

## The Haywire Heart : How too much exercise can kill you, and what you can do to protect your heart

Christopher J. Case, John Mandrola

9781937715885, 1937715884

Pub Date: 4/4/18, On Sale Date: 3/7

\$18.95 USDDiscount Code: TP

320 pages

Trade Paperback

Sports & Recreation / Training

Ctn Qty: 24

9 in H | 6 in W | 1.1 in T | 0.9 lb Wt

*The Haywire Heart* is the first book to examine heart problems in athletes. Starting with a wide-ranging look at the symptoms and how to recognize your potential risk, *The Haywire Heart* reveals the race to document the problem and find effective treatments. Complete with gripping case studies, a frank...

**Summary: Too much exercise can kill you. *The Haywire Heart* is the first book to examine heart conditions in athletes.** Intended for anyone who competes in endurance sports like cycling, triathlon, running races of all distances, and cross-country skiing, *The Haywire Heart* presents the evidence that going too hard or too long can damage your heart forever. You'll find what to watch out for, what to do about it, and how to protect your heart so you can enjoy the sports you love for years to come.

*The Haywire Heart* shares the developing research int...



## The Cycle Syncing Handbook : Identify Hormonal Patterns, Build Holistic Habits, and Embrace the Power of Your Menstrual Cycle

Angie Marie

9781646045600, 1646045602

Pub Date: 12/5/23, On Sale Date: 12/1

\$15.95 USD

152 pages

Trade Paperback

Health & Fitness / Women's Health

Ctn Qty: 76

8.4 in H | 5.5 in W

**Summary: Hack your period with this approachable guide to unlocking your body's true beauty through journal prompts, nutritional advice, and dynamic routines!**

Living cyclically is nothing new; just as nature is designed by cycles of high and low, push and pull, work and rest, so too are the bodies of half the people on Earth. However, modern society ignores and suppresses these natural hormonal fluctuations, leaving menstruators burned out and frustrated as they repress and combat their biology. By introducing the four phases of the menstrual cy...



## End Everyday Pain for 50+ : A 10-Minute-a-Day Program of Stretching, Strengthening and Movement to Break the Grip of Pain

Joseph Tieri

9781612436043, 1612436048

Pub Date: 10/11/16, On Sale Date: 10/11,

Ship Date: 9/19/16

\$17.95 USDDiscount Code: TP

144 pages

Trade Paperback

Health & Fitness / Pain Management

Ctn Qty: 28

9.4 in H | 7.5 in W | 0.7 lb Wt

**Summary: Discover simple methods that will provide you with quick relief and lasting solutions to everyday pain by fixing your body's alignment through stretching and movement.**

**End muscle and joint pain for good.** You've probably heard that as you get older, you are guaranteed to have more muscle and joint pain. That's simply not true. These chronic ailments arise from years of decreased activity and poor posture—not aging. *End Everyday Pain for 50+* presents a complete 10-minute-a-day program to correct previous damage, develop healthier joints, ...



## Healing with DMSO : The Complete Guide to Safe and Natural Treatments for Managing Pain, Inflammation, and Other Chronic Ailments with Dimethyl Sulfoxide

Amandha Dawn Vollmer

9781646040025, 1646040023

Pub Date: 4/28/20

\$15.95 USD

208 pages

Trade Paperback


Health & Fitness / Homeopathy

Ctn Qty: 64

8.5 in H | 5.5 in W

**Summary: Discover the benefits that DMSO can bring to your first-aid kit, from safely soothing headaches to easing arthritis pain, in this easy-to-use, fact-filled handbook.**

This science-backed guide will help you understand how DMSO works, why it works, and the many ways you can harness its power to heal your aches, pains, and other ailments, all in an easy-to-read and friendly way. DMSO (dimethyl sulfoxide) is a natural substance that comes from wood, and, when applied topically, can offer a host of pain-relieving benefits. *Healing with DMSO* w...



**Healthy Shoulder Handbook : 100 Exercises for Treating and Preventing Frozen Shoulder, Rotator Cuff and other Common Injuries**

Karl Knopf

9781569757383, 1569757380

Pub Date: 3/9/10, On Sale Date: 3/9

\$15.95 USDDiscount Code: TP

144 pages / 150 B&W photos

Trade Paperback

Health & Fitness / Healing

Ctn Qty: 24

9.3 in H | 7.6 in W | 0.8 lb Wt

**Summary:** End shoulder pain for good with Dr. Karl Knopf's step-by-step exercises to strengthen, regain range of motion, and prevent future shoulder injuries.

