
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 guide to outwitting and outplaying the lopsided world of the law and power, you can take charge instead of being taken advantage of. Brilliant guide to outwitting and outplaying the greedy corporations. Illus. in color. 185 pages. Contains hundreds of tips to fight back against greedy corporations. Illus. in color. 185 pages. Skyhorse. Paperbound. 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. 269 pages. Skyhorse. Paperbound. Pub. at $17.99. $5.95

6936741 - STICK IT TO THE MAN. By Ronald Lewis. Don't be a sissy! With the help of this brilliant guide to outwitting and outplaying 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. Panicky. 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. Seal. 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. 265 pages. Skyhorse. Paperbound. Pub. at $14.95. $5.95

690341X - YOU CAN BE AN OPTIMIST. By Lucy McDonald. 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, improves your health and create happiness for yourself and those around you. 160 pages. Watkins. Paperbound Import. Pub. at $9.95. $3.95

6935841 - 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 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

691247X - CATCHING BREATH: The Making and Unmaking of Tuberculosis. By Kathryn Laughheed. 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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Current titles are marked with *.

Nutrition & Weight Management

6857116 REFUEL: A 24-Day Eating Plan to Shed Fat, Boost Testosterone, and Pump Up Strength and Stamina. By John La Puma with G. Lees. The author shows men how to stop testosterone from going into estrogen, lose the belly fat, end supercharge fat loss without dieting or forfetitng flavor. No calorie counting or hunger required—it’s time to stop dieting and start refueling. 292 pages. Harmony. Pub. at $25.00 $9.95

684717 THE PRIME: Prepare and Repair Your Body for Spontaneous Weight Loss. By Kulreet Chaudhary with E. Adamson. Integrative neurologist Dr. Chaudhary discovered a beautiful side effect to a unique guide to sharpening the brain, tools to tap into the hidden strength of the mind. You will learn a whole new way to lose weight, and achieve just a few relaxing and energizing minutes a day. As you lighten up on the inside, you’ll lighten up on the outside. 321 pages. Harmony. Pub. at $27.99 $9.95

6809405 THE APPETITE SOLUTION: Lose Weight Effortlessly and Never Be Hungry Again. By Joe Colella. Hunger means something is off, and you can’t lose the weight you want while fighting through the cravings. With this guide, weight-loss specialist Dr. Colella presents a six week, three phase plan to help you diminish cravings while achieving your goal weight. Sets you free from hunger forever! 296 pages. HarperOne. Pub. at $26.99 $9.95

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Relationships ............................. 57
Sexuality & Sexual Expression ........ 58
Stress & Pain Management ............ 25
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**684121X SUICIDE BY SUGAR: A Startling Look at Our #1 National Addiction. By N. Appleton & G. N. Jacobs. Once associated only with candy and simple weight gain, 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 in processed foods and popular foods and beverages. 180 pages. Square One Books. Paperback. Pub. at $15.95 $11.95

6845975 MEDITATE YOUR WEIGHT. By Tiffany Cruikshank with M. Van Aalst. This 21 day plan optimizes health as well as body image by tapping the hidden strength of the mind. You will learn a whole new way to lose weight, and achieve just a few relaxing and energizing minutes a day. As you lighten up on the inside, you’ll lighten up on the outside. 321 pages. Harmony. Pub. at $27.99 $9.95

**6783999 THE CASE AGAINST SUGAR. By Gary Taubes. From the author of Why We Get Fat comes a groundbreaking and urgent exposé 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. Paperback. Pub. at $16.00 $11.95

6853276 20 POUNDS YOUNGER. By Michele Promaulayko with L. Tedesco. Includes a checklist that makes nutritious eating easy, a 6-week get-fit guide to increasing your metabolism and strength, brain tricks to overcome cravings, simple pointers for younger-looking skin, and energy enhancing tricks for reducing stress and sleeping more deeply. Illus. 280 pages. Rodale. Pub. at $24.99 $3.95

6714773 THE 21-DAY BELLY FIX. By T. Cottrell & D. Zimmern. Combines 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 light disease, and strip away pounds in just 21 days. 242 pages. Zinc Ink. Paperback. Pub. at $20.00 $3.95

6705324 THE PRIME: Prepare and Repair Your Body for Spontaneous Weight Loss. By Kulreet Chaudhary with E. Adamson. Integrative neurologist Dr. Chaudhary discovered a beautiful side effect to eating and lifestyle tools she gave her brain patients: shedding excess pounds. Here she brings those tools to a unique guide to sharpening the brain, healing the gut, and dropping the weight. 308 pages. Harmony. Pub. at $28.00 $9.95

6763766 THE HUNGRY BRAIN: Outsmarting the Instincts That Make Us Overeat. By Stephan 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 why 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

6745237 THE 4 X 4 DIET: 4 Key Foods, 4-Minute Workouts, Four Weeks to the Body You Want. By Erin Oprea. Discover the four key foods and the groundbreaking four-minute workouts that will change the way you look and feel. Celebrity trainer and former marine Erin Oprea’s motto is “lean and clean” and the unique, proven program shows you how to finally lose the weight and get the body you want. Illus. 240 pages. Harmony. Pub. at $25.95 $11.95

