

Water Can Undermine Your Health

Dr. Walker is a huge proponent of nourishing your body with fruit and vegetable juices and explains how the lack or deficiency of certain elements, such as vital organic minerals and salts, and consequently of vitamins, from our customary diet is the primary cause of nearly every sickness and disease. While there is still a place for eating raw, whole vegetables and fruits due to their fibrous content, Dr. Walker recommends nourishing our bodies with fruit and vegetable juices due to their high enzymes content. He explains why fruits are considered the cleansers of the human system and vegetable juices are the builders and regenerators of the body using basic terminology that is easy for the lay person to understand.

In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. Communities in Action: Pathways to Health Equity seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

Water Can Undermine Your Health! Norwalk Press

After decades of regulation and investment to reduce point source water pollution, OECD countries still face water quality challenges (e.g. eutrophication) from diffuse agricultural and urban sources of pollution, that is disperse pollution from surface runoff, soil filtration....

Water Can Undermine Your Health

Planetary Health

Spontaneous Healing

How Testing and Choice are Undermining Education

The End of Illness

Keeping Your Balance in a Chaotic World

Weight Lifting Is a Waste of Time: So Is Cardio, and There's a Better Way to Have the Body You Want

Our bodies need from two to four quarts of water each day to maintain good health. This book shows you how to protect yourself and your family from deadly bacteria, viruses, chemicals, and other pollutants that are present in a large percentage of public water supplies. Dr. Walker's treatment of water pollution is scientific, comprehensive, and revealing. In addition to being a great personal aid, his findings and recommendations for corrective action offer new hope for society.

This volume describes the methods used in the surveillance of drinking water quality in the light of the special problems of small-community supplies, particularly in developing countries, and outlines the strategies necessary to ensure that surveillance is effective.

The body can heal itself. Spontaneous healing is not a miracle but a fact of biology--the result of the natural healing system that each one of us is born with. Drawing on fascinating case histories as well as medical techniques from around the world, Dr. Andrew Weil shows how spontaneous healing has worked to resolve life-threatening diseases, severe trauma, and chronic pain. Weil then outlines an eight-week program in which you'll discover: - The truth about spontaneous healing and how it interacts with the mind - The foods, vitamins, supplements, and tonic herbs that will help you enhance your innate healing powers - Advice on how to avoid environmental toxins and reduce stress - The strengths and weaknesses of conventional and alternative treatments - Natural methods to ameliorate common kinds of illnesses And much more!

Discusses the causes and symptoms of Candida yeast overgrowth, offers diagnostic tests and descriptions of treatments, and includes an eating plan with more than two hundred recipes.

Why Am I Always So Tired?

Jaws

The Skinny Rules

Complete Candida Yeast Guidebook

Climate Change, Air Pollution and Health

Mind Like Water

Catalog of Copyright Entries. Third Series

The human body has an extraordinary ability to detoxify itself. We rely on this system when we wait for a hangover to lift or recover from a bout of food poisoning. However, cutting-edge science is revealing how toxic exposures can actually affect our genes and lead to conditions such as obesity, diabetes, arthritis, mood disorders, energy, allergies, fertility, and heart disease—all of which are on the rise. The good news is that each of us can optimize this natural cleansing system for better health, greater

energy, and efficient weight loss. In *The Detox Prescription*, Dr. Merrell draws on new research to help readers assess their own toxic risk factors and health deficiencies. Next, he and Mary Beth Augustine, RD, offer more than 75 delicious and nutrient-rich recipes incorporating juices and whole foods, broken into 3-, 7-, and 21-day cleanses. Dr. Merrell's holistic approach also relies on light yoga practices, basic self-care, beginning meditation, and sleep hygiene to reset body, mind, and spirit and take control of our genetic destiny.

Discusses how school choice, misapplied standards of accountability, the No Child Left Behind mandate, and the use of a corporate model have all led to a decline in public education and presents arguments for a return to strong neighborhood schools and quality teaching.

