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**Nutrition & Weight Management**

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Healthy Cooking & Special Diets


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7852023 THE CASE FOR KETO: Rethinking Weight Control and the Science and Practice of Low-Carb/High-Fat Eating. By Gary Taubes. Reveals why the established rules about eating healthfully might be the wrong approach to weight loss for most people, and how low-carbohydrate, high-fat ketogenic diets can help many of us achieve and maintain a healthy weight for life. Illus. 288 pages. Knopf. Pub. at $16.95

7856887 THE FISH ON MY PLATE: Frontline. Widescreen. As part of his quest to investigate the health of the ocean—and his own—Greenberg spends a year eating seafood from a breakfast, lunch, and dinner, eating over 700 fish meals in hopes to improve his health through a dramatic increase in his Omega-3 levels. English 126 min. DVD $19.95

1973908 IMMUNITY FOOD FIX: Superfoods and Nutrition Hacks to Reverse Inflammation, Knock Out Illness, and Boost Your Immunity. By Donna Beydoun Mazzola. Studies have shown that nutrition impacts immunity and overall health. Food is less expensive than medication, free of side effects and, unlike supplements, has the most complete form of the nutrient. So start boosting your immunity as soon as your next meal. Color photos. 188 pages. Fair Winds. 8x9. Pub. at $19.95

776795X LIVING LOW CARB, REVISED: The Essential Guide to Choosing the Right Low-Carb Plan for You. By Jonny Bowden. This work will help you understand the most critical aspects of living low carb: what low-carb eating is good for your body, and how they do it; why some programs work for some people (and don’t for others); how you can adapt what you discover in this work to your own lifestyle; and more. 364 pages. Sterling. Paperbound. Pub. at $17.95


4922212 WHAT TO EAT WHEN: A Strategic Plan to Improve Your Health & Life Through Food. By Michael F. Roizen et al. Reveals that the internal clock that drives our lives—when we sleep and when we wake—also affects how we process food. In other words, when you eat is just as important as what you eat, and the authors give you a 31-day plan to adjust your diet according to your circadian rhythm. 357 pages. Grand Central. Paperbound. Pub. at $16.99

2786157 BAILERINA BALLERINA: Dancing and Eating Your Way to a Leaner, Stronger, and More Graceful You. By Misty Copeland. In her first health and fitness guide, Copeland shows how to eat well to get in shape and stay strong, and how to reframe the body you were born with to be lean and flexible, with step by step advice, meal plans, and recipes. Well illus. by Barry E. 226 pages. Grand Central. Paperbound. Pub. at $32.00

7903527 THE PLANT-BASED DIABETES COOKBOOK: 125+ Nourishing Recipes to Satisfy Every Taste Bud. By Jackie Newgent. With abundant tips and simple menus, you’ll discover a flexible, diabetes-friendly recipe guide that is not overly focused on calories, carb counting, or other strict parameters. There’s no need to have a separate menu for your family and friends. Over 125 recipes that follow today’s current nutrition guidelines, will bring good health to your life 160 pages of color photos. 294 pages. Health Communications. Paperbound. Pub. at $18.95


7975056 THE PLANT-BASED DIABETES REINTRODUCTION COOKBOOK. By Kate Jay. 208 pages. Fair Winds. Pub. at $19.95


4960246 THE CELERY JUICE BOOK: The Untold Story. By P. Bracht & M. Flatt. In this completely plant-based program and guide to 16:8 fasting, you’ll unlock all the benefits of intermittent fasting, which means you go into ketosis faster and stay in ketosis longer. The included recipes directly targets fat cells. The included recipes

Healthy Cooking & Special Diets

LIMITED QUANTITY 7922019 THE HEALING POWERS OF SUPERFOODS: A Complete Guide to Nature’s Favorite Functional Foods. By Emily Li, with cooked and raw dishes, this down to earth guide will show you how to get healthy and stay healthy with body friendly superfoods. It will take you to a world of wellness that starts at home with your favorite foods from Mother Nature, enjoyed in a new way with an exciting twist. 16 pages of color photos. 316 pages. Chitadel. Paperbound. Pub. at $16.95

