
Dead Doctors Don T Lie

Dead Doctors Don T Lie

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Dead Doctors Don't Lie *Legacy Communications*

Dead Doctors Don't Lie *Bayport Press*

Skyrocketing health-care costs today are forcing many people to take another look at conventional medical treatment and determine how they can eliminate a major portion of costly medical expenses. Dr. Joel D. Wallach and Dr. Ma Lan discuss the importance of the ninety essential nutrients and sixty essential minerals and how they affect your body and health. Their principle medical axiom is this: It's not what you eat that kills you, it's what you don't eat. Dr. Wallach has been involved in biomedical research and clinical medicine for 30 years. He received his B.S. Degree from the University of Missouri. Dr. Ma Lan was educated in the Peoples Republic of China. She received her M.D. from Beijing Medical University, took her residency in Peoples Hospital, Beijing and was a staff surgeon at the Canton Air Force Hospital.

Epigenetics

The Death of the Genetic Theory of Disease Transmission *SelectBooks, Inc.*

WHAT IS EPIGENETICS? Epigenetics is an emerging field of science that studies alterations in gene expression caused by factors other than changes in the DNA sequence. Epigenetics: The Death of the Genetic Theory of Disease Transmission is the result of decades of research and its findings that could be as critical to our understanding of human health as Pasteur's research in bacteriology. Dr. Joel "Doc" Wallach has dedicated his life work to identifying connections between certain nutritional deficiencies and a range of maladies, formerly thought to be hereditary, including Cystic Fibrosis and Muscular Dystrophy. This nexus between nutrition and so-called genetic disease has been observed in both humans and primates, and it is the central theme of Epigenetics. To bring us Epigenetics, Wallach has teamed with noted scholars Dr. Ma Lan and Dr. Gerhard N. Schrauzer. Their collective expertise gives this book its far reaching perspective. Epigenetics is of vital importance to anyone who wants real knowledge about how the human body functions, and it provides a path for better health. Epigenetics dispels the dogma and misinformation propagated by medical institutions and doctors resistant to change. Epigenetics is the beginning of a new era of well-being on this planet.

Hell's Kitchen

Cause, Prevention & Cure of Obesity, Diabetes & Metabolic Syndrome

The Truth about Nutrition

Mitochondria and the Future of Medicine

The Key to Understanding Disease, Chronic Illness, Aging, and Life Itself *Chelsea Green Publishing*

With information for patients and practitioners on optimizing mitochondrial function for greater health and longevity Why do we age? Why does cancer develop? What's the connection between heart failure and Alzheimer's disease, or infertility and hearing loss? Can we extend lifespan, and if so, how? What is the Exercise Paradox? Why do antioxidant supplements sometimes do more harm than good? Many will be amazed to learn that all these questions, and many more, can be answered by a single point of discussion: mitochondria and bioenergetics. In *Mitochondria and the Future of Medicine*, Naturopathic Doctor Lee Know tells the epic story of mitochondria, the widely misunderstood and often-overlooked powerhouses of our cells. The legendary saga began over two billion years ago, when one bacterium entered another without being digested, which would evolve to create the first mitochondrion. Since then, for life to exist beyond single-celled bacteria, it's the mitochondria that have been responsible for this life-giving energy. By understanding how our mitochondria work, in fact, it is possible to add years to our lives, and life to our years. Current research, however, has revealed a dark side: many seemingly disconnected degenerative diseases have tangled roots in dysfunctional mitochondria. However, modern research has also endowed us with the knowledge on how to optimize its function, which is of critical importance to our health and longevity. Lee Know offers cutting-edge information on supplementation and lifestyle changes for mitochondrial optimization, such as CoQ10, D-Ribose, cannabinoids, and ketogenic dietary therapy, and how to implement their use successfully. *Mitochondria and the Future of Medicine* is an invaluable resource for practitioners interested in mitochondrial medicine and the true roots of chronic illness and disease, as well as anyone interested in optimizing their health.

Food for Consciousness *Lulu.com*

How you can regenerate and fuel your neural system with the natural nutrition you need for optimal functioning. Reclaim your mind from cultural conditioning and connect it to the ancient wisdom of the Earth. Nutrient-rich raw food nutrition that can be put into practice wherever you are. How herbs and supplements and lifestyle practices can be used to help you reach your full potential. A complete repertoire of over 100 delicious, easy, simple and quick raw vegetarian recipes that focus on the vital nutrients. The book explains why ultimately our DNA can once again be read to its full blueprint. Holly Paige is a raw food pioneer who has spent a lifetime researching the human condition.