"This may well be a seminal book--a courageous eye-opener that could fundamentally alter our approach to the treatment of chronic fatigue." -- From the foreword by Michael Rosenbaum, M.D. Answering the question on the minds of 75 percent of Americans, *Why Am I Always So Tired?*, leading nutritionist Ann Louise Gittleman shows us how we can be more alert and active by eliminating excess copper in our diets and increasing our zinc intake. The time-tested formula points out which culprits steal energy from us--namely trendy, low-fat diets--that make otherwise healthy people feel drained. This revolutionary book offers Gittleman's insights into how we can modify our diets and lifestyles to increase our energy and prevail over the chronic fatigue that plagues us with symptoms such as: anxiety, insomnia, skin problems, frequent colds, and roller-coaster emotions. Using her research and breakthrough findings, Gittleman helps us eliminate these problems and access the energy we didn't know we had.

Ruthann Russo has been a vegetarian and vegan for more than 20 years, and in 2007 became a passionate raw-food enthusiast. She brings that passion to the pages of this comprehensive introduction to raw and live food. In simple, encouraging language, she conveys a wealth of information, from the philosophy of raw-food nutrition, to how it affects the body, to how to transition from a regular diet to one that promotes physical, emotional, and spiritual health. Using examples from her own life, Russo lays out a practical plan for making the switch that starts with realizing the need to change one's diet (and health), and then stresses small dietary changes to discover what raw foods work, and assessing reactions. She profiles cacao, raw sweeteners, water, pH level of foods, juices versus smoothies, salt, the process of dehydrating food, garlic and onions, and overall food preparation. Russo highlights what supplements (superfoods, vitamins, green products) to include in the diet. She emphasizes the spiritual aspects of the movement as well, exploring meditation, yoga, Buddhism, peacefulness, and fasting.

The Toxin Solution

The Disturbing Truth About Cow's Milk and Your Health

The Story of a Hidden Epidemic

Should the Consumption of Animal Products Be Banned?

Male Enhancement Diet

Not Against, With

Safeguarding Human Health and the Environment in the Anthropocene

This book describes factors leading to the state of degeneration including depletion of minerals, poor nutrition, depleted level of oxygen, stress, environmental and chemical pollution. The book emphasizes that correcting these factors will remove risk of recurrence, hasten recovery and the body will return to good health and enjoy longevity. An important message is that chelation is a more natural first option. However, unless the origin is corrected, the disease process continues causing the condition to recur and present more serious health problems. This message leads to the importance of a lifestyle change, a new consciousness of a self help take charge implementing a support program to maximize the outcome of chelation and return to good health.

A comprehensive self-help program designed to prevent and reverse degenerative inflammatory diseases without drugs and their unwelcome side effects. • The program in this book is designed to help millions who suffer from chronic arthritis pain to heal, rather than to just medicate their symptoms. • Takes a holistic approach to finding the causes of arthritis pain and offers a self-help treatment program designed to heal the body from the inside out by incorporating medicinal herbs, nutritional supplements, exercise, diet, and chiropractic care. • Raquel Martin is the author of the bestselling book *The Estrogen Alternative*. Each year thousands of people struggling with the debilitating effects of arthritis hear their doctors say that they will just have to learn to live with the pain. After experiencing this firsthand, Raquel Martin was determined to find a better way. Together with Dr. Karen Romano, Martin developed a comprehensive self-help program designed to prevent and reverse degenerative inflammatory disease without drugs and their unwelcome or dangerous side effects. The authors show readers how to address the causes rather than medicate the symptoms of arthritis by implementing

holistic lifestyle changes--from medicinal herbs, nutritional supplements, and natural hormone therapy to whole foods, exercise, and chiropractic care. Thoroughly researched and clearly presented, Preventing and Reversing Arthritis Naturally guides readers through the labyrinth of recent medical studies related to the effects and treatment of this disease. In addition, it discusses the exclusion of alternative therapies from most insurance coverage and provides advice on the action consumers can take to address this. Part practical medical resource, part encouraging guide, Preventing and Reversing Arthritis Naturally will inspire all readers to take charge of all aspects of their health.

The Apostle Paul taught us that our bodies are the temples of the Holy Spirit. As such we should seek to glorify God with our body and spirit--both of which belong to Him. Joyce Rogers introduces a healthy way to eat by discussing the nutritional and spiritual value of the seven foods that abounded in the land of Canaan in Bible times. Filled with recipes and tips, this book will encourage readers to evaluate their own eating habits and form new ones so that whatever they eat and drink honors the Lord.

