance. Geared hub motors work by transmitting power from a high RPM motor to the slower RPM wheel through a system of planetary gears. Because of the physics of electric motors, this "gearing" allows for higher torque and efficiency from the motor. Thus, the ride feel of a BH Neo bike is extremely sporty with consistent torque, even up very steep hills. The only two drawbacks of a geared motor is a higher possibility of wear due to more moving parts, and a higher noise level than a direct drive motor. But we believe the benefits far outweigh the drawbacks and make the BH Neo bikes a highly compelling option. The Dapu motor does not have a torque sensor or controller built into it. Thus, on a bike like the BH Neo, the torque sensor is designed into the rear dropout, and the controller is attached to the frame behind the battery. Bikes with Dapu We no longer sell bikes with the Dapu drive system. Panasonic Mid-Drive The Panasonic mid-drive motor is a remarkable bit of engineering. The basic motor design has stayed the same since the early 90s, when Yamaha and Panasonic began building drive systems for pedal assist electric bicycles. What has changed dramatically is the battery technology, which has allowed the Panasonic drive, which since the beginning was extremely reliable, to get better and better, offering riders

more power and better range per charge. What makes Panasonic the benchmark in the industry for performance and reliability is an initial, consequential design decision: By placing the motor in the middle, the motor is able to gain the mechanical advantage of the gears on the bike, which amplifies the power of a small motor and allows it to efficiently power a rider up any hill. The placement of the motor in the middle also allows for simpler servicingâ€”as the motor is one unit that can be easily removedâ€”as well as keeping most of the rest of the components standard, another benefit for service. Bikes with Panasonic We no longer stock bikes with the Panasonic drive.

Chapter 2 : NPR Choice page

General Biology chapters study guide by Jeremiah_McAlister includes questions covering vocabulary, terms and more. Quizlet flashcards, activities and games help you improve your grades.

You might also like these other newsletters: Please enter a valid email address Sign up Oops! Please enter a valid email address Oops! Please select a newsletter What does it mean when your heart enzymes are high? Enzymes are proteins that promote specific biochemical reactions within cells. Are you doing everything you can to manage your heart condition? Find out with our interactive checkup. Because cardiac enzymes generally operate within your heart, only low levels of these enzymes are normally found in your blood. But if your heart muscle is injured in some way – say, from a heart attack or even heart surgery – the enzymes then leak out of damaged heart-muscle cells, and their levels in the bloodstream rise. There are a number of reasons why cardiac enzyme tests might be ordered. Enzyme testing is also done to check for injury to the heart after some forms of cardiac surgery. During the recovery period following a heart attack or injury, such tests can also help determine whether a cardiac procedure or a medicine being used to dissolve a blockage thrombolytic medicine has successfully restored blood flow through a blocked coronary artery. The results of these tests are not always completely clear-cut, however. Because cardiac enzymes leak slowly into the bloodstream, high enzyme levels may not appear for six or more hours after the onset of a heart attack. For this reason, if someone is experiencing chest pain but their heart enzymes are normal, a heart attack cannot be completely ruled out. In such cases, repeated cardiac enzyme tests are normally conducted to confirm the diagnosis of a heart attack. Additionally, because some heart enzymes are also found in other body tissues, such as the brain or skeletal muscle, their blood levels may rise when these other tissues are damaged. You always need a doctor to analyze heart enzyme tests, and you may need more than one screening. To get a complete picture and determine the best treatment, your medical team will also take into consideration your symptoms, the findings from your physical examination, your electrocardiogram EKG or ECG , and other tests. In most cases, high levels of cardiac enzymes are the result a heart attack – and measuring these enzymes is the gold standard for a heart attack diagnosis.

Chapter 3 : Scientists want to be first to drill into the Earth's mantle - CNN

Yugi and his friends are in awe over Grandpa's collection of Duel Monsters cards, but when #1 ranked Duelist and ruthless tycoon, Kaiba, kidnaps Grandpa to get the rare BLUE EYES WHITE DRAGON.