Millions of people suffer from debilitating shoulder problems every year. With Healthy Shoulder Handbook, you can take yourself off that list. This friendly manual outlines the causes for common shoulder conditions, including shoulder impingement, rotator cuff, tendinitis, dislocation and repetitive motion injuries.

Illustrated with over 300 step-by-step photographs, *Healthy Shoulder Handbo...*



**Stretching for 50+ : A Customized Program for Increasing Flexibility, Avoiding Injury and Enjoying an Active Lifestyle (2nd Edition)**

Karl Knopf

9781612436715, 1612436714

Pub Date: 5/2/17, On Sale Date: 5/2, Ship Date: 3/20/17

\$15.95 USDDiscount Code: TP

144 pages / black and white photos

Trade Paperback

Health & Fitness / Exercise / Stretching

Ctn Qty: 28


9.2 in H | 7.6 in W | 0.7 lb Wt

**Summary:** An easy-to-start stretching program for seniors to help you maintain a mobile, active, and healthy lifestyle after 50 and beyond.

Just ten minutes a day of these modified stretches is guaranteed to help you improve your mobility without pain or injury. *Stretching for 50+* is filled with safe, easy routines for any age. Learn warm-ups and cool-downs, use tools like a strap, therapy balls and foam rollers, and discover plenty of other fitness tips to keep you moving.

Customized Programs for Your Lifestyle:

- Golf
- Jogging
- Biking
- Skiing
- Soccer



**Healthy Shoulder Handbook: Second Edition : 100 Exercises for Treating Common Injuries and Ending Chronic Pain**

Karl Knopf

9781646041961, 1646041968

Pub Date: 7/13/21

\$15.95 USD

160 pages / Over 100 black and white photographs

Trade Paperback

Health & Fitness / Exercise / Stretching


Ctn Qty: 24

9.3 in H | 7.5 in W

**Summary:** Live pain free once again with this proven guide designed to help you easily treat and prevent injuries like frozen shoulder, rotator cuff, tendinitis, and dislocation right from your own home.

Millions of people suffer from debilitating shoulder problems every year. But with this user-friendly guide, you can begin to understand the causes for common shoulder conditions and then learn the steps you need to take to heal your body.

*Healthy Shoulder Handbook* features 100 easy-to-follow exercises with step-by-step photos for treating common ...



**Move, Rest, Recover: A Workbook : Your Practical Guide to Balancing Mind and Body**

Erin Taylor

9781646047758, 1646047753

Pub Date: 1/7/25

\$19.95 USD

160 pages / 30+ b&W illustrations

Trade Paperback

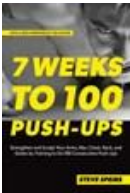
Health & Fitness / Exercise / Stretching

Ctn Qty: 40

8.1 in H | 6.1 in W

**Summary:** Discover how you can balance your mind, body, and nervous system with this practical workbook designed to help you create a recovery practice that supports you in performing and feeling better in all aspects of your active lifestyle.

Recovery is the most readily available yet underutilized tool for well-being, the counterbalance to your active lifestyle that allows you to rise to the ever-increasing demands and pace of work, training, and life. This is a missed opportunity that makes you vulnerable to illness, injury, and burnout. Throu...



**7 Weeks to 100 Push-Ups : Strengthen and Sculpt Your Arms, Abs, Chest, Back and Glutes by Training to Do 100 Consecutive Push-Ups**

Steve Speirs  
9781646046089, 1646046080  
Pub Date: 1/2/24  
\$18.95 USD  
200 pages / 50+ b&w photographs  
Trade Paperback  
Health & Fitness / Exercise / Strength Training  
Ctn Qty: 40  
9 in H | 6 in W

**Summary:** Crank out 100 push-ups! Learn how to successfully boost your upper-body and core strength and build muscle with the exercise program the *New York Times* says, "tests the whole body, engaging muscle groups in the arms, chest, abdomen, hips and legs."

If you're ready to massively increase your strength, follow the 7-week program in this book and you'll soon be able to complete 100 consecutive push-ups! You'll also transform your fitness, look great and feel even better as you sculpt every muscle from your neck down to your calves.

Offering ...



