



WOODLAND  PUBLISHING

New Titles & Bestselling
Backlist

2011

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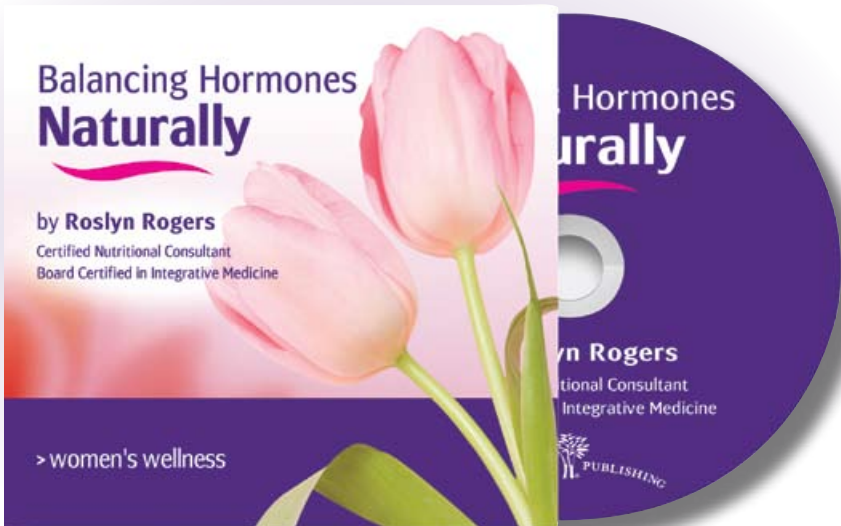


Balancing Hormones Naturally



Roslyn Rogers, CNC

Maintaining proper balance of hormones, the chemical activators that control the body's glands, is one of the most important ways to stay healthy and active. Toxins from the environment, food and personal care products can disrupt this balance—causing thyroid problems, hot flashes, sleeplessness, infertility and more. Try to avoid such toxins completely, even though it isn't possible to avoid exposure to toxins altogether. To combat this growing problem, natural progesterone, the body's "feel good hormone," can help many of the problems caused by unbalanced hormones. Learn more about using progesterone to bring the body's hormones back in balance on this audio CD by popular speaker Roslyn Rogers, a Certified Nutritional Consultant.



Roslyn Rogers, CNC

Audio CD

\$9.95 · UPC: 978158944111

Reducing Stress

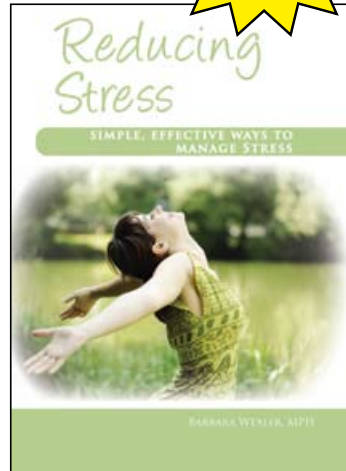
Barbara Wexler, MPH

Stress is a fact of life—there are times when busy schedules, demanding jobs and family responsibilities threaten to overwhelm us. Unfortunately, poorly managed stress may lead to depression, anxiety, insomnia, weight gain and more. Stress may even be linked to conditions as serious as heart disease and cancer. In *Reducing Stress: Simple, Effective Ways to Manage Stress*, noted epidemiologist Barbara Wexler provides an easy-to-read explanation of the science of stress. After answering the question, “What is stress?” Wexler discusses supplements, relaxation techniques and other safe, natural ways to reduce stress.

Barbara Wexler, MPH

112 pages · 5 x 7 · paperback

\$7.95 · ISBN: 978-1-58054-453-5



ALSO AVAILABLE:

A Good Night's Sleep

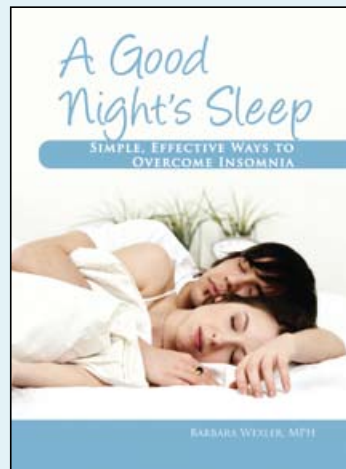
Barbara Wexler, MPH

In *A Good Night's Sleep: Simple, Effective Ways to Overcome Insomnia*, epidemiologist Barbara Wexler discusses the causes of insomnia and other barriers to sleep. Drawing on the full range of available treatments, Wexler identifies the ones that can help you, finally, get a good night's sleep.