The Soul of a Horse

Life Lessons from the Herd *Crown*

A heartwarming story of a couple and their horse exploring what caring for a horse can teach us about companionship—whether it's with a four-legged friend or a fellow human. A surprise birthday gift plunged Joe and his wife, Kathleen, into the world of horses as complete neophytes without a clue as to what a horse needed or wanted. They searched for logic and sense in the rule books of traditional horse care. What they found was not what they had expected. Written for everyone who

has ever loved a horse or ever loved the idea of loving a horse, this memoir leads us on a voyage of discovery as Joe and Kathleen navigate uncharted territory on their way to achieving a true relationship with their horses. Joe Camp's inspiring book unlocks the mystery of a majestic creature who has survived on earth, without assistance, for fifty-five million years and teaches us that the lessons he learned apply not only to horses but also to our relationships with people.

Rare Earths

Forbidden Cures

It's All in Your Head!

How the 12 Cranial Nerves in Your Head Effect Your Bodies Health and How to Fix It... Without a Doctor!

How the 12 cranial nerves in your head effect your bodies health and how to fix it.

Rhino Express

Black Gene Lies

Slave Quarter Cures

Black Gene Lies: Slave Quarter Cures, is a landmark expose that shows that the diseases of the Black population in America, which the medical community attributes to a terrible "Black gene," are in fact caused by regional and cultural eating habits and nutritional deficiencies of trace elements that are easily, safely and economically overcome by the use of simple nutritional supplement program and herbal remedies. There are many diseases that appear in the Black community at a greater rate than in the white community (i.e.-hypertension, type II diabetes, arthritis, osteoporosis, cancer, cardiovascular disease, obesity, etc.), however the underlying causes are simply cultural dietary choices and nutritional deficiencies and they are absolutely not genetic--Amazon.com.

ADHD Does not Exist

The Truth About Attention Deficit and Hyperactivity Disorder *Harper Collins*

In this groundbreaking and controversial book, behavioral neurologist Dr. Richard Saul draws on five decades of experience treating thousands of patients labeled with Attention Deficit and Hyperactivity Disorder—one of the fastest growing and widely diagnosed conditions today—to argue that ADHD is actually a cluster of symptoms stemming from over 20 other conditions and disorders. According to recent data from the Centers for Disease Control and Prevention, an estimated 6.4 million children between the ages of four and seventeen have been diagnosed with attention deficit hyperactivity disorder. While many skeptics believe that ADHD is a fabrication of drug companies and the medical establishment, the symptoms of attention-deficit and hyperactivity are all too real

for millions of individuals who often cannot function without treatment. If ADHD does not exist, then what is causing these debilitating symptoms? Over the course of half a century, physician Richard Saul has worked with thousands of patients demonstrating symptoms of ADHD. Based on his experience, he offers a shocking conclusion: ADHD is not a condition on its own, but rather a symptom complex caused by over twenty separate conditions—from poor eyesight and giftedness to bipolar disorder and depression—each requiring its own specific treatment. Drawing on in-depth scientific research and real-life stories from his numerous patients, *ADHD Does not Exist* synthesizes Dr. Saul's findings, and offers and clear advice for everyone seeking answers.

How Not to Die

Discover the Foods Scientifically Proven to Prevent and Reverse Disease *Flatiron Books*

From the physician behind the wildly popular NutritionFacts website, *How Not to Die* reveals the groundbreaking scientific evidence behind the only diet that can prevent and reverse many of the causes of disease-related death. The vast majority of premature deaths can be prevented through simple changes in diet and lifestyle. In *How Not to Die*, Dr. Michael Greger, the internationally-renowned nutrition expert, physician, and founder of NutritionFacts.org, examines the fifteen top causes of premature death in America—heart disease, various cancers, diabetes, Parkinson's, high blood pressure, and more—and explains how nutritional and lifestyle interventions can sometimes trump prescription pills and other pharmaceutical and surgical approaches, freeing us to live healthier lives. The simple truth is that most doctors are good at treating acute illnesses but bad at preventing chronic disease. The fifteen leading causes of death claim the lives of 1.6 million Americans annually. This doesn't have to be the case. By following Dr. Greger's advice, all of it backed up by strong scientific evidence, you will learn which foods to eat and which lifestyle changes to make to live longer. History of prostate cancer in your family? Put down that glass of milk and add flaxseed to your diet whenever you can. Have high blood pressure? Hibiscus tea can work better than a leading hypertensive drug—and without the side effects. Fighting off liver disease? Drinking coffee can reduce liver inflammation. Battling breast cancer? Consuming soy is associated with prolonged survival. Worried about heart disease (the number 1 killer in the United States)? Switch to a whole-food, plant-based diet, which has been repeatedly shown not just to prevent the disease but often stop it in its tracks. In addition to showing what to eat to help treat the top fifteen causes of death, *How Not to Die* includes Dr. Greger's Daily Dozen—a checklist of the twelve foods we should consume every day. Full of practical, actionable advice and surprising, cutting edge nutritional science, these doctor's orders are just what we need to live longer, healthier lives.

