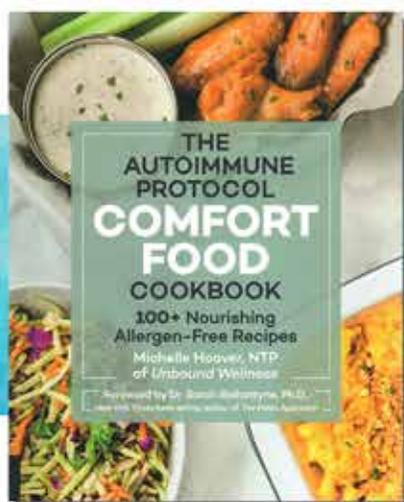


Nutri-Books™ & Products

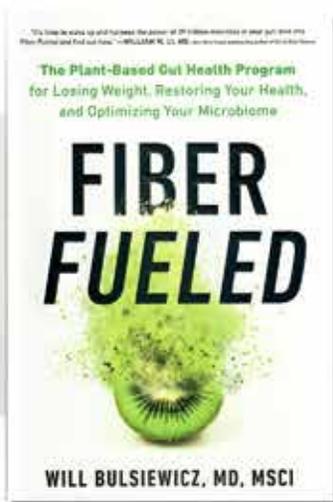
Summer New Items & Specials

CHECK OUT THE NEW TITLES FOR THE SUMMER SEASON!

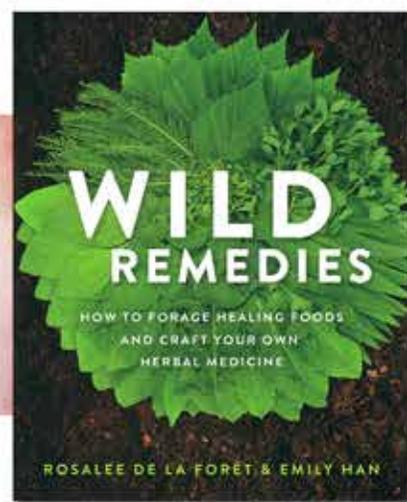
SEE INSIDE FOR THE FULL SELECTION!



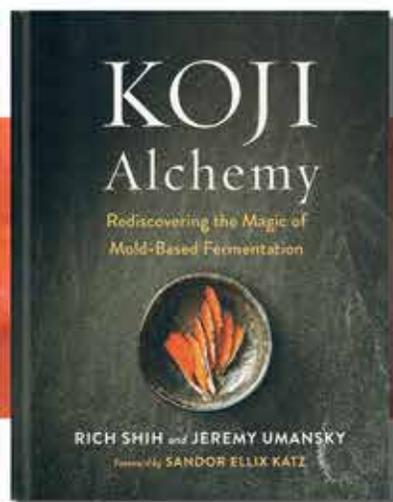
T7750 • \$24.99



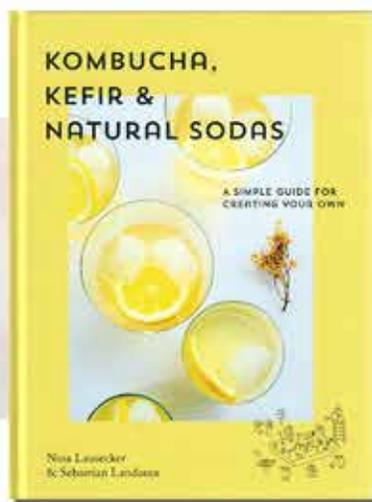
T7757 • \$27.00



T7732 • \$29.99



T7726 • \$34.95



T7758 • \$19.95



T7759 • \$26.95

ORDER TODAY FROM NUTRIBOOKS.COM!

NEW PRODUCT ALERT!

Instantly Dissolving Herbal Health Drinks!



Herbal Zap

Ancient Ayurvedic Herbal Blends

Non-GMO Verified • Vegan • Gluten-Free • Kosher

Feel the power of superherbs with every sip of **Herbal Zap's** supplement drinks! Working with top physicians, **Herbal Zap** crafts each concentrated, herbal formula with the ancient wisdom of Ayurveda to support your well-being. Simply dissolve the powder in 6 oz. of hot or cold water, and sip to support your body's natural healing power, anywhere and anytime.

Each box (1.41 oz.) contains 10 packets (.14 oz. each) of dissolvable herbal powder. Box is 2½" x 3½" x 1⅝".

Each **\$15.99** SRP • Net cost **\$8.00**



PARTY DETOX SUPPORT

Overindulged? **Party Detox** is here to help. Sip this delightful gingery beverage as need to help restore balance to your system. Made from 5 concentrated herbal extracts.

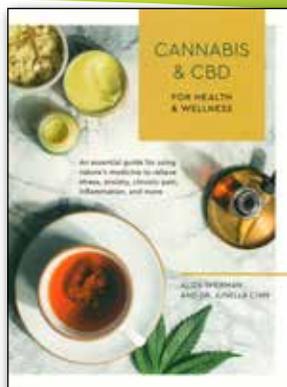
Item# **A5759**
094717663825 0 94717 66382 5

IMMUNE SUPPORT

Sip **Immune Support** all year round whether winter, spring, summer, or fall to assist in immune function. Made from 14 concentrated herbal extracts.

Item# **A5758**
094717663818 0 94717 66381 8

New Health Trend! CBD Oil, Cannabis & Hemp Books

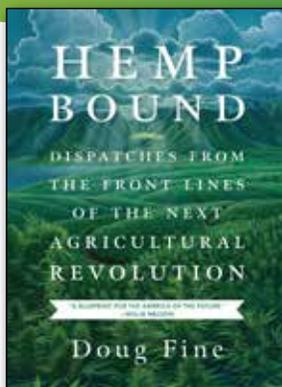


CANNABIS AND CBD FOR HEALTH AND WELLNESS

Aliza Sherman & Dr. Junella Chin

An Essential Guide For Using Nature's Medicine To Relieve Stress, Anxiety, Chronic Pain, Inflammation, And More A safe, comprehensive, and easy-to-use guide to using cannabis, including CBD and THC, to ease chronic and acute health issues such as pain, insomnia, inflammation, depression, anxiety, grief, stress, and more. Full-color photos. 2019. 6" x 8". 176 pp.

T7719 \$16.99
094717663894 0 94717 66389 4

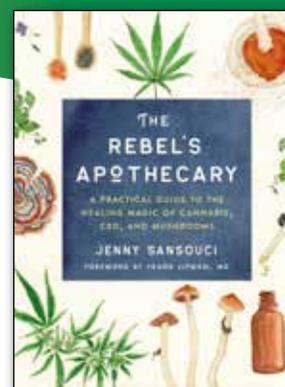


HEMP BOUND

Doug Fine

Dispatches From The Front Lines Of The Next Agricultural Revolution Bestselling author embarks on a humorous, yet rigorous, journey to meet the men and women who are testing, researching, and pioneering hemp's applications for the twenty-first century. 2014. 5½" x 7½". 152 pp.

