

Well Good Supercharge Your Health For Fertility Wellness

Supercharge Your ImmunityThe Plant Protein Revolution CookbookSmoothies for Better HealthSupercharge Your HealthInner Health, Outer BeautyEveryday Health Secrets for DummiesLove Your GutSupercharged Juice & Smoothie RecipesSUPERCHARGE YOUR CELL VITALITYThe Life Force DietUri Geller's Life SignsSupercharge Your GutSupercharge Your Health With Sassy, Witchy Recipes!: Quick And Easy Organic Juice Recipes To Trim Your Body Fat, Boost Your Energy, Mojo & Much More!Supercharge Your Professional LearningWell & GoodExhaleDigital Talking Books PlusFUELLEDTalking Book TopicsFast Your Way to WellnessThe Detox PrescriptionThe British National BibliographyLibrary JournalBack to Health by ChoiceThe Healing SelfConsumer Health Information Source BookChange Your Thinking, Change Your LifeSupercharge Your LifePaleo CleanseThe Miracle of Organic Vitamins for Better HealthSupercharge Your Health!The Circadian CodeThe Doctor's KitchenSave Money Good DietSneaky BlendsLiving WellWomancodeSupercharged FoodSimple Superfood Smoothies: A Smoothie Recipe Book to Supercharge Your HealthHappy Gut, Happy Mind

Supercharge Your Immunity

Draws on the expertise of more than 100 top doctors to provide strategies for maintaining one's health and preventing chronic disease, in a book that explains how to combat pain, notice symptoms, protect the bones and brain, boost one's immunity, age gracefully and much more, in a book with 170 full-color photos and illustrations and healthy recipes. Original.

The Plant Protein Revolution Cookbook

Smoothies for Better Health

Eat your way to better gut health, increased energy and happier moods. The research is in and the facts are undeniable: the gut has an immense influence over our health - directly impacting immunity, weight, sleep, mood and overall wellbeing. Yet many of us race through life ignoring this incredible ecosystem, until something wakes us up. The good news is that healing and maintaining a healthy gut is not difficult or time consuming. This simple two-day maintenance plan is supported by deliciously nourishing recipes, handy tips and information to enable you to enjoy the countless benefits of a happy, healthy gut, for life.

Supercharge Your Health

This book is a concise guide to help you rediscover your potential and maintain vibrant health using real food and quality nutrition. The

principles are easy to follow and can be applied to nearly everyone. All of the topics involve two fundamental concepts: reducing cellular inflammation and restoring normal function. You'll find critical information about: The five most important dietary changes, optimizing digestion, the healthiest food choices, ideal food preparation and cooking methods, quick meals, healthy snacks, the two healthiest diets in the world, GMO foods, the best salt and water choices, plus a food and nutrition resource section.

Inner Health, Outer Beauty

Well & Good will set you on the path of priming your body for a complete wellness overhaul, because fertility isn't just about babies or a thriving reproductive system, it's about taking control of your health on all levels. With plenty of tips and recipes, Nat Kringoudis shows step-by-step how to take charge of your health and wellbeing. Her knowledge is not only for those want to boost their fertility, but for anyone who wants to experience better daily health. If you are ready for healthy hormones, Well & Good has all the information you need: • Top-ten foods for increased fertility • Ten steps to wellness • Your Fertile Pantry handy shopping list • Special tips for boosting men's reproductive health • Tips on revving up your fertility before conception • Tips for anyone who suffers from hormone imbalances and endometriosis • More than forty delicious and simple recipes to improve fertility and hormone health • How to look after your body when your baby arrives • Debunking ovulation myths.

Everyday Health Secrets for Dummies

Love Your Gut

If you've spent years navigating one restrictive diet after another, it's time to shed the fear of eating the 'wrong' thing and fall in love with food again. An enduring kitchen is one where real food and thoughtful eating practices come together, and where commonsense and simplicity are celebrated. Supercharge Your Life serves up information and inspiration to help you consume with purpose. There are over 160 beautiful and nourishing recipes for every occasion from breakfast to afternoon tea, from hearty family dishes to celebration feasts. Woven throughout is Lee's inspiring insight on the keystones for living a 'whole' life: home and family; health and longevity; friends and community; spirituality; finances; career and passion. At the heart of it all, there is food - a force for joy and connection in every aspect of life.

