
**July 6, 2018**

**DVD 6567282 DISTANT HEALING: A Complete Guide.** By Jack Angelo. This guide teaches over 50 exercises that draw on the power of spiritual intention to allow you to send healing energy wherever it is needed. Covers the anatomy of the human energy system; how to sense energy fields; body balancing and breathing exercises; and more. 230 pages. Sounds True. Paperbound. Pub. at $17.95

**$3.95**

**DVD 681008X MILTON BERLE’S LOW IMPACT/HIGH COMEDY WORKOUT.** America’s beloved Uncle Miltie (aka Mr. Television) brings a hefty helping of humor to this comprehensive senior exercise program. Led by senior fitness expert Mermly Smith and designed for ages 50-100, it blends exercise and laughter for the most enjoyable workout you’ve ever had! Includes four bonus episodes of The Milton Berle Show. 62 minutes. Mill Creek. Pub. at $14.98

**$3.95**

**1874020 THE BIGGEST LOSER COMPLETE CALORIE COUNTER.** By Cheryl Forberg et al. Millions of viewers have been inspired to change their lives by the incredible transformations on The Biggest Loser, and you can too. This guide provides calorie measurements and full nutritional analysis for more than 5,000 foods. 226 pages. Rodale. Paperback. Pub. at $7.99

**$2.95**

**DVD 5828335 RODNEY YEE’S CORE CENTERED YOGA.** The acclaimed yoga instructor helps you make small adjustments for amazing results. Split into five parts—Lower Balance; Back Balance; Internal Balance; Bending Balance; and Restorative Balance—this program reveals the importance of finding your “core center” as a pathway to health in mind and body. 46 minutes. Gaiam.

**$3.95**

**5913314 I WANT TO BE ORGANISED: How to De-Clutter Your Life, Manage Your Time and Get Things Done.** By Harriet Griffey. Full of practical solutions, tips and inspiration, this guide gives you the ideas and tools you need to lose the clutter and improve your life. 143 pages. Hardie Grant. Import. Pub. at $12.95

**$4.95**

**356133X YOU CAN’T MAKE THIS STUFF UP: Life-Changing Lessons from Heaven.** By Theresa Caputo with K. Grish. The star of Long Island Medium explores the life-changing wisdom she’s learned from channeling God, Spirit, and her clients’ families and friends. Pairing her infectious wit and positivity with moving client stories, each lesson will help you find the peace, healing, and growth you desire.

253 pages. Atria. Pub. at $25.00

**$3.95**

**6471382 THE ABS DIET EAT RIGHT EVERY TIME GUIDE.** By David Zinczenko with T. Spier. Pinpoints the foods that you should choose to burn away the belly fat no matter where you are. With a list of 789 on-the-go food choices, a complete supermarket survival guide, and a collection of 60 six-minute meals, it’s filled with all the info you need to lose pounds. 230 pages. Rodale. Paperback. Pub. at $8.99

**$6.95**

**5815522 BUGS, BOWELS, AND BEHAVIOR: The Groundbreaking Story of The Gut-Brain Connection.** Ed. by Teri Arranga et al. Informs you of the myriad additional factors impacting the health of the gastrointestinal tract and how that, in turn, can have far-reaching and significant effects in other systems of the body—even adversely affecting development and how people think. 285 pages. Skyhorse. Paperback. Pub. at $17.95

**$6.95**

**6842240 WHY WON’T YOU APOLOGIZE?** By Harriet Lerner. A renowned psychologist and bestselling author shows us how a meaningful apology restores trust, while silence and defensiveness can cause excruciating pain. Lerner shares stories from her clinical work and personal life to offer insight, advice, and compassion to both the offended and the offender. 195 pages. Touchstone. Pub. at $24.00

**$5.95**

**DE-ESCALATE: How to Calm an Angry Person in 90 Seconds or Less.** By Douglas E. Noll. Based on the author’s practical real-world experience as a lawyer turned peacemaker and master mediator, this timely and prescriptive guide provides listening and communication skills that solve the problem of what to do to diffuse emotionally volatile situations—at home, at work, or anywhere!

