Healthy Living Bargain Books


August 16, 2019

6669263 THE TEST BOOK. By M. Krogerus & R. Ischappeter. This collection of 64 of the world’s most useful evaluation tests offers a quick, fun way to figure yourself out. From describing a Rorschach ink blot to seeing how our workout stacks up against a Navy SEAL’s, you’ll analyze every trait you need to thrive, and you’ll discover skills you never knew you had. 195 pages. Norton. Pub. at $17.95. $5.95

6661601 DON’T EAT THIS IF YOU’RE TAKING THAT: The Hidden Risks of Mixing Food and Medicine. By Madelyn & John Fernstrom. Takes the mystery out of food and medication interactions. This easy to use guide details foods that can interfere with the action of the medication you are taking—whether taken for short or long term. Dr. Fernstrom explains exactly what foods to avoid when and why. 213 pages. Skyhorse. Paperback. Pub. at $17.99. $4.95

2825171 HOW TO FAKE REAL BEAUTY. By Ramy Gafni. The power of makeup goes a long way toward helping you fake anything: a clean complexion; fuller lips; brighter eyes; whatever you want! The makeup guru shares his secrets to enhancing a woman’s natural beauty while “faking” what she doesn’t have. Fully illus. 307 pages. Little, Brown. Pub. at $25.00. $6.95

2821080 THE EVERYTHING GUIDE TO LYME DISEASE. By Rafael Tokarz. If you’re suffering from Lyme disease, you need clear, easy to understand information. Written by a leading expert in infectious diseases, this is a comprehensive resource for living with Lyme disease. Learn about all aspects of the disease, how to prevent it, and how to fix the best medical care. 256 pages. Adams Media. Paperback. Pub. at $18.99. $4.95

2845992 REBOOT YOUR BRAIN. By Gary Null. This study shows how memory loss, depression, anxiety, dementia, and other mental conditions can be reversed without drugs. Null describes each condition and prescribes the appropriate mix of diet, exercise, lifestyle modifications, and nutritional supplements to restore maximum mental health. 450 pages. Skyhorse. Paperback. Pub. at $17.99. $4.95

6861601 BRAIN TINGLES. By Craig Richard. With this guide, it’s now possible to stimulate and share those feel good tingles known as ASMR (autonomous sensory meridian response) for life. No special training or fancy equipment required. You’ll learn the most common auditory, visual, and tactile triggers—and the result? Calm! 239 pages. Adams Media. Paperback. Pub. at $16.00. $4.95

2910047 LIFE LESSONS FROM THE OLDEST & WISEST. By David Romanelli. This title is packed with unexpected and unforgettable advice from elders all around us! The author is on a journey to meet and listen to the stories of elder Americans who have seen and lived it all! We are reminded that the elders’ history and wisdom are our most precious resources. Let us cherish them, before it’s too late. 168 pages. Skyhorse. Pub. at $15.99. $5.95

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**Aging** ............................................. 41

**Beauty & Skin Care** .................. 10

**Communication Skills** ................. 42

**Complementary & Alternative Medicine** ........ 20

**Diseases & Disorders** ............ 15

**Eastern Traditions and Practices** .... 25

**Exercise & Fitness** .............. 7

**Facing Illness & Death** .......... 39

**General Health & Self-Help** ........ 50

**Healing & the Mind** ............. 37

**Health & Medical References** .... 11

**Nutrition & Weight Management** 


**SOLD OUT** 287771 THE SUPERMETABOLISM DIET. By D. Zinczenko & K. Mayo. Whether you want to improve your body, your health, or your energy levels, this guide can help you become your happiest and healthiest self. And all it takes is fourteen days. The key to breaking up your metabolism. The author reveals the ground breaking new secrets that will help you lose up to a pound a day and stay lean for life. Illus. 261 pages. Ballantine. Pub. at $28.00

