

[EPUB] Grow Your Own Spirulina

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Grow Your Own Spirulina Superfood - Aaron Baum - 2013-03-01

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Spirulina - Ripley D. Fox - 1996

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Algae Microfarms - Robert Henrikson - 2013-08-29

How algae microfarms can help transform our food culture by growing abundant healthy food in a very small area and extend the growing season, affordably and profitably. Algae are 20 times more productive than conventional food and are well known as nutrient dense superfoods with valuable health and medical benefits. Over the past 30 years, large farms have grown algae for food, feed and fuel for thousands of useful products. Now an era of microfarms is emerging. Algae microfarms can empower people to grow healthy food in their own community for food security and self-sufficiency. Robert Henrikson founded one of the world's first and largest algae farms 35 years ago. Now the time has come to introduce the algae microfarmers who are growing algae for healthy foods in their local communities.

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Future Food Today: A cookbook by SPACE10 - SPACE10 - 2019-05-01

IKEA's future living lab SPACE10 has made their first ever cookbook with a collection of recipes based on future food trends. What we eat today shapes tomorrow. Considering the world's food production is challenging the planet, we need to eat in alternative ways - now and in the future. Future Food Today is a collection of recipes based on future food trends, straight from the SPACE10 food lab and test kitchen. The book expresses SPACE10's beliefs around food and food production. From "dogless hotdogs" and "algae chips", to "bug burgers" and "microgreen popsicles", it's packed with dishes we could one day be eating on a regular basis. It also includes simple guides to producing food locally and sustainably, and explains how to use alternative ingredients, gastronomic innovation and technology—such as hydroponic farming—to offer an alternative to the planet's growing demand for food and excessive consumption of meat. Features • Future Food Today is both a coffee table book and a kitchen tool, challenging the category of cookbooks both visually and conceptually. • It frames the zeitgeist around food and future food in a visually appealing and easily understandable way. • Futuristic and aspirational, this cookbook with a lab mindset offers a down-to-earth and hands-on approach to food.

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Spirulina World Food - Robert Henrikson - 2021-07-23

The complete guide to a powerful food that can help rebuild our health and restore our environment. Once a food of the future, now millions of health conscious people around the world are enjoying this powerful food packed with unusual phytonutrients, antioxidants and bioactive compounds with proven health benefits. By producing food and a dazzling array of products from micro algae like spirulina within a circular bioeconomy, using only 10% of the land area compared to conventional crops, we can release agricultural land for rewilding, new forests and carbon capture. This 3.6 billion year old algae designed by nature can help restore our personal and planetary health. Revised and updated 2021.

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Microalgal Biotechnology - Eduardo Jacob-Lopes - 2018-06-27

Microalgal Biotechnology presents an authoritative and comprehensive overview of the microalgae-based processes and products. Divided into 10 discreet chapters, the book covers topics on applied technology of microalgae. Microalgal Biotechnology provides an insight into future developments in each field and extensive bibliography. It will be an essential resource for researchers and academic and industry professionals in the microalgae biotechnology field.

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Grow Algae for Profit - Christopher Kinkaid - 2014-07-13

Algae is a miracle of Nature. Rich, in Amino acids, Proteins, Lipids, Carbohydrates, Anti-oxidants, phycobiliproteins, and other valuable products, algae is being tapped as the new feedstock across industries. This Book describes how to build your own Photobioreactor to grow pure algae species (taxa). Algae, are Earths "engine" to fuel the food web. As a "primary producer," responsible for nearly half the oxygen production on Earth, the power of algae is being commercialized to produce valuable organic products. Build your own, Algae Photobioreactor (PBR) grow kit, to Cultivate valuable algal strains, and tap into the rapidly growing Algae Industry. Grow algae reliability, and repeatably, with Photobioreactor (PBR) Algae Grow Kits for controlled photosynthesis. Grow up to Four different Algal taxa using these 4-vessel Algae grow kits rated at 80 Liter total capacity. Complete with optical, mechanical, electrical, pneumatic, and biological systems, photobioreactors give you complete control. Growing monocultures of algae, using photobioreactors, is useful for researchers, developers, companies, universities, and those who need to cultivate Algal monocultures with purity, and minimal cost of construction. Algae, produce valuable amino-acids, proteins, carbohydrates, and essential oils (lipids) consuming water-borne pollution for nutrients. Algae species, grown with your PBR algae grow kits, enable researchers to tap algae's enormous productivity, able to double in mass in 24 hours under exponential growth phase. Algal researchers, work to develop protocols for increased production. Growing algae converts water, in-organic compounds (CO2), and solar radiation into valuable organic molecules. This eBook is written as a resource for building your own photobioreactor, and growing valuable algal strains. This Book is written, as a resource for researchers, to construct an effective bioreactor, rated at 80 Liters, for growing algae monocultures.

