Healthy Living Bargain Books


October 26, 2018

5813697 RANGER MEDIC HANDBOOK. By U.S. Department of Defense. After decades of medic experience in war theaters throughout the world, the U.S. Army Rangers have distilled the critical components of lifesaving first aid into this official guide. Learn how to handle lacerations, contusions, burns, traumatic head injuries, amputations, and more. Skyhorse. Paperbound. Pub. at $16.99 $5.95

6722047 MAYO CLINIC WELLNESS SOLUTIONS FOR ARTHRITIS. The Mayo Clinic teams up with the health and wellness experts of GAIAM to provide a groundbreaking integrated health action plan designed specifically to relieve the symptoms of arthritis. Separated into three parts: Understanding Your Condition; Eat Well to Feel Well; and Soothing Therapies. Includes a 52-page My Stress Solution booklet. 91 minutes. Gaiam. Pub. at $19.98 $3.95

6833071 STAYING ALIVE. By Matthew Hahn. The ultimate medical survival guide for the twenty-first-century patient. Drawing on his extensive experience, Hahn teaches you to recognize medical emergencies in time. He then follows up with advice on taking advantage of available preventive care and changing your lifestyle to avoid these emergencies in the future. Photos. 266 pages. Skyhorse. Paperbound. Pub. at $17.99 $5.95

6936741 STICK IT TO THE MAN. By Ronald Lewis. Don’t be aissy! With the help of this brilliant play guide to outwitting and ougling the lopsided world of the law and power, you can take charge instead of being taken advantage of. Contains hundreds of tips to fight back against greedy corporations. Illus. in color. 185 pages. Skyhorse. Paperbound. Pub. at $12.95 $4.95

6924409 PROBIOTICS FOR HEALTH: 100 Amazing and Unexpected Uses for Probiotics. By J. A. Panyko. Shows you all the ways the amazing live microorganisms can improve how you feel and how you look. Featuring step by step instructions and plenty of simple tips, this guide offers 100 remarkable probiotic uses. 139 pages. Adams Media. Paperbound. Pub. at $12.99 $5.95

239961X BACKYARD MEDICINE: Harvest and Make Your Own Herbal Remedies. By J. Bruton-Seed & M. Seed. With easy to follow recipes for treatments of eczema, cellulite, indigestion, earaches, and dozens more, this handbook is essential for anyone who wants to harvest and make herbal remedies from wild plants. Well illus. in color. 266 pages. Skyhorse. Paperbound. Pub. at $14.95 $5.95

5886945 RODNEY YEE’S A.M. & P.M. YOGA FOR BEGINNERS. Rodney Yee and Colleen Saidman take you on a journey to better health and well-being each and every day. Start your day with A.M. Energize, setting Yee’s morning yoga practice against gentle waves and the rising sun. Then relax with P.M. Unwind, as Saidman helps you transition to a peaceful, restful evening. 50 minutes. Gaiam. Paperbound. Pub. at $14.95 $3.95

690341X YOU CAN BE AN OPTIMIST. By Lucy MacDonald. Shows you how to harness the power of optimism to help you create a more positive, upbeat attitude to life. Contains 20 specially devised exercises to help you plug into the power of optimism, improve your health and create happiness for yourself and those around you. 160 pages. Watkins. Paperbound Import. Pub. at $9.95 $3.95

4635841 SAVE YOUR GALLBLADDER NATURALLY: And What to Do If You’ve Already Lost It. By S. Cabot & M. Jasinska. Provides a comprehensive step by step plan for dissolving gallstones and improving gallbladder function. Whether you’ve already had your gallbladder removed, or you’re simply wondering how to handle the frightening and painful threats of gallbladder problems, this guide is for you. 128 pages. SCB International. Paperbound. Pub. at $14.99 $11.95

6912478 CATCHING BREATH: The Making and Unmaking of Tuberculosis. By Kathryn Laughhead. The story of one of the world’s oldest diseases. The author looks at the hidden biology behind the interaction of TB with its human host, and shows how drug resistance, the HIV epidemic, poverty and inequality work together to ensure that TB remains the world’s most serious health problem. 272 pages. Bloomsbury. Import. Pub. at $27.00 $6.95

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<td><strong>THE PRIME: Prepare and Repair Your Body for Spontaneous Weight Loss.</strong> By Kulreet Chaudhary with E. Adamson. Integrative neurologist Dr. Chaudhary discovered a beautiful side effect to tapping the hidden strength of the mind. You will learn a whole new way to lose weight, and it takes just a few minutes a day. As you lighten up on the inside, you’ll lighten up on the outside. 321 pages. Anchor. Pub. at $16.00</td>
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<td><strong>THE BIGGEST LOSER COMPLETE CALORIE COUNTER.</strong> By Cheryl Forberg et al. Millions of viewers have been inspired to change their lives by the incredible transformations on <em>COUNTER</em>. Other Press. Paperbound. Pub. at $14.95</td>
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**6866093 EAT YOUR WAY TO SEXY.** By Elizabeth Somer. Inspires you to take charge of your health and become more energetic, confident and sexy. The hundreds of tips, tools, self-assessments, recipes and checklists in this guide will help you feel fabulous and revitalize your sex life. 273 pages. HarperLuxe. Paperbound. Pub. at $16.95 $3.95