Supercharged Juice & Smoothie Recipes

Supercharged Food is a simple and inspiring guide to eating for optimum health. It features more than 90 recipes that are gluten, wheat, dairy, yeast and sugar-free, each bursting with nutrient-rich or 'super' foods that will help nourish and heal your body. Whether you have coeliac disease, food allergies or you just want to improve your health, this is your one-stop shop for easy, vibrant and flavourful meals that

will jump-start your immune system, boost your energy levels and maintain your long-term wellbeing.

SUPERCHARGE YOUR CELL VITALITY

130 superfood smoothies--made super easy. Blend health into every day with a smoothie recipe book featuring a whopping 130 recipes that feel like you're drinking liquid goodness. The chapters are organized by each of the 15 included superfoods--like berries, avocados, yogurt, and cinnamon--and every smoothie is labeled according to the health benefits it offers, from weight loss to boosting energy and reducing inflammation. Discover how many basic and affordable ingredients at your local grocery store are actually superfoods and learn the powerful differences each one can make in your smoothies--and in your health. A smoothie recipe book that's truly super: Make smoothies fun again--Whether you're a smoothie newbie or stuck in a smoothie rut, this smoothie recipe book will help you make yours a high-flavor success. Blissful blending--The ingredients are affordable and easy to find, and the recipes are quick to make. Troubleshooting tips--Get a list of common problems with smoothies (too thick, too sour, too grainy) and what you can do to fix them. Raise the goodness factor with a smoothie recipe book that offers unprecedented options for supercharged smoothies.

The Life Force Diet

The author of The Sneaky Chef brings us the next trend in healthy eating with easy recipes whipped up with nutrient-dense purees to create leaner, cleaner meals.

Uri Geller's Life Signs

Dubbed the "life force foods" by author Michelle Cook--foods rich in enzymes hold the secret to staying young, healthy, slender, and energetic. Full of healthy and great-tasting recipes as well as an unbeatable plan for recapturing one's health and figure, The Life Force Diet offers readers an easy, manageable approach to fueling one's body with foods rich in vitamins, minerals, and potent healing enzymes. The first book to offer such an original regimen of enzyme-rich food and powerful cooked superfoods, The Life Force Diet promises a renewed sense of vitality, clearer skin, and more lustrous hair in just three weeks.

Supercharge Your Gut

Professional learning initiatives in schools come and go, and the constant cycling through programs can resemble fad diets--hype and hope followed by crash and burnout. In this timely book, professional learning providers Kasia M. Derbiszewska and T. Nicole Tucker-Smith share concrete strategies that will help you design professional development sessions that are compelling, convincing, and sustainable using the framework of Universal Design for Learning. Learn to recognize and reduce common barriers to effective PD. In each chapter, the authors

clearly address the Purpose, Preparation, Implementation, and Benefits to Learning for each aspect of professional learning, as well as UDL Tidbits that help ensure the health and longevity of the initiative. If you are ready to take the leap toward creating healthy and sustainable professional learning, jump into the chapter that is most relevant to your needs. Get ready to consider the whole adult learner and apply practical strategies for cultivating and maintaining healthy, vibrant professional development that has a track record of success.

Supercharge Your Health With Sassy, Witchy Recipes!: Quick And Easy Organic Juice Recipes To Trim Your Body Fat, Boost Your Energy, Mojo & Much More!

