**Healthy Living Bargain Books**


**March 16, 2018**

**DVD 5722047 MAYO CLINIC WELLNESS SOLUTIONS FOR ARTHRITIS.** The Mayo Clinic teams up with the experts of GAAM 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**

**THE MIRACLE OF GARLIC: Practical Tips for Health & Home.** By Penny Stanway. Compact yet comprehensive guide to garlic—a vital ingredient of many everyday and special occasion recipes, and a valuable remedy for many common ailments that can help prevent or treat certain major health problems. 136 pages. Watkins. Paperbound Import. Pub. at $12.95. **$3.95**


**DVD 5722063 MAYO CLINIC WELLNESS SOLUTIONS FOR IRRITABLE BOWEL SYNDROME.** The Mayo Clinic teams up with the health and wellness experts of GAAM to provide a groundbreaking integrated health action plan designed specifically to relieve the symptoms of IBS. Separated into three parts: Understanding Your Condition; Eat Well to Feel Well; and Soothing Therapies. Includes a 52-page My Stress Solution booklet. 89 minutes. Gaiam. **$3.95**


**459021X SKIN CLEANSE: The Simple, All-Natural Program for Clear, Calm, Happy Skin.** By Adina Grigore. This guide demonstrates that the secret to beautiful, stress free skin is simple: it’s an inside job. Using a holistic program designed to heal skin from the inside out, the author begins with healthy eating and exercise and from there shows you how to overhaul your beauty routine. Drawings. 238 pages. HarperCollins. Pub. at $24.99. **$3.95**

**5937690 LAUGH YOUR WAY TO HAPPINESS.** By Lesley Lyle. Discover the miracle of mirth! Lyle reveals the amazing scientific evidence that proves regular laughter can greatly improve our mental and physical health: strengthening the immune system, lowering blood pressure, improving circulation and reducing stress. 236 pages. Watkins. Paperbound Import. Pub. at $14.95. **$3.95**

**4584199 AVOIDING THE AWKWARD: The Handbook of Social Escape.** By David Jacobson. Offers hysterical step by step advice on how to extricate yourself from any undesirable situation. With Jacobson’s tongue in cheek advice, you’ll learn how to avoid small talk on public transportation; get out of the office Christmas party; escape the scene of a one-night stand; and much more. 80 pages. Elwin Street. Import. **$2.95**

**4635213 THE COMPLETE GUIDE TO BEATING SUGAR ADDICTION.** By Jacob Jelletbaum 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. **$5.95**

**THE ALZHEIMER’S PREVENTION PROGRAM: Keep Your Brain Healthy for the Rest of Your Life.** By G. Small & G. Vorgan. Presents an easy to follow regimen based on the latest, comprehensive research on Alzheimer’s disease, especially the critical connection between lifestyle and susceptibility. It includes quizzes, self-evaluations, memory training, nutrition and exercise tips, and much more. Illus. 281 pages. Workman. Pub. at $24.95. **$6.95**

**AVOIDING THE AWKWARD: The Handbook of Social Escape.** By David Jacobson. Offers hysterical step by step advice on how to extricate yourself from any undesirable situation. With Jacobson’s tongue in cheek advice, you’ll learn how to avoid small talk on public transportation; get out of the office Christmas party; escape the scene of a one-night stand; and much more. 80 pages. Elwin Street. Import. **$2.95**

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Nutrition & Weight Management

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6665276 20 POUNDS YOUNGER. By Michele Promaulayko with L. Tedesco. Includes a cutting-edge 6-week fit-get guide to increasing your metabolism and strength, brain tricks to overcome cravings, simple pointers for younger-looking skin and energy enhancing techniques for feeling more alert. Illus. 280 pages. Rodale. Pub. at $24.99 $3.95

★ 6778399 THE CASE AGAINST SUGAR. By Gary Taubes. From the author of Why We Get Fat comes a groundbreaking and urgent expose 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. 356 pages. Anchor. Paperbound. Pub. at $16.00 $11.95