Challenges popular conceptions to outline new methods for promoting wellness and longevity, arguing that traditional medicine has not been successful in treating serious illness while urging readers to embrace a systemic understanding of the body that incorporates the use of revolutionary technologies.

Emerging Policy Solutions

The Philosophy and Nutrition Behind Raw and Live Foods

Water for Health, for Healing, for Life

How Ordinary People Saved a Country from Corporate Greed

OECD Studies on Water Diffuse Pollution, Degraded Waters Emerging Policy Solutions

Healthy Wellthy & Wise

Communities in Action

The Model Rules of Professional Conduct provides an up-to-date resource for information on legal ethics. Federal, state and local courts in all jurisdictions look to the Rules for guidance in solving lawyer malpractice cases, disciplinary actions, disqualification issues, sanctions questions and much more. In this volume, black-letter Rules of Professional Conduct are followed by numbered Comments that explain each Rule's purpose and provide suggestions for its practical application. The Rules will help you identify proper conduct in a variety of given situations, review those instances where discretionary action is possible, and define the nature of the relationship between you and your clients, colleagues and the courts.

For over thirty years, Dr Norman Swan has been delivering straight, honest, common-sense health information as both a physician and much-loved broadcaster. After many years of listening, Norman Swan knows what medical issues people are curious and concerned about. Drawing on the questions he hears time and again, from millennials to baby boomers and all the generations between, So You Think You Know What's Good For You? is a one-stop handbook that will settle fruitless anxieties and allow people to focus on what matters to them. Replace medical myths, half-truths and misconceptions with the information you need to make better decisions about how to eat and how to live to put your mind at ease and ensure your and your family's health is the best it can be. So You Think You Know What's Good For You? is the new authoritative must-have manual for everyone who cares about for their health and wants to cut through the myths and fads.

Eliminate avoidable toxins, mitigate the effects of those you can't avoid, and enjoy a longer life with this essential health guide from a pioneer in integrative medicine, Dr. Joe Pizzorno—the author, teacher, practitioner, and founder of Bastyr University, the country's first and largest fully accredited university of natural medicine. Dr. Joe Pizzorno is convinced that lifelong good health rests on two key determinants: your exposure to toxins and your ability to process them in your body. While lifestyle, diet, and genetics all play a major role in well-being, many symptoms of declining health and chronic disease are rooted in toxic overload—our exposure to a barrage of chemicals, heavy metals, radiation, electromagnetic frequencies, and pollution that are the byproducts of modern life. While the human body has an innate capacity to detoxify, it cannot cope with the elevated levels of toxins we are exposed to today. Most alarmingly, this toxic overload has helped transform once rare diseases into epidemics affecting people of all ages. In The Toxin Solution, Dr. Pizzorno provides the proven detox and tailored methods he has developed to heal toxic overload and restore health in just eight weeks. With this essential guide you will learn how to: Avoid toxins in food and the products you use; Mend your gut and prepare for detox; Support your body in releasing the chemicals; Repair some of the damage toxins have caused. Fortunately, our bodies have a tremendous capacity for healing and recovery. With The Toxin Solution you will discover how releasing and avoiding toxins can help you to feel better today—and every day for the rest of your life. You've been lifting for a few years. When you take your shirt off, do you look like a professional athlete? Do you even look like you work out? Many fitness "experts" defend weights and cardio like they are infallible, but where are the results? Why does almost nobody look even marginally athletic? Fitness may be the most failed human endeavor, and you are about to see how exercise science has missed some obvious principles that when enacted will turn you into the superhuman you always wanted to be. In Weight Lifting is a Waste of Time, Dr. John Jaquish and Henry Alkire explore the science that supports this argument and lay out a superior strength training approach that has been seen to put 20 pounds of muscle on drug-free, experienced lifters (i.e., not beginners) in six months.

The Death and Life of the Great American School System

The Untold Story

Health of People, Health of Planet and Our Responsibility

You're Not Sick, You're Thirsty!

