Paleo Solution Recipes

Common Lisp Recipes The Blood Sugar Solution 10-Day Detox Diet Cookbook Spring 5 Recipes Android Recipes MATLAB Machine Learning Recipes The South Beach Diet Gluten Solution Cookbook The Ultimate Weight Solution Cookbook The Healthspan Solution Git Recipes Go Recipes C++ Recipes The Autoimmune Solution Cookbook Git Recipes Python Recipes Handbook The Healthspan Solution Spring Recipes Java EE 7 Recipes PySpark Recipes Oracle and PL/SQL Recipes Spring Boot 2 Recipes Shell Scripting Recipes JavaScript Recipes The Blood Sugar Solution Cookbook PrestaShop Recipes asyncio Recipes iOS 7 Development Recipes Hibernate Recipes Windows Phone 8 Recipes C++20 Recipes Node.js Recipes Cooking for One Spring Enterprise Recipes The New 500 Low-Carb Recipes Mom's Sugar Solution Plant Based Weight Loss Solution Objective-C Recipes .NET 2.0 Interoperability Recipes Ruby Recipes Diabetic Solution Cookbook: Delicious Recipes and Meal Plans to Lower Blood Sugar and Reverse Diabetes Android Game Recipes

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The New 500 Low-Carb Recipes Feb 02 2020 Since its publication over 15 years ago, 500 Low-Carb Recipes has become a classic in the low-carb community, earning author Dana Carpender the affectionate moniker "low-carb queen" from her fans. The book is now a bestseller, with over half a million copies sold. Low-carb cooking has evolved. A decade ago, low-carb menus relied on ingredients like artificial sweeteners, unhealthy vegetable oils, protein additives, and processed foods from grocery store shelves, like low-carb branded snack bars and packaged meals. Today's low-carb cooking is influenced by larger food movements, such as clean eating; farm-to-table ingredients; higher fat ratios, thanks to the popularity of ketogenic diets; and less stigmatization of foods that have substantial inclusion in a low-carb diet, namely animal foods and saturated fat due to the growth of the Paleo and traditional foods movements. The New 500 Low-Carb Recipes is the beloved cookbook updated for today's low-carb movement.

Cooking for One Apr 05 2020 Discover the joy of cooking for yourself with more than 160 perfectly portioned, easy-to-execute recipes, flexible ingredient lists to accommodate your pantry, and ideas for improvising to your taste. Taking care to prepare a meal for yourself is a different experience than cooking for others. It can be a fun, casual, and (of course) delicious affair, but there are challenges, from avoiding a fridge full of half-used ingredients to ending up with leftovers that become boring after the third reheat. Cooking for One helps you make cooking for yourself special without becoming a chore with unfussy yet utterly appealing meals that rely on ingredients you already have on hand, like Garam Masala Pork Chop with Couscous and Spinach and Weeknight Chicken Cacciatore. Don't have exactly the right ingredients? Never fear--with a "Kitchen Improv" box on every page, we offer ideas for altering the dish so it works for you. And for those weeks you didn't make it to the supermarket, we use a "Pantry Recipe" icon to clearly mark recipes that rely entirely on our checklist for a well-stocked pantry. We show you when it's worth making two servings (but never more) with our "Makes Leftovers" icon, and suggest how to transform those leftovers into a whole new meal. (We love our Spice-Rubbed Flank Steak with Celery Root and Lime Yogurt Sauce served over arugula as a hearty salad the next day.) Ingredients themselves often lead you to another exciting meal--when you're left with half an eggplant from Simple Ratatouille, we direct you to Broiled Eggplant with Honey-Lemon Vinaigrette as the perfect way to use it up. And if the thought of a sink full of dishes keeps you out of the kitchen, there are plenty of appealing one-pan dinners like Sheet Pan Sausages with Sweet Potatoes, Broccoli Rabe, and Mustard-Chive Butter or Couscous with Shrimp, Cilantro, and Garlic Chips that are here to save the day.

Objective-C Recipes Oct 31 2019 Objective-C Recipes provides a problem solution approach for dealing with key aspects of Objective-C programming, ensuring you have the indispensable reference you need to successfully execute common programming tasks. You will see how to use the unique features of the Objective-C programming language, the helpful features of the Foundation framework, and the benefits of using Objective-J as an alternative. Solutions are available for a range of problems, including: Application development with Xcode Working with strings, numbers and object collections Using foundation classes like NSArray, NSString, NSData and more Dealing with threads, multi-core processing and asynchronous processing Building applications that take advantage of dates and timers and memory management How to use Objective-C on other platforms Objective-C Recipes is an essential reference for every Objective-C programmer, and offers solutions in a concise and easy-to-follow manner. Matthew Campbell has trained over 800 new iOS developers at the Mobile App Mastery Institute and iOS Code Camp, and here brings his expertise to offer you the ability to use and exploit Objective-C to get the most out of all of your projects.

Spring Recipes Jul 21 2021 The Spring framework is growing. It has always been about choice. Java EE focused on a few technologies, largely to the detriment of alternative, better solutions. When the Spring framework debuted, few would have agreed that Java EE represented the best-in-breed architectures of the day. Spring debuted to great fanfare, because it sought to simplify Java EE. Each release since marks the introduction of new features designed to both simplify and enable solutions. With version 2.0 and later, the Spring framework started targeting multiple platforms. The framework provided services on top of existing platforms, as always, but was decoupled from the underlying platform wherever possible. Java EE is a still a major reference point, but it's not the only target. OSGi (a promising technology for modular architectures) has been a big part of the SpringSource strategy here. Additionally, the Spring framework runs on Google App Engine. With the introduction of annotation-centric frameworks and XML schemas, SpringSource has built frameworks that effectively model the domain of a specific problem, in effect creating domain-specific languages (DSLs). Frameworks built on top of the Spring framework have emerged supporting application integration, batch processing, Flex and Flash integration, GWT, OSGi, and much more.

