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KEY=REMEDIES - SKYLAR ROSS

TOP NATURAL HOME REMEDIES FOR COMMON DISEASES, AILMENTS AND MEDICAL CONDITIONS

GlobalGreenHouse For centuries, people all over the world have turned to natural remedies to fight common ailments such as colds, upset stomachs and toothaches. And the trend continues. Nearly 4 out of 10 adults have used some form of alternative remedy, according to a 2007 report from the National Center for Health Statistics. This eBook explores the following diseases and ailments and their recommended natural home remedies: ■TB(Tuberculosis) ■Knee Joint Pain ■Premenstrual Syndrome(PMS) ■Skin Cancer ■Reversing Diabetes ■Breast Cancer ■Lung Cancer ■Cholesterol ■Oily Skin ■Arthritis ■Blocked / Stuffy Nose ■Genital Herpes ■Migraine Headaches ■Asthma ■Back Pain ■Home Remedies To Help Women Get Pregnant ■Removing Ovarian Cysts ■Erectile Dysfunction(Ed)- Male Impotence ■High Blood Pressure ■Heart Disease ■Natural Antibiotics ■Depression ■Boost Immunity ■Bronchitis ■Natural Birth Control Remedies ■Natural Pain Killers ■Improve Eyesight ■Puffy Eyes ■Ear Infections ■Stretch Marks ■Fight Wrinkles, Age Spots And Other Signs Of Aging ■Common Cold ■Natural Detoxification ■Menopause Relief ■Acid Reflux & Gerd ■Improve Memory ■Diarrhea ■Fever ■Strong Teeth And Gums ■Reverse Grey Hair Naturally ■Frequent Urination ■Obesity & Weight Loss ■Dandruff ■Dry Skin ■Cancer Causing Foods That You Must Avoid ■Colon Cleansing; and more

BLACK SEEDS (NIGELLA SATIVA)

PHARMACOLOGICAL AND THERAPEUTIC APPLICATIONS

Elsevier *Black Seeds (Nigella sativa)* is a comprehensive resource covering all aspects of this medicinal plant, well-known for its positive effects in many human ailments. It has been used to promote health and fight diseases, and has been found to have antioxidant, antihypertensive, anti-diabetic, anti-inflammatory, and analgesic effects. It has also been known to have antimicrobial, anticancer, neuro-protectant, cardio protectant, immunomodulator, hepatic protectant characteristics. Thymoquinone, the active compound of the plant, also exhibits these protective qualities against many disorders. This book summarizes the effect of this plant on all the organ systems of the body. *Black Seeds (Nigella sativa)* is a comprehensive resource for researchers working in pharmacology, food chemistry and pharmaceutical chemistry, both in industry and academia. Contains global coverage of the latest research on the pharmacological properties of *Nigella sativa* Includes the medicinal effects of *Nigella sativa*: antioxidant, antihypertensive, anti-diabetic, anti-inflammatory, antimicrobial, and anticancer effects among many others Features many figures with mechanisms and tables to illustrate key details about *Nigella sativa*

KHAZANA OF HEALTHY TASTY RECIPES

Popular Prakashan This Is A Book That Is Not Only Meant For Health Conscious Individuals Or Those With Dietary Restrictions, But Also Those Who Do Not Give Health A Thought, And Love To Enjoy Good Food.

BLACK CUMIN

THE MAGICAL EGYPTIAN HERB FOR ALLERGIES, ASTHMA, AND IMMUNE DISORDERS

Simon and Schuster • The first book to fully explore the extraordinary effectiveness of black cumin against immune-system disorders, allergies, asthma, and skin problems. • Written by the world's foremost experts on black cumin. • Includes precise directions for preparation and specific recipes for treating a variety of ailments. The extraordinary healing powers of black cumin have been known for centuries in the Middle East where the Prophet Mohammed himself declared: "Black cumin heals every disease except for death." It enjoyed wide use in ancient Egypt as a digestive aid and as an effective medicine for colds, headaches, toothaches, and infections. Because of its complex chemical structure--it has over one hundred active ingredients--black cumin has positive effects on the respiratory, immune, circulatory, digestive, and urinary systems. It is enormously effective against asthma, stomach ailments, and numerous skin conditions, ranging from acne to psoriasis. It also has been the subject of intensive scientific research indicating that it strengthens and stabilizes the immune system and is greatly beneficial in the treatment of allergies. It has even been found to be beneficial in the treatment of impotence when the causes are primarily physiological. This book will serve as an invaluable resource for anyone interested in the healing properties of this incredible plant. It contains everything you need to know in order to use black cumin for the prevention and treatment of illness, including specific recipes for infections and allergies, and precise directions for their preparation. The authors even provide a section on the use of black cumin as a beauty aid and as a culinary staple.