Fresh Vegetable and Fruit Juices

Voices of Hope for Mental Illness

Everything You Need to Know About Prevention, Treatment & Diet

From the oceans to continental heartlands, human activities have altered the physical characteristics of Earth's surface. With Earth's population projected to peak at 8 to 12 billion people by 2050 and the additional stress of climate change, it is more important than ever to understand how and where these changes are happening. Innovation in the geographical sciences has the potential to advance knowledge of place-based environmental change, sustainability, and the impacts of a rapidly changing economy and society. Understanding the Changing Planet outlines eleven strategic directions to focus research and leverage new technologies to harness the potential that the geographical sciences offer.

In this book, Jan Deckers addresses the most crucial question that people must deliberate in relation to how we should treat other animals: whether we should eat animal products. Many people object to the consumption of animal products from the conviction that it inflicts pain, suffering, and death upon animals. This book argues that a convincing ethical theory cannot be based on these important concerns: rather, it must focus on our interest in human health. Tending to this interest demands not only that we extend speciesism—the attribution of special significance to members of our own species merely because they belong to the same species as ourselves—towards nonhuman animals, but also that we safeguard the integrity of nature. In this light, projects that aim to engineer the genetic material of animals to reduce their capacities to feel pain and to suffer are morally suspect. The same applies to projects that aim to develop in-vitro flesh, even if the production of such flesh should be welcomed on other grounds. The theory proposed in this book is accompanied by a political goal, the 'vegan project', which strives for a qualified ban on the consumption of animal products. Deckers also provides empirical evidence that some support for this goal exists already, and his analysis of the views of others—including those of slaughterhouse workers—reveals that the vegan project stands firm in spite of public opposition. Many charges have been pressed against vegan diets, including: that they alienate human beings from nature; that they increase human food security concerns; and that they are unsustainable. Deckers argues that these charges are legitimate in some cases, but that, in many situations, vegan diets are actually superior. For those who remain doubtful, the book also contains an appendix that considers whether vegan diets might actually be nutritionally adequate.

With almost 100,000 copies sold in earlier editions, this revised edition provides the most up-to-date information on natural alternatives to synthetic hormone replacement therapy. A must-read for any woman taking synthetic hormones for infertility, birthcontrol, PMS, or menopause • Includes the latest research on using natural progesterone to combat osteoporosis, endometriosis, heart disease, PMS, fibroids, and breast, ovarian, and uterine cancer. More and more women are seeking alternatives to synthetic hormones and their harmful side effects. Despite increasing awareness of the dangers of synthetic hormones, over-prescription of estrogen is still rampant, as is confusion among doctors and patients whether the benefits of conventional hormone replacement therapy (HRT) outweigh the risks. This updated fourth edition offers the latest information on how botanical progesterone therapy, also known as natural HRT, can provide safe, natural relief for many of the problems women face from hormone deficiency, including PMS, fibromyalgia, depression, menstrual irregularity, miscarriages, uterine fibroids, and infertility. Botanical progesterone supplementation can be also extremely effective in relieving hot flashes, insomnia, night sweats, vaginal dryness, and even cancer. The authors sift through misinformation and contradictory studies, warning against corporate-sponsored research in a multi-billion dollar menopausal industry, and guide readers to natural alternatives. This fourth edition also includes new studies regarding the dangers of a diet rich in soy contributing to the onset of premature menopause, as well as thyroid disorders. The dangers of mammography and the importance of focusing on safer, more effective methods of cancer detection are also well documented.

Dieters and anyone who wants to lose weight in a healthy and balanced way will find a plethora of safe and wholesome methods, recipes, and nutrition facts in this holistic look at wellness. By exposing the eating problems that lead to allergies, depression, cellulite, dermatitis, ear infections, obesity, fatigue, frequent colds, and flu, this nutritional guide shows how a natural plan of eating can cure these ailments, leading to pure and vibrant health. Packed with encouraging anecdotes from the author's own struggles with health and size, as well as testimonials of those who have tried these methods and found success, readers will relate to these stories that show them they are not alone in their struggles and encourage them to forge ahead on the path to wellness. Not just a diet program, this resource focuses on whole-body health—including exercise, water intake, and life choices—and will benefit anyone who would like to enhance their overall fitness, combat disease, or enjoy food while experiencing improved levels of health and energy.