228 pages. Atria. Paperback. Pub. at $16.00

**$11.95**

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Nutrition & Weight Management

6857116 REFUEL: A 24-Day Eating Plan to Shed Fat, Boost Testosterone, and Pump Up Strength and Stamina. By Jorge Cruise with G. Lees. The author shows men how to stop testosterone from turning into estrogen, lose the gut, and supercharge fat loss without dieting or forfeiting flavor. No calorie counting or hunger required—it’s timed to your body’s natural desire to start refueling. 262 pages. Harmony. Pub. at $25.00 $4.95

6824933 BUDDHA’S DIET. By T. Cottrell & D. Zigmond. Modern science confirms what Buddha knew all along. It’s not what you eat that’s important, it’s when you eat. You have to follow a few guidelines that Buddha provided and are illuminated in this volume, and you will feel better, stop obsessing about food—and lose weight. 240 pages. Running Press. $4.95

6802400 EXTREME TRANSFORMATION: Lifelong Weight Loss in 21 Days. By Chris & Heidi Powell. The hosts of the hit TV show Extreme Weight Loss share their proven, life-changing, step-by-step guide for losing weight and keeping it off. With their help readers will see the hidden path of transformation, be guided through fast and fun exercises; and enjoy dozens of gourmet recipes. Illus. 308 pages. HarperOne. Pub. at $15.99 $4.95

6845975 MEDITATE YOUR WEIGHT. By Tiffany Cruikshank with M. van Aalst. This 21-day plan optimizes health as well as body image by tapping the hidden strength of the mind. You will learn a whole new way to lose weight, and it takes just a few relaxing and energizing minutes a day. As you light up on the inside, you’ll light up on the outside. 321 pages. Harmony. Pub. at $22.00 $4.95

6889405 THE APPETITE SOLUTION: Lose Weight Effortlessly and Never Be Hungry Again. By Joe Colella. Hunger means something is off, and you can’t lose the weight you want while fighting through the pangs. With this guide, weight-loss specialist Dr. Colella presents a six-week, three-phase plan to help you diminish cravings while achieving your goal weight. Sets you free from hunger forever! 296 pages. HarperOne. Pub. at $26.99 $4.95

6865276 20 POUNDS YOUNGER. By Michele Primavalkyo with L. Tedesco. Includes a checkup that makes nutritious eating easy. A 6-week get-fit guide to increasing your metabolism and strength, brain tricks to overcome cravings, simple pointers for younger looking skin and energy enhancing techniques for reducing stress and sleeping more deeply. Illus. 280 pages. Rodale. Pub. at $24.99 $3.95 ★

684121X SUICIDE BY SUGAR: A Startling Look at Our #1 National Addiction. By N. Appleton & G.N. Jacobs. Once associated only with cavities and simple weight gain, sugar is now linked to a host of devastating health conditions, including cancer, epilepsy, dementia, hypoglycemia, obesity, and more. The authors provide shocking information about the amount of sugar found in many popular foods and beverages. 180 pages. Square One. Paperback. Pub. at $15.95 $11.95

Health & Medical References

6878399 THE CASE AGAINST SUGAR. By Gary Taubes. From the author of Why We Get Fat comes groundbreaking and urgent research that makes the convincing case that sugar is the tobacco of the new millennium: backed by powerful lobbies, entrenched in our lives, and making us very sick. 365 pages. Anchor. Paperback. Pub. at $16.00 $11.95

6714773 THE 21-DAY BELLY FIX. By Taseem Bhatia. Combining the latest research and cutting-edge science with proven alternative nutritional remedies, Dr. Taz presents a simple plan thatXF — from energizing your digestive system, help fight disease, and strip away pounds in just 21 days. 242 pages. Zinc Ink. Paperback. Pub. at $20.00 $3.95


4532378 8 MINUTES IN THE MORNING FOR EXTRA-EASY WEIGHT LOSS. By Jorge Cruise. Shows simple exercises to do each morning that will restore your metabolism by creating new lean muscle that burns fat 24 hours a day. Color photos. 253 pages. HarperCollins. 7¼x9¼. Paperbound. Pub. at $14.95 $4.95

6705324 THE PRIME: Prepare and Repair Your Body for Spontaneous Weight Loss. By Kulreet Chaudhary with E. Adamson. Integrative neurologist Dr. Chaudhary discovered a beautiful side effect to eating and lifestyle tools she gave her brain patients: shedding excess pounds. Here she brings together the tools to a unique guide to sharpening the brain, healing the gut, and dropping the weight. 308 pages. Harmony. Pub. at $26.00 $4.95

5749026 TRADITIONAL FOODS ARE YOUR BEST MEDICINE: Improving Health and Lengthening Life with Native Nutrition. By Robert F. Schmid. Discover how a return to a traditional diet—vastly different from today's Western diet that has ravaged public health—can help you reduce your risk of heart attack, fight allergies, chronic fatigue, arthritis, and more. Recover from colds and flu in a day or two; and increase your life expectancy. 270 pages. HCI. Pub. at $25.99 $13.95