ALL YOU NEED TO KNOW ABOUT BLACK SEED OIL

NATURAL HEALING REMEDIES, TRADITIONAL HEALING WITH BLACK CUMIN OIL, HERBAL REMEDIES, ALTERNATIVE HEALING AND NATURAL HEALTH REMEDIES

Scientists from all over the world have been working for years on the unique properties and the active ingredient of black seed oil. Whether against hypertension, sleep disorders, allergies, asthma, skin and infectious diseases, a weakened immune system or proven against cancer: black seed oil is supposed to do wonders for the health of the human body, which has been impressively demonstrated in over 700 studies. This book informs you comprehensively about the effect and applicability of this valuable oil! Get this exclusive guide to prevent and treat various diseases and benefit from the extraordinary properties of this precious oil

FROM MTV TO MECCA BY MEROO BOOKS

HOW ISLAM INSPIRED MY LIFE

Mereo Books In the early 1990's Kristiane Backer was one of the very first presenters of MTV Europe. For some years she lived and breathed the international music scene, quickly gaining a cult following amongst viewers and becoming a darling of European press. As she reached the pinnacle of her success she realised that, despite having all she could have wished for, she was never truly satisfied. Something very important was missing. A fateful meeting with Pakistani cricket hero Imran Khan changed her life. He invited her to his country where she encountered a completely different world from the one she knew, the religion and culture of Islam. Instead of pop and rock stars she was meeting men and women whose lives were dominated by the love of God and who cared very little for the brief glories of this world. She began to read the Quran and to study books about the Faith. A few years later, after travelling more widely in the Islamic world and knowing that she had discovered her spiritual path, she embraced Islam in a London mosque. And then her real adventures began. In this very personal memoir Kristiane Backer tells the story of her conversion and explains how faith, despite the many challenges she faced, has given her inner peace and the meaning she sought.

LIVING EASY WITH AYURVEDA

Partridge Publishing The book guides you to adopt a healthy lifestyle based on the ancient Indian Medical Science - Ayurveda. The book covers the following topics - setting up a healthy lifestyle, basics of Tridosha, Massage, benefits and side effects, Panchakarma and related procedures, Mental and physical exercises, How to adopt Pranayama in your routine, Health advice based on seasons, Diet advice, Fasting tips, Tastes and their qualities Abstinence, Sexual health, Sleep and related aspects, Dairy products, Spices, Oils, simple and effective home remedies and more.

THE 21-DAY BELLY FIX

THE DOCTOR-DESIGNED DIET PLAN FOR A CLEAN GUT AND A SLIMMER WAIST

Zinc Ink A leading integrative physician shares a groundbreaking 21-day eating plan to shed pounds, accelerate metabolism, balance your digestive system, improve gut function, and feel better every day—without dieting! There are one hundred trillion reasons losing weight and staying healthy are so hard: That's the number of bacteria living in your digestive system—good bugs and bad that influence everything from how much fat you store to whether or not you'll get arthritis, diabetes, or Alzheimer's. As medical director of the Atlanta Center for Holistic and Integrative Medicine, Tasneem Bhatia, M.D., is an expert in unlocking the mystery of the gut and probiotic health. Combining the latest research and cutting-edge science with proven alternative nutritional remedies, Dr. Taz has developed a simple plan—one that has worked for thousands of her own patients—that aims to reprogram your digestive system, help fight disease, and strip away pounds in just 21 days! The Belly Fix accelerates metabolism, increases energy, and jump-starts weight loss immediately. Once "fixed," you'll continue to feel the benefits. Drop pounds on the 21-Day Belly Fix plan, with more to come, as you continue to follow the program designed to balance your digestive bacteria and put you on the path to long-term health and vitality. Speed up your metabolism with the help of research that proves a direct link between your gut bacteria and how quickly you burn fat. Reduce inflammation and rebalance your body to help fight diabetes, arthritis, Alzheimer's, skin disorders, and more. Find focus and clarity with the help of simple and delicious foods that feed the healthy microorganisms in your gut—and fight the bad ones! The 21-Day Belly Fix is the final word on what researchers call your "second brain" and the simple ways that fixing your diet—instead of committing to a long-term food-banishing plan—can get your gut out of the gutter and help you to start feeling great. With delicious recipes and easy swaps, The 21-Day Belly Fix is the ultimate weight-loss plan! Praise for The 21-Day Belly Fix "If you are tired of feeling bloated and blah, let The 21-Day Belly Fix be your guide to good gut health and a slim waistline. This splendid book is truly a treasure, and Dr. Taz is one of the nation's leading experts on integrative medicine."—Gerard E. Mullin, M.D., associate professor of medicine, Johns Hopkins, and author of *The Inside Tract and Integrative Gastroenterology*