7951671 GOOD SUGAR, BAD SUGAR: How to Power Your Body and Brain with Healthy Carbohydrates. By Dave Asprey. In this practical guide explains how to successfully replace bad sugars with good sugars as well as how to reduce sugar cravings and break the sugar addiction cycle. One of my favorite tips is the sugar addiction and easy steps to power your brain and body with healthy energy, Dr. Vasey gives you the tools to take ownership of your own health. 168 pages. Inner Traditions. Paperbound. Pub. at $14.95

7884788 VEGAN INTERMITTENT FASTING: Lose Weight, Reduce Inflammation, and Feel Better Than You Ever Have Before. By B. Kearns. In this completely plant-based program and guide to 16:8 fasting, you’ll unlock all the benefits of intermittent fasting. The included recipes

Exercise & Fitness

7834851 ULTIMATE GUIDE TO WEIGHT-LIFTING EXERCISES. By Hollis Lemak. This guide contains more than 150 exercises that you can do anytime, anywhere. Step by step instructions and detailed illustrations guide you through each exercise so that you can perform them safely and with confidence. All the major muscle groups are covered in this helpful guide. ISBN: 9780879831144. Paperbound. Pub. at $24.95

1978944 THE PLANT-BASED DIABETES COOKBOOK: 125+ Nourishing Recipes to Satisfy Every Taste Bud. By Jackie Newgent. With abundant tips and simple menus, you’ll discover a flexible, diabetes-friendly recipe guide that is not overly focused on calories, carb counting, or other strict parameters. There’s no need to have a separate menu for your family and friends. Over 125 recipes that follow today’s current nutrition guidelines, will bring good health to your life 160 pages of color photos. 294 pages. Health Communications. Paperbound. Pub. at $18.95
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777646X 15-MINUTE BETTER BACK. By Suzanne Martin. Fit exercise into your busy life with these short but effective back-strengthening programs. Follow these routines, just a few minutes a day, anywhere, to make a difference. Feel results fast, strengthen back muscles, banish aches and pains, and improve your core. Color photos. 112 pages. Dorling Kindersley. Paperback. Pub. at $19.95

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7929684 SMALL CHANGES: A 4-Week Plan to Add More Plant-Based Food & Power to Your Life. By Alicia Witt. Witt shows you how adopting the “small changes philosophy” allows you to balance health, eat healthier, and feel better physically and emotionally. See how small changes can usher in larger changes and transform your life. 16 pages of color photos. Harper. Pub. at $27.99

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725575X FOAM ROLLING: Relieve Pain, Prevent Injury, Improve Mobility. By Sam Woodworth. Your body is designed to be a remarkable and limber movement machine, but activities of daily living and overuse can cause pain, poor posture, and limited mobility. The foam roller and other tools help you release the tension in your body’s connective tissues and restore your muscles to the optimal efficiency for which they’re designed. Full color. 208 pages. Kyle Books. Paperback. Pub. at $24.99

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778878X EAT LIKE A PIG, RUN LIKE A Wombat: Hormone Health and the New Science of Exercise. By Anastacia Marx de Salcedo. A fascinating journey that weaves together true confessions, mad(ish) scientists, and beguiling animal stories to show how we need to think beyond our diet focused model to a new concept of metabolism as regulated by exercise. Suddenly the answer to good health is simple. Don’t worry about what you eat. Worry about how much you move. 224 pages. Pegasus. Paperback. Pub. at $27.95

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**Exercise & Fitness**

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7957688 THE IMMUNOTYPE BREAKTHROUGH. By Heather Moday. A revolutionary program to help you discover and optimize your immune system, improve health and longevity. By identifying your personal immunotype, you can intervene by making individualized, natural lifestyle changes to optimize your body’s immune functions. 280 pages. Little, Brown. Pub. at $28.00

7729022 GUT RENOVATION: Unlock the Age-Defying Power of the Microbiome to Remodel Your Health from the Inside Out. By Roshini Raj with S. Buff. Uses the idea of a gut renovation to show how different parts of the body and aspects of your life can be “renovated” in order to optimize your microbiome’s functionality. It shows how you can turn back the biological aging calendar in as little as 28 days and the rest of your life. 276 pages. Morrow. Pub. at $22.99

