Healthy Living
Bargain Books


October 26, 2018

5813697 RANGER MEDIC HANDBOOK. By U.S. Department of Defense. After decades of medic experience in war theaters throughout the world, the U.S. Army Rangers have distilled the critical components of lifesaving first aid into this official guide. Learn how to handle lacerations, contusions, burns, traumatic head injuries, amputations, and more. Skyhorse. Paperbound. Pub. at $16.99 $5.95

DVD 5722047 MAYO CLINIC WELLNESS SOLUTIONS FOR ARTHRITIS. 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 arthritis. Separated into three parts: Understanding Your Condition; Eat Well to Feel Well; and Soothing Therapies. Includes a 52-page My Stress Solution booklet. 91 minutes. Gaiam. Pub. at $19.98 $3.95

5833071 STAYING ALIVE. By Matthew Hahn. The ultimate medical survival guide for the twenty-first-century patient. Drawing on his extensive experience, Hahn teaches you to recognize medical emergencies in time. He then follows up with advice on taking advantage of available preventive care and changing your lifestyle to avoid these emergencies in the future. Photos. 269 pages. Skyhorse. Paperbound. Pub. at $17.99 $5.95

6936741 STICK IT TO THE MAN. By Ronald Lewis. Don’t be a sissy! With the help of this brilliant and outwitting the lopsided world of the law and power, you can take charge instead of being taken advantage of. Contains hundreds of tips to fight back against greedy corporations. Illus. in color. 185 pages. Skyhorse. Paperbound. Pub. at $12.95 $4.95

6924409 PROBIOTICS FOR HEALTH: 100 Amazing and Unexpected Uses for Probiotics. By J. A. Penko. Shows you all the ways the amazing live microorganisms can improve how you feel and how you look. Featuring step by step instructions and plenty of simple tips, this guide offers 100 remarkable probiotic uses. 139 pages. Adams Media. Paperbound. Pub. at $12.99 $5.95

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. 268 pages. Skyhorse. Paperbound. Pub. at $14.95 $5.95

690341X YOU CAN BE AN OPTIMIST. By Lucy MacDonald. Shows you how to harness the power of optimism to help you create a more positive, upbeat attitude to life. Contains 20 specially devised exercises to help you plug into the power of optimism, improve your health and create happiness for yourself and those around you. 160 pages. Watkins. Paperbound. Pub. at $9.95 $3.95

★ 4635841 SAVE YOUR GALLBLADDER NATURALLY: And What to Do If You’ve Already Lost It. By S. Cabot & M. Jasionka. Provides a comprehensive step by step plan for dissolving gallstones and improving gallbladder function. Whether you’ve already had your gallbladder removed, or you’re simply wondering how to handle the frightening and painful threats of gallbladder problems, this guide is for you. 128 pages. SCB International. Paperbound. Pub. at $14.99 $11.95

6912478 CATCHING BREATH: The Making and Unmaking of Tuberculosis. By Kathryn Loughhead. The story of one of the world’s oldest diseases. The author looks at the hidden biology behind the interaction of TB with its human host, and shows how drug resistance, the HIV epidemic, poverty and inequality work together to ensure that TB remains the world’s most serious health problem. 272 pages.

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October 26, 2018

Edward R. Hamilton Bookseller Company • Falls Village, Connecticut
Aging ........................................... 54
Beauty & Skin Care .......................... 14
Communication Skills ...................... 55
Complementary & Alternative Medicine 26
Diseases & Disorders ....................... 20
Eastern Traditions and Practices .......... 34
Exercise & Fitness ..........................  8
Facing Illness & Death ....................... 59
General Health & Self-Help ................ 66
Healing & the Mind ..........................  50
Health & Medical References .............. 15

**6857116** REFUEL: A 24-Day Eating Plan to Shed Fat, Boost Testosterone, and Pump Up Strength and Stamina. By John La Puma with G. Lees. The author shows men how to stop testosterone from turning into estrogen, lose fat, and supercharge fat loss without dieting or forfeiting flavor. No calorie counting or hunger required—it’s time to stop dieting and start refueling. 292 pages. Harmony. Pub. at $25.00 $4.95

**6827277** THE 21-DAY BODY BLOW: Lose Up to 5 Pounds in 5 Days by Eating the Foods You Love. By Rocco DiSpirito. Writes every car, fat, and calorie rule in the book! The 28-day program offered is based on the science of the calorie deficit, uses a fuel-rich, high protein approach rich in fiber and nutrients and carb-corrected to accelerate fat loss, it quickly depletes existing fat reserves. Features recipes and meal plans. 290 pages. Running Press. Pub. at $16.95 $4.95