2979626 THE POUND A DAY DIET: Lose Up to 5 Pounds in 5 Days by Eating the Foods You Love. By Ted D'Santi. A low-calorie, six meal per day formula that is proven to boost metabolism and shed fat fast. It's designed to help you lose five pounds a week while enjoying all your favorite foods. This guide is complete with menu plans, store bought meal alternatives, and fast and healthy cooking techniques. Illus. 296 pages. Grand Central. Pub. at $26.00

295953 THE THYROID DIET: Manage Your Metabolism for Lasting Weight Loss. By Mary J. Shomon. Identifies the many frustrating impediments to weight loss and offers solutions both conventional and alternative–to help. Aids many previously unsuccessful dieters in getting diagnosed and treated, and posits that proper thyroid treatment might be the key to losing weight. 364 pages. Harper. Paperbound. Pub. at $15.99

★ 2804425 JUMP START KETOSIS: Intermittent Fasting for Burning Fat and Losing Weight. By Kristen Mancinelli. Intermittent fasting will put your body into a state of ketosis where it burns fat for energy. It's a very safe way to lose body fat while retaining muscle. Details everything you need to know to start intermittent fasting, and offers practical advice on how to integrate it into your life. 202 pages. Ulysses. Paperbound. Pub. at $14.95

6824935 BUDDHA'S DIET. By T. Cottrell & D. Zimmerman. The latest scientific research confirms what Buddha knew all along. It's not what you eat that's important, it's when you eat. You just 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. Pub. at $16.95

2859816 THE DNA RESTART. By Sharon Moalem. The author turns traditional dietary advice on its head with groundbreaking research that demonstrates that we all require different diets tailored to our own unique genes. It provides a step by step guide to the diet and lifestyle perfect for your genetic makeup. This volume is certain to change how we view our diets, health, and longevity. 271 pages. Rodale. Pub. at $26.99

Healthy Cooking & Special Diets ........ 4

**Inspiration, Motivation & Self-Discovery** ........ 31

**Men's Health & Self-Help** .......... 49

**New Age Spirituality** .................. 28

**Nutrition & Weight Management** ........ 2

**Pregnancy, Childbirth & Parenting** ........ 47

**Relationships** ........................... 44

**Sexuality & Sexual Expression** ........ 45

**Stress & Pain Management** .......... 19

**Women's Health & Self-Help** ........ 48

Current titles are marked with **.
Nutrition & Weight Management

★ 68412X SUICIDE BY SUGAR: A Starling Look at Our #1 National Addiction. By N. Appleton & G.N. Jacobs. Once associated only with cavities, weight gain, and diabetes, 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 Books. Paperbound. Pub. at $15.95 $11.95

★ 2913711 NUTRITION IN CRISIS: Flawed Studies, Misleading Advice, and the Real Science of Human Metabolism. By Richard David Feinman. Feinman paints a broad picture of the nutrition world that shows the beauty of it all underpinned by biological truths and failures of the medical establishment, and what’s wrong with the constant reports that the foods we’ve been eating for centuries represent a threat rather than a source of pleasure. 291 pages. Chelsea Green. Paperbound. Pub. at $24.95 $19.95

★ 2793075 FAST FOOD GENOCIDE: How Processed Food Is Killing Us and What We Can Do About It. By Joel Fuhrman with R.B. Phillips. A nutritional researcher and leading voice in the health field explains why the problem of poor nutrition is deeper, more serious, and more pervasive than anyone imagined, and reveals the solution that’s been hiding in plain sight: a nutrient-dense, healthful diet that can save lives. 342 pages. Hammond. Paperbound. Pub. at $15.95 $11.95

★ 6773399 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. 365 pages. Anchor. Paperbound. Pub. at $15.00

★ 2826070 THE CASE AGAINST SUGAR. By Gary Taubes. A groundbreaking 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, anything that sugar is at the root of nearly all health-related problems. This resource provides us with the perspective necessary to make informed decisions about sugar. 365 pages. Knopf. Pub. at $26.95 $15.95