5745237 THE 4 X 4 DIET: 4 Key Foods, 4-Minute Workouts, Four Weeks to the Body You Want. By Erin Oprea. Discover the four key foods and the groundbreaking four-minute workouts that will change the way you look and feel. Celebrity trainer and former marine Erin Oprea's motto is “lean and clean” and the unique 4 X 4 program shows you how to finally lose weight and get the body you want. Illus. 240 pages. Harmony. Pub. at $25.99 $5.95

6866093 EAT YOUR WAY TO SEXY. By Elizabeth Somer. Inspires you to take charge of your health and become more energetic, confident, and sexy than you’ve ever been before. Hundreds of tips, tools, self-assessments, recipes and checklists in this guide will help you feel fabulous and revitalize your sex life. 242 pages.Harlequin. Paperback. Import. Pub. at $16.95 $3.95

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Healthy Cooking & Special Diets

2708998 THE TOP 100 IMMUNITY BOOSTERS. By Charlotte Haigh. Your guide to eating well today for a healthier tomorrow. There are hundreds of foods that can boost your immune system. This book explains a simple and delicious recipe for each food, and key health benefits of each food. You can also look up your ailment to see which food would help you. The most. 128 pages. Duncan Band. Paperback. Import. Pub. at $9.95 $3.95

6722555 EAT CLEAN, LEAN: 300 Real Foods and Recipes for Lifelong Health and Lasting Weight Loss. By the eds. of Prevention with W. Bazilian. Eating healthy really means eating clean, or choosing whole foods sourced from the earth with the least processing and fewest possible ingredients that sound like sand. This visual cookbook will guide you to better health, delicious food, and a slimmer you will show you how to make 50 smart choices in the supermarket and 150 cleaner fast meals at home. 294 pages. Rodale. Paperback. Pub. at $21.99 $5.95

5603017 GOT MILKED? The Great Dairy Deception and Why You’ll Thrive Without Milk. By Alissa Hamilton. Challenges many of the accepted wisdom about milk and leaves you prepared to take charge of your health. Not only will you find it easy to drop milk from your diet, you will learn why you can thrive without it. Hamilton also explains delicious dairy-free full meal plans that deliver the same nutrients found in dairy products, without all the sugar or negative side effects. 319 pages. Morrow. Pub. at $26.99 $3.95

4635213 THE COMPLETE GUIDE TO BEATING SUGAR ADDICTION. By Jacob Teitelbaum et al. Uncovers four types of sugar addiction and gives a step by step plan for resolving their underlying causes, breaking sugar cravings forever, and achieving dramatically improved health and energy levels, while also making it easier to lose weight. 304 pages. Fair Winds Press. Paperback. Pub. at $19.99 $5.95

6794254 GET OFF YOUR ACID: 7 Steps in 7 Days to Lose Weight, Fight Inflammation, and Rebalance pH & Energy. By Daryl Gioffre. Inflammation is the culprit behind many of our current ailments, from weight gain to chronic disease. In this accessible reference, Dr. Gioffre shares his revolutionary plan to rid your diet of highly acidic foods, alkalize your body and balance your pH. Includes alkaline recipes for easy, delicious snacks and meals. 284 pages. Da Capo. Paperback. Pub. at $17.99 $12.95

5939976 50 WAYS TO BOOST YOUR METABOLISM. By Fredrik Paulson. Swedish salesman and former nutrition guide writes the perfect guide for anyone looking to live his or her healthiest. With these easy to follow tips, you can boost the effect of your diet plan, increase your physical energy levels, and feel good about what you eat. 143 pages. Skyhorse. Paperback. Pub. at $14.95 $7.95

6828140 THE MINDSPAN DIET: Reduce Alzheimer’s Risk, Minimize Memory Loss, and Keep Your Brain Young. By Preston Estep III. Shatters myths about foods that are not beneficial to our brains; this examination reveals a simple plan for slowing cognitive decline. Complete with food recommendations, shopping lists, advice on reading nutrition labels and more than seventy delicious recipes, 286 pages. Ballantine. Pub. at $27.00 $4.95

6730008 THE GRAIN BRAIN: WHOLE LIFE FOR KIDS. By David Perlmutter with K. Lodge. This official guide to Dr. Perlmutter’s revolutionary approach to vibrant health includes his three-step protocol; practical advice on nutrition and sleep, stress management, and exercise; and a fourteen day meal plan with recipes. 294 pages. Little Brown. Pub. at $28.00 $5.95

6859054 GLUTEN EXPOSED. By P.H. Green & K. Jones. Provides an in-depth examination of every symptom and condition associated with gluten and offers a plan for overcoming what can be a devastating disease. The authors offer clear, welcome guidance and a practical road map that can help anyone achieve a healthier, symptom-free life. 352 pages. Morrow. Pub. at $25.99 $4.95