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**Healthy Cooking & Special Diets**

6763367 *EAT THIS, NOT THAT!* SUPERMARKET SURVIVAL GUIDE. By David Zinczenko with M. Goulding. Without dieting, selecting your favorite meals and snacks you can strip away fat with the help of this guide. Provides everything you need to cut calories, melt fat and save tons of money. Fully illus. in color. 348 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? Like burn 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 *BAD BITES!* 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 most worrisome 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 in your food; and much, much, more. Illus. 181 pages. Simon & Schuster. Paperbound. Pub. at $14.99 $4.95

6574610 *FOODS THAT COMBAT CANCER.* By Maggie Greenwood-Robinson. Offers invaluable information on the healthy properties and cancer-fighting vitamins, minerals, and phytochemicals found in common food groups, and how to combine them to greatest effect in order to help prevent or treat virtually every type of cancer. 224 pages. Avon. Paperbound. Pub. at $6.99 $3.95

6153329 *THE DOCTOR’S KIDNEY DIETS:* A Nutritional Guide to Managing and Slowing the Progression of Chronic Kidney Disease. By Renée Joy Dufault. Beginning with an introduction to Kidney Disease, the book explores the most promising dietary practices, including how diet can slow the progression of kidney disease, and provides it’s science behind that philosophy. 430 pages. Rodale. Paperbound. Pub. at $22.95 $6.95

6535680 *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, explaining why choosing whole foods sourced from the earth with the least processing and fewest additives is the best choice for your body. $4.95

6948790 *THE SALT FIX.* By James DiNicolaontino. 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

6753521 *THE ACID ALKALINE FOOD GUIDE, SECOND EDITION.* By S.E. Brown & L. Trivieri, Jr. Now in its second edition, this bestselling guidebook is 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. Three Hats 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 to help you get started. Illus. 286 pages. Avery. Paperbound. Pub. at $18.00 $9.95

6102777 *FLAT BELLY BREAKTHROUGH:* Lose up to 17 Pounds & 14 Inches 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 vacuum; superhydration and brisk evening walks; and more, it reveals a transformative five step plan for transforming the way you think about your body and transforming the way you look and feel. 218 pages. Rodale. Paperbound. Pub. at $21.99 $9.95

6725555 *EAT CLEAN, STAYLEAN:* 300 Real Foods and Recipes for Lifelong Health and Lasting Weight Loss. By the eds. of Prevention with W. Bazilian. Eating healthy is really eating clean. Packed with whole, unprocessed foods you can choose from the supermarket, this book guides you to choose from the healthiest foods, and how to combine them to greatest effect in order to help prevent or treat virtually every form of cancer. 304 pages. Adams Media. Paperbound. Pub. at $18.99 $9.95

6603270 *THE MEN’S HEALTH BIG BOOK OF FOOD & NUTRITION.* By Joel Weber with Matt Zimmerman. Presents the most comprehensive guide to whole foods and healthy eating ever created. An essential for anyone who wants to eat better, feel better, and lose weight fast and for good, this guide is packed with the latest nutrition science and must-have recipes. Well illus. in color. 384 pages. Rodale. Paperbound. Pub. at $26.99 $9.95

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6783219 DEEP NUTRITION: Why Your Genes Need Traditional Food. By Catherine & Luke Shanahan. Researching diets from around the world, Dr. Cate identified optimal nutritional habits that have produced strong, healthy, intelligent children and active elders: fresh food, fermented and sprouted foods, meat cooked on the bone to retain vital nutrients. Here she combines science with common sense to illustrate this “Human Diet.” 487 pages. Flatiron Books. Pub. at $27.99 $6.95

2708998 THE TOP 100 IMMUNITY BOOSTERS. By Charlotte Haigh. Your guide to eating well today for a healthier tomorrow features the top 100 immune-boosting foods explained, a simple and delicious recipe for each food, and key health benefits of each food. You can also look up your ailment to see which foods will help you fight it. 128 pages. Duncan Baird Paperbound. Pub. at $9.95 $3.95

★ 6794254 GET OFF YOUR ACID: 7 Steps in 7 Days to Lose Weight, Fight Inflammation, and Reclaim Your Health & Energy. By Daryl Gioffre. Inflammation is the culprit behind many of our current ailments, from weight gain to chronic disease. In this accessible reference, Dr. Gioffre shares his revolutionary plan to rid your diet of highly acidic foods, alkalize your body and balance your pH. Includes over 80 simple gut-healthy recipes. 352 pages. Morrow. Pub. at $25.99 $4.95

6603017 GOT MILKED? The Great Dairy Deception and Why You'll Thrive Without Milk. By Aïsna Hamilton. Challenges much of the accepted wisdom about milk and leaves you prepared to take charge of your health. Nearly everyone is able to easily drop milk from their diet, you will learn why you can thrive without it. Hamilton also offers delicious dairy-free recipes and full meal plans that deliver the same nutrients found in dairy foods, without all the sugar or negative side effects. 319 pages. Morrow. Pub. at $26.99 $9.95