T7729 \$14.95
094717664082 0 94717 66408 2



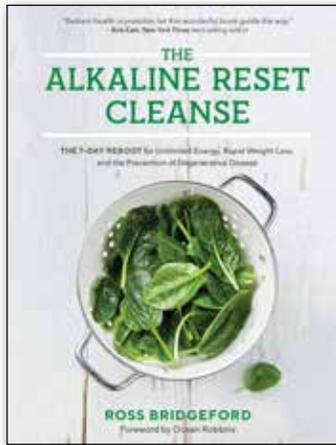
REBEL'S APOTHECARY

Jenny Sansouci

A Practical Guide To The Healing Magic Of Cannabis, CBD, And Mushrooms Complete with background information, dosing instructions, and everyday recipes, this is the essential handbook for harnessing the ancient healing powers of cannabis, CBD, and mushrooms—safely, without confusion, fear, or an unwanted high. 2020. 6" x 8". 384 pp.

T7735 \$20.00
094717664167 0 94717 66416 7

New Releases - 40 New Titles!



ALKALINE RESET CLEANSE

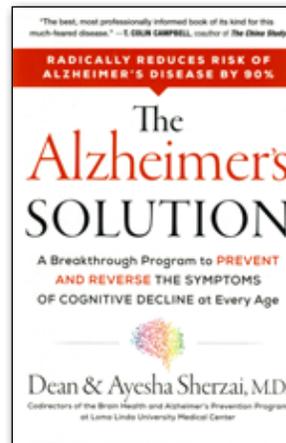
Ross Bridgeford

The 7-Day Reboot For Unlimited Energy, Rapid Weight Loss, And The Prevention Of Degenerative Disease

Reset and reboot your body with this powerful seven-day, whole-food alkaline cleanse, balancing the Five Master Systems (endocrine, digestive, immune, detoxification, and pH balancing). Filled with real, whole foods specifically selected and planned to make it easy, enjoyable, and energizing, the Alkaline Reset Cleanse reboots your body with alkaline-forming foods low in acidity to help you lose weight, restore immunity, soothe digestion, and have abundant health. 2020. 7" x 9". 248 pp.

T7736 \$16.99

094717664181



ALZHEIMER'S SOLUTION

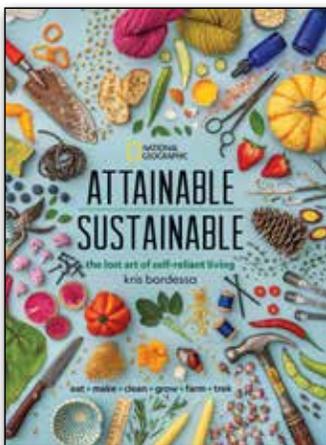
Dean & Ayesha Sherzai, M.D.

A Breakthrough Program To Prevent And Reverse The Symptoms Of Cognitive Decline At Every Age

Based on the largest clinical and observational study to date, Drs. Dean and Ayesha Sherzai, offer the first comprehensive program for preventing Alzheimer's disease and improving cognitive function. This much-needed revolutionary book reveals how the brain is a living universe, directly influenced by nutrition, exercise, stress, sleep, and engagement. In other words: what you feed it, how you treat it, when you challenge it, and the ways in which you allow it to rest. These factors are the pillars of the groundbreaking program you'll find in these pages, which features a personalized assessment for evaluating risk, a five-part program for prevention and symptom-reversal, and day-by-day guides for optimizing cognitive function. 2019. 5 1/4" x 8". 368 pp.

T7747 \$17.99

094717664327



ATTAINABLE SUSTAINABLE

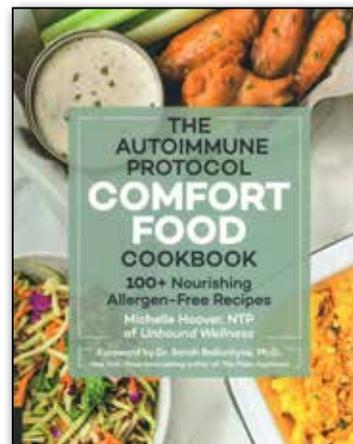
Kris Bordessa

The Lost Art Of Self-Reliant Living

Packed with delicious recipes, natural remedies, gardening tips, crafts, and more, this indispensable lifestyle reference from the popular blogger makes earth-friendly living fun. In these richly illustrated pages, sustainability-guru Kris Bordessa offers DIY lovers an indispensable home reference for sustainability in the 21st century, with tried-and-true advice, 50 enticing recipes, and step-by-step directions for creating easy, cost-efficient projects that will bring out your inner pioneer. Full-color photos. 2020. 8" x 10 3/4". 320 pp.

T7737 \$35.00

094717664266



AUTOIMMUNE PROTOCOL COMFORT FOOD COOKBOOK

Michelle Hoover, N.T.P.

100+ Nourishing Allergen-Free Recipes

The Autoimmune Protocol Comfort Food Cookbook revisits all of the fun comfort foods you love with a healing twist. Every recipe is autoimmune protocol compliant—free of gluten, grains, eggs, dairy, nightshades, legumes, seeds, and refined sugars—but still tastes like the foods you crave. Enjoy these amazing dishes with nostalgic family members, picky kids, or oblivious party guests that will be none the wiser! Including classics you know and love, like cupcakes, lasagna, waffles, and more, this cookbook features over 100 recipes that are anything but boring. Full-color photos. 2019. 7 1/2" x 9 1/4". 192 pp.

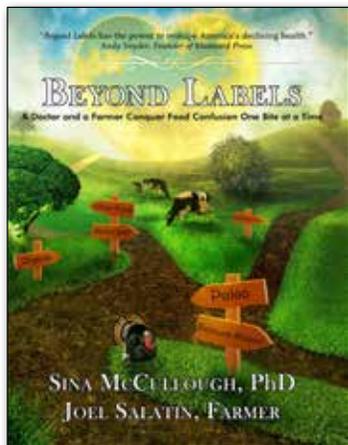
T7750 \$24.99

094717664334



Summer Specials
on pages 12-13!

New Releases - 40 New Titles!

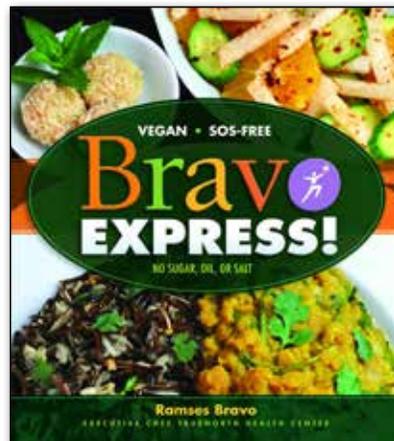


BEYOND LABELS

Sina McCullough, Ph.D. & Joel Salatin, Farmer
A Doctor And A Farmer Conquer Food Confusion One Bite At A Time

A nutritionist and a renowned organic farmer take you on a journey from generally unhealthy food and farming to an ultimately healing place. Through compelling discussions and humor, they share practical and easily doable tips including: what to eat, how to find it and prepare it, how to save money and time in the kitchen, and how to stay true to your principles in our modern culture. 2020. 8" x 10". 420 pp.

T7756 \$30.00
 094717664457



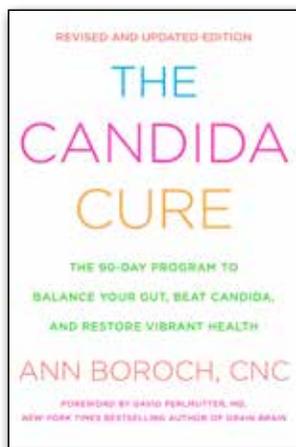
BRAVO EXPRESS!

