
October 26, 2018

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**239961X** BACKYARD MEDICINE: Harvest and Make Your Own Herbal Remedies. By J. Bruton-Seal & 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

**5886945** ROONEY YEE’S A.M. & P.M. YOGA FOR BEGINNERS. Rooney Yee and Colleen Saidman take you on a journey to better health and well-being each and every day. Start your day with A.M. Energize, setting Yee’s morning yoga practice against gentle waves and the rising sun. Then relax with P.M. Unwind, as Saidman helps you transition to a peaceful, restful evening. 50 minutes. Gaiam. Pub. at $9.95 $3.95

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**6786391** THE ALZHEIMER’S PREVENTION FOOD GUIDE. By S.S. Linja & S. Satai-Waite. Handbook for making brain healthy dietary choices and incorporating mind nourishing foods into your diet, easily and without stress. While there is no known cure for Alzheimer’s disease, there are foods that can reduce the risk of developing this punishing disease. Illus. in color. 176 pages. Rodale. Paperbound. Pub. at $14.99 $11.95

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**6847900** GENIUS FOODS: Become Smarter, Happier, and More Productive While Eating Plant-Based. By Adam S. Narly 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. Paperbound. Pub. at $29.95 $21.95

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690405X FOODS THAT FIGHT CANCER, REVISED: Preventing Cancer Through Diet. By R. Beliveau & D. Gringras. 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. 272 pages. Firefly. Paperbound. Pub. at $29.95 $11.95

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6928363 USING THE GAPS DIET: 175 Recipes for Gaining Control of Your Gut Flora. By Sione 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 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 Import. Pub. at $24.95 $11.95

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6927771 COCONUTS & KETTLEBELLS: An 8-Week Food & 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 healthier inside and out including the 8-week meal plans for women, 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. Paperbound. Pub. at $21.95 $12.95

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, cheat-out checking, hair loss, mood swings 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. PRICE CUT to $3.95

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

6778968 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. Don’t let valuable health clues pass you by. Teas have a rich history of this beloved 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. 336 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 gives you in modern recipes for foods that are smooth and 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 $11.15

6792624 HEAL YOUR GUT AN A TO Z GUIDE: Healthy Bowel, Happy Body. By Sandra Cabot. Presents the latest research to overcome bowel problems and provides you the vital principles of a healing 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. Illus. 288 pages. SCB International. Paperbound. Pub. at $20.00 PRICE CUT to $11.15

6922194 THE VIRGIN DIET: Drop 7 Foods, Lose 7 Pounds, Just 7 Days. By JJ Virgin. Fitness expert and nutrition expert JJ Virgin reveals the secret behind the five-star, gut-healing, food-intolerance intolerance. With this guide she’ll show you how to eat a plenty of anti-inflammatory, healing foods that will never leave you feeling hungry or deprived. In just one week you can drop weight, lose body fat, and feel younger. 334 pages. HarperCollins. Paperbound. Pub. at $15.99

6939008 THE SWEET POTATO DIET: The Super Carb-Cycling Program to Lose Up to 12 Pounds in 2 Weeks. By Michael Morelli. A proponent fitness guru removes 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 45 easy 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 your needs for breakfast, lunch, dinner, snacks, and more, and cover smoothies, soups, and even desserts. Well illus. in color. 270 pages. Ballantine. Paperbound. Pub. at $28.00

5755771 POWERFUL PRESCRIPTIONS TO FEED YOUR BODY Back to Health. By N. Tarr & S. Ruper. This comprehensive whole-body program provides the knowledge and tools you need to be healthier inside and out including the 8-week meal plans for each week 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. Paperbound. Pub. at $21.95

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6948332 THE 3D BODY REVOLUTION. By Donald Driver. Featuring a guide to clean eating, twenty-five recipes targeted to caloric Needs, and illustrated exercises, this volume will propel you through three customized levels, whatever your starting point, and get you the results you want. 215 pages. Harmony. Pub. at $28.00 $16.99