LEAD MOLECULES FROM NATURAL PRODUCTS

DISCOVERY AND NEW TRENDS

Elsevier *Lead Molecules from Natural Products: Discovery and New Trends* provides the reader with a thorough overview of current discoveries and trends in Natural Products research. This book consists of 22 chapters from well known scientists all over the world, with topics ranging from Natural Product Chemistry and Phytochemistry in their most basic form, to Molecular Biology and in silico drug design. Contributors describe their own laboratory experiences, revealing their findings, the legal issues encountered. The chapters, all of equally high quality, summarize years of extensive research in each area, and provide insight in the new themes of natural product research. The information will help to predict promising leads, useful for physicians in the treatment of different diseases and disease manifestations. * Explains the effects of plant extracts on gene expression profiling. * Details medicinal plant

research from around the world * Explores a variety of medicinal uses of plants from traditional remedies, to anti-cancer agents and anti-salmonella agents.

THE PROPHETIC MEDICINE (ENGLISH)

[الطب النبوي] [إنكليزي]

دار الكتب العلمية Dar Al Kotob Al Ilmiyah

WHO MONOGRAPHS ON SELECTED MEDICINAL PLANTS

World Health Organization This is the second volume in a series of monographs which are intended to promote information exchange and international harmonised standards for the quality control and use of herbal medicines. It contains scientific information on 30 selected plants, and each entry includes a pharmacopoeial summary for quality assurance purposes, information on its clinical application and sections on contraindications, pharmacology, safety issues, and dosage forms. It provides two cumulative indexes with entries in alphabetical order by plant name and according to the plant material of interest.

THE ENCYCLOPEDIA OF HERBS AND SPICES

CABI The Encyclopedia of Herbs and Spices provides comprehensive coverage of the taxonomy, botany, chemistry, functional properties, medicinal uses, culinary uses and safety issues relating to over 250 species of herbs and spices. These herbs and spices constitute an important agricultural commodity; many are traded globally and are indispensable for pharmaceuticals, flavouring foods and beverages, and in the perfumery and cosmetic industries. More recently, they are increasingly being identified as having high nutraceutical potential and important value in human healthcare. This encyclopedia is an excellent resource for researchers, students, growers and manufacturers, in the fields of horticulture, agriculture, botany, crop sciences, food science and pharmacognosy.

HERBAL COSMETICS IN ANCIENT INDIA

WITH A TREATISE ON PLANTA COSMETICA

This Book Has Gleaned Various Cosmetic Formulations Contained In A Wide Body Of Literature On Subjects As Diverse As Dharma (Religion), The Art Of Love And Health Sciences. Condition Good.

SUPERCHARGED FOOD

EAT YOUR WAY TO HEALTH.

Allen & Unwin Supercharged Food is a simple and inspiring guide to eating for optimum health. It features more than 90 recipes that are gluten, wheat, dairy, yeast and sugar-free, each bursting with nutrient-rich or 'super' foods that will help nourish and heal your body. Whether you have coeliac disease, food allergies or you just want to improve your health, this is your one-stop shop for easy, vibrant and flavourful meals that will jump-start your immune system, boost your energy levels and maintain your long-term wellbeing.

