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Gutbliss

A 10-Day Plan to Ban Bloat, Flush Toxins, and Dump Your Digestive Baggage

Penguin A renowned physician shares her complete 10-day digestive tune-up for women, with important revelations about good gastrointestinal health. Many so-called cures for women's bloating and indigestion, from juice cleanses to specialty diets, are based on junk science. For women seeking true relief from that overall feeling of discomfort in any size jeans, Dr. Robynne Chutkan has the perfect plan for feeling light, tight, and bright in ten days. Gutbliss offers: A primer on the real reasons for gastrointestinal distress, and why it's much more common in women A look at the debilitating side effects of supposedly healthy habits—from Greek yogurt to bloat-inducing aspirin An expert analysis of symptoms that could indicate a serious underlying condition An indispensable checklist to pinpoint the exact cause of your bloating Just a few small changes in diet, lifestyle, and exercise can make a huge difference in a woman's digestive health, but the changes have to be the right ones. Going beyond the basics of top sellers such as Wheat Belly, Dr. Chutkan's Gutbliss empowers women to take control of their gastrointestinal wellness.

Gutbliss

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La Buena Digestión/ Gutbliss: a 10-Day Plan to Ban Bloat, Flush Toxins, and Dump Your Digestive Baggage

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Microbiome Solution

A Radical New Way to Heal Your Body from the Inside Out The

The author of Gutbliss and one of today's preeminent gastroenterologists distills the latest research on the microbiome into a practical program for boosting overall health. The microbiome - the collective name for the trillions of bacteria that live in our gut - is today's hottest medical topic. Synthesising the latest findings, Dr Robynne Chutkan explains how the standard Western diet and lifestyle are starving our microbiome, depleting the 'good bugs' that keep us healthy, and encouraging overgrowth of exactly the wrong type of bacteria. The resulting imbalance makes us more prone to disease and obesity, and negatively affects our cravings, our immunity, and even our genes. But beyond the science, what sets The Microbiome Solution apart is Dr Chutkan's powerful plan for optimising your wellbeing. Discover how our hyper-hygienic lifestyle, enforced with hand-sanitising gels and antibiotics, is stripping our bodies of their natural protective systems; learn about essential prebiotics and probiotics; read a private introduction to the stool transplant, the radical super-fix for a severe microbial imbalance; and cook for thousands of billions with recipes that replenish your microbiome. This book will bring welcome relief to the many millions worldwide who need to grow a good 'gut garden' - and enjoy healthier, happier lives.

Summary of Dr. Robynne Chutkan's Gutbliss

Everest Media LLC Please note: This is a companion version & not the original book. **Sample Book Insights:** #1 The gastrointestinal tract is the engine of the body. It is a complex and specialized system that extracts nutrients from food and transfers them to the cells of the body. Bloating is one of the earliest and most common signs that there may be a problem. #2 The upper GI tract includes the mouth, esophagus, stomach, and the first part of the small intestine called the duodenum. Digestion actually begins in the mouth, where enzymes in saliva start to break down food. Gravity and muscular contractions help propel things down the long tubular esophagus into the stomach. #3 The symptoms of bloating are very nonspecific, and can be caused by a number of conditions. It is important to know which foods and habits upset the ratio of helpful to undesirable species and how to boost enzyme activity and optimize hormonal secretion. #4 Colons are very different from one another, and each one is unique in its own way. They are difficult to navigate, and it takes me more than three times the amount of time to complete a colonoscopy with Anne.

The Anti-Viral Gut

Tackling Pathogens from the Inside Out

Penguin A practical plan for strengthening the incredible antiviral defenses located in your gut and resolving symptoms—from a renowned gastroenterologist and the author of Gutbliss. Multiple studies have now confirmed a dramatic link between the health of our microbiome—the trillions of bacteria that live in our digestive tract—and our likelihood of getting devastating viral illnesses like COVID-19. Low-fiber diets, limited exposure to nature, and overzealous use of pharmaceuticals have messed up our microbiome, making many of us more susceptible to viruses than we naturally should be. But the good news is that unlike our genes, our microbiome is constantly evolving, offering a pathway back to health for those who are suffering, and proven protection for those who want to stay well. In The Anti-Viral Gut, Dr. Robynne Chutkan explains this groundbreaking research and offers a prescriptive plan for anyone trying to avoid or recover from a viral illness to rehab their gut microbes and restore their health. In this powerful road map to strengthening the gut-immune system, Chutkan gives practical advice for balancing both your internal and external environment by optimizing diet, exercise, sleep, and time outdoors to boost your host defenses and overall health. The Anti-Viral Gut includes: a step-by-step nutrition plan, including recipes to improve your good gut bacteria and an explanation of which foods and preparation methods bring you the fastest results protocols for replacing immune-suppressive, microbiome-disruptive medications with safer alternatives guidelines for exercise, sleep hygiene, and stress reduction methods for working mindfulness, breathwork, and meditation into your daily routine advice on maximizing the potent antiviral effects of nature Complete with inspiring stories from Dr. Chutkan's own patients who have battled COVID-19, The Anti-Viral Gut will empower readers to jump-start their journey toward healing.