6823467 PUMPING IRONY: How to Build Muscle, Lose Weight, and Have the Last Laugh. By Andrew Ginsburg. A fitness expert presents a workout and diet program that helps you lose weight, build muscle, and sculpt a unique body. By combining extensive fitness knowledge with engaging humor, this guide makes the notion of going to the gym a fun and exciting one. Branding & photos. 216 pages. Skyhorse. PRICE CUT to $2.95

★ 1778935 ULTIMATE WARRIOR WORKOUTS: Fitness Secrets of the Martial Arts. By Martin Rooney. More than 1,000 color photos reveal hundreds of the original training secrets this fitness coach discovered while traveling the globe to study and train with the last living masters in the eight core disciplines of Mixed Martial Arts. Includes 50 varieties of push-ups, dozens of kettlebell exercises, and other training techniques. 345 pages. Skyhorse. Pub. at $29.99 PRICE CUT to $14.95

6906281 WARRIOR CARDIO: The Revolutionary Metabolic Training System for Burning Fat, Building Muscle, and Getting Fit. By Martin Rooney. Offers a fitness and diet program that will help you “burn 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. In color. 401 pages. Morrow. 8 ½ x 11. Paperbound. Pub. at $29.99 $9.95

★ 6760910 WARRIOR WORKOUTS, VOLUME 1. By Stewart Smith. Designed to get you into the best shape of your life, this guide includes over 100 workouts from calisthenics to cardio, and will help you to achieve peak fitness while keeping it fresh and engaging the whole time. 160 pages. Hatherleigh. Paperbound. Pub. at $15.00 $11.95

★ 6872964 WARRIOR WORKOUTS, VOLUME 2. By Stewart Smith. Features over 100 all new workouts designed to simulate the year-long periodized training of Navy SEALs and special forces. Combines exercise information with tailored progression plans from a legendary fitness expert and former Navy SEAL. 232 pages. Hatherleigh. Paperbound. Pub. at $18.00 $11.95

★ 6690222 THE REAL HAPPY PILLS: Power Up Your Brain by Moving Your Body. By Anders Hansen. Modern neuroscience has shown, more than ever, that physical exercise has extraordinary effects on our cognition. Physical activity optimizes our mental capacities and health in a way unparalleled by any drug, medication, or food supplement. With practical and concrete advice this volume will urge you to train your body and mind. Illus. in color. 233 pages. Skyhorse. Pub. at $14.95 $9.95

★ 6778909 COMPLETE PHYSIQUE: Your Ultimate Body Transformation. By Hollis Lance Liebman. 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 top condition; how to burn fat while building lean muscle; diet and nutrition information; and more. In color. 192 pages. Hatherleigh. Pub. at $21.95 PRICE CUT to $11.95


5770335 TRAIN LIKE AN ACTION HERO: Be Fit Forever. By Dolph Lundgren. In this training guide, Dolph proves that exercise can change your life. This shows how to combine strong training, endurance training, and stretching and flexibility training for maximum results; how to train under extreme conditions, the best food and supplements to build your body; and more. In color. 192 pages. Skyhorse. Pub. at $14.95 $9.95

★ 4524098 RESTORING FLEXIBILITY: A Gentle Yoga-Based Practice to Increase Mobility at Any Age. By Andrea Gilats. This guide’s safe, age-appropriate, customizable approach to yoga-based exercises is specifically designed to restore your flexibility, mobility and agility while ensuring a lifetime of independent lifestyle. 137 pages. Ulysses. Paperbound. Pub. at $15.95 $9.95

★ 5904412 60-SECOND SWEET: Get a Rock-Hard Body 1 Minute at a Time with High-Intensity Interval and Metabolic Resistance Training. By Michael Verkley. Combine HIIT (High-Intensity Interval Training) with MRT (Metabolic Resistance Training) to build strength along with cardiovascular fitness in one comprehensive workout. Based on the most up-to-date principles in modern exercise science, this guide will help you attain phenomenal and sustainable fitness one minute at a time. Fully illus. 248 pages. Reader’s Digest. Paperbound. Pub. at $19.99 $9.95