HANDBOOK OF SPICES, SEASONINGS, AND FLAVORINGS, SECOND EDITION

CRC Press An A to Z Catalog of Innovative Spices and Flavorings Designed to be a practical tool for the many diverse professionals who develop and market foods, the Handbook of Spices, Seasonings, and Flavorings combines technical information about spices—forms, varieties, properties, applications, and quality specifications — with information about trends, spice history, and the culture behind their cuisines. The book codifies the vast technical and culinary knowledge for the many professionals who develop and market foods. While many reference books on spices include alphabetized descriptions, the similarity between this book and others ends there. More than just a list of spices, this book covers each spice's varieties, forms, and the chemical components that typify its flavor and color. The author includes a description of spice properties, both chemical and sensory, and the culinary information that will aid in product development. She also explains how each spice is used around the world, lists the popular global spice blends that contain the spice, describes each spice's folklore and traditional medicine usage, and provides translations of each spice's name in global languages. New to this edition is coverage of spice labeling and a chapter on commercial seasoning formulas. Going beyond the scope of most spice books, this reference describes ingredients found among the world's cuisines that are essential in providing flavors, textures, colors, and nutritional value to foods. It explores how these ingredients are commonly used with spices to create authentic or new flavors. The author has created a complete reference book that includes traditionally popular spices and flavorings as well as those that are emerging in the US to create authentic or fusion products. Designed to help you meet the challenges and demands of today's dynamic marketplace, this book is a complete guide to developing and marketing successful products.

THE COMPLETE BOOK OF AYURVEDIC HOME REMEDIES

BASED ON THE TIMELESS WISDOM OF INDIA'S 5,000-YEAR-OLD MEDICAL SYSTEM

Harmony Based on the ancient healing tradition from India that dates back thousands of years, The Complete Book of Ayurvedic Home Remedies offers natural alternatives to conventional medicines and treatments with practical advice and easy-to-follow instructions. Dr. Vasant Lad, a leading authority in this field, has created an invaluable guide to treating common ailments and chronic problems with strategies tailored to your personal needs based on your dosha. Dr. Lad first explains the principles behind the science of Ayurveda, exploring the physical and psychological characteristics of each of the three doshas, or mind-body types--vata, pitta, and kapha. Once you have determined which type or combination of types you are, Dr. Lad helps you to begin your journey to the ultimate

"state of balance" and well-being. Dr. Lad explains why certain imbalances often result in illness and shows you how to restore your body to natural order. You'll learn which traditional Ayurvedic remedies--herbal teas and formulas, essential oils, meditation, yoga--offer relief from a variety of conditions, such as cold and flu symptoms, headaches, toothaches, sore throats, high cholesterol, vision problems, anxiety, and depression. Dr. Lad also shows you how to use diet and specific Ayurvedic techniques to prevent future illness and to promote body consciousness and healthy living. The Complete Book of Ayurvedic Home Remedies enables us all to experience the benefits of Ayurveda's healing properties that have been refined over thousands of years. All of the herbs, foods, and oils Dr. Lad recommends can be found in local health food stores or through mail-order catalogs. Complete with an extensive glossary and resource list, this is the definitive guide to natural, safe, and effective remedies, everyday keys to a lifetime of vitality and well-being.

NECK AND SHOULDER PAIN

Harvard Health Publications

ESSENTIAL OIL SAFETY - E-BOOK

A GUIDE FOR HEALTH CARE PROFESSIONALS

Elsevier Health Sciences *The second edition of this book is virtually a new book. It is the only comprehensive text on the safety of essential oils and the first review of essential oil/drug interactions and provides detailed essential oil constituent data not found in any other text. Much of the existing text has been re-written, and 80% of the text is completely new. There are 400 comprehensive essential oil profiles and almost 4000 references. There are new chapters on the respiratory system, the cardiovascular system, the urinary system, the digestive system and the nervous system. For each essential oil there is a full breakdown of constituents, and a clear categorization of hazards and risks, with recommended maximum doses and concentrations. There are also 206 Constituent Profiles. There is considerable discussion of carcinogens, the human relevance of some of the animal data, the validity of treating an essential oil as if it was a single chemical, and the arbitrary nature of uncertainty factors. There is a critique of current regulations.*