Events leading to the attack on Pearl Harbor Diplomatic background War between Japan and the United States had been a possibility that each nation had been aware of, and planned for, since the s. The relationship between the two countries was cordial enough that they remained trading partners. Japan spent considerable effort trying to isolate China, and endeavored to secure enough independent resources to attain victory on the mainland. The "Southern Operation" was designed to assist these efforts. In , Japan invaded French Indochina , attempting to stymie the flow of supplies reaching China. The United States halted shipments of airplanes, parts, machine tools , and aviation gasoline to Japan, which the latter perceived as an unfriendly act. War Plan Orange had envisioned defending the Philippines with an elite force of 40, men; this option was never implemented due to opposition from Douglas MacArthur , who felt he would need a force ten times that size. Late that year, Admiral Thomas C. Hart , commander of the Asiatic Fleet , was given orders to that effect. Japan and the U. In the course of these negotiations, Japan offered to withdraw from most of China and Indochina after making peace with the Nationalist government. It also proposed to adopt an independent interpretation of the Tripartite Pact and to refrain from trade discrimination, provided all other nations reciprocated. Washington rejected these proposals. Japanese Prime Minister Konoye then offered to meet with Roosevelt, but Roosevelt insisted on reaching an agreement before any meeting. The Konoye government collapsed the following month, when the Japanese military rejected a withdrawal of all troops from China. Despite these preparations, Emperor Hirohito did not approve the attack plan until November 5, after the third of four Imperial Conferences called to consider the matter. Pacific bases and facilities had been placed on alert on many occasions, U. This presumption was due to the threat that the air bases throughout the country and the naval base at Manila posed to sea lanes, as well as to the shipment of supplies to Japan from territory to the south. First, it intended to destroy important American fleet units, thereby preventing the Pacific Fleet from interfering with Japanese conquest of the Dutch East Indies and Malaya and to enable Japan to conquer Southeast Asia without interference. Second, it was hoped to buy time for Japan to consolidate its position and increase its naval strength before shipbuilding authorized by the Vinson-Walsh Act erased any chance of victory. A further important disadvantageâ€”this of timing, and known to the Japaneseâ€”was the absence from Pearl Harbor of all three of the U. Despite these concerns, Yamamoto decided to press ahead. The first wave was to be the primary attack, while the second wave was to attack carriers as its first objective and cruisers as its second, with battleships as the third target. First wave dive bombers were to attack ground targets. Fighters were ordered to strafe and destroy as many parked aircraft as possible to ensure they did not get into the air to intercept the bombers, especially in the first wave. Fighters were to serve CAP duties where needed, especially over U. Reconnaissance aircraft flights risked alerting the U. A report of the absence of the U. However, Ward sank another midget submarine at A midget submarine on the north side of Ford Island missed the seaplane tender Curtiss with her first torpedo and missed the attacking destroyer Monaghan with her other one before being sunk by Monaghan at The wreck was in the debris field where much surplus U. Both of its torpedoes were missing. This correlates with reports of two torpedoes fired at the light cruiser St. He originally stipulated that the attack should not commence until thirty minutes after Japan had informed the United States that peace negotiations were at an end. Tokyo transmitted the word notification commonly called the "Part Message" in two blocks to the Japanese Embassy in Washington. Transcribing the message took too long for the Japanese ambassador to deliver it on schedule; in the event, it was not presented until more than an hour after the attack began. While it was viewed by a number of senior U. S government and military officials as a very strong indicator negotiations were likely to be terminated [75] and that war might break out at any moment, [76] it neither declared war nor severed diplomatic relations. For decades, conventional wisdom held that Japan attacked without first formally breaking diplomatic relations only because of accidents and bumbling that delayed the delivery of a document hinting at war to Washington. The

final two paragraphs of the message read: Thus the earnest hope of the Japanese Government to adjust Japanese-American relations and to preserve and promote the peace of the Pacific through cooperation with the American Government has finally been lost. The Japanese Government regrets to have to notify hereby the American Government that in view of the attitude of the American Government it cannot but consider that it is impossible to reach an agreement through further negotiations. The first wave was detected by U. Opana Radar Station R Bs from mainland 1. First strike group Second strike group

Chapter 4 : ABC Radio Australia

Life-Threatening Heart Attack Leaves Teacher With \$, Bill In Calver's case, the year-old father of two had suffered a serious heart attack in April