7826427 THE INSOMNIA DIARIES: How I Learned to Sleep Again. By Miranda Levy. Tells the story of one woman’s experience of dealing with insomnia. It offers answers to all your nutritional questions, explores the role of specific nutrients in treating everyday ailments, aches and pains. 207 pages. Aeon. Paperback. Pub. at $15.95

7956373 EVERY DEEP-DRAWN BREATH: A Critical Care Doctor on Healing, Recovery, and the Breakthroughs That Are Changing Medicine. By Wes Ely. The author’s groundbreaking investigations advanced the understanding of post-intensive care units and identified critical treatments that lead to faster and better recovery. Out now in hardcover.

7802315 LIVING YOGA: 52 Weeks of Inspiration to Center and Enhance Your Life. By Rachel Scott. Through 52 contemplative and inspiring tips and ideas that can help you gain a clearer sense of self, as well as help you lead a more vibrant life. Yoga is not just about poses, you will experience how the rich philosophic depths of yoga can open your heart and mind. 224 pages. Mil. Paperback. Pub. at $14.95

7895765 DOES COFFEE CAUSE CANCER? And 8 More Myths About the Food We Eat. By Christopher C. Manfredi. A refutation and clarification work about food, food myths, and how sloppy science perpetuates misconceptions about food. Does vitamin C prevent the common cold? Why were eggs once bad for you but now good for you? Are you really good for you? Health of your heart and more. Illus. 290 pages. ECW. Pub. at $19.95.

7817873 CHEATING DEATH: The New Science of Living Longer and Better. By Jill Miller. Shows that instead of expensive drugs and supplements, treatment methods, and devices—approaches that are backed by extensive research as well as McClain’s own work scrutinizing, little-knew treatments that can reverse the effects of new and old injuries; emergent diagnostic and screening technologies that deter early onset disease sooner; and more. Illus. 278 pages. BenBella. Pub. at $17.95


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7807198 BODY BY THE BREATH: The Science and Practice of Physical and Emotional Resilience. By Jill Miller. Breath is a universal vital sign displaying your health, and you can harness your breath to promote health. Look inside. Provides a blueprint toward optimal function. Offers all of the scientifically-supported methods to harvest the power of breath for optimal physical, mental, and emotional health. Presents more than 100 step by step techniques and exercises. Well illus. 480 pages. Victory Belt. 8¾ x 11. Pub. at $69.95

7748183 MOVE THE BODY, HEAL THE MIND: Overcome Anxiety, Depression, and Dementia and Improve Focus, Creativity, and Memory. By Jennifer Heisz. Heisz shares her paradigm-shifting research on how exercise affects the brain, finding that intervals of intense workouts, even leisurely walking, can make you more resilient to depression and dementia, lessen anxiety and ADHD, and encourage better sleep, creativity, and resilience. Illus. 240 pages. Mariner. Pub. at $27.00. PRICE CUT to $19.95


7814526 BURN: New Research Shows the Lid Off How We Really Burn Calories, Lose Weight, and Stay Healthy. By Herman Pountzer. This book reveals how metabolism really works so that we can finally manage our weight and improve our health. We burn calories within a very narrow range: nearly 3,000 calories per day, no matter our activity level. At the same time, we must exercise to keep our body systems and signals functioning optimally, even if it won’t make us thinner. Illus. 373 pages. Avery. Paperback. Pub. at $18.95

7753374 THE INSOMNIA DIARIES: How I Learned to Sleep Again. By Miranda Levy. Tells the story of one woman’s experience of dealing with insomnia. It offers answers to all your nutritional questions, explores the role of specific nutrients in treating everyday ailments, aches and pains. 207 pages. Aeon. Paperback. Pub. at $15.95

7843832 THE SCIENCE OF NUTRITION. By Rhiannon Lambert. Provides clear answers backed up by the very latest research, this work has the answer to your nutritional questions, covering every conceivable topic, from gut bacteria to weight management to heart health and immune support to plant-based eating and intermittent fasting and everything in between. Fully illus., in color. 224 pages. Dorling Kindersley. 8¼ x 10¼. Pub. at $30.00