The Skeptic's Dictionary

A Collection of Strange Beliefs, Amusing Deceptions, and Dangerous Delusions *Wiley*

A wealth of evidence for doubters and disbelievers "Whether it's the latest shark cartilage scam, or some new 'repressed memory' idiocy that besets you, I suggest you carry a copy of this dictionary at all times, or at least have it within reach as first aid for psychic attacks. We need all the help we can

get." -James Randi, President, James Randi Educational Foundation, randi.org "From alternative medicine, aliens, and psychics to the farthest shores of science and beyond, Robert Carroll presents a fascinating look at some of humanity's most strange and wonderful ideas. Refreshing and witty, both believers and unbelievers will find this compendium complete and captivating. Buy this book and feed your head!" -Clifford Pickover, author of *The Stars of Heaven and Dreaming the Future* "A refreshing compendium of clear thinking, a welcome and potent antidote to the reams of books on the supernatural and pseudoscientific." -John Allen Paulos, author of *Innumeracy* and *A Mathematician Reads the Newspaper* "This book covers an amazing range of topics and can protect many people from being scammed." -Stephen Barrett, M.D., quackwatch.org Featuring close to 400 definitions, arguments, and essays on topics ranging from acupuncture to zombies, *The Skeptic's Dictionary* is a lively, commonsense trove of detailed information on all things supernatural, occult, paranormal, and pseudoscientific. It covers such categories as alternative medicine; cryptozoology; extraterrestrials and UFOs; frauds and hoaxes; junk science; logic and perception; New Age energy; and the psychic. For the open-minded seeker, the soft or hardened skeptic, and the believing doubter, this book offers a remarkable range of information that puts to the test the best arguments of true believers.

Think Again

The Power of Knowing What You Don't Know *Penguin*

#1 New York Times Bestseller "THIS. This is the right book for right now. Yes, learning requires focus. But, unlearning and relearning requires much more—it requires choosing courage over comfort. In *Think Again*, Adam Grant weaves together research and storytelling to help us build the intellectual and emotional muscle we need to stay curious enough about the world to actually change it. I've never felt so hopeful about what I don't know." —Brené Brown, Ph.D., #1 New York Times bestselling author of *Dare to Lead* The bestselling author of *Give and Take* and *Originals* examines the critical art of rethinking: learning to question your opinions and open other people's minds, which can position you for excellence at work and wisdom in life Intelligence is usually seen as the ability to think and learn, but in a rapidly changing world, there's another set of cognitive skills that might matter more: the ability to rethink and unlearn. In our daily lives, too many of us favor the comfort of conviction over the discomfort of doubt. We listen to opinions that make us feel good, instead of ideas that make us think hard. We see disagreement as a threat to our egos, rather than an opportunity to learn. We surround ourselves with people who agree with our conclusions, when we should be gravitating toward those who challenge our thought process. The result is that our beliefs get brittle long before our bones. We think too much like preachers defending our sacred beliefs, prosecutors proving the other side wrong, and politicians campaigning for approval—and too little like scientists searching for truth. Intelligence is no cure, and it can even be a curse: being good at thinking can make us worse at rethinking. The brighter we are, the blinder to our own limitations we can become. Organizational psychologist Adam Grant is an expert on opening other people's minds—and our own. As Wharton's top-rated professor and the bestselling author of *Originals* and *Give and Take*, he makes it one of his guiding principles to argue like he's right but

listen like he's wrong. With bold ideas and rigorous evidence, he investigates how we can embrace the joy of being wrong, bring nuance to charged conversations, and build schools, workplaces, and communities of lifelong learners. You'll learn how an international debate champion wins arguments, a Black musician persuades white supremacists to abandon hate, a vaccine whisperer convinces concerned parents to immunize their children, and Adam has coaxed Yankees fans to root for the Red Sox. *Think Again* reveals that we don't have to believe everything we think or internalize everything we feel. It's an invitation to let go of views that are no longer serving us well and prize mental flexibility over foolish consistency. If knowledge is power, knowing what we don't know is wisdom.

