
February 15, 2019

**6825214 THE EVERYTHING GUIDE TO HASHIMOTO’S THYROIDITIS.** By Aimee McNew. Discover the causes and symptoms of this autoimmune condition, as well as the link between gut health and thyroid health, and learn what foods can help improve your condition. Includes meal plans, 200 nutritious recipes, and easy tips for transitioning to the Paleo lifestyle. 287 pages. Adams Media. Paperbound. Pub. at $18.99 $9.95

**681601 DON’T EAT THIS IF YOU’RE TAKING THAT: The Hidden Risks of Mixing Food and Medicine.** By Matelyn & 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. Paperbound. Pub. at $17.99 $5.95

**688702 LET’S BE LESS STUPID.** By Patricia Marx. Tackling the most difficult facet of aging—the mind’s decline—with humor, Marx tries to answer questions such as: If there are more neural connections in your brain than stars in the Milky Way, then why did you put the butter dish in your nightstand drawer? 188 pages. Twelve. Paperbound. Pub. at $14.99 $3.95

**6580408 GOOD TO GO: A Guide to Preparing for the End of Life.** By Jo Myers. One of the few things in life that’s certain is death, and here’s a realistic, practical, and even humorous guide about preparing for it. From cremation to funeral plans, and from choosing executors to dealing with family relationships, it covers it all. 212 pages. Sterling. Paperbound. Pub. at $14.95 $4.95

**6578138 HOW TO REMEMBER ANYTHING: The Proven Total Memory Retention System.** By Dean Vaughn. His program gives you the power to harness your brain’s capacity for memory. Follow his ten-step system and soon you’ll be able to remember anything—names & faces, vocabulary, numbers, appointments, dates, your schedule...anything. 242 pages. St. Martin’s. Paperbound. Pub. at $14.95 $9.95

**6567282 DISTANT HEALING.** By Jack Angelo. This step by step guide teaches over 50 exercises that draw on the power of spiritual intention to allow you to send healing energy wherever it is needed. Covers the anatomy of the human energy system; how to sense energy fields; body balancing and breathing exercises, and more. 230 pages. Sounds True. Paperbound. Pub. at $17.95 $3.95

**DVD 5722063 MAYO CLINIC WELLNESS SOLUTIONS FOR IRRI TABLE BOWEL SYNDROME.** The Mayo Clinic teams up with the health and wellness experts of GAIAM 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

**2841835 KNACK BODY LANGUAGE: Techniques on Interpreting Nonverbal Cues in the World and Workplace.** By Aaron Brehove. This is the ideal handbook on the psychology and physiology of what the human body and its expressions reflect. Essential for anyone going to an interview, a business meeting, or a date. Fully illus. in color. 228 pages. Globe Pequot. Paperbound. Pub. at $19.95 $4.95

**6810519 HOW TO BE ALIVE: A Guide to the Kind of Happiness That Helps the World.** By Colin Beavan. Nudges us toward achieving a new kind of Good Life—a life where feeling good and doing good intersect. Drawing on literature, philosophy, and true stories, he shows us how to help the world, and in turn help ourselves. 438 pages. Dey Street. Pub. at $25.99 $4.95

**6906281 WARRIOR CARDIO.** By Martin Rooney. Offers a fitness and diet program that will help you “bring out the warrior within.” Includes an easy to follow workout and diet plan that efficiently burns fat and builds muscle in less time than you ever thought possible. Well illus. in color. 401 pages. Morrow. 8½x11. Paperbound. Pub. at $29.99 $9.95

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**Nutrition & Weight Management**

