
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 $14.99 $9.95

6881601 DON’T EAT THIS IF YOU’RE TAKING THAT: The Hidden Risks of Mixing Food and Medicine. By Madelyn & John Fernstrom. Takes the mystery out of food and medication interactions. This easy to use guide details foods that can interfere with the action of the medication you are taking—whether taken for short or long term. Dr. Fernstrom explains exactly what foods to avoid when and why. 213 pages. Globe Pequot. Paperbound. Pub. at $18.99 $5.95

Skyhorse. Paperbound. Pub. at $17.99 $4.95

6987702 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. Paperback. 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

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 IRRItable 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 physiology and psychology 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


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. Paperback. Pub. at $29.99 $9.95

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**Nutrition & Weight Management**


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- **5913377** THE ACID ALKALINE BALANCE DIET, REVISED EDITION. By Felicia Drury Kilment. Promotes a sensible food-combination program along with alternative therapies to balance the positively and negatively charged acids 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. $4.95

- **2904425** JUMP START KETOSIS: Intermittent Fasting for Burning Fat and Losing Weight. By Kristen Mancinelli. Intermittent fasting will put your body into a state of ketosis where it burns fat 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. Ulysses. Paperbound. Pub. at $14.95. $11.95

- **2827220** THE WELL PATH: Lose 20 Pounds, Reverse the Aging Process, Change Your Life. By Jane Steiner. This book combines 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. 321 pages. Harmony. Pub. at $14.95. $7.95

- **2845849** TIGHTEN YOUR TUMMY IN 2 WEEKS. By Ellington Hance. This five-step system 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. $4.95

- **1874020** 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 $17.99. $9.95

- **2901728** THE JUICE DIET. By Christine Bailey. There are over 100 juices and smoothies that offer a quick way to jump start your weight loss and revitalize your body. Watch the weight drop off, simply by sipping such luscious 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. $3.95

- **685121X** SUICIDE BY SUGAR: A Startling Look at Our #1 National Addiction. By N. Appelqvist & G. 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 amounts of sugar found in many popular foods and beverages. 180 pages. Square One Books. Paperbound. Pub. at $15.95. $11.95

- **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 day. Get your weight-loss specialist Dr. Colella presents 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. $8.95

- **6845975** MEDITATE YOUR WEIGHT. By Tiffany Crockshank with M. van Aalst. This 12-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 minutes every day. By channeling your inner weight-loss specialist Dr. Crockshank 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 $12.95. $6.95

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

**6787399** THE CASE AGAINST SUGAR. By Gary Taubes. From the author of Why We Get Fat comes a groundbreaking and urgent expose that makes the convincing case that sugar is the tobacco of the new millennium: bad for your health, bad for your wallet, bad for the planet, and making us very sick. 365 pages. Anchor. Paperback. Pub. at $16.00 $11.95

**2826070** THE CASE AGAINST SUGAR. By Gary Taubes. A groundbreaking expose that makes the convincing case that sugar is the tobacco of the new millennium: bad for your health, bad for your wallet, bad for the planet, and making us very sick, arguing that sugar is at the root of many health related problems. This resource provides us with the perspective necessary to make informed decisions about sugar. 365 pages. Knopf. Pub. at $26.95 $5.95

**279313X** EAT REAL TO HEAL: Using Food as Medicine to Reverse Chronic Diseases from Diabetes, Arthritis to Cancer and More. By Nicolette Richer. Shows you the organic, plant-based foods you should be eating to fight disease. This guide offers practical ideas to help you tune in to nutrition, detoxification, and self-awareness, this guide teaches you how to power up your immune system to help fight chronic diseases and even cancer. Illus. 199 pages. Mango. Paperback. Pub. at $18.99

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


**6904173** HOW FOOD WORKS: The Facts Visually Explained. By Maggie Pate & Andrew Geppel. A visually appealing and easy-to-understand guide. This visual guide, full of fascinating facts, demystifies the whole process from how food is produced to whether it is good for you.