The Blood Sugar Solution Cookbook Dec 14 2020 In THE BLOOD SUGAR SOLUTION COOKBOOK, Dr. Mark Hyman shares recipes that support the BLOOD SUGAR SOLUTION lifestyle. In 1900, only two percent of meals in America were eaten outside the home; now it is over fifty percent. Dr. Hyman calls for readers to take back their health by taking back their kitchens. The major culprit of diabetes, obesity and heart disease is insulin imbalance. Following Dr. Hyman's scientifically based program for rebalancing insulin and blood sugar levels, this cookbook presents 175 delectable recipes that are free of allergens and harmful inflammatory ingredients. Readers will exchange toxic factory-made foods for nutritious and easy-to-make dishes such as Chicken Satay with Peanut Sauce, Mexican Shrimp Ceviche, Tuscan Zucchini Soup, Raspberry Banana Cream Pie Smoothie, Chocolate Nut Cake, and more. THE BLOOD SUGAR SOLUTION COOKBOOK will illuminate the inner nutritionist and chef in every reader.

C++20 Recipes Jun 07 2020 Discover the newest major features of C++20, including modules, concepts, spaceship operators, and smart pointers. This book is a handy code cookbook reference guide that covers the C++ core language standard as well as some of the code templates available in standard template library (STL). In C++20 Recipes: A Problem-Solution Approach, you'll find numbers, strings, dates, times, classes, exceptions, streams, flows, pointers, and more. Also, you'll see various code samples, templates for C++ algorithms, parallel processing, multithreading, and numerical processes. It also includes 3D graphics

programming code. A wealth of STL templates on function objects, adapters, allocators, and extensions are also available. This is a must-have, contemporary reference for your technical library to help with just about any project that involves the C++ programming language. What You Will Learn See what's new in C++20 Write modules Work with text, numbers, and classes Use the containers and algorithms available in the standard library Work with templates, memory, concurrency, networking, scripting, and more Code for 3D graphics Who This Book Is For Programmers with at least some prior experience with C++.

Spring 5 Recipes Sep 03 2022 Solve all your Spring 5 problems using complete and real-world code examples. When you start a new project, you'll be able to copy the code and configuration files from this book, and then modify them for your needs. This can save you a great deal of work over creating a project from scratch. The recipes in Spring 5 Recipes cover Spring fundamentals such as Spring IoC container, Spring AOP/ AspectJ, and more. Other recipes include Spring enterprise solutions for topics such as Spring Java EE integration, Spring Integration, Spring Batch, Spring Remoting, messaging, transactions, and working with big data and the cloud using Hadoop and MongoDB. Finally, Spring web recipes cover Spring MVC, other dynamic scripting, integration with the popular Grails Framework (and Groovy), REST/web services, and more. You'll also see recipes on new topics such as Spring Framework 5, reactive Spring, Spring 5 microservices, the functional web framework and much more. This book builds upon the best-selling success of the previous editions and focuses on the latest Spring Framework features for building enterprise Java applications. What You'll Learn Get re-usable code recipes and snippets for core Spring, annotations and other development tools Access Spring MVC for web development Work with Spring REST and microservices for web services development and integration into your enterprise Java applications Use Spring Batch, NoSQL and big data for building and integrating various cloud computing services and resources Integrate Java Enterprise Edition and other Java APIs for use in Spring Use Grails code and much more Who This Book Is For Experienced Java and Spring programmers.

Hibernate Recipes Aug 10 2020 Hibernate Recipes, Second Edition contains a collection of code recipes and templates for learning and building Hibernate solutions for you and your clients, including how to work with the Spring Framework and the JPA. This book is your pragmatic day-to-day reference and guide for doing all things involving Hibernate. There are many books focused on learning Hibernate, but this book takes you further and shows how you can apply it practically in your daily work. Hibernate Recipes, Second Edition is a must have book for your library. Hibernate 4.x continues to be the most popular out-of-the-box, open source framework solution for Java persistence and data/database accessibility techniques and patterns and it works well with the most popular open source enterprise Java framework of all, the Spring Framework. Hibernate is used for e-commerce–based web applications as well as heavy-duty transactional systems for the enterprise.

The Healthspan Solution Aug 22 2021 Fancy optimizing your health and living a longer and fuller life with plant-based recipes? Then this may be the book for you! Looking to adopt a healthy vegetarian diet this New Year but don't know where to start? No worries, we've got you covered! Authors and leading plant-based nutrition experts Julieanna Hever and Ray Cronise have spent over a decade researching diet and nutrition, analyzing longevity studies, and helping their clients achieve sustainable, lasting health benefits by adopting a whole-food, plant-based diet. So what are you waiting for? Dive straight in to discover: - 100 delicious and nutritious plant-based recipes for the whole family to love - Evidence-based research on the scientific underpinnings of the healthspan diet - Easy-to-follow guidelines simplify food choices without being restrictive - Beautifully photographed recipes offer options and flexibility In The Healthspan Solution, they share the simple and effective diet that has allowed their clients to lose weight, reverse disease, reduce or eliminate medication use, and achieve optimal health. This healthy recipe cookbook examines the health risks posed by typical Western eating habits and explains how a diet rich in vegetables, fruits, whole grains, legumes, mushrooms, nuts, seeds, herbs and spices can lead to lower blood pressure, a healthy gut, weight loss and longer life expectancy. Their flexible, customizable approach to eating challenges the conventional idea of breakfast, lunch, and dinner and focuses instead on soups, salads, sides, and sweets. With 100 delicious recipes to choose from, this healthy cookbook ensures that adopting a plant-based lifestyle is simple and sustainable. Still not sure? Check out our riveting reviews below and discover just how much The HealthSpan Solution has changed people's lives for the better! "Ray and Julieanna didn't write a fad diet book. It's about making a permanent lifestyle transformation. The magic is I still can eat anything I want. The trick is what I want has profoundly changed. They did the trick for me and saved my life—now let them help you."—Penn Jillette, Las Vegas entertainer and magician "Ray is a scientific visionary and Julieanna is a master of nutrition. Together they've written a fact-based recipe book for longevity that belongs in every kitchen. Buy it."—David Sinclair, PhD, AO, Professor of Genetics, Harvard Medical School "Working with Julieanna and Ray has given me a profoundly new understanding of how food impacts health and how what we eat is often dictated by social influences. I'm excited to be a part of their effort to push to this message out to a far bigger audience."—Cyan Banister, angel investor and entrepreneur "Julieanna and Ray are an incredible team. While others have sought to demonstrate the adequacy of an exclusively plant-sourced diet, they teach how it can be superior and mimics longevity research."—Rich Roll, plant-powered ultra athlete and author

