

Prevent and Cure Diabetes - delicious diets, not dangerous drugs

By Dr Sarah Myhill and Craig Robinson

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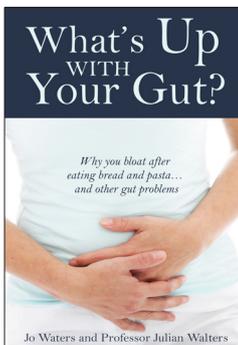
Paperback ISBN 978-1-78161-077-0 ; ebook ISBN: 978-1-78161-078-7

DUE MAY 2016

A tough-talking guide to:

- * What is driving the driving the epidemic of diabetes and metabolic syndrome
- * What is metabolic syndrome
- * How to reverse diabetes type 2
- * How to control blood sugar with minimal use of insulin in diabetes type 1

NEW



What's Up With Your Gut?

Why you bloat after eating bread and pasta... and other gut problems

By Jo Waters and Professor Julian Walters

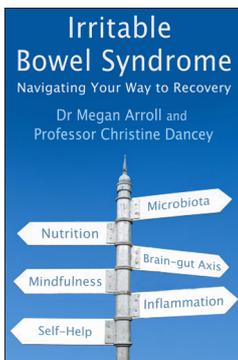
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DUE SEPTEMBER 2016

Do you get bloating when you eat certain foods? Is your social life restricted by uncertainty about your bowels? Is your work affected? This book will help you find out what your underlying gut problem is and understand how to make things better. With 80% of our immune system in our gut, sorting out digestive problems should have a profound impact on every aspect of our health.

NEW



Irritable Bowel Syndrome

- navigating your way to recovery

By Dr Megan Arroll and Professor Christine Dancy

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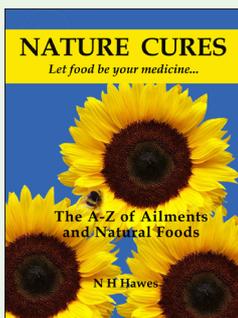
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JUST PUBLISHED

IBS is an 'invisible' disease – sufferers battle on pretending nothing is wrong and hiding their symptoms. Neither is it life-threatening. So nobody takes it seriously. But the authors do. This is a practical look at what we now know about the condition and all the latest approaches to treatment.

'Sarah Stacey's Book of the Week, *You Magazine*, *Mail on Sunday*

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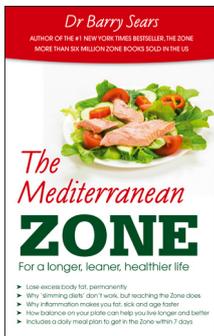
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The Mediterranean Zone – for a longer, leaner, healthier life

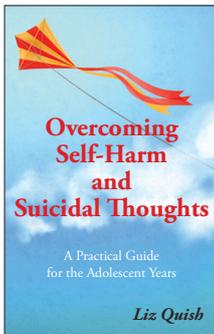
By Dr Barry Sears, #1 New York Times Bestselling Author of The Zone

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- How to lose excess body fat permanently
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- How balance on your plate can help you live longer and better
- Includes a daily meal plan to get 'in the Zone' within 7 days

'The Zone Diet is not just about weight loss. It is a strategy for global health and wellness and can help athletes achieve maximum physical and mental health.'

Professor Enrico Arcelli MD, Consultant Dietician, Inter FC



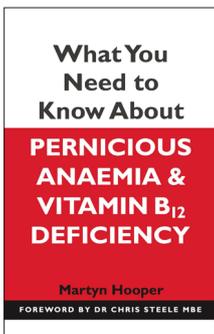
Overcoming Self-Harm and Suicidal Thoughts – a practical guide for the adolescent years

By Liz Quish

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A practical guide for parents and others caring for young people who engage in self-harming and suicidal thinking, or are at risk of doing so. Filled with insight and advice based on the author's extensive experience, the book offers a uniquely whole-person approach, dispels many myths and provides supportive strategies and preventative measures.

Contents: Understanding self-defeatist syndrome; Self-harm; Suicide; Talk therapies; Complementary therapies; Eating will for mental health; Parenting; Bereavement through suicide.