90 nutritious recipes to help you get the most from your fasting days and supercharge your weight loss Lee Holmes presents a simple, supportive and sustainable approach to intermittent fasting (IF), featuring balanced meals that use nutritious unrefined wholefoods to boost energy. The IF diet is based on a 500 calorie (2092 kilojoule) restriction for women and a 600 calorie (2510 kilojoule) restriction for men. Among its many benefits, intermittent fasting helps the body shift from a sugar-burning machine into a fat-burning machine. Lee demonstrates that fasting can be even healthier with the right food and ingredient choices, putting you on the path to achieving good health, increased vitality and weight loss. *Fast Your Way to Wellness* contains 88 fasting recipes to take you all the way through from breakfast to lunch and then on to dinner. A number of different fasting methods are provided so you can choose the one that fits in with your lifestyle. Lee supplies information about the science of fasting, what it is, how it works and the enormous health benefits associated with it. You'll find tips on how to start your first fast, incorporating exercise into your routine and how to monitor results and adjust as you go. There's a shopping list and an intermittent fasting calorie- calculator to assist if you wish to add certain ingredients to recipes or mix and match. All of the recipes are free of gluten, wheat, processed sugar and yeast, and many are also dairy free. Each dish includes a serving amount and indicates the number of calories per serve, and there are also handy shopping, preparation and cooking tips.

Supercharge Your Professional Learning

When we eat may be as important as what we eat. Like most people, you probably wake up, get hungry for meals and doze off in bed around the same time every day. If you've ever experienced jet lag or pulled an all-nighter, you know that this schedule can easily be thrown off kilter. But for some people, that imbalance--difficulty sleeping at night, hunger at odd times, or sudden fatigue at noon--is a constant. If you're one of those people, Dr. Satchin Panda, one of the leading researchers on circadian rhythms, has a plan to reset your body clock. Beginning with an in-depth explanation of the circadian clock--why it's important, how it works, and how to know it isn't working--*The Circadian Code* outlines lifestyle changes to make to get back on track. It's a concrete plan to enhance weight loss, improve sleep, optimize exercise, and manage technology so that it doesn't interfere with your body's natural rhythm. Dr. Panda's life changing methods show you how to prevent and reverse ailments like diabetes, cancer, and dementia, as well as microbiome conditions like acid reflux, heartburn, and irritable bowel disease.

Well & Good

FUELLED is the ultimate guide to transforming your body, enhancing your energy and supercharging your life. Part-education, part-inspiration and part Real Food Recipe Guide, FUELLED is a comprehensive, easy-to-read handbook chock-full of simple instructions for achieving peak health and performance through optimal, nutrient-dense eating. So GET READY to renew your outlook, revitalize your energy, shed body fat, and create a level of optimal health that you might have previously considered unimaginable for yourself. Because vibrant health is your birthright. EXPECT TO: Get Educated: Raise the Bar on What Food Can Do for You Learn how Super - Natural - Foods FUEL Your Body, Help You Shed Unwanted Weight and Enhance Your Energy for the Long Term Get Inspired: Fight Your Fears, Find Your Fire and Visualize Your Best Self Set Yourself Up for Success in a BIG Way Get Started: With 100+ Delicious and Easy Superfood Recipes Designed for Optimal Health and Performance FUEL Your Cells and Propel Your Life Forward "If you are truly ready to see what becoming healthy and living your most vibrant, amazing, driven and energized life could feel like this book will get you well on your way." - Dr. Reid G. Robinson, D.C., Chiropractor, Wellness Practitioner, Owner and Founder of Inside Out Wellness Centre.

Exhale

Digital Talking Books Plus

Looking for a simple way to boost your energy levels, improve your health, lose weight and feel fantastic? Supercharged Juice & Smoothie Recipes is an amazing collection of feel-good drinks using the latest range of superfoods to nourish and revitalize your body. Taking juicing to a whole new level with nutrient-packed, health-boosting ingredients, Bailey uses an array of ingredients including sea vegetables, herbs, teas, and tinctures to help you supercharge your juice regimen. Using extra boosters in juices and smoothies is a simple, effective way to get your body into shape fast, providing fuel and nutrients for a transformed body and mind. Bailey (author of The Juice Diet) also provides a handy reference section at the back to help you quickly find recipes to lose weight, maximize energy levels, boost your immunity, combat aging and look amazing. There is even a 3-day power-charged Superfood Juice Diet Plan to set you on your way to looking fabulous as well as feeling great.

