

Chapter 1 : Parts of the Brain | Ask A Biologist

A noted expert on women and depression offers a guide to balancing women's relationship to eating, alcohol, and overthinking. Based on extensive original research, Eating, Drinking, Overthinking is the first book to show women how they can navigate the often painful and destructive worlds of the title.

Many animals have a 24 hour cycle that includes sleeping, eating and doing work This includes eating, drinking, breathing, and getting rid of wastes What Are the Parts of the Brain? It keeps everything working even when we are sleeping at night. Brain Cells There are two types of cells in your brain, neurons and glial cells glia - Greek word for glue. For a long time biologists have thought that the neurons were the only cells that controlled our bodies and were also where our memories are kept. Glial cells were just in the brain to support neurons, insulate them, provide nutrition, and do basic housekeeping. New research is beginning to show that glial cells are doing more than these jobs. Glia cells act as a physical support and protection for neurons. They also help keep the blood-brain barrier which prevents toxic chemicals in the blood from entering the brain. Glia cells help keep the environment around neurons in balance and make sure the right nutrients are available for neurons. Glia cells can create myelin, a fatty substance that helps insulate the axons of neurons. This helps keep electrical signals inside the neuron and helps them move faster. Glia cells can prevent the buildup of toxic chemicals, help destroy viruses and bacteria, and get rid of dead neurons. The rotating image shows many glial cells called astrocytes. Brain Anatomy Cerebral cortex: The wrinkled outer part of the brain is the largest part of the brain. It is also where we do all our thinking. It is used to read this story and also to do math and any homework you might get from your teacher. This part of the brain also controls your voluntary muscles. These are the muscles used to click a computer mouse button, ride a bike, run a race, or kick a ball. Are you using your left or right brain? There are some scientists that think the right and left sides of the cerebral cortex specialize in different work. The right side works on abstract things like colors, shapes, and music. The left side is busy with math and speaking and is the analytical part. It is also known that the right side of your brain controls the left side of the body and the left side of the brain controls the right. At the back of the brain, the cerebellum helps you make smooth, coordinated movements. With all the activity going on in the brain there needs to be a switching station and this is the job of the thalamus. This part of the brain takes information coming from the body and sends it on to the cerebral cortex. The cerebral cortex also sends messages to the thalamus which then sends the information to other areas of the brain and spinal cord. Located deep within your brain, the hippocampus works with the cerebral cortex to create memories. From five minutes ago to five years ago, the hippocampus is responsible for helping you remember everything that happens in your life. The hippocampus also helps you remember how to navigate, or move around, your environment based on how you have moved around in the past. In your house is a thermostat. This is the control on the wall that you can change to make the room warmer or cooler. The hypothalamus is the thermostat for your body. When you get hot it sends signals to your skin to sweat. If you get cold it makes you shiver and get goose bumps. Connecting the right side of the brain with the left side is the corpus callosum. This lets the two sides of the brain talk to each other. This tiny part of the brain is about the size of a pea. It is smallest part of the brain and also the one that controls when and how fast we grow. It releases special hormones that help you grow. It also is at work during puberty. The pituitary gland also uses hormones to control how much sugar and water is in your body. It helps control the digestion of food, breathing, and moving your blood around. The brainstem is a collection of three areas of the brain. These parts are the Medulla, Pons, and the Midbrain. The brainstem is located below the cerebellum and connects the brain to the spinal cord. Together, these three parts of the brain help keep us alive by controlling our breathing, digestion, and blood circulation. This is the main information highway. All the information from parts of the body move from and to the brain through the spinal cord. It is connected to the brain through the brainstem. It is protected by the vertebral bones that make up the backbone. Confocal scanning laser image courtesy of Professor Dennis McDaniel.

Chapter 2 : Rethinking Drinking Homepage - NIAAA

This bar-code number lets you verify that you're getting exactly the right version or edition of a book. The digit and digit formats both work.

