Healthy Living
Bargain Books


February 15, 2019

6825214 THE EVERYTHING GUIDE TO HASHIMOTO’S THYROIDITIS. By Aimee McNen. 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. Paperback. Pub. at $18.99

$9.95

6818138 HOW TO REMEMBER ANYTHING: The Proven Total Memory Retention System. By Dean Vaughn. His program gives you the power to harness your brain’s capacity for memory. Follow his ten-step system and soon you’ll be able to remember anything—names & faces, vocabulary, numbers, appointments, dates, your schedule...anything. 242 pages. St. Martin’s. Paperback. Pub. at $14.95

$9.95

6562782 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. Paperback. 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


$4.95

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. Paperback. Pub. at $14.95

$4.95


$6.95

6897702 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 $17.99

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6810519 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. Paperback. Pub. at $14.95

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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

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Nutrition & Weight Management


6824935 BUDDHA’S DIET. By T. Cotrell & D. Zigmond. Modern science confirms what Buddha knew all along. It’s not what you eat that’s important, it’s when you eat. You just have to follow a few guidelines that are abundantly provided and are illuminated in this volume, and you will feel better, stop obsessing about food—and lose weight. 240 pages. Running Press. Pub. at $16.95 . $4.95

2223586 CHOLESTEROL CURES, REVISED: The Breakthrough Menu Plan to Slash Cholesterol. By the eds. of Rodale Health Books. Specific foods and nutritional supplements, along with certain physical activities and other lifestyle factors, have a direct correlation to healthy cholesterol levels. By implementing them with this plan, you may be able to lower your cholesterol without drugs—safely, effectively, and for life. 328 pages. Rodale. Paperbound. Pub. at $14.95 . $5.95

5913377 THE ACID ALKALINE BALANCE DIET, REVISED EDITION. By Felicia Drury Kilmen. Promotes a sensible food-combination program along with alternative therapies to balance the positively and negatively charged amino 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. Paperback. Pub. at $16.95 . $4.95

2804425 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. Ulisses. Paperback. Pub. at $14.95 . $11.95

2827220 THE WELL PATH: Lose 20 Pounds, Reverse the Aging Process, Change Your Life. By Jane Horn. This book shares her clinically proven, holistic plan that has already changed the lives of thousands of women, helping them to lose weight and look and feel younger. Her sixty-day C.H.A.N.G.E. regimen, introduced in this volume, is a series of small steps that may be easily integrated into daily life. 294 pages. Harper. Pub. at $27.99 . $4.95

2845894 TIGHTEN YOUR TUMMY IN 2 WEEKS. By Ellington Darden. This five-step program for flat-tummy success is based on a scientific formula that was tested on two panels of women at Gainesville Health & Fitness. They include a carbohydrate-rich eating plan, two 30-minutes exercise sessions a week; extra rest at night and a nap during the day; superhydration; and a tummy-tightening trick called the inner-abs vacuum, performed twice before every meal. Illus. 218 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. Paperback. Pub. at $17.99 . $2.95

2801728 THE JUICE DIET. By Christine Bailey. There are over 100 juices and smoothies that offer an excellent way to jump start your day 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. Paperback. Pub. at $14.95 . $3.95

684121X SUICIDE BY SUGAR: A Startling Look at Our #1 National Addiction. By N. Applegate & 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 amount of sugar found in many popular foods and beverages. 180 pages. Square One Books. Paperback. Pub. at $15.95 . $11.95

2839849 25 DAYS: A Proven Program to Rewire Your Brain, Stop Weight Gain, and Finally Crush the Habits You Hate—Forever. By Drew Logan with M. Murphy. The author outlines 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

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 pain and struggle. Written by a weight-loss specialist Dr. Colella presents a six-week, three-phase plan to help you diminish cravings while achieving your goal weight. Sets you free from hunger forever! 296 pages. HarperOne. Pub. at $26.99 . $4.95

6845975 MEDITATE YOUR WEIGHT. By Tiffany Cruikshank with M. van Aalst. This 21 day plan optimizes health as well as body image by tapping the hidden strength of the mind. You will learn a whole new way to lose weight, and it takes just a few relaxing and energizing minutes a day. As you lighten up on the inside, you’ll lighten up on the outside. 321 pages. Harmony. Pub. at $22.00 . $4.95

6665276 20 POUNDS YOUNGER. By Michele Promaulayko with L. Tedesco. Includes a checklist that makes nutritious eating easy, a 9-week get-fit guide to increasing your metabolism and strength, brain tricks to overcome cravings, simple pointers for younger looking skin and energy enhancing techniques for reducing stress and sleeping more deeply. Illus. 280 pages. Rodale. Pub. at $24.95 . $9.95

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6980090 GOOD CLEAN FOOD: Shopping Smart to Avoid GMOs, rBGH, and Products That May Cause Cancer and Other Diseases. By Dr. Michael B. Knapton & B. Lebovitz. Aids to help people understand GM 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

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283149X DIABETIC LIVING EAT SMART, LOSE WEIGHT. Ed. by Anne Fickett. Features more than 190 carb-counted recipes, pointers for making a weight-loss plan and sticking with it, ten correctly portioned meals with tips on how to fill your plate, five days of complete meal plans, exercises and stretches that get you moving no matter your fitness level, and balanced nutrition models that teach you how to eat for all-day energy. Illus. in color. 252 pages. HMH. Paperbound. Pub. at $19.99 $4.95