FUELLED

Smoothies are a great way to extra nutrients into your diet. Packed with multiple servings of fruits and veggies in every sip they're quick to make, easy to digest, delicious to drink, and they charge your body with the energy and nutrients you need to stay healthy. The benefits of these frothy drinks come from "functional foods," foods that contain large amounts of immunity-boosting nutrients to fortify your entire body—a feat no pill or supplement can match. Each of the wholesome and luscious recipes in Smoothies for Better Health is annotated for both its

overall nutritional profile and for the specific nutrients it delivers, so you'll learn exactly what benefits you are getting from every drink.

Talking Book Topics

The author of *The Joy of Juicing* shares tips on good health, including satisfying a sweet tooth without sugar, beating stress, and eating cancer-fighting foods. Original. \$30,000 ad/promo. Tour.

Fast Your Way to Wellness

The Sunday Times Bestseller 'Phil Vickery is not only a talented chef, but something rarer still, a sensible and sensitive one.' - The Independent We all know we should be eating better, but with endless dietary advice and pricey ingredients, it can be really difficult to find a good diet that works, especially on a budget. But it doesn't have to be so complicated. With Phil Vickery's easy, tasty recipes and great advice, you can eat the foods you enjoy while still getting all the nutrients you need. Spinning out from the hit TV show, *Save Money Good Diet* features 70 delicious, easy and affordable recipes that include healthier versions of the nation's top dishes, from Spaghetti Bolognese to Chicken Tikka Masala and Fish & Chips. Each recipe even states the cost of making it, so the process of planning and shopping is as painless as possible. By enjoying these nutritious meals you can lower your risk of developing life-threatening conditions, improve your overall health and lose weight. A realistic guide for families, it will improve your diet and boost your health without hitting your wallet.

The Detox Prescription

Alisa Vitti found herself suffering through the symptoms of polycystic ovarian syndrome (PCOS), and was able to heal herself through food and lifestyle changes. Relieved and reborn, she made it her mission to empower other women to be able to do the same. As she says, 'Hormones affect everything. Have you ever struggled with acne, oily hair, dandruff, dry skin, cramps, headaches, irritability, exhaustion, constipation, irregular cycles, heavy bleeding, clotting, shedding hair, weight gain, anxiety, insomnia, infertility, lowered sex drive, or bizarre food cravings and felt like your body was just irrational?' With this breadth of symptoms, improving hormonal health is a goal for women at every stage of their lives Alisa Vitti says that medication and anti-depressants aren't the only solutions. The thousands of women she has treated in her Manhattan clinic know the power of her process that focuses on uncovering your unique biological make up. Groundbreaking and informative, *WomanCode* educates women about hormone health in a way that's relevant and easy to understand. Bestselling author and women's health expert Christiane Northrup, who has called *WomanCode* the 'Our Bodies, Ourselves of this generation', provides an insightful foreword.

The British National Bibliography

'I'm just a straight-talking NHS doctor lending my unbiased opinion on healthy eating and showing everybody how to get phenomenal ingredients on their plates everyday.' Dr Rupy Aujla's first cookbook, *The Doctor's Kitchen*, is the go-to book to help you kick unhealthy faddy diets for good. In the book, Rupy, explains the principles of healthy living in a fun and relatable way with over 100 vibrant, tasty recipes steeped in medical science which are easy and inexpensive to make. The impact of lifestyle on illness has never been higher on the national agenda and Rupy believes that what we choose to put on our plates is the most important health intervention we can make. *The Doctor's Kitchen* stands out from the crowd by using medical knowledge to create the recipes. Rupy advocates Plates over Pills every time and he is living proof that what you eat can shift medical outcomes as he overhauled his own heart condition by addressing his diet and creating his own delicious food that he now shares in this book. Infused with flavours from around the world, this tasty selection of everyday meals makes healthy eating an absolute pleasure.