6783808 ULTAMETABOLISM: The Simple Plan for Automatic Weight Loss. By Mark Hyman. Hyman unveils his groundbreaking but simple plan for automatic weight loss. Never before have all seven key components of weight loss been combined into one simple plan. Discover how to turn on the messages of weight loss and health and turn off the messages of weight gain and disease. 353 pages. Altria. Paperback. Pub. at $17.00 $7.95

6841201 SOFT FOODS FOR EASIER EATING COOKBOOK. By S. Woodruff & L. Gilbert-Henderson. Easy to follow guide that offers maximum nutrition and taste when soft or smooth foods are needed. Part One highlights simple strategies for eating in a way that’s consistent with chewing and swallowing difficulties, and guides you in modifying recipes for soft and smooth texture. Part Two presents 150 recipes for smoothies, soups, and more. 399 pages. Square One Publishers. Paperback. Pub. at $18.95 $13.95

6610302 GRAIN OF TRUTH: Why Eating Wheat Can Improve Your Health. By Stephen Yafa. Smoothly blends science, history, biology, economics, and nutrition to counter the anti-wheat hysteria and give us back our daily bread. Yafa finds that the culprit is not wheat. It’s not gluten. It’s the way the grain is milled and processed by large industrial manufacturers and bakeries. 293 pages. Harmony. Paperback. Pub. at $26.00 $5.95

6766413 THE APPLE CIDER VINEGAR CURE. By Madeline Given. Gives all the information you need to know about the health-boosting powers of apple cider vinegar. Provides instructions on over 20 healing home remedies and 25 natural body and hair care treatments. The author also brings this probiotic powerhouse to your plate with 75 delicious, nourishing recipes. One meal of the day, in color, 216 pages. Sonoma Press. Paperback. Pub. at $16.99 $12.95

6696317 THE HAPPY VEGAN. By Russell Simmons with C. Morrow. Simmons shares a critical tool that enhances one’s personal happiness and sense of well-being: a plant-based diet free of animal products. He shows how the diet will boost your energy and motivate you to lose weight and also decrease your odds of developing cancer, heart disease, high blood pressure, and diabetes. 230 pages. Avery. $11.95

6859295 BADDITIES! The 13 Most Harmful Food Additives in Your Diet—and How to Avoid Them. By Bill & Linda Browie. The authors cut through the confusing information overload with current, updated research, identifying thirteen of the most worrisome ingredients you might be eating and drinking every day. They reveal the common used flavor enhancers to avoid at all costs; the hazardous industrial waste product that’s in your food; and much, much, much more. 181 pages. Skyhorse. Paperback. Pub. at $14.95 $11.95

6622194 THE VIRGIN DIET: Drop 7 Foods, Lose 7 Pounds, Just 7 Days. By J.J. Virgin. Fitness expert J.J. Virgin reveals the real secret behind weight loss and disease prevention. With this guide she’ll show you how to eat plenty of anti-inflammatory, healing foods that will never leave you feeling hungry or deprived. In just one week you can drop weight, lose belly bloat, gain energy, clear up inflammation, and feel fabulous. 334 pages. HarperCollins. Paperback. Pub. at $16.99 $7.95

6604064 ULTAMETABOLISM: The Simple Plan for Automatic Weight Loss. By Mark Hyman. Hyman unveils his groundbreaking but simple plan for automatic weight loss. Never before have all seven key components of weight loss been combined into one simple plan. Discover how to turn on the messages of weight loss and health and turn off the messages of weight gain and disease. 353 pages. Altria. Paperback. Pub. at $17.00 $7.95

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**657967 THE MAYO CLINIC DIET.** This diet program helps you make simple, healthy, pleasurable changes that will result in a weight you can maintain for the rest of your life. Using clinically tested techniques, it puts you in charge of reshaping your lifestyle by adopting new habits and breaking unhealthy old ones. Illus. in color. 270 pages. Good Books. Paperbound. Pub. at $15.99. 11.95.

**6462805 THE GUT BALANCE REVOLUTION: Boost Your Metabolism, Restore Your Inner Ecology, and Lose the Weight for Good!** By Gerard E. Mullin. A leading authority on digestive health and the gut microbiome shares a proven, science-based program to restore and retain weight loss by achieving a balanced gut flora. He reveals how to stifle fat-forming gut bacteria, reseed your gut with good fat-burning ones, and fertilize those friendly flora with just the right foods. 409 pages. Rodale. Pub. at $26.99. 7.95.