- **6824935** Buddha's Diet. By T. Cotrell & D. Zigmond. Modern science 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 are 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. Paperbound. Pub. at $4.95.
- **2823586** CHOLESTEROL CURES, REVISED: The Breakthrough Menu Plan to Slash Cholesterol. By the eds of Rodale Health Books. Specific foods and nutritional supplements, along with certain physical activities and other lifestyle factors, have a direct correlation to healthy cholesterol levels. By implementing this plan, you may be able to lower your cholesterol without drugs—safely, and effectively. For 328 pages. Rodale. Paperbound. Pub. at $18.95. Paperbound. Pub. at $9.95.
- **5913377** The Acid Alkaline Balance Diet, REVISED EDITION. By Felicia Drury Kliment. Promotes a sensible food-combination program along with alternative therapies to balance the positively and negatively charged acidic particles in the body. This plan can be used to cure a wide range of medical problems including arthritis, heart disease, lung disorders, obesity, and more. 242 pages. McGraw-Hill. Paperbound. Pub. at $16.95. Paperbound. Pub. at $4.95.
- **2804426** 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 fats instead of glucose for energy. It’s a very effective and safe way to lose body fat while retaining muscle mass. This guide details everything you need to know to start intermittent fasting, and offers practical advice on how to integrate it into your life. 202 pages. Ulisses. Paperbound. Pub. at $14.95. Paperbound. Pub. at $11.95.
- **2827220** THE WELL PATH: Lose 20 Pounds, Reverse the Aging Process, Change Your Life. By Janiece Hebert. Dr. Hebert shares her clinically proven, holistic plan that has already changed the lives of thousands of women, helping them to lose weight and look and feel younger. Her sixty-day C.H.A.N.G.E. regimen, introduced in this volume, is a series of small steps that may be easily integrated into daily life. 294 pages. Harper. Pub. at $27.99. Paperbound. Pub. at $4.95.
- **2845894** Tighten Your Tummy in 2 Weeks. By Ellington Darden. This five-step program for flat-tummy success is based on a scientific formula that was tested on two panels of women at Gainesville Health & Fitness. They include a carbohydrate-rich eating plan, two 30-minutes exercise sessions a week; extra rest at night and a nap during the day; superhydration; and a tummy-tightening trick called the inner-abs vacuum, performed twice before every meal. Illus. 238 pages. Rodale. Pub. at $26.99. Paperbound. Pub. at $4.95.
- **1874029** THE BIGGEST LOSER COMPLETE CALORIE COUNTER. By Cheryl Forberg et al. Millions of viewers have been inspired to change their lives by the incredible transformations on The Biggest Loser, and you can too. This guide provides calorie measurements and full nutritional analysis for more than 5,000 foods, 226 pages. Rodale. Paperbound. Pub. at $13.95. Paperbound. Pub. at $2.95.
- **2801728** THE JUICE DIET. By Christine Bailey. There are over 100 juices and smoothies that offer an effective way to jump start your day, detoxify, and revitalize your body. Watch the weight drop off, simply by sipping such lushous concoctions as a Ginger Pear Cooler; Watermelon Reviver, Cucumber Cleanser; Mandarin and Mango Lassi, and more. Well illus. in color. 160 pages. Duncan Baird. Paperbound. Pub. at $14.95. Paperbound. Pub. at $3.95.
- **684121X** SUICIDE BY SUGAR: A Startling Look at Our #1 National Addiction. By N. Appelqvist & J. Jacobs. Once associated only with cavities 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 found in many popular foods and beverages, 180 pages. Square One Books. Paperbound. Pub. at $15.95. Paperbound. Pub. at $11.95.
- **2839849** 25 DAYS: A Proven Program to Rewire Your Brain, Stop Weight Gain, and Finally Crush the Habits You Hate—Forever. By Drew Logan with M. Murphy. The authors outline a unique, multifaceted approach that helps you rewrite your neurological patterning, what lies underneath those habits that get in your way, so that the brain’s neural pathways, biochemistry, and hormones work together effectively. It is one of the easiest diets to follow, this guide will show how to be leaner and fitter. 273 pages. S&S. Pub. at $25.99. Paperbound. Pub. at $8.95.
- **6890405** 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 filling through the garbage can. With this powerful, 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 $16.99. Paperbound. Pub. at $4.95.
- **6845975** MEDITATE YOUR WEIGHT. By Tiffany Cukrash 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 it takes just a few relaxing and energizing minutes daily. As you lighten up on the inside, you’ll lighten up on the outside. 321 pages. Harmony. Pub. at $22.00. Paperbound. Pub. at $4.95.
- **6665276** 20 POUNDS YOUNGER. By Michele Promaulayko with L. Tedesco. Includes a checklist that makes nutritious eating easy, a 90-day gel-fit guide to increasing your metabolism and strength, brain tricks to overcome cravings, simple pointers for younger looking skin and energy enhancing techniques for reducing stress and sleeping more deeply. Illus. 280 pages. Rodale. Pub. at $24.95. Paperbound. Pub. at $4.95.
Healthy Cooking & Special Diets

