### Nutrition & Weight Management

<table>
<thead>
<tr>
<th>ISBN</th>
<th>Title</th>
<th>Author</th>
<th>Description</th>
<th>Publisher</th>
<th>Price</th>
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<tbody>
<tr>
<td>2804425</td>
<td>JUMP START KETOSIS: Intermittent Fasting for Burning Fat and Losing Weight</td>
<td>By Kristen Mancinelli</td>
<td>Intermittent fasting will put your body into a state of ketosis, and burn fat instead of glucose for energy.</td>
<td>Pub. at $16.95</td>
<td>$5.95</td>
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<tr>
<td>2859916</td>
<td>THE DNA RESTART. By Sharon Moalem</td>
<td>The author turns traditional dietary advice on its head with groundbreaking research that demonstrates we all require different diets tailored to our own unique genes.</td>
<td>Pub. at $16.95</td>
<td>$4.95</td>
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<tr>
<td>2845849</td>
<td>TIGHTEN YOUR TUMMY IN 2 WEEKS. By Ellington Darden</td>
<td>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 &amp; Fitness.</td>
<td>Pub. at $26.99</td>
<td>$5.95</td>
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<tr>
<td>6913377</td>
<td>THE ACID ALKALINE BALANCE DIET, REVISED EDITION. By Felicia Drury Krumnow</td>
<td>The acid-alkaline food-combination program along with alternative therapies to balance the positively and negatively charged acidic particles in the body.</td>
<td>Pub. at $16.95</td>
<td>$4.95</td>
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<tr>
<td>2858746</td>
<td>ALWAY EAT DESSERT: And 6 More Weight Loss and Lifestyle Habits I Learned in the Convent</td>
<td>By Mary Lou Reid</td>
<td>This book is a celebration of good things in a food-conscious plan. My Convent Diet is neither trendy nor a magic bullet, but for most it takes some trial and error, but it works! The secret is not to diet, but to change your way of looking at food.</td>
<td>Pub. at $16.95</td>
<td>$4.95</td>
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<tr>
<td>2823586</td>
<td>CHOLESTEROL CURES, REVISED: The Breakthrough Menus Plan to Slash Cholesterol</td>
<td>By the eds. of Rodale Health Books.</td>
<td>This plan is a break-through in foods and nutritional supplements, along with certain physical activities and other lifestyle factors, have a direct correlation to healthy cholesterol levels.</td>
<td>Pub. at $26.99</td>
<td>$5.95</td>
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**Current titles are marked with a ★**
**2793075 FAST FOOD GENOCIDE: How Processed Food Is Killing Us and What We Can Do About It.** By Joel Fuhrman with R.B. Phillips. On the research of the foremost voice in the health field explains why the problem of poor nutrition is deeper, more serious, and more pervasive than anyone imagined, and reveals the startling answers. High plaque, plain sign a nutrient-dense, healthful diet that can save lives. 342 pages. HarperOne. Paperback. Pub. at $15.99

**2393849 25 DAYS: A Proven Program to Rewire Your Brain, Stop Weight Gain, and Finally Crush the Habits You Hate--Forever.** By Drew Murray with M. Murphy. The author creates a unique, multifaceted approach that helps you rewrite your neurological patterning, what lies underneath those habits that get in your way, so 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

**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 pangs. With this guide, weight-loss specialist Dr. Colella presents a six week, three phase plan to help you diminish cravings while achieving your desired weight. 296 pages. HarperOne. Pub. at $26.99

**6778399 THE CASE AGAINST SUGAR.** By Gary Taubes. A groundbreaking and urgent expose that makes the convincing case that sugar is the tobacco of the new millennium: backed by powerful lobbies, entrenched in our lives, and making us very sick. 365 pages. Anchor. Paperback. Pub. at $16.00

**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: backed by powerful lobbies, entrenched in our lives, 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

**6539882 SUPER IMMUNITY: The Essential Nutrition Guide for Boosting Your Body’s Defenses to Live Longer, Stronger, and Disease Free.** By Joel Fuhrman with R.B. Phillips. A board-certified medical specialist in prevention and reversing disease offers a comprehensive guide to superior health. Based on the latest scientific research, he shows us how we can become almost superior health. Based on the latest scientific research, he shows us how we can become almost

