

Chapter 1 : What Is Keto Diet? Why Does Keto Work So Well For Weight Loss?

Note: Citations are based on reference standards. However, formatting rules can vary widely between applications and fields of interest or study. The specific requirements or preferences of your reviewing publisher, classroom teacher, institution or organization should be applied.

Holiday shoppers will be able to buy the ultimate gift of naming one of 12 species recently discovered in protected areas created by Rainforest Trust and its partners across the tropics. Pre-bidding starts today with the final auction taking place at an invitation only event in Washington, DC on December 8th. All other pre-registered bidders can participate by phone and online. Our auction will enable the public to help us do that. Imagine having a spectacular new species named after a loved one or an organization and knowing that their legacy is tied to saving a species! The auction showcases 12 new-to-science species. Among the finds are an Ecuadorean blue-eyed yellow frog; a Colombian frog with leopard-like coloring; speckled red and bright green frogs; an orchid from a Colombian cloud forest that has flame-like orange and rose-colored petals; an orchid with a center resembling peach slices; a deadly trap jaw ant with a mandible that opens to degrees; a grey forest mouse with soft fur and rounded ears; a legless amphibian that looks like a worm; and a giant-eyed red salamander. All proceeds will be matched and directly protects the habitat of the specific plant or animal, helping save them from extinction. The auction takes place primarily online and by phone. Pre-bidding starts November 8 online. In person, online and phone bidding starts at 8pm ET that evening for pre-registered bidders. Both are donating their services. Salaman has discovered a number of species and was the first person to organize a species naming auction in to raise funds for conservation work. Today, Rainforest Trust has brought together a record number of species to be named all at once through an auction. Naming a species is a one-of-a-kind opportunity for people, companies and nonprofits that are: Interested shoppers should visit <https://www.rainforesttrust.org>: Rainforests are among the most important natural resources. They mitigate climate change, are a source of scientific discovery and support unique plants and animals that are essential to biodiversity and therefore a healthy planet. Rainforest Trust focuses on purchasing and protecting rainforests acre by acre. Over the last five years, they have saved one acre every 13 seconds. For more information, visit www.rainforesttrust.org. View source version on businesswire.

Chapter 2 : World Science Festival

High above the world-class observatories that dot Hawaii's dormant Mauna Kea volcano, floating farther yet over the hostile and nearly inaccessible peaks of Mt. Everest, lies a summit waiting to be conquered.

Org a new B2B Resource Community for business professionals. Collaborating with our professional business community, we make it easy to promote your events around the corner, online and around the world. Additionally you can promote and inform our community of your local, regional and global business-to-business events too. Sign up at our site for free and post your event <http://> You might want to check out Brand ManageCamp <http://> Our 14th annual will be held Sept , in Las Vegas. Reach out via the website if you would like to experience it for yourself. Or check out the hundreds of testimonials to see what others are saying! Michael Gerard Thanks Len. Tracie Rollins Great list Michael. What about the rest of the world? Michael Gerard Thanks for the comment Becky. Do send in your recommendations. Aaron Harrison Michael, excellent list. Figured I would share another conference to check out. The event will be held on June 13, , with Rand Fishkin serving as the first of our keynotes for You can check it out here: You can find out more at <http://> Just a heads up! Check us out over at <http://> Hope you can join us in Las Vegas in May! Alice Kim Great list Michael! Feel free to reach out to me, I would love to share more information about ONTRApalooza regarding speakers, workshops, pricing, etc. For now, check out: Rebekah Dumaup Awesome list, Michael! Will definitely share this Ultimate List! Janelle James Hi Michael. Check it out at ShareLikeBuy. Can you tell us how many people you expect to be there, and if you have a hashtag or dedicated Twitter account for it? Lukas Mehnert great post! Could you also add:

Chapter 3 : Knowledge Summit: The Ultimate Goal of Science

The ultra long duration balloon, with its day maiden flight planned for , provides a long-term facility in a near-space environment for many types of science. This is a stratospheric mountaintop well worth the climb.