Barbara Wexler, MPH

160 pages · 5 x 7 · paperback

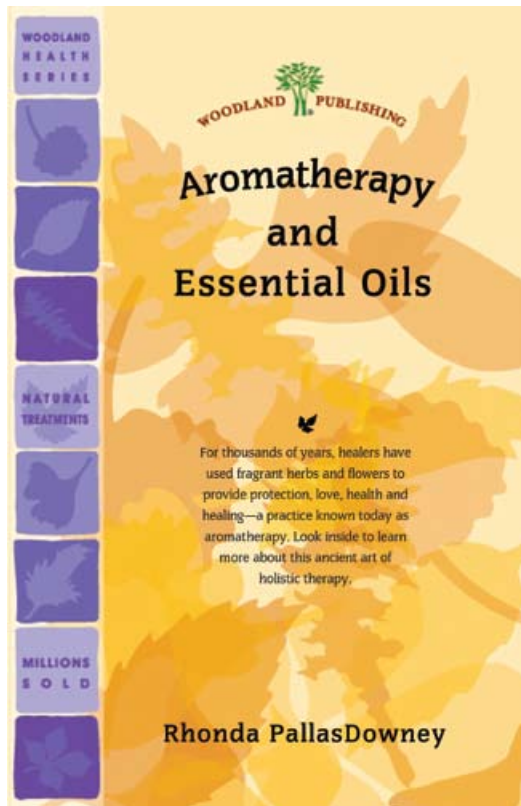
\$9.95 · ISBN: 978-1-58054-102-2



Aromatherapy and Essential Oils

Rhonda PallasDowney

In the early 20th century, French chemist René-Maurice Gattefossé coined the term “aromatherapy” after stumbling upon the healing powers of lavender oil. But Gattefossé merely rediscovered what traditional oil healers had known for centuries—that essential oils can enhance the body, mind and spirit. In this booklet, Rhonda PallasDowney discusses the history and benefits of aromatherapy and provides recipes so you can make your own essential oil blends at home.



Rhonda PallasDowney

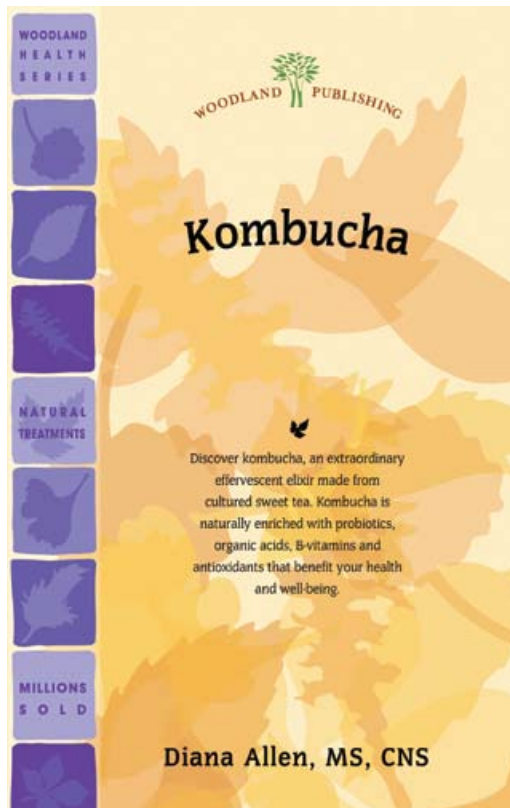
44 pages · 5 ½ x 8 ½ · paperback

\$4.95 · ISBN: 978-1-58054-166-4

Kombucha

Diana Allen, MS, CNS

Kombucha is a naturally fizzy, fermented sweet tea beverage that you can make yourself or purchase ready-to-drink from a local health food store. Long revered as an energizing, immune-boosting digestive tonic, kombucha is a living food containing beneficial organic acids, vitamins, active enzymes and probiotics. Learn about the history, science, nutritional content, potential benefits and possible risks of making and drinking kombucha tea in this informative booklet written by clinical nutritionist Diana Allen, MS, CNS. Includes easy directions for brewing delicious kombucha tea at home.



Diana Allen, MS, CNS

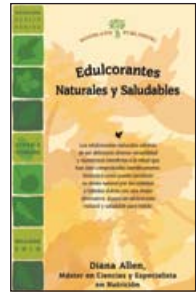
52 pages · 5 ½ x 8 ½ · paperback

\$4.95 · ISBN: 978-1-58054-191-6

Now Available EN ESPAÑOL

Edulcorantes Naturales y Saludables

Obesity is on the rise in the United States, and the epidemic is affecting all cultures, including Hispanics and Latinos. According to the United States Department of Health and Human Services, nearly a third of Hispanic adults were obese in 2009. This Spanish-language translation of clinical nutritionist Diana Allen's booklet, *Natural and Healthy Sweeteners*, describes how natural sweeteners like agave, made from the juice of a plant native to Mexico and Central America, provide a way to sweeten foods without packing a huge calorie punch. Discover healthy ways to satisfy your sweet tooth!



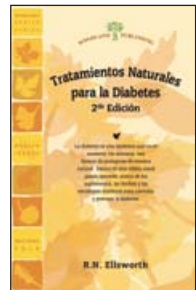
Diana Allen, MS, CNS

48 pages · 5 1/2 x 8 1/2 · paperback

\$4.95 · ISBN: 978-1-58054-165-7

Tratamientos Naturales para la Diabetes

Hispanic people are at a greater risk for developing diabetes, a disease that affects millions of North Americans. Poorly managed diabetes can lead to complications including infections, eye damage and heart disease. In this Spanish-language translation of his bestselling booklet, *Natural Treatments for Diabetes*, author R.N. Ellsworth discusses causes and symptoms of diabetes as well as herbs, vitamins, minerals and other supplements that can help prevent and treat this disease. Learn about lifestyle choices in addition to alternative medicine options that can help you manage diabetes and avoid complications from this debilitating disease.