2840197 THE SWEET POTATO DIET: The Super Carb-Cycling Program to Lose Up to 12 Pounds in 2 Weeks. By Michael Morelli. A powerful fitness guru advances all the guesswork and takes away the fear from traditional carb cycling by simplifying it down to a step by step eating schedule—without food weighing or calorie counting. Includes over 150 recipes that will leave your taste buds happy and your stomach satisfied. Well illus. in color. 307 pages. Square One Publishers. Paperbound. Pub. at $18.95. $6.95

6722555 EAT CLEAN, STAY LEAN: 300 Real Foods and Recipes for Lifelong Health and Lasting Weight Loss. By the eds of Preventing & Reversing. Eating healthy really means eating clean, or choosing foods sourced from the earth with the least processing and fewest possible contaminants that sound like hair dye. This visual guidebook to better health, delicious food, and a slimmer you will show you how to make 50 smarter choices in the supermarket and 150 cleaner fast meals at home. 294 pages. Rodale. Paperbound. Pub. at $21.95. $6.95

2793662 THE GUT PLAN DIET. By A. Hamilton & H. Ebelthite. Discover the secret to weight loss and how to improve your gut health with this 21-day plan. First give your digestion a rest and then gradually build up your gut health while following a delicious meal plan and guidelines that teach you how to choose easy and delicious, 144 pages. Aster. Paperbound. Pub. at $16.99. $4.95

6859054 GLUTEN EXPOSED. By PH. Green & A. Jones. Provides an in-depth examination of every symptom and condition associated with gluten, what it does and what it doesn’t do. The authors offer clear, welcome guidance and a practical road map that can help anyone achieve a healthier, symptom-free life. 352 pages. Morrow. Pub. at $25.99. $4.95

6904068 FOODS TO FIGHT CANCER. By R. Beliveau & D. Gingras. This cutting edge science on diet and cancer focuses on foods rich in anticancer compounds including garlic, green tea, spirulina, tomatoes, red peppers, cranberries, and red wine. This resource offers guidelines on how to include these healing foods into your diet. Illus. in color. Dorling Kindersley. Paperbound. Pub. at $19.95. $9.95

690405X FOODS THAT FIGHT CANCER, REVISED: Preventing Cancer Through Diet. By R. Beliveau & D. Gingras. 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 therapies and during the recovery process. Many recipes. Well illus. in color. 208 pages. Firefly. Paperbound. Pub. at $29.95. $11.95

678413 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 health remedies, hair, and natural body 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. Illus. in color. 216 pages. Firefly. Sonoma Press. Paperbound. 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 for brain health, this landmark book details a simple plan to slow cognitive decline. Complete with food recommendations, shopping lists, advice on reading nutrition labels and more than seventy delicious recipes. 286 pages. Brown & Company. Pub. at $27.00. $4.95

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, showing us the full impact of how the brain, gut, and microbiome communicate. With a few simple changes to our diet and lifestyle, we can create a healthier 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

2839067 THE COLLAGEN DIET. By Pamela Schoenfeld. Packed with proven techniques, helpful strategies and delicious recipes, this guide outlines five 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. Paperbound. Pub. at $11.95. $7.95

283619X WHAT THE FAT? by Grant Schofield. It’s time to break free of fat phobia. Once you understand the emerging science behind reducing carbs and embracing healthy fats, you’ll discover a new way of eating that offers wellness, fitness, and satiety. Also included are foolproof guidelines on how to include these healing foods into your diet and 500 delicious recipes that will start you on the road to metabolic harmony. Color photos. 192 pages. Skyhorse. Paperbound. Pub. at $14.95. $4.95