PySpark Recipes May 19 2021 Quickly find solutions to common programming problems encountered while processing big data. Content is presented in the popular problem-solution format. Look up the programming problem that you want to solve. Read the solution. Apply the solution directly in your own code. Problem solved! PySpark Recipes covers Hadoop and its shortcomings. The architecture of Spark, PySpark, and RDD are presented. You will learn to apply RDD to solve day-to-day big data problems. Python and NumPy are included and make it easy for new learners of PySpark to understand and adopt the model. What You Will Learn Understand the advanced features of PySpark2 and SparkSQL Optimize your code Program SparkSQL with Python Use Spark Streaming and Spark MLlib with Python Perform graph analysis with GraphFrames Who This Book Is For Data analysts, Python programmers, big data enthusiasts

Spring Boot 2 Recipes Mar 17 2021 Solve all your Spring Boot 2 problems using complete and real-world code examples. When you start a new project, you'll be able to copy the code and configuration files from this book, and then modify them for your needs. This can save you a great deal of work over creating a project from scratch. Using a problem-solution approach, Spring Boot 2 Recipes quickly introduces you to Pivotal's Spring Boot 2 micro-framework, then dives into code snippets on how to apply and integrate Spring Boot 2 with the Spring MVC web framework, Spring Web Sockets, and microservices. You'll also get solutions to common problems with persistence, integrating Spring Boot with batch processing, algorithmic programming via Spring Batch, and much more. Other recipes cover topics such as using and integrating Boot with Spring's enterprise services, Spring Integration, testing, monitoring and more. What You'll LearnGet reusable code recipes and snippets for the Spring Boot 2 micro-framework Discover how Spring Boot 2 integrates with other Spring APIs, tools, and frameworks Access Spring MVC and the new Spring Web Sockets for simpler web development Work with microservices for web services development and integration with your Spring Boot applications Add persistence and a data tier seamlessly to make your Spring Boot web application do more Integrate enterprise services to create a more complex Java application using Spring Boot Who This Book Is For Experienced Java and Spring programmers.

PrestaShop Recipes Nov 12 2020 This book uses easy-to-follow recipes to aid you in your PrestaShop development – the free, open source e-commerce content management solution written in PHP and with support for MySQL. Accessible to small start-ups or larger businesses, it is becoming a very popular eCommerce solution and this book will enable you to use it to its full potential. Separated clearly into subjects, you will easily be able to look up the problem you are having and find a solution. Free of jargon and long sections of theory, PrestaShop Recipes enables you to troubleshoot and learn all at the same time. You will easily be able to customize all your PrestaShop themes using this book. What You'll Learn How PrestaShop works and how it can be customized How to turn your PS site into a Booking site How to turn your PS site into an Events Booking site How to apply SEO strategies and improve performance Who This Book Is For This book is intended for PS site owners and developers who are interested in improving or customizing their shop. Site owners will get the same benefit from it as developers because the 'recipe' idea is to provide an easy to follow guide for making customizations a reality.

.NET 2.0 Interoperability Recipes Sep 30 2019 It is difficult to just throw out all existing code and start over when a new technology arrives. That's the situation with Microsoft .NET, which represents a new and improved way of developing software for the Windows platform. Wouldn't you would love to rewrite all of your existing code in the newer managed code environment that .NET provides? However, you have that little problem known as legacy code. Fortunately, Microsoft .NET provides a rich set of tools interoperation with existing code. This book is written as a guide for Windows developers transitioning from native

Windows code to .NET managed code.

The South Beach Diet Gluten Solution Cookbook May 31 2022 With The South Beach Diet, Dr. Arthur Agatston ended the low carb versus low fat debate and educated the country about healthy carbs and fats. In The South Beach Diet Gluten Solution, he cleared up the confusion surrounding gluten and helped people find their own gluten threshold (what he calls becoming gluten aware). Now he clarifies another matter: Gluten-free eating does not mean you have to sacrifice flavor or good nutrition. The South Beach Diet Gluten Solution Cookbook makes creative use of gluten-free ingredients in 175 recipes that will please even the most discerning palates. Mouth-watering dishes like Bacon and Pecan Breakfast Biscuits, Vegetable Quiche with Spinach Crust, Johnnycake Chicken Sandwiches, Shrimp and Chicken Pad Thai, Summer Berry Tart, and Cashew-Butter Cookies will more than satisfy the heartiest (and healthiest) of appetites. And with many of the recipes taking 30 minutes or less from start to finish, this book is perfect for the busiest of cooks. Unlike the recipes found in many gluten-free cookbooks, those in The South Beach Diet Gluten Solution Cookbook are free of highly refined flours, sugars, and artery-clogging saturated fats—but are still packed with plenty of flavorful ingredients. Even readers who aren't gluten-free 100 percent of the time will enjoy reaping the health rewards of these diet-friendly and delicious dishes.