Ramses Bravo

Enjoy Tempting, Plant-Based Dishes With Simplified Recipes That Anyone Can Prepare, Regardless Of Time Constraints Or Cooking Expertise

Bravo Express! provides a slew of simple yet surprisingly flavorful staple recipes you can enjoy all week long, regardless of how little time you have to spend in the kitchen. Includes two weeks of sample menus, along with detailed techniques, equipment lists, and easy-to-find ingredients to inspire a lifetime of wholesome eating. Full-color photos. 2019. 8" x 9". 153 pp.

T7724 \$21.95
 094717664013

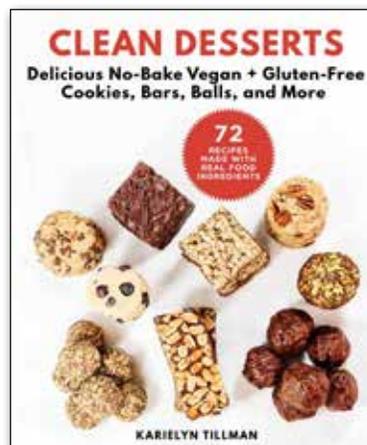


CANDIDA CURE – REVISED AND UPDATED EDITION

Ann Boroch, C.N.C.
The 90-Day Program To Balance Your Gut, Beat Candida, And Restore Vibrant Health

The cult-classic health book on candida care is now revised and updated with a quick start cleanse, easy recipes, and new eating plans to help fight candidiasis. Mild and moderate cases of candidiasis present with fatigue, IBS, eczema, depression, brain fog, migraines, and weight gain. Severe cases allow the afflicted to develop autoimmune disease (such as Multiple Sclerosis), cancer, and Alzheimer's. 2020. 5 1/4" x 8". 304 pp.

T7745 \$17.99
 094717664358



CLEAN DESSERTS

Karielyn Tillman

Delicious No-Bake Vegan Plus Gluten-Free Cookies, Bars, Balls, And More

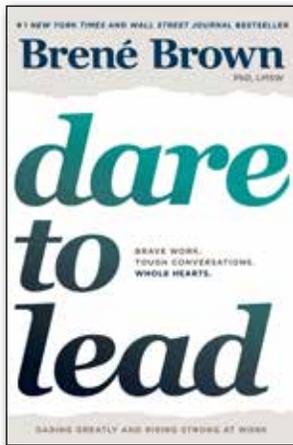
Featuring vegan, gluten-free, and no-refined sugar recipes (that are simple and easy to make), *Clean Desserts* uses real food ingredients like nuts, seeds, nut butters, and dates to whip up guilt-free cookies, bars, balls, and classic candy bars, as well as no-bake cheesecakes, tarts, and ice cream! Full-color photos. 2019. 7 1/2" x 9". 232 pp. Hardcover.

T7751 \$24.99
 094717664341



**Herbal Antivirals
 on page 14!**

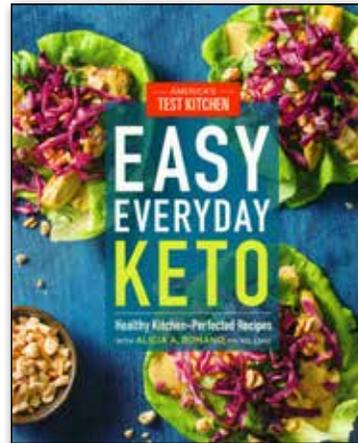
New Releases - 40 New Titles!



DARE TO LEAD
Brené Brown, Ph.D., L.M.S.W.
**Brave Work.
 Tough Conversations.
 Whole Hearts.**

How do you cultivate braver, more daring leaders, and how do you embed the value of courage in your culture? In this new book, Brown uses research, stories, and examples to answer these questions in the no-BS style that millions of readers have come to expect and love. Brown writes, "One of the most important findings of my career is that daring leadership is a collection of four skill sets that are 100 percent teachable, observable, and measurable. It's learning and unlearning that requires brave work, tough conversations, and showing up with your whole heart. Easy? No. Because choosing courage over comfort is not always our default. Worth it? Always. We want to be brave with our lives and our work. It's why we're here." 2018. 5 3/4" x 8 1/2". 320 pp. Hardcover.

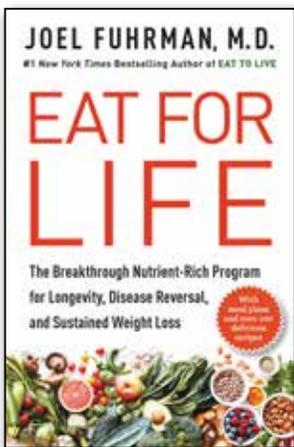
N2533 \$28.00
 094717663351



**EASY EVERYDAY
 KETO**
**Healthy Kitchen-Perfected
 Keto Recipes From
 America's Test Kitchen**

In this meticulously tested, must-have collection America's Test Kitchen set its sights on regular meals anyone would enjoy, skipping the gimmicky ideas and seeking nourishing healthy fats and low-carb vegetables. Essential keto-friendly comfort foods help satisfy cravings with all-purpose keto wraps, pancakes, and simple sweets and snacks. A Keto essentials section and weekly meal plans will help to organize your shopping list, and healthy tips from a nutritionist make your goals achievable. Full-color photos. 2020. 8" x 9 1/2". 246 pp.

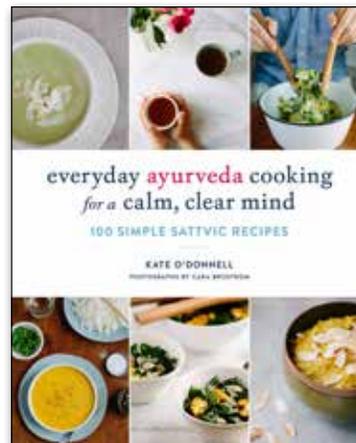
T7731 \$24.99
 094717664129



**EAT
 FOR LIFE**
Joel Fuhrman, M.D.
**The Breakthrough Nutrient-
 Rich Program For Longevity,
 Disease Reversal, And
 Sustained Weight Loss**

How to stay healthy and boost immunity with #1 New York Times bestselling author Dr. Joel Fuhrman's no-nonsense, results-driven nutrition plan. *Eat for Life* delivers a science-backed nutrition-based program that prevents and even reverses most medical problems within three to six months. This is a bold claim but the science and the tens of thousands who have tried this approach back it up. Rooted in the latest nutritional science and complete with recipes, menu plans, and testimonials, *Eat for Life* offers everything you need to change the course of your health and put this life-changing program to work for you. 2020. 6" x 9". 394 pp. Hardcover.

T7755 \$28.99
 094717664464



**EVERYDAY
 AYURVEDA
 COOKING
 FOR A CALM,
 CLEAR MIND**
Kate O'Donnell
**Eat Your Way To Increased
 Energy, Balanced Emotions,
 And An Overall State Of Calm
 And Relaxation With 100
 Simple Sattvic Recipes**

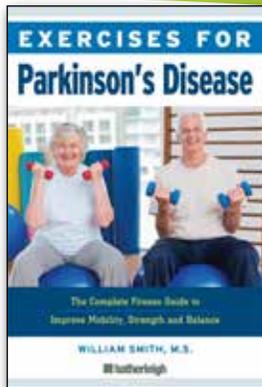
In Ayurvedic medicine there are said to be three main energies that affect our mind: sattva, the state of contentment and calm; rajas, the state of reactivity and excitability; and tamas, the dull, slow, and stagnant state of mind. The recipes in this book are simple, seasonal, and delicious, while bringing the traditional foods of Ayurveda into the modern kitchen. *Everyday Ayurveda Cooking for a Calm, Clear Mind* uncovers the true potential of food to heal not only our bodies, but our minds too. Full-color photos. 2018. 7 1/2" x 9 1/2". 344 pp.