6895212 MUSCLE & FITNESS 360: Build Muscle, Burn Fat, and Get in the Shape of Your Life. Fitness-minded men have a variety of goals—from building muscle to getting stronger to leaning out. This guide has all the bases covered. With tips, strategies, and programs from the leading experts in the field of strength and condition, you have challenging and effective workouts to last for years to come. Fully illus. in color. 175 pages. Triumph. Paperbound. Pub. at $18.95 $9.95

679759X 101 GET-LEAN WORKOUTS AND STRATEGIES. By the eds. of Muscle & Fitness. This guide shows you knowledge and comprehensive programs you can use to shed fat, improve your body, and get healthy in a safe way, using high-intensity resistance training and cardio combinations, a clean diet. Fully illus. in color. 175 pages. Triumph. Paperbound. Pub. at $18.95 $9.95

5838883 RODNEY YEE’S CORE CENTERED YOGA. The acclaimed yoga instructor helps you make small adjustments for amazing results. Split into five parts—Lower Balance, Back Balance, Internal Balance; Bending Balance; and Restorative Balance—this program reveals the importance of finding your “core center” as a pathway to health in mind and body. 46 minutes. Gaiam. $3.95


5571723 THE HIGH INTENSITY FITNESS REVOLUTION FOR MEN: A Fast and Easy Workout with Amazing Results. By Pete Cerqua. Proposes a new, high-intensity program that you can do working out six days a week. Ranging from three to fifteen minutes, these little workouts will shape your body in no time, and can work for anyone from the incredibly fit to the out-of-shape couch potato. Fully illus. in color. 135 pages. Skyhorse. Paperbound. Pub. at $14.95 $9.95

5888864 MARI WINSOR’S BEGINNER PILATES. Top instructor Mari Winsor shows you how to get the most out of your Pilates workout with this definitive beginner’s guide. Learn the basic Pilates principles in Perfect Form Pilates; optimize your breathing for more efficient practice in Pilates Primer; and learn how to ensure that classic Pilates look with Slimming Your Body and LongLength. 65 minutes. Gaiam. $2.95

★ 3631516 CORE TRAINING ANATOMY: An Insider’s Guide to Building a Strong Core. By Abigail Ellsworth. Learn a variety of exercises that both stabilize and strengthen the important core muscles that make up your core. Features clear and easy-to-follow step by step instructions for each movement; photographs and illustrations to demonstrate how target muscles work in each exercise; and a poster with a detailed guide to anatomy most in color. 173 pages. Triumph. Paperbound. Pub. at $18.95 $9.95

160 pages. Thunder Bay. Paperbound. Pub. at $7.95

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Exercise & Fitness

6855784 PEAK PHYSIQUE: Your Total Body Transformation. By Hollis Lieberman. Offering you multiple tools to achieve physical excellence, this guide features a fully personalized, step by step progressive exercise plan of resistance training and cardio, which works whether you are male or female, novice or experienced gym-goer. Includes advice on nutrition. 160 pages. Bloomington, 8x10. PRICE CUT to $2.95

6664199 THE ILLUSTRATED PRACTICAL ENCYCLOPEDIA OF FITNESS TRAINING. By Andy Warhol. Includes everything you need to know about strength and balance training, gym and at home, from planning workouts to improving technique. Features step by step instruction and an easy to follow guide. Fully illus. in color. 256 pages. Hermes House. PRICE CUT to $5.95

6777840 STRENGTH TRAINING: Staying Fit & Fabulous. By Cris Caivano. This guide holds the key to feeling and looking great as you age. Whether you’re hoping to alleviate specific problems or simply attempting to maintain your fitness with tailored nutritional and exercise advice, this blend of methods from yoga, Pilates, tai chi, and other disciplines will help you achieve your goals. Well illus. 160 pages. Paperbound. PRICE CUT to $5.95