Mom's Sugar Solution Jan 03 2020 Tame your sugar cravings with these simple, low-sugar recipes that emphasize natural ingredients and support healthy eating habits for you and your family. In Mom's Sugar Solution, you'll learn how much sugar is acceptable, how to spot hidden sugars on food labels, and how to get your family involved in a low-sugar lifestyle. With advice from family nutritionist Laura Chalela Hoover about the best ways to minimize sugar in a child's diet, you can be sure you're making the right decisions for your family's health. You'll find 150 kid-friendly recipes for everything from breakfast to dessert, as well as recommended swaps for foods containing high amounts of hidden sugar, including drinks and condiments. With easy and delicious recipes that range from Peachy Cream Pancakes, Cinnamon Smoothies, Corn Bread Mini Muffins, and Crispy Fish Fingers, Mom's Sugar Solution makes it possible to eat healthier and still enjoy the foods you love.

MATLAB Machine Learning Recipes Jul 01 2022 Harness the power of MATLAB to resolve a wide range of machine learning challenges. This book provides a series of examples of technologies critical to machine learning. Each example solves a real-world problem. All code in MATLAB Machine Learning Recipes: A Problem-Solution Approach is executable. The toolbox that the code uses provides a complete set of functions needed to implement all aspects of machine learning. Authors Michael Paluszek and Stephanie Thomas show how all of these technologies allow the reader to build sophisticated applications to solve problems with pattern recognition, autonomous driving, expert systems, and much more. What you'll learn:How to write code for machine learning, adaptive control and estimation using MATLAB How these three areas complement each other How these three areas are needed for robust machine learning applications How to use MATLAB graphics and visualization tools for machine learning How to code real world examples in MATLAB for major applications of machine learning in big data Who is this book for: The primary audiences are engineers, data scientists and students wanting a comprehensive and code cookbook rich in examples on machine learning using MATLAB.

Git Recipes Oct 24 2021 Whether you're relatively new to git or you need a refresher, or if you just need a quick, handy reference for common tasks in git, Git Recipes is just the reference book you need. With recipes to cover any task you can think of, including working with GitHub and git on BitBucket, Git Recipes shows you how to work with large repositories, new repositories, forks, clones, conflicts, differences, and it even gives you practical scenarios you may find yourself dealing with while using git. If you work with Git at all, you need this hands-on, practical reference for all things Git. What you'll learn How to work with both well-known and local repositories How to deal with issues like dangling revisions and disjointed branches How to pinpoint who made specific changes How to deal with textual and binary conflicts How to work with hosted solutions like GitHub and BitBucket How to work with git in large groups Who this book is for People who need a quick, practical reference for everything related to Git. Table of Contents1. Getting started with git 2. Playing with well-known repositories 3. Creating Local Repositories with Linear History 4. Managing Files 5. Branches 6. Merging Branches 7. Rebasing branches 8. Modifying the history 9. Resolving Collisions 10. Remote repositories and synchronization 11. Hosting git repositories 12. Working with GitHub.com 13. More Recipes on Files

Diabetic Solution Cookbook: Delicious Recipes and Meal Plans to Lower Blood Sugar and Reverse Diabetes Jul 29 2019 Diabetes can be caused by either an inadequate production of insulin (type I diabetes) or the inability of the cells to respond to insulin (type II diabetes). Health complications caused by diabetes are cardiovascular disease, foot problems, stroke, nerve damage, kidney problems, oral and dental problems, etc. This is a long-term condition but it can be managed effectively with healthy lifestyles which include healthy nutrition, physical activities and regular exercise, and regular medical checkup. Healthy nutrition helps one manage this condition effectively and even improve the quality of life of those living with diabetes. The Diabetic Solution Cookbook consists of diabetes recipes you can try at home to boost your health and help you cope with this condition. The recipes have been selected and proven to be the most effective when it comes to reversing and managing diabetes in individuals of all age groups and gender. What are you waiting for? Take the bull by the horn and start your daily meal plan for reversing diabetes. Tags: diet recipes, recipe cookbook, healthy cookbook, diabetes diet, paleo cookbook, low carb cookbook, thug kitchen cookbook, ketogenic cookbook

The Healthspan Solution Mar 29 2022 Increase your lifespan and optimize your health with plant-based recipes for a longer, more vibrant life. Authors and leading plant-based nutrition experts Julieanna Hever and Ray Cronise have spent over a decade researching diet and nutrition, analyzing longevity studies, and helping their clients achieve sustainable, lasting health benefits by adopting a whole food, plant-based diet. In The Healthspan Solution, they share the simple and effective diet that has allowed their clients to lose weight, reverse disease, reduce or eliminate medication use, and achieve optimal health. This accessible and easy-to-follow guide examines the health risks posed by typical Western eating habits and explains how a diet rich in vegetables, fruits, whole grains, legumes, mushrooms, nuts, seeds, herbs and spices can lead to lower blood pressure, healthy weight management, and longer life. Their flexible, customizable approach to eating challenges the conventional idea of breakfast, lunch, and dinner and focuses instead on soups, salads, sides, and sweets. With 100 delicious recipes to choose from, The Healthspan Solution make adopting a plant-based lifestyle simple and sustainable. Evidence-based research on the scientific underpinnings of the healthspan diet Easy-to-follow guidelines simplify food choices without being restrictive Beautifully photographed recipes offer options and flexibility Praise for The Healthspan Solution: "Ray and Julieanna didn't write a fad diet book. It's about making a permanent lifestyle transformation. The magic is I still can eat anything I want. The trick is what I want has profoundly changed. They did the trick for me and saved my life-now let them help you."-Penn Jillette, Las Vegas entertainer and magician "Ray is a scientific visionary and Julieanna is a master of nutrition. Together they've written a fact-based recipe book for longevity that belongs in every kitchen. Buy it."-David Sinclair, PhD, AO, Professor of Genetics, Harvard Medical School "Working with Julieanna and Ray has given me a profoundly new understanding of how food impacts health and how what we eat is often dictated by social influences. I'm excited to be a part of their effort to push to this message out to a far bigger audience."-Cyan Banister, angel investor and entrepreneur "Julieanna and Ray are an incredible team. While others have sought to demonstrate the adequacy of an exclusively plant-sourced diet, they teach how it can be superior and mimics longevity research."-Rich Roll, plant-powered ultra athlete and author