6714773 THE 21-DAY BELLY FIX. By Taeinne Bhalla. Combining the latest research and cutting-edge science with proven alternative nutritional remedies, Dr. Taz presents a simple plan that aims to reprogram your digestive system, help fight disease, and strip away pounds in just 21 days. 246 pages. Zine Ink. Paperbound. Pub. at $27.99 $6.95

5873766 THE HUNGRY BRAIN: Outsmarting the Instincts That Make Us Overeat. By Stephen J. Guyenet. Takes readers on an eye-opening journey through cutting-edge neuroscience that has never before been available to the lay person. Guyenet delivers profound insights into how the brain undermines our weight goals and offers guidelines for eating well and staying slim. 291 pages. Flatiron Books. Pub. at $27.99 $6.95

5758219 WHY DIETS FAIL (BECAUSE YOU'RE ADDICTED TO SUGAR). Science Explains How to End Cravings, Lose Weight, and Get Healthy. By N.M. Avena & J.R. Talbott. Reveals definitive proof that sugar is addictive and presents the first science-based program to stop the cravings so you can lose weight permanently. An eight-step plan walks you through the process of going sugar-free, helping you to survive the make or break withdrawal period. 230 pages. Ten Speed. Pub. at $24.99 $5.95

3801382 INFLAMMATION NATION: The First Complete Panel Testing Plan to End Our Nation’s Secret Epidemic. By Floyd H. Chilton with L. Tucker. Examines the connections between obesity and such ailments as arthritis, heart disease, asthma, and diabetes, and then offers a simple guide plan that can help you change the way you eat forever. 302 pages. Fireside. Paperbound. Pub. at $18.95 $5.95

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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, recipes, and more; recover from colds and flu in a day or two; and increase your life expectancy. 270 pages. Healing Arts. Paperbound. Pub. at $14.99 $4.95

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268425X THE SKINNY RULES: The Simple, Nonnegotiable Principles for Getting to Thin. By Bob Harper with G. Criter. Distilling Harper’s vast knowledge of nutrition, weight loss science, and human nature down to 20 simple, non-negotiable principles, this guide will help you step away from a reliance on processed foods and the need for so much sweat and salt and step into a newly thin lifestyle. Book Club Edition. 278 pages. Ballantine. $3.95

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>**4672911** THE POUND A DAY DIET: Lose Up to 5 Pounds in 5 Days by Eating the Foods You Love. By Rocco DiSpirito. Writes every carb, fat, and calorie rule in the book! The 26-day program offered is based on the science of the calorie deficit, and features a fat-loss plan that reduces calories and nutrients and carbo-corrected to accelerate fat loss, it quickly depletes existing fat reserves. Features recipes and meal plans. Illus. 298 pages. Grand Central. Pub. at $26.00 $11.95

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678367 EAT THIS, NOT THAT! SUPERMARKET SURVIVAL GUIDE. By David Zinczenko with M. Goulding. Without dieting or exercise or sacrificing your favorite meals and snacks you can strip away fat with the help of this guide. Provides lists of everyday foods you need to cut calories, melt fat and save tons of money. Fully illus. in color. 348 pages. Rodale. Paperbound. Pub. at $19.99 ★ 5467502 ★ 5467558 ★ 5468593 ★ 5468608 ★ 5468618 ★ 5468635 ★ 5468643 ★ 5468654 ★ 5468665 ★ 5468674

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**5935156 BADDITIES! The 13 Most Harmful Food Additives in Your Diet—and How to Avoid Them.** By Bill & Linda Bonvie. The authors cut through the fog of information overload with current, updated research, identifying thirteen of the most worrisome hormone disrupters that may 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 in your food; and much, much more. Illus. 181 pages. Red, black, and white. Pub. at $14.99 $9.99

**6610307 GRAIN OF TRUTH: Why Eating Wheat Can Improve Your Health.** By Stephen Yafa. Yafa, who blends science, history, 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. 290 pages. Penguin. Paperbound. Pub. at $17.00 $9.95

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5679171 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 reengineering your lifestyle to adopt new habits and boosting unhealthy old ones. Illus, in color. 270 pages. Good Books. Paperback. Pub. at $17.95 $5.95