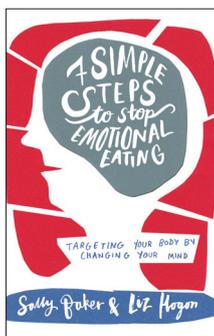
What You Need to Know About Pernicious Anaemia and Vitamin B12 Deficiency

By Martyn Hooper

Price: paperback £14.99; ebook £5.99

Paperback ISBN: 978-1-78161-051-0; ebook ISBN: 978-1-78161-052-7

The author of 'Pernicious Anaemia: the forgotten disease' provides a practical guide to recognising and addressing vitamin B12 deficiency and its consequences. Based on the latest scientific and clinical evidence, and the experience of the Pernicious Anaemia Society's members, practical guidance is provided on getting a diagnosis, treatment options and impact on daily life.



7 Simple Steps to Stop Emotional Eating

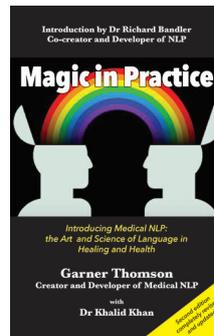
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The tools you need to free yourself from the tyranny of food and its hidden meanings.



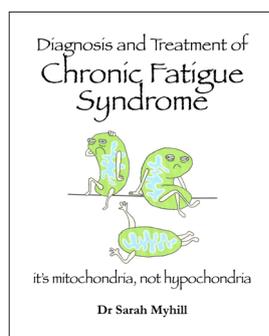
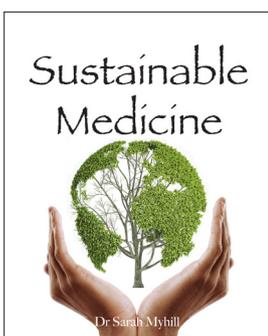
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Diagnosing and Treating Chronic Fatigue Syndrome – it's mitochondria, not hypochondria

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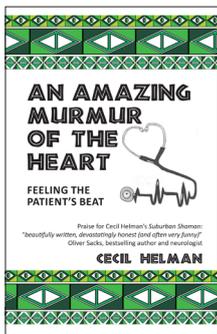
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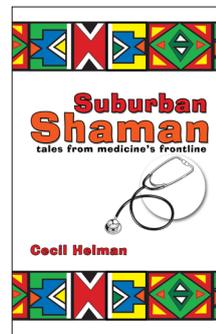
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Suburban Shaman – tales from medicine's frontline

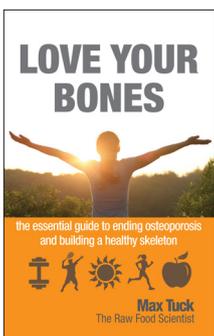
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Former Radio 4 Book of the Week.



Love Your Bones

– the essential guide to ending osteoporosis and building a healthy skeleton

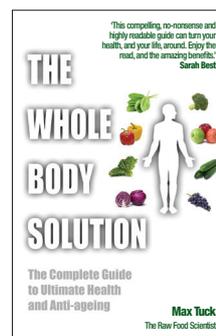
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The Whole Body Solution

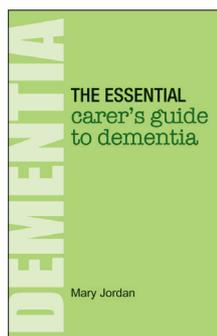
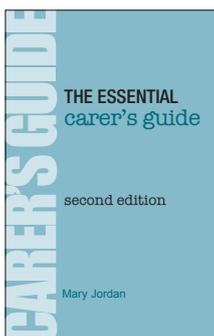
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By Mary Jordan

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The key information you need to hand when faced with caring for a relative or friend, with individual case stories, practical advice, entitlements and benefits, as well as social needs and caring for the carer.

'I wish I had had this book when I was looking after my parents.'
Sarah Stacey, Mail on Sunday's YOU magazine

The Essential Carer's Guide to Dementia

By Mary Jordan

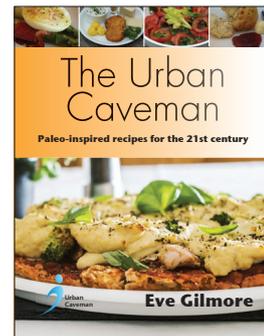
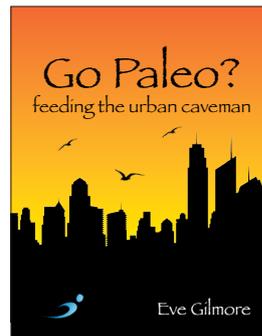
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Based on Mary's one-to-one advice working for a national dementia charity, with all the wisdom she has gleaned from supporting both clients and her own family through dementia.

