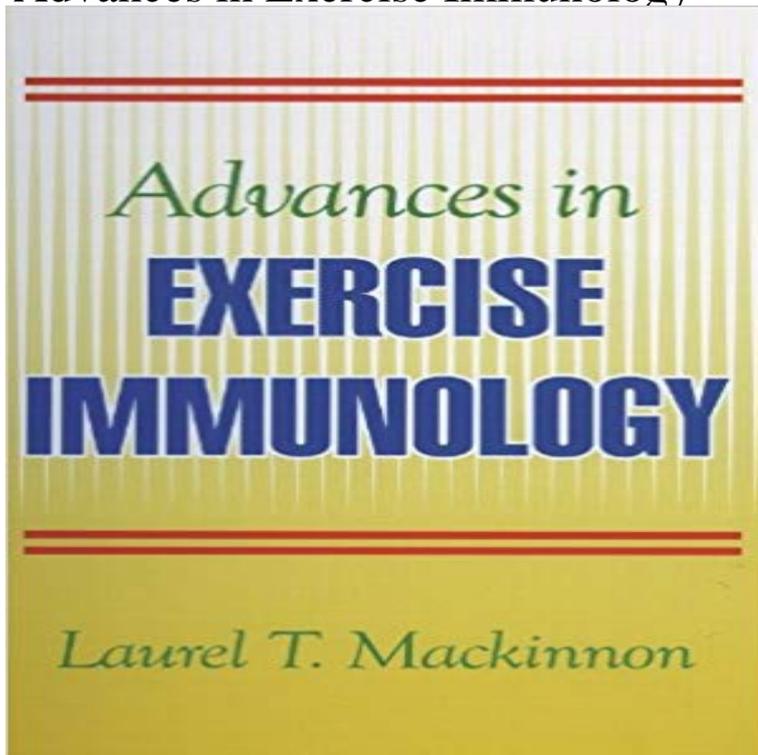# Advances in Exercise Immunology

The author of the groundbreaking Exercise and Immunology returns with Advances in Exercise Immunology, a thorough and unparalleled study of the relationship between exercise and immune function.Youll learn why athletes are susceptible to illness during intense training, how various immune system components respond to exercise, how regular exercise may influence disease progression-including cancer and HIV/AIDS-and whether exercise may help restore immune function in the aged and during spaceflight.Advances in Exercise Immunology explores-whether athletes are more susceptible to illness than the general public;-the effects of exercise on resistance to infectious disease and whether infection adversely influences exercise performance;-the effects of exercise on immune cell function and other mediators of immunity;-the effects of exercise on specific aspects of immune function;-the potential clinical applications of exercise immunology; and-the current state of knowledge and future directions of the field. The books organizational structure makes it accessible to readers of differing backgrounds and interests. Researchers and graduate students will appreciate that each chapter is a separate, detailed review of a specific topic. Those new to the field will benefit from the comprehensive overview of all areas of exercise immunology.Summaries of research findings, practical applications, and areas yet to be explored conclude each chapter and serve as useful review material and thought-provoking guideposts to future study. Introductory readers will find these features helpful in understanding key issues in the field, and graduate students and researchers can use them to extend their own research.Research efforts in the field of exercise immunology have expanded and intensified as more exercise scientists and health care professionals

recognize the importance of this discipline. Advances in Exercise Immunology is the vital resource you need to keep abreast of this flourishing field of study. window.ue_csm.cel_widgets = [{ id: detail-bullets } , { id: featurebullets_feature_div } , { id: summaryContainer } , { s: #revMHRL > DIV , id_gen: function(elem, index) { return custRev + (index + 1); } } , { id: sims_fbt } , { id: purchase-sims-feature } , { id: session-sims-feature } , { id: quickPromoBucketContent } , { id: productDescription } , { id: technicalSpecifications_feature_div } , { id: prodDetails } , { id: related_ads } , { id: technical-data } , { id: tagging_lazy_load_div } , { id: consumption-sims } , { id: moreBuyingChoices_feature_div } , { id: product-ads-feedback_feature_div } , { id: DAcrt } , { id: vtpsims } , { c: celwidget } , { id: fallbacksessionShvl } , { id: rhf } , { id: unifiedLocationPopoverSelections }]; (function(a){var b=document.ue_backdetect;b&&b.ue_back&&a.ue&&(a.ue.bfini=b.ue_back.value);a.uet&&a.uet(be);a.onLdEnd&&(window.addEventListener?window.addEventListener(load,a.onLdEnd,!1):window.attachEvent&&window.attachEvent(onload,a.onLdEnd));a.ueh&&a.ueh(0,window,load,a.onLd,1);a.ue&&a.ue.tag&&(a.ue_furl&&a.ue_furl.split?(b=a.ue_furl.split(.))&&b[0]&&a.ue.tag(b[0]):a.ue.tag(nofls))})(ue_csm); var ue_pty=Detail, ue_spty=Glance, ue_pti=B00DF8LPL2; v (function(g,h){function d(a,d){var b={};if(!e !f)try{var c=h.sessionStorage;c?a&&(undefined!==typeof d?c.setItem(a,d):b.val=c.getItem(a)):f=1}catch(g){e=1}e&&(b.e=1);return b}var b=g.ue {},a=,f,e,c,a=d(csmtid);f?a=NA:a.e?a=ET:(a=a.val,a (a=b.oid NI,d(csmtid,a)),c=d(b.oid),c.e (c.val=c.val 0,d(b.oid,c.val+1)),b.ssw=d);b.tabid=a})(u e_csm,window); (function(b,c){var a=c.images;a&&a.length&&b.ue.count(tot alImages,a.length)})(ue_csm,document);

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(function(m,h){function          I(a){if(a)return
a.replace(/^//s+          //s+$/g,)}function
x(a,e){if(!a)return{};a.m&&a.m[k]&&(a=a
.m);var          b=e.m          e[k]
,b=a.m&&a.m[k]?b+a.m[k]:a.m&&a.m.tar
get&&a.m.target.tagName?b+(Error
handler invoked by +a.m.target.tagName+
tag):a.m?b+a.m:a[k]?b+a[k]:b+Unknown
error,b={m:b,f:a.f          a.sourceURL
a.fileName          a.filename
a.m&&a.m.target&&a.m.target.src,l:a.l
a.line          a.lineno
a.lineNumber,c:a.c?+a.c:a.c,s:unknown,t:m
.ue.d(),name:a.name,type:a.type,csm:J+
+(a.fromOnError?onerror:
ueLogError)},d,c,g=0,f=0,n;c=h.location;d
=a.stack          (a.err?a.err.stack:);b[y]=e[y]
c&&c.href          missing;b[p]=e[p]
z;(c=e[q])&&(b[q]=+c);m.ue_ld_err&&h.p
erformance&&h.performance.timing&&(c
=h.performance.timing,f=window.performa
nce&&window.performance.now&&windo
w.performance.timing?window.performanc
e.now()+window.performance.timing.navig
ationStart:+new
Date,b.ld=0l.mxe)){l.ec++;l.ter.push(a);e=e
{};var  b=a[p]          e[p];e[p]=b;e[q]=a[q]
e[q];b&&b!=z  l.ecf++;w(a,  e)}}function
w(a,e){if(a){var          b=x(a,e),d=e.channel
M;if(ue.log.isStub&&h[u]&&h[u][v]){var
c={};c[d]=b;try{var
g=h[u][v]({rid:ue.rid,sid:m.ue_sid,mid:m.u
e_mid,sn:m.ue_sn,reqs:[c]}),f=h1,n;if(n=!(
f[D]&&f[D](E,g))){var          l;if(h[F]){var
k=new
h[F];k.onerror=s;k.ontimeout=s;k.onprogre
ss=s;k.onload=s;k.timeout=0;l=k}else{var
p;if(h[G]){var                    q=new
h[G];p=withCredentialsin q?q:void 0}else
p=void
