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Written by leading exercise endocrinologist Katarina Borer, Advanced Exercise Endocrinology is an essential reference for exercise physiologists, physiotherapists, and other health professionals researching the connections between exercise, hormone function, and health. Advanced Exercise Endocrinology explains how the human body responds to exercise in order to support the increased energy demand.

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Indian Ocean to ...**

CHELSEA saw off
Rennes last night
thanks to goals from
Timo Werner and
Tammy Abraham. But
Kai Havertz missed the
match after Frank
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