2789865 BOTTOM LINE’S GUIDE TO HEALING FOODS. Nearly every health problem, from allergies and digestive issues to high blood pressure, can be helped by eating the right foods, and avoiding the wrong ones. Some of these dietary changes could totally eliminate your need for medications or dietary supplements. This guide aims to help you live a gluten-free life in the simplest, most effective way. Includes simple gluten-free recipes. Color photos. 135 pages. Skyhorse. Paperbound. Pub. at $14.99. $2.95

5788668 THE MIRACLE KIDNEY CLEANSE: An All-Natural, At-Home Flush to Purify Your Body. By Lauren Feltts. Shows you how to flush out toxins from your body in as little as one week. Explains how the kidneys can self-cleanse, without the use of any prescription drugs or other conventional treatments. 384 pages. Robert Rose. Paperbound. Pub. at $24.95. $7.95

6959873 THE COMPLETE ACNE HEALTH & DIET GUIDE: Naturally Clear Skin Without Antibiotics. By Makoto Trotter. The Vibrant Skin Diet Plan outlined in this guide works with your body to create an internal state that is less inflamed and more healthy, built on evidence from long-lived communities around the world, and discover which foods are longevity wonders, or belong to supergroups, and why they earned this status. Includes 110 nutrient-packed recipes. Illus. in color. 224 pages. Dorling Kindersley. Paperbound. Pub. at $19.99. $14.95

6234208 NO GLUTEN, NO PROBLEM: A Handy Guide to Celiac Disease—with Advice and 80 Recipes. By Carlota Manez. If you have celiac disease, you know how difficult life without gluten can be. This guide aims to help you live a gluten-free life in the simplest, most effective way. Includes simple gluten-free recipes. Color photos. 135 pages. Skyhorse. Paperbound. Pub. at $14.99. $2.95

678413 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 health remedies, hair, and natural body 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. Illus. in color. 216 pages. Firefly. Sonoma Press. Paperbound. Pub. at $29.95. $11.95

2840197 THE SWEET POTATO DIET: The Super Carb-Cycling Program to Lose Up to 12 Pounds in 2 Weeks. By Michael Morelli. A powerful fitness guru advances all the guesswork and takes away the fear from traditional carb cycling by simplifying it down to a step by step eating schedule—without food weighing or calorie counting. Includes over 150 recipes that will leave your taste buds happy and your stomach satisfied. Well illus. in color. 307 pages. Square One Publishers. Paperbound. Pub. at $18.95. $11.95

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**662194 THE VIRGIN DIET: Drop 7 Foods, Lose 7 Pounds, Just 7 Days.** By JJ Virgin. Fitness expert JJ Virgin reveals the real secret behind weight gain–food intolerance. With this guide she’ll show you how to eat plenty of anti-inflammatory foods while still feeling hungry or deprived. In just one week you can drop weight, lose belly bloat, gain energy, clear up inflammation, and feel younger. 334 pages. HarperCollins. Paperbound. Pub. at $16.99 $6.95

**6954502 THE 100 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 even the busiest of schedules. Well illus. in color. 240 pages. Crestline. Pub. at $14.99 $11.95

**5610439 THE MEN’S HEALTH DIET: The 6-Week Plan to Flatten Your Stomach & Fuel Your Muscles!** By Stephen Feneine et al. The ultimate guide to getting the strong hard body and the lean flat belly you’ve always wanted. Following the seven simple strategies emphasized in this guide you will experience rapid and effortless weight loss. Illus. 328 pages. Rodale. Pub. at $31.95 $7.95

**6903932 DR. JOE’S MAN DIET.** By Joseph Feuerstein with G. Pritchard. Lower your blood pressure, reduce your blood 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 what to avoid from breakfast, lunch and dinner to snacks, salads and soups and includes flavorful recipes. Color photos. 220 pages. Page Street. Pub. at $21.99 $6.95

**6794343 KETO: The Complete Guide to Success on the Keto Diet, Including Simplified Science and No-Cook Meal Plans.** By Maria & Craig Emmerich. This book walks you through each step of the keto diet, starting with an overview of the nutrients needed for optimal wellness; tips for correcting common mistakes, and low-carb meal plans. 320 pages. Victory Belt. Paperbound. Pub. at $29.95 $21.95