The 15 Minute Heart Cure

The Natural Way to Release Stress and Heal Your Heart in Just Minutes a Day Wiley

From a top cardiologist-simple stress-reduction techniques to prevent and reverse the four major kinds of heart disease *The 15 Minute Heart Cure* shows how stress can harm our cardiovascular system and offers practical, easy ways to dispel stress naturally, without spending a lot of time or money. It explains the stress-heart disease connection for the four major types of heart disease-heart attack, arrhythmia, congestive heart failure, and cardiac valve disease-and equips you with the author's proven BREATHE technique to help you stop stress in its tracks. Teaches the BREATHE (beginning, relaxation, envision, apply, treatment, heal, end) technique to help you heal and protect your heart Gives you specific stress-reducing breathing and guided imagery exercises you can do anywhere, anytime First book by a leading cardiologist on the stress-heart disease connection-Dr. Kennedy is the former director of Cardiac Catheterization Laboratory and director of Inpatient Cardiology, Kaiser Permanente Medical Center, San Rafael, CA and the current medical director of Preventive Cardiology and Wellness, Marina Del Rey Hospital, Marina Del Rey, California, and member of the Board of the American Heart Association Includes real-life case examples from the author's extensive clinical experience. Don't let stress hurt your heart. Unleash the healing benefits of *The 15 Minute Heart Cure* and discover the wonderful sense of focus and calm it will bring to your life.

Attempt a Cure With Wholistic Medicine

Dr. Glidden's Naturopathic Treatment Notebook for the Enlightened

Dr. Glidden's Self-Help Health Recovery treatment notebook. Learn how to get your body/mind into the game of healing with naturopathic treatments that Dr. Glidden has seen work. Lean on his 28 years of clinical experience. Give your a body a fighting chance to heal itself by following Dr. Glidden's easy to understand health recovery protocols. Plus - an expose' on why the health of the human race is so bad in the first place. A hint - It's not genetic!

The Way I Am Penguin

Chart topping-and headline-making-rap artist Eminem shares his private reflections, drawings,

handwritten lyrics, and photographs in his New York Times bestseller *The Way I Am* Fiercely intelligent, relentlessly provocative, and prodigiously gifted, Eminem is known as much for his enigmatic persona as for being the fastest-selling rap artist and the first rapper to ever win an Oscar. Everyone wants to know what Eminem is really like-after the curtains go down. In *The Way I Am*, Eminem writes candidly, about how he sees the world. About family and friends; about hip-hop and rap battles and his searing rhymes; about the conflicts and challenges that have made him who he is today. Illustrated with more than 200 full-color and black-and-white photographs-including family snapshots and personal Polaroids, it is a visual self-portrait that spans the rapper's entire life and career, from his early childhood in Missouri to the basement home studio he records in today, from Detroit's famous Hip Hop Shop to sold-out arenas around the globe. Readers who have wondered at Em's intricate, eye-opening rhyme patterns can also see, first-hand, the way his mind works in dozens of reproductions of his original lyric sheets, written in pen, on hotel stationery, on whatever scrap of paper was at hand. These lyric sheets, published for the first time here, show uncut genius at work. Taking readers deep inside his creative process, Eminem reckons with the way that chaos and controversy have fueled his music and helped to give birth to some of his most famous songs (including "Stan," "Without Me," and "Lose Yourself"). Providing a personal tour of Eminem's creative process, *The Way I Am* has been hailed as "fascinating," "compelling," and "candid."

Dogs Don't Lie Sourcebooks, Inc.

Pru Marlowe isn't your ordinary animal psychic. A tough girl on the run from her own gift, Pru left the big city to return to her picturesque Berkshires hometown looking for a little peace. Too bad that her training as an animal behaviorist got her mixed up with Lily, a rescue dog, and Charles, her person. Now Charles is dead, and Lily looks good for it. After all, Lily is a pitbull, a fighting-ring dropout, and way too traumatized to give Pru a clear picture of what she has witnessed. But Pru knows something about bad girls trying to clean up, and, with a sense of justice strong enough to overcome her dislike of human society, she takes the case. Listening to the animals, Pru picks up clues - and learns there are secrets in the pretty little town that make murder look simple. Unable to tell anybody about her psychic abilities, uncertain at times about her own sanity, Pru comes to realize that if she clears Lily, she'll likely become the prime suspect - or the next victim. While the only creature she can totally trust is her crotchety tabby Wallis, Pru's got to uncover the real killer - and find a way to live with her gift - before the real beasts in the town savage her and those she has come to love. The first in the Pru Marlowe "pet noir" series.

A Court of Thorns and Roses Bloomsbury Publishing

Passionate, violent, sexy and daring ... A true page-turner - USA Today The tantalising start to a seductive fantasy series from global #1 bestselling author Sarah J. Maas Feyre is a huntress. And when she sees a deer in the forest being pursued by a wolf, she kills the predator and takes its prey to feed herself and her family. But the wolf was not what it seemed, and Feyre cannot predict the high price she will have to pay for its death ... Dragged away from her family for the murder of a faerie, Feyre discovers that her captor, his face obscured by a jewelled mask, is hiding even more

than his piercing green eyes suggest. As Feyre's feelings for Tamlin turn from hostility to passion, she learns that the faerie lands are a far more dangerous place than she realized. And Feyre must fight to break an ancient curse, or she will lose him forever. Sarah J. Maas's books have sold millions of copies worldwide and have been translated into 37 languages. Discover the sweeping romantic fantasy for yourself.