Your Body Can Talk, Revised 2nd Edition

Your Body Can Talk How to Use Simple Muscle Testing for Health and Well-Being

SCB Distributors This book, about the art and application of Clinical Kinesiology, introduces the energetic system that links mind and body. It shows how the body can “talk,” and therefore be used as a diagnostic tool, and to determine which healing approach will best suit an individual. Clinical Kinesiology allows us to interpret this new “body talk.” This method of muscle-testing “reads” the body’s innate wisdom; when “asked” a question, or presented with a stimulus, the muscles respond clearly, either strongly or weakly. This system, which expedites the application of acupuncture, also helps realign the body’s energy imbalances. Readers will find specific methods of fighting disease that emphasize the dangers of unnecessary drugs, antibiotics and immunization, and the need for a fortified immune system - especially through natural foods. Other topics include: rebuilding the body’s ecology after an overgrowth of unhealthy bacteria or Candidiasis; how to maintain the integrity of the energy system through minimizing exposure to unhealthy electromagnetic fields or EMFs; optimal health for woman; and issues of men’s health. New material in this 2nd edition includes an extensive chapter on children’s health, which addresses pregnancy, birthing procedures and breastfeeding, and illustrates a road map for giving your children (and children yet to come) the best potential for optimal health.

The Bloat Cure

101 Natural Solutions for Real and Lasting Relief

Penguin The must-have A to Z manual to banish your bloat for good, from the author of Gutbliss and The Microbiome Solution If you’re bloated and looking for relief, you’ve come to the right place. In her medical practice The Digestive Center for Women, Dr. Robynne Chutkan has helped thousands of women get back into their skinny jeans, and she can do the same for you. Understanding what’s behind your suffering is the key to deflating for good. The Bloat Cure helps you identify the root cause of your bloat, whether it’s the artificial sweeteners in your sports drink, the cough medicine you’re taking, an undetected thyroid problem, or one of the other 101 common causes. Once you pinpoint your condition, Dr. Chutkan offers a clear plan of action to stop whatever’s triggering it, rehabilitate your system, and get your GI tract running like a well-oiled machine. Get ready for immediate relief -- and start feeling like yourself again!

The Microbiome Solution

A Radical New Way to Heal Your Body from the Inside Out

Penguin Live Dirty, Eat Clean—because every serious disease or chronic ailment begins in our gut. The author of Gutbliss and one of today’s preeminent gastroenterologists distills the latest research on the microbiome into a practical program for boosting overall health. The microbiome—the collective name for the trillions of bacteria that live in our digestive tract—is today’s hottest medical news topic. Dr. Robynne Chutkan explains how the standard Western diet and our super-sanitized lifestyle are starving our microbes, depleting the “good bugs” that are crucial for keeping us healthy, and encouraging overgrowth of exactly the wrong types of bacteria. But, as Dr. Chutkan explains, there are effective lifestyle and diet changes we can make to reverse this damage. Dr. Chutkan has helped thousands of patients suffering from a disordered microbiome with her comprehensive Live Dirty, Eat Clean Plan, designed to remove damaging medications and foods, replace important bacteria that have been lost, and restore health. The Microbiome Solution offers: a microbiome overview, nourishing recipes, questions for your doctor, preventative and recovery health tips, and the next frontier for a severely troubled microbiome—the stool transplant. This is the first book to provide a practical, effective plan for replenishing and optimizing the vital ecosystem in our gut. Start living dirty and eating clean today to ward off disease and begin the path toward lifelong, vibrant health.

The Holistic Rx

Your Guide to Healing Chronic Inflammation and Disease

Rowman & Littlefield According to some reports, about half of all adults and children have one or more chronic health conditions. One in four adults has two or more chronic health conditions. And, sadly, these numbers continue to grow at an alarming rate. The Holistic Rx offers the reader with one or more chronic health conditions or symptoms easy-to-follow evidence-based approaches to healing their ailments by targeting inflammation and its underlying root causes. Dr. Madiha Saeed covers the foundations of good health like digestive health and detoxification, and the Four Big S’s (stress management, sleep strategies, social and spiritual health), along with disease-specific supplements homeopathy, acupuncture, aromatherapy, , other holistic remedies to achieve lasting good health and wellness. The first part of the book addresses the root of chronic illness—inflammation—and examines its underlying causes and possible treatment approaches that focus on the whole body rather than just the affected area. In the second part of the book, she first advises the reader on adjusting their holistic approach to their health conditions based on their individual needs. Then, after briefly describing various integrative approaches, she provides an A-to-Z guide to holistic and integrative treatment of over 70 chronic illnesses, conditions, and symptoms. For each condition, she outlines a healing plan that begins with digestive health and detoxifications and the four S’s specific to that organ system and covers the additional alternative, holistic, and complementary approaches that are most effective for that condition. This ready resource will help the whole family address their most common complaints and promotes a healthy, balanced lifestyle that focuses on overall wellness.

The Bloat Cure

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Penguin The must-have A to Z manual to banish your bloat for good, from the author of Gutbliss and The Microbiome Solution If you’re bloated and looking for relief, you’ve come to the right place. In her medical practice The Digestive Center for Women, Dr. Robynne Chutkan has helped thousands of women get back into their skinny jeans, and she can do the same for you. Understanding what’s behind your suffering is the key to deflating for good. The Bloat Cure helps you identify the root cause of your bloat, whether it’s the artificial sweeteners in your sports drink, the cough medicine you’re taking, an undetected thyroid problem, or one of the other 101 common causes. Once you pinpoint your condition, Dr. Chutkan offers a clear plan of action to stop whatever’s triggering it, rehabilitate your system, and get your GI tract running like a well-oiled machine. Get ready for immediate relief -- and start feeling like yourself again!