**693982X** AN APPLE A DAY: The Truths, Misconceptions, and Truths About the Foods We Eat. By Joe Schwarz. A must-read book for the organic-obsessed, the diet-depressed, and the everyday food lover, who wants to separate nutritional sense from nonsense. Discover the truth about wheat and gluten, improving health with bacteria, trans fats, hormones in meat; oils, nuts, whole grains, and vitamin E; and more. 354 pages. HarperOne. Pub. at $26.99 $4.95

**6924935** BUDDHA’S DIET: By T. Cottrell & D. Zinman. Modern science uncovers 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 Buddha 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

**6913377** THE ACID ALKALINE BALANCE DIET, REVISED EDITION. By Felicia Drury Kimmet. Promotes a sensible food-combination program along with alternative therapies to bring the body’s PH level and negatively charged acidic particles in the body. This plan can be used to cure a wide range of medical problems including arthritis, heart disease, lung disorder, osteoporosis, digestive problems, and more. 243 pages. McGraw-Hill. Paperback. Pub. at $16.95 $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 COUNTER. 180 pages. Square One Books. Paperback. Pub. at $15.95 $11.95

**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 how the right new way to lose weight, and feel 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 $23.95 $4.95

**6783999** 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: backed by powerful lobbies, entrenched in our lives, and making us very sick. 365 pages. Anchor. Paperback. Pub. at $16.00 $11.95

**653276** 20 POUNDS YOUNGER. By Michele Promaulayko with L. Tedesco. Includes a checklist that makes nutritious eating easy, a 6-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 $24.99 $3.95

**6714773** THE 21-DAY BELLY FIX. By TaeNeeM Bhatia. Combining the latest research and cutting-edge science with proven alternative nutritional remedies, Dr. Taz presents a simple plan that aims to reprogram your digestive system, help fight disease, and strip away pounds in just 21 days. 242 pages. Zinc Ink. Paperback. Pub. at $20.00 $3.95

**6705324** THE PRIME: Prepare and Repair Your Body for Spontaneous Weight Loss. By Kulreet Chaudhary with E. Adamson. Integrative neurologist Dr. Chaudhary discovered a beautiful side effect to eating and lifestyle tools she gave her brain patients: shedding excess pounds. Here she brings those tools to a unique guide to sharpening the brain, healing the gut, and dropping the weight. 306 pages. HarperOne. Pub. at $39.00 $9.95

**6763766** THE HUNGRY BRAIN: Outsmarting the Instincts That Make Us Overeat. By Stephan J. Guyenet. Takes readers on an eye-opening journey through cutting-edge neuroscience that has never before been available to the lay person. Guyenet delivers profound insights into why the brain undermines our weight goals and offers guidelines for eating well and staying slim. 291 pages. Flatiron Books. Pub. at $27.99 $6.95

**6745227** THE 4 X 4 DIET: 4 Key Foods, 4-Minute Workouts, 4 Weeks to the Body You Want. By Erin Oprea. Discover the four key foods and the groundbreaking four-minute workouts that will change the way you look and feel. Celebrity trainer and former marine Erin Oprea’s motto is “lean and clean” and the unique, proven program shows you how to finally lose the weight and get the body you want. Illus. 240 pages. Harmony. Pub. at $25.99 $5.95


Aging ........................................... 54
Beauty & Skin Care .......................... 14
Communication Skills ...................... 55
Complementary & Alternative Medicine 26
Diseases & Disorders ....................... 20
Eastern Traditions and Practices .......... 34
Exercise & Fitness ..........................  8
Facing Illness & Death ....................... 59
General Health & Self-Help ................ 66
Healing & the Mind ..........................  50
Health & Medical References .............. 15

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**693982X** AN APPLE A DAY: The Truths, Misconceptions, and Truths About the Foods We Eat. By Joe Schwarz. A must-read book for the organic-obsessed, the diet-depressed, and the everyday food lover, who wants to separate nutritional sense from nonsense. Discover the truth about wheat and gluten, improving health with bacteria, trans fats, hormones in meat; oils, nuts, whole grains, and vitamin E; and more. 354 pages. HarperOne. Pub. at $26.99 $4.95

