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6885741 THE MEN'S HEALTH HARD-BODY PLAN: The Ultimate 12-Week Program for Burning Fat and Building Muscle. By Larry Kelley et al. Bodybuilding plan features The Hard-Body Diet—a sensible eating plan which allows you to eat six times a day—and the revolutionary Quick-Set Path to Power for fast results without spending half your life in the gym. Illus. 408 pages. Hatherleigh. Paperbound. Pub. at $10.00 $11.95

★ 6803873 EXERCISES FOR PERFECT POSTURE: The Stand Tall Program for Better Health Through Good Posture. By William Skokman. A complete guide to achieving good posture, providing everything from fitness programs and exercises designed to realign your spine and strengthen your shoulders, neck, and back as well as guidance on how to redesign your workspace to be more ergonomic. Photos. 208 pages. Hatherleigh. Paperbound. Pub. at $15.00 $11.95

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DVD 5938835 RODNEY YEE’S CORE CENTERED YOGA. Gaia. $3.95


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Beauty & Skin Care

2826171 HOW TO MAKE REAL BEAUTY. By Ramy Gafni. The power of makeup goes far beyond outward helping you look your best. It can clean complexion, fill lips, brighten eyes, whatever you want! The makeup guru shares his secrets to enhancing a woman’s natural beauty while “taking” what she doesn’t have. Illus. in color. 151 pages. Running Press. Paperbound. Pub. at $19.00 $4.95

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5899676 BRAIDS, BUNS, AND TWISTS! Step-by-Step Tutorials for 82 Fabulous Hairstyles. By Christina Butcher. Features simple how-to illustrations that take the guesswork out of organizing hair. Illustrated with close-up photographs demonstrate how to tailor and accessorize each braid. Butcher offers advice for different hair types and lengths plus product tips and fun variations. 192 pages. Chronicle. Paperbound. Pub. at $19.95 $8.95
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**283717X THE TELOMERE MIRACLE: Scientific Secrets to Fight Disease, Feel Great, and Turn Back the Clock on Aging.** By Ed Park. In this instructive volume, Dr. Park explores the revolutionary idea that diseased and damaged cells in humans all arise from one simple source: genetic errors caused by shortening of telomeres, or the sequences of DNA at the ends of our chromosomes. He reveals that in cells, your body already has the necessary tools to repair itself. Illus. 323 pages. HarperPerennial. Paperbound. Pub. at $25.95 $18.95

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6680770 BLUE MIND. By Wallace J. Nichols. Drawing upon breakthrough science and compelling personal stories, Nichols shows how the brain has evolved to live on and off the land, and that our ability to thrive in nature is a fundamental requirement for our health, happiness, and longer life. With a focus on high-nutrient, low-calorie diet it will help you lose weight, improve your health, and ultimately defeat age-related diseases. 314 pages. Little, Brown & Company. Pub. at $27.00 $7.95

6601327 THE LIVER CLEANSING DIET. By Sandra Cabot. Presents Dr. Cabot’s award-winning eight-week diet plan for cleansing the liver, including her groundbreaking healing soup and raw juice recipes. New sections examine natural therapies for reversing a fatty liver, healthy liver strategies for children who overweight, and the roles in health of the hepatitis C and B. Illus. 286 pages. SCP International. Pub. at $19.95 $7.95

6614743 COCONUTS FOR YOUR HEALTH: Nature’s Most Delicious & Effective Remedy. By Larry Trivieri, Jr. Today medical researchers have rediscovered the many health benefits of this tropical fruit. Each chapter presents a description of the problem, how coconut works to combat the condition, and important considerations during treatment. Also included is a resource section that guides you to available coconut-based products. 139 pages. Health & Medical References. Pub. at $15.99 $7.95


5961351 DON’T LET YOUR DOCTOR KILL YOU: How to Beat Pharmaceutical Arrogance, Corporate Greed and a Broken System. By Erika Schwartz with M.J. Feltier. 276 pages. Post Hill. Pub. at $15.00 $11.95