R.N. Ellsworth

52 pages · 5 1/2 x 8 1/2 · paperback

\$4.95 · ISBN: 978-1-58054-196-1

Resveratrol

The American Heart Association reports that heart disease and stroke are the leading causes of death in the Hispanic community. Resveratrol, a phytochemical found in grapes and red wine, is an excellent weapon in fighting such diseases. Resveratrol helps prevent blood clots, reduces the risk of stroke and fights heart disease. Learn how resveratrol can benefit the brain, lungs and digestive tract and help you live a long and healthy life in this Spanish-language translation of Dr. Matilde Parente's popular booklet.



Matilde Parente, MD

40 pages • 5 1/2 x 8 1/2 • paperback
\$4.95 • ISBN: 978-1-58054-167-1



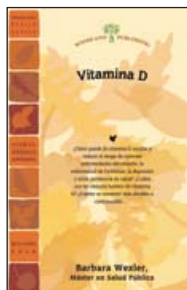
Vitamina D

Vitamin D deficiencies are becoming more common, which can increase the risk of heart disease, depression and arthritis. In this Spanish-language translation of medical writer Barbara Wexler's booklet, learn how sufficient vitamin D can strengthen bones and decrease the risk of developing certain types of cancer and other diseases. Wexler also explains how much vitamin D you need to stay healthy and identifies food sources that can help you get enough of this essential nutrient.



Barbara Wexler, MPH

44 pages • 5 1/2 x 8 1/2 • paperback
\$4.95 • ISBN: 978-1-58054-195-4



ALSO AVAILABLE IN SPANISH

La Pequeña Enciclopedia de Hierbas

Jack Ritchason, ND

160 pages • 5 1/2 x 8 1/2 • paperback
\$7.95 • ISBN: 978-1-88567-063-2

La Salud de Hoy con Hierbas

Louise Tenney, MH

382 pages • 5 1/2 x 8 1/2 • paperback
\$14.95 • ISBN: 978-0-91392-387-0

Limu Mouí

Rita Elkins

32 pages • 5 1/2 x 8 1/2 • paperback
\$4.95 • ISBN: 978-1-58054-353-8

La revolución del Jugo con Factores de Transferencia

Louise Tenney, MH

36 pages • 5 1/2 x 8 1/2 • paperback
\$4.95 • ISBN: 978-1-58054-412-2

Uña de Gato

Rita Elkins, MH

32 pages • 5 1/2 x 8 1/2 • paperback
\$4.95 • ISBN: 978-1-88567-042-7

Bee Pollen, Royal Jelly and Propolis (3rd Edition)

Bee pollen, royal jelly and propolis each contain a unique combination of vitamins, proteins and other nutrients that make them powerful nutritional supplements. These products of the beehive have been used to heal wounds, boost energy, aid digestion and improve overall health for thousands of years. Modern research validates the healthful properties of bee pollen, royal jelly and propolis. In this completely revised and updated edition of her bestselling booklet, Rita Elkins, MH, describes the nutrients in bee products and recent research regarding their use. Learn how to use bee products for conditions including osteoporosis, infertility and more!

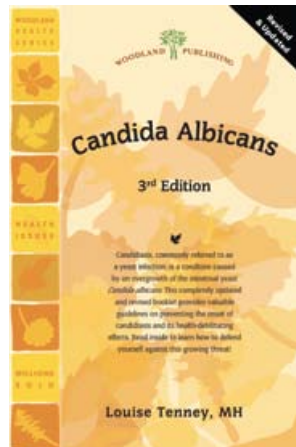


Rita Elkins, MH

36 pages · 5 ½ x 8 ½ · paperback
\$4.95 · ISBN: 978-1-58054-174-9

Candida Albicans (3rd Edition)

C*andida albicans* is an intestinal yeast that lives within the digestive system. When it overgrows, *Candida* can cause digestive problems, yeast infections, depression and more. Because its symptoms can seem unrelated, people often suffer *Candida*-related health problems without realizing it. The third edition of the bestselling Woodland booklet *Candida Albicans* is a substantial update that contains revised, improved, user-friendly content. The new edition updates the previous edition with new content, the latest research and more information regarding on the various problems caused by *Candida* overgrowth (including oral thrush, diaper rash, male yeast infections and gut-related issues). Also included is a section on probiotics and prebiotics, explaining how they can combat *Candida* overgrowth, as well as an updated section on supplements.