7878532 SIT TO GET FIT: Change the Way You Sit in 28 Days for Health, Energy, and Longevity. By Suzy Reading. It offers ten stress-free, no-kit exercises for pain relief and restorative movement, when we improve how we sit we can expect less pain, increased flexibility, confidence, posture, energy, and sleep and improved focus and clarity. Fully illus., in color. 160 pages. Aster. Pub. at $14.99

7863438 THE NATURAL SLEEPER: A Bedside Guide to Complementary and Alternative Solutions for Better Sleep. By Julie Davis. A 6-step guide to improving your sleep. Explore ancient, traditional, and contemporary practices, including: breathwork, acupuncture, sound therapy, herbal remedies, and many more. Includes self-tests to determine how you function with yourself, take charge, commit to change, and embark on an exploratory journey to find out what works for them to design their own sleep routines and rituals. Well illus. in color. 192 pages. Tiller. Paperback. Pub. at $18.95

7862107 LET IT GO: Breathe Yourself Calm. By Rebecca Dennis. Find out how you can, literally, breathe your way to relaxation, stress relief, and inner peace. The seven powerful breathing exercises in this simple, impactful breathing exercises to boost your health and happiness. Includes help with: anxiety and stress, energy, sleep, and trauma. 300 pages. Ebury. Paperback. Pub. at $22.99


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Diseases & Disorders

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★ 7930143 UNLOCKED: 25 Keys to Recovering from Depression, Anxiety or Bipolar Disorder by Emily Grossman. Shattering the myth that depression can actually help you to discover and live your life purpose. Through a series of spiritual lessons this will help you to discover strengths by abandoning a traditional self-help practice; learning to trust your instincts; developing critical coping skills; and more. 220 pages. G&D Media. Paperback. Pub. at $19.95 $14.95

★ 7989507 OVERCOMING CHRONIC DISEASE CONDITIONS: Release the Vulnerable Layers of Post-Traumatic Gut Disord by Nikki Kenward. Sharing visualization exercises and a hands on process of releasing the layers of trauma. This helps readers unwind stagnant cellular patterns, discover the dynamic intelligence in every cell, and transforms Post-Traumatic Gut into Post-Growth. 202 pages. Inner Traditions. Paperbound. Pub. at $15.95

★ 7817304 TRAVELERS TO UNIMAGINABLE LANDS: Stories of Dementia, the Caregiver, and the Human Brain by Dasha Kiper. Dementia disrupts a person’s entire life and that of those who care for them. Reveals the neurological obstacles to caregiving, not only enumerating the various aspects of dementia but also providing your closest relationships but offering solace and perspective as well. 233 pages. Random. Pub. at $28.00 $17.95

7954552 KICKASS HEALTHY LADA: How to Thrive with Latent Autoimmune Diabetes in Adults by Jacqueline Mann. Provides critical information and insights, including a detailed breakdown of the different diabetes conditions, what makes LADA different and how to find the best treatment team; an explanation of insulin: what it is, what it does, and how to know when we need more of this natural hormone; and more. 371 pages. Hachette. Paperbound. Pub. at $19.99 $9.95

★ 7964927 CURING STUBBORN DEPRESSION: Early Detection, Early Intervention & Treating the Root of Depression by Paul B. Fitzgerald. Seeks to not only explain the underlying causes of this persuasive form of depressive disorder, but to shine a light on a number of non-traditional treatments, new therapies and clinical developments, offering hope to those who feel like they have none. 213 pages. Hatherleigh. Paperbound. Pub. at $12.95


★ 1952773 MAYO CLINIC THE ESSENTIAL DIABETES HANDBOOK: Roadmap to Good Health. by James Navarro & R. L. Lewis. Developed by Cathy Thompson through her many years as a therapist–now worldwide as the all-natural solution for cancer and chronic disease. Not Rated. 96 minutes. Gerson Media. $5.95

7972006 THE ULTIMATE GUIDE TO ESSENTIAL OILS: A Complete Reference to the Amazing Healing Powers of Essential Oils by Dr. Kenneth新动能. Essential oils have been praised for their ability to lift moods, treat common health ailments, and enhance one’s appearance. Full of helpful tips, this edition offers essential oil recipes that help promote healthy skin, hair and nails, boost memory retention and concentration and more. 16 pages of color photos. 336 pages. Adams Media. Paperbound. Pub. at $26.95 $8.95