★ 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 tainting pesticides, and animal drugs, that end up in food as a result of processing and curing, including more than 650 new chemicals now commonly used. 595 pages. Three Rivers. Paperbound. Pub. at $17.95 $12.95

2902583 BRAIN-POWERED WEIGHT LOSS. By Eliza Kingsford with D. Yost. Kingsford takes you on an 11-step weight-loss journey that will show you how to identify and break through the diet demons that set you up for failures of the medical establishment, and what’s wrong with the constant reports that the foods we’ve been eating for centuries represent a threat rather than a source of pleasure. 291 pages. Chelsea Green. Paperbound. Pub. at $26.50 $19.95

8699757 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 tried and tested tips for small changes that can make a big difference. Illus. in color. 256 pages. Kindersley. Paperbound. Pub. at $25.00 $11.95

6002400 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 fast and fun 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 80+ calorie counter recipes. Illus. 306 pages. Fair Winds. Paperbound. Pub. at $24.95 $17.95

★ DVD 2905779 ASK ME ANYTHING! Sexy Food Therapy. It’s time to get healthy with Melissa Ramos from sexy food therapy. If you want to feel like a million bucks by choosing a smart, digestive friendly diet and incorporate natural ingredients into your daily routine, this is the program for you! Melissa answers questions about health, diet, and natural beauty products. 24 minutes. TMW Media Group. Price Out to $4.95


2801728 THE JUICE DIET. By Christie Bailey. There are over 100 juices and smoothies that offer an effective way to jump start your diet and revitalize your body. Watch the weight drop off, simply by sipping such luscious concoctions as a Ginger Pear Cooler; Watermelon Reviver, Cucumber Cleaner; Mandarin and Mango Lassi; and many more. Illus. in color. 190 pages. Rodale. Paperbound. Pub. at $14.95 $3.95

★ 2808051 THE ENNEAGRAM OF EATING: How the 9 Personality Types Influence Your Food, Diet, and Exercise Choices. By Ann Gadd. This well-known Enneagram system of personality types offers insight into why there are such differences in the way we eat and exercise. Gadd reveals for each of the nine types: the emotional eating triggers; what exercise regime will inspire rather than fear, why we entertain ourselves to eat or are driven by our failures and setbacks; and where each type fails at weight loss. 192 pages. Findhorn. Paperbound. Pub. at $16.99 $13.95

★ 2789240 BECOMING AGELESS: The Four Secrets to Looking and Feeling Younger Than Ever. By Strauss Zeilnick with Z. Zeiliger. This science-backed three-month plan will give you the essentials you need to live longer, leaner, and more muscular for the rest of your life. You can claim the inventory of what you want out of life; learn to ward off illness; develop inner peace and stronger bonds with friends and family; and melt the pounds away by eating delicious foods and doing fast and fun workouts. Illus. 239 pages. Galvanized. Pub. at $26.00 $19.95

★ 6899752 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 fast and fun 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 80+ calorie counter recipes. Illus. 306 pages. Fair Winds. Paperbound. Pub. at $24.95 $17.95

★ 2896214 EAT RIGHT FOR YOUR SHAPE. By Lee Holmes. By identifying your unique body type, o or dasha, and keeping it in balance, you’ll find the key to maintaining your weight and overall health. An extensive introductory section to Ayurveda, the Indian healing system, features an extensive inventory of what you want out of life; learn to ward off illness; develop inner peace and stronger bonds with friends and family; and melt the pounds away by eating delicious foods and doing fast and fun workouts. Illus. 239 pages. Galvanized. Pub. at $26.00 $19.95

★ DVD 2905779 ASK ME ANYTHING! Sexy Food Therapy. It’s time to get healthy with Melissa Ramos from sexy food therapy. If you want to feel like a million bucks by choosing a smart, digestive friendly diet and incorporate natural ingredients into your daily routine, this is the program for you! Melissa answers questions about health, diet, and natural beauty products. 24 minutes. TMW Media Group. Price Out to $4.95