The Fatigue Solution

Increase Your Energy in Eight Easy Steps

Hay House, Inc Every day, all over the world, millions of women are grappling with many of the same mind and body issues: low sex drive, weight gain, sexual dissatisfaction, chronic stress, anxiety, hormone imbalances, infertility, poor sleep, lack of concentration, PMS, peri-menopause and menopause complications, and most especially, an overriding feeling of unexplainable fatigue. It’s time to take the ‘f word’ out of our lives! The Fatigue Solution will show you how to go from fatigued to fabulous by following eight simple steps that help you identify and understand the potential source of these vexing health conditions. STEP1: Feed your energy furnace by learning which foods will enhance stamina (and avoiding those that cause fatigue). STEP 2: Get your gut in shape by ridding the toxins that drain you of energy. STEP 3: Improve your sleep habits and discover tips for creating mental, physical and emotional calm and healthy sleeping schedules to keep your hormones balanced. STEP 4: Supercharge your sexuality and release endorphins that will rev up your metabolism. STEP 5: Move your body and boost your metabolism with exercises specifically designed to increase energy output throughout the day. STEP 6: Check your thyroid so you can find out if your thyroid is doing its job and what you can do to keep it working efficiently. STEP 7: Prepare yourself for that time of the month (or your life) with special herbs, supplements and vitamins to keep from suffering debilitating energy loss and maintain energy reserves as you age. STEP 8: Have yourself tested to know if you have any deficiencies contributing to your fatigue. This is a 21st century woman’s health guide for generating physical as well as emotional strength, balancing hormones, reclaiming sexual vitality and restoring energy. Dr Eva Cwynar (pronounced “queen-R”), premiere Beverly Hills endocrinologist and metabolic medicine specialist, who has treated prime ministers, A-list actors and professional athletes, shares her program for rejuvenating and reinvigorating your life.

The Microbiome Solution

A Radical New Way to Heal Your Body from the Inside Out

Penguin The author of Gutbliss and one of today’s preeminent gastroenterologists distills the latest research on the microbiome into a practical program for boosting overall health. Michael Pollan’s widely discussed New York Times article, “Some of My Best Friends Are Germs,” was just the tip of the iceberg. The microbiome—the collective name for the trillions of bacteria that live in our gut—is today’s hottest medical news topic. Synthesizing the latest findings, Dr. Robynne Chutkan explains how the standard Western diet and lifestyle are starving our microbiome, depleting the “good bugs” that keep us healthy and encouraging overgrowth of exactly the wrong type of bacteria. The resulting imbalance

makes us more prone to disease and obesity and negatively affects our metabolism, our hormones, our cravings, our immunity, and even our genes. But beyond the science, what sets this book apart is Dr. Chutkan's powerful three-level program for optimizing your gut bacteria for good health. Dr. Chutkan shares: Why hand-sanitizing gels and antibiotics are stripping our bodies of their natural protective systems Essential prebiotics and probiotics Recipes with ingredients that replenish the microbiome for each rehab level Cutting-edge research on the connection between the microbiome and the brain An intro to the stool transplant, the superfix for a severely troubled microbiome Dr. Chutkan is one of the most recognizable gastroenterologists working in America today, and this is the first book to distill the research into a practical, effective plan for replenishing our microbiomes. The Microbiome Solution will bring welcome relief to the millions who want to grow a good "gut garden"—and enjoy healthier, happier lives.

Mindful Loving

10 Practices for Creating Deeper Connections

[Penguin](#) In this groundbreaking book, Dr. Henry Grayson shares his breakthrough techniques for creating deeper and more lasting connections with our loved ones. Henry Grayson, a psychologist, relationship counselor, psychoanalyst, and former minister who has been working with couples and individuals to improve their relationships for over thirty years, has found that most people are actually more unhappy after marriage counseling or couples therapy. In Mindful Loving he sets aside the traditional methods of therapy to show you how to look at your relationships from a completely different perspective. By getting to the root of our relationship problems, which stem from our thoughts and beliefs and mistaken ideas about our own identities, Grayson creates a whole new framework—one where psychology, spirituality, and science meet—in which to view intimacy.

The Case Against Sugar

[Portobello Books](#) More than half a billion adults and 40 million children on the planet are obese. Diabetes is a worldwide epidemic. Evidence increasingly shows that these illnesses are linked to the other major Western diseases: hypertension, heart disease, even Alzheimer's and cancer, and that shockingly, sugar is likely the single root cause. Yet the nutritional advice we receive from public health bodies is muddled, out of date, and frequently contradictory, and in many quarters still promotes the unproven hypothesis that fats are the greatest evil. With expert science and compelling storytelling, Gary Taubes investigates the history of nutritional science which, shaped by a handful of charismatic and misguided individuals, has for a hundred years denied the impact of sugar on our health. He exposes the powerful influence of the food industry which has lobbied for sugar's ubiquity - the Sugar Association even today promoting 'sugar's goodness' - and the extent that the industry has corrupted essential scientific research. He delves into the science of sugar, exposes conventional thinking that sugar is 'empty calories' as a myth, and finds that its addictive pleasures are resulting in worldwide consumption as never experienced before, to devastating effect. The Case Against Sugar is a revelatory read, which will fundamentally change the way we eat.