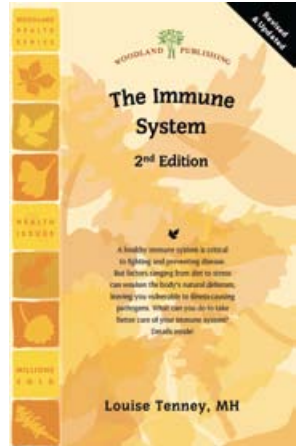


Louise Tenney, MH

36 pages · 5 ½ x 8 ½ · paperback
\$4.95 · ISBN: 978-1-58054-194-7

The Immune System (2nd Edition)

Your immune system takes care of you—it constantly fights invading viruses and bacteria to keep you healthy. But do you take care of your immune system? Stress, toxins from the environment, poor nutrition and other factors can weaken your immune system, making you more susceptible to disease. In this completely revised and updated edition of her bestselling booklet, noted herbalist Louise Tenney explains ways to strengthen your natural defenses. Learn how your immune system works and discover natural ways to strengthen it through diet, exercise, stress reduction and supplementation.



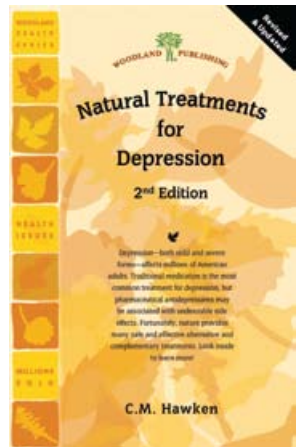
Louise Tenney, MH

36 pages · 5 ½ x 8 ½ · paperback

\$4.95 · ISBN: 978-1-58054-164-0

Natural Treatments for Depression (2nd Edition)

In 2010, the National Institute of Mental Health reported that depression and mood disorders affected approximately 20.9 million American adults. Symptoms include weight gain, unhappiness, insomnia, decreased libido and more. Standard treatments such as antidepressant drugs may include harmful side effects. In this booklet, C.M. Hawken discusses depression and its symptoms before introducing safe, effective and natural alternatives to standard treatments. This revised and completely updated edition of Woodland's bestselling booklet discusses how St. John's wort, 5-HTP, valerian and more can help you live without depression or harmful side effects.

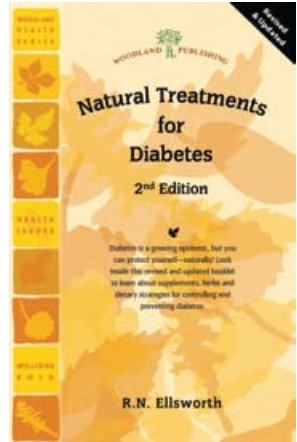


36 pages · 5 ½ x 8 ½ · paperback

\$4.95 · ISBN: 978-1-58054-190-9

Natural Treatments for Diabetes (2nd Edition)

Diabetes is on the rise! According to the American Diabetes Association, approximately 26.8 million Americans—more than 10 percent of the adult population—were diagnosed in 2009 with diabetes and another 57 million were estimated to have pre-diabetes (abnormally high blood glucose levels). This completely revised and fully updated second edition of the bestselling booklet, *Natural Treatments for Diabetes*, examines diabetes, its symptoms and its causes, as well as natural steps for treatment and prevention. Learn natural ways to manage diabetes and prevention tips with this new edition of Woodland Publishing's bestselling booklet.



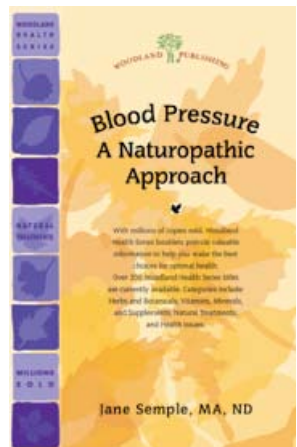
R.N. Ellsworth

48 pages · 5 ½ x 8 ½ · paperback

\$4.95 · ISBN: 978-1-58054-189-3

Natural Treatments for Hypoglycemia (2nd Edition)

Hypoglycemia, characterized by sugar highs and lows in the blood, is a sign that something is amiss in the body's glandular system. Developing hypoglycemia often goes along with other debilitating diseases. In this update to her bestselling booklet, author Louise Tenney, MH, gives a comprehensive overview of symptoms and complications related to hypoglycemia and outlines the natural approaches (including dietary guidelines and supplements) that are available to help manage and prevent the disease. Discover the steps that you can take to combat hypoglycemia today!

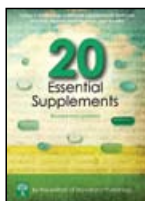


Louise Tenney, MH

40 pages · 5 ½ x 8 ½ · paperback

\$4.95 · ISBN: 978-1-58054-193-0

20 Essential Supplements



This valuable guide contains all you need to know about 20 essential supplements with the most promise for the average individual—from herbal supplements to vitamins, minerals and more. Discover the proven health benefits of antioxidants, essential fatty acids, CoQ10, natural sweeteners, resveratrol, vitamin D, probiotics and more!

