

Foods That Heal
By Dr. Bernard Jensen
An easy to understand guide to fruits and vegetables. Each entry presents a history of use, buyer's tips, therapeutic benefits, nutrient information and recipes for healthy and delicious meals.
352 pages.



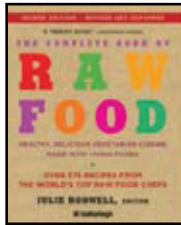
Water Can Undermine Your Health
By N. Walker
How the water we drink affects our health.
107 pages.



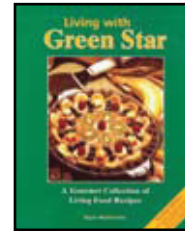
Kitchen Garden Cookbook
By Steve Meyerowitz
Sprouts, breads, cookies, soups and salads. 250 other low fat, dairy-free vegetarian recipes.
336 pages.



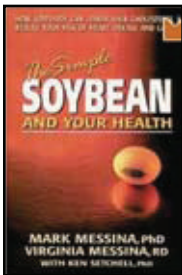
A Guide to Diet & Salad
By Dr. Walker
A vegetarian guide to diet & salad. Both a cookbook and nutritional guide.
115 pages.



The Complete Book of Raw Food
By Julie Rodwell
Healthy, delicious vegetarian cuisine made with living foods. Includes more than 400 recipes from World's top chefs.
480 pages.



Living with Green Star
By Elysa Markowitz
A gourmet collection of living food recipes.
167 pages.



The Simple Soybean Book
By Dr. M. Messina
Learn how soy foods can lower your cholesterol & reduce your risk of heart disease and cancer.
260 pages.



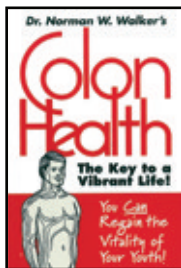
The Raw 50
By Carol Alt
10 amazing breakfasts, lunches, dinners, snacks and drinks for your raw food lifestyle.
192 pages.



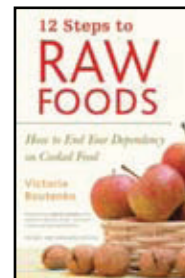
Green for Life
By Victoria Boutenko
New book about greens and green smoothies contains exciting new information. The author approaches human nutrition from a new angle, comparing the human diet with that of chimpanzees.
186 pages.



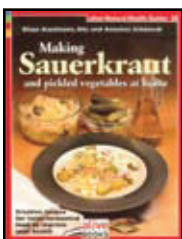
Fantastic Flax
By Siegfried Gursche
The amazing healing properties of flax. The benefits of flax will surprise you. Recipes included.
60 pages.



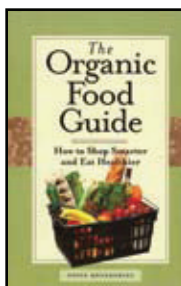
Colon Health Book
By Dr. Walker
Emphasizes prevention and relief from constipation, fatigue, digestive problems, diabetes and many others.
120 pages.



12 Steps to Raw Food Book
By Victoria Boutenko
Written in a convenient 12-step format, this book guides the reader through the most significant physical, psychological, and spiritual phases of the transition from cooked to raw foods.
264 pages.



Making Sauerkraut
By Klaus Kaufmann & Annelies Schöneck
Discover the simple remedies and healing agents found in lactic acid-fermented foods. Step-by-step recipes will guide you through centuries old methods.
60 pages.



The Organic Food Guide
By Steve Meyerowitz
How to shop smarter and eat healthier.
88 pages.