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Heinerman's New Encyclopedia of Fruits and Vegetables -John Heinerman 1995 No Marketing Blurb
Heinerman's Encyclopedia of Fruits, Vegetables, and Herbs -John Heinerman 1988-01-01
Heinerman's Encyclopedia of Healing Herbs & Spices -John Heinerman 1995-12-01 No Marketing Blurb
Heinerman's Encyclopedia of Juices, Teas & Tonics -John Heinerman 1996 Describes the health benefits of fruit and vegetable juices, and suggests tonics to alleviate a variety of health problems, from acne and back strain to warts and yeast infections
Encyclopedia of Fruits, Vegetables, Nuts, and Seeds for Healthful Living -Joseph M. Kadans 1973 Describes the specific health-building functions of every nutritional element as well as the medicinal uses of natural vegetarian foods
Heinerman's Encyclopedia of Nuts, Berries, and Seeds -John Heinerman 1995 This new guide to using nutritional properties of nuts, berries and seeds to reverse illness and maximize health includes a listing for literally hundreds of nuts, berries and seeds.
Vegetables, Herbs & Fruit -Matthew Biggs 2013 Alphabetically arranged entries for a wide variety of vegetables, herbs, and fruit provide cultivation advice, information on pests and diseases, and facts on culinary use along with recipes.
Heinerman's Encyclopedia of Nature's Vitamins and Minerals -John Heinerman 1998 Discusses the nutritional benefits and healing properties of a broad range of vitamins and minerals and lists the best food sources for each one
Miracle Healing Herbs -John Heinerman 1998
Edible -Bookwise International 2008 In the bountiful world of growing things, everything from roots to stems to fruits has contributed to our storehouse of eating delights. 'Edible: The Illustrated Guide to the World's Food Plants' is a sumptuous book that explores the origins, history, and contemporary culinary uses of more than 250 fruits, vegetables, nuts, grains, beverage plants, herbs and spices. Edible describes the tantalising tales behind the fresh produce you love to pick and prod, smell and savour. Discover how millions of crocus stamens are harvested and transformed into a few ounces of precious saffron; why the watermelon is actually classified as a berry; and how the battle over nutmeg helped decide the fate of Manhattan.
American Grown -Michelle Obama 2012 Describes how the First Lady and her daughters planted a vegetable garden on the White House's South Lawn as part of an initiative to raise awareness about childhood obesity, and shares gardening tips, recipes, and advice for making healthier food choices.
Ginseng and Other Medicinal Plants -Arthur Robert Harding 1908
Power Juices, Super Drinks -Steven Meyerowitz 2000-04-01 Packed with dozens of quick and delicious recipes, this handy guide for tapping into the healing power of natural fruits explains why drinking juices can lead readers to better health. It makes juicing fast and easy enough to fit into any lifestyle.
The Ayurveda Encyclopedia -Sada Shiva Tirtha 1998 Here is an all-inclusive reference to ayurveda beneficial for families as well as health practitioners. Included are the basic principles of ayurveda; its history; and a generous selection of therapies including herbs, nutrition, aromas, meditation, colors, gems, exercise, special message techniques, and rejuvenating measures known as pancha karma. Pathology and diagnosis are covered in plain English along with a discussion of the most commonly used ayurvedic herbs. Other new information includes ayurvedic hatha yoga, general healing, pregnancy and post-partum, and stress reduction.
Heinerman's Encyclopedia of Healing Juices -John Heinerman 1994-04-01 This publication shows how raw, natural juices can help maximize health and boost the immune system. A total of 83 juices are discussed.
Optimal Detox -Christopher Vasey 2013-02-22 A practical guide to identifying and targeting toxins with the most appropriate and effective detox methods • Reveals the two main types of toxins: colloidal, which affect circulation and organ function, and crystalline, which cause tissue damage and pain • Explains the toxins behind specific illnesses and which of the 5 excretory organs--liver, intestines, kidneys, lungs, or skin--should be stimulated for optimal detox • Details how specific foods can produce these toxins and trigger illnesses The lasting benefits of detoxification and internal cleanses are becoming well-known and accepted--in part, because these practices are more vital than ever for optimal health and longevity and in the fight against environmental and dietary toxins. Christopher Vasey shows how accumulation of toxins is the primary cause of illness and how the key to successful detoxification is identifying the type of toxin--either colloidal or crystalline--polluting your biological terrain. He explains how colloidal toxins hinder circulation and organ function, while crystals move around the body damaging tissues and causing lesions and pain. Left unchecked, the two forms can combine to create "stones"--such as gallstones or kidney stones. Beyond finding the cause of an illness, the most important reason to correctly diagnose your type of toxin is to ensure you choose the most