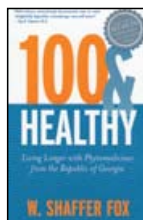
Editors of Woodland Publishing

228 pages • 5 x 7 • paperback

\$9.95 • ISBN: 978-1-58054-173-2

100 & Healthy:

Living Longer with Phytochemicals from the Republic of Georgia



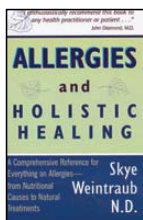
Slow disease and fight the aging process. Before its takeover by Soviet agriculture and a Western lifestyle, the republic of Georgia was well known for its population of healthy centenarians. Now the exciting facts about Georgian longevity are finally revealed. *100 & Healthy* provides a detailed and life-changing description of the Georgian art of living a longer, healthier and more youthful life.

W. Shaffer Fox

304 pages • 5 1/2 x 8 1/2 • paperback

\$16.95 • ISBN: 978-1-58054-388-0

Allergies & Holistic Healing



When one thinks of allergies, images of hayfields and floating pollen often come to mind. But allergies entail much more than that. Dr. Weintraub's *Allergies & Holistic Healing* thoroughly reviews all sources of allergies and sensitivities, from environmental toxins to nutritional allergens. This book can help you determine if your diet or environment is damaging your health, and provides ideas and tips to keep you healthy.

Skye Weintraub, ND

414 pages • 5 1/2 x 8 1/2 • paperback

\$14.95 • ISBN: 978-1-88567-061-8

Blood Pressure: A Naturopathic Approach



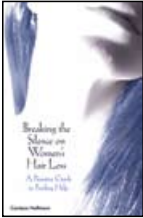
High blood pressure, “the silent killer,” contributes significantly to mortality from cardiovascular disease. Many people take pharmaceutical drugs to manage high blood pressure. In this important booklet, Dr. Jane Semple describes another approach—the naturopathic approach.

Jane Semple, MA, ND

32 pages • 5 1/2 x 8 1/2 • paperback

\$4.95 • ISBN: 978-1-58054-107-7

Breaking the Silence on Women's Hair Loss



Up to 50 percent of women experience some form of hair loss during their lives. *Breaking the Silence on Women's Hair Loss* is an authoritative and up-to-date resource for the millions of women who struggle with hair

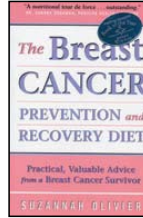
loss. Candace Hoffmann, a noted medical writer who has experienced female pattern hair loss, discusses types of hair loss, recent treatment options and how to cope with painful and difficult emotions.

Candace Hoffmann

176 pages • 5½ x 8½ paperback

\$16.95 • ISBN: 978-1-58054-469-6

The Breast Cancer Prevention and Recovery Diet



One woman in eight in the United States will get breast cancer in her lifetime. Nutrition is one way to prevent breast cancer and, if breast cancer is diagnosed, of helping the body to recover and thrive without recurrence.

Suzannah Olivier, a nutritionist and long-term survivor of breast cancer, reveals how eating the right foods can build the immune system, rebalance hormones and encourage detoxification to keep the body well-nourished and in fighting form.

Suzannah Olivier

398 pages • 5½ x 8½ paperback

\$16.95 • ISBN: 978-1-58054-327-9

Chia Seed



Tiny chia seeds—packed with protein, fiber, antioxidants, calcium and more—are the richest known plant source of omega-3 fatty acids in the world. Discover the history of this ancient Aztec grain

and learn how it can support optimal health and benefit your waistline and your wallet. Learn to quickly and easily incorporate this superfood into your diet with practical tips and delicious recipes.

Diana Allen, MS, CNS

40 pages • 5½ x 8½ • paperback

\$4.95 • ISBN: 978-1-58054-188-6

Chocolate:

Treat Yourself to a Healthy Heart



Did you know that a bar of dark chocolate contains more heart-healthy antioxidants than a bowl of blueberries or a cup of tea? In this booklet, Barbara Wexler, MPH, explains the science behind the pleasure associated with chocolate and discusses

how moderate amounts of dark chocolate can promote cardiovascular health.

Barbara Wexler, MPH

30 pages • 5½ x 8½ • paperback

\$4.95 • ISBN: 978-1-58054-112-1

Cholesterol & Inflammation:

A Naturopathic Approach

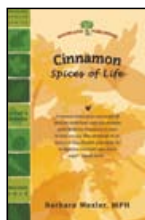


In this booklet, Dr. Jane Semple explains the relationship between cholesterol and disease and discusses the types of cholesterol, commonly accepted cholesterol levels and the risks of cholesterol-lowering drugs. Dr. Semple reveals that cholesterol levels may be less important than inflammation and homocysteine levels.

Jane Semple, MA, ND

32 pages • 5½ x 8½ • paperback
\$4.95 • ISBN: 978-1-58054-108-4

Cinnamon



A powerful antioxidant, cinnamon can stimulate appetite, improve memory, relieve anxiety and depression, treat digestive disorders, stimulate circulation, lower blood sugar, boost brain power and more. In this booklet, medical writer Barbara Wexler explains the health benefits of cinnamon and suggests ways to make cinnamon a part of your diet.