6780008 THE GRAIN BRAIN WHOLE LIFE PLAN. By David Perlmutter with K. Lobeg. This official guide to Dr. Perlmutter’s revolutionary approach to vibrant health includes his three-step program: practical advice on nutrition, sleep, stress management, and exercise; and a fourteen day meal plan with recipes. 294 pages. Little, Brown. Pub. at $28.00 $5.95

★ 6786413 THE APPLE CIDER VINEGAR CURE. By Madelaine Given. Gives all the information you need to know about the benefits of apple cider vinegar. Provides instructions on over 20 healing home remedies and 25 natural beauty and hair care treatments. The author also brings this probiotic powerhouse to your plate with 75 delicious, nourishing recipes for every meal of the day, in color. 216 pages. Rodale. Pub. at $16.99 $12.95

★ 6828140 THE MINDSPAN DIET: Reduce Alzheimer’s Risk, Minimize Memory Loss, and Keep Your Brain Young. By Preston Estep III. Shattering myths about which foods are and are not beneficial to our brains, this examination reveals a simple diet to slow cognitive decline. Covers diet with food recommendations, shopping lists, advice on reading nutrition labels and more than seventy delicious recipes. 286 pages. Ballantine. Pub. at $27.00

★ 6910475 THE MIND-GUT CONNECTION: 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, spanning the health benefits of gut bacteria and microbiome communication. With a few simple 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. Paperbound. Pub. at $16.99 $12.95

★ 6954502 100 OF THE MOST EFFECTIVE WAYS TO SUPERCHARGE YOUR METABOLISM. By Cynthia Phillips et al. Proven, safe, and effective strategies for raising your metabolism and for helping to burn off calories and fat. All are grounded in the latest scientific research, and all are practical and easy to incorporate into your daily routine, whatever the busiest of schedules. Well illus. in color. 240 pages. Crestline. Pub. at $14.99 $11.95

6959873 THE COMPLETE ACNE HEALTH & DIET GUIDE: Naturally Clear Skin Without Antibiotics. By Makoto Trotter. The Vibrant Skin Diet Program. This guide works with you to create an internal state that is less inflamed and more balanced. All of the approaches are gentle and support your whole body. Includes the most current information to managing acne, from the role of diet to conventional treatments. 384 pages. Rose, Robert. Import. Pub. at $24.95 $7.95

6604064 ULTRAMETABOLISM: The Simple Plan for Automatic Weight Loss. By Mark Hyman. Hyman unveils his groundbreaking simple plan for automatic weight loss. Never before have all seven keys to permanent weight loss been integrated into a single plan. Discover how to turn on the messages of weight loss and turn off the messages of weight gain and disease. 353 pages. Atria. Paperbound. Pub. at $17.00 $4.95

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★ 5788668 THE MIRACLE KIDNEY CLEANSE: An All-Natural, At-Home Flush to Purify Your Body. By Lauren Felts. Shows you how to flush out toxins and maximize the benefits of the body’s natural cleansing system, including kidney stones; how to reduce pain and inflammation; how to balance your fluid intake; and how to eliminate the harmful bacteria, acid reflux, and acidity. 372 pages. Atria. Paperbound. Pub. at $15.99 $11.95

★ 6777438 THE ACID-ALKALINE DIET FOR OPTIMUM HEALTH, REVISED SECOND EDITION. By Christopher Vasey. Discover how a simple change in diet to restore your acid-alkaline balance can result in vast improvements in health. This guide provides the latest information on proper diet and dehydration, and reviews the latest in alkalizing supplements, and how to eliminate the body’s accumulated acids. 202 pages. Healing. Pub. at $12.95 $9.95


★ 677768X THE PLANT PARADOX: The Hidden Dangers in Healthy Foods That Cause Disease and Weight Gain. By Steven G. Rundly with G.B. Bueh. Illuminates the hidden dangers that lectins pose, and shows you how to eat whole food in a whole new way. Dr. Rundly offers simple hacks that can help you avoid lectins; a full list of lectin-containing foods and simple substitutes for each; a step-by-step detox eating plan that includes lectin-free recipes. 400 pages. Harper. Pub. at $27.99 $21.95

6462805 THE GUT BALANCE REVOLUTION: Boost Your Metabolism, Restore Your Inner Ecology, and Lose the Weight for Good! By Gerard E. Mullin. A leading authority on digestive health and the gut microbiome shares a proven, safe and easy method to restore and maintain weight loss by achieving a balanced gut flora. He reveals how to stifle fat-forming gut bacteria, reseed your gut with good-burning ones, and fertilize those friendly flora with just the right foods. 409 pages. Rodale. Pub. at $26.99 $7.95

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690393 DR. JOE’S MAN DIET. By Joseph Feuerstein with G. Pritchard. Lower your bad cholesterol, maintain your blood pressure, reduce sugar, lose weight and regain control of your health in 12 weeks with Dr. Joe’s plan. This lifestyle makeover and eating plan details what to eat and when from breakfast, lunch and dinner to snacks, salads and soups and includes flavorful recipes. Color photos. 208 pages. Page Street. Paperback. Pub. at $21.99. $6.95