**684389 THE GUT BALANCE REVOLUTION.** By Gerard E. Mullin. Mullin shares the first proven, science-based program to restore and retain weight loss by achieving a balanced gut flora. He reveals how to stifle the fat-forming, disease-promoting gut bacteria, reseed your gut with good fat-burning ones; and fertilize those friendly flora with the right foods to rebalance, reseed, and retain your weight health–and lose weight for good. 409 pages. Rodale. Pub. at $16.99. 5.95.

**6775438 THE ACID-ALKALINE DIET FOR OPTIMUM HEALTH, REVISED SECOND EDITION.** By Christopher Vasey. Discover how a simple change in diet to fit your acid-alkaline needs can result in vast improvements in health. Provides the latest information on proper hydration and deacidification, important alkalizing supplements, and how to eliminate the 400 worst acids. 202 pages. Healing Arts. Paperbound. Pub. at $12.95. 9.95.

**6778284 HEAL YOUR GUT AN A TO Z GUIDE: Healthy Bowel, Healthy Body.** By Sandra Cabot. Presents the latest research to overcome bowel problems and gives you the vital practical information you need for a healthy digestive system. Includes 150 bowel friendly recipes that are gluten-free, dairy-free, nut free and sugar free; as well as a low FODMAP Diet. Illus. 288 pages. SCB International. Paperback. Pub. at $14.95. 9.95.

**6839908 THE SWEET POTATO DIET: The Super Carb-Cycling Program to Lose Up to 12 Pounds in 2 Weeks.** By Michael Morelli. A popular fitness guru removes all the guesswork and takes away the fear from traditional carb-cycling by simplifying it down to a step-by-step eating schedule–without food weighing, or calorie-counting. Includes 45 easy recipes that will leave your taste buds happy and your stomach satisfied. Well illus. in color. 304 pages. Adams Media. Paperbound. Pub. at $22.00.

**5858895 THE EVERYTHING GUIDE TO ADRENAL FATIGUE.** By Maggie Luther. Offers a natural lifestyle plan to identify symptoms, calm adrenal glands, and restore energy levels. Features more than 130 homeopathic recipes to help treat adrenal fatigue, including Almond Joy Smoothie, Pork Chops with Balsamic Glaze; and Chipotle-Lime Mashed Sweet Potatoes. 280 pages. Workman Publishing. Pub. at $19.95. 9.95.

**6856581 YOU ARE YOUR OWN GYM: The Cookbook.** By Mark Lauren with M. Greenwood-Robinson. You'll find gorgeous recipes that adhere to the author’s unique “calorie shifting” nutritional philosophy to help you shed fat, build muscle gain, and improved fitness performance. These 125 recipes cover your needs for breakfast, lunch, dinner, snacks, desserts, and more. All in color. 270 pages. Rodale. Pub. at $19.99. 7.95.

**5990483 HEAL YOUR WHOLE BODY: The 12-Day Power Plan to Flush Toxins, Balance Hormones & Reset Your Body’s Most Essential Organ.** By Frances Murchison. The health of your liver determines just how healthy you are and how good you feel. Here you’ll find a simple, 12-day plan to nourish and support your liver for maximum energy, clear thinking, fewer headaches, and weight loss. Includes more than 50 quick and delicious recipes. Illus. 339 pages. Rodale. Pub. at $31.95. 7.95.

**662880X THE EVERYTHING LOW-FODMAP DIET COOKBOOK.** By Colleen Brancioli. With the 300 low-Fodmap recipes included, and an extensive meal plan, you’ll be able to identify your sensitivities, eliminate problem foods, and control IBS symptoms. Recipes include Mixed Berry Cobbler; Quinoa, Corn, and Zucchini Fritters; Roasted Parsnips with Rosemary; Citrus Flank Steak; and many more. Photos. 320 pages. Adams Media. Paperbound. Pub. at $18.99. 5.95.

**578866 THE MIRACLE KIDNEY CLEANSE: An All-Natural, At-Home Flush to Purify Your Body.** By Laura F. Fallon. This simple, 12-day program will burn toxins and maximize the benefits of the body’s natural cleansing system, including preventing painful kidney stones; boosting immune function; increasing energy; and moving mobile; and low-back kidney pain; and more. 233 pages. Ulysses. Paperbound. Pub. at $14.95. 11.95.

**6731796 EAT REAL FOOD: Simple Rules for Health, Happiness and Unstoppable Energy.** By Julie Montagu. A yoga teacher and health coach takes a healthy eating back to basics, guiding you to make simple but positive dietary choices to increase your intensity of the “Flexi-Five”–five healthy food groups that are most important for keeping your brain and body balanced. 232 pages. Harper. Paperbound. Pub. at $14.95. 9.95.