effective method of detoxification and stimulate the appropriate excretory organ--liver, intestines, kidneys, lungs, or skin. For example, a person seeking to purge his system of crystals should increase his fluid intake to stimulate the kidneys not encourage bile production, because crystals cannot be expelled via the liver. With clear, practical instructions and guidance, Vasey explains how to identify which type of toxin is triggering your illness and which medicinal herbs, hydrotherapy techniques, or nutritional options are the best choice for each specific condition or combination of ailments. He reveals which foods produce colloidal and crystalline toxins and should therefore be avoided. This targeted method of detoxification enables each of us to cleanse our bodies of accumulated toxins safely, accurately, and successfully.
The World Encyclopedia of Fruit -Kate Whiteman 2001 This beautifully photographed guide comprehensively details the fruits of the world and how to use them in the kitchen.
The Complete Encyclopedia of Natural Healing -Gary Null 2005 The first revision of this bestselling book since 1998 contains the latest findings in top health concerns, including cancer, stroke, heart disease, and hormone replacement therapy. The book will be promoted via a new infomercial, "The Gary Null Radio Show," and the author's Web site.
The Complete Encyclopedia of Natural Healing -Gary Null 2000-09-01 In clear, layman's language, Null defines over 75 of the most common physical conditions, explains the symptoms, and lists Every alternative therapy Proven to be effective in helping or curing them.Conditions detailed include: -- breast cancer-- prostate problems-- asthma-- allergies-- carpal tunnel syndrome-- heart conditions-- diabetes-- depression-- herpes-- menopause-- Parkinson's disease-- osteoporosis-- eye disordersAnd dozens more!Organized by symptom, including full dosage and program information about each therapy, "The Complete Encyclopedia of Natural Healing" is the best popular reference work on natural therapies available today.
The Blender Girl -Tess Masters 2014 "100 gluten-free, vegan recipes"--Cover.
Herbal Medicine and Botanical Medical Fads -Frank Hoffmann 2014-06-11 Find all the information you need on herbs and spices in one place! Herbal Medicine and Botanical Medical Fads is an A-to-Z reference book written in a straightforward style that's informative enough for library use but informal enough for general reading. This essential guide takes a practical look at the popular uses of herbs and spices, presented in an easy-to-use format. The book is a refreshing alternative to the how-to guides, cookbooks, and picture books usually found on the subject. From alfalfa to ginseng to yellow dock, more than 100 entries are included, featuring historical backgrounds, popular and practical uses, folklore, and bibliographies. Herbal Medicine and Botanical Medical Fads also contains related listings and essays that range from alternative medicine to food preparation and nutrition to herbs in wedding celebrations. Detailed enough for reference use by academics, the book has a natural tone that appeals to garden club members, herb and spice experts, hobbyists, and others. Herbal Medicine and Botanical Medical Fads also includes information on: herb growing and marketing herbs and spices in literature medicinal herbs and spices federal regulations on herbs and spices horticulture therapy An everyday guide for enthusiasts and a perfect place to start for newcomers, Herbal Medicine and Botanical Medical Fads is an easy-to-use handbook with wide-ranging appeal. It combines the comprehensive information you'd expect from a reference book with a casual and colorful look at the histories and backgrounds of herbs and spices, both commonplace and exotic. As a vital resource or an occasional reference, this book is unique in its scope and invaluable in its usefulness.
Encyclopedia of Foods -Experts from Dole Food Company 2002-01-13 The Encyclopedia of Foods: A Guide to Healthy Nutrition is a definitive resource for what to eat for maximum health as detailed by medical and nutritional experts. This book makes the connection between health, disease, and the food we eat. The Encyclopedia describes more than 140 foods, providing information on their history, nutrient content, and medical uses. The Encyclopedia also describes the "fit kitchen", including the latest in food safety, equipment and utensils for preparing fit foods, and ways to modify favorite recipes to ensure health and taste. Details healthy eating guidelines based on the RDA food pyramid Provides scientific basis and knowledge for specific recommendations Beautifully illustrated Extensive list of reliable nutrition resources Describes the fit kitchen from the latest in food safety to equipment and utensils for preparing fit foods to ways to modify favorite recipes to ensure health and taste
Joseph Smith and Herbal Medicine -John Heinerman 2009-03 Renowned scholar John Heinerman has long admired the Prophet Joseph Smith s inherent understanding of the link between food and health. In this book, the companion to Joseph Smith and Natural Foods, Dr. Heinerman unearths the benefits of using herbs