6771599 YOGA AND BODY IMAGE: 25 Personal Stories About Beauty, Bravery & Loving Your Body. By M. Klein & A. Guest-Jelley. Twenty-five contributors—including Alanis Morissette, celebrity yoga instructoracore and author Dr. Sara Gottfried—discuss how yoga and body intersect. Through inspiring personal stories, you’ll discover how yoga not only affects your physical health, but also how you feel about your body. 256 pages. Llewellyn. PRICE CUT to $2.95

693017 TACTICAL FITNESS. By Stewart Smith. Fully illus. 256 pages. Hatherleigh. Paperbound. PRICE CUT to $14.95

6952182 THE BOWFLEX BODY PLAN. By Ellington Darden. Illus. 300 pages. Rodale. 8½x10¼. Pub. at $29.95


Beautty & Skin Care


6754578 NATURAL HAIR COLORING: How to Use Henna and Other Pure Herbal Pigments for Chemical-Free Beauty. By Christine Shahin. Offers special formulas for a broad spectrum of black, brown, red, blonde and gray hair, along with guidance on how to cover gray hair and achieve unique color effects using all natural herbs—a healthy alternative to synthetic hair colorants. Well illus. in color. 184 pages. Storey. Paperbound. Pub. at $18.95

6753493 TWIST ME PRETTY BRAIDS: 45 Step-by-Step Tutorials for Beautiful, Everyday Hairstyles. By Abby Smith. Discover how to dress up your hair with these creative and exciting styles. Features instructions for beautiful braids for any occasion like the Looped Accent Braid; Pull-Through Ponytail; Crown Braid; and many more. Fully illus. in color. 127 pages. Ulysses. Paperbound. Pub. at $16.95

6626811 100 ORGANIC SKIN CARE RECIPES: Make Your Own Fresh and Fabulous Organic Beauty Products. By Felicia Price. Filled with all-natural ingredients like shea butter, essential oils, and brown sugar, each of these 100 step-by-step recipes gives you the opportunity to mix up your own beauty products, without any of the hazardous chemicals you’d find in store-bought brands. Includes: Coffee-Spice Body Butter, Jasmine Hair Finishing Oil, Strawberry Super C Sipper, and much more. Color photos. 224 pages. Adams Media. Paperbound. Pub. at $17.99

6948758 RADICAL BEAUTY: How to Transform Yourself from the Inside Out. By D. Chopra & K. Snyder. Feel more beautiful, healthy, and energized than you have in years! Now, a revolutionary new way of taking care of yourself that realize the true beauty that is your birthright. This resource guide offers a new, exciting, practical, and holistic program to help transform you from the inside out. Chronicle. Paperbound. Pub. at $26.99

6864570 PIN IT! 20 Fabulous Bobby Pin Hairstyles. By Annamaria Tendler. Offers 20 unique hairstyles—including braids, buns, twists, waves, and more—that let your bobby pins steal the show. Includes easy to follow step by step instructions and tips for achieving the perfect hair length that reveal a whole new way to style your hair. Fully illus. in color. 128 pages. Chronicle. Pub. at $14.95

1904258 FRENCH WOMEN DON’T GET FACELIFTS: The Secret of Aging with Style & Attitude. By Mireille Guiliano. With a blend of wit, no-nonsense advice, and storytelling flair, Guiliano offers a delightful and encouraging take on aging with style and keeping feeling your best at any age. You won’t find the advice and inspiration she offers just anywhere: these are a French woman’s most guarded beauty and lifestyle secrets. 258 pages. Grand Central. $32.99


6954708 UNRULY CURLS: How to Manage This Style and Love Your Curly Hair. By Michael Price. Whether you have ringlets, waves or even kinky hair, this guide is your savior. Packed with essential tips for liberating your hair from the inside out, this is a fun celebration of curly hair. Well illus. in color. 112 pages. Hardie Grant. Import. Pub. at $14.99