Bacterias. La revolución digestiva

Los secretos de las bacterias que viven en nosotros: qué hacen, para qué sirven y cómo mandan en tu salud

[La Esfera de los Libros](#) ¿Sabías que las bacterias influyen en tus emociones y tu salud mental? ¿Y que tus defensas del sistema inmune dependen de ellas? ¿Sabías que en las raíces de tus pestañas viven unas criaturas transparentes minúsculas, de cuerpos alargados y boca grande, beneficiosos para la salud? ¿Y que si tu dieta es sana, equilibrada y rica en probióticos y fibra, las bacterias te lo agradecerán aportándote más defensas y energía? La doctora Irina Matveikova, autora del Inteligencia digestiva -libro del que se han vendido más de 20.000 ejemplares- nos explica que las bacterias también somos «nosotros», que estas tienen capacidad y poder para mejorar nuestro estado físico y mental, y que conviene estar atentos a los avisos de nuestro interior. Estos bichitos incluso son capaces de reparar y revertir los daños que pueden sufrir las células de tu cuerpo, así como influir en tus gustos y decisiones. Cuando tu sistema inmune te atacaLo que puedes aprender observando tus hecesRecetas nutritivas prebióticasEl secreto de los líquenes

The Inside Tract

Your Good Gut Guide to Great Digestive Health

[Rodale](#) A comprehensive plan for alleviating digestive ailments through alternative and complementary treatments outlines specific dietary changes, supplements, detoxification practices and a seven-step lifestyle modification program based on individual needs. Original. 20,000 first printing.

The Antianxiety Food Solution

How the Foods You Eat Can Help You Calm Your Anxious Mind, Improve Your Mood, and End Cravings

[ReadHowYouWant.com](#) It's remarkable how much the foods we eat can impact our brain chemistry and emotions. What and when we eat can make the difference between feeling anxious and staying calm and in control. But most of us don't realize how much our diets influence our moods, thoughts, and feelings until we make a change. In The Antianxiety Food Solution, you'll find four unique antianxiety diets designed to help you address nutritional deficiencies that may be at the root of your anxiety and enjoy the many foods that foster increased emotional balance. This easy-to-use guide helps you choose the best plan for you and incorporates effective anxiety-busting foods and nutrients. You'll soon be on the path to freeing yourself from anxiety-and enjoying an improved overall mood, better sleep, fewer cravings, and optimal health-the natural way!

Dumbbell Training

[Human Kinetics](#) One of the most versatile and effective forms of equipment, dumbbells have long been part of the training formula for building strength and power and toning the entire body. Now in Dumbbell Training, Second Edition, former NSCA Collegiate Strength and Conditioning Coach of the Year Allen Hedrick describes how to use dumbbells as a primary mode of training and shows how dumbbells can be an excellent alternative to traditional barbell workouts for just about anyone. Whether you are an athlete wanting to improve your sport performance or a fitness enthusiast wanting to improve upon your current exercise regime, you can use dumbbells to achieve your goals related to fitness, weight loss, increased muscle mass, or improved athletic performance. Hedrick, the former strength and conditioning coach at the United States Olympic Training Center, guides you through proven exercises and programs based on more than 25 years of experience working with athletes. The book is loaded with more than 110 exercises targeting the core, upper body, lower body, and total body. Exercises feature a variety of variations and are supplemented with photos and concisely written exercise descriptions, making it easy to understand each exercise and implement it on your own. Did You Know? sidebars offer interesting details and tips about the use of dumbbell exercises. You'll also find 66 ready-to-use programs that target your specific goals. Fitness-oriented plans will help you with fat loss, general fitness, hypertrophy, and strength, while athletes will find plans for increasing power, speed, agility, and balance in eight popular sports: cycling, ice hockey, skiing, soccer, speed skating, swimming, track and field, and wrestling. If you train with dumbbells, or are interested in starting a dumbbell training program, Dumbbell Training will put you on the path to a refined physique or improved performance.

The Good Gut

Taking Control of Your Weight, Your Mood, and Your Long Term Health

[Random House](#) "The link between our biomes, gut bacteria and our overall health is the final frontier of medicine that we must now embrace if we are ever to advance as a profession ... This book comes at the perfect time!" Dr Christian Jessen, presenter of 'Embarrassing Bodies' and 'Supersize vs. Superskinny' From your weight, to how you age, to allergies and diseases - your gut controls it all. In Gut Reactions, leading scientists Justin and Erica Sonnenberg explain how we've neglected this vital organ for far too long. As well as the consequences you might expect - a dramatic rise in food intolerances and inflammatory bowel diseases - are a whole host of other concerns, such as an increase in cancer, asthma, autism and diabetes. We now have only 1,200 species of microbes living in our gut. We used to have many more. Why are these species becoming extinct? And how do we prevent it? With recipes and meal plans, as well as guidance on alternatives to antibiotics and lifestyle choices, Gut Reactions will help you to interpret, understand and incorporate these new radical findings into your diet and lifestyle and will help you on your journey to a healthier gut. PREVIOUSLY PUBLISHED AS THE GOOD GUT

Womancode

[Hay House, Inc](#) 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.

Choosing Raw

Making Raw Foods Part of the Way You Eat

[Hachette+ORM](#) After her health journey led her to a plant-based diet, Gena Hamshaw started a blog for readers of all dietary stripes looking for a common-sense approach to healthy eating and fuss-free recipes. Choosing Raw, the book, does in an in depth manner what the blog has done for hundreds of thousands of readers: addresses the questions and concerns for any newcomer to veganism; makes a plant-based diet with many raw options feel easy instead of intimidating; provides a starter kit of delicious recipes; and offers a mainstream, scientifically sound perspective on healthy living. With more than 100 recipes, sumptuous food photos, and innovative and wholesome meal plans sorted in levels from newcomer to plantbased pro, Hamshaw offers a simple path to health and wellness. With a foreword by Kris Carr, New York Times–bestselling author of Crazy Sexy Diet, Choosing Raw is a primer in veganism, a cookbook, the story of one woman's journey to health, and a love letter to the lifestyle that transformed her relationship with food.