697434 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 muscle, and live the life you intended to live. Includes a detailed explanation of the science behind the diet, an overview of the most nutritionally wholesome meal plans for keto mistakes; and two no-cook meal plans. 320 pages. Victory Belt. Paperback. Pub. at $29.95. $21.95

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6553192 NOURISHING FATS: Why We Need Animal Fats for Health and Happiness. By Sally Fallon Morell. Drawing on extensive research, Morell offers the science behind why animal fats are vital for fighting infertility and inflammation, improving mood, and reversing chronic disease and allergies. She features easy solutions in the form of some delicious recipes, for adding these essential fats back into your diet. 256 pages. Victory Belt. Paperback. Pub. at $29.95. $21.95

6912126 GO DAIRY FREE: The Ultimate Guide for Milk Allergy Sufferers. By Ellen Goldsmith with M. Klein. Apply the ancient wisdom and traditions of Chinese medicine in the kitchen. Whether you are looking to boost vitality or feel more balanced, this guide offers a comprehensive review of the basic principles of Chinese dietary theory and how to apply them to daily life. 480 pages. Robert Rose. Paperback. Import. Pub. at $24.95. $19.95

6728901 THE COMPLETE LEAKY GUT HEALTH & DIET GUIDE. By Matyck Trotter with D. Cook. Discover the safe and effective treatment strategies that will help settle inflammation and heal the lining of your gut. Along with meal plans, information, and advice, you’ll find 150 dairy-free recipes that will enable you to incorporate the diet plan into your daily life. 352 pages. BentBella. Paperback. Pub. at $19.95. $14.95

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685333 TURBO METABOLISM: 8 Weeks to a New You. By Adam S. Nally et al. In this comprehensive guide you’ll learn why you gain weight and have difficulty losing it, the dubious history of how a low fat diet became the standard for health, tips for customizing your keto approach to your individual needs, and more than 60 delicious low carb, high fat recipes to get you started. Color photos. 320 pages. Victory Belt. Paperback. Pub. at $29.95. $21.95

6869114 THE KETO CURE: A Low-Carb, High-Fat Dietary Solution to Heal Your Body & Optimize Your Health. By Adam S. Nally et al. In this comprehensive guide you’ll learn why you gain weight and have difficulty losing it, the dubious history of how a low fat diet became the standard for health, tips for customizing your keto approach to your individual needs, and more than 60 delicious low carb, high fat recipes to get you started. Color photos. 320 pages. Victory Belt. Paperback. Pub. at $29.95. $21.95

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6847900 GENIUS FOODS: Become Smarter, Happier, and More Productive While You Sleep. By P. Grewal. This powerful new guide offers a cutting edge yet practical road map to eliminating brain fog and enhancing your brain’s health and performance today and decades into the future. Grewal shares invaluable insights into how to improve your brain power including the nutrients that can boost your memory and improve mental clarity and where to find them. 388 pages. HarperOne. Paperback. Pub. at $14.95.

6812527 THE PROTEIN PACING DIET: The Scientific Breakthrough for Boosting Metabolism, Losing Fat and Gaining Lean Muscle. By Nicole Stawicki. Packed with 40 delicious, high-protein recipes as well as helpful tips and strategies, this lifestyle, including dairy-free solutions, makes it easy for you to incorporate the protein pacing diet into your lifestyle. Lose Weight, gain lean muscle, burn fat, regulate blood sugars and improve your heart health following this protocol. 176 pages. Ulisses. Paperback. Pub. at $14.95. $11.95

2769953 THE LIVER HEALING DIET. By M. Lari & A.R. Kasarani. With a complete plan for rejuvenating your liver, Drs. Lari and Kasarani recommend an optimal nutrition and routine exercise, this guide shows you how to improve liver function, battle fatty liver disease, detoxify the liver, boost all-around health, and nourish the body with deliciously tasty recipes. 154 pages. Universe. Paperback. Pub. at $15.95. $11.95

6768237 NUTRITIONAL THERAPY WITH CHINESE MEDICINE. By Ellen Goldsmith with M. Klein. Apply the ancient wisdom and traditions of Chinese medicine in the kitchen. Whether you are looking to boost vitality or feel more balanced, this guide offers a comprehensive review of the basic principles of Chinese dietary theory and how to apply them to daily life. 480 pages. Robert Rose. Paperback. Export. Pub. at $24.95. $19.95


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**6904068 FOODS TO FIGHT CANCER.** By R. Beliveau & D. Grignas. This cutting edge science on diet and cancer focuses on foods rich in cancer-fighting compounds including green tea, sardines, flaxseeds, tomatoes, turmeric, cranberries, and red wine. This resource offers guidelines on how to include these healing foods in your daily diet. In color. Dorling Kindersley. Paperbound. Pub. at $19.95.  $8.95  

**690405X FOODS THAT FIGHT CANCER, REVISED: Preventing Cancer Through Diet.** By R. Beliveau & D. Grignas. Explains the science of what causes cancer and how certain foods are the most effective against specific cancers. These powerful cancer-fighting foods can also help to strengthen the body as it undergoes cancer treatments and during the recovery process. Improve your odds with this powerful tool. Well illus. in color. 270 pages. Firefly. Paperbound. Pub. at $29.95.  $11.95  

**6939503 THE MAGIC OF LIVE: Longer and Healthier–And Lose Weight with the Synergistic Diet.** By T. Michael Murray. A groundbreaking eating plan that identifies foods that act together to produce a total effect that is greater than the sum of the individual foods—what is known as a synergic effect. As the foods work together, they improve your energy and your physical and mental health. Includes some recipes. 306 pages. Atria. Paperbound. Pub. at $16.00.  