Most of the research has focused on the very high fat standard keto diet. Russell Wilder at the Mayo Clinic to help treat kids with epilepsy seizures. In more recent years, the popularity of the low carb or Atkins diet has prompted a resurgence of interest into the keto diet plan, this time as a highly effective method of losing weight and losing fat, in particular. A lot of people have found the keto diet helps them stay healthy and in shape. Advocates include top athletes like Ben Greenfield, as well as people who have struggled with weight issues for a long time like Jimmy Moore. Sounds like a great plan right? The main confusion has arisen due to 2 very similar sounding words: They sound similar but are actually very different. Ketoacidosis, on the other hand, is a very serious condition that typically occurs in type 1 diabetics and very rarely in end-stage type 2 diabetics. This is a highly dangerous situation, and patients with ketoacidosis may fall into dangerous comas. And Are There Other Benefits? This is probably the question you care most about "can you lose weight on a keto diet? There are many reasons why a keto diet could perhaps help you lose weight and many of these reasons are similar to the reasons why low carb and Paleo diets work: A keto diet plan is not the only or even a perfect answer to this problem, but it is a good answer. Please note that a low carb or Paleo diet could also be a keto diet! I highly recommend you check out our Paleo diet vs. I was constantly hungry! I used to go to sleep hungry and upset because I could never seem to eat less than calories. When we mix carbohydrates and fats in the same meal, we actually want to eat more. Well, if you have poor metabolic flexibility, then eating carbohydrates is almost always going to make you hungry an hour or two after a meal. That may well be why your friend or spouse can do a diet for a month and drop 20 pounds while you gain 5 pounds following the same plan. A keto diet plan may help certain health conditions like type 2 diabetes, gut dysbiosis, sleep disorders, fatigue, etc. Is A Keto Diet Safe? But the fact is our body can live without carbohydrates just fine as long as you eat plenty of good fats and protein. However, our brains do require glucose a form of carbohydrate. It sounds like we therefore need to eat carbohydrates to supply sufficient energy to our brains daily. As anyone who has ever done a week- or month-long water fast knows, humans can last a lot longer than a few days without food. So, where does that glucose to supply our brain come from when we fast for a week? In fact, the more fat you have on your body, the longer you can survive. Listen to our podcast with Dani Conway about how to create a keto plan based on your own body. Not really it depends on how you interpret the Atkins diet and what you eat on it: Some people replace the carbohydrates they would otherwise be eating with more lean meat thereby increasing the protein intake but not the fat intake. And unfortunately, eating too much protein is one thing that can prevent your body from getting into ketosis, which is the main benefit of keto. Of course, if you think Atkins stands for a high fat diet, then what you think of as Atkins could be much closer to the keto diet. However, many people do call the more modern form of the keto diet where you eat higher carbs and protein than in the traditional epilepsy studies a Modified Atkins Diet. How is Paleo different from Keto? More specifically, the differences between the Paleo and keto diets lie in their emphasis. Paleo emphasizes the ancestral diets and looking at food quality nutrient density and avoiding toxins like gluten. However, you can follow a Paleo plan and be in ketosis. Or you can be eating an unhealthy non-Paleo Keto diet filled with inflammatory low carb or high fat foods e. Given that the ketogenic diet has only recently become very popular, there is a dearth of reliable studies on it. If you want to read more about the science behind ketosis, then I highly recommend checking out Dr. The keto diet is relatively simple in terms of the rules you have to follow. Eat Lots of Fats. Eat Moderate Amount of Protein. Click here to get the keto diet food list emailed to you directly. Jimmy has a detailed 3-step plan in his book to determine your carbohydrate tolerance. For serious athletes, the carbohydrate amount might be higher depending on your level of training. Stephen Phinney, MD suggest that to calculate your minimum and maximum protein intake for staying in ketosis, you should multiply your weight measured in lbs by 0. I weigh lbs, so for ketosis, my minimum protein intake per day is x 0. Jimmy writes in his book that Dr. Donald Layman suggests limiting protein

amounts to 30g per meal and no more than g per day. The key factor in the ketogenic diet is the rearrangement of macronutrients to make fat the primary fuel source. And yes, that does mean you end up eating quite a bit of fat! This is another area where there is debate. Some serious athletes like Ben Greenfield and Chris Kelly find ketosis to really help their athletic performance, but there are only a few scientific studies that back this up. Reviews of their work suggest that a keto diet may help with endurance sports, but may not be great for sports that require bursts of power. Even Ben Greenfield puts a big red warning on his keto diet review, detailing his experimentation while training for Ironman Canada. He suggests some potential health risks with hardcore training on a keto diet. And one last note on keto diets for athletes – if you are doing some serious training, then the amount of carbohydrates you can eat and still be in ketosis may be well higher than generally recommended. For example, Ben Greenfield was consuming between grams of carbohydrates during his Ironman training. The easiest way to measure whether your body is in ketosis or not is to measure the ketone levels in your body. To make things complicated, there are actually 3 types of ketones: You basically pee on these or dip them into some of your urine that you collect. The strip will change color in proportion to levels of AcAc. Blood Ketone Meters along with ketone measuring strips. This is very similar to the blood glucose meters and in fact, they also work as a blood glucose meter if you buy the glucose measuring strips – you prick your finger with a lancet and then use the ketone measuring strips connected to the blood ketone meter to soak up a small drop of blood. The blood ketone meter will then do its thing and give you a blood ketone level reading. Breath Ketone Meter Ketonix Sport. This is a new meter that was recently released to measure ketones in your breath. You warm up the meter for a few minutes, blow into the meter for seconds, and then it gives you a reading. This turns out to be a slightly complicated question to answer. The optimal ketone levels for you will depend a lot on what your goals are for being on a keto diet. Check out this post for a more comprehensive answer. Jamie Koonce has here defended the keto diet for women. But Stacy and Sarah suggest otherwise in this talk. And if you do try a keto diet, remember that the basic tenets of a Paleo diet still apply. I highly encourage you check out our keto diet food list link below.