T7738 \$29.95
 094717664273



**Fight Allergies
 on page 13!**

New Releases - 40 New Titles!



EXERCISES FOR PARKINSON'S DISEASE

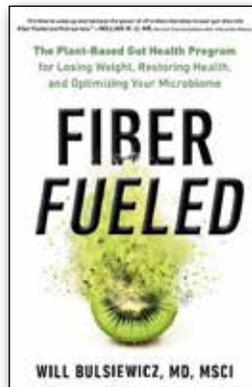
William Smith, M.S.

The Complete Fitness Guide To Improve Mobility, Strength And Balance

FStudies have shown that exercise improves fitness and energy levels in Parkinson's patients, while also relieving pain and helping them retain control in their daily life. This complete guide to achieving better health, provides everything from tips on how to structure your day to take full advantage of higher energy periods, to tailor-made workout programs designed to boost mobility and balance. 2019. 6" x 9". 144 pp.

T7748 \$15.00

094717664372



FIBER FUELED

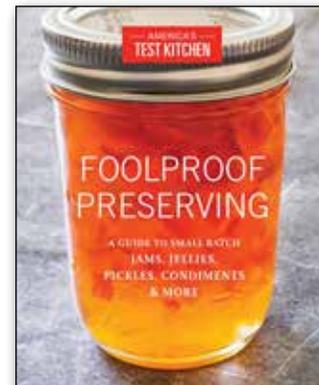
Will Bulsiewicz, M.D., M.S.C.I.

The Plant-Based Gut Health Program For Losing Weight, Restoring Your Health, And Optimizing Your Microbiome

A bold, new plant-based gut health plan that challenges popular keto and paleo diets, from an award-winning gastroenterologist. Includes a 28-day jump-start program with menus, weekly shopping lists, and more than 65 recipes, along with essential advice on food sensitivities. 2020. 6 1/4" x 9 1/4". 367 pp. Hardcover.

T7757 \$27.00

094717664440



FOOLPROOF PRESERVING

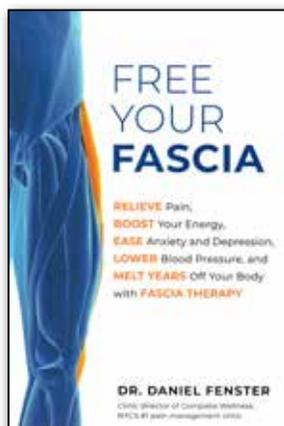
America's Test Kitchen

A Guide To Small Batch Jams, Jellies, Pickles Condiments, And More

Detailed home preserving guide features 100 obsessively tested recipes for sweet jams, jellies, savory jams, vegetables, condiments, pickles, whole fruits, and more. The test kitchen demystifies the process, explains the science behind it, and tells you exactly which equipment you need and don't need. Full-color photos. 2016. 7 1/8" x 9 5/8". 310 pp.

T7759 \$26.95

094717664426



FREE YOUR FASCIA

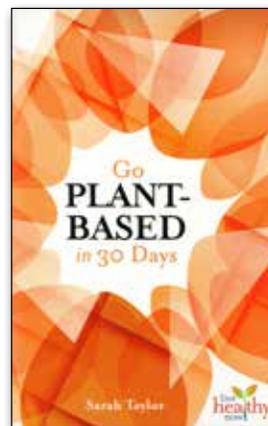
Dr. Daniel Fenster

Relieve Pain, Boost Your Energy, Ease Anxiety And Depression, Lower Blood Pressure, And Melt Years Off Your Body With Fascia Therapy

Dr. Daniel Fenster's experience has revealed to him that treating the fascia—your long ignored, unappreciated, "hidden organ" that weaves around and through every single structure in your body—is crucial for both physical and mental health. He presents a holistic self-therapy program to address issues such as chronic pain, anxiety, high blood pressure, GERD, and more. He reveals all you need to know about fascia, including 20 recipes to nourish your fascia with the nutrients it needs, and simple, at-home exercises and do-it-yourself therapies for releasing and optimizing your fascia. B/w photos and illustrations. 2020. 6" x 9" 240 pp.

T7718 \$16.99

094717664259



GO PLANT-BASED IN 30 DAYS

Sarah Taylor

A 30-Day, Step-By-Step Program To Help You Transition To A New Way Of Eating

"Live Healthy Now" This carefully researched and tested 30-day program will help you gradually replace meat, dairy, and eggs with wholesome and nutritious plant-based foods. Each day of the program has a theme and homework assignment to keep you motivated and guide you toward a wealth of new information, foods, recipes, cooking gadgets and, methods. 2020. 5 1/2" x 8 1/2". 47 pp.

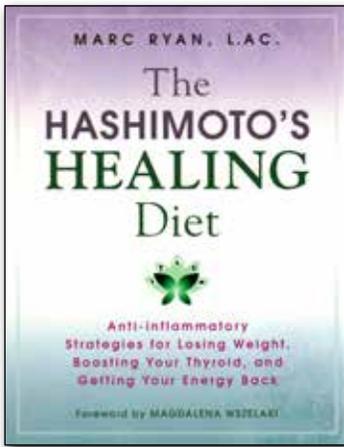
T7721 \$5.95

094717664037



GoCups on page 14!

New Releases - 40 New Titles!



HASHIMOTO'S HEALING DIET

Marc Ryan, L.Ac.

Anti-Inflammatory Strategies For Losing Weight, Boosting Your Thyroid, And Getting Your Energy Back

In this book, Marc Ryan, L.Ac., will help you deal with the changes that are frequently involved with chronic conditions like Hashimoto's. He shows you how to use dietary interventions strategically, so that you can adapt your plan in different circumstances. He'll guide you through the various complications associated with Hashimoto's, and the recommended diet and treatment protocols for each one, including Candida, histamine intolerance, intestinal problems, Epstein-Barr virus, and more. Offers an action plan for readers to continue on their journey toward total wellness. 2018. 7" x 9". 383 pp.

T7730 \$29.99

094717664174



HERBALIST'S HEALING KITCHEN

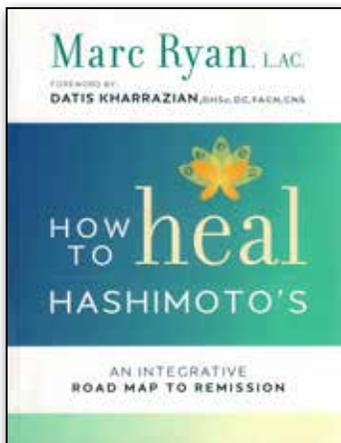
Devon Young

Use The Power Of Food To Cook Your Way To Better Health

The secrets to better health can be found in a surprising place: your kitchen. Trained herbalist Devon Young gives you all the know-how you need to transform affordable foods and common herbs into meals that improve your overall health. With recipes to bolster every aspect of your health and wellness, this remarkable collection makes it easy for you to whip up delicious meals that heal your body and put you on the path to better health. 75 recipes. Full-color photos. 2019. 8" x 9". 192 pp.