Tea became very popular in Japan, and Japanese people started to grow tea in Japan. In the 12th century , matcha green tea powder , became popular. This tea comes from the same plant as black tea. By the 16th century , all people in Japan, rich people and poor people, liked drinking tea. A man called Sen no Rikyu started teaching the ceremony. Many years have passed, but people still make tea the same way that Sen no Rikyu taught. To tell the truth, there are some schools. Each school omote-senke, ura-senke, etc. Materials needed[change change source] People need many different things for a tea ceremony: Tea bowl called chawan. In a tea ceremony, people drink tea out of bowls instead of cups. Some bowls that people use are over years old. Tea scoop called chashaku. A scoop is a kind of spoon. Tea scoops are made from bamboo. They are used to put tea into the tea bowl. Large scoops are used to put tea into the tea caddy see below. A whisk is like a brush made from wire. People use it to mix tea. Tea whisks are made from bamboo. Tea caddy called natsume or cha-ire. A tea caddy is a special container that people put green tea powder in. There are two kinds of tea caddies: Natsume are short and have a flat lid and a round bottom. They are made of wood. Sometimes natsume is called cha-ki. Cha-ire are tall and thin, and are made of ceramic. Natsume and cha-ire are used in different ceremonies. Making weak tea called usu-cha needs natsume, and making strong tea called koi-cha needs cha-ire. A fukusa is a special square cloth made out of silk. It is used to symbolically purify the tea scoop and tea caddy. The kind of ladle used is made of bamboo. There is a cup-like part attached to a long handle. Water jar called mizusashi. Hot water in an iron pot is not fully after making tea, so a person who made tea must add water. A mizusashi holds water for it. Waste-water container called kensui. When a tea bowl and a whisk are washed before and after making tea, the water used for washing is put in a kensui. Iron pot called kama. A kama holds hot water. During tea ceremony, water is kept on boiling with charcoal. The tea used in the Japanese tea ceremony is pulverized green tea, which is made into a drink during the ceremony by putting some in the tea bowl, adding hot water, and mixing this with the whisk. Tea ceremony[change change source] People do the tea ceremony in a special tea room or a special building called a cha-shitsu. Most people wear kimonos. When people go into the tea room they take off their shoes and sit on special floor mat called tatami. Cha-shitsu often are very small. The guests the people who go to the tea ceremony sometimes eat food and drink special Japanese wine called sake. Before they drink the matcha green tea they eat something sweet. The host the person who does the tea ceremony symbolically purifies the tea bowl and the other tea things. Then he or she puts some green tea powder into the tea bowl. The host mixes the tea with hot water. He mixes it with a whisk. The guests drink tea from the bowl. When everyone has finished drinking tea, the host cleans everything and puts them away. Then the guests leave. A tea ceremony can take from about twenty minutes to about four hours.

Chapter 5 : High Heart Enzymes - Heart Health Center - Everyday Health

An international group of scientists say they plan to be the first group to drill successfully into the Earth's mantle, the planet's interior, which lies just beneath the outer crust.