Chapter 4 : DataHack Summit | Where Humans Meet Artificial Intelligence

He is a science writer, exercise and nutrition consultant, outdoor enthusiast, lecturer and founder of Knowledge Summit Research Group. He has conducted primary research in the areas of attention, memory and behavioral nutrition.

Traditional data binding vs Angular data binding: Angular wins hands down! Controller holds state and behavior Digging Deeper So, what exactly is a service? Lazily instantiated singleton services Different controllers have different scopes Scope inheritance at work 7: Emit and broadcast events 9: The template expanding directive 6: Using the templateUrl property 3: Functions in the templateUrl property 5: Custom directives with the restrict option 4: Using the same directive in different controllers 4: Understand how isolated scopes work 3: The watch list 3: Use Angular libraries where possible 2: Watches on objects and collections 8: Built In Filters 8: The orderBy filter The "filter" filter Build your own custom filter 6: A simple form 6: Forms and CSS classes 6: Forms and the control state The select options UI control 2: Digging Deeper Example DOM manipulating directives 5: Event listening directives 4: Dependency Injection Dependency injection 7: Different ways of injecting dependencies 7: The Provider, Service and Factory recipes 8: The Http service 6: Routing and Single Page Applications 9: You, This Course and Us 2: Elements With JSX 3: A Stateless React Component 7: The Render Function 5: Passing Props To Nested Components 5: Transferring Props To Child Components 5: The Spread Operator 4: Dynamic Types Using Props 8: Validation With Prop Types Lambda Expressions As Children 4: Components And Child Expressions 7: Accessing Previous State 5: Working With Synthetic Events 3: The Comment App Visual Representation 9: The Comment App With Props 5: Adding A New Comment 9:

Chapter 5 : Kim Yong-chol: the ultimate North Korean regime insider | World news | The Guardian

Once the preserve of the world's elite mountaineers, it has increasingly become accessible to ordinary people through advancements in science and technology. Fresh from conquering the summit, [] Mount Everest - the highest point on our planet and the ultimate achievement for any climber - has long been a fascination for physicist and.

