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Cells, gels and mechanics G H Pollack  
Department of Bioengineering, University of  
Washington, USA Abstract The cell is a gel  
Yet, gel-like features of the cytoplasm have  
hardly been exploited for engineering design  
If the cell is a gel, then a logical approach  
to the understanding of cell function

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Pollack finds the locus of most cell activity  
and function in the general phase-transition  
properties of gels. He cites the practical

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use of phase-transitioning gels in engineering and presents evidence of similar mechanisms at work in the major functions of cells. In phase transitions, "triggering is `razor-edge.'

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Cells accumulated around the Org- and 9.8C10-gels, but no foreign body giant cells were observed, indicating good biocompatibility of the hydrogel [38,39]. Fourteen days after implantation, cells had infiltrated into both Org- and 9.8C10-gels; however, more micropores and cell infiltration were seen in Org-gel compared with 9.8C10-gel, which was attributed to the lower crosslinking ratio of ...

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Uncovering nature's secrets involving water is what Dr. Pollack, his staff and students do best. In his 2001 book, "Cells, Gels and the Engines of Life," Dr. Pollack explains how the cell functions. Research suggests that much of the cell biology may be governed by a single unifying mechanism - the phase transition.

Jerald Pollack and EZ water

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Supramolecular gels have been an area of

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interest in many research fields. They provide a means to understand assembly of nanostructures, and through the use of amino acid- and peptide-based gelators they can give insights into the similar assembly pathways of their more complex structural counterparts. Bio-inspired metal coordination, such as histidine-copper coordination, in the ...

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An award-winning book that challenges the current wisdom of how cells work in a visionary, provocative, and accessible way... reads like a detective story. This highly praised book emphasises the role of cell water and the gel-like nature of the cell,

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building on these features to explore the mechanisms of communication, transport, contraction, division, and other essential cell functions. Lucidly written for the non-expert, the book is profound enough for biologists, chemists, physicists and engineers to devour.

An award-winning book that challenges the current wisdom of how cells work in a visionary, provocative, and accessible way... reads like a detective story. This highly praised book emphasises the role of cell water and the gel-like nature of the cell,

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building on these features to explore the mechanisms of communication, transport, contraction, division, and other essential cell functions. Lucidly written for the non-expert, the book is profound enough for biologists, chemists, physicists and engineers to devour.

This book deals with the role of water in cell function. Long recognized to be central to cell function, water's role has not received the attention lately that it deserves. This book brings the role of water front and central. It presents the most

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recent work of the leading authorities on the subject, culminating in a series of sometimes astonishing observations. This volume will be of interest to a broad audience.

Phase transitions occur throughout nature. The most familiar example is the one that occurs in water - the abrupt, discontinuous transition from a liquid to a gas or a solid, induced by a subtle environmental change. Practically magical, the ever-so-slight shift of temperature or pressure can induce an astonishing transition from one entity to another entity that bears little resemblance

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to the first. So "convenient" a feature is seen throughout the domains of physics and chemistry, and one is therefore led to wonder whether it might also be common to biology. Indeed, many of the most fundamental cellular processes are arguably attributable to radical structural shifts triggered by subtle changes that cross a critical threshold. These processes include transport, motion, signaling, division, and other fundamental aspects of cellular function. Largely on the basis of this radical concept, a symposium was organized in Poitiers, France, to bring together people who have additional evidence

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for the role of phase transitions in biology, and this book is a compendium of some of the more far-reaching of those presentations, as well as several others that seemed to the editors to be compelling. The book should be suitable for anyone interested in the nature of biological function, particularly those who tire of lumbering along well trodden pathways of pursuit, and are eager to hear something fresh. The book is replete with fresh interpretations of familiar phenomena, and should serve as an excellent gateway to deeper understanding.

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Professor Pollack takes us on a fantastic voyage through water, showing us a hidden universe teeming with physical activity that provides answers so simple that any curious person can understand. In conversational prose, Pollack lays a simple foundation for understanding how changes in water's structure underlie most energetic transitions of form and motion on earth.

An award-winning book that topples the widely accepted edifice of understanding on how muscles contract, replacing it with a simpler construct that better fits the evidence. This

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is a beautifully produced, single-authored text by one of our more thoughtful, if unconventional, authorities on the mechanism of muscular contraction. Clearly and elegantly written, and with a charm and grace not often seen in modern scientific writing.

Electromagnetism sets a new standard in physics education. Throughout the book, the theory is illustrated with real-life applications in modern technology. It also includes detailed work examples and step-by-step explanations to help readers develop their problem-solving strategies and skills



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and consolidate their understanding. In addition to a meticulous development of these traditional, analytical mathematical approaches, readers are also introduced to a range of techniques required for solving problems using computers. Electromagnetism provides an ideal preparation for readers who plan advanced studies in electrodynamics as well as those moving into industry or engineering .