thermodynamic conditions, to grow a specific monoculture algal strain. Grow Algae for Profit, using photobioreactors, to produce useful quantities of pure species (taxa). Grow Algal Biomass, for your experiments, or for sale, with this easy-to-build Photobioreactor.

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The Secrets of Spirulina - Christopher B. Hills - 1980

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Sailing the Farm - Kenneth Neumeyer - 1981

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Spirulina Micro Food Macro Blessings - Harald Tietze - 1999

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Earth Food Spirulina - Robert Henrikson - 1989

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Algae - Nooruddin Thajuddin - 2016-06-29

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Rawlicious - Peter Daniel - 2012-06-05

No longer on the outermost fringe of the food world, the raw food diet is becoming increasingly mainstream as its health benefits have become clearer and celebrities such as Demi Moore become enthusiastic converts. Eager to show that a diet that includes a high percentage of raw foods is not difficult to achieve, chefs Peter and Beryn Daniel created this beautiful, accessible cookbook and guide to raw kitchen basics. Rawlicious introduces readers to a lifestyle that marries long-term health benefits and higher energy levels with delicious and simple raw recipes. Rawlicious covers a broad spectrum of recipes and raw principles, from basics like stocking your raw kitchen, juicing, salad preparation, and making smoothies, to more advanced, gourmet dishes. Stunning full-color photos throughout will inspire readers to get into their kitchen, and clear, easy instructions to 144 recipes will encourage them to stay. In South Africa, where Rawlicious was published in August 2009, readers have enthusiastically embraced the book as their "kitchen bible," their primary raw food resource above all others. Clean design and clear explanations of raw food principles and recipes make this one of the most inviting raw recipe books on the market. The new edition offers both U.S. and metric measurements for an international audience.

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Spirulina Nature's Superfood - Helen C. Morgan - 1993-07-01

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Algal Biorefinery: An Integrated Approach - Debabrata Das - 2015-11-30

This book critically discusses different aspects of algal production systems and several of the drawbacks related to microalgal biomass production, namely, low biomass yield, and energy-consuming harvesting, dewatering, drying and extraction processes. These provide a background to the state-of-the-art technologies for algal cultivation, CO2 sequestration, and large-scale application of these systems. In order to tap the commercial potential of algae,

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refinery concept promotes the harvesting of multiple products from the feedstock so as to make the process economically attractive. For the last few decades, algal biomass has been explored for use in various products such as fuel, agricultural crops, pigments and pharmaceuticals, as well as in bioremediation. To meet the huge demand, there has been a focus on large-scale production of algal biomass in closed or open photobioreactors. Different nutritional conditions for algal growth have been explored, such as photoautotrophic, heterotrophic, mixotrophic and oleaginous. This book is aimed at a wide audience, including undergraduates, postgraduates, academics, energy researchers, scientists in industry, energy specialists, policy makers and others who wish to understand algal biorefineries and also keep abreast of the latest developments.