ITER the Latin word for "The Way" is a large-scale scientific experiment intended to prove the viability of fusion as an energy source. ITER is currently under construction in the south of France. ITER will not produce electricity, but it will resolve critical scientific and technical issues in order to take fusion to the point where industrial applications can be designed. On-site construction of the scientific facility began in The shipment of the first completed components began in and will continue into the s. Machine assembly will begin as soon as the giant Tokamak Complex is ready for occupation. First Plasma is planned for December ITER is one of the most complex scientific and engineering projects in the world today. The complexity of the ITER design has already pushed a whole range of leading-edge technologies to new levels of performance. However, further science and technology are needed to bridge the gap to the commercialization of fusion energy. Copy this link Copied! What questions will be answered by ITER that have not already been answered by research to date? The plasma physics community will have access, in ITER, to a one-of-a-kind device capable of plasma pulses of a much longer duration than those achieved in other fusion machines. This unique experimental machine has been designed to: Such exploration is a necessary step toward the realization of a fusion energy source. The scale of ITER is necessary to break new ground in fusion science. A scientific consensus may be possible while discussions remain at the abstract level, but in a world of intense competition for research funding it is inevitable that scientists from various fields will criticize the decision to spend money on a large project, arguing that they would prefer to spend the money elsewhere. What can be said about ITER is that for the scientific community working in the energy field, this project is considered by a strong majority as a major step that may provide a future energy alternative for all humankind. The present political and scientific approach to this project has not suddenly appeared out of lobbying by a few influential individuals. The proportion of papers directly concerned with ITER presented at leading international scientific conferences on fusion as well as in fusion journals has been steadily increasing for a number of years. The fact that research aimed at ITER is now such a dominant topic in these papers demonstrates how essential the project is to the advancement of fusion towards energy production. Fusion research, and the role of ITER, has been subject to serious scrutiny by panels of independent experts established by funding agencies in Europe and most of the other ITER partners. The results of these investigations provide the most reliable measure of consensus in the scientific community. The review was published in a book in which emphasised the arguments supporting the construction of ITER. The US National Academy of Sciences convened a panel which included both fusion scientists and senior scientists from related fields such as nuclear fission power, high-energy physics and astrophysics. The non-fusion scientists were empowered to make the key recommendations. In it, US policy makers were urged to continue to participate in the ITER Project and to develop a long-term strategy for fusion energy demonstration. The report is available here. What has been accomplished in 60 years of tokamak research? The first small-size tokamaks ss were basic devices without sophisticated control systems and technology, but they demonstrated that high temperature plasmas could be generated and that energy could be confined. New plasma phenomena such as anomalous transport, instabilities and disruptions were uncovered during these first experiments. Scaling laws indicated that energy confinement could be increased in larger devices with higher magnetic fields. The second-generation, medium-sized devices in the s introduced the extensive use of auxiliary heating techniques. The addition of the divertor demonstrated improved confinement; wall conditioning techniques were also introduced. New features such as superconducting coils, deuterium-tritium operation, and remote handling were introduced. The experience accumulated on these machines contributed to the design of ITER. Such exploration is a necessary step toward the realization of a fusion energy source; it must be done to establish the confidence in proceeding with demonstrations of practical fusion energy. Tokamaks around the world are helping to prepare for the construction and operation of ITER. See more in International Tokamak Research. What are the

advantages of ITER compared to the alternative approaches under development such as the Wendelstein 7-X stellarator in Germany, and the inertial fusion programs in the US and France? Of the magnetic confinement concepts for fusion mainly tokamaks and stellarators the main advantage of ITER and its tokamak technology is that, for the time being, the tokamak concept is by far the most advanced along the road to producing fusion energy. It is consequently pragmatism that dictated the choice of the tokamak concept for ITER. Stellarators are inherently more complex than tokamaks for example, optimized designs were not possible before the advent of supercomputers but they may have advantages in reliability of operation. The inertial fusion concepts are something quite different. These technologies have mainly been developed to simulate nuclear explosions and were not originally planned to produce fusion energy. The inertial fusion concept has not demonstrated so far that it offers a better or shorter path than magnetic confinement to energy production. In Europe, the Euratom Framework Programs do not fund research on inertial fusion, but the program maintains a "watching brief" on developments. What is the ITER model for collaboration and cooperation? The choice was made from the beginning to share the manufacturing of the most strategically important components among the seven ITER Members. This has considerably added to the complexity of the project, but the reasons for this decision were clear—by participating in ITER, each Member is preparing its industrial infrastructure, its scientific base, and its physicists and engineers for the next step on the road to fusion power: Collaboration and coordination between the different entities of the project are improving all of the time. What is remarkable about fusion research is that, for a very long time, it has been an international, collaborative venture where discoveries in one area of the world immediately benefit other research programs. This is true every day at ITER, where the project benefits from the diverse experiences of its Members, including research underway on operational tokamaks in different parts of the world. If ITER were only a construction project, its model would certainly have been organized differently. Once the most important buildings are ready for occupation, the assembly of the machine and plant will begin. The result—the best technically achievable project schedule and associated resource estimates—was presented to the ITER Council in November and subsequently reviewed by an independent group of Council-appointed experts. First Plasma is scheduled for December. This will be the official start of ITER operation. Please see our Project Milestones section for incremental milestones on the way to First Plasma. Is ITER running behind schedule? It certainly took longer to build up the ITER Organization—and establish world-class systems for managing the project—than was originally foreseen. A Management Assessment of the project identified a number of other root causes: For critical areas, specific recovery actions have been set into motion, for example measures to reduce delays in the signature of agreements and contracts, accelerate and optimize design review and design change processes, strengthen central engineering and configuration control, and improve collaboration in schedule-critical areas vacuum vessel manufacturing, building construction. Against this new calendar, the project is on track. He is currently implementing a project-wide action plan that has received the support of all Members. A new organization—centred on deliverables and strong project management—is being set up within the ITER Organization and a new way of working in an integrated way with the ITER Domestic Agencies has been established. We hear the project is delayed. Endorsed by the ITER Council in June, the updated schedule comes with a revised estimate of the overall cost of the project, including increased staff resources. China, Europe, Japan, Korea and Russia have completed their internal consultation procedures and are ready to approve the Baseline. The ITER partners are taking a number of actions to ensure that they have control over the cost of the project: By focusing now on the achievement of First Plasma, financial and human resources are concentrated in the near-term on core industrial elements and overall project risk is lowered. By implementing a staged approach First Plasma followed by a number of progressive phases to equip the machine for Deuterium-Tritium Operation interspersed with operational phases, confidence is increased and risk is minimized. By closely monitoring project risks and opportunities, and tracking against agreed milestones, any potential deviation from optimum progress can be identified at an early stage and mitigated. By freezing the design of all interfacing First Plasma components, the risk of delay due to project change requests is averted. Once integrated and assembled, the ITER machine will go through a period of testing and commissioning. This is the equivalent of making sure that "all systems are go" before attempting the first