Library Journal

'A totally thought-provoking and insightful book on the connection between the gut and the brain' Angela Scanlon, TV presenter and broadcaster 'Eve makes good health and nutrition easy and accessible' Newby Hands, Global Beauty Director, Net-A-Porter Gut instinct, gut-wrenching, gut feeling: these familiar phrases show that we are all aware of the connection between our gut and mind, but the bond is far more complex and significant than you might imagine. Having a healthy gut is not only intrinsic to your general wellbeing, it also plays a fundamental role in supporting your cognitive health, which is why nourishing your gut is one of the key ways to achieve a healthy, happy mind. In *Happy Gut, Happy Mind*, nutritional therapist Eve Kalinik draws on her clinical experience - as well as the science and research around the gut-brain connection - to give an insight in to how this fascinating relationship works, and the diet and lifestyle steps that can support both the gut and the mind. This is complemented by easy-to-make, gut-nourishing recipes, including delicious breakfast options like Peanut and Miso Muffins and Pecan Pie Granola, hearty, satisfying main meals such as Tempeh Tacos, Monkfish Nuggets with Sweet Potato Fries and Five-Spice Pork Burgers, and delectable desserts like Positive Chocolate Pot de Crème and Blueberry Swirl Cheesecake. Whether you want to learn more about the gut- brain connection, seek insight into how gut health and mental health conditions can be linked, or you simply love reading about your wondrous gut, *Happy Gut, Happy Mind* will help you nourish your mind through supporting your gut.

Back to Health by Choice

Quick and easy Organic Juice recipes to trim your body fat, detox your body, boost your energy, Diabetics and sugar-free, mojo & Much More!

The Healing Self

CHANGE YOUR THINKING CHANGE YOUR LIFE "Every line in this book is bursting with truth, wisdom, and power. Brian Tracy is the

preeminent authority on showing you how to dramatically improve your life. Let him be your guide. I've learned so much from Brian myself that I can't thank him enough!" —Robert G. Allen, #1 New York Times bestselling author "This book gives you a step-by-step system to transform your thinking about yourself and your potential, enabling you to achieve greater success in every area of your life." —Lee Iacocca, Chairman, Lee Iacocca & Associates "Once again, Brian Tracy has written an incredible book which shows individuals how to delve into their inner resources so that they can not only identify realistic goals but develop a plan on how to achieve these goals. This book promises to be a bestseller and to influence the lives of so many. It is must reading." —Sally Pipes, President, Pacific Research Institute "Outstanding! Brian Tracy's Change Your Thinking, Change Your Life is a must-read. Use the powerful 'mental software' program in this book to tap your vast inner resources and bring the life you've been dreaming about into reality." —Ken Blanchard, coauthor of The One Minute Manager and Full Steam Ahead! "As usual, Brian Tracy has hit another home run with Change Your Thinking, Change Your Life. It's a must-read!" —Mac Anderson, founder, Successories, Inc. "Brian's new book, Change Your Thinking, Change Your Life, will show you how to attract the people and resources you need to achieve any goal you set for yourself." —Tony Jeary, Mr. Presentation, author of Life Is a Series of Presentations "This is a masterful book laden with wisdom and knowledge. It'll catapult you from intention to implementation. It arms you with the information and insights you need to achieve success and significance in your life." —Nido R. Qubein, founder, National Speakers Association Foundation Chairman, Great Harvest Bread Company