**7411978 A CONSUMER’S DICTIONARY OF FOOD ADDITIVES, REVISED 7TH EDITION.** By Ruth Winter. Gives you the facts about the safety and effects of more than 1,000 ingredients, such as preservatives, food tainting pesticides, and animal drugs, that end up in food as a result of processing and curing, including more than 650 new and commonly used chemicals. Three Rivers. Paperback. Pub. at $17.95

**2793133 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 fortify and detoxify. Focusing on diet, nutrition, detoxification, and self-awareness, this guide teaches you how to power up your immune system and fight disease. Even cancer. 209 pages. Mango. Paperback. Pub. at $18.99

**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 insight into how each type eats and exercises. Gadd reveals for each of the nine types: the emotional eating triggers; what exercise regimen will inspire rather than tire; why we entertain the way we do; what type fails and which type wins. 192 pages. Finishing. Paperback. Pub. at $16.99

**2780249 BECOMING AGELess: The Four Secrets to Looking and Feeling Younger Than Ever.** By Strauss Zeilnin & Z. Zeigler. This science-backed three-month plan will give you the essentials you need to live happier, leaner, and more muscular for the rest of your life. Take inventory of what you want out of life, learn to ward off illness, develop healthier eating habits and bonds with family and friends; and melt the pounds away by eating delicious foods and doing fast and fun workouts. Illus. 239 pages. Galvanized. Pub. at $26.00

**2896214 EAT RIGHT FOR YOUR SHAPE.** By Lee Holmes. By identifying your unique body type once and for all, and keeping it in balance, you can find the key to maintaining your weight and overall health. An extensive introductory section to Ayurveda, the Indian healing system, features tips, tables of dosha-specific foods, and Ayurvedic plans as well as yoga exercises illustrated with step by step photos, and 120 recipes. 272 pages. Fair Winds. Paperback. Pub. at $24.99


**6899757 COMPLETE FAMILY NUTRITION.** By Jane Clarke. Offers clear, practical, and positive advice on how you can trust the queue so many parents ask. Learn which key nutrients growing children need and how to achieve a healthy weight and what the difference between food allergy and food intolerance is. Clarke gives tested tips for small children to help fight disease, and strip away pounds in just 21 days. 242 pages. Zinc Ink. Paperback. Pub. at $20.00


**6002400 EXTREME TRANSFORMATION: Lifelong Weight Loss in 21 Days.** By Chris & Heidi Powell. The hosts of the hit TV show Extreme Weight Loss share their proven, life-changing, step-by-step guide for losing weight and keeping it off. With their help, readers will see the hidden path of transformation: be empowered to take control of their health and fitness, lose the weight, and enjoy dozens of gourmet recipes. Illus. 308 pages. Hachette. Paperback. Pub. at $15.95

**6680072 THE DIET TRAP SOLUTION.** By J.S. Beck & D.B. Busis. This accessible and highly practical guide enables us to stay on the healthy diet of our choice and not only lose weight, but keep it off. The 28-day program brings together the power of cutting-edge science with proven alternative nutritional remedies. By Taz presents a simple solution based on the science of the calorie deficit and the fat-as-fuel approach. Rich in fiber and nutrients and carb-corrected to accelerate fat loss, it quickly depletes existing fat reserves. Features recipes and meal plans. 298 pages. Grand Central. Paperback. Pub. at $18.00

**6723387 JAMES DUIGAN’S BLUEPRINT FOR HEALTH: Lose Weight and Feel Better in 14 Days.** From a world-renowned health expert comes a comprehensive guide to transforming your body. After discussing the fundamental pillars of health—mindset, nutrition, movement, and sleep—he shares 80 delicious recipes, more than 25 effective exercises, guided meditations, and more to get you on the right path. Well illus. in color. 223 pages. Sterling. Pub. at $24.95

**6773484 PROVEN PATHWAYS TO EXTREME TRANSFORMATION.** By Strauss Zeilnin & Z. Zeigler. This science-backed three-month plan will give you the essentials you need to live happier, leaner, and more muscular for the rest of your life. Take inventory of what you want out of life, learn to ward off illness, develop healthier eating habits and bonds with family and friends; and melt the pounds away by eating delicious foods and doing fast and fun workouts. Illus. 239 pages. Galvanized. Pub. at $26.00

**6899757 COMPLETE FAMILY NUTRITION.** By Jane Clarke. Offers clear, practical, and positive advice on how you can trust the queue so many parents ask. Learn which key nutrients growing children need and how to achieve a healthy weight and what the difference between food allergy and food intolerance is. Clarke gives tested tips for small children to help fight disease, and strip away pounds in just 21 days. 242 pages. Zinc Ink. Paperback. Pub. at $20.00
Healthy Cooking & Special Diets