5934404 BOHO BRAIDS: 40 Modern, Free-Spirited Hairstyles. By H.M. Garrett & K. Rossi. Features hundreds of how-to photos to guide you every step of the way with accessory ideas to make the style your own. Capture the BoHo spirit with these 40 DIY tutorials. 192 pages. Alpha. Paperbound. Pub. at $16.95

6899142 100 PERFECT HAIR DAYS. By Jenny Strebe. Learn 100 fabulous looks with this essential beauty guide from a seasoned hairstylist that includes step by step illustrations, and inspiring fashion photographs that make it easy to replicate professional-level style at home. 192 pages. Chronicle. Paperbound. Pub. at $19.95
Health & Medical References

6878423 THE HEALTHIEST PEOPLE ON EARTH: Your Guide to Living 10 Years Longer with Adventist Family Secrets and Plant-based Recipes. By J. Michael Greger. Reveals the secrets of how anyone, anywhere can create their own “Blue Zone” (one of five regions where people live measurably longer than average). Filled with tips, tricks, and plant-based recipes, this guide will be your first step on the journey to a longer, healthier life. 267 pages. BenBella. Paperbound. Pub. at $16.95 $12.95

6943470 THE LONGEVITY PLAN: Seven Life-Transforming Lessons from Ancient China. By Dr. Wei D. Day et al. While traveling in China, he learned of a village free of disease, and where living past one hundred and in good health was not uncommon. After spending time there, his research revealed seven principles that work in tandem to bring health, happiness, and longevity, which he shares in this fascinating guide. Color photos. 288 pages. Harper. Paperbound. Pub. at $16.99 $12.95

6879713 MISTREATED: Why We Think We’re Getting Good Health Care—and Why We’re Usually Wrong. By Robert Pearl. Explains why subconscious misperceptions are so common in medicine, and shows how modifying the structure, technology, financing, and leadership of American health care could radically improve quality outcomes. Dr. Pearl provides a roadmap for a better, healthier future. 309 pages. PublicAffairs. $18.95

363950 50 WAYS TO LOWER YOUR CHOLESTEROL. By M.P. McGowan & J.M. Chopra. Offers 50 expert, practical tips you can use to keep high cholesterol, a potentially life-threatening condition, at bay. Includes dietary changes; nutritional supplements; effective exercises, lifestyle changes, and medical options. 182 pages. McGraw-Hill. Paperbound. Pub. at $14.95 $9.95

673295X THE ORGANIC CHEMISTRY OF MEDICINAL AGENTS. By Adam Renslo. No other text helps you master complex chemistry topics like this indispensable study resource. Uses real world examples to deliver a concise, accessible, and easy-to-follow review of key organic chemistry concepts which helps you understand the mode of action, therapeutic applications, and limitations of various pharmaceutical agents. 210 pages. McGraw-Hill. Paperbound. Pub. at $18.95 $11.95

6939961 THE COMPLETE BOOK OF BONE HEALTH. By Diane L. Schneider. Compiles the latest information about bolstering bones, from prevention to treatment, in an easy to understand resource. 491 pages. Prometheus. Paperbound. Pub. at $21.00 $15.95

6912354 WHEN THERE IS NO DOCTOR: Preventive and Emergency Home Healthcare in the 21st Century. By Bill Trice. This, smartly designed guide is full of medical tips and emergency suggestions. At a time when our health system has become particularly susceptible to strain, this volume should always be within reach. Contains a regularly updated companion website, with provocative videos, anti-aging medicine, natural medicine, and much more. 194 pages. Process Media. Paperbound. Pub. at $16.95 $12.95