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Kale & Caramel - Lily Diamond - 2017-05-02

Born out of the popular blog Kale & Caramel, this sumptuously photographed and beautifully written cookbook presents eighty recipes for delicious vegan and vegetarian dishes featuring herbs and flowers, as well as luxurious do-it-yourself beauty products. Plant-whisperer, writer, and photographer Lily Diamond believes that herbs and flowers have the power to nourish inside and out. “Lily’s deep connection to nature is beautifully woven throughout this personal collection of recipes,” says award-winning vegetarian chef Amy Chaplin. Each chapter celebrates an aromatic herb or flower, including basil, cilantro, fennel, mint, oregano, rosemary, sage, thyme, lavender, jasmine, rose, and orange blossom. Mollie Katzen, author of the beloved Moosewood Cookbook, calls the book “a gift, articulated through a poetic voice, original and bold.” The recipes tell a coming-of-age story through Lily’s kinship with plants, from a sun-drenched Maui childhood to healing from heartbreak and her mother’s death. With bright flavors, gorgeous scents, evocative stories, and more than one hundred photographs, Kale & Caramel creates a lush garden of experience open to harvest year round.

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Biofuels - Krzysztof Biernat - 2015-09-30

The edited volume presents the progress of first and second generation biofuel production technology in selected countries. Possibility of producing alternative fuels containing biocomponents and selected research methods of biofuels exploitation characteristics (also aviation fuels) was characterized. The book shows also some aspects of the environmental impact of the production and biofuels using, and describes perspectives of biofuel production technology development. It provides the review of biorefinery processes with a particular focus on pretreatment methods of selected primary and secondary raw materials. The discussion includes also a possibility of sustainable development of presented advanced biorefinery processes.

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Making Algae Photobioreactors at Home - David Sieg - 2009-10

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Culturing Live Foods - Michael R. Hellweg - 2008

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The Diet Myth - Tim Spector - 2015-09-08

What should we eat? It’s a simple and fundamental question that still bewilders us, despite a seemingly infinite amount of available information on which foods are best for our bodies. Scientists, dieticians, and even governments regularly publish research on the dangers of too much fat and sugar, as well as on the benefits of exercise, and yet the global obesity crisis is only worsening. Most diet plans prove to be only short-term solutions, and few strategies work for everyone. Why can one person eat a certain meal and gain weight, while another eating the same meal drops pounds? Part of the truth lies in genetics, but more and more, scientists are finding that the answer isn’t so much what we put into our stomachs, but rather the essential digestive microbes already in them.Drawing on the latest science and his team’s own pioneering research, The Diet Myth explores the hidden world of the microbiome, and demystifies the common misconceptions about fat, calories, vitamins, and nutrients. Dr. Tim Spector shows us that only by understanding what makes our own personal microbes tick and interact can we overcome the confusion of modern nutrition, allowing us to regain natural balance in our bodies. Countless recent scientific papers have been written on weight-loss topics like prebiotics and fructans, and The Diet Myth gathers these latest findings into one place, revealing new information about how best to lose weight and manage our bodies. Mixing cutting-edge discoveries, illuminating science, and his own case studies, Spector reveals why we should abandon fads and instead embrace diversity for a balanced diet, a healthy stomach, and a

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Horse Hoeing Husbandry, Fifth Edition - -

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Vegetarian Times - - 1982-09

To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that’s exclusively vegetarian but wrapped in a fresh, stylish mainstream package that’s inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT’s goal: To embrace both.

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Photosynthesis - Juan Cristóbal García Cañedo - 2018-09-19

This book is a compilation. It starts from the origins of the photosynthetic capacity of organisms with a summary of the evolution of photosynthesis. This is followed by a concise description of the photosynthetic process and a discussion of the role that light, nutrients, and cultivation play in the photosynthetic process using examples in each case. Finally, the book explains future improvements in the field by applying nanotechnology to improve photosynthetic productivity, explaining how crop productivity can be increased by engineering crop plants for tolerance against various environmental stresses and improving yield attributes, especially photosynthetic efficiency using nanomaterials.

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Yoga Journal - - 1991-01

For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue,Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

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The Green Kitchen - David Frenkiel - 2013-04-01

David Frenkiel and Luise Vindahl are the new faces of exciting vegetarian food. Their Green Kitchen Stories blog has a cult following and continually inspires people around the world to cook super-tasty, healthy vegetarian recipes using only natural ingredients. In The Green Kitchen they delight meat-eaters and non meat-eaters alike as they share over 100 of their favourite family recipes. Combining everyday pantry staples with fresh, in-season produce, David and Luise tell the stories of their family kitchen, affirming just how easy it is to create nourishing, well-balanced dishes on a daily basis. Learn how to whip up herb and asparagus frittata for breakfast, fennel and coconut tart for lunch, and beet bourguignon for a supper to share with friends. Have your cake and eat it too with the nutritious frozen strawberry cheesecake on a sunflower crust, or indulge in the double chocolate raspberry brownie. Discover an array of soups, salads, juices and small bites that are simple to make but bold in flavour and stunning in presentation. Start your love-affair with vegetarian eating with The Green Kitchen. Featuring gorgeous photography throughout, this beautiful cookbook will inspire everyone to cook and eat food that is good for the body and soul.