The Simple, Nonnegotiable Principles for Getting to Thin

Animal (De)liberation

Preventing and Reversing Arthritis Naturally

How Hidden Poisons in the Air, Water, Food, and Products We Use Are Destroying Our Health--AND WHAT WE CAN DO TO FIX IT

The Water Defenders

Guidelines for Drinking-water Quality

This open access book not only describes the challenges of climate disruption, but also presents solutions. The challenges described include air pollution, climate change, extreme weather, and related health impacts that range from heat stress, vector-borne diseases, food and water insecurity and chronic diseases to malnutrition and mental well-being. The influence of humans on climate change has been established through extensive published evidence and reports. However, the connections between climate change, the health of the planet and the impact on human health have not received the same level of attention. Therefore, the global focus on the public health impacts of climate change is a relatively recent area of interest. This focus is timely since scientists have concluded that changes in climate have led to new weather extremes such as floods, storms, heat waves, droughts and fires, in turn leading to more than 600,000 deaths and the displacement of nearly 4 billion people in the last 20 years. Previous work on

the health impacts of climate change was limited mostly to epidemiologic approaches and outcomes and focused less on multidisciplinary, multi-faceted collaborations between physical scientists, public health researchers and policy makers. Further, there was little attention paid to faith-based and ethical approaches to the problem. The solutions and actions we explore in this book engage diverse sectors of civil society, faith leadership, and political leadership, all oriented by ethics, advocacy, and policy with a special focus on poor and vulnerable populations. The book highlights areas we think will resonate broadly with the public, faith leaders, researchers and students across disciplines including the humanities, and policy makers. We hear about inadequate mental health care. We ask questions regarding a link between mental illness and violence. We do NOT hear as much about the stigma of mental illness that complicates one's ability to cope with a diagnosis that becomes a label, resulting in "self-stigma," discouraging individuals from seeking and/or complying with treatment. Too often community members only "experience" mental illness through dramatic or dire media stories that fail to inform us about the real world of mental illness. Thus, stigma feeds, and is fed by, myths and misunderstandings leading to a community sense of hopelessness and fear of mental illness. In contrast, Geel, a stigma-free community in Belgium, has a centuries' old history of accepting those with mental illness - even as boarders in their own homes. Geel acknowledges the human needs of those with mental illness and responds to those needs by providing social opportunities and meaningful work, within the community. While the U.S. does not have the same history as Geel, we do have programs that offer a fostering environment, offering hope for those with a diagnosis of mental illness as well as for the communities in which they live. In a language and style that can be understood by anyone and everyone, the author shares what she's learned and experienced regarding tolerance and inclusion - in Geel and in our own country - offering individuals and communities an opportunity to hear the encouraging "voices of hope for mental illness." When the general population is freed of myths and misunderstandings regarding mental illness, we can focus on mental health fostered by community care that thrives in "caring communities."

THE LAST DIET BOOK YOU ' LL EVER NEED With so much conflicting weight-loss advice out there to confuse your efforts, it ' s no wonder you haven ' t been successful losing weight and keeping it off. But with Bob Harper, superstar trainer and co-host of NBC ' s hit show *The Biggest Loser* as your personal authority and coach, you can and will finally shed the pounds—whether you want to lose two or two hundred! Distilling Bob ' s vast knowledge of nutrition, weight-loss strategy, and human nature down to twenty simple, nonnegotiable principles, *The Skinny Rules* will help you step away from a reliance on processed foods and the need for so much sweet and salt and step into a newly thin lifestyle. And Bob ' s methods couldn ' t be more straightforward. Taking the guesswork out of implementing the *Skinny Rules*, Bob offers a month ' s worth of menu plans and more than 90 delicious, rule-abiding recipes for breakfast, lunch, dinner, and snacks to keep you cooking and eating skinny for life. You ' ll be happily astounded to see the variety and volume of the tasty food on your plate! He also includes terrific tips for what to stock in your fridge and what to prepare every weekend in order to set yourself up for success during your too-busy-to-cook weekdays. A virtual GPS to your weight-loss goals, *The Skinny Rules* takes the mystery out of the process, offering the fastest route to your skinny destination. **LOSING WEIGHT IS NOW AS SIMPLE AS 1-2-3 . . . AND 3-15-18-20 TOO!** Rule #3: Eat protein at every meal, making some kind of fish your go-to protein as often as you can. Take your weight and divide it by two—that ' s more or less how much protein you should be eating in grams every day. Rule #15: Eat at least ten meals a week at home (and cook them yourself). Restaurant portions are usually 40 to 50 percent bigger than what you ' d serve at home—the more you eat out, the more you overeat. Set yourself up for success by preparing my turkey meatballs, hummus, and roasted vegetables on the weekend so that you will have go-to staples and no excuses! Rule #18: Go to bed slightly hungry. Denied fuel for more than five hours, your body will start burning its own fat and sugar. Make a point not to eat after dinner and you ' ll be burning fat while you ' re sleeping. Rule #20: Enjoy a splurge meal once a week. Unlike episodic bingeing, splurge meals are an ingredient in your diet. When you plan something, you are in control.