This book presents a full spectrum of views on current approaches to modeling cell mechanics. The authors come from the

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biophysics, bioengineering and physical chemistry communities and each joins the discussion with a unique perspective on biological systems. Consequently, the approaches range from finite element methods commonly used in continuum mechanics to models of the cytoskeleton as a cross-linked polymer network to models of glassy materials and gels. Studies reflect both the static, instantaneous nature of the structure, as well as its dynamic nature due to polymerization and the full array of biological processes. While it is unlikely that a single unifying approach will evolve

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from this diversity, it is the hope that a better appreciation of the various perspectives will lead to a highly coordinated approach to exploring the essential problems and better discussions among investigators with differing views.

This book is a unique synthesis of the latest findings in the quantum physics and chemistry of water that will tell you why it is so remarkably fit for life. It offers a novel panoramic perspective of cell biology based on water as “means, medium, and message” of life. This book is a sequel to *The Rainbow*

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and *The Worm*, *The Physics of Organisms*, which has remained in a class of its own for nearly 20 years since the publication of the first edition. *Living Rainbow H2O* continues the fascinating journey in the author's quest for the meaning of life, in science and beyond. Like *The Rainbow* and *The Worm*, the present book will appeal to readers in the arts and humanities as well as scientists; not least because the author herself is an occasional artist and poet. Great care has been taken to explain terms and concepts for the benefit of the general reader. At the same time, sufficient scientific details are provided in

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text boxes for the advanced reader and researcher without interrupting the main story. Sample Chapter(s) Chapter 1: Rainbow Dancing in the Worm (299 KB) Contents: Rainbow Dancing in the Worm Weird and Wonderful Water Cooperative Coherent Water Water and Colloid Crystals: The New Age of Alchemy Quantum Coherent Water QED Water IQED Water II: Non-thermal EMF Effects QED Water III: Homeopathy Dancing with Ions Dancing with Proteins Dancing with DNA Water at Solid Interfaces Water Electric Water + Air = Life Water Meets Air Water Meets Membranes The Rainbow Ensemble True Portrait of the

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CellWater in NanospaceProtein and Water in NanospaceFire and WaterWater Fuels the Dynamo of LifeElectronic Induction Animates Life  
Readership: General public and undergraduate students in cell biology, biophysics, biochemistry and quantum mechanics.

Keywords:Liquid Crystalline Water;Quantum Coherence;Quantum Cell BiologyKey

Features:There is no competing title, or even comparable book in existenceIt is fit for the general reader with no more background than school science as well as the advanced researcher in the fieldIt tells an exciting, and evocative story of water in living cells

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and organisms that is also completely newReviews: "This book is a delightful read for laypersons. It surveys some of the outstanding, sometimes considered anomalous properties of water and aqueous solutions. The style is consistently light, as it hops from one topic to another with a seemingly dance-like rhythm to it. Indeed, one finds many dances of water molecules among themselves, as well as with other molecules in living cells ... I recommend this book to anyone who is curious about what goes on in each of our cells, and why water is so vital to our life." Arie Ben-Naim Hebrew

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University of Jerusalem, Israel

Based on breakthrough new science in the field of hydration, Quench debunks many popular myths about "getting enough water" and offers a revolutionary five-day jump start plan that shows how better hydration can reduce or eliminate ailments like chronic headaches, weight gain, gut pain, and even autoimmune conditions. Chronic headaches, brain fog, fatigue, weight gain, insomnia, gut pain, autoimmune conditions. We may think these and other all-too-common modern maladies are due to gluten intake or too much



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sugar or too little exercise. But there is another missing piece to the health puzzle: Proper hydration. Yes, even in this era of Poland Spring many of us are dehydrated due to moisture-lacking diets, artificial environments, medications, and over-dependence on water as our only source of hydration. For this reason, that new diet or exercise plan may fail because our body doesn't have enough moisture to support it. Quench presents a wellness routine that can reverse all of that, based on breakthrough new science in the field of hydration. Readers will be surprised to learn that

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drinking too much water can flush out vital nutrients and electrolytes. Here is where "gel water" comes in: the water from plants (like cucumber, berries, aloe), which our bodies are designed to truly absorb right down to the cellular level. In fact, Ms. Bria's work as an anthropologist led her to the realization that desert people stay hydrated almost exclusively from what they eat, including gel plants like cactus. Based on groundbreaking science from the University of Washington's Pollack Water Lab and other research, Quench offers a five-day jump start plan: hydrating meal plans and the heart of

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the program, smoothies and elixirs using the most hydrating and nutrient-packed plants. Another unique feature of their approach is micro-movements -- small, simple movements you can make a few times a day that will move water through your fascia, the connective tissue responsible for hydrating our bodies. You will experience more energy, focus, and better digestion within five days . . . then move onto the lifetime plan for continued improvements, even elimination of symptoms.

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