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587013X THE METABOLISM PLAN. By Lyn-Genet Recitas. By following Recitas’s simple 30-day plan, customized to boost your metabolism and burn fat, you’ll find that exercises work best for your body and which are sabotaging your efforts to lose weight. Includes over 40 recipes. 292 pages. Grand Central. Pub. at $27.00 $5.95

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6763752 PALEO IN A NUTSHELL: Living and Eating the Way Nature Intended. By Geoff Bond. Written in simple to understand language, this guide is what you need to find your way back to a healthy and more natural way of living. Bond provides eye-opening information and a guide to restoring your health by eating the foods for which our bodies are designed to consume. 168 pages. Square One Publishers. Paperback. Pub. at $15.95 $11.95

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6554911 OPTIMUM NUTRITION: Idiot’s Guides as Easy as It Gets! By Stephanie Green. Learn how the foods you eat impact your physical and mental health; easy ideas for filling your plate with fruits, vegetables, whole grains, and other healthy choices; helpful hints on dealing with cravings and bad eating habits; and tips for deciphering food labels, navigating confusing nutrition claims, and understanding controversial topics. 320 pages. Alpha. Paperback. Pub. at $19.95 $6.95

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6556801 THE METABOLIC APPROACH TO CANCER. By Drs. Winters & J.H. Kelley. Offers a comprehensive, nutrition-focused protocol to managing cancer. Cancer survivor, Dr. Natasha Winters identifies the ten key elements of a person’s terrain—including the microbiome, the immune system, and the blood sugar balance—as they relate to the cancer process, and prescribes The Optimal Terrain Ten Protocol approach, to slow cancer’s epidemic spread. 377 pages. Chelsea Green. Pub. at $29.95 $24.95


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**5847729** 50 SHORTCUTS TO A SUGAR-FREE LIFE. By Fredrik Paulun. Explains why refined sugars are so dangerous and how to avoid processed sugars and addiction. Paulun offers lifestyle tips and easy tricks for reducing consumption of sugar and making healthy choices. Well illus. in color. 208 pages. Square One Publishers. Paperbound. Pub. at $16.95

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5992605 THE SUGAR DETOX: Lose the Sugar, Lose the Weight—Look and Feel Great. By B. Alpert & P. Farris. Offers an easy plan to slim your waistline, energize and revitalize your skin. Includes 3-day detox program, meal plans and shopping tips; for combating cravings; and 50 delicious, easy recipes such as, Herb-Roasted Chicken, Summer Shrimp, Pasta Salad, Tacos with Roasted Peach Salsa. 268 pages. Da Capo. SOLD OUT

5579337 THE COMPLETE MACROBIOTIC DIET: 7 Steps to Feel Fabulous, Look Vibrant, & Think Clearly. By Denny & Susan Worman. Using a clear and easy-to-follow macrobiotic lifestyle, you can change your body’s rhythms, everyday wisdom, and common sense, this invaluable resource addresses topics such as gluten sensitivity, the spiritual aspects of health, as well as a brief history of macrobiotic principles. 402 pages. Penguin. Paperbound. Pub. at $16.95 $4.95

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572323X YOU ARE YOUR OWN GYM: The Bible of Bodyweight Exercises. By Mark Lauren with J. Clark. Using Lauren’s motivation techniques, expert training, and nutrition advice, you’ll see rapid results by working out just 30 minutes a day, four times per week, without the need for more than the resistance of your own bodyweight. Lauren’s exercises build more muscle than weightlifting, burn fat more than aerobics, and are safe and effective for both men and women. 400 pages. HarperOne. Paperback. Pub. at $17.95 $9.95

5989689 THE BODY BALANCE DIET PLAN. By Emine Alipour Rutton. Decoding the 5,000-year-old science of life known as Ayurveda, Rutton shows you how simple and practical a body-balancing, seasonal lifestyle can be. Beat stress, lose weight and feel energized and positive with this personalized eating plan. 226 pages. Watkins. Paperback Import. Pub. at $12.99 $3.95