The Age Beaters and Their Universal Currency for Immortality

In the great scheme of things, the quest for a long and healthful life is a relatively new goal for humans. We know without any doubt, that humans can and do live well beyond 100 years of age. While in fact, we have all the genetic potential to live healthfully well beyond 100- consciously getting there today for the majority, however, requires a profound commitment to a time proven system and a daily call to focused action-becoming a centenarian is a matter of proven universal, proactive, yet simple choices and actions.

The God Delusion. 10th Anniversary Edition *Random House*

The God Delusion caused a sensation when it was published in 2006. Within weeks it became the most hotly debated topic, with Dawkins himself branded as either saint or sinner for presenting his hard-hitting, impassioned rebuttal of religion of all types. His argument could hardly be more topical. While Europe is becoming increasingly secularized, the rise of religious fundamentalism, whether in the Middle East or Middle America, is dramatically and dangerously dividing opinion around the world. In America, and elsewhere, a vigorous dispute between 'intelligent design' and Darwinism is seriously undermining and restricting the teaching of science. In many countries religious dogma from medieval times still serves to abuse basic human rights such as women's and gay rights. And all from a belief in a God whose existence lacks evidence of any kind. Dawkins attacks God in all his forms. He eviscerates the major arguments for religion and demonstrates the supreme improbability of a supreme being. He shows how religion fuels war, foments bigotry and abuses children. The God Delusion is a brilliantly argued, fascinating polemic that will be required reading for anyone interested in this most emotional and important subject.

Everybody Is Sick, and I Know Why

An Eye-Opening Exposé Regarding the Abject Failures of MD-directed Medicine; and a Testimony Regarding the Promise of Applied Naturopathic Medical Therapeutics

Dr. Glidden brings 30 years of clinical experience as a licensed Naturopathic doctor to bear on this eye-opening exposé regarding the abject failures of MD-directed allopathic medicine. He also helps you to understand the simple, elegant and effective philosophy, and treatment strategies of Naturopathic medicine; and he gives you a taste of the results of his clinical work. Sick and tired of being sick and tired? Let Dr. Glidden take you on a guided tour of the undiscovered country of science-based, clinically applied Wholistic medicine. You won't regret it - and quite frankly, it could very well save your life...

Post Traumatic Slavery Disorder

Definition, Diagnosis and Treatment *Ub & Us Communications*

The White Darkness *Doubleday*

By the #1 New York Times bestselling author of Killers of the Flower Moon, a powerful true story of adventure and obsession in the Antarctic, lavishly illustrated with color photographs Henry Worsley was a devoted husband and father and a decorated British special forces officer who believed in honor and sacrifice. He was also a man obsessed. He spent his life idolizing Ernest Shackleton, the nineteenth-century polar explorer, who tried to become the first person to reach the South Pole, and later sought to cross Antarctica on foot. Shackleton never completed his journeys, but he repeatedly rescued his men from certain death, and emerged as one of the greatest leaders in history. Worsley felt an overpowering connection to those expeditions. He was related to one of Shackleton's men, Frank Worsley, and spent a fortune collecting artifacts from their epic treks across the continent. He modeled his military command on Shackleton's legendary skills and was determined to measure his own powers of endurance against them. He would succeed where Shackleton had failed, in the most brutal landscape in the world. In 2008, Worsley set out across Antarctica with two other descendants of Shackleton's crew, battling the freezing, desolate landscape, life-threatening physical exhaustion, and hidden crevasses. Yet when he returned home he felt compelled to go back. On November 13, 2015, at age 55, Worsley bid farewell to his family and embarked on his most perilous quest: to walk across Antarctica alone. David Grann tells Worsley's remarkable story with the intensity and power that have led him to be called "simply the best narrative nonfiction writer working today." Illustrated with more than fifty stunning photographs from Worsley's and Shackleton's journeys, The White Darkness is both a gorgeous keepsake volume and a spellbinding story of courage, love, and a man pushing himself to the extremes of human capacity.

Knockout

Interviews with Doctors Who Are Curing Cancer--and How to Prevent Getting It in the First Place *Crown*

Draws on the expertise of eight doctors whose cutting-edge methods are enabling unprecedented cures, sharing the celebrity author's personal experiences as well as the survival stories of other cancer patients while identifying lifestyle strategies and challenging mainstream practices. By the best-selling author of Ageless.