KIT 6550932 2015/2016 TOP 100 PRESCRIPTION DRUG CARDS. By J. Kolesar & L. Vermeulen. McGraw-Hill. Pub. at $52.00 $14.95


Diseases & Disorders

6824252 OVERCOMING CANCER: The 5 Most Powerful Tools for Fighting Cancer. By Gary Null. Explores and explains the alternative treatments and unconventional treatments that have revolutionized the way we live and never discuss with their patients. Dr. Null shares his five most powerful tools for fighting cancer—toxins and foods to avoid and foods to eat (Antioxidant 223 pages. Skyhorse. Paperback. Pub. at $17.99 $5.95

6863957 WHAT YOU MUST KNOW ABOUT AGE-RELATED MACULAR DEGENERATION. By J. Anshel & L. Stevens. A comprehensive guide to AMD that includes detailed information about the eye itself, about how AMD develops and the common risk factors, which foods can keep AMD at bay, tests and treatments that can slow or stop the disease, and recommendations for lifestyle changes you can make to restore eye health. 274 pages. Square One Publishers. Paperback. Pub. at $17.95 $12.95

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6849725 REVERSE YOUR DIABETES IN 12 WEEKS. By George L. King with R. Filippen. Presents a program of eight lifestyle changes that are designed to reset your glucose levels and potentially eliminate the need for any medication. While important for everyone seeking better health, the program is most effective for people who have type 2 diabetes. Five weeks of intensive effort builds a long-term commitment to making lifestyle changes. 326 pages. We Own The Future. Pub. at $14.95 $4.95

2829318 WHAT YOUR DOCTOR MAY NOT TELL YOU ABOUT FIBROMYALGIA, REVISED THIRD EDITION. By R.P. St. Amant & C.C. Marek. After more than a decade in which thousands of fibromyalgia sufferers’ lives have changed for the better, Dr. St. Amant, an experienced endocrinologist and UCLA associate professor, has revised and updated his best-selling book. Fibromyalgia is a chronic condition that uses a safe and readily available medication. 414 pages. Grand Central. Pub. at $18.00 $4.95

6722849 THE THYROID CURE: The Functional Mind-Body Approach to Reversing Your Autoimmune Condition. By Michelle Corey. Discover how to take control of your diet and lifestyle to lose weight, regain energy, balance mood swings, eliminate acne, and do away with brain fog. This guide shows you how to assess your overall health and understand the underlying cause of your condition; naturally detox your body; and more. 496 pages. Rodale. Pub. at $26.99 $7.95

5894921 IRREVERSIBLE BOWEL SYNDROME & DIVERTICULOSIS: A Self-Help Plan. By Shirley Trickett. Offers an alternative plan for treating IBS that puts you in charge! The plan focuses on cleaning and healing the digestive system with natural methods and not just patching over symptoms with drugs. Therapies include cleansing diets; digestive supplements; therapeutic massage, relaxation techniques, and more. 228 pages. Conari Press. Pub. at $14.95 $8.95

6979920 BUGS, BOWELS, AND BEHAVIOR: The Groundbreaking Story of the Gut-Brain Connection. Ed. by Teri Arranga et al. Informs you of the myriad of additional factors impacting the health of the gastrointestinal tract and how that, in turn, can have overarching and significant effects on the systems of the body—even adversely affecting development and how people think. 285 pages. Skyhorse. Paperback. Pub. at $17.95 $4.95

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2838645 ARTHRITIS: What Doctors Don’t Tell You. By John Null. Explores 27 years of research into conventional and unconventional treatments, this instructive guide provides its readers with skills to make decisions about your health, and the health of your family. The information reveals a wide range of options to relieve pain, improve movement, and even reverse the condition. 221 pages. Hay House. Paperback. Pub. at $15.95 $9.95
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151 pages. Exisle. Paperbound. Pub. at $12.95

★ 6395566 THE MERCK MANUAL GO-TO HOME GUIDE FOR SYMPTOMS. Ed. by R.S. Porter & J.L. Kaplan. From the publishers of the world’s best-selling health reference, this comprehensive resource providing a detailed look at common symptoms, from abdominal pain to headache, itching, nausea, wheezing, and much more. 59 pages. Merck. Paperbound. Pub. at $17.95