**677766X THE PLANT PARADOX: The Hidden Dangers in Healthy Foods That Cause Disease and Weight Gain.** By Steven R. Gundry with O.B. Beuhl. Illuminates the hidden dangers that lie within your foods and shows you how to eat foods in a whole new way. Dr. Gundry offers simple hacks that will help you avoid lectins, a full list of lectin-containing foods and simple substitutions for each, and a step by step detox eating plan that includes lectin-free recipes. 360 pages. Harper. Pub. at $27.99. 21.95.

**595665X THE MAYO CLINIC DIABETES DIET.** Ed. by Donald Hersnut et al. Packed with meal plans, practices, and specific tips on how to improve health and lose weight safely, this guide will ensure that you enjoy life while remaining healthy. Well illus. in color. 206 pages. Good Books. Paperbound. Pub. at $28.95. 9.95.

**27693X THE LIVER HEALING DIET.** By M. Lai & A.R. Kasarani. With a complete program to rejuvenate your liver through optimal nutrition and routine exercise, this guide shows you how to improve liver function, beat fatty liver disease, detoxify the liver, boost all-around health, and nourish the body with delicious recipes. 184 pages. Ulysses. Paperbound. Pub. at $18.95. 5.95.


**6560687 THE GREEN SMOOTHIE PRESCRIPTION.** By Victoria Boutin. Provides a comprehensive guide to the healing capabilities of green smoothies. Easy to use and packed with information, it features over 150 delicious recipes and an A-to-Z list of the most effective nutrients in battling every health condition. 194 pages. HarperOne. Paperbound. Pub. at $16.95. 11.95.


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**6847900 GENIUS FOODS.** By Max Lugavere with P. Grewal. This powerful new guide offers a cutting-edge yet practical road map to eliminating brain fog and improving your health and performance today and decades into the future. Lugavere shares invaluable insights into how to improve your brain power using the nutrients that boost your memory and improve mental clarity and where to find them. 388 pages.

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**6794343 KETO: The Complete Guide to Success on the Keto Diet, Including Simplified Science and No-Cook Meal Plans.** By Maria & Cranston Enright. Treat yourself on a journey that helps you lose weight, build muscle, and live the life nature intended you to live. Includes a detailed explanation of the science behind the diet; an overview of the nutrients needed for optimal wellness; tips for correcting common keto mistakes; and two no-cook meal plans. 320 pages. Victory Belt. Paperback. Pub. at $29.95  
**21.95**

**6766237 NUTRITIONAL HEALING WITH CHINESE MEDICINE.** By Ellen Goldsmith with M. Klein. Apply the ancient wisdom and traditions of Chinese medicine in the kitchen. Whether you are looking to boost vitality or to feel more balanced, this easy-to-navigate guide offers a comprehensive review of the basic principles of Chinese dietary theory and how to apply them to daily life. 480 pages. Robert Rose. Paperbound Import. Pub. at $24.95  
**19.95**

**678222X FOOD PHARMACY: A Guide to Gut Bacteria, Anti-Inflammatory Foods, and Eating for Health.** By L.N. Aurell & M. Clause. Marrying scientific research with 17 supplementary recipes, practical advice, and a quirky voice, this reference excites the kitchen’s anti-inflammatory heroes—avocado, cloves, kale, cinnamon, green bananas and more—to help you live your healthiest life through quality knowledge and food. Well illus. Skyhorse. Pub. at $19.95  
**18.95**

**6591992 NOURISHING FATS: Why We Need Animal Fats for Health and Happiness.** By Sally Fallon Morell. Drawing on extensive research, Morell offers the science behind why animal fats are vital for fighting infertility and inflammation, extending life, and preventing chronic disease and allergies. She features easy solutions in the form of some delicious recipes, for adding these essential fats back into your diet.

*in color. 184 pages. Skyhorse. Pub. at $17.95  
**17.95**

**6590861 THE METABOLIC APPROACH TO CANCER.** By N. Winters & J.H. Kelley. Offers a comprehensive, nutrition-focused protocol to managing cancer. Cancer survivor, Dr. Natasha Winters, reveals her own journey to healing her son’s cancer, and surviving chronic disease and allergies. She features easy solutions in the form of some delicious recipes, for adding these essential fats back into your diet. *in color. 184 pages. Skyhorse. Pub. at $17.95  
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**672901 THE COMPLETE LEAKY GUT HEALTH & DIET GUIDE.** By Makoto Trotter with D. Cook. Discover the safe and effective treatment strategies that will help settle inflammation and heal the lining of your gut. Includes meal plans, information, and advice, you’ll find 150 easy to prepare recipes that will enable you to incorporate the diet plan into your daily life. 352 pages. Robert Rose. Paperbound. Pub. at $24.95  
**19.95**

