



# **Deconditioning and Reconditioning (Earth Space Institute Book Series on Public and Private Sector Interest in Space.)**

*John E. Greenleaf Ph.D.*

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Deconditioning is an integrated physiological response of the body to a reduction in metabolic rate, or a reduction in energy use or in exercise level. This multi-author volume presents information on the many aspects of ground-based and in-flight physiological research and applications. The text emphasizes human research programs on prolonged bed rest, immersion, and confinement studies simulating conditions of space flight as well as data from humans in space. It covers topics such as the psycho-sociological aspects and the physiological consequences in physically active people. Deconditioning and Reconditioning will be of special interest to health professionals and clinical physicians.

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