256 pages. Dorling Kindersley. Pub. at $20.00 $8.95

**7411975** A CONSUMER’S DICTIONARY OF FOOD ADDITIVES, REVISED 7TH EDITION. By Ruth Winter. Gives you the facts about the safety and side effects of more than 12,000 ingredients, such as preservatives, food tinting pesticides, and animal drugs, that end up in food as a result of processing and curing, including more than 650 new chemicals now commonly used. 595 pages. Three Rivers. Paperback. Pub. at $17.95 $12.95

**6763766** THE HUNGRY BRAIN: Outsmarting the Instincts That Make Us Overeat. By Stephen J. Guyenet. Takes readers on an eye-opening journey through cutting-edge neuroscience that has never before been available to the layperson. Guyenet delivers profound insights into why the brain undermines our weight goals never before been available to the layperson. Guyenet delivers.


**2808501** THE ENNEAGRAM OF EATING: How the 9 Personality Types Influence Your Food, Diet, and Exercise Choices. By Ann Gadd. This well-known Enneagram system of personality types offers case histories. Based on Brown’s extensive clinical experience, and illustrated by detailed


**6763456** THE FEELGOOD PLAN: Happier, Healthier & Slimmer in 15 Minutes a Day. By D. Wong & K. Faithfully-Williams. Packed with down to earth ideas to help you tune in to what really makes your body feel great, from 15-minute workouts that make you feel younger and healthier versions of all your favorite foods. Wong offers practical ideas to fit exercise into jam packed lives, conquer cravings, and stop emotional eating. Well illus. in color.

224 pages. Sterling Pub. at $21.95 $17.95


Healthy Cooking & Special Diets

**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 that actually melts fat? Find out how, by following the negative calorie plan, you can boost your metabolic rate; burn calories more effectively; lower dangerous cholesterol levels; increase your energy; feel better health, and protect yourself from disease. 323 pages. Morrow. Paperback. Pub. at $16.95 $4.95

**6917763** BADDITIES! The 13 Most Harmful Food Additives in Your Diet–And How to Avoid Them. By Bill & Linda Bonvie. The authors cut through the fog of information overload with current, straightforward offers. They reveal the commonly used flavor enhancers to avoid at all costs, the hazardous industrial waste product that’s in your food, and many, much, much more. Illus. 181 pages. Simon & Schuster. Paperback. Pub. at $14.99 $4.95

**6763367** EAT THIS, NOT THAT!SUPERMARKET SURVIVAL GUIDE. By David Zinczenko with M. Goulding. Without dieting or exercise or sacrificing your favorite foods, you can eat your way thin and stay that way forever. This guide shows you how to power up your immune system to help fight chronic diseases


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2708568 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 food would help you the most. 128 pages. Duncan Baird. Paperback. Sold Out

6794264 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 alkaline-rich, easy-to-prepare recipes and 284 pages. Da Capo. Paperback. Pub. at $17.99 $12.95

6753521 THE ACID ALKALINE FOOD GUIDE, SECOND EDITION. By S.E. Brown & L. Trivieri, Jr. Now in its second edition, this bestseller has been expanded to include many more domestic and international foods. Updated information explores the latest cutting-edge research (and refutes) the myths about pH balance and diet, and guides you to supplements that can help your body achieve a healthy pH. 212 pages. Square One. Paperback. Pub. at $8.95 $6.95

4635213 THE COMPLETE GUIDE TO BEATING SUGAR ADDICTION. By Jacob Teitelbaum et al. Uncovers four types of sugar addiction and gives a step by step plan for resolving their underlying causes, breaking sugar cravings forever, and achieving dramatically improved health and energy levels, while also making it easier to lose weight and stay healthy. 634 pages. Health Press. Paperbound. Pub. at $19.95 $13.95