2823566 CHOLESTEROL CURES, REVISED: The Breakthrough Menu Plan to Slash Cholesterol. By the eds. of Rodale Health Books. Specific foods and nutritional supplements, along with diet and lifestyle changes, are now shown to help lower cholesterol based on the science of the calorie deficit and uses a fat-as-fuel approach. Rich in fiber and nutrients and carb-corrected to accelerate fat loss, it quickly depletes existing fat reserves. Features recipes and more. 273 pages. Rodale. Paperbound. Pub. at $18.00 $12.95

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- 3 -
**Nutrition & Weight Management**

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 and not only lose weight, but keep it off once and for all. 248 pages. HarperOne. Pub. at $27.99.

2859971 FLAT BELLY BREATHETHROUGH: Lose up to 14 Pounds in 14 Days. By Ellington Darden. A revolutionary shape-up program that targets the stubborn tummy rolls, thick thighs, and saggy butts. Using tricks like negative-accentuated exercise, the inner-abs v-v-supertone and tirk even-ton walks: 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. Pub. at $25.99.

6980090 GOOD CLEAN FOOD: Shopping Smart to Avoid GMOs, rBGH, and Products That May Cause Cancer and Other Diseases. By S. Epstein & B. Leibson. Between GMOs, hormones, and pesticides, it sometimes feels like our food has become so artificial that shopping smart is impossible. This practical, positive guide provides all of the information you need to make healthy food choices for you and your family. Photos. 166 pages. Skyhorse. Pub. at $24.95.

2845245 THE EVERYTHING GUIDE TO SPICES FOR HEALTH. By Michelle Robison-Garth. This guide will show you the benefits of dozens of herbs and spices, which have long been celebrated for their antioxidant and anti-inflammatory properties. Health boosting recipes include, Szechuan Pepper Chicken & Noodle Soup, and Spiced Coconut & Date Bliss Balls, offer ways to promote overall wellness, 288 pages. Adams Media. Pub. at $14.99.


283149X DIABETIC LIVING EAT SMART, LOSE WEIGHT. Ed. by Anne Ficklen. Features more than 190 carb-counted recipes, pointers for making a diet and baking with it, ten-generically portioned meals with tips on how to fill your plate, five days of complete meal plans, exercises and stretches that get you moving no matter your fitness level, and balanced nutrition models that teach you how to eat the right foods for optimal digestion and energy.” color. 252 pages. HMH. Pub. at $19.99.

2918870 THE NEW FAT FLUSH FOODS. By Ann Louise Gittleman. Contains the very latest cutting-edge diet and detox revelations about the most highly revered superfoods; from your favorite commodities off the cheese aisle, to ingredients that will be anxious to try. In addition you will discover expanded eating and storage tips and fresh Paleo, Ketogenic, vegan, and gluten-free options. 256 pages. McGraw-Hill. Pub. at $18.00.

2851903 LEMONS ARE A GIRL’S BEST FRIEND: 60 Superfood Recipes to Look and Feel Your Best. By Janet Hardesty. Collected here are 30 superfoods highlighted for their healing properties, each with an easy to make beauty treatment for a healthy glow, and a one-pot recipe that nourishes from the inside. 128 pages. Clarkson Potter. Pub. at $12.99.

2852628 BALLERINA BODY: Dancing and Eating Your Way to a Leaner, Stronger, and More Graceful You. By Misty Copeland. In her first health and fitness guide, Copeland shows you how to find the right workout to get leaner and stronger, and how to refine the body you were born with to be lean and flexible, with step by step advice, meal plans, workout routines, and words of inspiration. 206 color illus., many in color. 226 pages. Grand Central. Pub. at $30.00.

2823772 NOURISHING FATS: Why We Need Animal Fats for Health and Happiness. By Sally Fallon Morton. Drawing on extensive research, Mortel offers the science behind why animal fats are vital for fighting inflammation and strengthening, improving mood, and relieving chronic disease and allergies. She features easy solutions in the form of some delicious recipes, for adding these essential fats back into your diet. Celebrate the return of egg yolks and butter back into your diet! 256 pages. Grand Central. Pub. at $24.99.