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300 pages. Hachette. Pub. at $29.00

★ 6785573 COULD IT BE B12? SECOND EDITION: An Epidemic of Misdiagnoses. By S.M. Pacholok & J.J. Stuart. A modern classic that has literally saved lives and the only complete and authoritative guide to vitamin B12 deficiency. Newly revised and expanded to reflect the latest scientific findings, it reveals how standard medical practice has misdiagnosed this disorder, and how you can protect yourself. 322 pages. Quill. Paperbound. Pub. at $19.95

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★ 675042 THE AUTOIMMUNE SOLUTION: Prevent and Reverse the Full Spectrum of Inflammatory Symptoms and Diseases. By Amy Myers. Dr. Myers, a board-certified doctor in functional medicine, offers her medically proven approach to prevent and reverse a wide range of inflammatory-related symptoms and diseases, including allergies, asthma, obesity, cardiovascular disease, fibromyalgia, lupus, IBS, chronic headaches, and Hashimoto's thyroiditis. 390 pages. HarperCollins. Paperbound. Pub. at $11.95

★ 281370X THE TRUTH ABOUT CANCER: What You Need to Know About Cancer’s History, Treatment, and Prevention. By Ty M. Bollinger. Delves into the history of medicine as well as cutting edge research showing the other conventional cancer treatments that go well beyond chemotherapy, radiation, and surgery. You’ll read about the politics of cancer; facts and myths about its causes; and the range of tools available to treat it. 318 pages. HayHouse. Paperbound. Pub. at $19.99

7639112 SLEEP TO SAVE YOUR LIFE: The Complete Guide to Living Longer and Healthier Through Restorative Sleep, By Gerald T. Lombardo. Explains how your genes, environment, job, habits, and physiology may be hampering your sleep—and what you can do at home or in therapy to get the sleep you need. Filled with self-assessments, strategies, and techniques to help thousands of patients. 302 pages. HarperCollins. Paperbound. Pub. at $14.95

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6800408 THE FIBRO FIX: Get to the Root of Your Fibromyalgia and Start Reversing Your Chronic Pain and Fatigue in 21 Days. By David Brady. A comprehensive 21-day program which will help you determine if in fact you’re suffering from actual fibromyalgia and one of a myriad of conditions often diagnosed as fibromyalgia. The plan offers three steps which include detoxification, dietary changes, and movement. Solutions include both medical and natural approaches. Based on Dr. David Brady’s research. 160 pages. Rodale. Paperbound. Pub. at $16.99
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6913186 STACK YOUR BONES: 100 Simple Lessons for Realigning Your Body and Moving with Ease. By Ruthie Fraser. Movement teacher Ruthie Fraser helps you realign through 100 simple lessons in Structural Integration. By becoming more aware of your body–its habits, structure, and needs–you can relieve pain and ease one axis at a time. Illus. 240 pages. The Experiment. Pub. at $19.95. $5.95  

67398X 1,500 STRETCHES: The Complete Guide to Flexibility and Movement. By Hollis Lieberman. The essential go-to guide for everyone, from weekday computer workers tempted by body part, it is the most extensive and up-to-date volume of stretches available anywhere. It targets every muscle in the body from the tiniest in the neck to the largest in the back and legs. Fully illus. 8½x11. in color. 739 pages. Black Dog & Leventhal. $35.00  

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2840839 THE KNEE CRISIS HANDBOOK: Understanding Pain, Preventing Trauma, Recovering from Injury, and Building Healthy Knees for Life. By Brian Halpern with L. Tucker. Whether you’re young and active in sports, a weekend warrior, or someone who’s simply getting older and whose body is changing, this reference will show you how to take care of your knees. Learn what to do if you sustain an injury, how to prevent a repeat injury, and how to help avoid injury in the first place. Illus. 320 pages. Rodale. Paperback. Pub. at $19.99  