T7743 \$21.99

094717664303



HOW TO HEAL HASHIMOTO'S

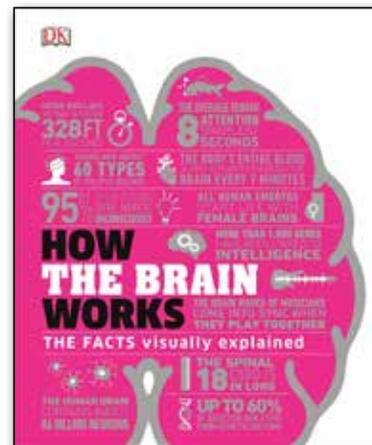
Marc Ryan, L.Ac.

An Integrative Road Map To Remission

Here's the simple truth about Hashimoto's: It's way more than a thyroid problem. And even though it's an autoimmune disease, it's also way more than an immune system problem. Over time, it progressively becomes a body-wide disorder. How to Heal Hashimoto's offers a practical, easy-to-follow approach that treats the whole body, by figuring out what is breaking down, and then developing a plan for fixing it. Using an autoimmune diet, lifestyle changes like meditation and qi gong, and other natural interventions, Marc Ryan shows you how to transform these vicious cycles into positive healing momentum—thereby allowing the body to return to balance. 2017. 7" x 9". 408 pp.

T7734 \$18.99

094717664150



HOW THE BRAIN WORKS: THE FACTS VISUALLY EXPLAINED (HOW THINGS WORK)

DK Presents The Simplest, Most Visual Guide To The Brain Ever

Drawing on the latest neuroscience research, this visual guide makes the hidden workings of the human brain simple to understand. It includes a guide to the brain's disorders, including physical problems, such as tumors and strokes, and psychological and functional disorders, ranging from autism to schizophrenia. Illustrated with bold graphics and step-by-step artworks, and sprinkled with bite-sized factoids and question-and-answer features, this is the perfect introduction to the fascinating world of the human brain. 2020. 8" x 9 3/8". 224 pp. Hardcover.

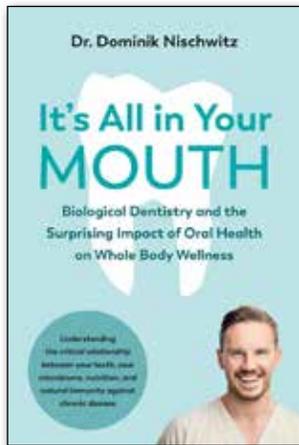
T7744 \$22.00

094717664310



Summer Specials
on pages 12-13!

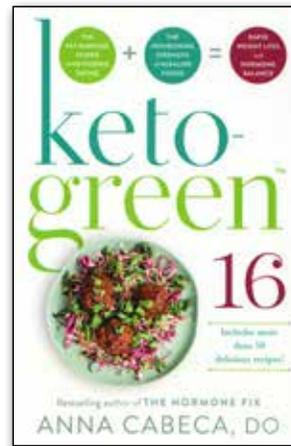
New Releases - 40 New Titles!



IT'S ALL IN YOUR MOUTH
Dr. Dominik Nischwitz
Biological Dentistry And The Surprising Impact Of Oral Health On Whole Body Wellness

The future of medicine – and the key to a healthier life – starts in your mouth. Pioneering dentist offers a new groundbreaking approach to natural immunity against disease along with emerging scientific research on the mouth's vital role in the health of the microbiome. Sensible, holistic, and humane, *It's All in Your Mouth* offers a new approach to natural immunity to chronic disease through dental hygiene. 2020. 6" x 9". 192 pp.

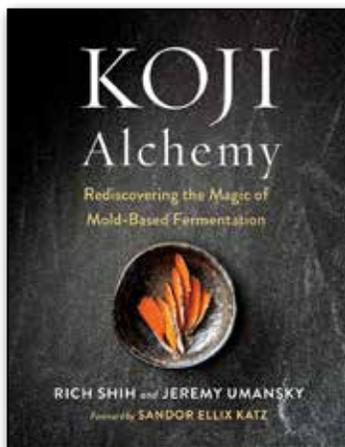
T7728 \$24.95
 094717664099



KETO-GREEN 16
Anna Cabeca, D.O.
The Fat-Burning Power Of Ketogenic Eating + The Nourishing Strength Of Alkaline Foods + Rapid Weight Loss And Hormone Balance

An innovative 16-day plan that combines the fat-burning benefits of a ketogenic diet with the brain-clearing and keto-flu protection of alkaline food, by the bestselling author of *The Hormone Fix*. With 16 days of what-to-eat instructions (including a version for vegetarians and vegans); more than 50 delicious breakfast, lunch, dinner, and snack recipes; information about the 16 best alkaline foods; a 16-hour intermittent-fasting strategy; and 16-minute HIIT exercise routines; *Keto-Green 16* will ensure that you skip the keto-flu and get on with rapid and amazing weight loss. 2020. 6³/₈" x 9¹/₂". 352 pp. Hardcover.

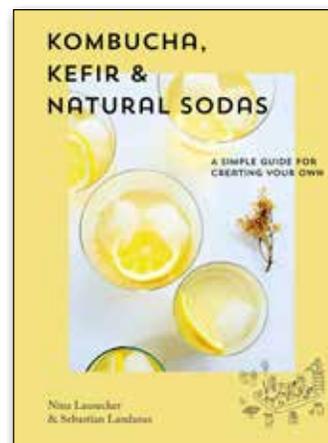
T7754 \$28.00
 094717664471



KOJI ALCHEMY
Rich Shih & Jeremy Umansky
A Comprehensive Look At Modern Koji Use Around The World As It Inspires The Next Wave Of Fermentation Enthusiasts

The first book devoted to processes, concepts, and recipes for fermenting and cultivating foods with koji, the microbe behind the delicious umami flavors of soy sauce, miso, mirin, and so many of the ingredients that underpin Japanese cuisine. Includes cutting-edge techniques on koji growing and curing, information on equipment and setting up your kitchen, and more than 35 recipes for sauces, pastes, ferments, and alcohol. Full-color photos. 2020. 7" x 9". 335 pp. Hardcover.

T7726 \$34.95
 094717664068



KOMBUCHA, KEFIR, AND NATURAL SODAS
Nina Lausecker & Sebastian Landaus
Make Your Own Thirst Quenchingly Healthy Kombucha, Fruit- And Milk- Based Kefirs, Cider, Switchel, Natural Sparkling Sodas And More

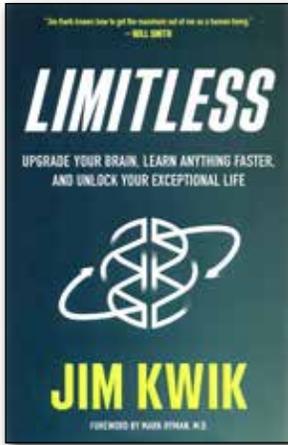
Stunningly photographed book explains the basics of brewing healthy drinks right from your very own home. Contains 40 easy-to-create drink recipes for kefir, kombucha, grapefruit soda, cider, switchel, and mead. Full-color photos. 2020. 7¹/₂" x 10". 159 pp. Hardcover.