2856777 ACADEMY OF NUTRITION AND DIETETICS COMPLETE FOOD & NUTRITION GUIDE, 5TH EDITION. By Roberta L. Duyf. Comprehensive and easy to use, this edition is packed with flexible guidelines, real world tips, and comprehensive advice. It’s packed too to help you make informed choices and make informed, appealing food and beverage choices that personalize your own path to healthy eating and active living. 802 pages. HMH. Pub. at $30.00.

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. Pub. at $18.00.

6836550 THE COMPLETE IDIOT’S GUIDE TO FLOUR-FREE EATING. By K.W. Berkowitz & S.V. James. Forget the flour! Packed with alternative choices and more than 125 flourless recipes, this new edition includes recipes for everything from breakfast to dessert, this helpful guide gives you the tools you need to kick out the flour and make room for more healthy food choices. 236 pages. Alpha. Pub. at $16.95.

2956890 THE COMPLETE GUIDE TO FOODS THAT HARM, FOODS THAT HEAL: Health Guide and Cookbook. This easy to use guide includes specific recipes to try and additional tips on what, how, and when to eat to maximize the healing benefits of your meals. Includes nearly 400 foods; one hundred healthy conditions; 250 delicious recipes; meal plans for one hundred ailments; and an all-new overview of nutrition and food safety. Illus. in color. 372 pages. Reader’s Digest. 8x10¼. Pub. at $10.24.

6949452 FLAT FOOD, FLAT STOMACH: The Law of Subtraction. By Paul Shaveston & C. Carfina. Take the journey of one man’s quest for weight loss and learn the simple choices you can take for a more fulfilling you. With a shift in thinking, and with simple food choices and easy exercises, you can transform the way you think about food and flatness. 253 pages. Post Hill. Pub. at $16.00.

6753219 DEEP NUTRITION: Why Your Genes Need Traditional Food. By Catherine & Luke Lamp. Featuring diet from around the world, Dr. Cate identified four common nutritional habits that have produced strong, healthy, intelligent children and active elders: fresh food, fermented and sprung foods; meat cooked on the bone, and vegetables that are cooked in a way that brings out the full flavors and in a cuisine with common sense to illustrate this. “Human Diet.” 487 pages. Flatiron Books. Pub. at $27.99.


2065216 HOW WE EAT WITH OUR EYES AND THINK WITH OUR STOMACH: The Hidden Influences That Shape Your Eating Habits. By M. Muhl & D. von Kopp. Through over 40 compelling questions, the authors explore how our eating decisions tend the line between conscious and subconscious, enabling us to be more intelligent about food. With expert insights you’ll learn how to eat and to avoid the cycle of guilt and cravings. Learn what and why you eat, when and how you do–before you next sit down to eat! 252 pages. The Experiment. Pub. at $16.95.

2864600 THE GREEK DIET. By M. Loi & S. Toland. Features easy to follow meal plans that are structured around the twelve Pillar Foods of the Mediterranean diet to jump-start your weight loss and improve your overall health, along with 100 authentic Greek recipes that include Greek Fish Stew, Tahini Vegetable Soup, and Spring Stuffed Lentil Lamb. 16 pages of color photos to jungling include 294 pages. Morrow. Pub. at $19.99.