Rhino Express

The Saving of the White Rhino

Ethics for A-Level *Open Book Publishers*

What does pleasure have to do with morality? What role, if any, should intuition have in the

formation of moral theory? If something is 'simulated', can it be immoral? This accessible and wide-ranging textbook explores these questions and many more. Key ideas in the fields of normative ethics, metaethics and applied ethics are explained rigorously and systematically, with a vivid writing style that enlivens the topics with energy and wit. Individual theories are discussed in detail in the first part of the book, before these positions are applied to a wide range of contemporary situations including business ethics, sexual ethics, and the acceptability of eating animals. A wealth of real-life examples, set out with depth and care, illuminate the complexities of different ethical approaches while conveying their modern-day relevance. This concise and highly engaging resource is tailored to the Ethics components of AQA Philosophy and OCR Religious Studies, with a clear and practical layout that includes end-of-chapter summaries, key terms, and common mistakes to avoid. It should also be of practical use for those teaching Philosophy as part of the International Baccalaureate. Ethics for A-Level is of particular value to students and teachers, but Fisher and Dimmock's precise and scholarly approach will appeal to anyone seeking a rigorous and lively introduction to the challenging subject of ethics. Tailored to the Ethics components of AQA Philosophy and OCR Religious Studies.

The Book of Lies *Hachette UK*

Cain killed Abel: the original murder. But the Bible is silent about one key detail: the weapon Cain used to kill his brother. It's a mystery that's never been solved. Until now. In Florida, Cal Harper comes face-to-face with his family's greatest secret: his long-lost father, who's been shot with a gun that traces back to an unsolved murder in 1932. What could that murder have to do with the biblical one? Father and son are suddenly thrown into a bloodthirsty quest for an ancient weapon, and the answer to a secret that people are dying to find. But closing in on them is a man tattooed with the mark of Cain - the world's first killer. In his pocket he carries the means of causing a horrifying death. And in his heart an insatiable desire for what he believes is his birthright . . .

Networks, Crowds, and Markets

Reasoning About a Highly Connected World *Cambridge University Press*

Are all film stars linked to Kevin Bacon? Why do the stock markets rise and fall sharply on the strength of a vague rumour? How does gossip spread so quickly? Are we all related through six degrees of separation? There is a growing awareness of the complex networks that pervade modern society. We see them in the rapid growth of the Internet, the ease of global communication, the swift spread of news and information, and in the way epidemics and financial crises develop with startling speed and intensity. This introductory book on the new science of networks takes an interdisciplinary approach, using economics, sociology, computing, information science and applied mathematics to address fundamental questions about the links that connect us, and the ways that our decisions can have consequences for others.

Lies My Doctor Told Me Second Edition *Victory Belt Publishing*

Has your doctor lied to you? Eat low-fat and high-carb, including plenty of "healthy" whole

grains—does that sound familiar? Perhaps this is what you were told at your last doctor's appointment or visit with a nutritionist, or perhaps it is something you read online when searching for a healthy diet. And perhaps you've been misled. Dr. Ken Berry is here to dispel the myths and misinformation that have been perpetuated by the medical and food industries for decades. This updated and expanded edition of Dr. Berry's bestseller *Lies My Doctor Told Me* exposes the truth behind all kinds of "lies" told by well-meaning but misinformed medical practitioners. Nutritional therapy is often overlooked in medical school, and the information provided to physicians is often outdated. However, the negative consequences on your health remain the same. Advice to avoid healthy fats and stay out of the sun has been proven to be detrimental to longevity and wreak havoc on your system. In this book, Dr. Berry will enlighten you about nutrition and life choices, their role in our health, and how to begin an educated conversation with your doctor about finding the right path for you. This book will teach you: how doctors are taught to think about nutrition and other preventative health measures, and how they should be thinking how the Food Pyramid and MyPlate came into existence and why they should change the facts about fat intake and heart health the truth about the effects of whole wheat on the human body the role of dairy in your diet the truth about salt—friend or foe? the dangers and benefits of hormone therapy new information about inflammation and how it should be viewed by doctors Come out of the darkness and let Ken Berry be your guide to optimal health and harmony!