**6847900 GENIUS FOODS: Become Smarter, Happier, and More Productive While Protecting Your Brain for Life.** By Max Lugavere with P. Gerracl. This powerful new guide offers a cutting edge yet practical road map to eliminating brain fog and optimizing the brain’s health and performance today and decades into the future. Lugavere 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. HarperWave. Pub. at $27.99 $21.95


**6776264 HEAL YOUR GUT AN A Z GUIDE: Healthy Bowel, Healthy Body.** By Sandra Cabot. Presents the latest research to overcome bowel problems and gives you vital principles for a healthy digestive system. Includes 150 bowel friendly recipes that are gluten-free, dairy-free, nut free and sugar free; as well as a low FODMAP Diet Guide. Illus. 280 pages. SCB International. Paperbound. Pub. at $20.00 $11.95


**6849585 WHAT THE HEALTH: The Starling Truth Behind the Foods We Eat.** By Kip Andersen et al. This stand-alone companion to the documentary of the same name, takes readers on a non-technical tour of the hazards posed by consuming animal products and what happens when we stop. There’s a health revolution brewing, and this volume is your invitation to join. Includes 50 plant-based recipes paired with helpful Color photos, 360 pages. BenBella. Paperbound. Pub. at $21.95 $16.95

**6785237 NUTRITIONAL HEALING WITH CHINESE MEDICINE.** By Helen Goldsmith with M. Kleo. Apply the ancient wisdom and techniques of Chinese medicine in the kitchen. Whether you are looking to boost vitality or to feel more balanced, this easy-to-navigate guide offers a comprehensive review of the basic principles of Chinese dietary therapy and how to apply them to daily life. 480 pages. Robert Rose. Paperbound. Pub. at $24.95 $19.95

**6912257 THE PROTEIN PACING DIET: The Scientific Breakthrough for Boosting Metabolism, Losing Fat and Gaining Lean Muscle.** By Nicole Stavicki. Packed with 40 delicious, high-protein recipes and tips as helpful as calibrating your meal schedules, this guide makes it easy for you to incorporate the protein pac ing diet into your lifestyle. Lose Weight, gain lean muscle, burn fat, regulate blood sugar, and improve your heart health following this new protocol. 170 pages. Ulysses. Paperbound. Pub. at $14.95 $11.95

**6896114 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 carb diet became the standard for health, and tips for customizing your 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. Paperbound. Pub. at $29.95 $21.95

**6923583 USING THE GAPS DIET: 175 Recipes for Gaining Control of Your Gut Flora.** By Stephen Perrine et al. The GAPS diet is used for those suffering from diseases that have their roots in compromised intestinal flora, GAPS is free of sugar, starch, and processed food including additives and is for those suffering from chronic diseases like diabetes, behavior 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 $24.95 $19.95

**6825011 THE STARK NAKED 21-DAY METABOLIC RESET.** By Brad Davidson with J. Morton. You’ll feel the incredible impact of this groundbreaking two tiered program to reset and optimize your metabolism. Including step by step meal plans and easy to follow recipes, this simple and effective plan will have you looking and feeling your best. 306 pages. HarperOne. Paperbound. Pub. at $16.99 $5.95

**6841198 DEADLY HARVEST: The Intimate Relationship Between Our Health and Our Food.** By Geoff Bond. This groundbreaking book exposes how the foods we eat today have little to nothing to do with the foods of our ancestors. The importance of health. Also offers a proven program to enhance health, combat illness, and improve longevity. 325 pages. Square One Books. Paperbound. Pub. at $16.95 $12.95

**6911595 THE ANGRY CHEF'S GUIDE TO SPOTTING BULLSH**T IN THE WORLD OF BASEBALL, SCIENCE, AND OTHER 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 simple explanations and straightforward rules. With help from “Science Columbo,” he parses away the poisonous rhetoric and serves up the delicious, nuanced truth with a side of saucy hum or. 324 pages. The Experiment. Paperbound. Pub. at $15.95 $11.95

**6952201 FOODS TO FIGHT CANCER: What to Eat to Reduce Your Risk.** By R. Belliveau & D. Gingras. Two-thirds of all cancers can be avoided through simple changes in lifestyle, including dietary habits. Nature supplies us with an abundance of foods rich in molecules with powerful protective anticancer properties. You’ll learn which everyday foods are scientifically proven to contain anticancer properties. Fully updated to include the very latest oncological research. Well illus. in color. 240 pages. Dorling Kindersley. Paperbound. Pub. at $22.95 $17.95