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Healthy Cooking & Special Diets

2959186 THE HORMONE RESET DIET. By Sara Gottfried. If you struggle with stress eating, insulinable hunger, sugar cravings, stubborn fat, and food addiction then Dr. Gottfried can help you drop unwanted pounds, detox your body, and double your energy with this healing diet. 322 pages. HarperOne. Paperback.Pub. at $17.99 $9.95

2908441 THE COMPLETE BOOK OF KETONES: A Practical Guide to Ketogenic Diets and Ketone Supplements. By Mary T. Newport. Far more than recipes and diet tips, the author provides a breakthrough explanation of the science behind ketogenics. This guide also offers strategies for increasing ketone levels, an overview of the different types of ketogenic diets and their benefits, a list of ketone supplements, and keto-friendly recipes and ingredients. 436 pages. Turner Publishing Company. Paperback. Pub. at $29.99 $16.95

2969179 FAT FOR FUEL: A Revolutionary Diet to Combat Cancer, Boost Brain Power, and Increase Your Energy. By Joseph Mercola. A leading natural-health practitioner explains how nearly all disease is caused by defective metabolic processes. He then reveals what's causing your metabolism to go haywire, damage in the mitochondria, and how adding the right type of fat to your diet, you can take control of your health, and a cyclical ketogenic diet is the way to support this healing. 339 pages. Hay House. Paperback. Pub. at $16.99 $12.95

2839067 THE COLLAGEN DIET. By Pamela Schoenfeld. Packed with proven techniques, helpful strategies and delicious recipes, this resource offers simple steps to boost your body's natural collagen production. Schoenfeld explains everything you need to know about collagen including how much to consume daily and which foods naturally contain it. 234 pages. Ulysses. Paperback. Pub. at $15.95 $11.95

2979195 NOURISH YOUR BRAIN COOKBOOK: Discover How to Keep Your Brain Healthy with 60 Delicious Recipes. By Nikita K. Pek. Our food choices can affect our mental capacity and even our emotions. Discover what foods will increase energy levels, improve your mood, help you focus, and sharpen your memory. Features 60 recipes, including over 50 recipes for breakfast, lunch, and dinner, sides and snacks, smoothies, desserts and treats. Well illus. in color. 160 pages. CICO Books. Paperback. Pub. at $19.95 $5.95

2958023 MEDICAL MEDIUM LIFE-CHANGING FOODS. By Anthony William. The Medical Medium teaches you how to unlock the hidden power of fruits and vegetables and transform your life in the process. William offers targeted foods and delicious recipes to bring into your life for relief from hundreds of symptoms and conditions you never knew you could overcome. 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. 468 pages. Grand Central. Pub. at $30.00 $21.95

2017098 HOT DETOX: A 21-Day Anti-Inflammatory Program to Heal Your Gut and Cleanse Your Body. By Julie Daniluk. Discover the 5 toxins that may be slowing you down and how you can fire up your body's natural detox power and cleanse and heal your body. Includes over 140 delicious recipes. Full illus. in color. Collins. Paperback. $7.95

6786413 THE APPLE CIDER VINEGAR CURE. By Madelene Given. Gives all the information you need to know about the benefits of the apple cider vinegar. Provides instructions on how to use it to improve your mood, help you focus, and sharpen your memory. Features 60 recipes, including over 50 recipes for breakfast, lunch, and dinner, sides and snacks, smoothies, desserts and treats. Well illus. in color. 160 pages. CICO Books. Paperback. Pub. at $16.99 $12.95

6794343 KETO: The Complete Guide to Success on the Keto Diet, Including Simplified Science and No-Cook Meal Plans. By Maria & Craig Emmerich. Takes you on a journey that helps you lose weight, build muscles, and improve your overall health. 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 $16.99 $5.95

6910475 THE MIND-GUT CONNECTION: Our Inner World Influences Our Outer World: How the Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, and Our Overall Health. By Emeran Mayer. Offers a cutting-edge view into this developing science, showing us the full impact of how the brain, gut, and mind communicate. Helps us understand how changes of our diet and lifestyle, we can enjoy a happier mind-set, enhanced immunity, a decreased risk of developing neurological diseases and even lose weight, 316 pages. HarperWave. Paperback. Pub. at $16.99 $12.95