This message could be the key that unlocks the next healing revival! [Who has the solution for our health care concerns? [Why is obesity and disease a Church-wide crisis today? [What's the whole counsel of God regarding diet and wellness? [When can Christians expect to live "the abundant life?" [Where's the end to escalating medical costs? In *HEALTHY, WELLthy and WISE*, there are answers to these questions and much more. What's revealed in this succinct and insightful study may be surprising or even shocking. Learn to discern "seducing spirits" and "doctrines of demons" with regard to what we eat. Discover the Creator's definition of food and how to implement the best diet plan for optimum health and long-term wellness. Understand the spiritual and health ramifications of fasting. Find the root cause of sickness and disease. If you've dieted without success, endured chronic illness, been denied a divine healing, faced bankruptcy from medical costs or watched loved ones succumb to a fatal disease; the truths revealed herein point to a more excellent way. Anita W. Jones is a retired auditor and Certified Public Accountant, ordained minister, entrepreneur, wife and mother of two teens; with a passion for finding answers to difficult questions. She discovered why Christians get sick, how they can get well, how they can stay well and what the Bible says about it all. As a result, her family of four remains trim, healthy and untouched by prescription or over-the-counter drugs, dental cavities, broken bones, sickness and disease. Her relevant message illuminates life-changing, Biblical principles that will liberate those bound by the American "sick care" system. There's hope for healing and answers to every difficult question in God's living Word.

The Raw Food Lifestyle

Beyond Bypass and Chelation for Heart Problems and Cardiovascular Disease

1974: January-June: Index

Water Can Undermine Your Health!

Strategic Directions for the Geographical Sciences

How to Discover and Enhance Your Body's Natural Ability to Maintain and Heal Itself

Pathways to Health Equity

Here is a diet like no other. It is based on the body s need for vital, life-giving enzymes found only in nature s pure foods. Information presented covers facts and myths about your body, artificial foods, food combining, protein, milk and dairy products, how to get started, juice and juicing, and practical advice and support. Includes 50 fruit and salad recipes along with menus.

North Americans are some of the least healthy people on Earth. Despite advanced medical care and one of the highest standards of living in the world, one in three Americans will be diagnosed with cancer in their lifetime, and 50 percent of US children are overweight. This crisis in personal health is largely the result of chronically poor dietary and lifestyle choices. In *Whitewash*, nutritionist Joseph Keon unveils how North Americans unwittingly sabotage their health every day by drinking milk, and he shows that our obsession with calcium is unwarranted. Citing scientific literature, *Whitewash* builds an unassailable case that not only is milk unnecessary for human health, its inclusion in the diet may increase the risk of serious diseases including: Prostate, breast, and ovarian cancers Osteoporosis Diabetes Vascular disease Crohn's disease Many of America's dairy herds contain sick and immunocompromised animals whose tainted milk regularly makes it to market. Cow's milk is also a sink for environmental contaminants and has been found to contain traces of pesticides, dioxins, PCBs, rocket fuel, and even radioactive isotopes. *Whitewash* offers a completely fresh, candid, and comprehensively documented look behind dairy's deceptively green pastures and gives readers a hopeful picture of life after milk. Joseph Keon has been a wellness consultant and nutrition and fitness expert for over twenty-five years. He is

considered a leading authority on public health and has written three books, including *Whole Health: The Guide to Wellness of Body and Mind* and *The Truth About Breast Cancer*.