T7758 \$19.95
 094717664433



Herbal Antibiotics on page 14!

New Releases - 40 New Titles!



LIMITLESS

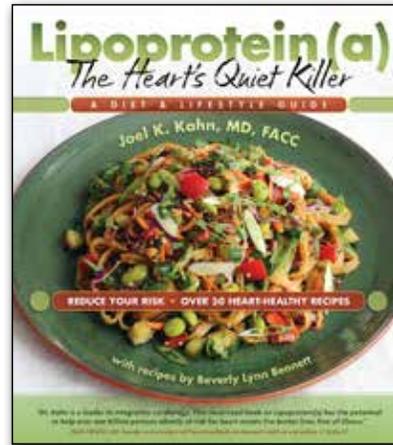
Jim Kwik

**Upgrade Your Brain,
Learn Anything Faster, And
Unlock Your Exceptional Life**

Jim Kwik, the world's #1 brain coach, has written the owner's manual for mental expansion and brain fitness. *Limitless* gives people the ability to accomplish more--more productivity, more transformation, more personal success and business achievement--by changing their Mindset, Motivation, and Methods. These "3 M's" live in the pages of *Limitless* along with practical techniques that unlock the superpowers of your brain and change your habits. In this groundbreaking book, he reveals the science-based practices and field-tested tips to accelerate self learning, communication, memory, focus, recall, and speed reading, to create fast, hard results. 2020. 6 1/4" x 9 1/4". 344 pp. Hardcover.

T7740 \$26.99

094717664235



LIPOPROTEIN(A) THE HEART'S QUIET KILLER

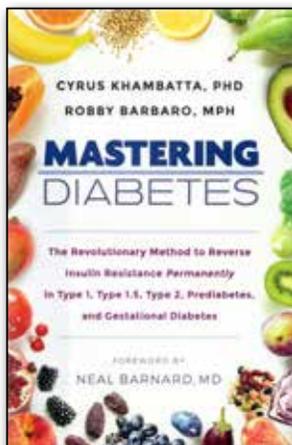
Joel K. Kahn, M.D., F.A.C.C.

**Cardiologist Sounds
The Alarm And Brings
Awareness To The Silent
Danger Of Lipoprotein(a)
And How Those At Risk Can
Safeguard Their Health**

Discover the relationship between high Lipoprotein(a), an inherited form of cholesterol, and clogged arteries, strokes, and other forms of heart disease. Features information on who needs to have their levels checked, which tests to request, and which medications or treatments have the ability to lower Lp(a) levels and cholesterol. Includes dozens of delicious, oil-free recipes for boosting heart health. Full-color photos. 2020. 8" x 9". 153 pp.

T7723 \$19.95

094717664020



MASTERING DIABETES

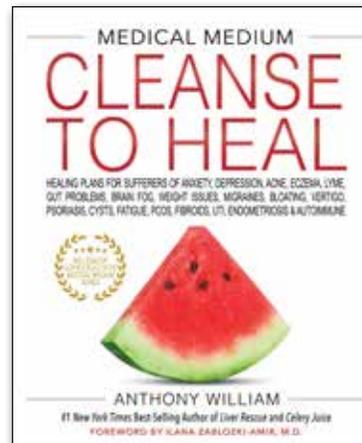
Cyrus Khambatta, Ph.D. &
Robby Barbaro, M.P.H.

**The Revolutionary Method
To Reverse Insulin
Resistance Permanently
In Type 1, Type 1.5,
Type 2, Prediabetes, And
Gestational Diabetes**

Current medical wisdom advises that anyone suffering from diabetes or prediabetes should eat a low-carbohydrate, high-fat diet. But in this revolutionary book, Cyrus Khambatta, PhD, and Robby Barbaro, MPH, rely on a century of research to show that advice is misguided. Their revolutionary solution is to eat a low-fat plant-based whole-food diet, the most powerful way to reverse insulin resistance in all types of diabetes. More than 30 delicious, filling, and nutrient-dense recipes. 2020. 6 1/4" x 9 3/8". 400 pp. Hardcover.

T7749 \$27.00

094717664389



MEDICAL MEDIUM CLEANSE TO HEAL

Anthony William

**Healing Plans For Sufferers
Of Anxiety, Depression,
Gut Problems, Brain Fog,
Weight Issues And More**

From the #1 New York Times best-selling author of *Celery Juice*, here's everything you need to know about cleansing to transform your health--and your life. Cleansing is a vital tool for fighting against these burdens. Anthony William, the Medical Medium, has placed a vast wealth of insight and information into a one-stop resource for cleansing of all kinds, starting with his acclaimed nine-day 3:6:9 Cleanse and expanding into life-saving protocols for specific health needs--including an anti-bug cleanse, a morning cleanse, and a heavy metal detox. 75+ recipes. Full-color photos. 2020. 7 3/4" x 9 3/8". 592 pp. Hardcover.

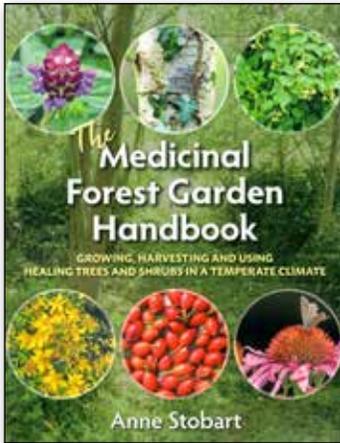
T7742 \$34.99

094717664297



**Fight Cold Season
on page 13!**

New Releases - 40 New Titles!



MEDICINAL FOREST GARDEN HANDBOOK

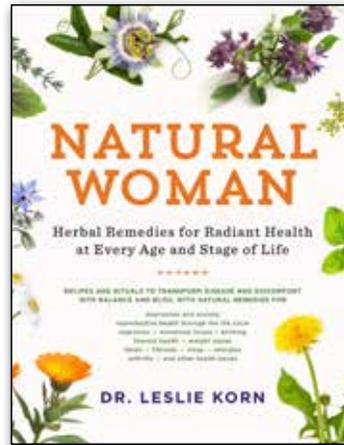
Anne Stobart

Growing, Harvesting And Using Healing Trees And Shrubs In A Temperate Climate

Anne Stobart draws on her direct experience of creating a medicinal forest garden to provide supplies for herbal medicine in practice. She provides advice on the design of new planting projects which can meet the needs of different users from small gardens to smallholdings and agroforestry. Includes recipes for making a range of herbal health care products, and detailed monographs on medicinal trees and shrubs, providing fully referenced information about their medicinal potential and uses, alongside cultivation and harvest details. Full color photos. 2020. 8³/₄" x 11". 288 pp.

T7725 \$33.95

094717664051



NATURAL WOMAN

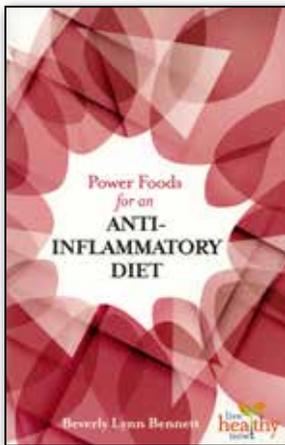
Dr. Leslie Korn

Herbal Remedies For Radiant Health At Every Age And Stage Of Life

An herbal guide to support physical, mental, and spiritual health for women and their children at all stages of life--by a healer with over 40 years of experience. Dr. Leslie Korn offers timeless wisdom in this herbal companion that can be shared with friends and passed down in the family for generations. She offers treatments using common and easy-to-obtain herbs to address sleep disorders, menstrual issues, autoimmune conditions, anxiety, headaches and migraines, stomach issues, fertility issues, postpartum recovery, skin ailments, common discomforts that affect children, and much more. 2019. 7" x 9". 303 pp.