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2823772 NOURISHING FATS: Why We Need Animal Fats for Health and Happiness. By Sally Fallon. Based on research by Dr. Cate Steffensen, 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 essential 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

6925177 THE SCIENCE OF SKINNY: By Dee F. Dufault. After witnessing what she learned in the lab to what was on her plate, this organic chemist and nutritionist developed a way of eating for life. The secret? Eating foods in their closest to natural form possible, avoiding refined foods, artificial sweeteners, and choosing foods that nourish from the inside. 285 pages. Clarkson Potter. Pub. at $16.99 $12.95

2894452 FLAT FOOD, FLAT STOMACH: The Law of Subtraction. By Paul Shavelson with C. Carlyle. Fifteen years ago, the author set out to lose weight 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 emulate those fertile flora with the right foods to reboot, rebalance, and renew your health—including your good. 409 pages. Rodale. Paperbound. Pub. at $16.99 $5.95

6948790 THE SALT FIX. By James DiNiccolantonio. The author shows the best ways to add salt back in your diet, offering his transformative five step program for recalibrating your salt thermostat to achieve your unique, ideal salt intake. Science has moved on from the low salt dogma, and so should you, your life may depend on it. Science has moved on from the low salt dogma, and so should you, your life may depend on it. 258 pages. Harmony. Pub. at $26.99 $4.95

6825249 THE EVERYTHING GUIDE TO THE MIND DIET. By C. Ellingsworth & M. Khaleghi. Discover the breakthrough diet that feeds your brain...and your body too! Learn how to use 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 that takes you feeling great. 304 pages. Adams Media. Paperbound. Pub. at $18.99 $5.95

6763219 DEEP NUTRITION: Why Your Genes Need Traditional Food. By Catherine & Luke Shanahan. Research diets from around the world, Dr. Cate identified four common nutritional 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


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

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By R. Beliveau & D. Gingras. This cutting edge science on diet and cancer focuses on foods rich in anticancer compounds including garlic, green tea, red wine, turmeric, cranberries, and red wine. This resource offers guidelines on how to include these healing foods into your diet. Illus. in color. Dorling Kindersley. Paperbound. Pub. at $14.95

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By R. Beliveau & D. Gingras. Explains the science of what causes cancer and how certain foods are the most effective against specific cancers. These powerful cancer-fighting foods can also help to strengthen the body as it undergoes cancer therapies and during the recovery process. 234 pages. Ulysses. Paperbound. Pub. at $14.95

**6786413 THE APPLE CIDER VINEGAR CURE.**

By Madelaine Given. Gives all the information you need to know about the benefits of apple cider vinegar. Provides instructions on over 20 healing homemade tonics and natural hair and body care treatments. The author also brings this probiotic powerhouse to your plate with 75 delicious, nourishing recipes for every meal of the day. Illus. in color. 216 pages. Sonoma Press. Paperbound. Pub. at $16.95

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By Carlota Manez. 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 life in the simplest, most effective way. Includes simple gluten-free recipes. Color photos. 135 pages. Skyhorse. Paperbound. Pub. at $14.99

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By Laurel Felt. Shows you how to flush out toxic buildup and eliminate toxins, and reveals the natural cleansing system, including preventing painful kidney stones; boosting immune function; increasing energy; improving mood, curing low-back kidney pain; and more. 233 pages. Skyhorse. Paperbound. Pub. at $11.99

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By Makoto Trotter. The Vibrant Skin Diet Plan outlined in this guide works with your body to create an internal state that is less inflamed and more balanced. All the right combinations will support your whole body. Includes the most current information on managing acne, from the role of diet to conventional treatments. 384 pages. Robert Rose. Paperbound. Pub. at $24.95

**6841201 SOFT FOODS FOR EASIER EATING COOKBOOK.**

By S. Woodruff & 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 soft foods, soups, and more. 309 pages. Square One Publishers. Paperbound. Pub. at $18.95

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6858767 THE HEALTHY GUT HANDBOOK. By Justine Pattison. A practical guide to boosting your gut health, losing weight, and choosing foods that make you feel and look great. It includes a 28 day kick start to a healthy gut, and health tips on how to maintain this way of eating for life. Includes over 80 tasty and simple recipes. Color photos. 310 pages. Seven Dials. Paperbound. Pub. at $22.99

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

4664897 THE GOOD GUT DIET. Turn Your Digestive System Inside Out. By Gerald M. Ehrlich. The leading authority on gut health offers a plan that will show you how to restore disease-promoting bacteria, reseed your gut with good fat-burning ones, and fortify it with food that feeds your microbiome. Well illus. 384 pages. Rodale. Pub. at $18.99

6824811 ANTI-INFLAMMATORY EATING FOR A HAPPY, HEALTHY BRAIN. By Michelle Krasnow. The key to a happy brain. A complex microbial ecosystem is located within the human gut, and when it is fed the right foods, the result is optimal mental health and sustainable wellness. Babb provides a nutrition plan, delicious recipes, and tips to help you get started. Illus. in color. 178 pages. Sasquatch. Paperbound. Pub. at $22.95

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 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 achieve your goals. Well illus. in color. 317 pages. Rodale. Paperbound. Pub. at $31.95 $19.95


6664686 THAT SUGAR BOOK. By Damon Gameau. Well illus. in color. 240 pages. Nation Books. Paperbound. Pub. at $23.95 $15.95


661566X HEALTHY LIVER. By Cris Beer. Well illus. in color. 160 pages. Rockpool. Paperbound. Pub. at $22.95 $9.95


Exercise & Fitness

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