**6866549 WHY DIETS MAKE US FAT.** By Sandra Aamodt. It dieting makes us fat, what should we do instead to stay healthy and reduce the risks of diabetes, heart disease, and other obesity related conditions? With a clearly written guide the author makes a spirited case for abandoning diets in favor of behaviors that will truly improve and extend our lives. 290 pages. Current. Pub. at $28.00 $4.95

**7411979 A CONSUMER'S DICTIONARY OF FOOD ADDITIVES, REVISED 7TH EDITION.** By Ruth Winter. Gives you the facts about the safety and side effects of more than 12,000 ingredients, such as preservatives, food coloring, and drugs. An easy-to-read guide to the results of processing and curing, including more than 650 new chemicals now commonly used. 595 pages. Three Rivers. Paperbound. Pub. at $17.95 $12.95

**6904173 HOW FOOD WORKS: The Facts Explained.** By Margaret Parish. With clear and easy to understand graphics, this visual guide, full of fascinating facts, demystifies the whole process from how food is produced to what it is good for. 256 pages. Dorling Kindersley. Pub. at $20.00 $8.95

**6746365 CHOLESTEROL CURES, REVISED: The Breakthrough Menu Plan to Slash Your Cholesterol.** By Mark Perriman. Specific foods and nutritional supplements, along with certain physical activities and other lifestyle factors, have a direct correlation to healthy cholesterol levels. By implementing them with this plan, you may be able to lower your cholesterol without drugs, safely and effectively. 328 pages. Rodale. Paperbound. Pub. at $18.99 $13.95

**6539882 SUPER IMMUNITY: The Essential Nutrition Guide for Boosting Your Body’s Defenses to Live Longer, Stronger, and Disease Free.** By Joel Fuhrman. A leading expert and board-certified medical specialist in prevention and reversing disease offers a comprehensive guide to superior health. Based on the latest scientific research, he shows us how we can be among the most resistant to colds, influenza, and other infections. 295 pages. HarperOne. Paperbound. Pub. at $15.99 $11.95

**6847870 BEAT CHRONIC DISEASE: The Nutrition Solution.** By Fleur Brown. Explains how to apply the principles of functional nutrition to understanding a person’s individual health needs. By breaking the information down into small, easy-to-understand, and comprehensive plan, the body will feel younger and healthier. 260 pages. Hammersmith Books. Paperbound. Import. Pub. at $19.95 $15.95

**6899757 COMPLETE FAMILY NUTRITION.** By Jane Clarke. Offers clear, practical, and positive advice you can trust on the questions so many parents ask. Learn which key nutrients growing children need and how to achieve a healthy weight and what the difference between food allergy and food intolerance is. Clarke gives tired and tested tips for small changes that make a big difference. Illus. 224 pages. color. Sterling. Pub. at $21.95

**5802400 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. Hardcover. Pub. at $20.95 $16.95

**5875424 THE HORMONE SECRET: Discover Effortless Weight Loss and Renewed Energy in Just 30 Days.** By Tami Meraglia. 276 pages. Atria. Pub. at $25.00

**6681050 THINNER IN 30: Small Changes That Add Up to Big Weight Loss in Just 30 Days.** By Jenna Wolfe with M. Murphy. Illus. 218 pages. Grand Central. Pub. at $26.00 $15.95

**5938252 YEAR OF NO SUGAR: A Memoir.** By Eve O. Schaub. With her eyes opened by multiple obesity experts, Schaub challenged her family to join her on a quest to eat no added sugar for an entire year. Along with sharing her journey with us, she discusses the real costs of our sugar-heavy American diet, and inspires us with lots of stories, tips, and recipes. 303 pages. Sourcebooks. Paperbound. Pub. at $14.99 $4.95


**6528678 WHEAT BELLY: Lose the Wheat. Lose the Weight, and Find Your Path Back to Health.** By William Davis. A provocative look at how eliminating wheat from our diets can help us lose weight, shrink unsightly bulges, and reverse a broad spectrum of health problems. Based on the latest scientific evidence, it shows us how we can be among the most resistant to colds, influenza, and other infections. 292 pages. Rodale. Pub. at $25.99 SOLD OUT