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Roll Your Own - Mark Frauenfelder - 2011-04-15

MAKE Volume 26: Karts & WheelsGarage go-kart building is a time-honored hobby for do-it-yourselfers, and we’ll

Carrot Gnocchi with Carrot Greens Pesto. And don't forget dessert—indulge with a mouthwatering slice of Raw style. Build a longboard skateboard by bending plywood. Build a crazy go-kart driven by a pair of battery-powered drills. Put a mini gasoline engine on a bicycle. And construct an amazing wind-powered cart that can outrun a tailwind. Plus you'll learn how to build the winning vehicle from our online Karts and Wheels contest! In addition to karts, you'll find plenty of other projects that only MAKE could give you: A flaming tube that keeps time to music and makes sounds waves visible — in fire An aquarium tank to grow your own Spirulina algae superfood An electronic music looper that creates cool sounds and lets you build wild rhythm loops

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Advances in Biology and Ecology of Nitrogen Fixation - Takuji Ohyama - 2014-01-29

Biological nitrogen fixation has essential role in N cycle in global ecosystem. Several types of nitrogen fixing bacteria are recognized: the free-living bacteria in soil or water; symbiotic bacteria making root nodules in legumes or non-legumes; associative nitrogen fixing bacteria that resides outside the plant roots and provides fixed nitrogen to the plants; endophytic nitrogen fixing bacteria living in the roots, stems and leaves of plants. In this book there are 11 chapters related to biological nitrogen fixation, regulation of legume-rhizobium symbiosis, and agriculture and ecology of biological nitrogen fixation, including new models for autoregulation of nodulation in legumes, endophytic nitrogen fixation in sugarcane or forest trees, etc. Hopefully, this book will contribute to biological, ecological, and agricultural sciences.

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The Alzheimer's Antidote - Amy Berger - 2017

A Comprehensive Metabolic & Lifestyle Approach A diagnosis of Alzheimer's disease in 2016 is startlingly similar to a half-century ago. Despite decades of research and millions of dollars invested in uncovering the causes and developing treatments for this devastating illness, progress has been slow, with each new "blockbuster" drug proving to be as big a disappointment as the ones that went before it. Today, an Alzheimer's diagnosis is a death sentence. However, there may be ways to prevent, delay, and possibly even reverse the course of this crippling neurodegenerative disease. In *The Alzheimer's Antidote*, Certified Nutrition Specialist Amy Berger presents a multi-pronged nutrition and lifestyle intervention to combat Alzheimer's disease at its roots. Berger's research shows that Alzheimer's results from a fuel shortage in the brain: As neurons become unable to harness energy from glucose, they atrophy and die, leading to classic symptoms like memory loss and behavioral changes. This is a revolutionary approach—one that has been discussed in the scientific literature for years but has only recently been given credence in clinical settings, thanks to extremely promising studies wherein Alzheimer's patients have experienced complete reversals of the condition. Medical and scientific journals are full of research showing alternate ways to fuel the starving brain, but no one has been bringing this essential information to the people who need it most—until now. In a culture obsessed with miracle medications, the pharmaceutical route for tackling Alzheimer's has been a massive failure. Pills and potions don't address underlying causes, and regarding Alzheimer's, they typically fail to improve even the symptoms. As a metabolic problem, the only effective way to treat Alzheimer's may be a multifaceted approach that fundamentally reprograms energy generation in the brain. The good news is, the secret is as simple as switching to a low-carb, high-fat diet. *The Alzheimer's Antidote* shows us that cognitive decline is not inevitable, but if it does occur, we don't have to sit idly by and wait helplessly while it progresses and worsens. Amy Berger empowers loved ones and caregivers of Alzheimer's sufferers, and offers hope and light against this otherwise unnavigable labyrinth of darkness.