**The Strength Training Bible for Seniors : The Ultimate Fitness Guide for the Rest of Your Life**

Karl Knopf  
9781646047475, 1646047478  
Pub Date: 9/10/24  
\$21.95 USD  
392 pages / black & white photographs throughout  
Trade Paperback  
Health & Fitness / Exercise / Strength Training  
Ctn Qty: 14  
11 in H | 8.5 in W | 1.1 in T | 2.5 lb Wt

**Summary:** Stay strong. Stay active. Stay healthy. "It's never too late to lift weights: Older bodies can still build muscle" (*Washington Post*). *The Strength Training Bible for Seniors* is the only book you need to be fit and feel young in your fifties and beyond.

Science shows us that an active lifestyle helps us flourish and is one of the keys to a long life. Strength training—whether in your core, arms, legs, or back—is an essential component of a fitness routine regardless of your age. *The Strength Training Bible for Seniors* covers all your wor...



**Make the Pool Your Gym, 2nd Edition : No-Impact Water Workouts for Getting Fit, Building Strength, and Rehabbing from Injury**

Karl Knopf  
9781646045075, 1646045076  
Pub Date: 5/2/23  
\$15.95 USD  
104 pages  
Trade Paperback  
Health & Fitness / Exercise / Aquatic  
Ctn Qty: 60  
9.3 in H | 7.5 in W

**Summary:** Make a splash in your fitness journey with this easy-to-use, step-by-step guide to pool aerobics from best-selling fitness author Dr. Karl Knopf.

Once used primarily for rehabilitation and exercise for seniors, water exercise has been proven to build strength, improve cardiovascular fitness and burn calories for people of all ages—all without the strain and trauma of land-based activities. With step-by-step instructions and clear photos, this flexible training tool will introduce you to the no-impact, total-body benefits of water exerci...



**Make the Pool Your Gym : No-Impact Water Workouts for Getting Fit, Building Strength and Rehabbing from Injury**

Karl Knopf  
9781612430140, 1612430147  
Pub Date: 2/28/12, On Sale Date: 2/28  
\$14.95 USDDiscount Code: TP  
144 pages / 200 B&W photos, 50 B&W illustrations  
Trade Paperback  
Health & Fitness / Exercise / Aquatic  
Ctn Qty: 39  
9.2 in H | 7.5 in W | 1.2 lb Wt

**Summary:** Discover the non-impact, total-body benefits of water exercise with this step-by-step guide to pool aerobics from bestselling fitness author, Dr. Karl Knopf.

Once used primarily for rehabilitation, water exercise has been proven to build strength, improve cardiovascular fitness and burn calories — all without the strain and trauma of land-based activities. This flexible training tool can help you:

- Improve muscular strength
- Increase flexibility
- Enhance cardiovascular fitness
- Alleviate pain
- Rehabilitate injuries

With step-by-step inst...



## Resistance Band Workbook : Illustrated Step-by-Step Guide to Stretching, Strengthening and Rehabilitative Techniques

Karl Knopf

9781612431710, 1612431712

Pub Date: 4/9/13, On Sale Date: 4/9

\$14.95 USDDiscount Code: TP

144 pages / 100 B&W photos

Trade Paperback

Health & Fitness / Exercise

Ctn Qty: 44

9.2 in H | 7.6 in W | 0.6 lb Wt

**Summary:** Learn how to get fit while preventing injury using versatile resistance bands to build muscle, increase range of motion and balance with targeted, step-by-step workouts.

First used in physical therapy to introduce low-intensity strength training for rehabilitating patients, today bands come in all levels of resistance and are perfect for targeting and working every major muscle group. Using this simple device, you can:

- **Increase Strength**
- **Improve Balance**
- **Reduce Lower Back Pain**
- **Rehabilitate Injuries**

*Resistance Band Workbook* offers more ...



## Core Strength for 50+ : A Customized Program for Safely Toning Ab, Back, and Oblique Muscles

Karl Knopf

9781612431017, 1612431011

Pub Date: 8/21/12, On Sale Date: 8/21

\$15.95 USDDiscount Code: TP

144 pages / black and white photos

Trade Paperback

Health & Fitness / Exercise

Ctn Qty: 46

9.3 in H | 7.6 in W | 0.6 lb Wt

**Summary:** Stay young, improve your mobility and prevent injury with the bestselling fitness guide for core strength training for 50-plus from Dr. Karl Knopf.

From swinging a golf club to carrying a bag of groceries, the core is everything. Balance, agility and youthful stature are just a few of the benefits of a toned and powerful midsection. *Core Strength for 50+* has everything you need to:

- **Improve posture**
- **Enhance sports performance**
- **Guarantee low back health**
- **Avoid injury**

With workouts ranging from basic mat work routines to unstable training ...