Barbara Wexler, MPH

32 pages • 5½ x 8½ • paperback
\$4.95 • ISBN: 978-1-58054-170-1

Creatine

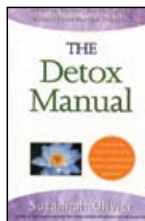


Creatine has long been associated with muscle building. Recent research demonstrates that creatine may provide more benefits, including support for those with chronic obstructive pulmonary disease (COPD), asthma and emphysema. Creatine may also help with high cholesterol, post-heart attack care, muscular dystrophy and neuromuscular disorders.

Jeremy Appleton, ND, CNS

30 pages • 5½ x 8½ • paperback
\$4.95 • ISBN: 978-1-58054-113-8

The Detox Manual



Every day we are overwhelmed with toxins. By ridding your body of as many toxins as possible, you can maximize your health and reduce the incidence of serious health problems. This guide provides easy-to-follow suggestions and detox programs for everyone, from a one-day juice fast to a sustained diet plan for permanent detoxification.

Suzannah Olivier

198 pages • 5½ x 8½ • paperback
\$14.95 • ISBN: 978-1-58054-383-5

Digestive Health



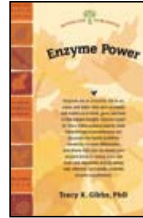
Unless your digestive system is causing you problems, you probably never think about it. However, when the digestive system is healthy and working well, it plays a remarkable role in maintaining and restoring

health. Travel the length of the digestive tract with medical writer Barbara Wexler to learn the keys to healthy digestion. Learn how antibiotics can affect friendly flora and how prebiotics, probiotics and digestive enzymes may help relieve several common digestive disorders.

Barbara Wexler, MPH

32 pages • 5½ x 8½ • paperback
\$4.95 • ISBN: 978-1-58054-116-9

Enzyme Power



Enzymes are critical for life—they give us energy and enable us to reproduce, think, grow and heal. In this booklet, Dr. Tracy Gibbs describes various types of enzymes and the critical functions they perform. He discusses

problems caused by enzyme deficiency and shows how to maximize enzyme intake by eating raw fruits and vegetables and taking enzyme supplements.

Tracy K. Gibbs, PhD

32 pages • 5½ x 8½ • paperback
\$4.95 • ISBN: 978-1-58054-147-3

Fertility: A Naturopathic Approach



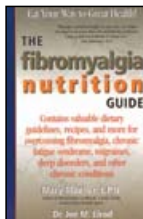
In this booklet, Dr. Jane Semple discusses causes of infertility in men and women and reviews conventional approaches to increasing fertility. Dr. Semple then proposes a naturopathic approach to boosting fertility by using

proper nutrition, hydrotherapy, relaxation and meditation. The holistic approach discussed in this booklet can significantly increase your chances of conception.

Jane Semple, MA, ND

24 pages • 5½ x 8½ • paperback
\$4.95 • ISBN: 978-1-58054-466-5

The Fibromyalgia Nutrition Guide



If you have fibromyalgia, what you eat can have a significant effect on how you feel. *The Fibromyalgia Nutrition Guide* combines the firsthand experience of Mary Moeller with the expertise and research of

Dr. Joe Elrod to provide a fantastic compilation of dietary standards and suggestions and a comprehensive variety of healthy and tasty recipes.

Mary Moeller, LPN, and Dr. Joe M. Elrod

168 pages • 5½ x 8½ • paperback
\$12.95 • ISBN: 978-1-58054-053-7

Flower Essences



Flower essences are a living tradition of our botanical heritage. In this booklet, Rhonda PallasDowney explains the connection between flowers and the human energy system.

PallasDowney shows how you can use flower essences to connect with yourself, opening a gateway to happiness, love and well-being. PallasDowney also provides a guide to the body's energy centers, advice for choosing flower essences and instructions for using them. When you invite the wisdom of a flower into your life, you reestablish the link between body and soul, nature and spirit.

Rhonda PallasDowney

32 pages • 5½ x 8½ • paperback

\$4.95 • ISBN: 978-1-58054-129-9

Ginger



Ginger can increase circulation, reduce inflammation, treat nausea and motion sickness, lower blood pressure and aid in weight loss. In this booklet, medical writer Barbara

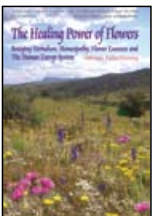
Wexler discusses ginger's widespread popularity and explains how to best integrate ginger into your diet so you can enjoy all its health benefits.

Barbara Wexler, MPH

32 pages • 5½ x 8½ • paperback

\$4.95 • ISBN: 978-1-58054-169-5

The Healing Power of Flowers



In *The Healing Power of Flowers*, Rhonda PallasDowney explains the mystical connection between flowers and the human spirit. PallasDowney describes flower essences and their important role

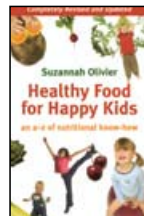
in homeopathy. Focusing on the chakra healing system, she shares her techniques for using flower essences to heal and promote wellness.