COGNITIVE BEHAVIORAL THERAPY FOR TINNITUS

Plural Publishing *For many individuals afflicted with tinnitus, the condition causes substantial distress. While there is no known cure for tinnitus, cognitive behavioral therapy (CBT) can offer an effective strategy for managing the symptoms and side effects of chronic tinnitus. Cognitive Behavioral Therapy for Tinnitus is the first book to provide comprehensive CBT counseling materials specifically developed for the management of tinnitus. This valuable professional book has two primary purposes: to provide clinical guidelines for audiologists who are offering CBT-based counseling for tinnitus and to provide self-help materials for individuals with tinnitus. In addition, these materials may be of interest to researchers developing evidence-based therapies for tinnitus. The book is structured into three sections. Section A provides background information about the theoretical aspects of CBT and some practical tips on how to use this book. Section B provides the CBT counseling, or self-help materials, which can be used by both audiologists and those with tinnitus. Finally, Section C provides some supplementary materials for clinicians that can aid monitoring and engagement of individuals experiencing tinnitus during the course of intervention. Key Features: * The CBT materials contained in this text have been tested in numerous clinical trials across the globe (Australia, Germany, Sweden, United Kingdom, and the United States) both as self-help book chapters and self-help materials delivered via the Internet. * The counseling materials are presented at minimum reading grade level (U.S. 6th grade level) to maximize reader engagement. * The authors of this book have extensive experience in the management of tinnitus, offering useful insights for clinicians and those with tinnitus. * Includes expert advice videos for each chapter to facilitate its adoption to clinical practice.*

BLACK SEED

NATURE'S MIRACLE REMEDY

Karger Publishers *Black Seed: The "Miracle Herb" Of The Century. That may sound like an exaggeration, but in fact, history shows us that this extraordinary herb may just be the primary health-bolstering agent of the millennium! For thousands of years Nigella sativa, or Black Seed, has been revered for its astounding healing power. Throughout the ages, again and again, Black Seed emerges in prominent herbals and medical texts as a notable healer for an astonishing range of ailments. This book will take you through the history of this remarkable herb, and into modern day where science is finally advanced enough to clinically validate what herbalists have long known: that Black Seed's benefits are so diverse that, especially when used in conjunction with other treatments and herbs, it is very nearly a cure-all. A complex interaction of over 100 active components gives Black Seed a tremendous power to regulate immune function and enhance the body's constitution in a way no single substance has ever been known to do. This means that Black Seed is useful against a vast array of ailments from those caused by bacteria or viruses, to common allergies, and even injuries. The coming years will see exciting new applications of Black Seed in the treatment of such fatal diseases as cancer and AIDS. These pages provide a comprehensive overview of the science behind the miracle and detail recent studies and modern uses of Black Seed, including the treatment of respiratory ailments, digestive complaints, skin problems, hypertension, cancer, HIV/AIDS, beauty and skin care, and more! Most importantly, use this book to guide you through the basics of how and when to use Black Seed, and you'll be on your way to realizing your maximum potential of vitality and health.*

THE AYURVEDIC PHARMACOPOEIA OF INDIA

HERBAL MEDICINE

BIOMOLECULAR AND CLINICAL ASPECTS, SECOND EDITION

CRC Press *The global popularity of herbal supplements and the promise they hold in treating various disease states has caused an*

unprecedented interest in understanding the molecular basis of the biological activity of traditional remedies. *Herbal Medicine: Biomolecular and Clinical Aspects* focuses on presenting current scientific evidence of biomolecular ef

THE HAPPIEST TODDLER ON THE BLOCK

THE NEW WAY TO STOP THE DAILY BATTLE OF WILLS AND RAISE A SECURE AND WELL-BEHAVED ONE- TO FOUR-YEAR-OLD

Bantam The pediatrician-author of *The Happiest Baby on the Block* offers parents a groundbreaking new approach for dealing with toddlers, drawing a parallel between a child's development and humankind's journey to civilization and presenting specific behavioral techniques designed to enhance parent-child communication, alleviate tantrums, and increase positive relationships.