Spring Enterprise Recipes Mar 05 2020 The Spring framework is a widely adopted enterprise and general Java framework. The release of Spring Framework 3.0 has added many improvements and new features for Spring development. Written by Gary Mak, author of the bestseller Spring Recipes, and Josh Long, an expert Spring user and developer, Spring Enterprise Recipes is one of the first books on Spring 3.0. This key book focuses on Spring Framework 3.0, the latest version available, and a framework-related suite of tools, extensions, plug-ins, modules, and more—all of which you may want and need for building three-tier Java EE applications. Build Spring enterprise and Java EE applications from the ground up using recipes from this book as templates to get you started, fast. Employ Spring Integration, Spring Batch and jBPM with Spring to bring your application's architecture to the next level. Use Spring's remoting, and messaging support to distribute your application, or bring your application to the cloud with GridGain and Terracotta.

Python Recipes Handbook Sep 22 2021 Learn the code to write algorithms, numerical computations, data analysis and much more using the Python language: look up and re-use the recipes for your own Python coding. This book is your handy code cookbook reference. Whether you're a maker, game developer, cloud computing programmer and more, this is a must-have reference for your library. Python Recipes Handbook gives you the most common and contemporary code snippets, using pandas (Python Data Analysis Library), NumPy, and other numerical Python packages. What You'll Learn Code with the pandas (Python Data Analysis Library) Work with the various Python algorithms useful for today's big data analytics and cloud applications Use NumPy and other numerical Python packages and code for doing various kinds of analysis Discover Python's new popular modules, packages, extensions and templates library Who This Book Is For This handy reference is for those with some experience with Python.

The Autoimmune Solution Cookbook Nov 24 2021 The companion cookbook to the revolutionary New York Times bestseller The Autoimmune Solution, filled with more than 150 nutritious, easy-to-prepare, every day recipes to heal symptoms of inflammation and autoimmune disorders, including Graves' Disease, Psoriasis, Fibromyalgia, Lupus, Celiac disease, Hashimoto's thyroiditis, and Multiple sclerosis. Nine in ten Americans suffer from inflammation or an autoimmune disorder—conditions for which conventional medicine has no cure. Minor irritations like rashes and runny noses are ignored, while chronic and debilitating diseases like Crohn's and rheumatoid arthritis are handled with a cocktail of toxic treatments that fail to address their root cause. But as Dr. Amy Myers revealed in The Autoimmune Solution, there are solutions. In this invaluable cookbook, she now shows you how to repair your body and reverse your symptoms by eating your way to good health. The Autoimmune Solution Cookbook delivers more than 150 grain-free recipes designed to prevent and reverse the full spectrum of autoimmune diseases, including allergies, obesity, asthma, cardiovascular disease, fibromyalgia, lupus, IBS, chronic headaches, fatigue, multiple sclerosis, colitis, Graves' disease, and Hashimoto's thyroiditis. As our food and environment becomes more toxic, the health of millions of us have been impaired. Thanks to Dr. Myers, you no longer need to rely on prescriptions—with troubling, sometimes dangerous side effects—to counteract your body's over-reactive immune system. The Autoimmune Solution Cookbook is the healthy alternative to cope with and conquer inflammatory-related symptoms and diseases.

Android Recipes Aug 02 2022 Android continues to be one of the leading mobile OS and development platforms driving today's mobile innovations and the apps ecosystem. Android appears complex, but offers a variety of organized development kits to those coming into Android with differing programming language skill sets. Android Recipes: A Problem-Solution Approach guides you step-by-step through a wide range of useful topics using complete and real-world working code examples. In this book, you'll start off with a recap of Android architecture and app fundamentals, and then get down to business and build an app with Google's Android SDK at the command line and Eclipse. Next, you'll learn how to accomplish practical tasks pertaining to the user interface, communications with the cloud, device hardware, data persistence, communications between applications, and interacting with Android itself. Finally, you'll learn how to leverage various libraries and Scripting Layer for Android (SL4A) to help you perform tasks more quickly, how to use the Android NDK to boost app performance, and how to design apps for performance, responsiveness, seamlessness, and more. Instead of abstract descriptions of complex concepts, in Android Recipes, you'll find live code examples. When you start a new project, you can consider copying and pasting the code and configuration files from this book, then modifying them for your own customization needs. This can save you a great deal of work over creating a project from scratch!

asyncio Recipes Oct 12 2020 Get the most out of asyncio and find solutions to your most troubling Python programming problems. This book offers a pragmatic collection of recipes by going beyond online resources and docs to provide guidance on using this complex library. As such, you'll see how to improve application performance and run computationally intensive programs faster. asyncio Recipes starts with examples illustrating the primitives that come with the asyncio library, and explains how to determine if asyncio is the right choice for your application. It shows how to use asyncio to yield performance gains without multiple threads, and identifies common mistakes and how to prevent them. Later chapters cover error-handling, testing, and debugging. By the end of this book, you'll understand how asyncio runs behind the scenes, and be confident enough to contribute to asyncio-first projects. What You Will LearnDiscover quirky APIs such as the event loop policiesWrite asyncio code with native coroutines Use the ast module to find legacy asyncio codeWork with contextvars See what a async context manager is and why a lot of asyncio APIs use them Who This Book Is For Experienced Python developers or hobbyists who want to understand asyncio and speed up their applications by adding concurrency to their toolkit.