Rhonda PallasDowney

446 pages • 7½ x 9 paperback

\$29.95 • ISBN: 978-1-58054-192-3

Healthy Food for Happy Kids



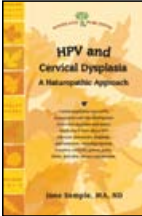
Many children suffer from poor nutrition. *Healthy Food for Happy Kids* will help you make the right dietary choices for your children, which helps them concentrate, excel in school and resist childhood illnesses.

Suzannah Olivier

264 pages • 5½ x 8½ paperback

\$16.95 • ISBN: 978-1-58054-392-7

HPV and Cervical Dysplasia: A Naturopathic Approach



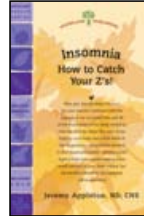
In this up-to-date booklet, Dr. Jane Semple discusses the human papilloma virus (HPV), the symptoms it causes, its connection to cancer and the vaccines and conventional medical treatments used to fight it.

Dr. Semple offers a naturopathic approach to treatment involving nutrition, vitamins, minerals, greens, juices, herbs and other natural supplements.

Jane Semple, MA, ND

24 pages • 5½ x 8½ • paperback
\$4.95 • ISBN: 978-1-58054-463-4

Insomnia



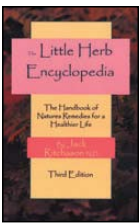
Do you get enough sleep? You can—if you listen to your body and follow the suggestions outlined in this booklet by Dr. Jeremy Appleton. Getting a good night's sleep may require some changes to your

daily routine and some gentle herbal supplements, but the benefits of sleep are priceless!

Jeremy Appleton, ND, CNS

32 pages • 5½ x 8½ • paperback
\$4.95 • ISBN: 978-1-58054-117-6

The Little Herb Encyclopedia (Third Edition)



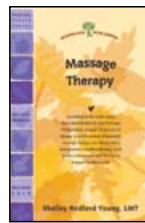
Learn to use nature's medicine! *The Little Herb Encyclopedia* includes a thorough list of the most common and beneficial herbs and widely acclaimed herbal combinations. It also identifies today's most

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Massage Therapy



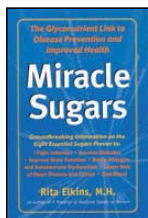
Massage therapy is one of the fastest growing forms of alternative medicine, and a growing body of evidence supports its efficacy. Whether you're a newcomer to massage or a seasoned veteran, you'll

love this comprehensive guide. Learn about the history of massage, as well as 17 different types of massage therapy and their many benefits. You'll even learn the art of self-massage, so you can enjoy the healing benefits of massage therapy wherever you are.

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In *Miracle Sugars*, author Rita Elkins explains how eight essential sugars are at the core of our cells' ability to maintain balance in our bodies. The book outlines how these essential saccharides, which are found naturally in food

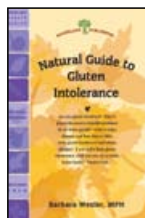
and in supplements, can fight infection, enhance immune function and battle an impressive variety of health disorders.

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Natural Guide to Gluten Intolerance



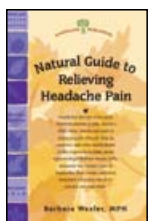
As much as 15 percent of the U.S. population may be gluten sensitive. Gluten intolerance causes symptoms that range from discomfort to debilitating disease. Gluten intolerance is associated with an increased risk of other chronic conditions, but basic knowledge can protect you and your loved ones from many health problems. In this booklet, Barbara Wexler explains the health issues associated with gluten intolerance and gives practical advice to those affected.

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Natural Guide to Relieving Headache Pain



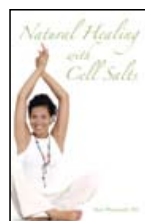
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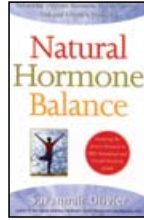
It's time to give up sugar and dangerous artificial sweeteners! Find out how as you explore a fascinating selection of natural sweeteners, described in plain language from a clinical nutritionist's perspective.

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Natural Hormone Balance



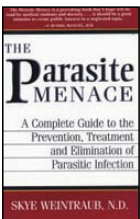
In *Natural Hormone Balance*, Suzannah Olivier presents a simple, comprehensive, effective and natural program to keep hormonal problems in check using nutrition and alternative methods.

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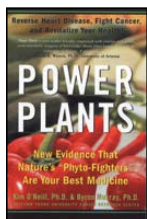
In this booklet, naturopath Jane Semple discusses Parkinson disease and its symptoms. Conventional treatments may cause serious side effects, but Dr. Semple offers a naturopathic approach involving exercise, vitamins, minerals, amino acids,

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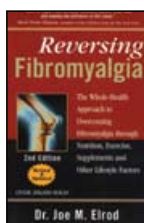
disease, how it can benefit the brain, heart, lungs, digestive tract, bones and more, and how it may activate a "survival" gene that is essential to a long and healthy life.

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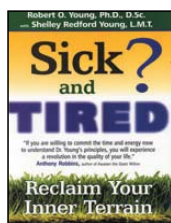
nutrition, physical and mental exercise and supplementation therapies that not only makes fibromyalgia not just a manageable disease, but a reversible one.

