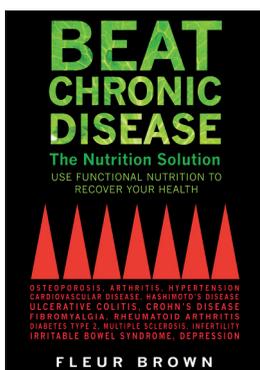


The PK Cookbook - go Paleo-ketogenic and get the best of both worlds

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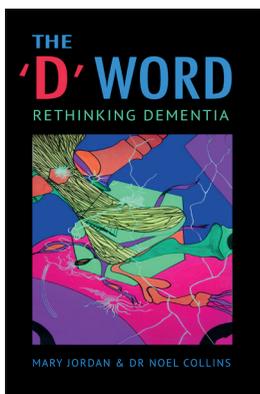
A practical guide, with delicious recipes and suggested meal plans, to how to get 'into ketosis' – the metabolic state that is being found to counteract so many diseases – using a natural, whole-foods, pre-agricultural diet.



Beat Chronic Disease – the Nutrition Solution Use functional nutrition to recover your health

By Fleur Brown
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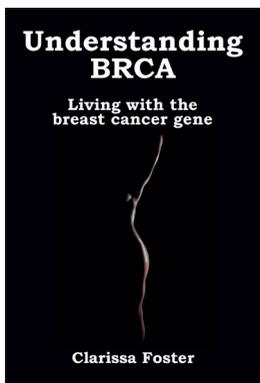
Based on nearly 25 years of practice as a functional nutritionist, Fleur shows how to look at your health problems holistically, taking into account all possible contributory factors, and thereby how to change diet and lifestyle and address other issues to regain good health and wellbeing.



The 'D' Word - rethinking dementia

By Mary Jordan and Dr Noel Collins
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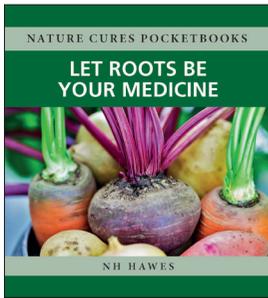
It is predicted that at least one in three of us will either develop dementia or become a carer for someone who has the condition, so rather than wait for the highly unlikely 'magic bullet' that will 'cure' dementia we have to ask ourselves 'How do I want MY dementia to be?' and address all the aspects that will make this 'cognitive disability' a better experience for all.



Understanding BRCA – living with the breast cancer gene

By Clarissa Foster
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Print ISBN: 978-1-78161-120-3; Ebook ISBN: 978-1-78161-121-0
Publication: November 2017

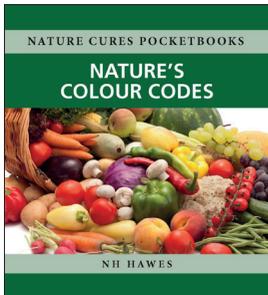
A comprehensive guide to BRCA genes 1 and 2, what mutations in them imply for future cancer risk and what can be done to mitigate the risk. Expert patient Clarissa Foster, aided by specialists Alasdair Drake and Michael Taylor, sets out the facts in the context of her own experience of traumatic loss and risk-reducing surgery.



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By Nat Hawes of www.naturecures.co.uk
Price: paperback £4.99; ebook £2.99
Print ISBN: 978-1-78161-085-5; ebook ISBN: 978-1-78161-086-2
Publication: October 2017

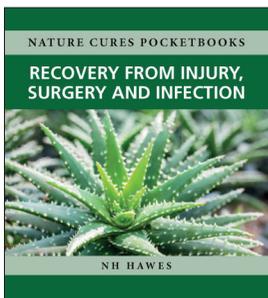
A practical guide to the nutritional and medicinal properties of roots, including an A to Z guide to 100 plants with their key components, international uses and preferred forms of consumption – tinctures, decoctions, infusions, ointments etc.



Nature Cures Pocketbook: Nature's Colour Codes

By Nat Hawes of www.naturecures.co.uk
Price: paperback £4.99; ebook £2.99
Print ISBN: 978-1-78161-087-9; Ebook ISBN: 978-1-78161-088-6
Publication: October 2017

The pigments in fruit and vegetable are powerful polyphenols that are essential for our health as minerals and vitamins. This Pocketbook explains what each colour is, how to eat as wide a variety of polyphenols as possible and what the pitfalls are of artificial colours that may look as enticing but offer none of the benefits



Nature Cures Pocketbook: Recovery from Injury, Surgery and Infection

By Nat Hawes of www.naturecures.co.uk
Price: paperback £7.99; ebook £4.99
Print ISBN: 978-1-78161-117-3; Ebook ISBN: 978-1-78161-118-0
Publication: January 2018

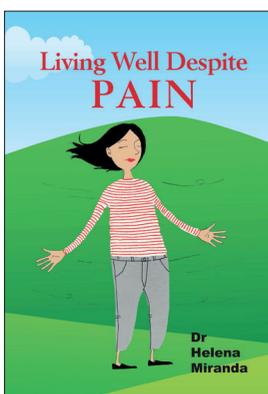
A practical guide to the foods richest in the nutrients required for healing and fighting infection including an A to Z of over 200 naturally antimicrobial plants, their active ingredients and the conditions they have been traditionally used for.



What's Up With Your Bladder?

By Dr Megan Arroll and Professor Christine Dancey
Price: paperback £14.99; ebook £5.99
Print ISBN: 978-1-78161-102-9; Ebook ISBN: 978-1-78161-103-6
Publication: January 2018

Bladder problems are embarrassing and difficult to discuss so many suffer in silence, not knowing there are investigations and treatments available that could radically improve their lives. Arroll and Dancey endeavour to act as a trusted companion with whom sufferers can share and explore their health secrets.



Living Well Despite Chronic Pain

By Dr Helena Miranda
Price: paperback £14.99; ebook £5.99
Print ISBN: 978-1-78161-132-6; Ebook ISBN: 978-1-78161-133-3
Publication: March 2018

A practical and empathetic guide to a revolutionary approach to living well with chronic pain by Finnish pain doctor and expert patient, Helena Miranda. As she explains, focusing on being pain free only leads to stress – it is mitigating the experience of pain that leads to a better life.

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