**6924935** BUDDHA’S DIET: By T. Cottrell & D. Zinman. Modern science uncovers 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 Buddha 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

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**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 COUNTER. and you can too. This guide provides calorie measurements and the practical analysis for more than 5,000 foods. 226 pages. Rodale. Paperback. Pub. at $7.99 $2.95

**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. With this guide, 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

**Healthy Cooking & Special Diets ........................ 4
Inspiration, Motivation & Self-Discovery .......... 41
Men’s Health & Self-Help .................. 65
New Age Spirituality ....................... 38
Nutrition & Weight Management ............ 2
Pregnancy, Childbirth & Parenting .......... 62
Relationships ............................... 57
Sexuality & Sexual Expression .............. 58
Stress & Pain Management ................ 25
Women’s Health & Self-Help ............... 64

*Current titles are marked with asterisk.*
Nutrition & Weight Management

**EAT YOUR WAY TO SEXY.** By Elizabeth Somer. Inspires you to take charge of your health and become more energetic, connected and passionate. The hundreds of tips, tools, self-assessments, recipes and checklists in this guide will help you feel fabulous and revitalize your sex life. 212 pages. Harrerquin. Paperback. Pub. at $16.95 $3.95

**WHY DIETS MAKE US FAT.** By Sandra Aamodt. Dieting makes us fat, what should we do instead to stay healthy and reduce the risks of diabetes, heart disease, and other obesity related conditions? With clarity and care, the author makes a spirited case for abandoning diets in favor of behaviors that will truly improve and extend our lives. 290 pages. Current. Pub. at $28.00 $4.95

**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 tailing 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

**HOW FOOD WORKS: The Facts Explained.** By Margaret Parish. With clear and easy to understand graphics, 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

**CHOLESTEROL CURES, REVISED: The Breakthrough Menu Plan to Slash Cholesterol and Reverses Disease.** By Joel Fuhrman. A leading expert and bestselling author presents an accessible and highly practical guide enables us to stay on the healthy diet as long as we want. He draws on the latest scientific evidence. Illus. in color. 160 pages. Eddison Books Limited. Paperback. Pub. at $17.95 $9.95

**COMPLETE FAMILY NUTRITION.** By Jane Clarke. Offers clear, practical, and positive advice you can trust on the questions 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 clear and tested tips for small changes that make a big difference. Illus. 256 pages. Dorling Kindersley. Pub. at $25.00 $11.95

**BEAT CHRONIC DISEASE: The Nutrition Solution.** By Fleur Brown. Explains how to apply the principles of functional nutrition to understand disease and address the underlying factors, based on Brown’s extensive clinical experience, and illustrated by detailed case histories. 260 pages. Hammeersmith Books. Paperback. Import. Pub. at $19.95 $15.95


**BEAT CHRONIC DISEASE: The Nutrition Solution.** By Fleur Brown. Explains how to apply the principles of functional nutrition to understand disease and address the underlying factors, based on Brown’s extensive clinical experience, and illustrated by detailed case histories. 260 pages. Hammeersmith Books. Paperback. Import. Pub. at $19.95 $15.95


**THE FEELGOOD PLAN: Happier, Healthier & Slimmer in 15 Minutes a Day.** By D. Wong & K. Faithful-Williams. Packed with fast and fun exercises; and enjoy dozens of gourmet recipes to eat well and feel younger to healthier versions of all your favorites. Wons offers practical ideas to fit exercise into jam packed  lives, conquer cravings, and stop emotional eating. Wellillus. in color. 224 pages. Sterling. Pub. at $21.95 $9.95

**BLUEPRINT FOR HEALTH: Lose Weight and Feel Better in 14 Days.** By William Davis. A provocative look at how eliminating wheat from our diets can help us lose weight, shrink unshygli bulges, and reverse a broad spectrum of health problems. Davis exposes the truth about modern-day wheat, deconstructing its historical role in the human diet. 292 pages. Rodale. Pub. at $25.99 $6.95

**THINNER IN 30: Small Changes That Add Up to Big Weight Loss in 30 Days.** By Eve O. Schaub. With her eyes opened by multiple health crises that led to her study of weight loss, Schaub challenged her family and join her on a quest to eat no added sugar for an entire year. Along with sharing her journey with us, she discusses the real costs of our sugar-heavy American diet, and inspires us with lots of stories, tips, and recipes. 303 pages. Sourcebooks. Paperback. Pub. at $14.99 $4.95