Check the alcohol content of your beverage. How many "drinks" are in a bottle of wine? A typical ounce ml bottle of table wine holds about 5 "standard" drinks, each containing about 5 ounces. This serving size of wine contains about the same amount of alcohol as a ounce regular beer or 1. Get to know what 5 ounces looks like by measuring it out at home. Mixing alcohol with certain medications can cause nausea, headaches, drowsiness, fainting, a loss of coordination, internal bleeding, heart problems, and difficulties in breathing. Alcohol can also make a medication less effective. For more information, see Harmful Interactions: Mixing Alcohol with Medicines. Among the dangers of underage drinking: Each year, an estimated 5, people under age 21 die from alcohol-related injuries. The younger people are when they start to drink, the more likely they are to become alcoholic at some point in their lives. Even moderate amounts of alcohol can significantly impair driving performance and your ability to operate other machinery, whether or not you feel the effects of alcohol. Heavy drinking during pregnancy can cause brain damage and other serious problems in the baby. Because it is not yet known whether any amount of alcohol is safe for a developing baby, women who are pregnant or may become pregnant should not drink. Increased risk This "increased risk" category contains three different drinking pattern groups. Distilled spirits include vodka, whiskey, gin, rum, and tequila. Light to moderate drinking Men: Up to 2 drinks per day Women: Up to 1 drink per day Heavy or at-risk drinking Men: More than 4 drinks on any day or more than 14 drinks per week Women: More than 3 drinks on any day or more than 7 drinks per week Low-risk drinking Men: No more than 4 drinks on any day and no more than 14 per week Women: No more than 3 drinks on any day and no more than 7 per week People with a parent, grandparent, or other close relative with alcoholism have a higher risk for becoming dependent on alcohol. For many, it may be difficult to maintain low-risk drinking habits. On any day, stay within low-risk levels of no more than 4 drinks for men or 3 for women. Note that it takes about 2 hours for the adult body to completely break down a single drink. Do not drive after drinking.

Chapter 3 : Thinking about a change - Rethinking Drinking - NIAAA

In many food cultures around the world, a meal is composed of several shared dishes. I love this approach to the eating. But for the home cook, attempting to cook more than one thing at a time can be a nerve racking proposition.

It allows you to take cheap cuts of meat and turn them into tender, flavorful, mouthwatering meals. You can develop great flavor with minimal effort. It is also extremely versatile, you can tweak a few ingredients to adapt it to any dish. And leftovers are never a problem. Braised meat is often better after a day or two in the fridge. Pork shoulder is on the menu for today, but you could easily substitute it for just about any tough cut of meat. In this case I bought a 6 pound pork shoulder. I cut it in half and froze the other half. Up to a day ahead of time, but at least three hours before, salt the meat heavily. Also be sure to let the meat come up to room temperature by resting it for two hours prior to cooking. You could also use celery, bell pepper, garlic, ginger, etc. And you need some herbs and spices. The last thing you need is a braising liquid. I used a combination of chicken stock, beer, and the juice from a can of tomatoes. With everything assembled, it is time to brown the meat. Add some olive oil to the pot and heat over medium-high heat. Once it is nice and hot add the meat, let it get nice and brown before rotating it to another side. I like to brown four of the sides, but you could probably get away with just two. Drop the heat a little bit, then add the vegetables to the pot. Cook for a couple minutes. When they start to soften add the herbs and spices. And cook for a few more minutes to integrate everything. Time to add the meat back to the pot, along with the braising liquid. Once, about half way through I like to flip the meat over. At that point, remove the meat from the pot and strain the braising liquid. You can use the liquid to make a sauce, and to store the leftovers in. As for the meat, let it rest for a little bit tented by some foil. Then pull or slice it into the desired size pieces. As for serving options, I enjoyed it over brown jasmine rice, with ginger broccoli. In this case I did reduce some of the braising liquid to create a sauce. The beauty about this method is that you can adapt it in an infinite number of ways. If you wanted to make braised pork for tacos, use cilantro, cumin, and maybe some ancho chile powder for your herbs and spices. If you wanted to serve the pork over polenta or risotto, use parsley, garlic, and oregano. If you wanted to serve the pork with fried rice use ginger, scallions, and coriander.

Chapter 4 : Eating | Eating, Drinking, and Thinking

Eating, Drinking, Over Thinking has ratings and 21 reviews. Tami said: The author calls the cycle the Toxic Triangle. Many women spend all week caref.

Chapter 5 : Eating, Drinking, Overthinking (Audiobook) by Susan Nolen-Hoeksema | calendrierdelascience

I travelled outside of Finland without my parents for the first time when I was years old. I went to visit a friend in Brighton with money that I had saved up from my summer job.

Chapter 6 : Eating, Drinking, Cooking, Thinking

The author presents some psychological data along with personal stories and examples that help the reader to understand the interaction of eating, drinking and thinking too much. The begining chapters explain each of the three conditions and how they are detrimental to a person's well-being.

Chapter 7 : Eating, Drinking, and Thinking

Abstract. Re-thinking food, drink and appetite offers new ways of exploring subjectivity, self-Other relations and textual production. Like language, food and drink are human necessities which always carry surcharges of meaning.