'It is reassuring to have a book like this which brings together a wealth of expertise in dementia care and illustrates the points most effectively with real-world examples.'

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By Eve Gilmore

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'Going Paleo' is popular, but is it actually healthy? And is it either practical or sustainable in the 21st century? This is a stimulating discussion of the issues, drawing on the latest research together with the author's 20+ years of experience turning around serious health problems purely with diet.

The Urban Caveman

Paleo-inspired recipes for the 21st century

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Nutritional therapist Eve Gilmore presents over 300 recipes that are based on Paleo principles and have been put to the test by her numerous clients. While being dairy-, grain-, legume- and additive-free, Eve's recipes will satisfy contemporary cravings for comfort foods and complex flavours.

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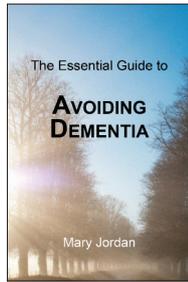
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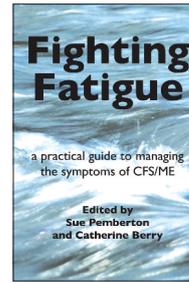
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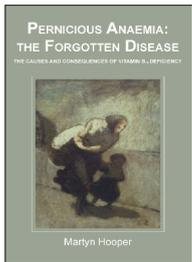
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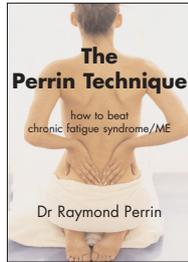
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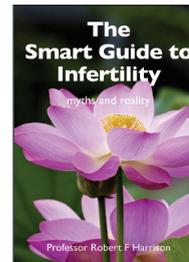
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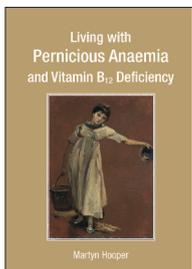


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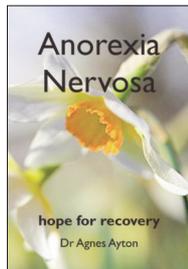


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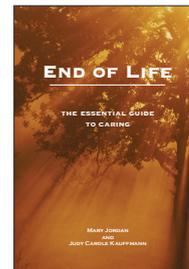
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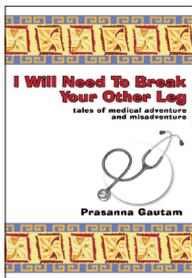
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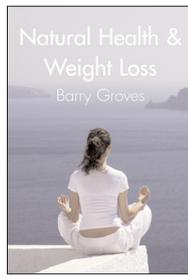
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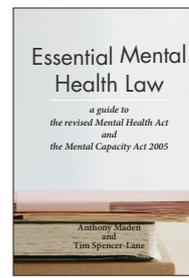
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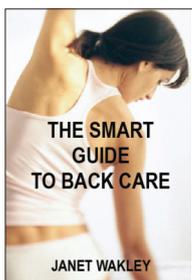


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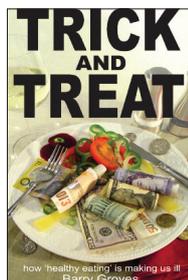


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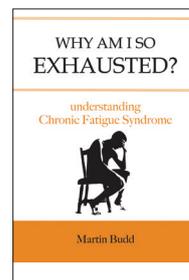
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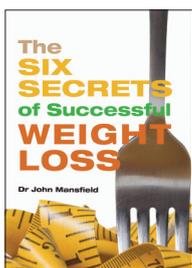


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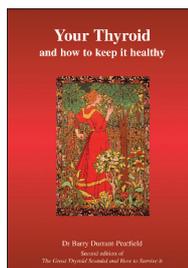


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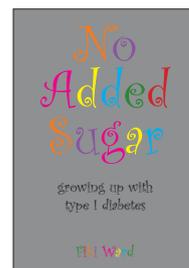
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