and adhering to the Mormon health code known as the Word of Wisdom. Though scholars of the 1830s scoffed at the Word of Wisdom, modern medical research continues to reveal its merits in achieving and maintaining physical and emotional health. Dr. Heinerman explores the advantages of the Word of Wisdom and the botanical medicines its early practitioners preferred and provides valuable insight into how these things can impact daily life.

Ancient Maya Commerce-Scott R. Hutson 2017-03-01 Ancient Maya Commerce presents nearly two decades of multidisciplinary research at Chunchucmil, Yucatan, Mexico—a thriving Classic period Maya center organized around commercial exchange rather than agriculture. An urban center without a king and unable to sustain agrarian independence, Chunchucmil is a rare example of a Maya city in which economics, not political rituals, served as the engine of growth. Trade was the raison d'être of the city itself. Using a variety of evidence—archaeological, botanical, geomorphological, and soil-based—contributors show how the city was a major center for both short- and long-distance trade, integrating the Guatemalan highlands, the Gulf of Mexico, and the interior of the northern Maya lowlands. By placing Chunchucmil into the broader context of emerging research at other Maya cities, the book reorients the understanding of ancient Maya economies. The book is accompanied by a highly detailed digital map that reveals the dense population of the city and the hundreds of streets its inhabitants constructed to make the city navigable, shifting the knowledge of urbanism among the ancient Maya. Ancient Maya Commerce is a pioneering, thoroughly documented case study of a premodern market center and makes a strong case for the importance of early market economies in the Maya region. It will be a valuable addition to the literature for Mayanists, Mesoamericanists, economic anthropologists, and environmental archaeologists. Contributors: Anthony P. Andrews, Traci Ardren, Sheryl Luzzadder-Beach, Timothy Beach, Chelsea Blackmore, Tara Bond-Freeman, Bruce H. Dahlin, Patrice Farrell, David Hixson, Socorro Jimenez, Justin Lowry, Aline Magnoni, Eugenia Mansell, Daniel E. Mazeau, Travis Stanton, Ryan V. Sweetwood, Richard E. Terry

The Complete Illustrated Encyclopedia of Magical Plants, Revised-Susan Gregg 2013-12-01 Learn how to improve your life using the spiritual properties all around you in nature. This revised and expanded guide includes the magical properties and uses for nearly 300 plants. Entries describe how to use spells or rituals and potions that solve ev

Drink to Your Health-Anne McIntyre 2000-07-06 From Greek Thyme Tea to juices and smoothies, this book presents more than 120 irresistible recipes for drinks that comfort, heal, increase energy, and lift spirits. Full-color illustrations.