0;l=p}n=l}if(d=n){d.open(POST,E,!0);if(d
[H])d[H](Content-type,text/plain);d.send(g
)}}catch(r){}}else          m.ue.log(b,
d,{nb:1}));if(!a.fromOnError){g=h.console
{};d=g.error  g.log  s;c=h[u];f=Error
logged with the Track&Report JS errors
API(http://tiny/1covqr6l8/wamazindeClieU
serJava):
;if(c&&c[v])try{f+=c[v](b)}catch(t){f+=no
info  provided;  converting  to  string
failed}else  f+=b.m;d.apply(g,[f,b])}}}var
```

G=XMLHttpRequest,F=XDomainRequest,
N=navigator,D=sendBeacon,v=stringify,u=
JSON,p=logLevel,q=attribution,y=pageUR
L,r=skipTrace,H=setRequestHeader,k=mes
sage,s=function(){},E=//+m.ue_furl+
/1/batch/1/OE/,l=m.ue_err,M=m.ue_err_ch
an

jserr,z=FATAL,J=v6,A=20,t=256,L=RegE
xp((?([^ s]*):(d+): d+)?.split(
).join(String.fromCharCode(92))),K=/.*@(
.*):(//d*)/;x[r]=1;C[r]=1;w[r]=1;(function()
{for(var a,e=0;e (function(c,d){var
b=c.ue,a=d.navigator;b&&b.tag&&a&&(a
=a.connection a.mozConnection
a.webkitConnection)&&a.type&&b.tag(net
Info:+a.type)})(ue_csm,window);
(function(c,d){function g(a,b){for(var
c=unknown,d=0;d
ue_csm.ue.exec(function(d,e,a){function
b(a,b){return{name:a,getFeatureValue:func
tion(){return void 0!==b 0}}}function
h(a,b,c){return{name:a,getFeatureValue:fu
nction(){return b===c 0}}}function
g(a,b){return{name:a,getFeatureValue:func
tion(){for(var a=0;a ue._bf.modules.push(
ue._bf.mpm(cc_ie5, 1))
ue._bf.modules.push(ue._bf.mpm(cc_ie6,
1)) ue._bf.modules.push(
ue._bf.mpm(cc_ie7, 1))
ue._bf.modules.push(ue._bf.mpm(cc_ie8,
1)) ue._bf.modules.push(
ue._bf.mpm(cc_ie9, 1))
(function(g,b,h){function c(){var
a;a=h.cookie.match(/session-id=([//w//-]+)/
);a=null!==a?a[1]:null;var
b=ue_sid,c;c=Date.now?Date.now():(new
Date).getTime();d[a]
(e.log({k:k,t:c,nsid:a,osid:b},f),d[a]=1)}var
k=sbk,f=csm;b=b.navigator.cookieEnabled
?!0:!1;var
e=g.ue,d={};e.log({k:cinf,enbl:b},f);b&&u
e_sid&&(d[ue_sid]=1,e.attach(beforeunloa
d,c),setInterval(c,1E3))})(ue_csm,window,
document);
ue_csm.ue.exec(function(e,f){var a=e.ue
{},b=a._wlo,d;if(a.ssw){d=a.ssw(CSM_pre
viousURL).val;var
c=f.location,b=b?b:c&&c.href?c.href.split(
#)[0]:void 0;c=(b
)===a.ssw(CSM_previousURL).val;!c&&
b&&a.ssw(CSM_previousURL,b);d=c?relo

ad:d?intrapage-transition:first-view}else d=unknown;a._nt=d},NavTypeModule)(ue_csm,window); var ue_mbl=ue_csm.ue.exec(function(e,a){function k(f){b=f{};a.AMZNPerformance=b;b.transition=b.transition{};b.timing=b.timing{};if((f=a.webclient&&function===typeof webclient.getRealClickTime?a.cordova&&a.cordova.platformId&&ios==cordova.platformId?!1:!0:!1)&&b.tags instanceof Array){var c;c=-1!=b.tags.indexOf(usesAppStartTime) b.transition.type?!b.transition.type&&-1

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