T7741 \$24.95

094717664280



POWER FOODS FOR AN ANTI-INFLAMMATORY DIET

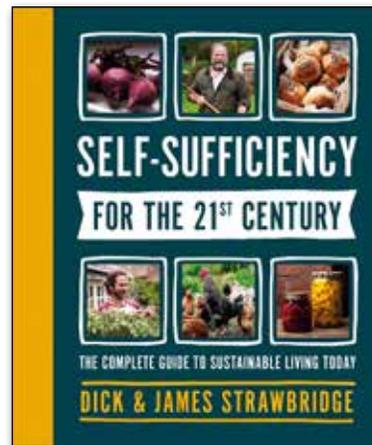
Beverly Lynn Bennett

Learn How Food Choices Can Make A Crucial Difference In Fighting Inflammation

"Live Healthy Now" Explains how chronic inflammation damages cells and can lead to asthma, cancer, diabetes, heart disease, rheumatoid arthritis, and even Alzheimer's disease, and the natural solutions to keep chronic inflammation in check. Learn how to design an anti-inflammatory diet based on health-protective, plant-based foods with essential inflammation-fighting nutrients. 2020. 5¹/₂" x 8¹/₂". 47 pp.

T7722 \$5.95

094717664044



SELF-SUFFICIENCY FOR THE 21ST CENTURY

Dick & James Strawbridge

Complete Guide To Finding Your Route To A More Sustainable Lifestyle

A complete guide to living self-sufficiently and reducing your carbon footprint no matter who you are or where you live. Shares lifestyle changes and tools you need to live a more rewarding and environmentally conscious life whether by moving out to the country, or simply cutting back on plastic or food waste, or growing, preserving, and raising your own food. Full-color photos. 2020. 8⁵/₈" x 10¹/₄". 280 pp. Hardcover.

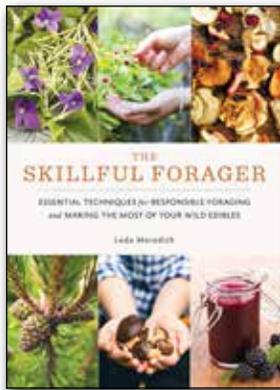
T7752 \$30.00

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GoCups
on page 14!

New Releases - 40 New Titles!



SKILLFUL FORAGER

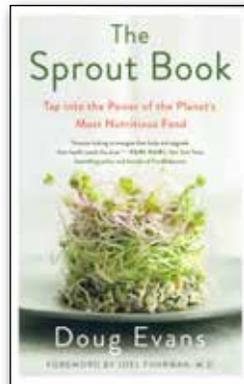
Leda Meredith

Essential Techniques For Responsible Foraging And Making The Most Of Your Wild Edibles

From harvesting skills that will allow you to gather from the same plant again and again to highlighting how to get the most out of each and every type of wild edible, trusted expert Leda Meredith explores the most effective ways to harvest, preserve, and prepare all of your foraged foods. Detailed identification information for 40+ wild edibles commonly found across North America Full-color photos. 2019. 6 1/2" x 9". 296 pp.

T7746 \$24.95

094717664365



SPROUT BOOK

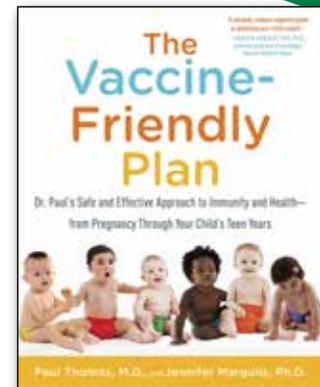
Doug Evans

Tap Into The Power Of The Planet's Most Nutritious Food

The Sprout Book is a transformative plan to empower readers to embark on a plant-based way of eating that's low-cost and accessible. With a foreword by Joel Fuhrman, M.D., this book introduces sprouts, one of the most nutritious sustainable foods on earth, by adding a few dishes to a diet and then shifting into a raw, whole foods plant-based diet. Includes 40 recipes. 2020. 5 1/2" x 8 3/8". 288 pp.

T7739 \$17.99

094717664228



VACCINE-FRIENDLY PLAN

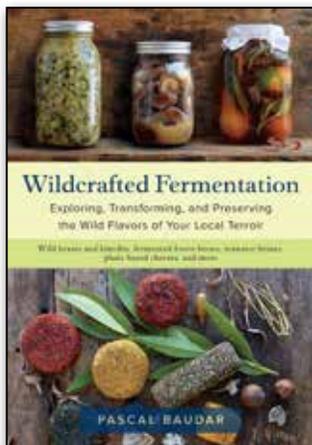
Paul Thomas, M.D. & Jennifer Margulis, Ph.D.

Safe And Effective Approach To Immunity And Health

Presents a proven approach to building immunity: a new protocol that limits a child's exposure to aluminum, mercury, and other neurotoxins while building overall good health. Based on data from scientifically minded medical doctors, this vaccine-friendly protocol gives readers a slower, evidence-based vaccine schedule, and shows the risks associated with opting out of vaccinations. 2020. 7 3/8" x 9 1/4". 448 pp.

T7753 \$20.00

094717664488



WILDCRAFTED FERMENTATION

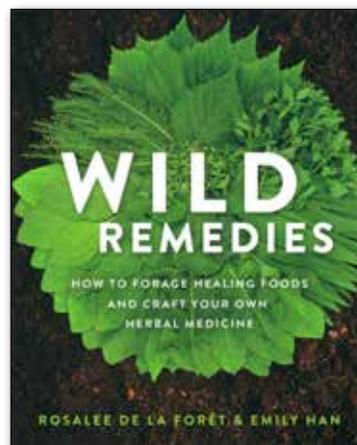
Pascal Baudar

Exploring, Transforming, And Preserving The Wild Flavors Of Your Local Terroir

Culinary alchemist and professional forager combines his curiosity, research, and in-depth understanding of terroir to explore new and surprising uses for wild ingredients through fermentation. Learn how to create bold, exotic ferments at home from the wild and cultivated plants in your local landscape or garden with step-by-step photos and more than 100 plant-based recipes. Full-color photos. 2020. 7" x 10". 292 pp.

T7727 \$29.95

094717664075



WILD REMEDIES

Rosalee De La Forêt & Emily Han

How To Forage Healing Foods And Craft Your Own Herbal Medicine

Craft your own herbal medicine with 75 delicious recipes and powerful healing remedies. Herbalists expertly guide you through the benefits of two dozen of the most important and commonly found wild plants-many of which you can easily grow in your own garden, if foraging isn't right for you. Detailed illustrations and beautiful photography ensure that you won't make a plant-identification missteps. 75 recipes. Full-color photos. 2020. 7 1/2" x 9". 424 pp.

T7732 \$29.99

094717664136



**Summer Specials
on pages 12-13!**

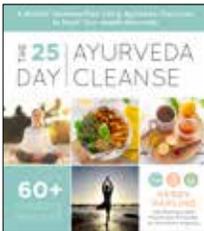
SUMMER SPECIALS

Don't miss out on this selection of the hottest Natural Lifestyle Books and Products out there!