**6952771 COCONUTS & KETTLEBELS: The Weight Loss 4-Weeks to a Better Body Plan for Long-Term Health, Happiness, and Freedom.** By N. Tart & S. Ruper. This comprehensive whole-body program provides the knowledge and tools you need to be healthy in mind, body, and soul for a lifetime. Includes two 4- and 4-week plans paired with each 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 $29.99 $21.95

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- [6858767] THE HEALTHY GUT HANDBOOK. By Justine Patterson. A practical guide to boosting your gut health, losing weight, and choosing foods that make you feel and look great. It includes a 28-day gut-kick program for 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 Dials. Paperback. Pub. at $22.99. PRICE CUT to $9.95

- [6574610] FOODS THAT COMBAT CANCER. By Maggie Greenwood-Robinson. Offers invaluable information on the health 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 form of cancer. 224 pages. Avon. Paperback. Pub. at $6.99. $3.95

- [4648497] THE GOOD GUT DIET. Turn Your Digestive System into a Fat-Burning Machine. By Gerard E. Mullen. The leading authority on gut health offers a plan that will show you how to stave disease-promoting bacteria, reseed your gut with good-fat-burning ones, and fortify your brand new flora with clean and tropical foods to reboodle, rebalance, and renew your gut. 444 pages. Rodale. Pub. at $31.95. $16.95

- [5824811] ANTI-INFLAMMATORY EATING FOR A HAPPY, HEALTHY BRAIN. By Michelle Dembeck with Sarah Dillingham. The only guide to restoring the electrical balance of your brain in a happy brain. A complex microbial ecosystem is located within the human gut, and when it is fed the right foods, the result is optimal mental health and sustainable wellness. Babb provides a nutrition plan to assist in the fight against inflammation and delicious recipes to help you get started. Illus. in color. 178 pages. Sasquatch. Paperback. Pub. at $22.95. $9.95

- [594709X] 2 DAY DIABETES DIET. By Erin Palinski-Wade et al. Based on science, this two-day diet makes it easy to prevent, treat, 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 tension taming exercises to help you get started. Well illus. in color. 317 pages. Reader’s Digest. Paperback. Pub. at $15.99. $3.95


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**Exercise & Fitness**

- [2833594] CONBOY: The Revolutionary Bodyweight Prison Boot Camp--Born from an Extraordinary Story of Hope. By Coss Marte with B. Sneed. Based on Marte’s work with thousands of incarcerated clients at his Convoy Fitness workshops, this program is for everyone. The workouts included in this guide can be done at your gym, in your living room, in a hotel room, or at a park. All you need is yourself and the space of a six-by-nine jail cell to get it done! Photos. 220 pages. St. Martin’s. Paperback. Pub. at $17.99. $13.95

- [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 a week, using nothing more than the resistance of your own bodyweight. Lauren’s exercises build more muscle, more muscle, more muscle, more flexibility, more energy, and more. Well illus. in color. 271 pages. Morrow. Paperback. Pub. at $18.99. $13.95

- [6828167] MUSCLE & FITNESS PRESENTS TOTAL ABS. Get the abs you’ve always wanted with programs and advice from the most trusted experts in the world of bodybuilding. Programs for intermediate to advanced abs, with quick results, debunking common myths, and delivering unique, effective exercises along the way. Fullly illus. in color. 175 pages. Triumph. 9x10. Paperback. Pub. at $24.95. $19.95

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**6715647 MASTER YOUR DIABETES: A Comprehensive, Integrative Approach for Both Type 1 and Type 2 Diabetes.** By Monica M. Lo. “If you have diabetes, this book will help you maintain your blood sugar levels, prevent complications, and live your life as fully as possible.” P. 325. Delmar. Paperbound. P. $24.95