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Nutrition Stripped - McKel Hill - 2016-08-23

Discover just how deliciously simple whole foods cooking can be with this essential cookbook, based on the popular Nutrition Stripped blog, featuring more than 100 exciting and good-for-you recipes and color photography throughout. Search the web and you'll find a variety of recipes from "health food" bloggers and "nutritionists." Yet many of these recipes often follow trends or fad diets. Now, McKel Hill, a Registered Dietitian Nutritionist and wellness coach, takes you back to bare basics to enjoy the amazing benefits and incomparable flavor of whole foods—nature's true healthy bounty. Drawing inspiration from nature, the turning of the seasons, the world of plants, nutrient dense foods and hidden gems in the world of superfoods, Hill celebrates simplicity, and shares her vast professional knowledge and expertise in this practical and easy-to-use cookbook. But Nutrition Stripped isn't just an approach to eating—it's a lifestyle that will help you look, feel, and be your best. Whole foods cooking is the foundation of health and can be enjoyed no matter what your dietary preference, whether it's vegan, paleo, or gluten-free. Hill's whole food, plant-based recipes are gluten-free, dairy-free, and entirely free from processed food, yet all can be adapted to specific tastes and needs, making them realistic, approachable, global, and livable. Start your day with delights such as Turmeric Milk (the new green smoothie), Carrot Cake Quinoa Porridge, or Plantain Flatbread with Poached Egg and Honey. For dinner, feast on Beetroot Burgers with Maple Mustard or Carrot Gnocchi with Carrot Greens Pesto. And don't forget dessert—indulge with a mouthwatering slice of Raw Peach Tart with Coconut Whipped Cream or some Salted Caramel Brownies. Illustrated with beautiful, modern and minimalistic color photographs, Nutrition Stripped shows you how delicious and simple it can be to eat healthier with whole foods.

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Making Babies - Sami S. David - 2009-08-12

Making Babies offers a proven 3-month program designed to help any woman get pregnant. Fertility medicine today is all about aggressive surgical, chemical, and technological intervention, but Dr. David and Blakeway know a better way. Starting by identifying "fertility types," they cover everything from recognizing the causes of fertility problems to making lifestyle choices that enhance fertility to trying surprising strategies such as taking cough medicine, decreasing doses of fertility drugs, or getting acupuncture along with IVF. Making Babies is a must-have for every woman trying to conceive, whether naturally or through medical intervention. Dr. David and Blakeway are revolutionizing the fertility field, one baby at a time.

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Cultured Food Life - Donna Schwenk - 2011

Dramatically improve your health by eating foods filled with dynamic probiotics that supercharge your body! Ordinary foods become powerful health agents in a few easy steps using ancient wisdom and time-tested techniques such as natural fermentation. Author and educator Donna Schwenk tells her compelling story of how she transformed her family's health by creating foods that conquer sicknesses, including diabetes, high blood pressure and IBS. Hundreds of families have attended Donna's seminars and renewed their health, changing their lives forever! After numerous requests from her seminar participants, Donna has provided this compilation of over sixty delicious recipes that were the key to her own success. With her simple step-by-step instructions, you too can learn to make delicious probiotic foods that will create wellness and restore your health. You can enjoy a preview at: www.culturedfoodlife.com or follow Donna on her blog at www.blog.culturedfoodlife.com

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Bioactive Molecules in Food - Jean-Michel Méryllon - 2019-04-01

This reference work provides comprehensive information about the bioactive molecules presented in our daily food and their effect on the physical and mental state of our body. Although the concept of functional food is new, the consumption of selected food to attain a specific effect existed already in ancient civilizations, namely of China and India. Consumers are now more attentive to food quality, safety and health benefits, and the food industry is led to develop processed- and packaged-food, particularly in terms of calories, quality, nutritional value and bioactive molecules. This book covers the entire range of bioactive molecules presented in daily food, such as carbohydrates, proteins, lipids, isoflavonoids, carotenoids, vitamin C, polyphenols, bioactive molecules presented in wine, beer and cider. Concepts like French paradox, Mediterranean diet, healthy diet of eating fruits and vegetables, vegan and vegetarian diet, functional foods are described with suitable case studies. Readers will also discover a very timely compilation of methods for bioactive molecules analysis. Written by highly renowned scientists of the field, this reference work appeals to a wide readership, from graduate students, scholars, researchers in the field of botany, agriculture, pharmacy, biotechnology and food industry to those involved in manufacturing, processing and marketing of value-added food products.