676648X THE SLEEP REVOLUTION. By Arianna Huffington. A sweeping, scientifically rigorous, and deeply personal exploration of sleep from all angles. Huffington sounds the alarm that in today’s always-connected, harried and sleep deprived world, our need for a restorative night’s sleep is more important—and elusive—than ever. 392 pages. Harmony. Paperbound. Pub. at $16.00 $9.95

6857341 MAYO CLINIC WELLNESS SOLUTIONS FOR HIGH BLOOD PRESSURE. Offers integrated health action plans specifically to help you control high blood pressure. Changing the way you live can change the way you feel. Presented in three parts: Understanding Your Condition, Eat Well to Feel Well, and Soothing Therapies. Includes 52-page Mayo Clinic My Stress Solution booklet. 93 minutes. Gaiam. Pub. at $19.98 $5.95

6851363 THE END OF HEART DISEASE: The Eat to Live Plan to Prevent and Reverse Heart Disease. By Joel Fuhrman. You don’t need expensive medications or life-changing surgeries; nutritio nal supplements, exercise, and heart-healthy foods will be your first step on the journey to a longer, healthier life. 309 pages. HarperOne. Paperbound. Pub. at $15.99 $11.95

459939X 30 DAY BLADDER FIX: Pelvic Floor Strengthening. By Suzanne Andrews. Suzanne Andrews, a noted pelvic floor expert, demonstrates exercises for finding reliable relief from urinary incontinence and prolapse—without pills or surgery. Presented in three sessions: Day 1—Sitting (36 minutes); Every Day Bladder Fix Bed Workout (20 minutes); and Maintenance Workout (20 minutes). Includes a free resistance band. BayView Entertainment. Pub. at $29.99 $24.95


6921744 WHY WE SLEEP: Unlocking the Power of Sleep and Dreams. By Matthew Walker. It will be your first step on the journey to a longer, healthier life. 509 pages. W.W. Norton. $24.95


6559794 CLEAN: The Revolutionary Program to Restore the Body’s Natural Ability to Heal Itself. By Alejandro Junger with A. Greene. Designed to be easily incorporated into your busy schedule, while providing all the practical tools necessary to support your health. Junger’s program is nothing short of transformative. Nagging health problems will disappear, extra weight will drop away, and more. 332 pages. HarperHarperCollins. Paperbound. Pub. at $21.99 $15.95

5770319 THE DOCTOR’S GUIDE TO SURVIVING WHEN MODERN MEDICINE FAILS. By Scott A. Johnson. In a society we face from an epidemic of sleep deficit disorder. The author shows how forest bathing can reduce your stress levels and blood pressure, strengthen your immune and cardiovascular systems, boost your energy, mood, creativity, and concentration, and even help you lose weight and live longer. Color photos. 310 pages. Viking. Paperbound. Pub. at $24.95 $12.95

6753612 THE ENZYME CURE: How Plant Enzymes Can Help You Relieve 36 Health Problems. By Liia Lee with L. Turner. Presents a low cost, naturally derived enzyme therapy that can improve your quality of life for the better by rebalancing your hormones and reversing such conditions as allergies, gastrointestinal disorders, kidney stones, asthma, diabetes, and weight problems. 296 pages. Square One Publishers. Paperbound. Pub. at $18.95 $13.95

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Health & Medical References

**6916961** DOCTOR YOU: Introducing the Hard Science of Self-Healing. By Jeremy Howick. Aside from the ethical and practical implications of treating medicine as a profit center, Howick demonstrates that the abundance of modern drugs and technologies has blinded us to the fact that the human body produces its own cures, can treat pain, cure itself of many physical ailments, and can even combat mild mental depression. 301 pages. Quercus. Pub. at $26.99

$19.95

**6784878** THE TELOMERE EFFECT: A Revolutionary Approach to Living Younger, Healthier, Longer. By E. Blackburn & E. Epel. Reveals how sleep quality, exercise, diet, and even certain chemicals profoundly affect our telomeres (which protect our genetic heritage), and that chronic stress, negative thoughts, strained relationships, and even the wrong neighborhoods can eat away at them. The authors show how you can make simple changes to keep your chromosomes and cells healthy. Illus. 398 pages. Grand Central. Paperback. Pub. at $17.99

$12.95

**6944299** THE COMPLETE IDIOT'S GUIDE TO DETOXIFYING YOUR BODY. By Delia Quigley. Guides you through the detox process, with tips on super cleansing foods, spa baths, and more. Begins with simple tips to help you figure out when it’s time to detox, and includes a 5-week, step by step program to show you through the detoxing and reintroduction to foods. 323 pages. Alpha.