**6923836 USING THE GAPS DIET: 175 Recipes for Gaining Control of Your Gut Flora.** By Signe Gad. Used for a range of modern chronic diseases that have their roots in compromised intestinal flora, GAPS is free of sugar, starch, and processed food including additives and is for those living with chronic diseases like diabetes, behavioral disorders, depression and excess weight. With 175 recipes and information on the GAPS protocol, you can heal your gut and gain control of your health. 288 pages. Robert Rose. Paperbound. Pub. at $19.95.  $11.95  

**6911595 THE ANGRY CHEF’S GUIDE TO SPOTTING BULLSH*T IN THE WORLD OF FOOD: Bad Science and the Truth About Healthy Eating.** By Anthony Warner. The angry chef explains why we’re so easily misled: it has a lot to do with our instinctive craving for foods that will make us happy and your stomach satisfied. Well illus. in color. 307 pages. Da Capo. Pub. at $28.00.  

**6952771 COCONUTS & KETTLEBELLS: A Personalized 4-Week Food and Fitness Plan for Long-Term Health, Happiness, and Freedom.** By N. Tarr & S. Ruper. This comprehensive whole-body program provides the knowledge and tools you need to be healthy inside and out including: two 4-week meal plans each with weekly shopping lists and instructions on how to batch cook, meal prep, and stock the pantry, 75 delicious recipes; and three 4-week thirty-minute fitness plans tailored to beginner, intermediate, and advanced levels. Color photos. 354 pages. Morrow. Pub. at $19.95.  $11.95  

**6956279 FAST METABOLISM FOOD RX: 7 Powerful Prescriptions to Feed Your Body Back to Health.** By Haylie Pomroy with E. Adamson. If you’re suffering from GI troubles, fatigue, weight gain, hormonal imbalances and cognition difficulties, elevated cholesterol, blood-sugar control problems, or an autoimmune issue, this text has the solution for you. With its targeted eating plans you can feed your body back to a vibrant, energetic, and thriving state. Color photos. 354 pages. Morrow. Pub. at $26.00. PRICE CUT to $3.95  

**6823408 NO GLUTEN, NO PROBLEM: A Handy Guide to Celiac Disease–with Advice and 80 Recipes.** By Carlota Manz. If you have celiac disease, you will know how difficult life without gluten can be. This guide aims to help you live gluten free in an easy and effective way. Includes simple gluten-free recipes. Color photos. 135 pages. Skyhorse. Paperbound. Pub. at $14.99. PRICE CUT to $2.95  

**6778963 THE HEALING POWERS OF TEA: A Complete Guide to Nature’s Special Remedy.** By Cal Orey. Discover the benefits of tea for your body and mind. The fascinating history of this celebrated beverage, as well as the ever-expanding list of health and weight loss benefits found within its leaves. Includes healthy recipes, home cures, and weight loss tips. 319 pages. Rodale. Paperbound. Pub. at $15.95. PRICE CUT to $7.95  

**6841201 SOFT FOODS FOR EASIER EATING- COOKBOOK.** By S. Woodhull & L. Gilbert-Henderson. An easy to follow guide that offers maximum nutrition and taste when soft or smooth foods are needed. Part One highlights simple strategies for living with chewing and swallowing difficulties, and guidance in modifying recipes for soft or smooth texture. Part Two presents 150 recipes for smoothies, soups, and more. 309 pages. Square One Publishers. Paperbound. Pub. at $18.95. PRICE CUT to $11.95  

**6776264 HEAL YOUR GUT AN A TO Z GUIDE: Healthy Bowel, Healthy Body.** By Sandra Cabot. Presents the latest research to overcome bowel problems and offers you the vital principles of the Nutritional Healing System. Includes 150 bowel friendly recipes that are gluten-free, dairy-free, nut-free and sugar-free as well as a low FODMAP Diet. 288 pages. SIBI International. Paperbound. Pub. at $20.00. PRICE CUT to $11.95  

**6622194 THE VIRGIN DIET: Drop 7 Foods, Lose 7 Pounds, Just 7 Days.** By Jv Virgin. Fitness expert Julie Berman shows you the secret behind the virgins’ no-gain–food intolerance. With this guide she’ll show you how to eat plenty of anti-inflammatory, healing foods that will never leave you feeling hungry or deprived. In just one week you can drop weight, boost your energy, clear up inflammation, and feel younger. 334 pages. HarperCollins. Paperbound. PRICE CUT to $5.95  

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**6841198 DEADLY HARVEST: The Intimate Relationship Between Our Health and Our Food.** By Geoff Bond. This groundbreaking book examines how the foods we eat today have little in common with the foods of our ancestors, and why this is important to our health. Also offers a revolutionary program to improve health, alleviate chronic disease, boost your energy, and improve longevity. 325 pages. Square One Books. Paperbound. Pub. at $16.95.  $12.95  