It turns out that Cathy Duffy rated us as one of her top picks for out of all the educational programs available. On top of this, dozens of other random web sites have given our programs really amazing reviews. Students will learn about magnetic storms, listen to the song of the sun, learn how to chart the stars, and build a simple handheld telescope. Volume 2 Astronomy 2 This volume builds on the fundamental ideas covered in Astronomy 1. Students will discover stars, planets, moon, comets, asteroids, galaxies and more. Learn how to design and build reflector and refractor telescopes, investigate how gravity curves spacetime, detect black holes, build a calibrated spectrometer, play with the electromagnetic spectrum, and uncover the mysterious forces that shape the incredible universe we call home. Volume 4 Chemistry 1 Uncover the fundamental ideas behind chemistry with this introductory chemistry course. Students will discover how to create the four states of matter, grow crystal farms, experiment with phase shifts, crosslink polymers, shake up rainbow solutions, and stew up a chemical matrix of heat and ice reactions. Includes student worksheets, 24 instructional videos, 20 lessons, 64 page workbook, tests and quizzes Volume 5 Chemistry 2 This volume builds on the fundamental ideas covered in Chemistry 1. Includes student worksheets, instructional videos, 16 lessons, workbook, tests and quizzes Students perform advanced experiments with ammonia, learn how to burn sulfur, ignite colored fires, decompose hydrogen peroxide, detonate bubbles, unlock energy stored in chemical bonds, supercool solutions, calculate the energy of a single peanut, turn copper into silver and gold, and so much more. Includes student worksheets, 38 instructional videos, 34 lessons, tests and quizzes Volume 7 Earth Science 1 An introductory course in getting to know our planet better through the eyes of a scientist. Students also learn about convection currents, liquid crystals, air pressure, and how sunlight, water, and wind can be used as sources of energy. Volume 8 Earth Science 2 Discover the big ideas behind rocks, minerals, fossils, gems, and the science of geology. Students burn coal, fluoresce minerals, chemically react rocks, streak powders, scratch glass, and play with atomic bonds as they learn how to be a real field geologist. Volume 9 Earth Science 3 Students learn advanced ideas in building electronic circuit sensors to convert light, temperature, sound, magnetic fields, and more into a form that real scientists can record and analyze. Includes student worksheets, instructional videos, lessons, workbook, tests and quizzes Students will discover how to design and test circuits, detect electric charge, learn about electrochemistry as they construct batteries, play with the static electric field, and uncover the mysterious forces that redefined the entire field of chemistry and physics when they were first discovered. Volume 11 Energy 1 Students build several different kinds of batteries, learn how solar, wind, and water can be used to generate electricity, construct simple machines, race bobsleds, zoom roller coasters, fire off catapults, build hydraulic-pneumatic machines, blast air horns, and so much more. Students build a homemade weather tracker station, measure energy and power, make a fire water balloon, invent two working solar vehicles, learn how to bottle clouds, and construct a working external combustion engine from soda can parts. Students get to build bridges that holds over times their own weight, construct a rocket ball launcher, detect the magnetic field, learn about frequency and wavelength as they build buzzing hornets, sling harmonicas and air horns, and zoom balloon racecars. Volume 15 Life Science 1: Students will construct a water cycle terrarium ecosystem, extract DNA, grow a carnivorous greenhouse, track traits, learn how to use a compound microscope, and more. Volume 16 Life Science 2: Human Anatomy Learn the fundamental concepts in human physiology and anatomy. Students will discover how to build a working robotic hand, measure their lung capacity, filter blood, detect genetic traits, chemically fingerprint their friends, and make a frog totally disappear. Volume 17 Light 1 Students investigate the electromagnetic spectrum by using lenses, mirrors and more as they build several projects including an eye-balloon, pinhole camera, optical kaleidoscope as well as experiments in splitting shadows into a rainbow, going on a black light treasure hunt, getting colors from black and white, investigating chemiluminescence by

mixing cold light, and making a beaker totally disappear. Volume 18 Light 2 Students learn about intensity, polarization, frequency, refraction, diffraction, and reflection as they build an electric eye, optical cameras, reflector telescopes, compound microscopes, spectrometers, burglar alarms, optical light benches, battery-free radios, laser microscopes, laser shows, and so much more. Students discover how to detect magnetic poles and magnetic fields, learn about electromagnetism as they construct motors, generators, doorbells and earphones, and uncover the mysterious link between electricity and magnetism that marks one of the biggest discoveries of all science—ever. Includes student worksheets, 47 instructional videos, 45 lessons, page student workbook, and more If you know your multiplication tables, you can do the content in this program. You may print out the worksheets for each experiment as you go along. The DVDs also contain instructional step-by-step videos that show exactly how to perform the experiments in the included workbook. The videos on the DVDs are designed primarily to play on your computer. The videos will also play on DVD players but since they are designed for computers you will notice a drop in video quality if you view them on a large screen. These are the current volumes organized by grade level. Note that this is based on the national standards for science, and also my personal experience in teaching kids science for over a decade. The list below is simply a recommendation.

Chapter 6 : The Computer Science Advancement Bundle | Summitsoft Deals

The Puy de Dôme volcano is a trachytic lava dome, about 11, y old. New pyroclastic layers originating from the volcano itself were discovered covering the summit and the flanks of the volcano.

Chapter 7 : Home - Kathleen Black | Real Estate Coaching & Consulting Inc.

THE ULTIMATE DIRECTORY OF AI & BOT CONFERENCES. Find The Perfect Events For You. Manchester Data Science Summit. Manchester, UK 03/23/ - 03/24/ ISMSI

Chapter 8 : Homeschool Science Education

About the International Music Education Summit. The International Music Education Summit stemmed from a group of school music teachers who could neither afford the registration expenses associated with attending their state or national conferences, let alone the travel and time off it would cost as well.

Chapter 9 : The ultimate climate change FAQ | Environment | The Guardian

The Ultimate Science Curriculum Series is a video-based science curriculum that covers specific topics in extra depth for kids (or parents) with a special fascination. (Compared to the e-Science Curriculum which covers ALL topics at a level that meets or exceeds most science standards.