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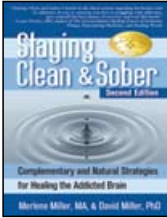
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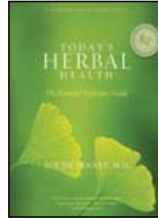
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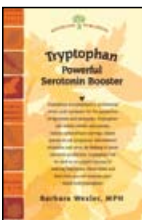
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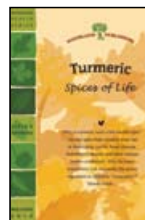
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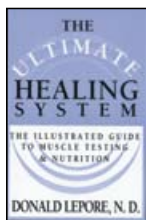
Turmeric



Turmeric is a popular spice in Middle Eastern cuisine. Turmeric's principal active constituent, curcumin, may help decrease the risk of cancer, heart disease, neurological damage, Alzheimer disease and more. In this booklet, medical writer Barbara Wexler explains how turmeric works and how to add it to your diet.

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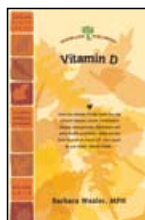


The Ultimate Healing System is a comprehensive guide to biokinesiology—the foundational science of physical therapy—and nutritional therapy. The Lepore Technique includes therapy with vitamins, minerals, herbs, amino acids and homeopathic remedies. This easy-to-understand, fully illustrated guide is a must for anyone interested in alternative healing.

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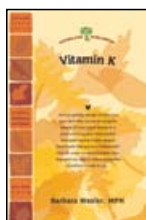


Getting enough vitamin D can make the difference between vibrant health and increased risk for heart disease, cancer, osteoporosis, depression and other debilitating conditions. Medical writer Barbara Wexler describes how vitamin D promotes good health and prevents disease and explains how much you need and where to get it.

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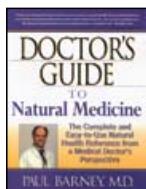


Author Barbara Wexler discusses vitamin K and its vital role in a healthy diet. Explaining why many nutritionists consider vitamin K intake to be a marker of a healthy diet, Wexler identifies the best food sources of vitamin K and how much vitamin K you need to maintain optimal health. Includes information on K, K₂ and K₃

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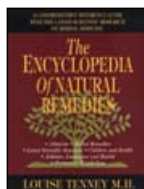
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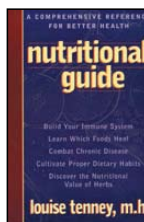
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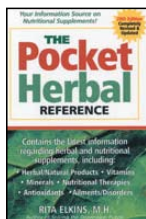
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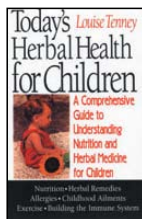
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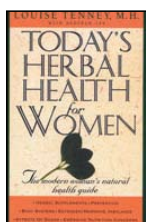
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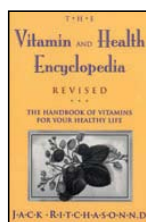
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Rhonda M. PallasDowney, DiHom, MA and herbalist, is the founder of Living Flower Essences and the Center for Plant Studies and Healing Arts in Cottonwood, AZ. She has a diploma in Homeopathic Medicine (DiHom) and is a fellow, graduate, and tutor with the British Institute of Homeopathy (BIH). Rhonda is also an herbalist and teaches herbal studies, plant life, and healing journeys in nature. Rhonda teaches a 200-hour Flower Essence and Chakra Healing Certification Program which is accredited by the State of Arizona (200 CEU's for Massage Therapists). Program participants include practitioners, professionals and anyone interested in studying plant medicine and flower essences. Rhonda is the author of *Voices of Flowers* and the Woodland titles *The Healing Power of Flowers* (formerly *The Complete Book of Flower Essences*), *Flower Essences and Aromatherapy* and *Essential Oils*.



Louise Tenney has dedicated much of her life to the pursuit of natural approaches to health. Louise has enjoyed immense success as an author, having sold well over a million books. Louise attended Portland State University, where she studied applied chemistry and biology, and earned her master herbalist degree in 1986. She is the author of more than two dozen books and booklets, including Woodland bestsellers *Today's Herbal Health* and *The Encyclopedia of Natural Remedies*.



Barbara Wexler is a medical writer and chronic disease epidemiologist who brings more than 25 years of experience as a clinician, researcher, educator and administrator to the articles and texts she prepares for professional and consumer audiences. A graduate of Sarah Lawrence College and the Yale University College of Medicine, School of Epidemiology and Public Health, Wexler is interested in evidence-based complementary and integrative medicine. Barbara has written more than a dozen titles for Woodland, including *Antioxidants*, *Chocolate*, *Cinnamon*, *Coenzyme Q10*, *Digestive Health*, *Ginger*, *Natural Guide to Gluten Intolerance*, *Reducing Stress*, *Vitamin D* and *A Good Night's Sleep: Simple, Effective Ways to Overcome Insomnia*.

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