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**6866581 YOU ARE YOUR OWN GYM: The Cookbook.** By Mark Lauren with M. Greenwood-Brinson. Offers you delicious recipes that adhere to the author’s unique “calorie shifting” nutritional philosophy to help you cook your way to weight loss, muscle gain, and improved fitness performance. These 125 recipes cover every need: bulk building, fat loss, smoothies, and even desserts. Well illus. in color. 270 pages. Ballantine. Paperbound. Pub. at $22.00. PRICE CUT to $3.95  

**6849628 THE POWER NUTRIENT SOLUTION.** By Jayson & Mira Calton. Explains the truth about what you’re really eating and how your body adapts to it. Filled with information on supermicronutrients. This comprehensive resource also provides an expanded easy, prescriptive 28-day plan to reverse these effects by restoring your depleted micronutrients. 394 pages. Rodale. Pub. at $9.99. PRICE CUT to $2.95  

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**615966X HEALTHY LIVER.** By Cris Beer. Contains all the recipes and rituals you need to heal and restore this essential organ. With an easy to follow diagnosis questionnaire and a simple Liver Detox Plan, this guide is your definitive reference to ultimate liver health. Includes More Than 100 Recipes for Beautiful Skin. 480 pages. Rockpool. Paperbound Import. Pub. at $22.95

**5858767 THE HEALTHY GUT HANDBOOK.** By Justine Patterson. A practical guide to boosting your gut health, losing weight, and choosing foods that keep good bugs and kick bad bugs out! It includes a 28 day plan to kick start a healthy gut, and helpful tips on how to maintain this way of eating for life. Includes over 80 tasty and simple recipes. Color photos. 310 pages. Seven Days. Paperbound Import. Pub. at $19.95

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**594709X 2 DAY DIABETES DIET.** By Erin Painiński-Wade et al. Based on science, this program begins with a 7-day diet to kick start a healthy gut, or even reverse type 2 diabetes. No forbidden foods, no carb-counting. Just restrict what you eat for two days a week and on those days follow the “Power Burn” program. Features more than 150 meal options and fun exercises to help you ward off cravings. Well illus. in color. 313 pages. Reader’s Digest. Paperbound. Pub. at $15.99

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6789498 THE BODY SCULPTING BIBLE FOR MEN, THIRD EDITION. By J. Vipille & H. Rivera. The best training schedule out there, now updated with revised material. Inside you’ll find 600 of the most detailed exercises that will allow you to develop the best body you’ve ever had on a treadmill. You’ll find yourself burning fat, losing weight, and boosting your speed...just following these five basic principles. 215 pages. Adams Media Publishing. Paperbound. Pub. at $16.99

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6830412 101 MUSCLE-SHAPING WORKOUTS & STRATEGIES FOR WOMEN: Muscle & Fitness Hers. Fully illustrated with step by step instructions, plus tips from trainers for improving your form and increasing the challenge. This comprehensive guide will teach women how to take their workouts to the next level. 175 pages. Triumph. 7½x9½. Paperbound. Pub. at $14.95

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6284383 SLOW JOGGING: Lose Weight, Stay Healthy, and Have Fun with Science-Based, Natural Running. By Hiroaki Tanaka with M. Jackson. Easy to follow steps and colorful charts and photos, this thorough guide teaches runners to enjoy injury-free activity by: landing on mid-foot instead of on the heel; picking shoes with thin, flexible soles and no oversized heel; aiming for a pace of 180 steps per minute; and trying to find time for activity every day. 155 pages. Skyhorse. Pub. at $22.99

$4.95

6832199 100 BEST YOGA & PILATES. Compiled by Gillian Haslam. The perfect guide to beginning and maintaining a life with these ancient practices. Offers encouraging tips, well-illustrated gateway to inner calm, body, and spirit. Includes a comprehensive introduction; exercises and positions for beginner through advanced; the correct breathing techniques; and how to achieve the emotional and spiritual balance. Fully illus. in color. 320 pages. Parragon. Paperbound. Pub. at $3.95

6849830 THE STRETCHING BIBLE: The Ultimate At-Home Fitness Program. By Lexie Williamson. Guides you through key exercises to gain mobility and improve flexibility, whatever your age or ability. Organized into sections for easy reference: warm-up and cool-down sequences, for running, cycling and weight training, tailored sequences for commuters, manual workers and desk workers; and more. Fully illus. in color. 272 pages. Bloomsbury. Paperbound. Pub. at $24.00

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DVO 5590010 YOGA MATES, LEVEL 1: Beginners Workout. By Stephen Underhill. This is a beginning level yoga class that safely tones, stretches, and relaxes your whole body. You’ll love the music and loft setting as you move from core mat-work exercises to strengthen your back and improve your posture, to standing poses that increase strength, flexibility and balance. 45 minutes. Sterling. $4.95

6903983 ESSENTIAL STRENGTH TRAINING SKILLS. By Len Williams et al. Build a better body and improve muscle definition, strength, and endurance with this essential pocket-sized guide. The author profile more than 100 basic exercises and stretches and offer flexible programs for men and women of all abilities. Fully illus. in color. 176 pages. Dorling Kindersley. Paperbound. Pub. at $14.95