2856777 EAT BETTER, LIVE LONGER: Understand What Your Body Really Needs to Stay Healthy, Happy, and Productive. By Arden Orey. With over 500 delicious recipes and includes the key principles for a long and healthy life, built on evidence from long-lived communities around the world, and discover which foods are longevity wonders, or belong to supergroups, and why they’ve earned this status. Includes 110 nutrient-packed recipes. Illus. in color. 224 pages. Dorling Kindersley. $14.95


2971240 THE BAD FOOD BIBLE. By Aaron Carroll. As this physician explains, avoiding certain “bad” foods may actually hurt us. Distilling troves of studies on dietary health, Carroll reevaluates some of our most demonized ingredients—meat, alcohol, gluten, and salt—and shows what you can eat, drink, and relax. 234 pages. Mariner Books. Paperback. Pub. at $14.99 $11.95

2927326 EAT TO EAT BEAT DISEASE: The New Science of How Your Body Can Heal itself. By William W. Li. Dr. Li will show you how to detoxify your brain and gut with superfoods, techniques for working with the new science of how your body and your tools; and like the medicine wheel that will shed disempowering stories from the past and pave the way for rebirth. Includes a 7-day meal plan. 293 pages. Hay House. Paperback. Pub. at $16.99 $12.95


2919895 GROW A NEW BODY: How Spirit and Power Plant Nutrients Can Transform Your Health. By Abraham Villoldo. Dr. Villoldo spent more than 25 years of experience as a medical anthropologist, Villoldo shows you how to detoxify your brain and gut with superfoods, techniques for working with the new science of how your body and your tools; and like the medicine wheel that will shed disempowering stories from the past and pave the way for rebirth. Includes a 7-day meal plan. 293 pages. Hay House. Paperback. Pub. at $16.99 $12.95

2817996 THE MIRACLE KIDNEY CLEANSE: A 28-Day Home Cleanse and Detox Program to Transform Your Body and Help You Live a Normal Life. By Dr. William Colley. With over 50 recipes for both cooked and raw dishes, this down to earth guide will show you how to get healthy and stay healthy with body friendly superfoods. It will take you to a world of wellness that starts at home with our favorite foods from Mother Nature, enjoyed in a new way with an exciting twist. 16 pages of color photos. 316 pages. Citron. Paperback. Pub. at $16.95 $12.95

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**2835096 FOREVER PAINLESS: End Chronic Pain and Reclaim Your Life in 30 Minutes a Day.** By Miranda Esmmore-White. After explaining how pain functions in the body, Miranda then leads readers through a series of simple, gentle exercises designed to end chronic pain for good. Includes workouts targeted to particularly heal many types of muscular-skeletal pain including back, neck and shoulders, knees, feet and ankles, and hips. An all-natural solution to chronic pain! Well illus. 304 pages. HarperWave. Paperbound. At $21.99 16.95

**2884038 COMPLETE PHYSIQUE: Your Ultimate Body Transformation.** By Hollis and Friend. This all-in-one 12-week program is designed to help you obtain and maintain the body you’ve always wanted. Covers every aspect of total body fitness, including peaking tips for getting yourself into tip-top condition; how to burn fat while building lean muscle; diet and nutrition information; and more. Fully illus. in color. 8x10. Paperbound. At $21.95 6.95

**584888 WALK OFF WEIGHT: Burn 3 Times More Fat with This Proven Program.** By Michele Stanten. Slim down and firm up with this revolutionary walking program for permanent weight loss. Over the course of 8 weeks, you’ll learn innovative interval walking and workout techniques that will blast fat and tone your body. Includes 342 pages. Rodale. Paperbound. At $19.95 6.95

**2829797 BIKE FOR LIFE, REVISED EDITION.** By Roy M. Wallack. Features cutting-edge workout strategies for achieving best ever fitness at any age and skill level. He details teaching methods that make you fly up the hills; anti-aging plan to revue muscularity, strength, and reaction time; strategies to fix cyclist’s knee and biker’s back; and much more. Illus. 363 pages. Da Capo. Paperbound. At $19.99 9.95

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