★ 6794254 GET OFF YOUR ACID: 7 Steps in 7 Days to Lose Weight, Fight Inflammation, and Reclaim Your Health & Energy. By Dr. Michael Greger. Inflammation is the culprit behind many of our current ailments, from weight gain to chronic disease. In this accessible reference, Dr. Greger shares his revolutionary approach of eating primarily highly acidic foods, alkalize your body and balance your pH. Includes alkaline recipes for easy, delicious snacks and meals. 284 pages. Da Capo. Paperback. Pub. at $17.99 $12.95

★ 6722555 EAT CLEAN, STAY LEAN: 300 Real Foods and Recipes for Lifelong Health and Lasting Weight Loss. By the eds. of Prevention with W. Banzan. Eating healthy really means eating clean, or choosing whole foods sourced from the earth with the least processing and fewest possible ingredients that sound like that 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 foods at home. 294 pages. Rodale. Paperback. Pub. at $21.95 $16.95

★ 5691769 FAT FOR FUEL: A Revolutionary Diet to Combat Cancer, Boost Brain Power, and Increase Your Energy. By Joseph Mercola. A leading natural-health practitioner explains how nearly all disease is caused by defective metabolic processes. He then reveals what’s causing your metabolic dysfunction and gives you the tools to heal your mitochondria. By giving your body the proper fuel, Dr. Mercola argues you can take control of your health, and a cyclical ketogenic diet is the way to support this healing. 339 pages. Hay House. Paperback. Pub. at $16.95 $12.95

2864606 THE GREEK DIET. By M. Loi & S. Calabrese. Discover easy, flexible meals that are structured around the twelve Pillar Foods of the Mediterranean diet to jump-start your weight loss and improve your overall health, along with 100 authentic Greek recipes that include Fish Stew with Tuna and Olives, Greek Fish Stew with Tuna and Olives, and Spring Stuffed Leg of Lamb. 16 pages of color photos. 294 pages. Morrow. Paperback. Pub. at $19.99 $9.95

★ 2908441 THE COMPLETE BOOK OF KETOGENIC DIETS and Ketone Supplements. By Mary T. Newport. Far more than recipes and diet tips, this guide offers a revolutionary approach to vibrant health includes his three-step protocol; practical advice on nutrition and sleep, stress management, and exercise; and a fourteen day meal plan with recipes. 294 pages. Little, Brown; Pub. at $26.00 $5.95

★ 6859054 GLUTEN EXPOSED. By P.H.R. Green & R. Jones. Provides an in-depth examination of every symptom and condition associated with gluten, what it is, what it does, what it doesn’t do. With this 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

★ 2839067 THE COLLAGEN DIET. By Pamela Schoeny. Packed with proven techniques, health-boosting Deluxe and delicious recipes, this resource offers simple steps to boost your body’s natural collagen production. Schoeny explains everything you need to know about collagen including how much to consume daily and which foods naturally contain it. 234 pages. Rodale. Paperback. Pub. at $15.95 $11.95

★ 5788668 THE MIRACLE KIDNEY CLEANSE: An All-Natural, At-Home Flush to Purify Your Body. By Lauren Felts. Shows you how to flush out toxins and maximize the benefits of the body’s natural cleansing system including the legend of a 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 $11.95

2817086 HOT DETECTORS: A 21-Day Anti-Inflammatory Program to Heal Your Gut and Cleanse Your Body. By Julie Daniluk. This guide makes a revolutionary breakthrough in how you can fire up your digestive power and cleanse and heal your body. Includes over 140 delicious recipes. Fullyillus. in color. Collins. Paperback. Pub. at $7.95

★ 6910475 THE MIND-GUT CONNECTION: How the Hidden Conversation Within Our Bodies Influences Our Lives and 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 of diet and lifestyle, we can achieve a 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

★ 6768413 THE APPLE CIDER VINEGAR CURE. By Madeline G. Gives all the information you need to know about the healing power of apple cider vinegar. Provides instructions on over 20 healing home remedies and 25 natural body and hair care treatments. The author also highlights the benefits of diet and lifestyle, we can achieve a 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