## Bariatric Fitness for Your New Life : A Post Surgery Program of Mental Coaching, Strength Training, Stretching Routines and Fat-Burning Cardio

Julia Karlstad

9781612437941, 161243794X

Pub Date: 8/7/18, On Sale Date: 8/7

\$15.95 USDDiscount Code: TP

144 pages / black and white photos

Trade Paperback

Health & Fitness / Exercise

Ctn Qty: 40

9.3 in H | 7.6 in W | 0.7 lb Wt

**Summary:** Learn how to maximize the weight-shedding effects of bariatric surgery with this comprehensive guide to exercise after your life-changing weight-loss treatment.

Bariatric surgery is a highly effective way to take control of your weight. But it's only one part of the solution. The helpful advice and proven fitness program in this book provide the tools you need to make sure your bariatric surgery produces sustained weight loss.

Packed with easy-to-follow instructions and step-by-step photos, *Bariatric Fitness for Your New Life* informs, ed...



## The MIND Diet: 2nd Edition : A Scientific Approach to Enhancing Brain Function and Helping Prevent Alzheimer's and Dementia, Fully Updated with New Recipes, Meal Plans, and More Tips and Tools Based on the Latest Research

Maggie Moon

9781646047246, 1646047249

Pub Date: 12/3/24

\$16.95 USD

336 pages

Trade Paperback

Health & Fitness / Diseases & Conditions /

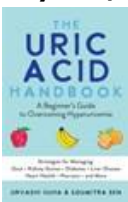
Alzheimer's & Dementia

Ctn Qty: 40

8.5 in H | 5.5 in W

**Summary:** Enhance brain function and help prevent Alzheimer's disease and dementia with this fully updated, step-by-step nutrition guide from best-selling author and registered dietitian Maggie Moon.

Taking care of yourself doesn't just mean focusing on your body—it also means looking after your brain. *The MIND Diet*, 2nd Edition uses approachable and easy-to-understand language to explain the science behind how you can improve your brain health through nutrition and lifestyle habits. Written by best-selling author Maggie Moon, this fully updated ...



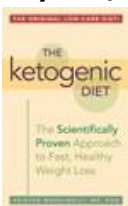
## The Uric Acid Handbook : A Beginner's Guide to Overcoming Hyperuricemia (Strategies for Managing: Gout, Kidney Stones, Diabetes, Liver Disease, Heart Health, Psoriasis, and More)

Urvashi Guha, Soumitra Sen  
9781646044634, 1646044630  
Pub Date: 5/16/23  
\$15.95 USD  
144 pages  
Trade Paperback  
Health & Fitness / Diseases & Conditions  
Ctn Qty: 72  
8.5 in H | 5.5 in W

**Summary:** Take control of your health with this easy-to-use guide to lowering uric acid levels and managing gout, liver disease, heart health, and more!

Millions of Americans experience high uric acid levels, aka hyperuricemia, and as a result suffer from health conditions like gout, liver disease, kidney stones, heart disease and more. Uric acid is a waste product found in the blood. The body naturally dissolves uric acid, but sometimes it can build up in the body and cause major health problems.

With *The Uric Acid Handbook*, you will first learn...



## The Ketogenic Diet : A Scientifically Proven Approach to Fast, Healthy Weight Loss

Kristen Mancinelli  
9781612433943, 1612433944  
Pub Date: 1/6/15, On Sale Date: 1/6, Ship  
Date: 12/22/14  
\$14.95 USDDiscount Code: TP  
224 pages  
Trade Paperback  
Health & Fitness / Diet & Nutrition /  
Weight Loss  
Ctn Qty: 30  
8 in H | 5 in W | 0.6 lb Wt

The first true weight-loss book using the ketogenic diet, the original, scientifically developed low-to-no-carb diet

**Summary:** Get started on the keto diet with the original guide to triggering ketosis with a low carb, high fat healthy eating plan

Low-carb is all the rage, but unlike the fad diets, the ketogenic diet is scientifically proven to change how the brain gets energy and the body dissolves fat. Studies have shown that the ketogenic diet's program—a high in fat, moderate in protein and very low in carbs approach—guarantees you'll lose weight by:

- Powerfully suppressing appetite
- Effectively stabilizing blood sugar
- Naturally enhancing mood
- Dramatically reducing...