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6895344 RUNNING WITH MINDFULNESS. By William Pullen. Letting your mind wander as you take a long walk, a slow jog, or a brisk run can give you a powerful, uplifting feeling. Some call it a runner’s high, others attribute it to endorphins. In this evolutionary workout, Pullen teaches you how to channel that exhilarating energy and use it to make positive changes in your life. 211 pages. Plume. Paperbound. Pub. at $16.00 $4.95

6765572 THE MEN’S HEALTH GYM BIBLE, SECOND EDITION. By M. Murphy & M. Mejia. Take a tour through a typical gym plan and give you hundreds of exercises for free weights, stability balls, cardio equipment like treadmills and stationary bikes and much more. Packed with hundreds of photos that demonstrate precise techniques for every major muscle group. A guide is a must have for every gym membership. 330 pages. Rodale. 8/1x10%. Paperbound. Pub. at $22.99 $7.95

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6840387 EXERCISES FOR PERFECT POSTURE: The Stand Tall Program for Better Health Through Good Posture. By William Smith et al. A complete guide to achieving healthy posture, providing everything from fitness programs and exercises designed to realign your spine and strengthen your shoulders, neck, and back. Includes guidelines on how to make your workspace to be more ergonomic. Photos. 122 pages. Hatherleigh. Paperbound. Pub. at $15.00 $11.95

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6840550 MOBILITY WORKOUT HANDBOOK. By David Kirschen et al. Designed to help increase range of motion and allow for better performance at all ages, this fitness program is designed to help fitness programs that aim to improve injury prevention and mobility development to the everyday athlete. Illus. 214 pages. Hatherleigh. Paperbound. Pub. at $15.00 $4.95

6708552 THE COMPLETE GUIDE TO STRENGTH TRAINING, 5TH EDITION. By Anita Beck. Blending expert information with accessibility, this is the ultimate resource for anyone wanting to increase strength and sculpt their body. Featuring proven training programs and evidence based nutritional guidance, this delivers workouts for beginners, intermediates, and elite athletes alike. Color photos. 288 pages. Bloomsbury. Paperback. Pub. at $25.00 $9.95

3590666 THE NEW HIGH-INTENSITY TRAINING: The Best Muscle-Building System You’ve Never Tried. By Ellington Darden. Focus on this week’s press with specialized 2-week programs that target your weak areas with specialized 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 maximum leanness and your real muscle size and strength. Photos. 256 pages. Rodale. 8/1x11%. Paperbound. Pub. at $21.95 $7.95

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6828137 CHANGE YOUR POSTURE, CHANGE YOUR LIFE: How the Power of the Alexander Technique Can Combat Back Pain, Tension and Stress. By Richard Brennan. A person who has good, natural posture tends to project confidence, integrity and dignity. This guide is emphatically not about sitting up straight, pulling your shoulders back, and arching your back. It is about finding your natural poise again: that feeling of movement you had as a child. Well illustrated. 216 pages. Thunder Bay. Paperbound. Pub. at $14.95 $9.95

★ 6708419 THE POP-UP GYM: How to Keep Fit Wherever You Are. By Jon Denoris. An easy to use, effective portfolio of exercises for people who want to go fitness with minimum equipment. Designed for readers who don’t have time or money for the gym, it includes an effective six-week routine, plus lots of motivational tips, nutritional information, and other useful advice. Well illus. in color. 176 pages. Bloomsbury. Paperbound. Pub. at $18.00 $7.95

5703718 THE MEN’S HEALTH BIG BOOK—GETTING ABS: Four Weeks to a Flat, Ripped Stomach! By Adam Bornstein et al. An essential eating and workout guide for anyone looking for a ripped, sculpted six-pack. Designed to deliver buff abs for anyone looking for an edge, this volume shows you how to hit all the muscles that matter and turn on your body’s fat burners so the extra pounds melt away to reveal rock-hard muscle underneath. Fully illustrated. 392 pages. Rodale. Paperbound. Pub. at $26.95 $8.95

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- **4615360 HIGH PERFORMANCE VISION: How to Improve Your Visual Acuity, Hone Your Motor Skills & Up Your Game.** By Donald S. Teig. In addition to their physical skills, motor skills also possess another advantage: good vision. Sports-vision specialist Teig shares his approach to visual enhancement. His training program can optimize your eyesight and allow you to achieve new levels of athletic performance in home and in-office eye exercises. Illus. 155 pages. Square One Publishers. Paperbound. Pub. at $17.95. **$12.95**

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- **6637248 ANATOMY OF STRETCHING: A Guide to Increasing Your Flexibility.** By Craig Ramsay. Former Broadway dancer Craig Ramsay guides you through a “Stretching Session” which targets all of the major muscle groups, and he includes a full-color poster of the “Quick Stretch Program” for those who don’t have time for a full session. Special areas covered include short, tight hamstrings; range of motion issues; proper warm-up techniques; and office routines. Fully illus. in color. 160 pages. Thunder Bay. Paperbound. Pub. at $14.99. **$11.95**