★ 2788993 BOTTOM LINE’S GUIDE TO HEALING FODS. Nearly every health problem, from diabetes and allergies to Alzheimer’s and 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 offers a simple Pick 4 guide to creating meals, smoothies, and salads, this guide makes getting the right balance of carbs, fat, and protein easy. Rather than merely targeting weight loss, The Hormone Diet Plan outlined in this guide works with your body to correct the imbalance that is less inflamed and more balanced. All of the approaches are gentle and support your whole body. Includes the most current information on managing acne, from the role of diet to conventional treatments. 384 pages. Rodale. Paperback. Pub. at $24.95 $7.95

★ 6786008 THE GRAIN BRAIN WHOLE LIFE PLAN. By David Perlmutter with K. Lobreg. This guideficial guide to Dr. Perlmutter’s revolutionary approach to vibrant health includes his three-step protocol; practical advice on nutrition and sleep, stress management, and exercise; and a fourteen day meal plan with recipes. 294 pages. Little, Brown; Pub. at $26.00 $5.95

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Healthy Cooking & Special Diets

★ 6794343 KETO: The Complete Guide to Success on the Keto Diet, Including Simplified Science and No-Cook Meal Plans. By Marla & Craig Emmitt. Takes you on a journey that helps you lose weight, build muscle, and live the life nature intended you to live. Includes a detailed explanation of the step-by-step behavior to get; an overview of the nutrients needed for optimal wellness; tips for correcting common keto mistakes; and two no-cook meal plans. 320 pages. Victory Belt. Paperbound. Pub. at $29.95
★ 21.95
6610499 THE MEN’S HEALTH DIET: The 6-Week Plan to Flatten Your Stomach & Fuel Your Muscles. By Stephen Perrine 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
★ 6841201 SOFT FOODS FOR EASIER EATING COOKBOOK. By S. Woodruff & 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 guides you in modifying recipes for soft and pureed textures. Part Two features recipes for smoothies, soups, and more. 309 pages. Square One Publishers. Paperbound. Pub. at $18.95
★ 2658169 THE HEALING POWERS OF SUPERFOODS: A Complete Guide to Nature’s Favorite Functional Foods. By Cat Gray. With over 50 recipes from chefs, this down to earth guide will show you how to get healthy and stay healthy with body friendly superfoods. It will take you to a world of wellness that starts at your plate. 16 pages of color photos. 316 pages. Citadel. Paperbound. Pub. at $16.95 ★ 11.95
★ 6954502 100 OF THE MOST EFFECTIVE WAYS TO SUPERCHARGE YOUR METABOLISM. By Cynthia Phillips et al. Proven, safe, and effective strategies for raising your metabolism and 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. Credos. Pub. at $21.95 ★ 11.95
★ 2849588 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 science-based tour of the hazards posed by consuming animal products and what happens when we stop. There’s a revolution in nutrition brewing and you’re invited to join. Includes 50 plant-based recipes to get you started. Color photos. 360 pages. BenBella. Paperbound. Pub. at $21.95 ★ 16.95
★ 6841198 DEADLY HARVEST: The Intimate Relationship Between Our Health and Our Food. By Geoff Bond. This groundbreaking book examines how the foods we eat today have little in common with the foods of our ancestors, and why this is important to our health. Also offers a program to teach how to prepare, cook, and eat healthy foods. 324 pages. Square One Books. Paperbound. Pub. at $16.95 ★ 11.95
★ 6952771 COCONUTS & KETTLEBELLS: Weight Loss & Fitness 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 and fit for life. Includes over 8 weeks of meal plans, each with weekly shopping lists and instructions on how to batch cook, meal prep, and stock the pantry. 76 delicious recipes, and three 4-week thirty-minute fitness plans tailored to beginners, intermediate, and advanced levels. Color photos. 354 pages. Morrow. Paperbound. Pub. at $29.99 ★ 21.95
Healthy Cooking & Special Diets

**6923836 USING THE GAPS DIET: 175 Recipes for Gaining Control of Your Gut Flora.** By Signe Gad. Used for a range of modern chronic diseases that have their roots in compromised intestinal flora, GAPS is free of sugar, starch, and processed food including additives and is for those living with chronic diseases like diabetes, behavioral disorders, depression and excess weight. 175 recipes and information on the GAPS protocol, you can heal your gut and gain control of your health. 288 pages. Robert Rose. Paperback. Pub. at $24.95. $19.95