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539066 THE NEW HIGH-INTENSITY TRAINING: The Best Muscle-Building System You’ve Never Tried. By Ellington Darden. This is the no-weights, no-gym plan with 2-week plans for broader shoulders, a deeper chest, bigger arms, more powerful legs, and a tighter waist, or apply a result-producing 6-month course for maximizing your muscle mass and strength. Photos. 256 pages. Bloomsbury. Paperback. Pub. at $25.00 $5.95

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678616 STRETCHING TO STAY YOUNG: Simple Workouts to Keep You Flexible, Energized, & Pain-Free. By Jessica Matthews. Offers accessible yet effective exercises designed to relieve your stiffness, improve your mobility, and reduce joint discomfort and pain. Part one teaches you the fundamentals; part two profiles each stretch with detailed instructions; and part three offers complete flexibility-training routines. Well illus. in color. 210 pages. Althea. Paperback. Pub. at $14.99 $11.95

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6620205 FIRST STRATEGIES. By the eds. of Men’s Health magazine. A must have for every gym membership. 330 pages. Rodale. Hardcover. Pub. at $41.99 $11.95

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★ 6731538 ANATOMY OF CORE STABILITY. By Hollis Lance Lieberman. Designed to work the entire core musculature, the exercises in this book are presented in detailed, full-color anatomical illustrations and concise how-to instructions, plus details on the specific muscles being worked. Some exercises require inexpensive equipment. Well illus. in color. 160 pages. Firefly. 8½x11. Paperbound. Pub. at $19.99 $14.95

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5904412 60-SECOND SWEAT: Get a Rock-Hard Body 1 Minute at a Time. By Holitsa L. Schuler & A. Cosgrove. The best training schedule outline that is updated and revised material. Inside you’ll find all the original detailed exercises that made it a bestselling phenomenon, plus new Rapid Body Sculpting Workouts and Bodyweight Workouts; six new workouts, and even more tips and nutrition information. Well illus. 451 pages. Hatherleigh. Pub. at $24.95 $6.95

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6686826 THE LANGUAGE OF LIGHT: A History of Silent Voices. By Gerald Shea. A comprehensive history of deafness, signed languages, and the unresolved struggles of the Deaf to be taught in their unspoken tongue. Illus. 266 pages. Paperback. $17.95

663737X OVERCOMING CANCER: The 5 Most Powerful Tools for Fighting Cancer. By Gary Null. Explores and explains the alternative treatments that most mainstream doctors will 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 for prevention. 232 pages. Skyhorse. Paperback. $17.95

4646924 THE COMPLETE IDIOT’S GUIDE TO DIABETES, SECOND EDITION. By M.B. Davidson & D.L. Gordon. Offers up to date information on treatments as well as dietary and exercise regimens that will help you manage the disease. Included in this guide: American Diabetes Association dietary guidelines; information on new medications and monitors; and research into gene therapy. Paperback. $17.95

6654592 CELIAC DISEASE AND LIVING GLUTEN-FREE. By Jules E. Dowler Shepard. Explains everything you need to learn and do upon your first diagnosis and how to deal with the endless barrage of information that comes with celiac disease, an autoimmune disease characterized by the inability to digest gluten. Prioritizes the most important information on diet and lifestyle changes, and includes menus and recipes. 282 pages. Da Capo. Paperback. $17.99

5929520 THE FIRST YEAR--TYPE 2 DIABETES, THIRD EDITION REVISED: An Essential Guide for the Newly Diagnosed. By Gretchen Becker. Takes you through everything you need to learn and do in your first year with diabetes, offering the most up to date information on new medications and supplements. 242 pages. Da Capo. Paperback. $17.99

5049971 UNEXPECTED RECOVERIES: Seven Steps to Healing Body, Mind & Soul When Serious Illness Strikes. By Tom Monte. This guide combines modern medical knowledge with ancient healing practices, and a healing diet to provide a comprehensive and practical guidebook for physical, emotional, and spiritual recovery. It takes aim at such conditions as cancer, heart disease, chronic pain, and more. 242 pages. Square One Publishers. Paperback. $17.95