- **5844231 THE MEN’S HEALTH BIG BOOK OF EXERCISES, REVISED.** By Adam Campbell. The most comprehensive collection of exercises ever created, this workout guide is a body-shaping power tool for both beginners and lifetime fitness lovers. Updated and revised to include over 40 new fat loss exercises; more than 40 new workouts; a “Create Your Own Workout” guide; and more. Well illus. in color. 551 pages. Rodale. Paperbound. Pub. at $26.99. **$19.95**

- **3568016 THE MEN’S HEALTH BIG BOOK OF EXERCISES: Four Weeks to a Leaner, Stronger, More Muscular You!** By Adam Campbell. From start to finish, this muscle manual bulges with useful tips, the latest findings in exercise science, and cutting edge workouts from the world’s top trainers. Includes 163 exercises and hundreds of workouts, all shown in step by step color photographs. SHOPWORN. 472 pages. Rodale. Pub. at $21.99. **$8.95**

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8549725 REVIVING YOUR DIET IN 12 WEEKS. By George L. King with R. Flippin. Presents a program of eight lifestyle changes that are designed to reset your glucose levels and potentially avoid or put away that insulin needle for good. Implement one or two of these changes, and your type 2 diabetes will improve. Implement all eight, and in 12 weeks you could effectively reset your body’s glucose metabolism for a long, healthy life. 326 pages. WatsonGardner Press. Paperbound. Pub. at $17.95

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6728249 THE THYROID CURE: The Functional Medicine Approach to Reversing Autoimmune Condition. By Michelle Corey. Discover how to take control of your diet and lifestyle to lose weight, regain energy, balance mood swings, eliminate achy joints, and do away with brain fog. This guide shows you how to allow your autoimmune health and understand the underlying cause of your condition; naturally detox your body; and more. 496 pages. Rodale. Pub. at $26.99

6590416 THE GYLCEMIC-LOAD DIABETES SOLUTION: Six Steps to Optimal Control of Your Adult-Onset Diabetes. By Dr. Rob Thompson. An updated second edition of The Low-Starch Diabetes Solution. For more than ten years, preventive cardiologist and champion of glycemic-load–low-starch diet science Dr. Thompson kept his diabetes under control by targeting starch—not sugar—as the number-one cause behind this chronic condition. He shares his easy to follow diet and exercise plan here, 261 pages. McGraw-Hill. Paperbound. Pub. at $18.00

6739161 THE AUTOIMMUNE FIX: For the Practitioner. By Janet R. Koven. A proven 7-step Treatment Program that includes biofeedback and meditation that can reduce or eliminate the symptoms of fibromyalgia. Includes specific exercises to reduce deep muscle pain, to increase strength and energy, and to alleviate stress and anxiety and a discussion of complementary therapies. 308 pages. Holt. Paperbound. Pub. at $21.99

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6759866 THE MERCK MANUAL GO-TO HOME GUIDE FOR SYMPTOMS, 2nd edition. Ed. by R.S. Porter & J.L. Kaplan. From the publishers of the world’s bestselling health references comes this comprehensive resource providing a detailed look at common symptoms, from abdominal pain to headache, itching, nausea and more. 595 pages. Merck. Paperbound. Pub. at $17.95

6876648 THE MERCER HANDBOOK FOR THE 2015/2016 BEST HOSPITALS, 2017 EDITION. Your guide to top care includes exclusive rankings on hospital’s and smart ways to lose weight, as well as information on children’s health, cancer care in the future, advancements in treatments and more. Well illus. in color. 829 pages. U.S. News & World Report. 8x10%. Paperbound. Pub. at $19.95

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★5968803 THE THYROID CONNECTION: Why You Feel Tired, Brain-Fogged, and Overweight--and How to Get Your Life Back. By Amy Myers. Myers teaches you how to take your health into your own hands and work with your doctor to get right tests and a right diagnosis. She shows you how to recognize the symptoms that could signal thyroid dysfunction, work with your doctor to ensure proper diagnosis, and make sure you're on the right treatment plan. The ultimate road map back to your happiest, healthiest self. 425 pages. Little Brown. Pub. at $19.95.  
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★6624863 AMERICAN DIABETES ASSOCIATION GUIDE TO NUTRITION THERAPY FOR DIABETES, THIRD EDITION. By A.D. Everett & M.J. Wyshak. The ADA updated the guidelines to incorporate the latest research and evidence-based guidelines for the successful implementation of nutrition therapy for people with diabetes. A wide range of topics are covered including: macronutrients, micronutrients, carbohydrates, fats, sugar, conventional medicine along with the latest research and demystifying the medical system. 352 pages. Da Capo. Paperback. Pub. at $49.95.  
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6601297 THE HEALTHY LIVER & BOWEL BOOK, INTERNATIONAL EDITION. By Sandra Cabot. Illus. 304 pages. SCB International. Paperbound. Pub. at $20.00 $2.95


670462X A CANCER IN THE FAMILY: Take Control of Your Genetic Inheritance. By Theodora Ross. 286 pages. Avery. Pub. at $25.00 $4.95

5988551 THE ADHD ADVANTAGE. By Dale Archer. 280 pages. Avery. Pub. at $25.95 $3.95


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