6834389 THE GUT BALANCE REVOLUTION: Boost Your Metabolism, Restore Your Inner Ecology, and Lose the Weight for Good! By Gerard E. Mullin. Mullin shares the first proven, science-based program to restore and retain weight loss by achieving a balanced gut flora. He reveals how to stifle the fat-forming, disease-promoting gut bacteria, reseed your gut with good, fat-burning ones, and fortify those flora with the right foods to reboot, rebalance, and renew your health—and lose weight for good. 409 pages. Rodale. Paperback. Pub. at $16.99 $5.95

6948790 THE SALT FIX. By James DiNicolicontonio. 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 craze to show us, your life may depend on it! 258 pages. Harmony. Pub. at $26.99 $4.95

6825249 THE EVERYTHING GUIDE TO THE MIND DIET. By C. Ellingsworth & M. Khaleghi. Discover the breakthrough diet that feeds your brain—and your body. This innovative Mediterranean and DASH diets, the MIND diet can lower your risk of Alzheimer’s by 53 percent. This guide leads you through with shopping lists, meal plans, and 200 delicious recipes for everything from breakfast to dessert. 258 pages. Adams Media. Paperback. Pub. at $16.99 $12.95

6763219 DEEP NUTRITION: Why Your Genes Need Traditional Food. By Catherine & Luke Shanahan. Researching diets around the world, Dr. Cate identified four common nutrition habits that have produced strong, healthy, intelligent children and active elders: fresh food, fermented and sprouted foods, meat cooked on the bone, and organ meats. Here she combines science with common sense to illustrate this


Healthy Cooking & Special Diets

6900090 GOOD CLEAN FOOD: Shopping Smart to Avoid GMOs, rBGH, and Products That May Cause Cancer and Other Diseases. By Trudi B. Lebron & B. Lebron. Common foods, hormones, and pesticides, it sometimes feels like our food has become so artificial that shopping smart is impossible. This practical, positive guide presents all of the information you need to make healthy food choices for you and your family.

Photos. 166 pages. Skyhorse. Pub. at $24.95 $4.95

4615328 THE DOCTOR’S KIDNEY DIETS: A Nutritional Guide to Managing and Slowing the Progression of Chronic Kidney Disease. By Dr. Chong Kang. Chronic kidney disease is manageable, and a crucial part of any treatment plan is diet. People with CKD reap significant benefits from dietary and lifestyle changes. By pairing easy to understand information and guidance with great kitchen-tested recipes, the author enables you to better manage your CKD and enjoy a longer, healthier life. 208 pages. Square One Publishers. Paperbound. Pub. at $17.95 $12.95

2851903 LEMONS ARE A GIRL’S BEST FRIEND: 60 Superfood Recipes to Look and Feel Your Best. By Janet Hayward. Collected here are 30 superfoods highlighted for their healing properties, each with an easy to make beauty treatment for a healthy glow, and delicious recipes that nourishes from the inside. 128 pages. Clarkson Potter. Pub. at $12.99 $4.95

6753825 UNSAFE AT ANY MEAL: What the FDA Does Not Want You to Know About the Foods You Eat. By Renee Joy Dufault. Beginning international foods. Updated information explores the latest cutting-edge research (and refutes) the myths about pH balance and diet, and guides you to supplements that can help your body achieve a healthy pH. 212 pages. Square One. Paperback. Pub. at $8.95 $6.95

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6826051 FLAT FOOD, FLAT STOMACH: The Science of Skinny. By Janet Haywar. This helpful guide gives you the tools you need to pair easy to make beauty treatments for a healthy glow, and delicious recipes that nourishes from the inside. 128 pages. Clarkson Potter. Pub. at $12.99 $4.95

2823772 NOURISHING FATS: Why We Need Animal Fats for Health and Happiness. By Sarah Ballantyne, PhD, and John Renagel. Morell offers the science behind why animal fats are vital for fighting infertility and inflammation, improving mood, and relieving chronic disease and allergies. She features easy solutions in the form of some delicious recipes, for adding these fats back into your diet. Celebrate the return of egg yolks and butter back into your life! 256 pages. Grand Central. Paperbound. Pub. at $24.99 $6.95
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 conquers all the preconceived notions about carbohydrates, taking you away from the fear of traditional carb cycling by simplifying it down to a step by step guide. This diet is designed to help you lose weight and improve your metabolism.