FERRI'S CLINICAL ADVISOR 2019 E-BOOK

5 BOOKS IN 1

Elsevier Health Sciences Updated annually with the latest developments in diagnosis and treatment recommendations, *Ferri's Clinical Advisor* uses the popular "5 books in 1" format to organize vast amounts of information in a clinically relevant, user-friendly manner. This efficient, intuitive format provides quick access to answers on more than 900 common medical conditions, including diseases and disorders, differential diagnoses, and laboratory tests – all updated by experts in key clinical fields. Updated algorithms and current clinical practice guidelines help you keep pace with the speed of modern medicine. Contains significant updates throughout, with more than 500 new figures, tables, and boxes added to this new edition. Features 17 all-new topics including opioid overdose, obesity-Hypoventilation syndrome, acute pelvic pain in women, new-onset seizures, and eosinophilic esophagitis, among many others. Provides current ICD-10 insurance billing codes to help expedite insurance reimbursements. Includes cross-references, outlines, bullets, tables, boxes, and algorithms to help you navigate a wealth of clinical information. Offers access to exclusive online content: more than 90 additional topics; new algorithms, images, and tables; EBM boxes; patient teaching guides, color images, and more.

HANDBOOK OF HERBS AND SPICES

Elsevier Herbs and spices are among the most versatile ingredients in food processing, and alongside their sustained popularity as flavourants and colourants they are increasingly being used for their natural preservative and potential health-promoting properties. An authoritative new edition in two volumes, *Handbook of herbs and spices* provides a comprehensive guide to the properties, production and application of a wide variety of commercially-significant herbs and spices. Volume 1 begins with an introduction to herbs and spices, discussing their definition, trade and applications. Both the quality specifications for herbs and spices and the quality indices for spice essential oils are reviewed in detail, before the book goes on to look in depth at individual herbs and spices, ranging from basil to vanilla. Each chapter provides detailed coverage of a single herb or spice and begins by considering origins, chemical composition and classification. The cultivation, production and processing of the specific herb or spice is then discussed in detail, followed by analysis of the main uses, functional properties and toxicity. With its distinguished editor and international team of expert contributors, the two volumes of the new edition of *Handbook of herbs and spices* are an essential reference for manufacturers using herbs and spices in their products. They also provide valuable information for nutritionists and academic researchers. Provides a comprehensive guide to the properties, production and application of a wide variety of commercially-significant herbs and spices Begins with a discussion of the definition, trade and applications of herbs and spices Reviews the quality specifications for herbs and spices and examines the quality indices for spice essential oils

BLACK CUMIN (NIGELLA SATIVA) SEEDS: CHEMISTRY, TECHNOLOGY, FUNCTIONALITY, AND APPLICATIONS

Springer Nature Recent developments in the field of nutrition have led to increased interest in herbs and medicinal plants as phytochemical-rich sources for functional food, nutraceuticals, and drugs. As research sheds light on the therapeutic potential of various bioactive phytochemicals, the demand for plant extracts and oils has increased. Black cumin or black seeds (*Nigella sativa*) have particularly widespread nutritional and medicinal applications. In traditional medicine, black seeds are used to manage fatigue and chronic headache. Black seed oil is used as an antiseptic and analgesic remedy and for treatment of joint's pain and stiffness and can be mixed with sesame oil to treat dermatosis, abdominal disorders, cough, headache, fever, liver ailments, jaundice, sore eyes, and hemorrhoids. Thymoquinone, the main constituent in black seed volatile oil, has been shown to suppress carcinogenesis. *Black cumin (Nigella sativa) seeds: Chemistry, Technology, Functionality, and Applications* presents in detail the chemical composition, therapeutic properties, and functionality of high-value oils, phytochemicals, nutrients, and volatiles of the *Nigella sativa* seed. Organized by formulation (seeds, fixed oil, essential oil, and extracts), chapters break this seed down into its chemical constituents and explore their role in the development of pharmaceuticals, nutraceuticals, novel food, natural drugs, and feed. Following numerous reports on the health-promoting activities of *Nigella sativa*, this is the first comprehensive presentation of the functional, nutritional, and pharmacological traits of *Nigella sativa* seeds and seed oil constituents.