I Cure Cancer

Learn How To Turn Your Body Into a Cancer Free Zone *Independently Published*

"I cure cancer," say it, because only you can cure your cancer. Say, "I cure cancer!" How do you cure cancer? Cure your acidosis and kill your pathogens. Dr. Bernardo was treating cancer patients for 50 years with this alkaline balancing protocol with a 90% success rate. This book has his protocol and many experts to back it up. *I Cure Cancer*, debuted in 2006 as a movie in NY. It explains for curing cancer, natural healing is the only way. Go holistic. Get alkaline. You don't die of cancer. You die of Acidosis. My info isn't to replace your Doctors it's to add to your arsenal. I'm just a filmmaker. That being said these days, going to your doctor is not enough due to the fact that the medical business is just that: a business. Therefore, it offers only those treatments that are lucrative for the medical industry. Those treatments have a dismal long-term remission rate, and they are only a tiny slice of what's available for treating cancer and what has worked for other people. Therefore, if you want to make sure you are doing everything you can to cure your cancer, and if you are willing to take responsibility for your own life, you must not only go to your doctor but also do your own research in order to learn about options that could either complement or replace conventional, Western methods (chemotherapy, radiation and surgery). These methods work for some but also have serious and sometimes fatal side effects. I am not a Doctor, nor am I offering a cure to anyone. The "i" in *I Cure Cancer* refers to 'you', the person who is logging on to the site in search of information regarding what other fellow human beings have done in battling this horrendous disease. In short as with any matter of importance dealing with one's well being, the first step is in taking responsibility for one's self. To gather as much information on the subject as possible in order to make educated

assessments on what would work best for them. I made the film because as an actor in Hollywood it was the next viable venue for me to express what I had to say as a spirit on this planet. Regular movies weren't cutting it. Reading someone else's lines weren't my thing. I wanted to say my own lines. So I did through other people. I interviewed them to tell my story. In this documentary, it was that cancer was curable if you went holistic. I realized the movie had to be made into a book. I had to show the world what I found and include a basic do it at home holistic health program via Dr. Bernardo Majalca. So here you go. Everything in one book for your cancer healing journey. If you are in a hurry skip to Chapter 6. Read Dr. B's story then do the protocol in chapter 7. It takes 3 months to a year and a half sometimes to get your pH balanced. Once you do, the cancer dies. Bernardo would say if your pH is 7 to 7.4 for 3 months straight you are cancer free. Because cancer can not live in an oxygenated body. Disclaimer: We are not doctors! Just regular people not trusting Rockefeller Western Medicine. Sharing our insights. Only you can cure your cancer so say it. Say iCureCancer. I hope this book helps you. I worked hard on it. Good luck and God bless. Peace. Ian Jacklin

Let's Play Herbal Doctor

Essential Nutrition

Live Long in Really Good Health *CreateSpace*

I had Arthritis in my hands. My knees were so bad that my only options were Cortisone shots and knee replacements. My large intestine expanded and ruptured my stomach muscle above my navel. It could have pierced my skin. I had Type II Diabetes. I did not begin the nutrition plan. I was convinced that my physicians knew best. I believed that other people who claimed good results from natural treatments, were flukes. A friend gave me a tape by Nobel Prize nominee Dr. Joel Wallach; titled "Dead Doctors Don't Lie," sparking a curiosity for alternative health care. I met Dr. Wallach for lunch. That meeting and that cassette tape changed my life. Doc's message was totally logical, and I verified that what he said was fact. However, I hesitated to resolve my health concerns. Like most people, I believed my doctors knew best. Who was I to go against the established norm? Then with chest pains, I was rushed to the hospital with an anxiety attack. For months afterward, my doctors performed tests and prescribed various drugs. They were certain my condition would only deteriorate. That shook me to my core, so I began a nutrition program. In only eleven weeks, my Arthritis was history! I could do deep knee bends from a standing position. The intestinal problem stopped, however I still have a naval protrusion. A few months later, my doctor said "Whatever you are doing, don't stop. You're fine." With a smile, he said, "Get out of here, you healthy bum!" Most of the health problems I experienced were treated by some of the finest doctors at the prestigious La Jolla Scripps Greens Hospital. Since recovering, my goal has been to help others with their health needs. I thought of family, friends and numerous other people who could improve and reverse medical conditions by using the resources I found so beneficial. Most people I meet are comfortable with their short range view of their overall health. They believe whole-heartedly in the health care system, and rely on health insurance for all their health care needs. Most people exercise control of

every area of their life, except when it comes to medical care. This amazes me. The experience of going from dismal health to great health has had a profound effect on my life. At first I just wanted to save my life. I immersed myself in whatever I could find on pertinent health subjects. After my health turned around, my quest for information on diseases became insatiable. I routinely visited web-sites offering educational material on diseases or health issues, and over a dozen years learned much. I have come to understand that nothing on earth is more complicated than the human body, God's best creation. These twelve years of self-training on health care and wellness have given me a new outlook beyond our medical care system, to the natural ways to maintain health. I also came to understand the major impact of politics in fostering a medical monopoly upon America. Internationally, we are in 43rd place. This works. I tell doubters; I was born in 1940. Considering my medical history, how would you explain my results? I don't look my age, yet a few years ago, I looked much older. I feel younger. In fact, I work with 20-year olds. They typically get tired, call in sick or need to take a break. They are three and a half times younger than me. They call me the Energizer Bunny. Do not accept my words on face value; do your own research, learn some of what I have learned and form your own opinion. Your well being and that of your loved ones may benefit, as I have obviously benefited from diligent research. I know hundreds of people who do what I do nutritionally. They don't suffer the illnesses so common to our neighbors. I hope you will be enlightened by this writing, and will contact me with your comments and questions. No I'm not a doctor I'm a Marine Corps veteran, with an advanced degree from the school of hard knocks, and a heart for research