**CHOLESTEROL CURES, REVISED: The Breakthrough Menu Plan to Slash Cholesterol and Reverses Disease.** By Joel Fuhrman. A leading expert and bestselling author presents an accessible and highly practical guide enables us to stay on the healthy diet as long as we want. He draws on the latest scientific evidence. Illus. in color. 160 pages. Eddison Books Limited. Paperback. Pub. at $17.95 $9.95

**LIFELONG WEIGHT LOSS IN 21 DAYS.** By Jenna Wolfe with M. Murphy. Based on Wolfe’s journey to lose 90 pounds in 21 days, this book shows you how to lose weight and keep it off. With their help, readers will see the hidden path of transformation; be guided through fast and fun exercises; and enjoy dozens of gourmet recipes to eat well and feel younger to healthier versions of all your favorites. Wons offers practical ideas to fit exercise into jam packed  lives, conquer cravings, and stop emotional eating. Wellillus. in color. 224 pages. Sterling. Pub. at $21.95 $9.95

**THE HORMONE SECRET: Discover Effortless Weight Loss and Feel Better in 14 Days.** By William Davis. A provocative look at how eliminating wheat from our diets can help us lose weight, shrink unshygli bulges, and reverse a broad spectrum of health problems. Davis exposes the truth about modern-day wheat, deconstructing its historical role in the human diet. 292 pages. Rodale. Pub. at $25.99 $6.95

**YEAR OF NO SUGAR: A Memoir.** By Eve O. Schaub. With her eyes opened by multiple health crises that led to her study of weight loss, Schaub challenged her family and join her on a quest to eat no added sugar for an entire year. Along with sharing her journey with us, she discusses the real costs of our sugar-heavy American diet, and inspires us with lots of stories, tips, and recipes. 303 pages. Sourcebooks. Paperback. Pub. at $14.99 $4.95

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6763367 EAT THIS, NOT THAT! SUPERMARKET SURVIVAL GUIDE. By David Zinczenko with M. Goulton. Without dieting, mixing your favorite meals and snacks you can strip away fat with the help of this guide. Provides everything you need to cut calories, melt fat and save tons of money. Fully illus. in color. 346 pages. Rodale.  $4.95

6747558 FOODS THAT CAUSE YOU TO LOSE WEIGHT: The Negative Calorie Effect. By Neil Barnard. Did you know that certain foods have an incredible negative caloric effect? Metabolize less 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. Paperbound. At $16.95.  $4.95

6917783 BADDITIVES! The 13 Most Harmful Food Additives in Your Diet—and How to Avoid Them. By Bill & Linda Bonnie. The authors cut through the fog of information overload with current, updated research, identifying thirteen of the worst offenders you might be eating and drinking every day. They reveal the commonly used flavor enhancers to avoid at all costs, the hazardous industrial waste product that’s in your food; and much, much, more. Illus. 181 pages. Square One Publishers. Paperbound. At $14.99.  $4.95

5574610 FOODS THAT COMBAT CANCER. By Maggie Greenwood-Robinson. Offers invaluable information on the healthy properties and cancer-fighting vitamins, minerals, and phytochemicals found in common foods, and how to combine them to greatest effect in order to help prevent or treat virtually every form of cancer. 224 pages. Avon. Paperbound. At $6.99.  $3.95


1878581 THE COCONUT OIL MIRACLE, 5TH EDITION. By Bruce Fife. Learn how to use coconut oil to: lose weight; beautify skin and hair; prevent heart disease, cancer, and diabetes; strengthen the immune system; and more. Includes 50 delicious recipes for everything from breakfast to dessert, this helpful guide gives you the tools you need to kick out the flour and make room for more healthful food choices. 263 pages. Alpha. Paperbound. At $16.95.  $4.95

6947970 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. 258 pages. Harmony. Paperbound. At $26.99.  $4.95

5930935 THE ACID ALKALINE FOOD GUIDE, SECOND EDITION. By S.E. Brown & L. Trivieri, Jr. Now in its second edition, this bestselling guide was expanded to include more domestic and international foods. Updated information explores (and refutes) the myths about pH balance and diet, and guides you to supplements that can help your body achieve a healthy pH level. 212 pages. Square One Publishers. Paperbound. At $8.95.  $6.95