The Coconut Oil Miracle

[Penguin](#) The complete, accessible guide to reaping all the health and beauty benefits of coconut oil Natural coconut oil is nature's perfect food. Unlike the hydrogenated versions found in processed food, this uniquely curative elixir has been show to have countless health benefits. When taken as a dietary supplement, used in cooking, or applied directly to the skin, coconut oil has been found to: Promote weight loss Help prevent heart disease, cancer, diabetes, arthritis, and many other degenerative diseases Strengthen the immune system Improve digestion Prevent premature aging of the skin Beautify skin and hair The Coconut Oil Miracle explains the benefits of coconut oil, and shows readers how to use it for maximum effect. This revised edition of the original, groundbreaking guide also includes a nutrition plan with 50 delicious recipes that will allow anyone to experience the healing miracles of coconut oil.

Joyful, Delicious, Vegan

Life Without Heart Disease

[She Writes Press](#) We can all learn how to enjoy good health naturally at any age—and it starts in our kitchens by changing how we eat. In Joyful, Delicious, Vegan: Life Without Heart Disease, Sherra Aguirre equips readers with the simplest, most effective way to prevent or reverse heart disease, our number one killer here in the US—especially for African American women, who are on the front lines of the fight against heart disease, diabetes, and other chronic illnesses. In this empowering guide to healthy eating, Aguirre shares her own story of reversing hypertension and other heart disease symptoms, despite a long family history; she presents current knowledge about the effectiveness of a plant-based diet in reversing disease; and she offers up recommendations from two world-renowned cardiologists who have demonstrated results with patients for many years. Joyful, Delicious, Vegan: Life Without Heart Disease guides readers in building a simple food plan around their particular needs with delicious anti-inflammatory foods and provides support for developing the habit of mindful eating. Aguirre explores ways in which choosing a vegan diet and eating consciously are compassionate acts that can positively impact many areas of our lives—and includes tips to help readers sustain results. Full of tips for success based on Aguirre's personal experience and the experience of others, Joyful, Delicious, Vegan: Life Without Heart Disease is a source of inspiration, encouragement, and staying power for all readers.

Happy Gut

The Cleansing Program to Help You Lose Weight, Gain Energy, and Eliminate Pain

[Harper Collins](#) Following the success of the bestselling Clean Gut and Wheat Belly comes this essential guide to improving digestive health from an expert in functional medicine—who reveals why everything that ails us, from fatigue to weight gain to bloating and bad skin, can be traced back to the gut, and shares his cleansing plan to help us reclaim our health. Dr. Vincent Pedre understands gut problems firsthand. He suffered from IBS for years before becoming an expert in functional medicine and learning how to heal his body from the inside. Dr. Pedre used his own experience to develop The Gut C.A.R.E. Program—an approach that draws from both Western and Eastern methodologies, combining integrative and functional medicine—that has a proven success record in his private practice in New York. Now, for the first time, Dr. Pedre makes his revolutionary plan for health and wellness available to everyone. Happy Gut takes readers step-by-step through Gut C.A.R.E.—Cleanse, Activate, Restore, and Enhance—which eliminates food triggers, clears the gut of unfriendly pathogens, and replaces them with healthy probiotics and nutrients that repair and heal the gut. Rather than masking symptoms with medication, he shows us how to address the problem at its core to restore the gastrointestinal system to its proper functioning state. By fixing problems in the gut, followers of Dr. Pedre's program have found that their other health woes are also cured and have lost weight, gained energy, and improved seemingly unrelated issues, such as seasonal allergies, in addition to eliminating their chronic muscle and abdominal pain. Complete with recipes and meal plans including gluten-free, low-fat, and vegetarian options, a 28-day gut cleanse, yoga postures to help digestion, and testimonials from many of his patients, Happy Gut will help you feel better and eliminate gut issues for life.

The Kripalu Kitchen

Nourishing Food for Body and Soul: A Cookbook

[Ballantine Books](#) A lavishly illustrated cookbook featuring 125 delicious, easy-to-prepare, revitalizing, and detoxifying recipes from the executive chef at North America's largest yoga-based healing and education center NAMED ONE OF THE "NEW COOKBOOKS TO BUY THIS SPRING" BY EPICURIUS • "An eminently useful resource for those looking to expand their repertoire of healthy dishes."—Publishers Weekly The Kripalu Center for Yoga & Health, nestled in the Berkshire mountains of western Massachusetts, attracts more than fifty thousand people a year. Guests flock there not only to deepen their yoga practice but also to experience the healing power of its famously delicious food. Now you can bring Kripalu's most popular dishes to your own table. Kripalu's longtime and popular executive chef, Jeremy Rock Smith, embraces a mindful approach to eating and a seasonal approach to cooking. In The Kripalu Kitchen, he offers 125 easy-to-follow mouthwatering recipes, dozens of variations, and countless smart eating strategies designed for a variety of dietary preferences—from vegan and vegetarian to gluten-free, grain-free, dairy-free, and sugar-free. The 5-ingredient and 30-minute recipes ensure that even the busiest of us can enjoy this phenomenal food. Inside you'll discover • Bountiful breakfasts: from Coconut French Toast with Thai Ginger Maple Syrup to Vegan Ginger Scones • Restorative preparations: from Kripalu's famed Morning Broth to the traditional south Indian porridge Upma • Satisfying suppers: from Linguine with Pumpkin Sage "Alfredo" and Kale Pesto to Mushroom Cheesesteaks • Decadent desserts: from Gluten-Free Salted Double Chocolate Chip Cookies to Gluten-Free Whole-Grain Vegan Brownies to Gluten-Free Vegan Swami Kripalu Birthday Cake Honoring the wisdom of Ayurvedic healing practices, The Kripalu Kitchen also includes a simple test to determine your personal nutrition profile, or dosha, and every recipe is marked to guide you toward the optimal diet for your type. More than just a healthy cookbook, The Kripalu Kitchen will revitalize your body and nourish your soul.