Consumer Health Information Source Book

"Why Some People Almost Always Maximize Their Health With Chiropractic" Do you live with continuous pain and discomfort? Do you suffer from horrible stress? Do you worry that your health is gradually declining? Millions of people go to the chiropractor to relieve their pain and improve their health. But why do some people start chiropractic care and get well, while some of the most well-meaning people who are sick, suffering, stressed out, and in pain do not start chiropractic care and remain sick? What is the essential prerequisite to elevating and maximizing your health? After fifteen years of clinical practice, writer, speaker, and chiropractor Dr. Walter Salubro is more convinced than ever of the answer: people who regain their health do so by choice. According to Dr. Salubro, people who choose healing get well and people who do not choose healing typically remain unchanged-sick and suffering. For headache sufferer Mary, chiropractic represented a health care method that gave practical form to her choice for healing. Back to Health by Choice covers her healing journey, including how chiropractic saved her from fifteen years of pounding headaches and led her to a healthier, happier life. If you are sick, stressed, or constantly suffering from pain, this book will guide you to make a choice for your own healing and give you the means to make a transformation in your health and in your life. You will discover: How chiropractic can help relieve common ailments like back pain, neck pain, and headaches—without the use of drugs. How chiropractic can help you adapt to and handle stress better. How chiropractic can help you naturally improve and regain your health. How to live your life to the fullest and increase your happiness. How to maximize your life potential, both immediately and in the long run. And much, much more. "Reading Back to Health by Choice got me even more excited to help patients and change lives for the next day. This book is a must read for chiropractors and patients alike." -Dr. Jeremy Weisz, DC, Chiropractor, Founder of Chiropractical Solutions "In my opinion, this book will help the general public understand chiropractic better, and most importantly, help them

understand that their health is in their hands." -Dr. John Minardi, BHK, DC, Chiropractor, Speaker, Author of The Complete Thompson Textbook: Minardi Integrated Systems Dr. Walter Salubro has been a practicing chiropractor for more than fifteen years. His clinic is located in Maple, Ontario, and it has helped thousands of people get relief from pain, stress, and improve their health. Dr. Salubro is also an engaging, dynamic speaker who routinely covers topics on chiropractic, health, and the wellness lifestyle. Back to Health by Choice is a wonderful book that is as moving to read as it is inspiring. Read it and transform your health."

Change Your Thinking, Change Your Life

Supercharge Your Life

After collaborating on two major books featured as PBS specials, Super Brain and Super Genes, Chopra and Tanzi now tackle the issue of lifelong health and heightened immunity. We are in the midst of a new revolution. For over twenty-five years Deepak Chopra, M.D. and Rudolph E. Tanzi, Ph.D. have revolutionized medicine and how we understand our minds and our bodies--Chopra, the leading expert in the field of integrative medicine; Tanzi, the pioneering neuroscientist and discoverer of genes that cause Alzheimer's Disease. After reaching millions of people around the world through their collaborations on the hugely successful Super Brain and Super Genes books and public television programs, the New York Times bestselling authors now present a groundbreaking, landmark work on the supreme importance of our immune system in relation to our lifelong health. In the face of environmental toxins, potential epidemics, superbugs, and the accelerated aging process, the significance of achieving optimum health has never been more crucial--and the burden to achieve it now rests on individuals making the right lifestyle choices every day. That means you. You--not doctors, not pharmaceutical companies--are ultimately responsible for your own health. Chopra and Tanzi want to help readers make the best decisions possible when it comes to creating a holistic and transformative health plan for life. In The Healing Self they not only push the boundaries of the intellect to bring readers the newest research and insights on the mind-body, mind-gene, and mind-immunity connections, but they offer a cutting-edge, seven-day action plan, which outlines the key tools everyone needs to develop their own effective and personalized path to self-healing. In addition, The Healing Self closely examines how we can best manage chronic stress and inflammation, which are immersing as the primary detriments of well-being. Moreover, Chopra and Tanzi turn their attention to a host of chronic disorders such as hypertension, heart disease, type 2 diabetes, and Alzheimer's Disease, known to take years and sometimes decades to develop before the first symptoms appear. Contemporary medical systems aren't set to attend to prolonged low-grade chronic inflammation or the everyday infections and stresses that take their toll on the body and can lead to disease, aging, and death. Thus, learning the secrets of self-healing is not only urgent but mandatory for optimum health. The Healing Self then is a call to action, a proven, strategic program that will arm readers with the information they need to protect themselves and achieve lifelong wellness. There is a new revolution occurring in health today. That revolution is you.

