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Mind Your GutAn der Peripherie des nazifizierten deutschen Hochschulsystems Kate Scarlata Christian Simon

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how to understand your symptoms and live well with ibs ibs impacts millions of people around the world it is tricky to diagnose and miserable to live with through a comprehensive holistic approach to living with ibs mind your gut reveals how to understand the mind gut connection the impact of stress on your gut easy to implement symptom specific solutions for your ibs nutritious recipes to calm your belly and maximise your gut health how to make healthy food choices in a food fear and weight obsessed culture when to re examine your symptoms with your doctor and how to identify ibs mimickers and much more packed with science based interventions targeted mind gut behavioural strategies and delicious gut soothing recipes mind your gut offers a full toolbox of therapeutic options to help manage your ibs

das verhalten der basler universitätsangehörigen reichte in der zeit von 1933 bis 1945 von freundlichen kontakten mit deutschen institutionen über eine formale trennung zwischen politik und wissenschaft bis zu hilfsbereitschaft gegenüber opfern des nationalsozialismus diese beziehungen zu den deutschen hochschulen und kollegen stehen im zentrum des bandes untersucht werden basler zeugnisse der wahrnehmung von vorgängen in deutschland von exklusion und verfolgung andersdenkender und andersrassischer aber auch von veränderungen in der wissenschaft im blick stehen einzelne fakultäten und disziplinen genauso wie forschung und lehre sowie exemplarisch einige lebensläufe und konflikte bei lehrstuhlbesetzungen das persönliche strukturelle und emotionale beziehungsgeflecht das die basler mit der universitätswelt des nachbarlandes verband wird dabei erstmals in seiner ganzen breite sichtbar

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