6824811 ANTI-INFLAMMATORY EATING FOR A HAPPY, HEALTHY BRAIN. By Michelle Babb. The healthy gut results in a happy brain. A complex microbial ecosystem is located within the human gut, and when it is fed the right foods, the results is optimal mental health and sustainable wellness. Babb provides a nutrition plan and 75 easy and delicious recipes to help you get started. Illus. in color. 178 pages. Sasquatch. Paperbound. At $22.95.  $6.95

6386550 THE COMPLETE IDIOT’S GUIDE TO FLOUR-FREE EATING. By K.W. Berkowitz & S.J. James. Forget the flour! Packed with alternative choices and more than 25 flourless recipes, this guide will show you everything from breakfast to dessert, this helpful guide provides you with the tools you need to kick out the flour and make room for more healthful food choices. 263 pages. Alpha. Paperbound. At $16.95.  $4.95

6603270 THE MEN’S HEALTH BIG BOOK OF FOOD & NUTRITION. By Joel Weber with M. Zimmerman. Presents the most comprehensive guide to whole foods and healthy eating ever created. An essential for anyone who wants to eat better, feel better, and lose weight fast and for good, this guide is packed with the latest nutrition science, information and must-have recipes. Well illus. in color. 384 pages. Rodale. Paperbound. At $26.99.  $6.95

6725557 EAT CLEAN, STAYLEAN: 300 Real Foods and Recipes for Lifelong Health and Lasting Weight Loss. By the eds. of Prevention with W. Bazilian. Eating healthy really means eating clean. This guide to choosing whole foods sourced from the earth with the least processing and fewest possible ingredients that sound like real food. A visual guidebook to better health, delicious food, and a slimmer you will show you how to make 50 smarter food choices in the supermarket and 150 cleaner fast meals at home. 294 pages. Rodale. Paperbound. At $21.99.  $5.95

6610277 FLAT BELLY BREAKTHROUGH: Lose Up to 14 Pounds & 14 Inches in 14 Days. By Ellen O’Meara. A revolutionary shape-up program that targets the stubborn tummy rolls, thick thighs, and saggy butts. Using tricks like negative-accentuated exercise; the inner-abs vacuum; superhydration and brisk evening walks; more sleep, and a diet plan with built-in portion control, you’ll see and feel a tighter belly in two weeks. Photos. 270 pages. Rodale. Paperbound. At $25.99.  $5.95

6852549 THE EVERYTHING GUIDE TO THE MIND DIET. By C. Ellingsworth & M. Krinaik. Discover the breakthrough, cutting-edge mind diet that feeds your body—and your brain! Blending the Mediterranean and DASH diets, the MIND diet can lower your risk of Alzheimer’s by 53 percent. This guide leads you through shopping lists, meal plans, and 300 delicious recipes that won’t leave you feeling deprived. 304 pages. Adams Media. Paperbound. At $18.99.  $5.95

4635213 THE COMPLETE GUIDE TO BEATING SUGAR ADDICTION. By Jacob Teitelbaum et al. Uncovers four types of sugar addiction and lets you start resolving their underlying causes, breaking sugar cravings forever, and achieving dramatically improved health and energy levels, while also making it easier to lose weight. 304 pages. Fair Winds Press. Paperbound. At $19.99.  $5.85
Healthy Cooking & Special Diets

6763219 DEEP NUTRITION: Why Your Genes Need Traditional Food. By Catherine & Luke Shanahan. Researching diets from around the world, Dr. Cate identified traditional habits that have produced strong, healthy, intelligent children and active elders: fresh food, fermented and sprouted foods, meat cooked on the bone, and whole grains. Here she combines science with common sense to illustrate this “Human Diet.” 487 pages. Flatiron Books. Pub. at $27.99 $6.95

2708998 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 fight it. 128 pages. Duncan Baird Paperbound. Pub. at $9.95 $3.95

★ 6794254 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 a one-week day meal plan with recipes. 284 pages. Da Capo. Paperbound. Pub. at $17.99 $12.95

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 does and what it doesn’t do. The authors offer clear, welcome guidelines on eating well today for a healthier tomorrow. 284 pages. Da Capo. Paperbound. Pub. at $17.99 $12.95

6603017 GOT MILKED? The Great Dairy Deception and Why You’ll Thrive Without Milk. By Alesa Hamilton. Challenges much of the accepted wisdom about milk and leaves you prepared to take charge of your health. Not only will you find it easy to drop milk from your diet, you will learn why you can thrive without it. Hamilton also offers delicious dairy-free recipes and full meal plans that deliver the nutrients found in dairy foods, without all the sugar or negative side effects. 319 pages. Morrow. Pub. at $26.99 $19.95