FRUIT OILS: CHEMISTRY AND FUNCTIONALITY

Springer *Fruit Oils: Chemistry and Functionality* presents a comprehensive overview of recent advances in the chemistry and functionality of lipid bioactive phytochemicals found in fruit oils. The chapters in this text examine the composition, physicochemical characteristics and organoleptic attributes of each of the major fruit oils. The nutritional quality, oxidative stability, and potential food and non-food applications of these oils are also extensively covered. The potential health benefits of the bioactive lipids found in these fruit oils are also a focus of this text. For each oil presented, the levels of omega-9, omega-6 and omega-3 fatty acids are specified, indicating the level of health-promoting traits exhibited in each. The oils and fats extracted from fruits generally differ from one another both in terms of their major and minor bioactive constituents. The methods used to extract oils and fats as well as the

processing techniques such as refining, bleaching and deodorization affect their major and minor constituents. In addition, different post-processing treatments of fruit oils and fats may alter or degrade important bioactive constituents. Treatments such as heating, frying, cooking and storage and major constituents such as sterols and tocopherols are extensively covered in this text. Although there have been reference works published on the composition and biological properties of lipids from oilseeds, there is currently no book focused on the composition and functionality of fruit oils. *Fruit Oils: Chemistry and Functionality* aims to fill this gap for researchers, presenting a detailed overview of the chemical makeup and functionality of all the important fruit oils.

HEALING POWER OF BLACK CUMIN

Lotus Press Includes recipes using black cumin (*Nigella sativa*, *Nigella damascena*, *Nigella arvensis*) for health care.

TIRTHA, THE TREASURY OF INDIAN EXPRESSIONS

THE ONE ONE ONE DIET

THE SIMPLE 1:1:1 FORMULA FOR FAST AND SUSTAINED WEIGHT LOSS

Rodale Anyone who has tried to slim down is used to adding (calories, points, fat grams, net carbs) and subtracting (pounds, inches, dress sizes). But all that diet math rarely results in long-lasting weight loss. To be successful on The One One One Diet, readers only need to count to one: one protein, one carb, and one fat at every meal. For over 12 years, nutritionist Rania Batayneh has used this plan with more than 800 clients, and they've collectively dropped thousands of pounds permanently. The One One One Diet isn't another get-slim-quick fad, but rather gives readers the tools to eat healthfully for life. As long as readers stick to the ratio, nothing is off limits. Craving pizza? The crust (carb), sausage (protein), cheese (fat), and free veggies combine for a balanced, satisfying meal. Holiday family meals? Roast beef (protein), mashed potatoes (carb), gravy (fat), and green beans (free veggies) are on the table. The plan is perfectly adaptable to every lifestyle, food preference, cuisine, and personality. To illustrate how flexible and delicious this plan can be, Rania shares 75 recipes that she developed for her healthy meal catering service. Dishes such as Sumac-Infused Chicken Wraps, Butternut Squash Chickpea Curry, and Zucchini Chip Muffins are fast and easy to make and definitely don't taste like diet food. With The One One One Diet, readers will enhance overall wellness, lower cholesterol and blood pressure, increase energy and alertness, and reach their goal weight for good.

DUKE'S HANDBOOK OF MEDICINAL PLANTS OF THE BIBLE

CRC Press Known for their ease of use, artful presentation of scientific information, and evidence-based approach, James Duke's comprehensive handbooks are the cornerstone in the library of almost every alternative and complementary medicine practitioner and ethnobotanist. Using the successful format of these bestselling handbooks, *Duke's Handbook of Medicinal Plants of the Bible* covers 150 herbs that scholars speculate, based on citations, were used in Biblical times.

PERIOD REPAIR MANUAL

NATURAL TREATMENT FOR BETTER HORMONES AND BETTER PERIODS

Lara Briden *Period Repair Manual* is your guide to better periods using natural treatments such as diet, nutritional supplements, herbal medicine, and natural hormones. It contains advice and tips for women of every age and situation. If you have a period (or want a period), then this book is for you. Topics include: * How to come off hormonal birth control * What your period should be like* What can go wrong * How to talk to your doctor * Treatment protocols for all common period problems, including PCOS and endometriosis The second edition contains insights from Professor Jerilynn Prior, more than 300 new references, and an additional chapter on perimenopause and menopause. Written by a naturopathic doctor with more than twenty years experience, this book is a compilation of everything that works for hormonal health.

