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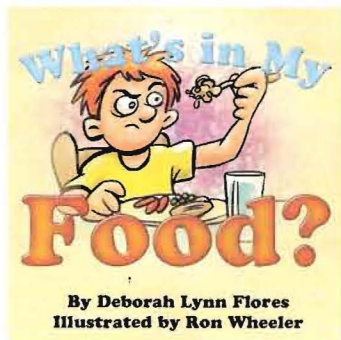
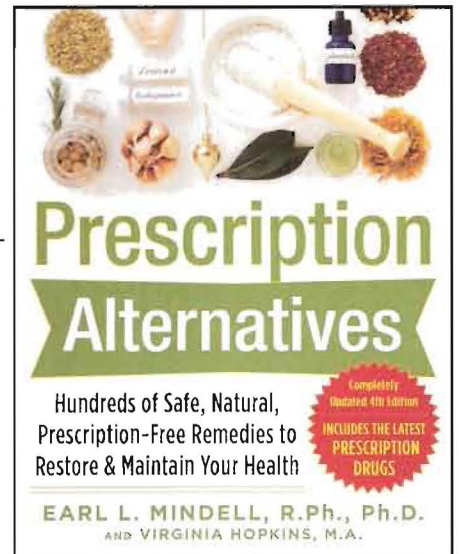
Prescription Alternatives: Hundreds of Safe, Natural, Prescription-Free Remedies to Restore and Maintain Health, 4th edition

It seems almost second nature that treatment for a health-related problem will result in a prescription. After all, it isn't often that a physician will recommend natural alternatives for healthcare conditions, but rather quickly prescribe the appropriate drug. This is an oversight that Earl L. Mindell and Virginia Hopkins want to correct with their new book, *Prescription Alternatives*.

Prescription Alternatives starts off by grounding the reader in the world of pharmaceuticals, with sections on changing the pill-popping mindset and detailed information on drug interactions with everything from food, drink and supplements to other drugs. Also included in part one is a chapter on how the body processes drugs that includes a table on drugs to avoid as well as those that can cause damage to different bodily organs. Part two then rounds out the book with prescriptions and their natural alternatives, which is broken down into a number of health conditions, such as digestive tract ailments and eye diseases, to offer a natural approach in the fight to maintain optimal well being.

Mindell is an internationally recognized expert on natural health and nutrition and author of more than 30 books. Hopkins has written or coauthored more than 50 books on alternative health and nutrition, including *What Your Doctor May Not Tell You About Premenopause*.

Author: Earl L. Mindell, RPh, PhD, and Virginia Hopkins, MA ■ **Pages:** 440 ■ **Price:** \$21.95 ■ **Publisher:** The McGraw-Hill Companies ■ **Contact:** (877) 833-5524



What's in My Food?

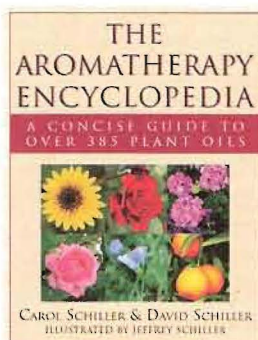
Quite often, getting important food facts engrained into children can prove just as difficult as getting good food into their diets. Author Deborah Lynn Flores attempts to make this task a little easier with her new kid's book on nutrition titled *What's in My Food?* With illustrations by Ron Wheeler, *What's in My Food?* helps shorten the distance between kids and good nutrition with the main character Michael's easy-to-follow journey from nutrition misfit to champion. The book is full of insightful tips on the importance of starting and ending a day with the right food, as well as several footnotes that explain the benefits of key nutrients such as vitamins A and K, protein, fiber and iron.

Author: Deborah Lynn Flores ■ **Illustration:** Ron Wheeler ■ **Pages:** 32 ■ **Price:** \$12.95
Publisher: WinePress Publishing ■ **Contact:** (360) 802-9758

Prevent Cancer, Strokes, Heart Attacks and other Deadly Killers!

After years of researching the cause and treatment of cancer, researcher and epidemiologist Vijaya Nair has concluded that chronic low-grade inflammation is a key contributor to major diseases, which has become the subject matter of her book, *Prevent Cancer, Strokes, Heart Attacks and other Deadly Killers!* The book reveals what triggers chronic, low-grade inflammation as well as seven natural anti-inflammatory remedies that can help treat the conditions. Nair also includes simple lifestyle changes that can help the reader live inflammation-free, such as eating smart and exercising regularly with specific recommendations for each.

Author: Vijaya Nair, MD, FAMS, MS ■ **Pages:** 77 ■ **Price:** \$11.95
Publisher: Safe Goods Publishing ■ **Contact:** (413) 229-7935



The Aromatherapy Encyclopedia: A Concise Guide to Over 385 Plant Oils

For something so pleasing to the senses, plant oils can quickly become an overwhelming category with the hundreds of available options and the different effects to the body each of them provides. In *The Aromatherapy Encyclopedia*, authors Carol and David Schiller provide a resource for nearly 400 plant oils, ranging from vegetal and waxes to infused and essential. For each there is a section explaining the history and information, practical uses, documented properties and comments and/or cautions if applicable. There is also a chapter that addresses the safety, handling and selection of oils with important bullets that can be employed as a disclaimer before working with any oil.

Author: Carol Schiller and David Schiller ■ **Illustration:** Jeffrey Schiller ■ **Pages:** 234 ■ **Price:** \$19.95
Publisher: Basic Health Publications, Inc. ■ **Contact:** (949) 715-7327