**17.95**

**6899114 THE KETO CURE: A Low-Carb, High-Fat Dietary Solution to Heal Your Body & Optimize Your Health.** By Adam S. Nally et al. In this guide to low fat eating, you will learn how to lose weight and have difficulty losing it; the dubious history of how a low fat diet became the standard for health; tips for customizing your keto approach to your individual needs, and more than 60 delicious low carb, high fat recipes to get you started. *in color. 320 pages. Square One Publishers. Paperback. Pub. at $8.95  
**6.95**

**6806333 TURBO METABOLISM: 8 Weeks to a New You.** By Panjak Vij. A concise guide that distills a mass of medical research into a simple effective program for vibrant health. The author provides practical advice, case studies of ordinary people, and brief sections that debunk common medical myths. 288 pages. New World Library. Paperback. Pub. at $16.95  
**12.95**

**6864686 THAT SUGAR BOOK.** By Damon Gameau. Expanding on filmmaker and actor Damon Gameau’s journey in the film That Sugar Film, this volume features in-depth interviews with health experts and offers sensible solutions in the form of some delicious recipes for kicking the sugar habit. He includes a detox plan and over 30 recipes to show what foods to avoid, how to shop, and how to read food labels. Well illus. 240 pages. Flatiron. Books. Pub. at $23.99  
**$9.95**

**6592201 FOODS TO FIGHT CANCER: What to Eat to Reduce Your Risk.** By R. Beliveau & D. Gingras. Two-thirds of all cancers can be avoided through simple changes in lifestyle, including diet choices. Nature provides us with an abundance of foods rich in molecules with very powerful anticancer properties. Discover which everyday foods are scientifically proven to contain these cancer-fighting nutrients, and offers hope and light against a lethal disease. 326 pages. Chelsea Green. Paperback. Pub. at $29.95  
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**6786022 PAIN-FREE POSTURE HANDBOOK: 40 Dynamic Easy Exercises to Look and Feel Your Best.** By L. Pavilack & N. Alstedter. Featuring everyday exercises for the home, workplace, and on the go, this portable guide offers expert advice: easy to follow illustrations; posture-building techniques; and breathing exercises that keep you moving property throughout the day. Paperback. Pub. at $15.99 $11.95

**6796206 YOGA: Relaxation, Postures & Daily Routines.** By C. Yabsley & D. Smith. Includes step by step instructions for all key poses, from standing, floor-based and twists, to back bending, balances and inversions. It is an all around mind-body workout that will leave you energized, relaxed, toned and just generally feeling great. Fully illus. in color, 176 pages. Flame tree. Spiralbound. Pub. at $15.99 $11.95

**3429584 THE ANATOMY OF STRETCHING, SECOND EDITION.** By Bodywork. This looks at stretching from every angle, including: physiology and flexibility; the benefits of stretching; the different types of stretching; rules for safe stretching; and how to stretch properly. Arranged by body area, all the primary and secondary muscles worked in the exercises are illustrated. 192 pages. North Atlantic. 7½ x 10¾. Paperback. Pub. at $24.95 $16.95

**6859194 LIFT: Fitness Culture, from Naked Greeks and Acrobats to Jazzercize and Ninja Warriors.** By Daniel Kunitz. How did treadmills and weight machines become the gold standard of fitness? What is the appeal of the stripped-down, functional approach to fitness that’s currently on the rise? Kunitz sets out, in this captivating narrative, on a journey through history to answer these questions and more. Photos. 320 pages. HarperCollins. Pub. at $26.99 $5.95

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**6785697 THE ESQUIRE GUIDE TO BODYWEIGHT TRAINING.** By Adam Schersten with C. Klimek. Features 75 do-anywhere exercises; three progressive training programs; and anatomical guidelines; an intro to mobility training; and mini features on using bodyweight training to stretch properly. Arranged by body area, all the primary and secondary muscles worked in the exercises are illustrated. 180 pages. Hatherleigh. Paperback. Pub. at $15.00 $11.95

**5935040 EVERY WOMAN’S GUIDE TO FOOT PAIN RELIEF: The New Science of Healthy Feet.** By Beth Roizen et al. Celebrity trainer Joel Harper will help you turn your body into a gym with wall-mounted mini equipment free and excuse-free workout, and King Fu World Champion Karl Romain boosting your vitality with a Chi-gong program that unites the mind, body and breath. 60 minutes. S&S. Pub. at $19.99 $6.95

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Health & Medical References

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Health & Medical References

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6705644 THE TAO OF HAPPINESS. By Derek Lin. The teachings of Chuang Tzu are presented throughout and juxtaposed with the contemporary, intelligent prose of modern-day Taoist teacher and author Derek Lin. Together, Chuang Tzu and Lin will present you with simple lessons that will have a lasting impact on your daily living. 96 minutes. Gaiam. $2.95