**6866077 THE DIET TRAP SOLUTION.** By J.S. Beck & D.B. Busis. This accessible and highly practical guide enables us to stay on the healthy diet of our choice, while still losing weight, but keep it off once and for all. 248 pages. HarperOne. Pub. at $27.99 PRICE CUT to $2.95

**6863833 EAT WELL, LOOK GREAT: Nutrition and Lifestyle Beauty Secrets to Make You Feel Good from the Inside Out.** By Sarah Brewer. Brewer reveals her nutrition and lifestyle secrets for healing common beauty problems, based on the principals of nutritional medicine. Includes the information you need to make your beauty concerns a thing of the past and passes on nutrition advice based on the latest scientific evidence. Illus. in color. 160 pages. Rodale. Pub. at $25.99

**6551297 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. Hardcover. Pub. at $20.95 $16.95

**6763456 THE FEELGOOD PLAN: Happier, Healthier & Slimmer in 15 Minutes a Day.** By D. Wong & K. Faithfull-Williams. Packed with down to earth ideas to help you tune in to what really makes your body feel great. 15-minute workouts that make you look and feel younger to healthier versions of all your favorite foods. Wong offers practical ideas to fit exercise into jam packed lives, conquer cravings, and stop emotional eating. Well illus. in color. 224 pages. Sterling. Pub. at $21.95

**6727387 JAMES DUIGAN’S BLUEPRINT FOR HEALTH: Lose Weight and Feel Better in 14 Days.** From a world-renowned health expert come a comprehensive guide to transforming your body. After discussing the four fundamental pillars of health—mindset, nutrition, movement, and sleep—he shares 80 delicious recipes, 25 effective exercises, guided meditations, and more to get you on the right path. Well illus. in color. 223 pages. Sterling. Pub. at $24.95 $9.95


**5765242 THE HORMONE SECRET: Discover Effortless Weight Loss and Renewed Energy in Just 30 Days.** By Tami Meraglia. 276 pages. Atria. Pub. at $25.00

**6681050 THINNER IN 30: Small Changes That Add Up to Big Weight Loss in Just 30 Days.** By Jenna Wolfe with M. Murphy. Illus. 218 pages. Grand Central. Pub. at $26.00 $15.95

**5275426 THE POUND A DAY DIET: Lose Up to 5 Pounds in 5 Days by Eating the Foods You Love.** By Chris & Heidi Powell. 298 pages. Grand Central. Pub. at $26.00 $15.95

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6763367 EAT THIS, NOT THAT! SUPERMARKET SURVIVAL GUIDE. By David Zinczenko with M. Goulding. Without dieting or sacrificing your favorite meals and snacks you can strap away fat with the help of this guide. Provides everything you need to cut carbohydrates, melt fat and save tons of money. Fully illus. in color. 346 pages. Rodale. Paperbound. Pub. at $19.99 $4.95

6747558 FOODS THAT CAUSE YOU TO LOSE WEIGHT: The Negative Calorie Effect. By Neal Barnard. Did you know that certain foods have an incredible negative calorie effect that melts fat? Find out how, by following the negative calorie plan, you can boost your metabolic rate; burn calories more effectively, lower dangerous cholesterol levels; enjoy better health, and protect your heart. 323 pages. Morrow. Paperbound. Pub. at $16.95 $4.95

6917783 BADDITIVES! The 13 Most Harmful Food Additives in Your Diet—and How to Avoid Them. By Bill & Linda Bonnie. The authors cut through the fog of information overload with current, updated research, identifying thirteen of the worst insidious ingredients you might be eating and drinking every day. They reveal the commonly used flavor enhancers to avoid at all costs, the hazardous industrial waste product that’s commonly found in our food supply. An ex-FDA food investigator, Dujault then includes a guide to reading food labels, recognizing misleading marketing claims. This visual guidebook to better health, eating habits, and more sleep; and a diet plan with built-in portion control, you’ll see and feel a tighter belly in two weeks. Photos. 270 pages. Rodale. Paperbound. Pub. at $25.99 $4.95

6753825 UNSAFE AT ANY MEAL: What the FDA Does Not Want You to Know About the Foods You Eat. By Jonny Bowden. Faced with the author’s story leading to the creation of this book, she then describes the toxic substances most commonly found in our food supply. An ex-FDA food investigator, Jonny Bowden debunks traditional food myths, saves the reputations of foods long suffering from unjustified bad names, publicly exposes facts to help you make good and healthy decisions on what to eat. Illus. in color, 376 pages. Fair Winds Press. 8x10. Paperbound. Pub. at SOLD OUT $4.95