To get SPECIALS, mention **PROMO CODE: PRM8**.
Special offer valid through August 31, 2020.

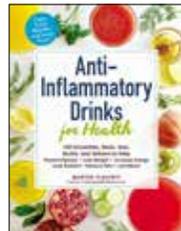
BOOK SPECIALS - 50% DISCOUNT OFF RETAIL

T7644
\$22.99



UPC# 094717662422

T7611
\$15.99



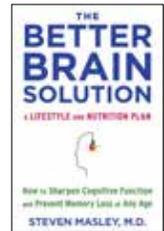
UPC# 094717661838

C683
\$9.95



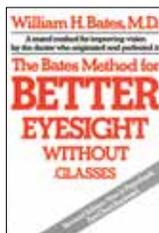
UPC# 094717002907

T7640
\$16.95



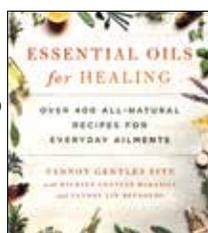
UPC# 094717662507

H144
\$17.99



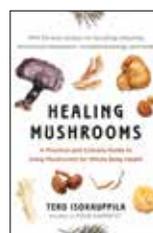
UPC# 094717662217

T7450
\$23.99



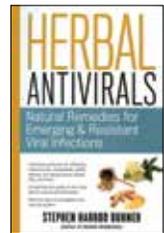
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T7568
\$16.00



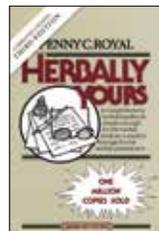
UPC# 094717660596

T7024
\$24.95



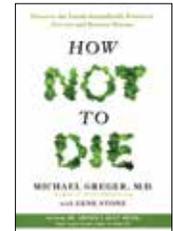
UPC# 094717645678

F482
\$9.95



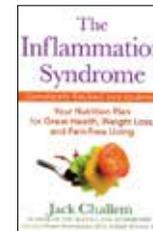
UPC# 094717662361

T7401
\$32.50



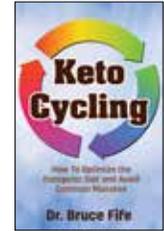
UPC# 094717661647

T5455
\$17.95



UPC# 094717662026

T7647
\$16.95



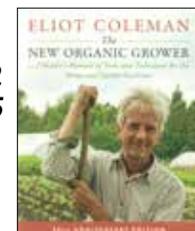
UPC# 094717662590

T6493
\$7.95



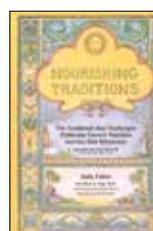
UPC# 094717611529

T6482
\$29.95



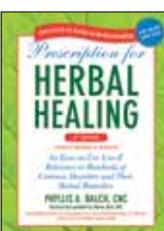
UPC# 094717661746

T2120
\$27.00



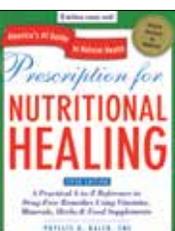
UPC# 094717574695

T3064
\$30.00



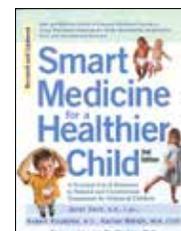
UPC# 094717632197

H507
\$35.00



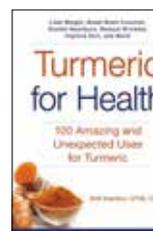
UPC# 094717663030

T1374
\$30.00



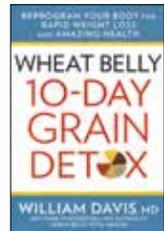
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T7656
\$12.99



UPC# 094717662705

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A5601
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A2602
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Fight Cold and Allergy Season

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ANCIENT SECRETS[®] Nasal Cleansing Pot
Original Ceramic Model

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For The Cleansing And Moisturizing Of Nasal Passages According To The Traditional Practice Of Neti

- Clear The Nasal Passages
- Remove Excess Mucus
- Reduce Dust And Pollen By Cleansing Nasal Passages
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- Heavy-Duty Construction - Dishwasher Safe
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CONTAINS: One Nasal Cleansing Pot

- Remove Excess Mucus
- Reduce Dust and Pollen in Nasal Passages
- Relieve Nasal Dryness
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Ancient Secrets Nasal Cleansing Pot
A1379 • \$18.95 SRP • Net Cost \$11.37

094717609007



Ancient Secrets Nasal Cleansing Salt - 10 Oz Jar

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ANCIENT SECRETS[®] Nasal Cleansing Salt

Non-iodized Pure Salt for the practice of nasal cleansing and moisturizing of nasal passages also known as "Neti"



This pre-measured salt may be used with any brand of nasal cleansing pot or nasal saline rinse squeeze bottle.

Contains 40 pre-measured, 0.17 gram (1/600th) packets. Net Weight: 6.75 oz. (190 grams)

Ancient Secrets Pre-Measured Salt Packets - 40 Ct.

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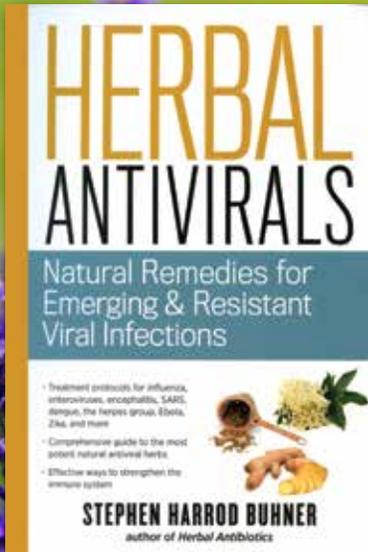
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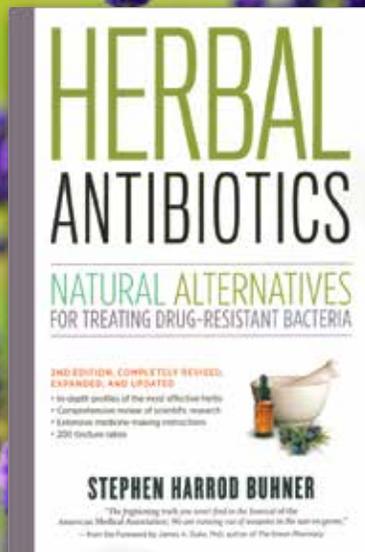
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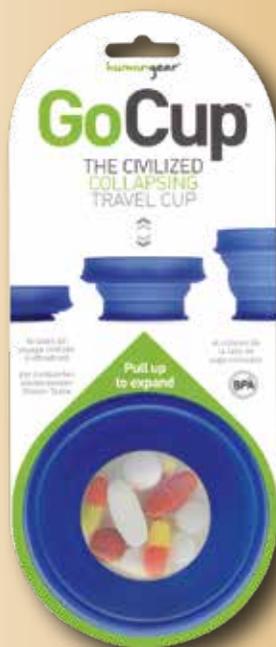
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J-pegable package is 3" x 8" x 3/4".

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GREEN A5124

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J-pegable package is 4" x 9 3/4" x 1".

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CLEAR A5127

094717631602



GREEN A5126

094717631596