6780008 THE GRAN CAL WHOLE LIFE PLAN. By David Perlmutter with K. Lobreg. This official guide to Dr. Perlmutter’s revolutionary approach to vibrant health includes his three-step program: practical advice on nutrition, sleep, stress management, and exercise; and a fourteen day meal plan with recipes. 294 pages. Little, Brown. Pub. at $28.00 $5.95

★ 6786413 THE APPLE CIDER VINEGAR CURE. By Madeleine Givens. Given all the information you need to know about the benefits of apple cider vinegar. Provides instructions on over 20 healing home remedies and 25 natural body and hair care treatments. The author also brings this probiotic powerhouse to your plate with 75 delicious, nourishing recipes for every meal of the day, in color. 216 pages. Sonora Press. Paperbound. Pub. at $16.95 $9.95

★ 6828140 THE MINDSPAN DIET: Reduce Alzheimer’s Risk, Minimize Memory Loss, and Keep Your Brain Young. By Preston Estep III. Shattering myths about which foods are and are not beneficial to our brains, this examination reveals a simple and easy to follow lifestyle change. Comes with food recommendations, shopping lists, advice on reading nutrition labels and more than seventy delicious recipes. 286 pages. Ballantine. Paperbound. Pub. at $27.00 $12.95

★ 6910475 THE MIND-GUT CONNECTION: How the Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, and Our Overall Health. By Emeran Mayer. Offers a cutting-edge view into this developing science, showing how the brain and the gut interact and microbiome communicate. With a few simple changes of our diet and lifestyle, we can enjoy a happier mind-set, enhanced immunity, a decreased risk of developing neurological disorders, and even weight loss. 316 pages. HarperWave. Paperbound. Pub. at $16.99 $12.95

★ 6954002 100 OF THE MOST EFFECTIVE WAVES TO SUPERCHARGE YOUR METABOLISM. By Cynthia Phillips et al. Proven, safe, and effective strategies for raising your metabolism and for helping to burn off calories and fat. All are grounded in the latest scientific research, and all are practical and easy to incorporate into your day-to-day life. 210 pages. Rodale. Paperbound. Pub. at $26.99 $7.95

6959873 THE COMPLETE ACNE HEALTH & DIET GUIDE: Naturally Clear Skin Without Antibiotics. By Makoto Trotter. The Vibrant Skin Diet Guide. This guide works with you to create an internal state 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. Robert Rose. Paperbound. Import. Pub. at $24.95 $17.95

6604064 ULTRAMETABOLISM: The Simple Plan for Automatic Weight Loss. By Mark Hyman. Hyman unveils his groundbreaking but simple plan for automatic weight loss. Never before have all seven keys to permanent weight loss been integrated into a single plan. Discover how to turn on the messages of weight loss and turn off the messages of weight gain and disease. 353 pages. Atria. Paperbound. Pub. at $17.00 $4.95

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- 10 -

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**6153590 HIGH PERFORMANCE VISION: How to Improve Your Visual Acuity, hone Your Motor Skills & Up Your Game.** By Donald S. Teig. Teig introduces progressive skills, motor skills which also possess another advantage: good vision. Sports-vision specialist Teig shares his approach to visual enhancement. His training program can optimize your eyesight and allow you to achieve new levels of athletic success. Outlines at-home, workplace and on the go, this portable, user-friendly guide offers expert advice; easy to follow illustrations; posture-building techniques; and breaking exercises that keep you moving—properly—throughout the day. 180 pages. Adams Media. Pub. at $19.95 $11.95

**6713154 ANATOMY OF MUSCLE BUILDING: A Trainer’s Guide to Increasing Muscle Mass.** By Craig Ramsay. A respected trainer guides you through the best of the best for building and toning key muscle groups. Each exercise is presented clear step by step, full-color illustrations, detailed anatomical illustrations that allow you to see just which muscles you are exercising, 160 pages. Firefly. 8½x11. Pub. at $24.95 $19.95

**6863249 STRETCHING, SECOND EDITION.** By Tom Brady. Discover for yourself the unknown power principle of muscle pliability!–the missing link of the traditional strength and training model of aerobic activity and weight lifting. NFL star Tom Brady introduces you to the holistic TB12 Method along with tips on reducing the chance of injury, the best ways to work out, staying hydrated and more. Well illus. in color. 305 pages. S&S. 8¾x11. Pub. at $29.99 $21.95