6935680 THE 150 HEALTHIEST FOODS ON EARTH, REVISED EDITION. By Bruce Fife. In this newly revised edition, acclaimed nutritionist and best-selling author Jonny Bowden debunks traditional food myths, saves the reputations of foods long suffering from unjustified bad names, publicly exposes facts to help you make good and healthy decisions on what to eat. Illus. in color, 376 pages. Fair Winds Press. 8x10. Paperbound. Pub. at $17.95 $12.95

6926177 THE SCIENCE OF SKINNY. By Dee McCaffrey. By applying what she learned in the lab to what was on her plate, this organic chemist and nutritionist developed a way of eating for life. The secret? Eating foods in their closest to natural form possible, avoiding refined foods, artificial sweeteners and sugar-free additives. With M. Zimmerman. Presents the most comprehensive guide to whole foods and international foods. Updated information explores (and refutes) the myths about pH balance and diet, and guides you to supplements that can help your body achieve a healthy pH level. 424 pages. Square One Publishers. Paperbound. Pub. at $8.95 $6.95

1878581 THE COCONUT OIL MIRACLE, 5TH EDITION. By Bruce Fife. Learn how to use coconut oil to: lose weight; beautify skin and hair; prevent heart disease, cancer, and diabetes; strengthen the immune system; and more. Includes 50 delicious recipes. 286 pages. Avery. Paperbound. Pub. at $18.00 $5.95

6725558 EAT CLEAN, STAYLEAN: 300 REAFL Foods and Recipes for Lifelong Health and Lasting Weight Loss. By E. S. Brown & L. Trivieri, Jr. Now in its second edition, this bestselling guide to eating clean has been expanded to include many more domestic and international foods. Updated information explores (and refutes) the myths about pH balance and diet, and guides you to supplements that can help your body achieve a healthy pH level. 424 pages. Square One Publishers. Paperbound. Pub. at $8.95 $6.95

6824811 ANTI-INFLAMMATORY EATING FOR A HAPPY, HEALTHY BRAIN. By Michelle Babb. The healthful gut results in a happy brain. A complex microbial ecosystem is located within the human gut, and when it is fed the right foods, the result is optimal mental health and sustainable wellness. Babb provides a nutrition plan and 75 easy-to-prepare delicious recipes to help you get started. Illus. in color. 178 pages. Sasquatch. Paperbound. Pub. at $22.95 $6.95

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6948790 THE SALT FIX. By James DiNicolantonio. The author shows the best ways to add salt back in your diet, offering his transformative five step program for recalibrating your salt thermostat to achieve your unique, ideal salt intake. Science has moved on from the low salt dogma, and so should you, your life may depend on it. 258 pages. Harmony. Pub. at $26.99 $4.95

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6917836 BADDITIVES! The 13 Most Harmful Food Additives in Your Diet—and How to Avoid Them. By Bill & Linda Bonnie. The authors cut through the fog of information overload with current, updated research, identifying thirteen of the worst insidious ingredients you might be eating and drinking every day. They reveal the commonly used flavor enhancers to avoid at all costs, the hazardous industrial waste product that’s commonly found in our food supply. An ex-FDA food investigator, Dujault then includes a guide to reading food labels, recognizing misleading marketing claims. This visual guidebook to better health, eating habits, and more sleep; and a diet plan with built-in portion control, you’ll see and feel a tighter belly in two weeks. Photos. 270 pages. Rodale. Paperbound. Pub. at $25.99 $4.95

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Healthy Cooking & Special Diets

684389 THE GUT BALANCE REVOLUTION: Boost Your Metabolism, Restore Your Inner Ecology, and Lose the Weight for Good! By Gerald Collin. Million seller on the frontier, 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, reduce stress, and return the gut flora to normal, and to repopulate it with beneficial probiotics. With over 400 targeted recipes and colorful illustrations. Great for those who have struggled with weight loss. 304 pages. HarperOne. $17.95

690332 DR. JOE’S MAN DIET. By Joseph Feuerstein with G. Pritchard. Lower your bad cholesterol, maintain your good HDL cholesterol, lose weight, reduce your triglycerides, stop smoking, and start eating for your health. 288 pages. St. Martin’s. $19.95

595665X THE MAYO CLINIC DIABETES DIET. Ed. by Donald Hensrud et al. Packed with meal plans, practice solutions, 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. 296 pages. Rodale Import. $17.95

6901212 THE STARK NAKED 21-DAY METABOLIC RESET. By Brad Davidson with L. Morton. You’ll feel the incredible impact of this groundbreaking two-tiered program to reset and optimize your body to torch fat, boost energy, clear thinking, reduce cravings, and weight loss by achieving a balanced gut flora. He reveals how to stifle the fat-forming, disease-promoting gut bacteria, reduce stress, and return the gut flora to normal, and to repopulate it with beneficial probiotics. With over 400 targeted recipes and colorful illustrations. Great for those who have struggled with weight loss. 304 pages. HarperOne. $17.95

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