## The Athlete's Gut : The Inside Science of Digestion, Nutrition, and Stomach Distress

Patrick Wilson  
9781948007108, 194800710X  
Pub Date: 5/12/20, On Sale Date: 5/12  
\$24.95 USDDiscount Code: TP  
320 pages / B&w illustrations, charts, and tables throughout.  
Trade Paperback  
Health & Fitness / Diet & Nutrition /  
Weight Loss  
Ctn Qty: 14  
9 in H | 7 in W

**Summary:** *The Athlete's Gut* is an in-depth look at a system that plagues many athletes. This guide offers a much-needed resource for troubleshooting GI problems.

The majority of endurance athletes suffer from some kind of gut problem during training and competition. Symptoms like nausea, cramping, bloating, side stitches, and the need to defecate can negatively impact an athlete's performance. Why are gut problems so common during exercise? And what can athletes do to prevent and manage gut symptoms that occur during training and competition?

*The ...*



## Jump Start Ketosis : Intermittent Fasting for Burning Fat and Losing Weight

Kristen Mancinelli  
9781612438351, 1612438350  
Pub Date: 10/23/18, On Sale Date: 10/23  
\$14.95 USDDiscount Code: TP  
192 pages  
Trade Paperback  
Health & Fitness / Diet & Nutrition /  
Weight Loss  
Ctn Qty: 51  
8.5 in H | 5.5 in W | 0.5 lb Wt

**Summary:** Master the easier, smarter way to achieve ketosis

Done properly, intermittent fasting will put your body into a state of ketosis where it burns fat instead of glucose for energy. It's a very effective and safe way to lose body fat while retaining muscle mass. Detailing everything you need to know to start intermittent fasting today, this book offers practical advice on how to integrate it into your lifestyle and tips to make your fast go smoothly.

Intermittent fasting isn't a restrictive diet. You can eat the foods you want! What changes...





## The Blood Sugar Balancing Handbook : Simple Recipes, Proven Methods, and Practical Strategies for Improving Glucose Levels for Non-Diabetics

Autumn Enloe

9781646047369, 1646047362

Pub Date: 12/24/24

\$16.95 USD

144 pages

Trade Paperback

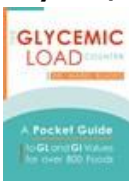
Health & Fitness / Diet & Nutrition / Nutrition

Ctn Qty: 60

8.5 in H | 5.5 in W

**Summary:** Follow easy steps and proven advice on how to balance your blood sugar, and discover all of the health benefits that come along with doing so—from better sleep and more energy to reducing cravings and boosting your mood—it's all possible when you understand how to manage and improve your glucose levels!

Although blood sugar is not often a priority for those who aren't diagnosed with prediabetes or diabetes, it's a critical part of health for everyone. Energy levels, moods, cravings, sleep, weight, and hormones are all tied to blood suga...



## The Glycemic Load Counter : A Pocket Guide to GL and GI Values for over 800 Foods

Mabel Blades

9781646042494, 1646042492

Pub Date: 1/11/22

\$10.95 USD

112 pages

Trade Paperback

Health & Fitness / Diet & Nutrition / Food

Content Guides

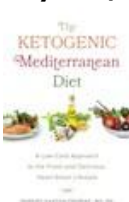
Ctn Qty: 144

6.3 in H | 4.5 in W | 0.5 in T | 0.2 lb Wt

**Summary:** Discover how to use the Glycemic Index to manage diabetes, control blood sugar, and monitor glucose intake from food to take control of your health.

Based on the proven science of the Glycemic Index (GI) but made even easier to use, Glycemic Load (GL) dieting is the best way to follow a healthy lifestyle. GL values give a more accurate measure of the way different foods affect your body by adjusting the GI score for portion size. Inside you'll find:

- GI, GL, calories, carbs, and fat for over 800 popular foods
- User-friendly design and str...



## The Ketogenic Mediterranean Diet : A Low-Carb Approach to the Fresh-and-Delicious, Heart-Smart Lifestyle

Robert Santos-Prowse

9781612436418, 1612436412

Pub Date: 1/10/17, On Sale Date: 1/10,

Ship Date: 12/19/16

\$14.95 USDDiscount Code: TP

192 pages

Trade Paperback

Health & Fitness / Diet & Nutrition / Diets

Ctn Qty: 56

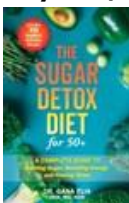
8 in H | 5 in W | 0.4 lb Wt

**Summary:** COMBINE THE LOW-CARB, FAT-BURNING KETOGENIC DIET WITH THE DELICIOUS, HEART-SMART MEDITERRANEAN LIFESTYLE ULTIMATE HEALTHY EATING

The heart-smart and brain-healthy Mediterranean diet offers you an easy-to-follow lifestyle for losing weight while enjoying crisp produce, freshly caught fish and healthy fats. Now, the innovative program in this book supercharges this time-tested diet by applying the scientifically proven fat-burning approach of the ketogenic diet.