Chicken Soup for the Soul

101 Stories to Open the Heart & Rekindle the Spirit

[Hci](#) Features inspirational stories offering words of wisdom, hope, and empowerment

Nutrition Guide for Clinicians

[Pcrm](#) Designed by medical professionals, this manual is a comprehensive, portable medical reference that covers nearly one hundred diseases and conditions, including risk factors, diagnoses, and typical treatments. Most importantly, it provides the latest evidence-based information on nutrition's role in prevention and treatment.

Hormone Intelligence

The Complete Guide to Calming Hormone Chaos and Restoring Your Body's Natural Blueprint for Well-Being

[HarperCollins](#) **INSTANT NEW YORK TIMES BESTSELLER • WALL STREET JOURNAL BESTSELLER • #1 GLOBE AND MAIL BESTSELLER • USA TODAY BESTSELLER** You are not broken. Being a woman is not a diagnosis. Take your body back with the groundbreaking new science for women in *Hormone Intelligence*. Hormonal. We all know what it means when we hear it - and feel it. While hormonal shifts are natural throughout women's lives, too many experience distressing period symptoms, struggle daily with PCOS, endometriosis, a fertility challenge, pain, low sex drive, sleep problems, acne, bloating, hot flashes, and more - all due to hormone-related problems. And too many are unable to get the answers they're really seeking from their doctors. There is a solution. In *Hormone Intelligence*, Yale trained and internationally renowned women's health expert, Dr. Aviva Romm, helps you identify the root causes of your symptoms and guides you through a 6-week proven program to achieve lifelong hormonal and gynecologic health. Using a holistic, dietary and lifestyle changing approach, *Hormone Intelligence* goes beyond treating symptoms to the deeper factors impacting women's health, so you can reclaim your body, hormones, and self. Inside *Hormone Intelligence*, you'll find: · **Hormone Health 101:** Understand the key components of the hormone epidemic and associated dietary and lifestyle triggers. · **Symptoms and Root Causes Demystified:** Discover what your symptoms are saying about your hormones with quizzes, checklists, trackers, and more. · **A 6-Week Action Plan:** Learn what foods you should indulge and avoid, how to repair your microbiome to support hormone health, how to identify environmental hormone disruptors, engage your body's natural detoxification systems and reduce hidden inflammation, and the lifestyle changes that lead to happy, healthy hormones. · **Delicious, done-for-you meal plans** to take you through the entire program, including vegan options. *Hormone Intelligence* is an invitation to a whole new relationship with your body and hormones, the exhale you've been waiting for, and the first step on the road to realizing that a diagnosis does not have to be your destiny. Extended references, a complete index, and additional resources for *Hormone Intelligence* can be found at the author's website.

Cooking for Hormone Balance

A Proven, Practical Program with Over 125 Easy, Delicious Recipes to Boost Energy and Mood, Lower Inflammation, Gain Strength, and Restore a Healthy Weight

[HarperCollins](#) A breakthrough program with more than 125 tempting, nutrient-dense recipes for thyroid conditions, Hashimoto's, adrenal fatigue, menopause, endometriosis, fibroids, breast health, PMS, PCOS, and other hormonal imbalances. Millions of women suffer from the life-altering, often debilitating symptoms resulting from hormonal imbalances: stubborn weight gain, fatigue, brain fog, depression, insomnia, digestive issues, and more. The good news is that most of these conditions are reversible. Integrative hormone and nutrition expert Magdalena Wszelaki knows this first-hand. Developing hyperthyroidism and then Hashimoto's, adrenal fatigue, and estrogen dominance propelled her to leave a high-pressured advertising career and develop a new way of eating that would repair and keep her hormones working smoothly. Now symptom free, Magdalena shares her practical, proven knowledge so other women may benefit. Drawing on current research and the programs she has developed and used to help thousands of women, she offers clear, concise action plans for what to remove and add to our daily diet to regain hormonal balance, including guides for specific conditions and more than 125 easy-to-prepare, flavorful, and anti-inflammatory recipes that are free of gluten, dairy, soy, corn, and nightshades and low in sugar. Based on twenty hormone-supporting superfoods and twenty hormone-supporting super herbs—with modifications for Paleo, Paleo for Autoimmunity (AIP), anti-Candida, and low-FODMAP diets—these healing recipes include a terrific selection for everyday meals, from Sweet Potato and Sage Pancakes and Honey Glazed Tarragon Chicken to a Decadent Chocolate Cherry Smoothie. With make-ahead meals, under-thirty-minute recipes, and time-saving tips and techniques, *Cooking for Hormone Balance* emphasizes minimal effort for maximum results—a comprehensive food-as-medicine approach for tackling hormone imbalance and eating your way to better health.

