



## **Allostasis, Homeostasis, and the Costs of Physiological Adaptation**

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# Allostasis, Homeostasis, and the Costs of Physiological Adaptation

## Allostasis, Homeostasis, and the Costs of Physiological Adaptation

In contrast to homeostasis, allostasis refers to the relatively new idea of "viability through change." This book addresses basic physiological regulatory systems, and examines bodily regulation under duress. It integrates the basic concepts of physiological homeostasis with disorders such as depression, stress, anxiety and addiction. It will interest graduate students, medical students, and researchers in physiology, epidemiology, endocrinology, neuroendocrinology, neuroscience, and psychology.

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