*The Ketogenic Mediterranean Diet* will help you:

- Change the way your body uses ...



## The Sugar Detox Diet for 50+ : A Complete Guide to Quitting Sugar, Boosting Energy, and Feeling Great

Dana Elia

9781646041497, 1646041496

Pub Date: 3/23/21

\$16.95 USD

224 pages

Trade Paperback

Health & Fitness / Diet & Nutrition / Diets

Ctn Qty: 44

8.5 in H | 5.5 in W

**Summary:** Beat your sugar cravings and kick-start healthier habits with this dietary detox specially designed for seniors.

Sugar crash? Again? As your body ages, many things change—including your metabolism and the way your body reacts to certain foods. *The Sugar Detox Diet for 50+* explains the science behind this and outlines strategies for starting a gentle dietary detox today, including:

- Eliminating high-sugar fruits, vegetables, and snacks
- Increasing water intake and hydration levels
- Adding more protein to your meals
- And much more!

Registered die...



## Beyond the Master Cleanse : The Year-Round Plan for Maximizing the Benefits of The Lemonade Diet

Tom Woloshyn

9781569756904, 1569756902

Pub Date: 2/10/09, On Sale Date: 2/10

\$14.95 USDDiscount Code: TP

160 pages

Trade Paperback

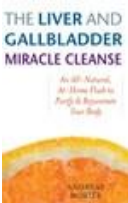
Health & Fitness / Diet & Nutrition / Diets

Ctn Qty: 50

8.5 in H | 5.6 in W | 0.3 lb Wt

**Summary:** Learn how to maximize the incredible benefits of the 10-day lemonade diet long after you've finished the Master Cleanse with this indepth guide to staying healthy, continuing to cleanse your body and keeping weight off.

Spending ten days on The Lemonade Diet is a proven way to transform your body and health. But if you return to your former unhealthy habits, you will quickly undo all you gained. With its comprehensive post-cleanser program, *Beyond the Master Cleanse* allows you to maintain and extend the Master Cleanse's amazing benefits....



## The Liver and Gallbladder Miracle Cleanse : An All-Natural, At-Home Flush to Purify and Rejuvenate Your Body

Andreas Moritz

9781569756065, 1569756066

Pub Date: 6/4/07, On Sale Date: 6/4

\$15.95 USDDiscount Code: TP

248 pages / 20 B&W photos, 10 B&W

illustrations

Trade Paperback

Health & Fitness / Body Cleansing &

Detoxification

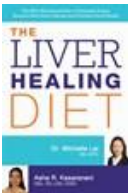
Ctn Qty: 56

8.5 in H | 5.4 in W | 0.5 lb Wt

**Summary:** Take charge of your liver and gallbladder health with this simple and effective guide to detoxing, eliminating gallstones, and improving liver function.

Most people unknowingly suffer from a dangerous buildup of gallstones in the liver and gallbladder. These stones clog up the body's cleansing organs, creating a toxic environment incapable of maintaining good health. You become fatigued, your tissues inflame, you gain weight, and your immune system stops fighting off illness and disease.

Now, *The Liver and Gallbladder Miracle Cleanse* teac...



## The Liver Healing Diet : The MD's Nutritional Plan to Eliminate Toxins, Reverse Fatty Liver Disease and Promote Good Health

Michelle Lai, Asha Kasaraneni

9781612434445, 1612434444

Pub Date: 6/9/15, On Sale Date: 6/9, Ship

Date: 5/18/15

\$15.95 USDDiscount Code: TP

232 pages

Trade Paperback

Health & Fitness / Body Cleansing &

Detoxification

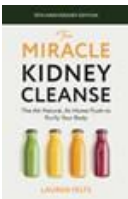
Ctn Qty: 64

9 in H | 6 in W | 0.5 lb Wt

**Summary:** Learn how to heal your liver and reduce liver damage through optimal nutrition and guidelines for a healthy lifestyle - crafted by two of the country's top liver specialists.