experiment. Next, a several-year "shakedown" period of operation in pure non-nuclear fuels such as hydrogen, helium and deuterium is planned during which the machine will remain accessible for repairs and the most promising physics regimes will be tested. This phase will be followed by operation in deuterium with a small amount of tritium to test wall-shielding provisions. Only then, scientists will launch a third phase with increasingly frequent operation with an equal mixture of deuterium and tritium, at full fusion power. The ITER superconductors have been the object of a particularly stringent development and qualification program.

Going into the match with an overall head-to-head count against Okuhara, Saina took time to get into the groove as Okuhara led early on.

Malcolm Kendrick, the Scottish doctor who wrote *The Great Cholesterol Con* recently stated on his blog that he has read the entire page review: For many years I have told anyone who will listen that, if you have a high cholesterol level, you will live longer. Equally, if you have a low cholesterol level, you will die younger. This, ladies and gentlemen, is a fact. The older you become the more beneficial it is to have a high cholesterol level. This fact has become more difficult to demonstrate recently as so many people have been put on statins that the association between cholesterol levels and mortality has been twisted, bent and pumelled into the weirdest shapes imaginable. However, Japan, provides some very interesting data. The entire study can be read free online here. Here is the Introduction: High cholesterol levels are recognized as a major cause of atherosclerosis. However, for more than half a century some have challenged this notion. We believe the answer is very simple: The issue of cholesterol is one of the biggest issues in medicine where the law of economy governs. We, as those on the side opposing the hypothesis, understand their argument very well. Indeed, the first author of this supplementary issue TH had been a very strong believer and advocate of the cholesterol hypothesis up until a couple of years after the Scandinavian Simvastatin Survival Study 4S reported the benefits of statin therapy in *The Lancet* in . To be honest with the readers, he used to persuade people with high cholesterol levels to take statins. He even gave a talk or two to general physicians promoting the benefits of statins. Terrible, unforgivable mistakes given what we came to know and clearly know now. In this supplementary issue, we explore the background to the cholesterol hypothesis utilizing data obtained mainly from Japan—the country where anti-cholesterol theory campaigns can be conducted more easily than in any other countries. But why is this? Is it because the Japanese researchers defending the hypothesis receive less support from pharmaceutical companies than researchers overseas do? Because Japanese researchers are indolent and weak? No, of course not. Because the Japanese public is skeptical about the benefits of medical therapy? Reading through this supplementary issue, it will become clear why Japan can be the starting point for the anti-cholesterol theory campaign. The relationship between all-cause mortality and serum cholesterol levels in Japan is a very interesting one: This relationship cannot be observed as easily in other countries, except in elderly populations where the same relationship exists worldwide. The theory that the lower the cholesterol levels are, the better is completely wrong in the case of Japan—in fact, the exact opposite is true. Because Japan is unique in terms of cholesterol-related phenomena, it is easy to find flaws in the cholesterol hypothesis. Based on data from Japan, we propose a new direction in the use of cholesterol medications for global health promotion; namely, recognizing that cholesterol is a negative risk factor for all-cause mortality and re-examining our use of cholesterol medications accordingly. This, we believe, marks the starting point of a paradigm shift in not only how we understand the role cholesterol plays in health, but also how we provide cholesterol treatment. The guidelines for cholesterol are thus another area of great importance. Indeed, the major portion of this supplementary issue from Chapter 4 onward is given over to our detailed examination and critique of guidelines published by the Japan Atherosclerosis Society. These chapters clearly describe some of the flaws in the guidelines—flaws which are so serious that it becomes clear that times must change and the guidelines must be updated. Our purpose in writing this supplementary issue is to help everyone understand the issue of cholesterol better than before, and we hope that we lay out the case for why a paradigm shift in cholesterol treatment is needed, and sooner rather than later. We would like to stress in closing that we have received no funding in support of writing or publishing this supplementary issue and our conflicts of interest statements are given in full at the end. The statin scam has been exposed, but there are powerful sources at work in the medical system to keep it going. The medical authorities were not successful in preventing it from being aired on TV, but they forced ABC to remove them from their website. We currently are using copies available on YouTube. Take some time to watch these important documentaries produced by medical doctors on the statin drug scam, and be informed!