**5656923 THE HUNGER TYPE DIET.** By Lowri Turner. Based on cutting-edge research and proven results from her clients’ success, Turner shows you how to identify what is driving your overeating—from cravings, to tiredness, to stress. Then she shows you how to eat to rebalance your hormones to reduce your appetite, so that you can lose weight quickly and keep it off. Includes over 100 delicious recipes. 336 pages. Nourish. Paperback. Pub. at $12.95. $5.95

**6747558 FOODS THAT CAUSE YOU TO LOSE WEIGHT: The Negative Calorie Effect.** By Neal Barnard. Did you know that certain foods have an increasing negative weight? 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, enjoy better health, and protect your heart. 323 pages. Morrow, Paperback. Pub. at $17.99. 6771572 EVEN THE STIFFEST PEOPLE CAN DO THE SPLITS. By Eiko. Whether you spend your days running marathons or slouching over a keyboard, you can benefit from stretching and the increased flexibility that comes along with it. With only 5 minutes of stretching a day, you will experience a host of health benefits such as better circulation, fewer joint injuries, improved balance, and more. Well illus. in color. 154 pages. Rodale. Paperback. Pub. at $18.99. $13.95

**677766X THE PLANT PARADOX: The Hidden Dangers in Healthy Foods That Cause Disease and Weight Gain.** By Steven R. Gundry with O.B. Buehl. Illuminates the hidden dangers that lectins pose, and shows you how to eat whole foods in a whole new way. Dr. Gundry offers simple hacks that can help you avoid lectins, a full list of lectin-containing foods and simple substitution each, and a step by step detox eating plan that includes lectin-free recipes. 400 pages. Harper. Pub. at $26.99. 280302X WHAT THE FAT? By Grant Schofield et al. It’s time to break free of fat phobia. Once you understand the emerging science behind reducing carbohydrates and increasing healthy fat, you’ll discover a new way of eating that offers wellness, fitness, and satisfaction. Along with an abundance of information, there are 70 recipes that will start you on your journey. Metabolic levels and weight loss. 248 pages. Weldon Owen. Paperback. Pub. at $16.99. $11.99

**6698948 DIETARY GUIDELINES FOR AMERICANS 2015-2020, EIGHTH EDITION.** This guide uses the government’s most up to date research on diet and health in order to help all children and their families adopt a healthy, nutritionally adequate eating pattern. These guidelines are a necessary reference for anyone implementing a healthy eating pattern of any sort. Illus. Skyhorse. 8x10. Pub. at $25.00. 6823594 CONBODY: 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 clients at his Conbody gym, this program is for everyone. The workouts included in this guide can be done at the 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. $12.95

**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 ward off cravings. Well illus. in color. 313 pages. Rodale. Paperback. Pub. at $15.99. 224 pages. Dorling Kindersley. Paperbound. Pub. at $12.95. $9.95

**5898659 THE BODY BALANCE DIET PLAN.** By Emine Ali Rusthon. Decoding the 5,000-year-old science of life known as Ayurveda, Rusthon shows you how simple and practical a body-balancing, seasonal lifestyle can be. Beat stress, lose weight and feel energized and positive with this personalized eating plan. 229 pages. Watkins. Paperback. Pub. at $12.99. $8.95

**5988659 2 DAY DIABETES DIET: Diet Just 2 Days a Week and Dodge Type 2 Diabetes.** By Erin Palinski-Wade et al. Based on groundbreaking science, this program makes it easy to prevent, treat, or even reverse type 2 diabetes. No forbidden foods and 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 ward off cravings. Well illus. in color. 313 pages. Rodale. Paperback. Pub. at $15.99. $9.95

**187439X 2 DAY DIABETES DIET: Diet Just 2 Days a Week and Dodge Type 2 Diabetes.** By Erin Palinski-Wade et al. Based on groundbreaking science, this program makes it easy to prevent, treat, or even reverse type 2 diabetes. No forbidden foods and 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 ward off cravings. Well illus. in color. 313 pages. Rodale. Paperback. Pub. at $15.99. $9.95

**6823408 NO GLUTEN, NO PROBLEM: A Handy Guide to Celiac Disease—with Advice and 80 Recipes.** By Carlota Manet. 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. Paperback. Pub. at $14.99. $8.95

**6776264 HEAL YOUR GUT AN A TO Z GUIDE TO CELIAC DISEASE.** By Sandra Cabot. Presents the latest research to overcome bowel problems and gives you the vital principles for a healthy digestive system. Includes 150 bowel friendly recipes that are gluten-free, dairy-free, and sugar-free; as well as a full FODMAP Diet. Illus. 288 pages. SCB International. Paperback. Pub. at $24.95. $19.95