TMJ No More

The Complete Guide to TMJ Causes, Symptoms, & Treatments, Plus a Holistic System to Relieve TMJ Pain Naturally & Permanently

[Living Plus Healthy Publishing](#) Are you suffering from temporomandibular joint disorder (TMJ)? You don't have to suffer in silence from TMJ pain. There are many medical and therapeutic solutions to treat your TMJ disorder. Your doctor will most likely prescribe you medicine to ease the pain or suggest surgery for severe TMJ cases. However, there are alternatives available other than pain relievers and surgery. New breakthroughs in TMJ relief research have shown that TMJ therapy can offer pain relief and may even lessen the pain to the point that surgery will no longer be necessary. Just imagine being able to eat without pain and without becoming frustrated or wasting your time. Yes you could have a better way of life. It truly is possible, but you need to know how. This is what "TMJ No More" can help you do. Here's what you'll discover in "TMJ No More": - Understanding the mysterious TMJ causes & TMJ symptoms... - 3 little known, yet simple ways to help get relief from TMJ pain... - Secrets from experts that few people ever know about... - Conventional treatment options & their side effects... - How to increase your body's health to reduce TMJ symptoms... - 3 things you should never do when it comes to TMJ disorders... - How to use a holistic approach to treat TMJ... - Tested & proven natural remedies to help relieve TMJ disorders... - When to seek professional help for your TMJ pain... - Using food & nutrition to treat TMJ (recipes included)... - How often to practice these TMJ relieving exercises... - How to relax your body in order to improve your condition... - Herbal & home remedies that actually work on TMJ relief... - And much more...

The Ecology Book

Big Ideas Simply Explained

[Dorling Kindersley Ltd](#) Learn about species, environments, ecosystems and biodiversity in *The Ecology Book*. Part of the fascinating Big Ideas series, this book tackles tricky topics and themes in a simple and easy to follow format. Learn about Ecology in this overview guide to the subject, brilliant for novices looking to find out more and experts wishing to refresh their knowledge alike! *The Ecology Book* brings a fresh and vibrant take on the topic through eye-catching graphics and diagrams to immerse yourself in. This captivating book will broaden your understanding of Ecology, with: - More than 90 of the greatest ideas in ecology - Packed with facts, charts, timelines and graphs to help explain core concepts - A visual approach to big subjects with striking illustrations and graphics throughout - Easy to follow text makes topics accessible for people at any level of understanding *The Ecology Book* is a captivating introduction to what's happening on our planet with the environment and climate change, aimed at adults with an interest in the subject and students wanting to gain more of an overview. Here you'll discover more than 90 of the greatest ideas when it comes to understanding the living world and how it works, through exciting text and bold graphics. Your Ecological Questions, Simply Explained How do species interact with each other and their environment? How do ecosystems change? What is biodiversity and can we afford to damage it? This fresh new guide looks at our influence on the planet as it grows, and answers these profound questions. If you thought it was difficult to learn about this field of science, *The Ecology Book* presents the information in an easy to follow layout. Learn the key theories, movements, and events in biology, geology, geography, and environmentalism from the ideas of classical thinkers in this comprehensive guide. The Big Ideas Series With millions of copies sold worldwide, *The Ecology Book* is part of the award-winning Big Ideas series from DK. The series uses striking graphics along with engaging writing, making big topics easy to understand.

The Adrenal Thyroid Revolution

A Proven 4-Week Program to Rescue Your Metabolism, Hormones, Mind & Mood

[HarperCollins](#) A Yale-trained, board-certified family physician with a specialty in women's health and obstetrics delivers a proven 28-day program to heal the overwhelmed, overloaded systems, and prevent and reverse the myriad of symptoms affecting the vast majority of women today. Weight gain, fatigue, brain fog, hormonal imbalances, and autoimmune conditions—for years, health practitioners have commonly viewed each as individual health problems resulting from a patient's genetic bad luck, poor lifestyle choices, or lack of willpower. Patients, too, have turned to different doctors to alleviate their specific symptoms: an endocrinologist for a thyroid problem; a gynecologist for hormonal issues; an internist for weight, diabetes, and high blood pressure; a rheumatologist for joint problems, and even to therapists or psychologists. While these ailments may seem unrelated, Dr. Aviva Romm contends that they are intrinsically connected by what she calls Survival Overdrive Syndrome, a condition that occurs when the body becomes overloaded. SOS can result from childhood survival patterns or adult life stressors that are compounded by foods we eat, toxins in our environment, viral infections, lack of sleep, disrupted gut microflora, and even prescribed medications. Two of the systems most affected are the adrenal system and the thyroid, which control mood, hormones, inflammation, immunity, energy, weight, will power, blood sugar balance, cholesterol, sleep, and a host of other bodily functions. When these systems become overwhelmed they lead to

symptoms that can develop into full blow illnesses, including diabetes, hypertension, osteoporosis, and heart disease—all of which have medically provable origins in SOS. The Adrenal Thyroid Revolution explains SOS, how it impacts our bodies and can lead to illness, and most importantly, offers a drug-free cure developed through Dr. Romm's research and clinical work with tens of thousands of patients. In as little as two weeks, you can lose excess weight, discover increased energy, improve sleep, and feel better. With The Adrenal Thyroid Revolution, you can rescue your metabolism, hormones, mind and mood—and achieve long-lasting health.