Located at the heart of the downtown Roppongi area in Tokyo's tallest building, the 53rd-story Ritz-Carlton offers elegant luxury high above Tokyo's busy streets. This hotel was so unbelievably good that I would say it is a seven star hotel.

Appendix 1 Appendix 1. Translating Scientific Evidence About Total Amount and Intensity of Physical Activity Into Guidelines This appendix discusses two issues that arise when translating scientific evidence into physical activity guidance for the public: In scientific terms, total weekly physical activity in the range of to 1, MET-minutes produces substantial health benefits for adults. How should this finding be simplified and translated into Guidelines that are understandable by the public? Two methods are used to assess the intensity of aerobic physical activity, termed "absolute intensity" and "relative intensity. After discussing background information related to these questions, this appendix explains the approach taken on these two issues in the Physical Activity Guidelines for Americans. The Guidelines are derived from an evidence-based report on the health benefits of physical activity, written by the Physical Activity Guidelines Advisory Committee. It then discusses three key findings of the Advisory Committee report, and finally discusses the difference between absolute and relative intensity. A metabolic equivalent, or MET, is a unit useful for describing the energy expenditure of a specific activity. A MET is the ratio of the rate of energy expended during an activity to the rate of energy expended at rest. For example, 1 MET is the rate of energy expenditure while at rest. A 4 MET activity expends 4 times the energy used by the body at rest. MET-Minutes and Health Benefits A key finding of the Advisory Committee Report is that the health benefits of physical activity depend mainly on total weekly energy expenditure due to physical activity. In scientific terms, this range is to 1, MET-minutes per week. A range is necessary because the amount of physical activity necessary to produce health benefits cannot yet be identified with a high degree of precision; this amount varies somewhat by the health benefit. For example, activity of MET-minutes a week results in a substantial reduction in the risk of premature death, but activity of more than MET-minutes a week is necessary to achieve a substantial reduction in the risk of breast cancer. Dose Response The Advisory Committee concluded that a dose-response relationship exists between physical activity and health benefits. A range of to 1, MET-minutes of activity per week provides substantial benefit, and amounts of activity above this range have even more benefit. Amounts of activity below this range also have some benefit. The dose-response relationship continues even within the range of to 1, MET-minutes, in that the health benefits of 1, MET-minutes per week are greater than those of MET-minutes per week. Two Methods of Assessing Aerobic Intensity The intensity of aerobic physical activity can be defined in absolute or relative terms. Absolute Intensity The Advisory Committee concluded that absolute moderate-intensity or vigorous-intensity physical activity is necessary for substantial health benefits, and it defined absolute aerobic intensity in terms of METs: Light-intensity activities are defined as 1. Moderate-intensity activities are defined as 3. Vigorous-intensity activities are defined as 6. Running at 10 minutes per mile 6. The Advisory Committee regarded relative moderate intensity as 40 to 59 percent of aerobic capacity reserve where 0 percent of reserve is resting and percent of reserve is maximal effort. Relatively vigorous-intensity activity is 60 to 84 percent of reserve. To better communicate the concept of relative intensity or relative level of effort , the Guidelines adopted a simpler definition: Relatively moderate-intensity activity is a level of effort of 5 or 6 on a scale of 0 to 10, where 0 is the level of effort of sitting, and 10 is maximal effort. Relatively vigorous-intensity activity is a 7 or 8 on this scale. This simplification was endorsed by the American College of Sports Medicine and the American Heart Association in their recent guidelines for older adults. A 5 or 6 on a 0 to 10 scale is essentially 45 percent to 64 percent of aerobic capacity reserve for moderate intensity. Similarly, a 7 or 8 on a 0 to 10 scale means 65 percent to 84 percent of reserve is the range for relatively vigorous-intensity activity. The concept of METs is difficult to understand and few people are familiar with it. It is challenging for the public to know the MET values for all the activities they do. As long as people who follow the Guidelines generally achieve to 1, MET-minutes per week or more , it is appropriate to express the Guidelines in simpler terms of minutes of moderate-intensity activity, and minutes of vigorous-intensity activity. Because not all the benefits of physical activity occur at