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**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 your diet and lifestyle, we can be happier mind-set, enhanced immunity, a decreased risk of developing neurological diseases and even lose weight. 316 pages. HarperWave. Paperback. Pub. at $16.99 $12.95

**2839067** THE COLLAGEN DIET. By Pamela Schoeffeln. Packed with proven techniques, helpful strategies and delicious recipes, this book will take you simple steps to boost your body’s collagen production and strength. Provides over ninety nutritious recipes to fuel your body and help you reach your goals. 284 pages. Weldon Owen. Pub. at $25.00 $7.95

**2836X2** 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 satisfaction. Also includes over 100 pages of information, there are 70 recipes that will start you on the road to metabolic harmony. Color photos. 192 pages. Skyhorse. Paperback. Pub. at $14.95 $4.95

**6980087** EAT RIGHT, TRAIN RIGHT: Nutritious Recipes to Lose Weight, Build Muscle, and Get Fit. By N. Ericsson & C.P. Reinhardt. Provides over ninety nutritious recipes to fuel your body and help you reach your goals. 284 pages. Weldon Owen. Pub. at $25.00 $7.95

**6838777** EAT BETTER, LIVE LONGER: Understand What Your Body Needs to Stay Healthy. By S. Brewer & J. Kellow. Prove how ten key principles can lead you to a longer, healthier life, built on evidence from long-lived communities around the world, and discover which foods are longevity wonders, or belong to supergroups, and why you can earn this status. Includes 110 nutrient-packed recipes. Illus. in color. 224 pages. Dorling Kindersley. Paperbound. Pub. at $19.99 $14.95

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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 that can cause disastrous changes to our natural cleansing system, including preventing painful kidney stones; boosting immune function; increasing energy; improving mood, curing low-back kidney pain; and more. 233 pages. Ulysses. Paperback. Pub. at $14.95 $7.95

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**6841201** SOFT WIRE: NEW ERA FOR EASIER EATING COOKBOOK. By S. Woodraft & L. Gilbert-Henderson. An easy to follow guide that details maximum nutrition and taste when soft or smooth foods are needed. Part One highlights simple strategies for living with chewing and swallowing difficulties, and guides you in modifying recipes for soft and smooth texture. Part Two presents 150 recipes for soups, stews, and more. 309 pages. Square One Publishers. Paperback. Pub. at $18.95 $11.95

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Healthy Cooking & Special Diets

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 to eliminate those 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. Paperback. Pub. at $16.99 $5.95

★ 6945402 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. 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-Day Plan to Flatten Your Stomach & Fuel Your Muscles! By Stephen Perrine et al. The ultimate guide to getting the strong hard body 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 type 2 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 when from breakfast, lunch and dinner to snacks, salads and soups and includes flavorful recipes. Color photos. 208 pages. Page Street. Paperback. Pub. at $22.99 $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. Takes you on a journey that helps you lose weight, build muscle, and live the life nature intended you to live. Includes detailed explanations of the science behind the diet; an overview of the nutrients needed for optimal wellness; tips for correcting common ketosis mistakes; and two no-cook meal plans. 320 pages. Victory Belt. Paperback. Pub. at $29.95 $21.95

★ 6847900 GENIUS FOODS: Become Smarter, Happier, and More Productive While Protecting Your Brain for Life. By Max Lugavere. This groundbreaking 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 whiteness to them, 388 pages. HarperWave. Pub. at $27.99 $21.95

★ 6909612 THE 28-DAY GUT HEALTH PLAN: Lose Weight and Feel Better from the Inside. By Jacqueline Whitehurst. Does your weight seem unaffected by what you eat and how often you exercise? This 28-day plan that anyone can follow will help you find and banish 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 $22.99 $6.95


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★ 6849858 WHAT THE HEALTH: The Startling 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 journey to the inside of their bodies 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. Color photos, 360 pages. BenBella. Paperback. Pub. at $21.95 $16.95

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