Paleo Cleanse

Based on the ancient system of enneagrams, this guide shows readers how to identify their personality type, helping them to unleash their inner power, build self-confidence, deal with stress, and achieve fulfillment.

The Miracle of Organic Vitamins for Better Health

How can an award-winning source book that helps consumers find health information be improved? Health expert Alan Rees has done just that in his sixth edition by providing practical advice on using the Internet, tips on where to find Spanish-language health pamphlets, and recommendations on what's most important in the world of alternative medicine. The sixth edition provides users with an annotated guide to health-related resources--hotlines, newsletters, pamphlets, Web sites, CD-ROMS, magazines, books, and more. Readers are given a description on each resource and how to best use it.

Supercharge Your Health!

TRANSFORMS THE PROVEN APPROACH OF THE MEGA-POPULAR PALEO DIET INTO A HARDCORE, MONTH-LONG DETOX
Transform your body and improve your health with this hard-core cleanse based on the caveman diet. Follow the 30-day plan to rid your body of toxins without feeling deprived as you: •Lose Weight •Increase Energy •Boost Mental Clarity •Improve Digestion •Reduce Inflammation Packed with more than 100 delicious and easy recipes using whole, satisfying ingredients like meats, eggs and fresh vegetables, the Paleo Cleanse has everything you need to reap the benefits of the Paleo Diet in the fastest, most effective way.

The Circadian Code

Supercharge your health and look your glowing best every day of your life. We all know we should look after our health, but what motivates most women to get to the gym or decline that second helping of dessert is not being healthy so much as looking good. We've all heard the message that we should focus on our arteries and blood sugar levels rather than our silhouette - but what we really want is a plan for keeping the weight off and looking our radiant best at all times. Nutritionist Joanna McMillan knows that appearance is inextricably bound up with physical well-being. The best way to lose weight permanently and develop that attractive joie-de-vivre is to smarten up your habits and live well. In this life-changing book she presents new ways of thinking about food and activity that are easily adaptable into any number of lifestyles and really work. Inner Health Outer Beauty is a gorgeous and inspiring book for women. In addition to diet, it looks at the full spectrum of food-related factors: appetite, emotional eating and self-sabotage; finding pleasure in food; movement, motivation and activity; planning ahead and lots of divine, contemporary recipes. And it has the hip look and feel to make it an irresistible, pick-me-up publication.

The Doctor's Kitchen

More energy, less stress, better sleep, happier lives. Isn't that what we all wish we had more of? Well, the solution is, quite literally, under your nose: your breath. From leading Breathwork practitioner, Richie Bostock, comes Exhale - a guide to learning the transformative power of breathing to help you lead a happier, healthier life. Exhale will help you master your physical, mental and emotional state in the comfort of your own home. Whether you're looking to reduce stress, improve creativity, tackle back pain or treat chronic ailments, conscious breathing has benefits for everyone. With over 40 exercises, experience the life-changing effects of Breathwork and cultivate your own breathing toolkit. With techniques inspired by traditional Sufi meditation and practices implemented by the Navy SEALs, Richie's Breathwork plan will help you find the solution to life's everyday challenges, in as little as ten minutes a day. Greater health and happiness is just a few breaths away.

Save Money Good Diet

In this sumptuous and authoritative cookbook full of delectable protein-packed recipes, best-selling vegan author Robin Robertson shatters the stubborn myth that it's hard to get enough protein on a plant-based diet. Robin serves up 100 fantastic recipes that deliver ample amounts of entirely plant-based protein, along with a host of other nutrients and a whole lot of big, bold, substantial flavors that anyone, vegan or not, can enjoy. From snacks and appetizers like Spice Island Plantain Bites, in which peanut butter is the main protein source, and Potato-Scallion Pakoras, where soy-based yogurt and chickpeas deliver the protein, through delicious soups, stews, salads, and sides, and on to dozens of robust main courses like Tamari-Seared Tofu with Asian Salsa Verde, Couscous with Cranberries and Pistachios, and Country Vegetable Cassoulet, The Plant Protein Revolution Cookbook packs loads of tasty nutrients onto every page. Chapters on plant-protein smoothies, shakes, and juices; breakfasts; and protein-rich sweets and treats make this a book you can use all day, any day. Whether you are a vegan wondering where your protein will come from or an omnivore who wants to eat meatless on occasion but needs to know you're getting plenty of protein, this enticing book deliciously delivers all the recipes you need.