Paperback. Pub. at $18.95

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Paperback. Pub. at $24.95

**6988479** LIGHT THERAPIES: A Complete Guide to the Healing Power of Light. By Anadi Martel. Covering the historic, scientific, and spiritual aspects of light and its role in energy medicine, Martel explores the vibrational nature of light energy and the interaction between light, biology, and consciousness. Here he details how to use light therapy daily and get optimal benefits from sunlight. Illus. in color. 368 pages. Healing Arts, Pub. at $19.95

**5917425** DESIGNED TO MOVE: The Science-Based Program to Fight Sitting Disease & Enjoy Lifelong Health. By Joan Vernikos. The human body is designed to move, not stay still for hours at a time. Dr. Vernikos provides a simple, easy-to-follow, science-based movement program to help you regain your good health and stay healthy for life. Her program offers a variety of easy, low-impact exercises that can improve your strength, balance, mood, and long term health. 126 pages. Dear Doctor Books. Paperback. Pub. at $12.95

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**6965148** THE GUT WELLNESS GUIDE. By A. Post & S. Caivali. A user friendly guide for anyone grappling with chronic pain, fatigue, gas, bloating, and other common disorders associated with the gut. Addressing a wide range of conditions, this guide presents simple ways to relieve the stress, tune into your body, and create a personalized gut health plan to heal. 180 pages. Atlantic. Paperback. Pub. at $18.95

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**6827829** THE TOXIN SOLUTION. By Joseph Pizzorno. The author provides an eight week program to detox your life. You will learn how to repair the liver, gut, and kidneys to function at maximum capacity by avoiding toxins in food, cleaning products, cosmetics, and more by simply replacing these products with safe alternatives. 280 pages. HarperOne. Paperback. Pub. at $15.99

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Diseases & Disorders

**6896626  PREDIABETES: A Complete Guide.** By Jill Weisenberger. In this volume, Weisenberger gives you advice on taking small, manageable steps to get on the path to good health and diabetes prevention. She provides tips on planning meals, increasing physical activity, eating mindfully, managing emotions, sleeping well, and more. American Diabetes Assoc. Paperbound. Pub. at $16.95 $12.95

**6109099  TOTAL HEALTH TURNAROUND.** By Tricia Fingel. Breaks down the barriers between your symptoms and the root cause, using the latest scientific research. Fingel shows how today’s most common chronic health conditions can be linked to stress and its impact on the health of your adrenal glands and gives you a four-step plan to reverse your adrenal fatigue naturally. 372 pages. Rodale. Pub. at $31.95 $4.95

**654044  THE LYME SOLUTION: A 5-Part Protocol for an Inflammatory Auto-Immune Response and Beat Lyme Disease.** By Darin Ingels. Ingels shares his revolutionary approach to treating and healing acute and chronic Lyme. Drawing on his expertise as a naturopath in practice as well as his own experience as a Lyme patient, he provides a path to wellness by fortifying the microbiome, enhancing the immune system, and strengthening the body’s ability to heal from within. 372 pages. Avery. Pub. at $39.97 $9.97

**6919955  HARNESSING HOPE: Take Control of Your Life and Master Depression.** By Jan Marsh. Takes a holistic approach explaining depression in approachable language and shows how simple lifestyle changes can make a difference. 151 pages. Exisle. Paperbound Import. Pub. at $12.95 $4.95