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Microalgal Biotechnology: Integration and Economy - Clemens Posten - 2012-12-19

With the high interest in renewable resources, the field of algal biotechnology has undergone a huge leap in importance in recent years. The book *Microalgae Biotechnology - Integration and Economy* treats integrated approaches to bring the high potential of microalgae into application, accelerate the development of really working production processes and put finally the products on the market. Close interaction of biology and process engineering becomes visible in the described processes. The big impact of microalgal biotechnology on our future society is outlined as a desirable consequence of scientific progress. This book will allow protagonists in academia and industry as well as decision makers in industry and politics to get a clear picture of current possibilities and future trends in microalgal biotechnology.

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Cyanobacteria - Archana Tiwari - 2018-09-12

Cyanobacteria are photosynthetic microorganisms that inhabit almost all geographic locations, including oceans, caves, ponds, lakes, soil, snow, and hot springs. Their acumen to survive and succeed in a plethora of ambience is due to their extraordinary metabolism and adaptations. Their wide applications include therapeutics, cosmeceuticals, wastewater remediation, biofuels, antioxidative enzymes, agriculture, and so on. This book highlights the important aspects pertinent to the fascinating world of cyanobacteria covering diverse topics such as electron microscopic dimension, cultivation, stress, and adaptations. This book provides insights into the world of tiny microbial factories and unravels the potentials for their futuristic innovative applications as precursors of drug molecules, eco-friendly renewable energy sources, remediation, and reservoirs of diverse value-added products for a better and brighter tomorrow.

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Sustainable, Organic Home Gardening Ideas - Basmati -

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gardening methods while you grow food to nourish you and your family. This book dedicates a section to pesticides, fertilizers, and compost, three important components of organic home gardening. There is also a section for container gardening and a section with plant specific tips and tricks for a variety of plants, including pomegranate trees. You'll find lots of money saving tips, too.

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Dying Wisdom - Anil Agarwal - 1997

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You Turn - Ashley Stahl - 2021-01-26

If you're thinking about buying this book, it's probably because it feels like something's missing in your career. Guess what? It could be YOU. Whether you're living for the weekends or counting the minutes until 5 pm every day, life is too short to wish it away because you feel stuck in your job. The good news is that you have the power to stop living on autopilot and turn your career around. "Follow your passion," "find your purpose," and "do what you love" have joined the parade of bland directives that aren't doing much to actually help you figure out what you're meant to do with your career. Instead, they only create more confusion. If all we had to do is "follow our bliss" . . . why aren't we blissful yet? The truth is, the best career is not one where you only do what you love, but one where you honor who you are. In You Turn, counterterrorism professional turned career coach Ashley Stahl shares the strategies she's used to help thousands ditch their Monday blues, get clarity on what work lights them up, and devise an action plan to create a career they love. This book gives readers access to Stahl's coveted 11-step roadmap that has guided thousands of coaching clients in 31 countries to self-discovery and success. Throughout her process, you'll: • Discover your Core Skillset. Uncover your gifts and talents to create an

intentional career path that's fulfilling and aligned with who you are—and what you're good at. • Understand your "Inner Money Blueprint." Discover the root of your money mindset, and how to break free of financial limitation. • Clarify your Core Interests. Identify the difference between a passion, gift, and calling so you can get clear on what's meant to be a hobby-and what's meant to be a career! • Become your own coach. Walk away with a unique set of tools for staying true to your best self in times of stress, frustration, or anxiety. Whether you're considering a career pivot, or just curious about what else is possible for you, it's time to make a "you turn"—to get unstuck, discover your true self, and thrive (not just survive) in your career.

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