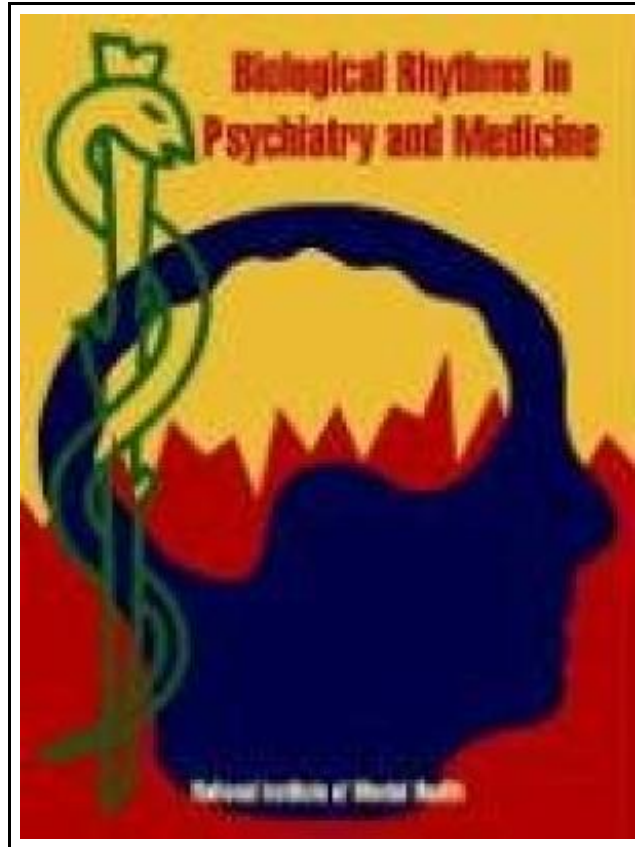


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University Press of the Pacific, United States, 2005. Paperback. Book Condition: New. 276 x 210 mm. Language: English Brand New Book ***** Print on Demand *****.From the moment of conception until death rhythm is as much part of our structure as our bones and flesh. Most of us are dimly aware that we fluctuate in energy, mood, well-being, and performance each day, and that there are longer, more subtle behavioral alterations each week, each month, season, and year. Through studies of biological rhythms, many aspects of human variability - in symptoms of illness, in response to medical treatment, in learning, and job performance - are being illuminated. Already some of our changes of mood and of vulnerabilities to stress and illness, our peaks of strength and productivity, can be anticipated. Moreover, by the end of this decade, much that is still considered unpredictable in health and human performance may become foreseeable through research into the nature of biological time cycles. As a result, timing promises to become an important factor in preventive health programs and medicine. For example, since the effects of drugs depend in part upon the time of administration, timing may be used as a critical aspect of treatment. Evidence now suggests, too, that X-ray treatments, surgery, and even psychotherapy are influenced in their outcome by timing. Research on biological rhythms also promises to have an impact on problems of work performance - including accidents and absenteeism; a new concept of scheduling as part of health may one day influence the determination of work-shifts among transportation and communication personnel, and members of various professions. No corner of medicine - from the laboratory testing of new drugs and procedures to clinical and public health programs - is likely to remain untouched by the new explorations into biological rhythms. These...

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