6709551 THE ART OF VINYASA: Awakening Body and Mind Through the Practice of Ashtanga Yoga. By R. Freeman & M. Taylor. An essential guide to practicing yoga as the mind-body practice that it can be. Each of the 42 principals are aimed at conveying how to spend time rather than one in which you are “on” or “off.” Driven by the notion of warrior’s consciousness, it will teach you to link movements in a constant flow, maintaining sharp mental focus throughout. In B&W. Over 3 hours. Acacia. $9.95

6870392 YOGA SPACES: The Secret of the Yoga Studio. By Paul Cavel. Designed to help you design a yoga studio that will inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and inspire and 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**DVD** 5886813 CALORIE KILLER YOGA. Award-winning yoga instructor Colleen Saidman leads five energizing practices that will increase metabolism, strength, flexibility, balance and focus—all keys to maintaining a healthy mind as you progress. Each practice builds to the next, increasing the cardio challenge as you go. 105 minutes. Gaia. $2.95

**6788378 THE LANGUAGE OF SINGING BOWLS.** By Frank Perry. Tells you everything you need to know about singing bowls, that can not only be used as your meditation practice, but also to shape your yoga session or simply your quiet evening. Learn the elements of sound healing and gain insights into the language that they speak. Illus. in color. 80 pages. Polari. Paperback Import. Pub. at $16.95 $11.95

**5887011 YOGA FOR FLEXIBILITY WITH KEVIN LOVE.** NBA all-star Kevin Love joins yoga instructor Kent Katch for four athletic yoga practices designed to build flexibility, balance, and competitive focus. Sessions include Progressive Warm-Up, Post-Workout, and Deep Stretch & Restore, 80 minutes. Shambhala. $15.95

**5985013 GENTLE YOGA FOR OSTEOPOROSIS.** By Laurie Sanford. Whether you are looking to prevent the onset of osteoporosis or aim to reduce your symptoms, this is your complete guide to relieving pain and stress through the gentle benefits of yoga. Includes an overview of causes and symptoms; helpful diet and lifestyle tips; fully illustrated instruction for yoga basics; and more. 85 pages. Hatherley. Paperback. Pub. at $11.95 $8.95

**653517 KOKORO YOGA: Maximize Your Human Potential and Develop the Spirit of a Warrior.** By Mark & Catherine Divine. Get an unbeatable full body workout through body weight functional movements that can be done at home or on the go to increase flexibility while building lean, muscle mass by following Coach Divine’s yoga sequences. Fully illus. 266 pages. St. Martin’s. Paperback. Pub. at $17.99 $12.95

**6796052 A MASTER COURSE IN FENG-SHUI.** By Eva Wong. Offers a systematic course for home study, designed primarily for home owners, business owners, architects and interior designers who want to put feng-shui to personal use. Discover how to evaluate the external environment, plan space usage, place furniture, and more. Illus. 353 pages. Shambhala. 8x9. Paperback. Pub. at $24.95 $14.95

**6838259 EFFORTLESS LIVING: Wu-Wei and the Spontaneous State of Natural Harmony.** By Jason Gregory. Reveals the wisdom utilized by renowned sages, artists, and athletes who have adapted “being in the zone” or “wu-wei.” As an avid student of wu-wei, Gregory provides keen insight on how you can experience the beauty of achieving an enlightened, effortless mind while reveling in the process of life’s unfolding. 187 pages. Inner Traditions. Paperback. Pub. at $16.95 $13.95

**6831036 THE COMPLETE YOGA TUTOR: A Structured Course to Achieve Proficiency.** By Nulu Progressive Workouts. This concise manual on Hatha Yoga demonstrates how this ancient science will show you the way to radiant health, perfect mind control and peace within one’s self, the world, and nature. Well illus. in color. 256 pages. Gala. 7¾x10. Paperback Import. Pub. at $24.99 $17.95

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**5905257 THE MODERN YOGA BIBLE.** By Christina Brown. Discover modern yoga practices and techniques to increase flexibility and strength, relieve stress and calm the mind. Includes step-by-step instructions, and advice for beginners as well as expert tips for yogis wishing to deepen their practice. Fully illus. in color. 400 pages. Walking Stick Press. Paperback. Pub. at $19.95 $14.95

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**6550436 MERIDIAN QIGONG EXERCISES: Combining Qigong, Yoga, and Acupressure.** By Yang, Jing-Ming. This guide will help you learn the link between yoga and qigong, a Chinese art that promotes healing and flexibility. Illus. in color. 181 pages. YMAA. Paperback. Pub. at $12.95 $9.95

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