Sneaky Blends

Montel Williams? New York Times bestselling battle plan for better living. Now in paperback! In Living Well, Montel explains the science behind his successful battle against multiple sclerosis, interviewing a global ?SWAT Team? of doctors, scientists, and researchers, and reveals the amazing effects of healthy eating and regular exercise. Most importantly, Montel shares his groundbreaking 21-Day Living Well Food and Workout Program? a hard-hitting health plan of diet changes, a step-by-step exercise plan, and the gradual addition of raw and whole foods to daily menu plans. This three-week regimen forms the cornerstone of Montel?s successful dietary health plan. Also included are simple, wholesome recipes that are as healthful as they are delicious. For anyone who wants to fight obesity, cancer, heart disease, and neurological diseases like Parkinson?s, Alzheimer?s, or multiple sclerosis?or if they just want to feel spectacular every day?it?s time to push life to the next level, by Living Well with Montel!

Living Well

Womancode

A revolutionary guide to gut health Publisher's Note: Love Your Gut was previously published in the UK under the title Eat Yourself Healthy. The path to health and happiness is inside you—literally. It's your gut! When you eat well, you feed the helpful gut microbes that nourish your metabolism, your immunity, and even your mood. But your microbiome is as unique as you are, so how to eat well varies from person to person. There's more to it than one-size-fits-all advice like "Take probiotics" and "Eat more fermented foods"—in Love Your Gut, Dr. Megan Rossi cuts through the noise. You'll learn what your gut actually needs, how it works, and, most importantly, what to do when it's not loving you back. Gauge your gut health with 11 interactive questionnaires: How happy is your microbiome? Could you have a hidden food intolerance? Are your fruit and veggie choices stuck in a rut? You'll answer these questions and many more! Craft a personal action plan and treat common problems: Learn to manage IBS, bloating, constipation, heartburn, SIBO, and stress—with evidence-based diet strategies, gut-directed yoga flows, sleep hygiene protocols, bowel massage techniques, and more. Enjoy 50 plant-forward, fiber-filled recipes Get ready to discover your happiest, healthiest self. Love your gut!

Supercharged Food

Includes, beginning Sept. 15, 1954 (and on the 15th of each month, Sept.-May) a special section: School library journal, ISSN 0000-0035, (called Junior libraries, 1954-May 1961). Also issued separately.

Simple Superfood Smoothies: A Smoothie Recipe Book to Supercharge Your Health

Happy Gut, Happy Mind

The first science-based cleanse proven to sweep the system of toxins that lead to disease, weight gain, and energy swings. The human body has an extraordinary ability to detoxify itself. We rely on this system when we wait for a hangover to lift or recover from a bout of food poisoning. However, cutting-edge science is revealing how toxic exposures can actually affect our genes and lead to conditions such as obesity, diabetes, cognitive dysfunction, pain, arthritis, mood disorders, energy, allergies, asthma, hypertension, fertility and heart disease—all of which are on the rise in modern Western society. The good news is that each of us can optimize this natural cleansing system for better health, greater energy, and efficient weight loss. In The Detox Prescription, Dr. Merrell draws on new research to help readers assess their own toxic risk factors and health deficiencies. Next, he and Mary Beth Augustine, RD, offer more than 75 delicious and nutrient-rich recipes incorporating juices and whole foods, broken into 3-, 7-, and 21-day cleanses. Dr. Merrell's holistic approach also relies on light yoga practices, basic self-care, beginning meditation, and sleep hygiene to reset body, mind, and spirit—and take control of our genetic destiny.

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