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DVD 5760465 SAY GOODBYE TO WRIST PAIN. Hand surgeon Dr. Alexander Haselkorn and fitness expert Roberta Bergman work together to provide an accessible program to alleviating your wrist pain once and for all. Through exercises and easy-to-learn techniques, it covers pain related to carpal tunnel, arthritis, and fractures. 60 minutes. Dreamscape Media. Pub. at $24.95  

5873851 FOREVER PAINLESS: End Chronic Pain and Reclaim Your Life in 30 Minutes a Day. By Anna Oswald. An indispensable self-help guide for anyone experiencing chronic pain from conditions including migraines and headaches, repetitive strain injury (RSI), jaw (TMJ) pain, frozen shoulder, neck and back pain, chronic pelvic pain, carpal tunnel, and systemic conditions such as fibromyalgia. Color photos. 240 pages. North Atlantic. Paperback. Pub. at $19.95  

5842743 END EVERYDAY PAIN FOR 50+. By Joseph Tieri. Provides a step-by-step approach for quick relief and lasting solutions. Fix your pain, enrollment through simple stretching and movement, no matter what part of your body is hurting. Includes a complete 10-minute a day program to correct previous damage, and develop healthier joints. Well illus. 130 pages. Ulysses. Paperbound. Pub. at $15.95  

6951716 THE ART OF MINDFUL RELAXATION: The Heart of Yoga Nidra. By Ed Shapiro. Most of us experience some degree of stress and many are too frustrated and exhausted to deal effectively with life’s pressures. Consumed by the mind’s chatter, we cannot appreciate the beauty and wonder of creation. Shapiro offers an in-depth and follow path to profound relaxation and relief. 100 pages. Ixia. Paperback. Pub. at $12.95  

2837021 THE PAIN CURE RX: The Yass Method for Diagnosing and Resolving Chronic Pain. By Mitchell Yass. Looks at the multiple conditions that cause widespread pain and lays out simple tests that examine things like range of motion, walking patterns, and posture, and teaches you to use this information to determine whether the pain is muscular or structural. If the pain is muscular, you can use the step by step exercises and routines Dr. Yass offers to get the pain resolution you’re looking for. Illus. 253 pages. Hay House. Paperback. Pub. at $16.95  

6865870 CANNABIS FOR CHRONIC PAIN: A Proven Prescription for Using Marijuana to Relieve Your Pain and Heal Your Life. By Rav Iker. From a holistic family physician who has treated thousands of patients the first authoritative and comprehensive guide for treating chronic pain with medical marijuana. Embark on a new age of acceptance, Dr. Iker answers questions and dispels misconceptions to get you the relief you need. 346 pages. Touchstone. Pub. at $26.99  

6793975 THE THOMPSON METHOD OF BODYWORK: Structural Alignment, Core Strength, and Emotional Release. By C. Thompson & T.L. Thompson. Developed by Cathy Thompson and her husband, Tom, who for many years as a bodywork therapist, the Thompson Method incorporates Zen shiatsu, Rolfing, yoga, and Gestalt psychotherapy to heal pain in the physical body both through bodywork and by recognizing the emotional blockages that often underlie chronic pain. Offers 90 corrective alignment exercises. Illus. in color. 318 pages. Healing Arts. 8x10. Paperback. Pub. at $35.00  

2782049 LIVING A HEALTHY LIFE WITH CHRONIC PAIN. By Sandra M. LeFort et al. This guide is designed to help you manage your pain so that you can get on with living a satisfying, fulfilling life. Chronic pain includes many types of conditions from a variety of causes. Like all people with chronic pain, you face challenges every day. This comprehensive guide will show you how to discover the strategies, skills that will make a difference. 366 pages. Bull Publishing. 8½x11. Paperback. Pub. at $24.95  

6874525 WHEN: The Scientific Secrets of Perfect Timing. By Daniel H. Pink. We all know that timing is everything but we assume that timing is an art. Here, Pink makes clear that timing is really a science. He distills cutting edge research and data and synthesizes them into a fascinating narrative packed with irresistible stories and practical takeaways. 258 pages. Riverhead. Pub. at $28.00  

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