*Shell Scripting Recipes Feb 13 2021 *Author is active and well-known within the community *Comprehensive and example-driven, for faster completion of administration tasks *Scripts are POSIX-compliant; supported by all mainstream shells *All examples contain the problem, the solution, and the code needed to implement the solution.*

The Ultimate Weight Solution Cookbook Apr 29 2022 With more than 100 fantastic recipes, this cookbook is an essential tool to get results and free yourself from your problems with weight -- forever. Dr. Phil is on a mission: to help as many Americans as possible lose pounds and never, ever regain them. And it's working: literally millions of people have lost weight steadily and successfully by changing their self-defeating behavior. Dr. Phil's bestselling books The Ultimate Weight Solution: The 7 Keys to Weight Loss Freedom and The Ultimate Weight Solution Food Guide were the first steps toward accomplishing this vital mission. The Ultimate Weight Solution Cookbook is another essential tool to get results and free yourself from your problems with weight -- forever. Here are more than 100 fantastic recipes that abound with flavor and are exceptionally nutritious. Your whole family can benefit from a new, healthier way of eating. Enjoy delicious dishes like Banana Cream Pie, Southern Oven-Fried Chicken, Enchiladas with Barbecued Greens, Pot Roast Southern Style, Mocha Fudge Pudding, Beef and Broccoli Stir-Fry, Mushroom-Tomato Frittata, and Sweet Potato Pie. You're going to love shedding pounds while still enjoying your favorite foods. That's because great taste is actually one of the secrets to losing weight and keeping it off. The Ultimate Weight Solution Cookbook also includes Dr. Phil's Rapid Start Plan, providing 14 days of preplanned menus designed to give you a jump-start on losing weight. Each day on the Rapid Start Plan includes one or more of the many great-tasting dishes in this cookbook. Gaining real control over your weight, as opposed to yo-yo dieting, is in your hands. Dr. Phil shows you how to make changes in your life that are healthy, easy to maintain, and result in a slimmer, fitter you. When it comes to genuine weight control, Dr. Phil says, "You have a decision to make." Using this book is an important way to show that you have made the right decision.

Oracle and PL/SQL Recipes Apr 17 2021 Oracle PL/SQL Recipes is your go to book for PL/SQL programming solutions. It takes a task-oriented approach to PL/SQL programming that lets you quickly look up a specific task and see the pattern for a solution. Then it's as simple as modifying the pattern for your specific application and implementing it. And you're done and home for dinner. Oracle PL/SQL Recipes is another in Apress' ongoing series of recipe books aimed at Oracle practitioners. The recipe format is ideal for the busy professional who just needs to get the job done. Covers the most common PL/SQL programming problems Presents solutions in ready-to-use format Stays short and to-the-point

Go Recipes *Jan 27 2022 Solve your Go problems using a problem-solution approach. Each recipe is a self-contained answer to a practical programming problem in Go. Go Recipes contains recipes that deal with the fundamentals of Go, allowing you to build simple, reliable, and efficient software. Other topics include working with data using modern NoSQL databases such as MongoDB and RethinkDB. The book provides in-depth guidance for building highly scalable backend APIs in Go for your mobile client applications and web client applications. All this means that you'll be able to write programs that get the most out of multicore and networked machines, using Go's novel type system that enables flexible and modular program construction. You'll see how to test your Go applications so they are ready for deployment, as well as learning how to write HTTP servers to offer you maximum flexibility when dealing with remote clients. What You'll Learn Work with the core fundamentals of Go Persist data into NoSQL databases Build scalable backend APIs Test your Go applications Create HTTP web servers in Go Who This Book Is For Experienced programmers who have some or no prior experience with Go.*

Plant Based Weight Loss Solution Dec 02 2019 A plant based diet is one where people try to avoid, or at least minimize the amount of meat and animal products they eat. This way, instead of getting their nutrients from animals, they get their nutrients from raw plants. Plant based diets are becoming more popular in recent years because of environmental concerns and health benefits that come with them. Biological differences between a vegetarian and nonvegetarian diet include

how much processed food a person typically eats when compared to the amount eaten by those who eat meat. The Centers for Disease Control and Prevention (CDC) reported that 70.1% of adults aged 18-65 consume at least a serving each day of refined grains, compared to 49.6% of people who have a diet primarily composed of vegetables, fruits, seafood or lean meat. On average, vegetarians consume more fruits and vegetables than meat eaters; however, this is mostly because they tend to eat less meat compared to non-vegetarians (the average American consumes 95 grams of lean meats versus 35 grams of fruits and vegetables per day). The average American take twice as much sugar as the average person who avoids animal products; while the amount consumed by vegetarians is almost identical. This book covers ? Breakfast recipes ? Lunch recipes ? Dinner recipes ? Snacks recipes ? Dessert recipes And much more For starters, it's important to note that there are many different types of plant-based diets. The most popular type includes any food that comes from plants (fruits, vegetables, legumes), but excludes meat and animal byproducts such as dairy or eggs. Some people choose a vegan diet which involves completely cutting out all animal products from their diet. Other people simply choose to strategically remove animal products from their diet for health reasons. And some people still choose to use dairy or eggs in moderation.