Winner of the 2021 Duke University Juan Mendez Award Named one of The Progressive's "Favorite Books of 2021" and one of the "Best of Books 2021" by Foreign Affairs The David and Goliath story of ordinary people in El Salvador who rallied together with international allies to prevent a global mining corporation from poisoning the country's main water source At a time when countless communities are resisting powerful corporations—from Flint, Michigan, to the Standing Rock Reservation, to Didipio in the Philippines, to the Gualcarque River in Honduras—The Water Defenders tells the inspirational story of a community that took on an international mining corporation at seemingly insurmountable odds and won not one but two historic victories. In the early 2000s, many people in El Salvador were at first excited by the prospect of jobs, progress, and prosperity that the Pacific Rim mining company promised. However, farmer Vidalina Morales, brothers Marcelo and Miguel Rivera, and others soon discovered that the river system supplying water to the majority of Salvadorans was in danger of catastrophic contamination. With a group of unlikely allies, local and global, they committed to stop the corporation and the destruction of their home. Based on over a decade of research and their own role as international allies of the community groups in El Salvador, Robin Broad and John Cavanagh unspool this untold story—a tale replete with corporate greed, a transnational lawsuit at a secretive World Bank tribunal in Washington, violent threats, murders, and—surprisingly—victory. The husband-and-wife duo immerses the reader in the lives of the Salvadoran villagers, the journeys of the local activists who sought the truth about the effects of gold mining on the environment, and the behind-the-scenes maneuverings of the corporate mining executives and their lawyers. The Water Defenders demands that we examine our assumptions about progress and prosperity, while providing valuable lessons for those fighting against destructive corporations in the United States and across the world.

Dr. Norman W. Walker is one of the pioneers of the raw foods movement and is recognized throughout the world as one of the most authoritative voices on life, health and nutrition. Dr. Walker shares his secret to a long, healthy, productive life through his internationally famous books on health and nutrition.

Supercharge Your Health, Strip Away Pounds, and Eliminate the Toxins Within

So you think you know what's good for you?

Pure & Simple Natural Weight Control

The Bible's Seven Secrets to Healthy Eating

The Key to A Vibrant Life

Colon Health

Discover How Correcting Your Body's Copper Imbalance Can * Keep Your Body From Giving Out Before Your Mind Does

*Free You from Those Midday Slumps * Give You the Energy Breakthrough You've Been Looking For

From the author of the self-published sensation *Your Body's Many Cries for Water* comes an all new book expanding on the healing powers of water. Asthma, allergies, arthritis, hypertension, depression, headaches, diabetes, obesity, and MS. These are just some of the conditions and diseases that are caused by persistent dehydration. But there is a miracle solution that is readily available, all natural, and free: water. In *WATER: FOR HEALTH, FOR HEALING, FOR LIFE*, Dr. F. Batmanghelidj reveals how easy it is to obtain optimum health by drinking more water and supports his claims with over 20 years of clinical and scientific research. Thirsty readers will discover what they never knew, that water can actually: Prevent and reverse aging Cure asthma in a few days, naturally and forever Eliminate pains, including heartburn, back pain, and migraine headaches And much, much more.

Human health is facing unprecedented threats from global environmental change. This book describes the challenges and opportunities to safeguard health.

There's a silent epidemic in western civilization, and it is right under our noses. Our jaws are getting smaller and our teeth crooked and crowded, creating not only aesthetic challenges but also difficulties with breathing. Modern orthodontics has persuaded us that braces and oral devices can correct these problems. While teeth can certainly be straightened, what about the underlying causes of this rapid shift in oral evolution and the health risks posed by obstructed airways? Sandra Kahn and Paul R. Ehrlich, a pioneering orthodontist and a world-renowned evolutionist, respectively, present the biological, dietary, and cultural changes that have driven us toward this major health challenge. They propose simple adjustments that can alleviate this developing crisis, as well as a major alternative to orthodontics that promises more significant long-term relief. *Jaws will change your life. Every parent should read this book.*

Anti-Aging Secrets Revealed

A Guide to Natural Hormonal Balance

Model Rules of Professional Conduct

Perfect Health

Understanding the Changing Planet

Whitewash

The Estrogen Alternative