The Transformational Power of Fasting-Stephen Harrod Buhner 2012-02-02 Fasting practices to reconnect with the sacred, regain a sense of your life's purpose, and heal physically and emotionally • Details what to expect during your fast physically, emotionally, and spiritually • Provides step-by-step guidelines on preparing for the fast, how long you should fast, what you can and can't do during the fast, and how to end your fast • Explains how fasting can help or heal many chronic conditions, such as type II diabetes, hypertension, cardiovascular disease, arthritis, psoriasis, and insomnia For millennia humans have fasted for spiritual, emotional, and physical reasons--as a way to heal their bodies, reconnect to the sacred, regain a sense of life's purpose, and allow their souls to detoxify. We are evolutionarily designed to fast, and the body knows how to do it very well. Fasting allows the body and all its systems to rest, purify, and heal. During a fast, the body enters the same cleansing and healing cycle it normally enters during sleep. As a fast progresses, the body consumes everything that is not essential to bodily functioning—including bacteria, viruses, fibroid tumors, waste products in the blood, buildup around the joints, and stored fat--and the mind and heart release their toxic buildup as well. As Stephen Harrod Buhner reveals, in order to be truly transformed, you must first empty yourself. Offering step-by-step guidelines to fully prepare yourself for a deep fast, Buhner explores what to expect during and after spiritual, emotional, and physical fasting and detoxification. He details the necessary dietary and mental preparations leading up to your fast, what you can and can't do during a fast, and how to end your fast. He also explains how to plan the length of your fast and how to choose between a water fast, a juice fast, or a mono-diet fast. Revealing how fasting can help or heal many chronic conditions, such as type II diabetes, childhood seizures, hypertension, cardiovascular disease, arthritis, psoriasis, and fibromyalgia, Buhner shows fasting as a way to truly inhabit the body, to experience its sacredness, and to activate its deep capabilities for self-healing.

Down In The Garden-Anne Geddes 2003-04-02 Babies as snoozing hedgehogs. Babies as beatific butterflies. Babies as tiny fairies dwelling in a magical garden. These are the inhabitants of Anne Geddes' gorgeous book Down in the Garden, an extraordinary ode to tiny babies and the enchantment they bring to life.In Geddes' Down in the Garden, the world-famous photographer has captured newborns in a variety of mythical poses: brightly colored flowers with babies peeking out from behind them, sleeping babies snuggled inside bright green peapods, sprightly gnomes with darling baby faces. All come together to make Geddes' Down in the Garden an artistic masterpiece unlike any other.This small hardcover edition of Down in the Garden features all the striking images from the internationally best-selling full-size volume in a more intimate, gift-size package. Complemented by gently humorous text, the images in Down in the Garden reflect Geddes' appreciation for the beauty and innocence of babies. Her unique imagery immediately communicates her deep and abiding love of children in a universal language understood by people everywhere.

Healing Power of Papaya-Barbara Somonsohn 2000

The Detox Miracle Sourcebook-Robert Morse 2012-01-24 The Detox Miracle Sourcebook shows you how to cleanse your body of the poisons that are destroying your health, and start the process of complete cellular regeneration that leads to true healing. Based on 30 years of clinical experience, treating thousands of people with conditions ranging from OVERWEIGHT to CANCER, Dr. Robert Morse reveals his ultimate healing system - the Detox Miracle! • Covers the A-Z of Detoxification, including: Why do it? When to do it? What to expect? How it works, and how long it takes. • Explains the uses of specific raw foods and herbs for cleansing and healing every organ, system, and unbalanced condition in the body. • Details the interface of body, mind and soul in the achievement of lifelong health. • Presents the Detox Miracle Diet, and how to adapt it for life. • Includes dozens of easy-to-use References: lists of herbs, herbal formulas, properties of foods, minerals, phytochemicals, and cell salts, etc.; along with raw food recipes; a detailed Index; broad-based Resource Guide; and extensive Glossary and Bibliography. ONE THING I KNOW about Dr. Morse is that he has walked his talk. This amazing book leads you step-by-step through every facet of detoxification and vitality building. A treasure chest of information for the beginner and the advanced health-seeker alike. -David Wolfe, CEO-www.rawfood.com, author of The Sunfood Diet Success System and Eating for Beauty, EXTREMELY PRACTICAL, a most informative tool. Helping others to help themselves through education provides a lasting impression upon their overall health. What better way to serve the Lord than to educate the masses. -Gary L. Axley, N.M.D., D.O.; president of Southern College of Naturopathic Medicine. CAREFULLY RESEARCHED. A "must" for the professional practitioner as well as for the layperson. Destined to become a classic. -Donald Vesser Bodeen, D. C., Ph.D. I HAVE USED DR.MORSE'S program and his herbs with many cases over the years, and with great success. This method is the real healing method for today and the future. -William Christner, N.D., C.M. THE STUDY OF THIS BOOK will be a spiritual, mental, and physical blessing for complete body health. Thank you, Dr. Morse, for a wonderful book! -Dr. Ed David, N.D., Health Education Center. Natural Health \$29.95 HOHM PRESS The Detox Miracle Sourcebook MORSE