Node.js Recipes May 07 2020 Node.js Recipes is your one-stop reference for solving Node.js problems. Filled with useful recipes that follow a problem/solution format, you can look up recipes for many situations that you may come across in your day-to-day server-side development. Node.js is accessible to those who not only relish in server-side programming but also web developers who understand the ubiquitous language of the web. Node.js Recipes covers all the essential ingredients required to become a seasoned Node.js developer in no time - make it your indispensable reference today.

The Blood Sugar Solution 10-Day Detox Diet Cookbook Oct 04 2022 The companion cookbook to Dr. Mark Hyman's revolutionary weight-loss program, the #1 New York Times bestseller The Blood Sugar Solution 10-Day Detox Diet, with more than 150 recipes for immediate results! Dr. Hyman's bestselling The Blood Sugar Solution 10-Day Detox Diet offered readers a step-by-step guide for losing weight and reversing disease. Now Dr. Hyman shares more than 150 delicious recipes that support the 10-Day Detox Diet, so you can continue on your path to good health. With easy-to-prepare, delicious recipes for every meal - including breakfast smoothies, lunches like Waldorf Salad with Smoked Paprika, and Grass-Fed Beef Bolognese for dinner -- you can achieve fast and sustained weight loss by activating your natural ability to burn fat, reducing insulin levels and inflammation, reprogramming your metabolism, shutting off your fat-storing genes, creating effortless appetite control, and soothing stress. Your health is a life-long journey. THE BLOOD SUGAR SOLUTION 10-DAY DETOX DIET COOKBOOK helps make that journey both do-able and delicious.

Git Recipes Feb 25 2022 Whether you're relatively new to git or you need a refresher, or if you just need a quick, handy reference for common tasks in git, Git Recipes is just the reference book you need. With recipes to cover any task you can think of, including working with GitHub and git on BitBucket, Git Recipes shows you how to work with large repositories, new repositories, forks, clones, conflicts, differences, and it even gives you practical scenarios you may find yourself dealing with while using git. If you work with Git at all, you need this hands-on, practical reference for all things Git.

C++ Recipes Dec 26 2021 C++ Recipes: A Problem-Solution Approach is a handy code cookbook reference guide that cover the latest C++ 14 as well as some of the code templates available in the latest Standard Template Library (STL). In this handy reference, you'll find numbers, strings, dates, times, classes, exceptions, streams, flows, pointers and more. Also, you'll see various code samples, templates for C++ algorithms, parallel processing, multithreading and numerical processes. These have many applications including game development, big data analytics, financial engineering and analysis, enterprise applications and more. A wealth of STL templates on function objects, adapters, allocators, and extensions are also available. This is a "must have", contemporary reference for your technical library.

Android Game Recipes Jun 27 2019 Android game apps are typically the most popular type of Android apps in the various Google Play, Amazon Appstore and other Android app stores. So, beyond the Android game tutorials out there, what about a day-to-day handy and complete code reference for Android game developers? Android Game Recipes is your first, reliable game coding reference for today's Android game apps. This book provides easy to follow real world game code problems and solutions, including source code. This book covers code recipe solutions that are common to 2D game development problems such as designing a game menu, collision detection, moving characters, moving backgrounds and more. This book also includes how to work with player input, how to add multiple levels, how to create game graphics for different screen resolution, and how to work with device sensors. After reading and using this book, you'll have the templated code snippets, solutions and frameworks to apply to your game app design to build your game, customize it, and then sell it on the Android app stores.

Java EE 7 Recipes Jun 19 2021 Java EE 7 Recipes takes an example-based approach in showing how to program Enterprise Java applications in many different scenarios. Be it a small-business web application, or an enterprise database application, Java EE 7 Recipes provides effective and proven solutions to accomplish just about any task that you may encounter. You can feel confident using the reliable solutions that are demonstrated in this book in your personal or corporate environment. The solutions in Java EE 7 Recipes are built using the most current Java Enterprise specifications, including EJB 3.2, JSF 2.2, Expression Language 3.0, Servlet 3.1, and JMS 2.0. While older technologies and frameworks exist, it is important to be forward-looking and take advantage of all that the latest technologies offer. Rejuvenate your Java expertise to use the freshest capabilities, or perhaps learn Java Enterprise development for the first time and discover one of the most widely used and most powerful platforms available for application development today. Let Java EE 7 Recipes show you the way by showing how to build streamlined and reliable applications much faster and easier than ever before by making effective use of the latest frameworks and features on offer in the Java EE 7 release. Shows off the most current Java Enterprise Edition technologies. Provides solutions to creating sophisticated user interfaces. Demonstrates proven solutions for effective database access. Table of ContentsIntroduction to Servlets JavaServer Pages The Basics of JavaServer Faces Facelets JavaServer Faces Standard Components Advanced JavaServer Faces and Ajax JDBC Object-Relational Mapping Enterprise JavaBeans The Query API and JPQL Oracle's Glassfish Contexts and Dependency Injection Java Message Service Authentication and Security Java Web Services Enterprise Solutions Using Alternative Programming Languages WebSockets and JSON-P JavaFX in the Enterprise Concurrency and Batch Applications

Common Lisp Recipes Nov 05 2022 Find solutions to problems and answers to questions you are likely to encounter when writing real-world applications in Common Lisp. This book covers areas as diverse as web programming, databases, graphical user interfaces, integration with other programming languages, multi-threading, and mobile devices as well as debugging techniques and optimization, to name just a few. Written by an author who has used Common Lisp in many successful commercial projects over more than a decade, Common Lisp Recipes is also the first Common Lisp book to tackle such advanced topics as environment access, logical pathnames, Gray streams, delivery of executables, pretty printing, setf expansions, or changing the syntax of Common Lisp. The book is organized around specific problems or questions each followed by ready-to-use example solutions and clear explanations of the concepts involved, plus pointers to alternatives and more information. Each recipe can be read independently of the others and thus the book will earn a special place on your bookshelf as a reference work you always want to have within reach. Common Lisp Recipes is aimed at programmers who are already familiar with Common Lisp to a certain extent but do not yet have the experience you typically only get from years of hacking in a specific computer language. It is written in a style that mixes hands-on no-frills pragmatism with precise information and prudent mentorship. If you feel attracted to Common Lisp's mix of breathtaking features and down-to-earth utilitarianism, you'll also like this book.