**6858767 THE HEALTHY GUT HANDBOOK.** By Justine Patterson. A practical guide to boosting your gut health, losing weight, and choosing foods that make your gut healthy and happy. 31 days plan to kick start a healthy gut, and helpful tips on how to maintain this way of eating for life. Includes over 80 tasty and simple recipes. Color photos. 316 pages. Seven Days. Paperback. Pub. at $22.99. $9.95

Exercise & Fitness

**559621X COLOR CHAIR YOGA: Sit, Stretch, and Strengthen Your Way to a Happier, Healthier You.** By Kristin McGee. Chair yoga is exactly what it sounds like: exercises you can do sitting down. McGee takes you through 100 yoga poses that are easy enough for all ages and levels and will help you build strength and flexibility, increase flexibility that comes along with it. With only 5 minutes of stretching a day, you will experience a host of health benefits such as better circulation, fewer joint injuries, improved balance, and more. Well illus. in color. 154 pages. Rodale. Paperback. Pub. at $18.99. $13.95

**5453421 BODYWEIGHT WORKOUTS FOR MEN: 75 Anytime, Anywhere Exercises to Build a Better Body.** By Sean Bartram. Work all your major muscle groups and blast off extra pounds with these weight-bearing at-home exercises. You’ll learn how to lose weight of your body–no bulky machines, no special equipment, no expensive gym memberships. Includes 75 strengthening and toning exercises in 36 hard-core routines. Paperback. 6x9. Pub. at $19.95. $14.95

**671572X EVEN THE STIFFEST PEOPLE CAN DO THE SPLITS.** By Eiko. Whether you spend your days running marathons or slouching over a keyboard, you can benefit from stretching and the increased flexibility that comes along with it. With only 5 minutes of stretching a day, you will experience a host of health benefits such as better circulation, fewer joint injuries, improved balance, and more. Well illus. in color. 154 pages. Rodale. Paperback. Pub. at $18.99. $13.95

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Exercise & Fitness

**2879670 THE FLEXIBLE BODY: Move Better Anywhere, Anytime in 10 Minutes a Day.** By Roger Frampton. Frampton shows you how, in just 10 minutes a day you can build a fun and achievable home exercise routine tailored to your fitness and flexibility level. With mindful, conscious movement, you will improve functional core and full-body strength, increased flexibility and even lose weight, all without leaving the house. Well illus. in color. 160 pages. Pavilion. Paperback. Pub. at $19.95 $14.95

**6901263 THE ULTIMATE TREADMILL WORKOUT.** By David Sii k. With a signature form and flow, the program provides you with the most incredible workout you’ve ever had on a treadmill. You’ll find yourself burning fat, losing weight, and boosting your speed just by following these simple principles. 211 pages. Adams Media. Paperback. Pub. at $16.99 $12.95

**2861600 EXERCISES FOR CARDIAC RECOVERY: The Strong Heart Fitness Program for Life After Heart Attack & Heart Surgery.** By William Smith et al. Includes a detailed overview of how exercise can improve your heart health; clear, informative photos of safe, effective exercises; detailed instructions on how to perform each movement, a complete check-list for building a better cardiovascular system, and a training log to track your progress. 93 pages. Hatherleigh. Paperback. Pub. at $15.00 $11.95


**2845547 DR. JORDAN METZ’S WORKOUT REHABILITATION.** With Dr. Jordan Metz. Learn how to do high-intensity workouts in just 30 minutes a day with Dr. Metz’s plan. Ranging from ten to 30 minutes, they can be done anytime, anywhere, using minimal equipment. This plan delivers maximum results in just 30 minutes and is equally effective for men and women, children and adults. Fully illus. in color. 273 pages. Rodale. Paperback. Pub. at $24.99 $19.95

**6823483 SLOW JOGGING: Lose Weight, Stay Young and Have More Fun—Exercise-Based, Natural Running.** By Hirokazu Tanaka with M. Jackowski. Easy to follow steps and colorful charts and photos, this thorough guide teaches runners to enjoy injury-free activity by: landing on mid-foot instead of on the heel; picking shoes with thin, flexible soles and no oversized heel; aiming for a pace of 180 steps per minute; and trying to find time for activity every day. 155 pages. Skyhorse. Paperback. Pub. at $17.95 $14.95

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