The Juicing Book-Stephen Blauer 1989 Gives recipes and advocates the use of the juice of fruits and vegetables for reliving certain physical ailments

Temporary Kings-Anthony Powell 2011-01-11 These titles are currently being reissued. There is a chance that you may receive the edition with the classic cover instead of the cover displayed here. The eleventh novel in Anthony Powell's brilliant twelve-novel sequence, 'A Dance to the Music of Time'. Nick Jenkins, persuaded by his old friend Mark Members, attends a literary conference in Venice. Meanwhile, old school pal Widmerpool continues to climb the ranks, this time as a Life Peer. But his position in power is under threat when he becomes the subject of whispered accusations of espionage, and wife Pamela, former lover of the dead writer X. Trapnel, also finds herself the centre of attention, as the mystery around the writer continues to draw ghoulish interest from readers and academics alike. Even in Venice, surrounded by the beautiful vistas of the city, Nick cannot escape his friends' turbulent lives.

The Encyclopedia of Sacred Sexuality-Rufus C. Camphausen

Heinerman's Encyclopedia of Nuts, Berries, and Seeds-John Heinerman 1995 This new guide to using nutritional properties of nuts, berries and seeds to reverse illness and maximize health includes a listing for literally hundreds of nuts, berries and seeds.

The Greenwood Guide to American Popular Culture: Editorial cartoons through illustration-M. Thomas Inge 2002 Contains fifty-eight articles that provide information about various forms, genres, or themes of popular culture, and includes illustrations, photo essays, a chronological survey of each topic's history, and a comprehensive index.

American Book Publishing Record- 1997

SuperFoods Rx-Steven G. Pratt, M.D. 2009-10-13 The super-bestselling book that's enhancing Americans' health By eating the fourteen SuperFoods highlighted in Dr. Steven Pratt's instant bestseller, you can actually stop the incremental deteriorations that lead to common ailments and diseases Beans -- reduce obesity Blueberries -- lower risk for cardiovascular disease Broccoli -- lowers the incidence of cataracts and fights birth defects Oats -- reduce the risk of type II diabetes Oranges -- prevent strokes Pumpkin -- lowers the risk of various cancers Wild salmon -- lowers the risk of heart disease Soy -- lowers cholesterol Spinach -- decreases the chance of cardiovascular disease and age-related macular degeneration Tea -- helps prevent osteoporosis Tomatoes -- raise the skin's sun protection factor Turkey -- helps build a strong immune system Walnuts -- reduce the risk of developing coronary heart disease, diabetes, and cancer * Yogurt-promotes strong bones and a healthy heart SuperFoods Rx includes recipes created by Chef Michel Stroot of the Golden Door Spa and teaches you how to incorporate SuperFoods and their sidekicks into your diet. SuperFoods Rx is an indispensable guide to a healthy, long, and energetic life.

Library Journal- 1998 Includes, beginning Sept. 15, 1954 (and on the 15th of each month, Sept.-May) a special section: School library journal, ISSN 0000-0035, (called Junior libraries, 1954-May 1961). Also issued separately.

The Publishers Weekly- 1997

Heinerman's Encyclopedia of Juices, Teas & Tonics-John Heinerman 1996 Describes the health benefits of fruit and vegetable juices, and suggests tonics to alleviate a variety of health problems, from acne and back strain to warts and yeast infections