**6689718 ACID REFUX IN CHILDREN: How Healthy Eating Can Fix Your Child’s Asthma, Allergies, Obesity, Nasal Congestion, and More.** By Emily Litzsinger. “A must-read for anyone inside track on how to diagnose their children’s respiratory reflux and manage it naturally without medications. This guide also provides a roadmap to show how the diet and lifestyle of the entire family can be improved, along with over 80 recipes to get you started eating well.” P. 254. Katalif. P. $24.95

**6624863 AMERICAN DIABETES ASSOCIATION GUIDE TO NUTRITION THERAPY FOR DIABETES, THIRD EDITION.** By A.B. Evert & M.J. Franz. “This edition is revised and updated 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, celiac disease, community-based prevention programs, and more.” P. 628 pages. ADA. P. $19.95


**6654592 CELIAC DISEASE AND LIVING GLUTEN-FREE.** By Jules E. Dower. “Explains everything you need to learn and do upon your or a family member’s diagnosis of celiac disease, an autoimmune disease characterized by gluten sensitivity. Includes tips on managing celiac disease, descriptions of gluten-free diets, and important information on diet and lifestyle changes, and offers meal plans and recipes. 282 pages. Da Capo. Paperbound. P. $17.99

**6581706 THE ZIKA PREVENTION HANDBOOK.** By Alexander Webb. “As the Zika virus continues to spread throughout North America, people need answers to questions with the assistance of CDC’ssz Zika prevention experts. This handbook provides important information on diet and lifestyle changes, and offers meal plans and recipes. 282 pages. Da Capo. Paperbound. P. $17.99


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**6593631 25 WOMEN WHO SURVIVED CANCER: Notable Women Share Inspiring Stories of Hope.** Ed. by Mark Evran. “An inspiring collection of 25 personal stories about how to cope with, and prevail over, cancer. Notable women such as Robin Roberts, Faith Moore, Lisa Lancer, and many more reveal their moving candor about how they faced cancer without letting it define their lives or conquer their spirits.” Illus. 256 pages. Sellers. Paperbound. P. $16.95

**6776353 OUT OF THE SHADOWS: Rethinking the Path to Recovery.** By Mark Litzsinger. “Depression had its claws in Litzsinger for years but by taking the hands offered to him from family, friends, and medical professionals, he was able to climb out of the shadow and into his own hands and work with his doctors to understand the disease and develop a plan for getting the best care to overcome it.” 209 pages. RML Press. Paperbound. P. $14.99


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67398X 1,500 STRETCHES: The Complete Guide to Flexibility and Movement. By Hollis Lieberman. The essential go-to guide for everyone, from weekday computer worker to weekend warrior. Organized by body part, it is the most extensive and up-to-date volume of stretches available anywhere. It targets every muscle in the body from the tiniest in the neck to the largest in the back and legs. Fully illus. in color. 739 pages. Black Dog & Leventhal. Paperbound. Pub. at $14.95. $7.95

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2837021 THE PAIN CURE RX: The Yass Method for Diagnosing and Resolving Chronic Pain. By Mitchell Yass. Looks at the multiple pain areas where people experience pain and lays out simple tests that examine things like range of motion, walking patterns, and posture, and teaches you to use this information to determine whether your pain is muscular or structural. If the pain is muscular, you can use the step by step exercises and routines Dr. Yass offers to get the pain resolution you’re looking for. Illus. 253 pages. Hay House. Paperback. Pub. at $16.99. $12.95

6658970 CANNABIS FOR CHRONIC PAIN: A Medical Prescription for Using Marijuana to Relieve Your Pain and Heal Your Life. By Rav Iker. From a holistic family physician who has treated thousands of patients comes the first authoritative and comprehensive guide for treating chronic pain with medical marijuana. Embracing a new age of acceptance, Dr. Iker answers questions and dispels misconceptions to get you the relief you need. 346 pages. Touchstone. Pub. at $26.99. $19.95

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5909322 STAGES OF SENIOR CARE: Your Step-by-Step Guide to Making the Best Decisions. By Paul & Lori Hogan. This essential resource discusses where-at-home care is right for you, pros and cons of retirement communities, adult care centers, non-medical caregivers, assisted living facilities, nursing homes, and hospices; the costs of senior care; support networks; support services; more. 292 pages. McGraw-Hill. Paperback. Pub. at $19.95 15.95

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