**597126  UNDERSTANDING DEPRESSION: A Translational Approach.** Ed. by Carmine M. Perna et al. Draws together world leaders in research on depression to discuss for the first time, in an interdisciplina ry setting, both classical and innovative ideas to understand this devastating disease. Includes neurobiological, psychological, genetic, and evolutionary models, with a particular emphasis on the connection between the brain and physical health. Illus., some in color. 385 pages. Oxford. Paperbound. Pub. at $78.00 $5.95

**6894461  THE INNER CAUSE: A Psychology of Symptoms from A to Z.** By Martin Brofman. The author explores the underlying meaning of the symptoms discussed in the A to Z guide, which chakras are involved, how you may be affected, and which issues you might need to look at to resolve the problem. Includes 100 natural remedies that address the root cause of the issue and insight into how we can effectively support our healing process physically, emotionally, and spiritually. 270 pages. Fithorn. Paperbound. Pub. at $17.99 $13.95

**6894453  THE HIDDEN CAUSE OF ACNE: How Toxic Water Is Affecting Your Health and What You Can Do About It.** By Melissa Gallico. Offering a detailed guide to free your body of toxins and return your skin to its natural beauty, Gallico shows that it is possible to heal your skin even when dermatologists and their prescriptions have failed. The author exposes corruption science used to convince people of fluoride’s health benefits and examines the side effects of fluoride, including its impacts on your body. 261 pages. Healing Arts. Paperbound. Pub. at $16.99 $13.95

**3568210  THYROID MIND POWER: The Proven Cure for Hormone-Related Depression, Anxiety, and Memory Loss.** By Richard Shames et al. This groundbreaking guide offers new hope for millions suffering from chronic fatigue, bedazzled, and inadequate treatment of thyroid issues. It pinpoints the connection between thyroid imbalance and conditions such as depression, anxiety, irritability, and more, and offers simple proven remedies. The authors help you understand your condition and power up your thyroid. 166 pages. Fithorn. Pub. at $17.99 $9.99

**6828671  DIAGNOSIS AND TREATMENT OF CHRONIC FATIGUE SYNDROME and MYALGIC ENCEPHALITIS.** By Sarah Myhill. Dr. Myhill examines the essential role our mitochondria play in the production and maintenance of energy. In cells, energy is generated by mitochondria. It’s key to understanding and overcoming Chronic Fatigue Syndrome and the inflammation that often accompanies it: Myalgic Encephalitis. Her approach offers those suffering from CFS as a road to recovery. 413 pages. Chelsea Green. Paperbound. Pub. at $24.95 $19.95


**6912456  CELIAC DISEASE, REVISED EDITION: A Hidden Epidemic.** By Ph.R. Green & R. Jones. Celiac disease is an autoimmune disorder that affects millions only in every hundred people, on which for the most part goes undiagnosed and untreated. This book is a must-read for anyone with gluten intolerance, food sensitivities, a “nervous” stomach, fatigue, chronic fatigue. 333 pages. HarperCollins. Pub. at $25.99 $4.95

**6921006  RECLAIMING LIFE AFTER TRAUMA: Healing PTSD with Cognitive-Behavioral Therapy and Yoga.** By D. Mintle & J.K. Staples. Drawing on many years of clinical work and their experience administering the successful Integrative Trauma Recovery Program, the authors help readers understand PTSD and show how we can use our own minds and bodies to recover, and present powerful tools that target the negative emotions and self-sabotaging behaviors that accompany the disorder. 1100 pages. Healing Arts. Paperbound. Pub. at $16.99 $13.95

**6894249  I CAN AND LAUGH: DEMENTIA, 2ND EDITION.** By Lee-Fay Low. All about how to make life with dementia as positive as possible to maximize quality of life for all involved. This guide enables families to help their loved one maintain their identity and also maintain their social skills, and get your metabolism and body thermostat back under control. 306 pages. Adams Media. Paperbound. Pub. at $14.99 $7.99

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