**6584423 THE MEN’S HEALTH BIG BOOK OF EXERCISES, REVISED.** By Adam Campbell. The most comprehensive collection of exercises ever created, this workout guide is a body-shaping power tool for both beginners and lifetime lifters alike. Updated and revised to include new fat loss exercises; more than 40 new workouts; a “Create Your Own Workout” section; and more. Well illus. in color. 551 pages. Rodale. Pub. at $26.99 $19.95

**3568016 THE MEN’S HEALTH BIG BOOK OF EXERCISES: Four Weeks to a Leaner, Stronger, More Muscular You!** By Adam Campbell. From start to finish, this muscle manual bulges with useful tips, the latest findings in exercise science, and cutting edge workouts from the world’s top trainers. Includes 619 exercises and hundreds of workouts, all shown in step by step color photographs. SHOPWORN, 472 pages. Rodale. Pub. at $21.99 $11.95

**3412393 FELON FITNESS: How to Get a Hard Body Without Doing Hard Time.** By T. Teufel & W.S. Kroger. Jailed inmates and certified trainer Teufel and counselor Kroger have teamed up to create an exercise program that’s guaranteed to show real results. So if you’re fresh meat looking to tone up, you will be yard-ready in less than a three-month stint. Illus. 214 pages. Adams Media. Sold Out

**5787722 SPARTAN WARRIOR WORKOUT: Get Action-Movie Ripped in 30 Days.** By Dave Randolph. In just one month, the high-intensity workouts presented can give you the jaw-dropping physique of history’s greatest soldier. This guide takes you from merely being in shape to having the strength and endurance to withstand the ultimate test. Includes insight into the art of rest and nutrition. Well illus. 158 pages. Ulysses. Pub. at $15.95 $11.95

**589395X YOU: Staying Young Workout.** By Michael F. Roizen et al. Celebrity trainer Joel Harper will help you turn your body into a gym. Use this workout to have fun and be free and excuse-free workouts, and Kung Fu World Champion Karl Romain boosts your vitality with a Chi-gong program that unites the mind, body and breath. 60 minutes. Pub. at $19.99 $6.95

**5935040 EVERY WOMAN’S GUIDE TO FOOT PAIN RELIEF: The New Science of Healthy Feet.** By Katy Bowman. No matter what the cause of your foot pain, this guide has the answer on how to make your feet feel better. Bowman offers an innovative set of exercises to help those suffering from bunions, hammer toes, plantar fasciitis, tight calves and lower-leg muscle pain; poor posture and alignment; and other common ailments. Illus. 180 pages. BenBella. Pub. at $19.99 $12.95

**6932292 STRENGTH TRAINING BIBLE FOR WOMEN.** By D. Kirchen & W. Smith. Created specifically for women, it is the comprehensive, easy to understand guide to mastering the basics of weight lifting and barbell training. Combines the best elements of strength training and weight lifting in a program you can do at home or in the gym. Created to help you reach the next level in fitness. Well illus. in color. 276 pages. Rodale. Pub. at $21.95 $7.95

**5905664 BODY FUEL: Calorie-Cycle Your Way to Reduced Body Fat and Greater Muscle Definition.** By Mark Lauren, with Lisa Greenwood-Robinson. Explains “calorie cycling,” the weight-loss strategy that uses a simple schedule of calorie and carbohydrate increases and decreases that trick the metabolism into burning fat in fat-saving mode. Provides over 50 recipes, meal guides, and a series of 10-minute workouts that use your own body for resistance. Photos. 252 pages. Ballantine. Pub. at $20.00 $6.95

**3429504 THE ANATOMY OF STRETCHING, SECOND EDITION.** By Brad Walker. Looks at stretching from every angle, including: physiology and flexibility; the benefits of stretching; the different types of stretching; rules for safe stretching; and how to stretch properly. Also includes:ai all muscle groups; a series of 10 minute stretches that target specific areas of the upper body, lower body; and a PNF with details on self-sand and partner stretching. Includes: easy-to-follow swimmer stroke, pull-ups, dips, and rope-climbing methods. 201 pages. Hatherleigh. Pub. at $19.95 $14.95

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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 updated, 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 key advice on nutrition. 160 pages. Bloomsbury. 8x10.