The only organ in your body that regenerates itself is the liver. And now, you can make it happen. With a complete program to rejuvenate your liver through optimal nutrition and routine exercise, *The Liver Healing Diet* shows you how to:

- Improve liver function
- Beat fatty liver disease
- Detoxify the liver
- Boost all-around health
- Nourish the body with delicious recipes...



## The Miracle Kidney Cleanse : The All-Natural, At-Home Flush to Purify Your Body (10th Anniversary Cover)

Lauren Felts

9781646047048, 1646047044

Pub Date: 12/10/24

\$15.95 USD

156 pages

Trade Paperback

Health & Fitness / Body Cleansing &

Detoxification

Ctn Qty: 44

8.5 in H | 5.5 in W

**Summary:** Learn simple, straightforward strategies and diet plans to keep your kidneys in optimum health and peak function by introducing short detox regimens to your daily life for better renal health.

Kidneys play an incredibly important part of your body's ability to shed toxins, filter and clean blood, and remain healthy. Keeping your kidneys healthy and functioning at peak performance is critical to a long, vibrant life, and this book is your key to protecting the organs that are protecting you. *The Miracle Kidney Cleanse* shows how to flush o...



## Your Psilocybin Mushroom Companion : An Informative, Easy-to-Use Guide to Understanding Magic Mushrooms—From Tips and Trips to Microdosing and Psychedelic Therapy

Michelle Janikian

9781612439471, 1612439470

Pub Date: 11/19/19, On Sale Date: 12/17

\$14.95 USDDiscount Code: TP

224 pages

Trade Paperback

Health & Fitness / Alternative Therapies

Series: Guides to Psychedelics & More

Territory:

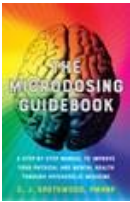
Ctn Qty: 32

8.5 in H | 5.5 in W

**Summary:** Learn. Prepare. Trip. Transform! Discover the transformational power of psilocybin mushroom with this all-encompassing guide to harnessing magic mushrooms safely and effectively.

With so much misinformation surrounding magic mushrooms out there, it can be hard to separate fact from fiction. This is where *Your Psilocybin Mushroom Companion* comes in to help. In this book, you'll find a comprehensive yet friendly guide to everything there is to know about magic mushrooms.

Learn how to plan safe, effective trips with easy-to-follow step-by-s...



## The Microdosing Guidebook : A Step-by-Step Manual to Improve Your Physical and Mental Health through Psychedelic Medicine

C. J. Spotswood

9781646043101, 1646043103

Pub Date: 4/19/22

\$19.95 USD

224 pages

Trade Paperback

Health & Fitness / Alternative Therapies

Series: Guides to Psychedelics & More

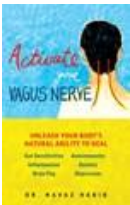
Territory:

Ctn Qty: 28

8.5 in H | 5.5 in W

**Summary:** Learn about the history, research, and helpful effects of microdosing psychedelic medicines like psilocybin, LSD, ecstasy, and more with this combination manual and workbook.

Microdosing, or taking between 1/10th and 1/20th of the normal dose of a psychedelic drug is the latest way to improve performance, stave off chronic pain, and alleviate a variety of other ailments like anxiety and depression. Unlike a psychedelic trip, microdosing does not alter your mental status or interfere with day-to-day life. Part handbook and part workbook,...



## Activate Your Vagus Nerve : Unleash Your Body's Natural Ability to Heal

Navaz Habib

9781612438740, 1612438741

Pub Date: 4/2/19, On Sale Date: 4/2

\$17.95 USDDiscount Code: TP

192 pages

Trade Paperback

Health & Fitness / Alternative Therapies

Ctn Qty: 38

8 in H | 5 in W | 0.4 lb Wt

**Summary:** Learn how exercising your vagus nerve, which regulates automatic functions in the body, can help you take control of your health

Anatomists were stumped. How could the vagus nerve, a single nerve beginning in the brainstem, be so long and connect to so many different organs? What effects could this nerve possibly employ? With such a vast array of potential functions, what would happen if this nerve was injured or cut?

This helpful guide provides all the tools you need to understand and heal your vagus nerve, the rest, digest and recovery...



