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★ 57275 Don't Eat That If You're Taking That: The Hidden Risks of Mixing Food and Medicine. By Madelyn & John Fernstrom. The ultimate guide to food and medicine interaction. Readers can easily find a medication, see what foods to avoid, and make some smart swaps. Consumers can easily personalize their healthiest eating plan to work with, not against, their medications. 234 pages. Skyhorse. Pub. at $24.99. $5.95

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★ 6753671 LECITHIN AND HEALTH: Brain Nutrients—Phosphatidyl Choline and Serine. By Frank Orthoefer. Takes a comprehensive and scientific look at why we should consider supplementing our diets with lecithin. Includes important new research on phosphatidyl choline and serine, including possible benefit toward Alzheimer’s, Parkinson’s, and other degenerative diseases of the nervous system. 83 pages. Vital Health Paperbound. Pub. at $6.95.

★ 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 gall bladder removed, or you’re concerned about 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


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*COULD IT BE B12? SECOND EDITION: An Epidemic of Misdiagnoses.* By S.M. Pacholok & J.J. Stuart. A modern classic that has saved thousands of lives and the only comprehensive and authoritative guide to vitamin B12 deficiency. Newly revised, updated, and expanded with 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 $16.95 $12.95

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*NATURAL STRATEGIES FOR CANCER PATIENTS, REVISED.* By Russell L. Blaylock. This update, revision offers the latest cutting-edge information on how and why cancer develops, why conventional treatments fail, and the critical role inflammation plays in all stages of this deadly disease. With the most up-to-date information on diet and nutrition, patients can develop their built-in immune mechanisms to stop the growth of cancer cells. 362 pages. Citadel. Paperbound. Pub. at $16.95 $12.95

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*THE OTHER SIDE OF IMPOSSIBLE.* By Susannah Meadows. The author tells real life stories of seven families who were determined to solve the unsolvable, when faced with a difficult health condition. It is a fascinating, moving, and inspiring story of people fighting the battle for healing in today’s world and tomorrow’s. 302 pages. Random. Pub. at $26.00 $9.85

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*THE CANDIDA CURE: The 90-Day Program to Balance Your Gut, Beat Candida, and Restore Vibrant Health.* By Ann Boroch. Since its initial publication in 2002, this has been the number one candida treatment. Now Boroch’s original 90-day plan includes a quick-start cleanse, success stories, and all-new recipes and eating plans to give those in need even more tools to heal and maintain candida for good. 290 pages. Harmony. Paperbound. Pub. at $24.95 $17.95

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*AFTER CANCER CARE: The Definitive Self-Care Guide to Getting and Staying Well for Patients After Cancer.* By Gerald M. Lemole et al. In this comprehensive, research-backed guide the authors provide powerful, holistic information to thrive after cancer treatment and recovery. They break down hard science into palatable, practical takeaways for you to enjoy many years of cancer-free serenity. 288 pages. Paperbound. Pub. at $17.99 $3.95
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- **6894397 LIVING BEYOND LYME: Reclaim Your Life from Lyme Disease and Chronic Illness.** By Joseph J. Trunzo. This volume helps patients side-step the often frustrating controversy surrounding Lyme Disease. Instead it focuses on living meaningfully, using mindfulness and acceptance to find hope and to heal. Includes approaches. A scientifically driven approach, that can help people change their experience of their illness. 167 pages. Changemakers Books. Paperback. Pub. at $22.95 $17.95

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