

The Dementia Whisperer – scenes from the frontline of caring

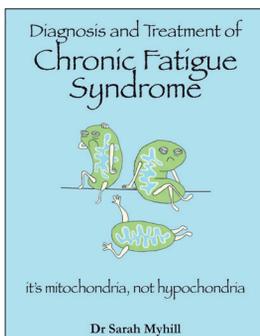
By Agnes B. Juhasz

Price: paperback £12.99; ebook: £4.99

Paperback ISBN: 978-1-78161-096-1; ebook ISBN: 978-1-78161-097-8

Publication: 11 November 2016

Writing with great humanity and understanding, Agnes Juhasz draws on many years of working with people with dementia to show how to find the essence of the person hiding behind the symptoms of this condition.



Diagnosis and Treatment of Chronic Fatigue Syndrome – it's mitochondria, not hypochondria – SECOND EDITION

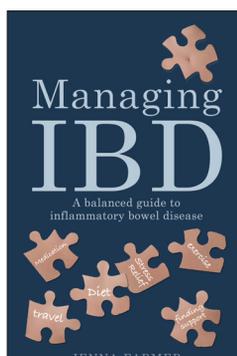
By Dr Sarah Myhill

Price: paperback £14.99; ebook £5.99

Print ISBN: 978-1-78161-079-4; Ebook ISBN: 978-1-78161-080-0

Publication: January 2017

Revised and updated throughout this second edition includes new chapters on: Why CFS is the worst treated condition in Western medicine; The roadmap to recovery; The fermenting gut; Allergy and autoimmunity; Lyme disease and other co-infections; Reprogramming the immune system; and Reprogramming the brain



Managing IBD – a balanced guide to inflammatory bowel disease

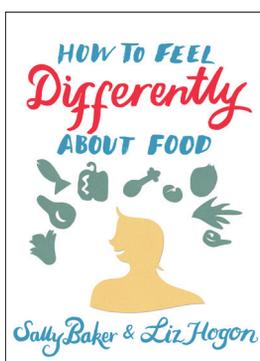
By Jenna Farmer (With IBD nurse specialist, Kaye Downes, and counsellor/therapist, Sally Baker)

Price: paperback £14.99; ebook: £5.99

Print ISBN: 978-1-78161-098-5; Ebook ISBN: 978-1-78161-099-2

Publication: March 2017

This holistic and positive guide to living with IBD combines conventional, nutritional, stress reduction and other lifestyle approaches, 'illustrated' with case histories including the author's own experience of delayed diagnosis and listening to her symptoms.



How to Feel Differently about Food – liberation and recovery from emotional eating

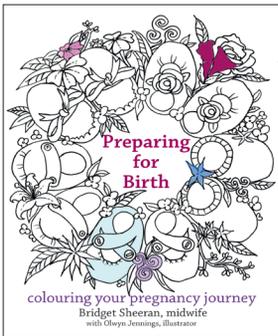
By Sally Baker & Liz Hogon

Price: paperback £14.99; ebook £5.99

Print ISBN: 978-1-78161-094-7; Ebook ISBN: 978-1-78161-095-4

Publication: January 2017

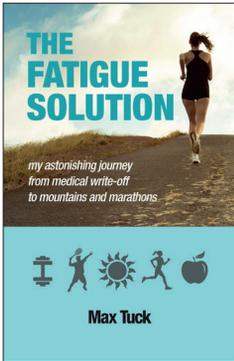
Learning new ways of thinking and feeling about food will naturally enable readers to approach eating differently. Positive changes that the authors have developed with thousands of clients can be easily integrated into a busy life with minimum planning and preparation so that readers can eat for nourishment, boost their mood and combat anxiety and depression.



Preparing for Birth – colouring your pregnancy journey

By Bridget Sheeran, Midwife, with Olwyn Jennings, illustrator
Price: hardback £9.99 ISBN: 978-1-78161-116-6
Publication: March 2017

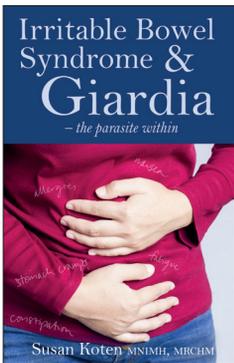
As a highly experienced community midwife and teacher, Bridget Sheeran knows that pregnancy should be a time for vital physical and mental preparation. The body and mind do much of this automatically but there are many ways to support this process, and to resist the day-to-day stresses that can hinder it. Through detailed images for colouring-in, Bridget invites pregnant women to de-stress and prepare.



The Fatigue Solution – my astonishing journey from medical write-off to marathons and mountains

By Max Tuck, AKA 'The Raw Food Scientist'
Price: paperback £14.99; ebook £5.99
Print ISBN: 978-1-78161-110-4; Ebook ISBN: 978-1-78161-111-1
Publication: March 2017

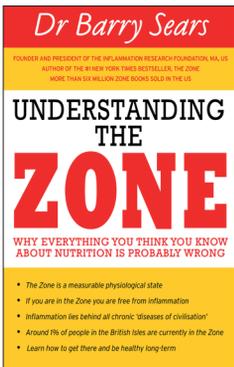
The author of *Love Your Bones* and *The Whole Body Solution* explains what contributed to her collapse with Epstein Barr virus, what factors helped her overcome her personal illness and what she has learned along the way – all backed by the latest research – that will help other sufferers from chronic fatigue rebuild their energy and their lives.



Irritable Bowel Syndrome and Giardia – the parasite within

By Susan Korten, Medical Herbalist (with Karen Evennett, Health Writer)
Price: paperback £14.99; ebook £5.99
Print ISBN: 978-1-78161-100-5; Ebook ISBN: 978-1-78161-101-2
Publication: April 2017

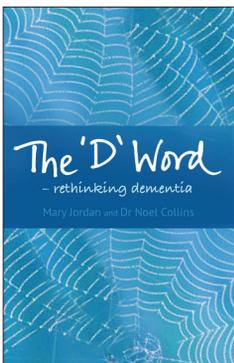
Based on many years of helping to tackle digestive disorders, Sue Korten explains the signs, symptoms and treatments for infection with Giardia – a common but under-recognised cause of unexplained digestive problems.



Understanding the Zone – why everything you think you know about nutrition is probably wrong

By Dr Barry Sears
Paperback: £14.99; Ebook: £5.99
Print ISBN: 978-1-78161-106-7; Ebook ISBN: 978-1-78161-107-4
Publication: June 2017

'The Zone' – sometimes dismissed as a 'fad diet' – is the physiological state we should all be in but are mostly (about 99%!) not. It can be measured using evidence-based markers of wellness and achieved through nutritional rules that will surprise many of those currently focused on 'gluten-free' and 'low-carb' – here's how to be in the Zone for life.



The 'D' Word – rethinking dementia

By Mary Jordan and Dr Noel Collins
Price: paperback £14.99; ebook £5.99
Print ISBN: 978-1-78161-114-2; Ebook ISBN: 978-1-78161-115-9
Publication: June 2017

Offering an alternative to the current biomedical model of dementia, the authors show people with dementia and their carers how to become 'expert' in: Personhood; Effects of dementia; What happens in other countries; The regression model; Living in the Now; Emotional thinking; Stress management; Nidotherapy



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