## The Psilocybin Handbook for Women : How Magic Mushrooms, Psychedelic Therapy, and Microdosing Can Benefit Your Mental, Physical, and Spiritual Health

Jennifer Chesak

9781646044986, 1646044983

Pub Date: 6/6/23, On Sale Date: 6/1

\$16.95 USD

192 pages

Trade Paperback

Health & Fitness / Alternative Therapies

Series: Guides to Psychedelics & More

Territory:

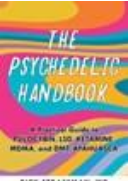
Ctn Qty: 64

8.5 in H | 5.5 in W

**Summary:** Check out the Benjamin Franklin Award-winning resource for women interested in harnessing the power of psilocybin, AKA magic mushrooms—from how to microdose and trip sit (yes, that's a thing) to understanding the latest psychedelic research—all in a decidedly bro-free format.

If you're looking for mushroom mansplaining, you've come to the wrong book. *The Psilocybin Handbook for Women* is a resource for everyone, although it features information specific to those assigned female at birth—because psychedelics may have different effects and...





**The Psychedelic Handbook : A Practical Guide to Psilocybin, LSD, Ketamine, MDMA, and DMT/Ayahuasca**

Rick Strassman

9781646043811, 1646043812

Pub Date: 8/9/22

\$16.95 USD

216 pages

Trade Paperback

Health & Fitness / Alternative Therapies

Series: Guides to Psychedelics & More

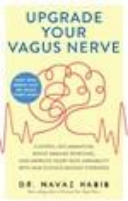
Territory:

Ctn Qty: 36

9 in H | 6 in W

**Summary:** Learn everything you need to know about psychedelics with this ultimate guide packed with information on popular psychedelic drugs like psilocybin, ketamine, MDMA, DMT and LSD—plus practical tips for microdosing and how to safely "trip"—from bestselling author Dr. Rick Strassman.

Entering the world of psychedelic drugs can be challenging, and many aren't sure where to start. As research continues to expand and legalization looms on the horizon for psychedelics like psilocybin, you may need a guide to navigate what psychedelics are, how...



**Upgrade Your Vagus Nerve : Control Inflammation, Boost Immune Response, and Improve Heart Rate Variability with New Science-Backed Therapies (Boost Mood, Improve Sleep, and Unlock Stored Energy)**

Navaz Habib

9781646046188, 1646046188

Pub Date: 2/6/24, On Sale Date: 2/1

\$21.95 USD

208 pages

Trade Paperback

Health & Fitness / Alternative Therapies


Ctn Qty: 38

8 in H | 5 in W

**Summary:** Unlock the full potential of your Vagus Nerve with this transformational guide, including practical strategies to treat headache, chronic pain, anxiety, depression, and more.

Harness the power of vagus nerve (VN) function and heart rate variability (HRV) in the long-awaited follow-up to bestseller *Activate Your Vagus Nerve* by Dr. Navaz Habib. This entirely new book goes beyond activation alone to explore stressors, measurement techniques, and practical protocols to create a roadmap to a healthier, happier life.

Cowritten by functional me...



**The Vagus-Immune Connection : Harness Your Vagus Nerve to Manage Stress, Prevent Immune Dysregulation, and Avoid Chronic Disease**

J.P. Errico, Navaz Habib

9781646046195, 1646046196

Pub Date: 3/12/24

\$16.95 USD

192 pages

Trade Paperback

Health & Fitness / Alternative Therapies


Ctn Qty: 44

8 in H | 5 in W | 0.8 in T | 0.5 lb Wt

**Summary:** Take charge of your immune system, prevent immune dysregulation, and mitigate disease risks through the power of the vagus nerve.

This comprehensive guide delves into the intricate relationship between the vagus nerve and immune regulation, providing invaluable insights and practical strategies for understanding chronic illnesses like migraine, anxiety, BPD, cognitive dysfunction, stroke, hypertension, IBS, and more.

Engineer, inventor, and vagus nerve expert J. P. Errico distills the latest scientific research and technological advancement...



**The Lymphatic System Handbook : Proven Lymphatic Drainage Massage Techniques and At-Home Strategies for Reducing Inflammation and Managing Chronic Ailments**

Flavio Gazzola

9781646047857, 1646047850

Pub Date: 2/25/25

\$18.95 USD

240 pages

Trade Paperback

Health & Fitness / Alternative Therapies

Ctn Qty: 32

9 in H | 6 in W

**Summary:** Uncover the secrets of the lymphatic system and master your total-body health with easy-to-follow exercises, simple therapy techniques, digestible clinical information, and more!

Although not commonly known, the lymphatic system is responsible for a number of important functions in the human body, such as purifying toxins, fortifying the immune system, and maintaining physical beauty. Whether you're interested in learning more about this elusive system or seeking alternative treatment to chronic inflammation, look no further than *The Ly...*