5847826 AUTOIMMUNE ILLNESS AND LYME DISEASE RECOVERY GUIDE: Mending the Body, Mind, and Spirit. By Katina I. Makris. Provides an empowering healthful resource for those experiencing the overwhelming confusion and frustration of chronic autoimmune diseases and fibromyalgia. With clear insight into our seven energy chakra centers, Makris teaches readers how to ignite the mind-body-spirit healing pathway and to unlock the healing gifts within. 458 pages. Helios. Paperback. $17.97

5851069 THE ZIKA PREVENTION HANDBOOK. By Alexander Webb. How can you protect your family from the Zika virus continues to spread throughout North America, people need answers and with the assistance of infectious disease expert Dr. Laura D. Loomis, Webb has collected all the latest leading research from the U.S. Centers for Disease Control and Prevention. Stay informed about side effects and symptoms, and minimize your chance of contracting the virus with this reference. Color Illus. 151 pages. Skyhorse. Paperback. $14.99


5850525 OUTSMART DIABETES 1-2-3, 2nd Edition. By the eds. of Prevention. Channels the very latest findings from the front line of diabetes research into practical tools and tips that empower you to take charge of the disease. 392 pages. Rodale

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5840807 CUTTING-EDGE THERAPIES FOR AUTISM, FOURTH EDITION. By K. Siri & T. Lyons. For parents of children with autism, research is ever evolving. The latest in autism research and treatment, with contributions from more than fifty experts on a variety of therapies, models, and multifaceted evaluation. 662 pages. Skyhorse. Paperback. $34.95

581247X ON THEIR OWN: Creating an Independent Future for Your Adult Child with Learning Disabilities and ADHD. By Anne Ford with J-R. Thompson. Drawing from her personal experience and her work as a nationally recognized learning disabilities specialist, Ford has compiled the leading indispensable family guide to the many challenges of preparing adult children with LD for the future. Addressing a wide range of topic such as social skills and dating, school relationships, and estate terminations, this comprehensive guide helps you figure out-how and how much-to let go, 301 pages. Newmarket. Paperback. $16.95

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65508070 CANCER FOR CHRONIC PAIN: A Proven Prescription for Using Marimona to Relieve Your Pain and Heal Your Life. By Ray Ivker. From a holistic family physician who has treated thousands of patients comes the first authoritative and comprehensive guide for treating chronic pain with medical marijuana. Starting a new age of acceptance, Dr. Ivker answers questions and dispels misconceptions to get you the relief you need. 346 pages. Touchstone. Pub. at $26.99 $19.95

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59499470 RELIEVING PAIN NATURALLY: Safe and Effective Alternative Approaches to Treating and Overcoming Chronic Pain. By S. Goldbard & R.W. Waddell. Begins by examining 37 of the most common chronic pain-related conditions, from abdominal pain and sciatica to arthritis and tendinitis. Each disorder is explained, along with alternative pain treatments. Discusses 27 drug-free therapies, including conventional treatments and alternative medicine. 300 pages. Squared One Publishers. 8'/x11'. Paperbound. Pub. at $19.95 $13.95

59366590 ACUPRESSURE TAPING: The Practice of Acupointing for Chronic Pain and Injuries. By H-U. Hecker & K. Liebchen. The authors show how many bodily dysfunctions can be self-treated through this innovative method, presenting therapeutic as well as preventive techniques for addressing acute and chronic pain. Techniques include treatment of tennis elbow to menstrual pain and tendon weaknesses. Well illus. 150 pages. Healing Arts. Pub. at $16.95 $13.95

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5871392 THE HOT BELLY DIET. By Suhas G. Khirrisagar with K. Loberg. Combining principles of Eastern medicine with modern science, Dr. Khirrisagar presents a diet and total body health plan centered on digestive health and a regenerative approach. He contends that many physical problems, from weight gain to depression, share a surprising common denominator: a weak digestive fire.” 289 pages. Atria. Pub. at $26.00. $5.95

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