Staying Healthy God's Way *Xulon Press*

A Duty to the Dead *Harper Collins*

"Another winner....Todd again excels at vivid atmosphere and the effects of war in this specific time and place. Grade: A." —Cleveland Plain Dealer "Readers who can't get enough of Maisie Dobbs, the intrepid World War I battlefield nurse in Jacqueline Winspear's novels...are bound to be caught up in the adventures of Bess Crawford." —New York Times Book Review Charles Todd, author of the resoundingly acclaimed Ian Rutledge crime novels ("One of the best historical series being written today" —Washington Post Book World) debuts an exceptional new protagonist, World War I nurse Bess Crawford, in *A Duty to the Dead*. A gripping tale of perilous obligations and dark family secrets in the shadows of a nightmarish time of global conflict, *A Duty to the Dead* is rich in suspense, surprise, and the impeccable period atmosphere that has become a Charles Todd trademark.

Psalm Saturday

Make Every Weekend a Winning Weekend

Pastor Marcus was invited to speak for the "Hope Fest" in the British Virgin Islands. While he was there, he decided to share a word of encouragement on Facebook live. It was a beautiful Saturday and he spoke from Psalm 91. Thousands were viewing, they were blessed and they asked if he could share a message from the Book of Psalms every Saturday. Out of that, Psalm Saturdays with Pastor

Marcus was birthed. A few months later, the Lord inspired him to turn Psalm Saturdays into a devotional book. This devotional is to be read every Saturday. There are 53 Saturdays in a year. The purpose of this devotional is to help you to remain encouraged by reading a Psalm and then being inspired by a simple message to support it. May this year be a winning year for you! Enjoy these Psalms and messages of inspiration!

The Iodine Crisis

What You Don't Know about Iodine Can Wreck Your Life *Devon Press*

The author presents information, case studies and patients' experiences researching and using iodine to counteract bromine exposure as well as diseases such as breast disease and cancer, prostate cancer, thyroid diseases, weight gain and brain fog.

The Metabolic Approach to Cancer

Integrating Deep Nutrition, the Ketogenic Diet, and Nontoxic Bio-Individualized Therapies *Chelsea Green Publishing*

The Optimal Terrain Ten Protocol to Reboot Cellular Health Since the beginning of the twentieth century, cancer rates have increased exponentially--now affecting almost 50 percent of the American population. Conventional treatment continues to rely on chemotherapy, surgery, and radiation to attack cancer cells. Yet research has repeatedly shown that 95 percent of cancer cases are directly linked to diet and lifestyle. The Metabolic Approach to Cancer is the book we have been

waiting for--it offers an innovative, metabolic-focused nutrition protocol that actually works. Naturopathic, integrative oncologist and cancer survivor Dr. Nasha Winters and nutrition therapist Jess Higgins Kelley have identified the ten key elements of a person's "terrain" (think of it as a topographical map of our body) that are crucial to preventing and managing cancer. Each of the terrain ten elements--including epigenetics, the microbiome, the immune system, toxin exposures, and blood sugar balance--is illuminated as it relates to the cancer process, then given a heavily researched and tested, non-toxic and metabolic, focused nutrition prescription. The metabolic theory of cancer--that cancer is fueled by high carbohydrate diets, not "bad" genetics--was introduced by Nobel Prize-laureate and scientist Otto Warburg in 1931. It has been largely disregarded by conventional oncology ever since. But this theory is resurging as a result of research showing incredible clinical outcomes when cancer cells are deprived of their primary fuel source (glucose). The ketogenic diet--which relies on the body's production of ketones as fuel--is the centerpiece of The Metabolic Approach to Cancer. Further, Winters and Kelley explain how to harness the anticancer potential of phytonutrients abundant in low-glycemic plant and animal foods to address the 10 hallmarks of cancer--an approach Western medicine does with drug based therapies. Their optimized, genetically-tuned diet shuns grains, legumes, sugar, genetically modified foods, pesticides, and synthetic ingredients while emphasizing whole, wild, local, organic, fermented, heirloom, and low-glycemic foods and herbs. Other components of their approach include harm-reductive herbal therapies like mistletoe (considered the original immunotherapy and common in European cancer care centers) and cannabinoids (which shrink tumors and increase quality of life, yet are illegal in more than half of the United States). Through addressing the ten root causes of cancer and approaching the disease from a nutrition-focused standpoint, we can slow cancer's endemic spread and live optimized lives.