7825400 HEALTHY AT HOME: Get Well and Stay Well Without Prescriptions. by Tierona Low Dog. The author, an expert in natural medicine, collects her favorite remedies and recipes—ones she has used for many years—and shares them, along with wise, practical advice on when to call the doctor and when to stay put and use your own resources to get healthy at home. 448 pages. 346 pages. Rodale. Paperback. Pub. at $26.95 $9.95

7809799 HEAL YOURSELF, HEAL THE WORLD. Fullscreen. Join Howard Strauss (author, scientist, son of Charles Cresson and grandson of Dr. Max Gerson) for an exploration of how the Healing by Therapy–known worldwide as the all-natural solution for cancer and chronic disease. Not Rated. 96 minutes. Gerson Media. $5.95

Stress & Pain Management


7835500 OUTSMART YOUR PAIN: Mindfulness and Self-Compassion to Help You Leave Chronic Pain Behind. by Christiane Wolf. Shows the way with 20 easy-to-digest exercises that you can use daily to mend your body and transform your self-compassion practices. By separating your pain from the stressful thoughts and troubled feelings that come with it, you can change your doctor’s diagnosis and live well. Experiential Press. Pub. at $16.95 $11.95

7730906 THE THOMPSON METHOD OF BODYWORK: Structural Alignment, Core Strength, and Emotional Release. by C. Thompson & T. T. Lewis. Developed by Cathy Thompson through her many years as a bodywork therapist, the Thompson Method incorporates Zen shiatsu, reflexology, yoga, and Gestalt psychotherapy to heal pain in the body and mind. Using this method you can recognize the emotional blockages that often underlie chronic pain, tension, and poor alignment. Offers 90 corrective alignment exercises. Illus. in color. 316 pages. Healing Arts. 8x10. Paperbound. Pub. at $35.00 $19.95

★ 7912404 CHRONIC PAIN RESOLUTION: 30 Days of Activities, Practices, and Skills to Help You Thrive. by Afton L. Hassett. Will help you evaluate your pain and its triggers, offering straightforward and often surgical techniques to improve it. Using the principles of cognitive-behavioral therapy, you’ll try one new strategy each day for 30 days, from paced breathing and healthy sleep habits to mindfulness and acts of kindness. 269 pages. Countryman. Pub. at $28.00 $21.95

7795959 RELIEVE STRESS: 20 Quick Techniques. by Karin Schubert. In this guide you learn techniques, including acupressure, breathing exercises, and guided imagery, to relieve stress in five minutes or less. Illus. 111 pages. Hazelden. Paperbound. Pub. at $9.95


7801092 THE POWER OF PRESSURE: Why Pressure Isn’t the Problem, It’s the Solution. by Dane Jensen. Illus. 288 pages. Collins. Pub. at $23.70 $5.95


7813500 ANOTHER ESSAY ON PAIN: How the Body and Mind Experience and Endure Physical Suffering. by Abdul-Ghaalil Lekhnen. 244 pages. Scribner. Pub. at $28.00 $9.95

DVF 777220 GERTSON'S MIND EXPERIENCE: Join Howard Strauss, himself an expert in natural medicine, for a journey to the Amazing Healing Powers of Essential Oils. This journey is a celebration of how essential oils have been praised for their ability to lift moods, treat common health ailments, and enhance one’s appearance. Full of helpful tips, this edition offers essential oil recipes that help promote healthy skin, hair and nails, boost memory retention and concentration and more. 16 pages of color photos. 336 pages. Adams Media. Paperbound. Pub. at $26.95 $9.95
Complementary & Alternative Medicine

784057 GUT HEALTH & PROBIOTICS: The Science Behind the Hype. By Jenny Tscharke. A simplified explanation of probiotics and what they can do for you and to the human body. The reader is asked to understand what probiotics and prebiotics can do for their long-term gut health and how this might affect a broad range of body systems. 90 pages. Well illus. in color. £6.95

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