MET-minutes per week, Guidelines that help people exceed this minimum are desirable. Information in the Advisory Committee Report lays the basis for expressing physical activity guidelines in minutes. The Advisory Committee indicated that minutes 2 hours and 30 minutes of moderate-intensity activity per week could be regarded as roughly equivalent to MET-minutes per week. By recommending that adults do at least minutes of moderate-intensity activity per week, adults will achieve to 1, MET-minutes per week if the intensity is 3. As indicated by the Advisory Committee Report, people who do minutes of a 3. As noted earlier, walking at 3. By recommending at least 75 minutes 1 hour and 15 minutes per week of vigorous-intensity activity, adults who choose to do vigorous-intensity activity will also generally achieve to 1, MET-minutes per week. The lower limit of vigorous-intensity activity 6. So, 75 minutes of vigorous-intensity activity per week is roughly equivalent to minutes of moderate-intensity activity per week. As the MET range for vigorous-intensity activity has no upper limit, highly fit people can even exceed 1, MET-minutes in 75 minutes by doing activities requiring It is not of concern that the vigorous-intensity Guideline "misleads" people with a high degree of fitness into doing more activity than is really required to meet the Guidelines. Highly fit people have already decided to do large amounts of physical activity, as this is the only way to achieve this degree of fitness. Finally, the Guidelines needed to address the issue that some people do both moderate-intensity and vigorous-intensity activity in a week. To determine whether they are doing enough activity to meet the Guidelines, these people need a "rule of thumb" as to how vigorous-intensity minutes substitute for moderate-intensity ones. Because minutes of moderate-intensity activity and 75 minutes of vigorous-intensity activity are the minimum amounts, the rule of thumb becomes that 1 minute of vigorous-intensity activity counts the same as 2 minutes of moderate-intensity activity. For this to occur, the definition of intensity in the Guidelines needs to be in terms of METs i. However, the Guidelines for Adults indicate that relative intensity can also be used as a means of assessing the intensity of aerobic activities. And the Guidelines for Older Adults require the use of relative intensity. How can this be appropriate? For many adults it does not matter a great deal whether they use relative or absolute intensity. That is, following the Guidelines means they attain to 1, MET-minutes per week using either absolute or relative intensity to guide level of effort. Their level of fitness is such that, when they do absolute moderate-intensity activities in the range of 3. Similarly, absolutely vigorous and relatively vigorous activities overlap a great deal. For adults with higher levels of fitness, using relative intensity means they will do higher amounts of activity than intended by the Guidelines. For example, a 3. By doing minutes of a 6. But this is acceptable for two reasons: First, the Guidelines encourage people to do higher amounts of activity, as higher amounts have greater health benefits. Second, people with higher levels of fitness generally can only achieve this level of fitness by doing higher amounts of activity, and thus have already chosen to do more activity. Some adults have low levels of fitness, particularly older adults. For these adults, activities in the range of 3. The Advisory Committee Report stated that for older adults, who commonly have low levels of fitness, the level of effort should be guided by relative intensity as opposed to absolute. The report also stated that inactive adults should not do relatively vigorous-intensity activity when they start to increase their activity level. In other words, it is not intended or appropriate for people with low levels of fitness to meet a moderate-intensity guideline by routinely doing relatively vigorous-intensity activity. The mix of moderate- and vigorous-intensity activity is flexible, as long as some vigorous-intensity activity is done at least 3 days per week. This flexibility means that relative and absolute intensity are both appropriate ways to track intensity. Relative intensity is appropriate for several reasons. The exercise studies on which the Guidelines are based commonly prescribed aerobic activity using relative intensity. Children and adolescents who follow the Guidelines should have improvement in cardiorespiratory fitness, and the relative intensity of the activity is a major determinant of its fitness effects. The intent of the Advisory Committee Report is that, when a child breathes rapidly during physical activity an indicator of relatively vigorous-intensity activity for that child , this activity should count as vigorous intensity. However, it is not always feasible to observe children closely enough to determine their level of effort. In this case, absolute intensity can be used to judge whether the child is doing activity that counts toward the Guidelines. Brisk walking as opposed to slow walking counts as moderate-intensity activity, and running counts as vigorous-intensity activity, based on the typical level of