Windows Phone 8 Recipes Jul 09 2020 Windows Phone 8 Recipes is a problem-solution based guide to the Windows Phone 8 platform. Recipes are grouped according to features of the platform and ways of interacting with the device. Solutions are given in C# and XAML, so you can take your existing .NET skills and apply them to this exciting new venture. Not sure how to get started? No need to worry, there's a recipe for that! Always wondered what it takes to add cool features like gesture support, maps integration, or speech recognition into your app? We've got it covered! Already have a portfolio of Windows Phone 7 apps that needs to be upgraded? We have a recipe for that too! The book starts by guiding you through the setup of your development environment, including links to useful tools and resources. Core chapters range from coding live tiles and notifications to interacting with the camera and location sensor. Later chapters cover external

services including Windows Azure Mobile Services, the Live SDK, and the Microsoft Advertising SDK, so you can take your app to a professional level. Finally, you'll find out how to publish and maintain your app in the Windows Phone Store. Whether you're migrating from Windows Phone 7 or starting from scratch, Windows Phone 8 Recipes has the code you need to bring your app idea to life. What you'll learn Set up your development environment with the Windows Phone 8 SDK. Upgrade your existing Windows Phone 7 apps to Windows Phone 8. Meet and try out the new features provided in the Windows Phone 8 SDK. Bring your apps to life with live tiles, notifications, and cloud services. Discover the easy steps to setting up your own Windows Phone Store account. Learn how to submit your apps for publication to the Windows Phone Store. Who this book is for Windows Phone 8 Recipes is for the developer who has a .NET background, is familiar with C# and either WPF or Silverlight, and is ready to tap into a new and exciting market in mobile app development. Table of ContentsChapter 1: Introduction to the Windows Phone SDK Chapter 2: Multi-Resolution Support and Basic User Interface Components Chapter 3: Gestures Chapter 4: Live Tiles and Lock Screen Chapter 5: Background Agents and Notifications Chapter 6: Appointments and Contacts Chapter 7: Camera, Photos, and Media Chapter 8: Maps, Location, and Routing Chapter 9: Communications and Speech Chapter 10: Launching and Resuming Apps Chapter 11: Data Storage Chapter 12: Windows Azure Mobile Services Chapter 13: Using the Microsoft Live SDK Chapter 14: Publishing your App

 iOS 7 Development Recipes Sep 10 2020 iOS 7 Development Recipes: A Problem-Solution Approach is your code reference and guide to developing solutions on the iPad, iPhone, and other iOS 7 SDK devices and platforms. This book provides in-depth code samples and discussions for scenarios that developers face every day. You'll find numerous examples of real-world cases that will enable you to build fully functional applications quickly and efficiently. The recipes included in this book are wide in scope and have been geared toward the professional developer. You'll find clear and concise code samples accompanying each recipe, and you will be presented with cutting-edge solutions that bring forth the best that the iOS 7 SDK has to offer. The recipes include: Working with Auto Layout to build flexible user interfaces that adapt to different screen sizes Building applications that incorporate multimedia Building location-aware apps Understanding best practices for application design and development You'll find this book to be an indispensable reference for all your iOS development.

 JavaScript Recipes Jan 15 2021 Quickly discover solutions to common problems, best practices you can follow, and everything JavaScript has to offer. Using a problem-solution approach, this book takes you from language basics like built-in objects and flow control all the way to advanced optimization techniques, frameworks and Node.js. With JavaScript Recipes you will learn language fundamentals like types, conversions, execution contexts, expressions, operators, statements, and built-in objects. You'll explore and make the most of your script's host environment and how to create your own JavaScript host using Google's V8 engine. Employ advanced optimization techniques to create scripts that execute as fast, or faster, than native executables. JavaScript Recipes shows you how to avoid wasting development time and concentrate on developing cutting-edge applications. You'll see how much quicker and efficient it is to develop with JavaScript. Start becoming a JavaScript pro with JavaScript Recipes today. What You'll Learn Learn JavaScript language fundamentals and what they can do for you Use JavaScript's powerful features to develop next-generation applications Explore your script's host environment and extend it with your own objects Learn how to use Google's V8 Engine to create your own JavaScript environment Learn advanced optimization techniques Implement advanced techniques like closures, namespaces, and reflection How to use Node.js efficiently Who This Book Is For JavaScript developers who need to get development tasks accomplished quickly.

 Ruby Recipes Aug 29 2019 Solve your Ruby programming problems that occur during your day-to-day scripting work. This book contains a varied selection of practical and interesting code recipes designed to make your coding life easier. Ruby Recipes includes solutions to problems in working with data, handling exceptions, writing blocks, and using regular expressions. This book provides ready scripts for both simple complex scripting tasks, which you can use readily or with only minor modifications. These scripts cover areas such as collections, classes and structures, functional programming, and log handling. With these handy recipes at your fingertips, you will be able to solve those niggling problems and become even more efficient. What You Will Learn Install and run Ruby Read and write data Write functions Work with arrays, ranges, hashes, and iterators Handle dates and time Process XML as text Master OOP concepts such as classes, objects, subclassing, and inheritance Connect to databases Who This Book Is For Programmers new to Ruby, and web developers interested in knowing the foundations of the language.