Healthy Kids, Happy Moms

7 Steps to Heal and Prevent Common Childhood Illness

Healthy Kids, Happy Moms provides a seven-step action plan that gives parents a strategy to tackle their child's chronic health issues, in addition to deep, evidence-based insight to children's integrative health.

Skinny Liver

Lose the fat and lose the toxins for increased energy, health and longevity

[Random House](#) Over 18 million people in the UK alone have Non-alcoholic Fatty Liver Disease (NAFLD), and many of them don't even know they have it. As the name implies, this has little to do with the alcohol you drink and everything to do with lifestyle factors that we all have the power to change - if we know how to. Everyone is talking about gut health, and cleanses are so ubiquitous that we are now over the very word, but what about our original cleansing, detoxing, seat-of-all health organ, the liver? Award-winning dietitian Kristin Kirkpatrick and hepatologist Dr. Ibrahim Hanouneh have teamed up for a life-changing program that will help you achieve optimal health. Skinny Liver's four-week program shares the steps you can take to get your liver health back on track, with everything from exercise to healthy eating and other lifestyle changes, along with delicious liver-friendly recipes. Written by two experts in the field and based on the latest research, Skinny Liver is an authoritative, easy-to-follow guide to health and wellness, not just for your most essential organ, but for your whole body.

Complications

Notes from the Life of a Young Surgeon

[Penguin Books India](#) Autobiography of Atul Gawande, a surgeon in United States of America; this personal narrative exposes surgery of its follies to the extent it is human as it is idealised science.

Take Back Your Life

My No Nonsense Approach to Health, Fitness and Looking Good Naked!

[Comfort Pub Llc](#) Women's lives often "spin out of control" in midlife due to divorce, career transitions, grief, relationship changes, overeating, empty nest, job loss, retirement, relocation, caregiving, menopause, and other health challenges. Take Back Your Life: A No Nonsense Approach to Health, Fitness & Looking Good Naked! offers women, aged 40-55, who want to look and feel better about their bodies, a 90-day guide to regaining control of their bodies and their outlook. Wendy Ida guides women from hopelessness to getting the body they want with her 3-pronged approach to fitness, nutrition, and outlook.

The Secret Life of Fat

The science behind the body's greatest puzzle

[Bonnier Publishing Ltd.](#) We lose it. We gain it. We hate it. We hide it. We shame it. We suck it in and we even suck it out. Fat is an international obsession, a dirty word and our least understood body part. A groundbreaking combination of historical, cultural and cutting-edge scientific research, The Secret Life of Fat reveals everything we need to understand fat: how it influences our appetite and willpower, how it defends itself when attacked and why it grows back so quickly. Find out how our genetics and hormones determine how much we fat we have and where exactly it will show. Fascinating and surprising in equal measure, this book will give you a powerful new understanding of your body. Sylvia Tara holds a PhD in Biochemistry from the University of California and an MBA from the University of Pennsylvania. After noticing that she ate far less and exercised more than her friends, and yet couldn't lose as much weight, she began her research into the science of fat.

SuperLife

The 5 Simple Fixes That Will Make You Healthy, Fit, and Eternally Awesome

[Harper Collins](#) In this groundbreaking health and lifestyle guide, Darin Olien—superfoods expert, nutritionist, creator of Shakeology, and co-host of the Netflix docuseries Down to Earth with Zac Efron—provides the key to understanding and utilizing five life forces, the sole factors that determine whether or not we will be healthy, fit, and free of illness. In Superlife, Darin Olien provides us with an entirely new way of thinking about health and wellbeing by identifying what he calls the life forces: Quality Nutrition, Hydration, Detoxification, Oxygenation, and Alkalization. Olien demonstrates in great detail how to maintain these processes, thereby allowing our bodies to do the rest. He tells us how we can maintain healthy weight, prevent even the most serious of diseases, and feel great. He explains that all of this is possible without any of the restrictive or gimmicky diet plans that never work in the long term. Olien has traveled the world, exploring the health properties of foods that have sustained indigenous cultures for centuries. Putting his research into practice, he has created a unique and proven formula for maximizing our bodies' potential. He also includes a "How-to-eat" user's guide with a shopping list, advice on "what to throw away," a guide to creating a healthy, balanced diet plan, and advice on how to use supplements effectively. Written in Olien's engaging conversational style, Superlife is a one-of-a-kind comprehensive look at dieting and nutrition, a timeless and essential guide to maintaining the human body and maximizing its potential.

The Wahls Protocol

A Radical New Way to Treat All Chronic Autoimmune Conditions Using Paleo Principles

[Random House](#) After progressive multiple sclerosis landed Dr Wahls in a tilt/recline wheelchair, she exhaustively researched autoimmune disease and brain biology, and embraced the concepts of functional medicine. Determined to overcome her initial dismal diagnosis,, she made a choice to rely on food as her medicine and begun using paleo concepts as guidelines for her unique, nutrient rich plan. As her broken biochemistry began to fix itself, Dr Wahls soon retained full mobility and left her wheel chair behind for good. Dr Wahls transformation was nothing short of miraculous, and she knew these treatments could be life-changing for anyone struggling with an autoimmune condition. Now, Dr Wahls shares her pioneering research along with three levels of nutrient-rich diets that can help you reverse the debilitating symptoms of your disease. The Wahls Protocol gave Dr Wahls her life back. Give it the chance to restore yours.