MY HALAL KITCHEN

GLOBAL RECIPES, COOKING TIPS, AND LIFESTYLE INSPIRATION

Agate Publishing Yvonne Maffei is the founder of the hugely popular cooking blog and Islamic lifestyle website My Halal Kitchen. Her new book, *My Halal Kitchen: Global Recipes, Cooking Tips, and Lifestyle Inspiration*, celebrates halal cooking and shows readers how easy it can be to prepare halal meals. Her cookbook collects more than 100 recipes from a variety of culinary traditions, proving that halal meals can be full of diverse flavors. Home cooks will learn to make classic American favorites and comfort foods, as well as international dishes that previously may have seemed out of reach: Coq without the Vin, Shrimp Pad Thai, Chicken Tamales, and many more. The book also includes resources that break down the basics of halal cooking and outline common non-halal ingredients, their replacements, and how to purchase (or make) them. As Maffei often says to her million-plus social media followers, halal cooking elegantly dovetails with holistic living and using locally sourced, organic ingredients. In the halal tradition, every part of the farm-to-fork cycle has importance. This book is an ideal resource not only for Muslim home cooks, but also for any home cook looking to find delicious and healthy recipes from around the globe.

GOUT AND YOU

THE ULTIMATE GOUT DIET & COOKBOOK

GLIMPSES FROM THE DAYS OF YORE

Sankalp Publication N/A

THE PLEASURE TRAP

MASTERING THE FORCE THAT UNDERMINES HEALTH & HAPPINESS

Book Publishing Company The authors offer unique insights into the factors that make us susceptible to dietary and lifestyle excesses, and present ways to restore the biological processes designed by nature to keep us running at maximum efficiency and vitality. A wake-up call to even the most health conscious people, *The Pleasure Trap* boldly challenges conventional wisdom about sickness and unhappiness in today's contemporary culture, and offers groundbreaking solutions for achieving change. Authors Douglas Lisel, Ph.D., and Alan Goldhamer, D.C., provide a fascinating new perspective on how modern life can turn so many smart, savvy people into the unwitting saboteurs of their own well-being. Inspired by stunning original research, comprehensive clinical studies, and their successes with thousands of patients, the authors construct a new paradigm for the psychology of health, offering fresh hope for anyone stuck in a self-destructive rut. Integrating principals of evolutionary biology with trailblazing, proactive strategies for well

FRACTURES AND OTHER INJURIES

MOLECULAR BASIS OF NEUROPHARMACOLOGY : A FOUNDATION FOR CLINICAL NEUROSCIENCE

A FOUNDATION FOR CLINICAL NEUROSCIENCE

McGraw Hill Professional * The most up-to-date and comprehensive coverage of the relationship of brain function and neuroactive chemicals * Authors are world-known leaders in the field * *Molecular Neuropharmacology* is the hot topic in medicine

INDIAN MEDICINAL PLANTS

A COMPENDIUM OF 500 SPECIES

Orient Blackswan *Indian Medicinal Plants*, based on a treatise prepared by S. Raghunatha Iyer, a scholar of both Sanskrit and Ayurveda, aims to make an authoritative contribution to the field. The original work which drew upon classical texts and current research, as well as the oral medical knowledge of tribal groups has been updated by scholars associated with the Arya Vaidya Sala in Kottakal, India. This unique compendium offers profiles of 500 key species with detailed taxonomic information. One of the leading features of this compilation is the special technique used in the illustrations, both colour and line, which aims to achieve authenticity of texture, colour and form. The book also lists the distribution and popular nomenclature in English, Sanskrit, Hindi, Malayalam and Tamil. The main texts present properties and uses in a format which cites ancient verse texts and ethnobotanical sources. This rare work, in five volumes, should be of special interest to practitioners of alternative medicine, students of Ayurveda, the research and industry associated with medical botany, pharmacologists, sociologists and medical herbalists.

THE WESTERN HERBAL TRADITION

2000 YEARS OF MEDICINAL PLANT KNOWLEDGE

Singing Dragon *The Western Herbal Tradition* is a comprehensive exploration of 27 plants that are central to the herbalist's repertoire. This fully illustrated colour guide offers analysis of these herbs through the examination of historical texts and discussion of current applications and research. Your practice of phytotherapy will be transformed as the herbal knowledge from these sources is illuminated and assessed. Each chapter offers clear information on identification, uses and recipes, as well as recommendations on safety, prescribing, dosage and full academic references. *The Western Herbal Tradition* reveals a deep understanding of the true essence of what each plant can offer, as well as a fascinating insight into the unique history of contemporary herbal practice. This book is a valuable resource for everyone interested in herbal medicine and its history.
