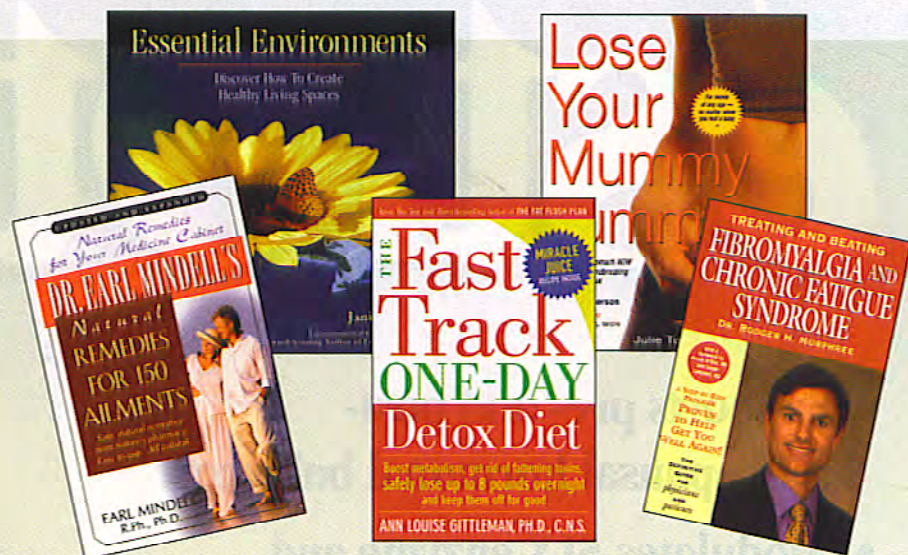


# something for Everyone

Variety is the spice of life, so this month's selection of books offers just that. Read about a number of ways to stay healthy, from removing the pollutants in your home and detoxification techniques to treating chronic fatigue and common ailments naturally.



## **Essential Environments: Discover How to Create Healthy Living Spaces** by Janie Quinn (\$24.95, Azure Moon, 2004)

Your living space should be your sanctuary. Yet the daily assault of harmful chemicals in your home may be making you sick. In *Essential Environments*, award-winning author Janie Quinn offers practical solutions for improving your personal environment. Each chapter offers easy solutions, healthy products, and smart practices to help you restore and maintain your health by becoming more environmentally aware. Read about safer cleaning products, bath and beauty treatments, lighting, lawn and garden products, air filters, food choices, and much more.

## **Dr. Earl Mindell's Natural Remedies for 150 Ailments** by Earl Mindell, RPh, PhD (\$17.95, Basic Health, 2005)

Considering the number of prescription and over-the-counter drugs making the news for their harmful (and potentially deadly) side effects, it's important to know what alternatives are available. In his newly updated and expanded book, nutrition expert Earl Mindell shows you how to use natural remedies to treat common ailments. Use this book as a reference on herbal and nutritional treatments for acne, high cholesterol, arthritis pain, PMS, eczema, headaches, and more.

This user-friendly guide will help you stay healthy and feel better—naturally.

## **Lose Your Mummy Tummy: Flatten Your Stomach NOW Using the Groundbreaking Tupler Technique** by Julie Tupler, RN, with Jodie Gould (\$18, Da Capo Press, 2005)

Any woman who has delivered a child knows that her body isn't the same as it was before pregnancy. Postpartum aches and pains set in, and energy? Forget about it. For added insult, there's the "mummy tummy" that just won't seem to go away. *Lose Your Mummy Tummy* introduces the Tupler Technique, a set of simple abdominal and breathing exercises for a firmer, flatter, and stronger belly. Developed by certified personal trainer, fitness instructor, and childbirth educator Julie Tupler, this technique will also reduce back pain, increase energy, improve posture, and prepare you for your next pregnancy.

## **Treating and Beating Fibromyalgia and Chronic Fatigue Syndrome** by Dr. Rodger H. Murphree (\$19.95, Harrison and Hampton Publishing, 2003)

If left unmanaged, a stressful lifestyle can take its toll—and the result may be a debilitating case of fibromyalgia or chronic fatigue

syndrome, says Rodger H. Murphree, DC, CNS, author of *Treating and Beating Fibromyalgia and Chronic Fatigue Syndrome*. According to Dr. Murphree, conventional practitioners often mask unwanted symptoms of these conditions with prescription drugs, which doesn't address the root of the problem—an imbalance in the body. Dr. Murphree uses an integrated approach that combines the best of traditional and alternative medicine to bring the body into balance and help patients get well again.

## **The Fast Track One-Day Detox Diet: Boost Metabolism, Get Rid of Fattening Toxins, Safely Lose up to 8 Pounds Overnight and Keep Them off for Good** by Ann Louise Gittleman, PhD, CNS (\$19.95, Morgan Road Books, 2005)

Is your body ready for a cleanse? In her newest book, *The Fast Track One-Day Detox Diet* (highlighted on page 33), Ann Louise Gittleman, PhD, CNS, outlines a detox plan that will help regenerate your system, jumpstart your metabolism, and create a consciousness about how food affects your weight and overall health. Her three-step plan will prepare your body for losing three to eight pounds and help eliminate harmful toxins in your system. Dr. Gittleman also provides recipes (to prepare for the fast), shopping lists, and tips for making it through the one-day fast. •