effort required for these activities. Physical activity and public health in older adults:

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A huge heart shape formed by snow on Lake Toyoni in Erimo, Hokkaido, is seen from a helicopter chartered by The Yomiuri Shimbun. Snowfall accumulated over the frozen surface of the small lake, which.

Shinto, an ancient Japanese religion Sponsored link. Brief history of Shinto: Shinto is an ancient Japanese religion. Starting about BCE or earlier it was originally "an amorphous mix of nature worship, fertility cults, divination techniques, hero worship, and shamanism. The Yamato dynasty consolidated its rule over most of Japan. Divine origins were ascribed to the imperial family. Shinto established itself as an official religion of Japan, along with Buddhism. The complete separation of Japanese religion from politics did not occur until just after World War II. The Emperor was forced by the American army to renounce his divinity at that time. Unlike most other religions, Shinto has no real founder, no written scriptures, no body of religious law, and only a very loosely-organized priesthood. Shinto creation stories tell of the history and lives of the "Kami" deities. Among them was a divine couple, Izanagi-no-mikoto and Izanami-no-mikoto, who gave birth to the Japanese islands. Their children became the deities of the various Japanese clans. Amaterasu Omikami Sun Goddess was one of their daughters. She is the ancestress of the Imperial Family and is regarded as the chief deity. Her shrine is at Ise. Her descendants unified the country. Her brother, Susano came down from heaven and roamed throughout the earth. He is famous for killing a great evil serpent. The Kami are the Shinto deities. The word "Kami" is generally translated into English as "god" or "gods. There are no concepts which compare to the Christian beliefs in the wrath of God, his omnipotence, his omni-presence, or the separation of God from humanity due to sin. There are numerous other deities who are conceptualized in many forms: Those related to natural objects and creatures, from "food to rivers to rocks. Exceptional people, including all but the last of the emperors. Abstract creative forces, They are seen as generally benign; they sustain and protect the people. Shinto and Buddhism share a basic optimism about human nature, and for the world. Within Shinto, the Buddha was viewed as another "Kami". Meanwhile, Buddhism in Japan regarded the Kami as being manifestations of various Buddhas and Bodhisattvas. Most weddings are performed by Shinto priests; most funerals are performed by Buddhist priests. Shinto does not have as fully developed a theology as do most other religions. It does not have its own moral code. Shintoists generally follow the code of Confucianism. Their religious texts discuss the "High Plain of Heaven" and the "Dark Land" which is an unclean land of the dead, but give few details of the afterlife. Ancestors are deeply revered and worshipped. They aspire to have "makoto", sincerity or true heart. This is regarded as the way or will of Kami. Morality is based upon that which is of benefit to the group. Tradition and the family: The family is seen as the main mechanism by which traditions are preserved. Their main celebrations relate to birth and marriage.

Chapter 9 : Korea Open: Saina loses to Okuhara after squandering four match points - calendrierdelascience.com

Moana (/ m oēŃ Ēˆ É'Ē• n É™, -Āi n É™ /) is a American 3D computer-animated musical adventure film produced by Walt Disney Animation Studios and released by Walt Disney calendrierdelascience.com is the 56th Disney animated feature film.