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6664199 THE ILLUSTRATED PRACTICAL ENCYCLOPEDIA OF FITNESS TRAINING. By Andy Wadsworth. Includes everything you need to know about strength and flexibility training in 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. Perigee. Paperback. **PRICE CUT to $4.95**

6777840 STRENGTH TRAINING: Staying Fit & Fabulous. By Kris Caviano. 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. Papadakis. **PRICE CUT to $5.95**

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**$6.95**

6717519 YOGA AND BODY IMAGE: 25 Personal Stories About Beauty, Bravery & Loving Your Body. By M. Klein & A. Guest-Jelley. Twenty-five contributors—including Alain Morissette, celebrity yoga instructor Scarce Come 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. 265 pages. Little, Brown. **PRICE CUT to $6.95**

5930197 TACTICAL FITNESS. By Stewart Smith. Fully illus. 256 pages. Hatherleigh. Paperback. **PRICE CUT to $4.95**

5952182 THE BOWFLEX BODY PLAN. By Ellington Darden. Illus. 300 pages. Rodale. 8x10/1/4. Pub. at $29.99 **$4.95**


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6899676 BRAIDS, BUNS, AND TWISTS! Step-by-Step Tutorials for 82 Fabulous Hairstyles. By Christina Butcher. Features simple how-to illustrations that take the guesswork out of styling your own hair. Color fashion photographs demonstrate how to tailor and accessorize each hairdo. Butcher offers advice for different hair types and lengths plus product tips and fun variations. 192 pages. Papadakis. **$19.95**

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6626261 100 ORGANIC SKIN CARE RECIPES: Make Your Own Fresh and Fabulous Organic Beauty Products. By Paula Stagliano. Filled with all natural ingredients such as 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: Cocoa-Spice Body Butter, Jasmine Hair Finishing Oil, Strawberry Super C Giper, and much more. Color photos. 224 pages. Adams Media. Paperback. Pub. at $17.99 **$5.95**

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1904256 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 looking and 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. **$16.95**

459021X SKIN CLEANSE: The Simple, All-Natural Program for Clear, Calm, Happy Skin. By Alyssa Giprose. This guide demystifies the secret to beautiful, stress free skin is simple: it’s an inside job. Using a holistic program designed to help skin from the inside out, the author begins with healthy eating and exercise and from there shows you how to overhaul your beauty routine. Drawings. 238 pages. HarperCollins. **$24.95**

6688215 TOSS THE GLASS: Beauty Tips, Tricks & Truths for Women 50+. By Andrea Q. Robinson. An ultimate guide to looking and feeling your best at any age. You won’t find the no-nonsense advice, and storytelling flair, Guiliano offers a delightful and encouraging take on looking and 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. **$16.95**

6664708 UNRULY CURLS: How to Manage, 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 pulling your hair out of the into the 21st century, this is a fun celebration of curly hair. Well illus. in color. 112 pages. Hardie Grant. Import. Pub. at $14.99 **$6.95**

6934404 BOHO BRAIDS: 40 Modern, Free-Spirited Hairstyles. By H.M. Garrett & K. Swenson. Features hundreds of how-to braids 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. Paperback. **$16.95**

6889412 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 instructions, and inspiring fashion photographs that make it easy to recreate professional-level looks at home. 192 pages. Chronicle. Paperback. **$19.95**
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**5992621 TOSS THE GLASS: Beauty Tips, Tricks & Truths for Women 50+.** By Andrea Q. Robinson. SHOPWORN. Illus. in color. 250 pages. Seagull Press. Pub. at $12.95 $6.95


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 compte rendu de l'histoire et des traditions de la médecine orientale, et de son importance pour la santé et le bien-être des individus. Les plantes présentées dans ce livre ont des propriétés curatives et préventives pour plusieurs maladies, et sont utilisées dans une multitude de pratiques thérapeutiques, telles que l'aromathérapie. Ce livre présente 40 essentiels d'huiles de plantes à la vie dans ce guide d'aromathérapie, par Kymberly Keniston-Pond. Il offre des instructions étape par étape et de nombreuses informations utiles pour comprendre et utiliser les huiles essentielles de manière efficace. Le livre est illustré et contient des images en couleur pour faciliter la compréhension des utilisations et des propriétés de chaque huile essentielle. Le livre de Keniston-Pond est disponible en librairie et sur le site internet de l'éditeur.
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- 38 -
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- 54 -
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