

## Asian Health Secrets The Complete Guide To Asian Herbal Medicine

**TACKLE YOUR PAIN THE NATURAL WAY** Whether you've dealt with a lifetime of chronic aches and pains or suffer from a specific ailment, when you're in constant pain, relief is the only thing on your mind. Are you using the same over-the-counter painkiller to treat everything from toothaches to knee pain? If so, you may only be providing a temporary mask to your suffering—not healing it—and it's only a matter of time before the pain returns. Every pain is unique, from headaches to back strains to arthritis, and there's no one-solution-fits-all to alleviate your suffering. Natural remedies expert Letha Hadady knows that to treat pain you must focus on the cause. Organizing her advice by both symptom and type of pain, Hadady guides you on how to use a variety of all-natural herbs, extracts, and pills to ease and control the source of your suffering. Find Natural Pain Remedies For: •Arthritis •Sciatica •Backaches •Chest Pains •Nerve Pain •Migraines •Burns •Knee Discomfort •Carpal Tunnel Syndrome And More... Praise for Letha Hadady "There is no one else of Letha's stature, experience, and knowledge in the field of alternative medicine." —ALICE RHEE, NBC NEWS "The Martha Stewart of herbs." —CONDE NAST TRAVELER "Her encyclopedic knowledge of health and beauty is evident." —DAILY NEWS "Letha unearths the wisdom of the ancients." —NEW YORK POST

Author & certified weight consultant Linda Yo gained 25 pounds in 3 months when she moved from Asia to the U.S. She failed at every weight-loss method before finally getting results by returning to Asian eating habits. In this book reader will discover - How to enjoy food & stay slim naturally - Appetizers that soothe their hunger - How to enjoy meat and avoid the fat - Why eating salad won't make them slim - Healthy & delicious snack & dessert

Recounts the author's experiences with the reclusive Tarahumara Indians, whose techniques allow them to run long distances with ease, and describes his training for a fifty-mile race with the tribe and a number of ultramarathoners.

The runaway bestseller with more than four million copies in print! You too can change your life with the priceless wisdom of ten ancient scrolls handed down for thousands of years. "Every sales manager should read *The Greatest Salesman in the World*. It is a book to keep at the bedside, or on the living room table—a book to dip into as needed, to browse in now and then, to enjoy in small stimulating portions. It is a book for the hours and for the years, a book to turn to over and over again, as to a friend, a book of moral, spiritual and ethical guidance, an unending source of comfort and inspiration."—Lester J. Bradshaw, Jr., Former Dean, Dale Carnegie Institute of Effective Speaking & Human Relations "I have read almost every book that has ever been written on salesmanship, but I think Og Mandino has captured all of them in *The Greatest Salesman in the World*. No one who follows these principles will ever fail as a salesman, and no one will ever be truly great without them; but, the author has done more than present the principles—he has woven them into the fabric of one of the most fascinating stories I have ever read."—Paul J. Meyer, President of Success Motivation Institute, Inc. "I was overwhelmed by *The Greatest Salesman in the World*. It is, without doubt, the greatest and the most touching story I have ever read. It is so good that there are two musts that I would attach to it: First, you must not lay it down until you have finished it; and secondly, every individual who sells anything, and that includes us all, must read it."—Robert B. Hensley, President, Life Insurance Co. of Kentucky

In this delightful Asian cookbook, you'll learn the secrets of vegetarian and vegan Asian cooking—how to blend flavors, textures, aromas and colors—to create full-flavored vegetarian dishes that are missing none of the umami normally associated only with meat and dairy. Each chapter based on seasonal vegetables provides a wide range of choices using produce that is available at that time of year—making it easy to plan a variety of menus that are never dull. Here are just a few examples of the tempting Asian recipes in this book: Starters and Snacks such as Crispy Spring Rolls, Green Apple Salad with Tangy Thai Dressing, Butternut Squash Pot Stickers and Korean-Style Buffalo Broccoli Family-Style Meals such as Asparagus in Lemongrass-Coconut Cream Sauce, Grilled Vegetable Kebabs with Two Marinades, General Tso's Eggplant and Kung Pao Potatoes All-in-One Meals such as "Have It Everyday" Pad Thai, Crispy Noodles with Savory Vegetables, Sweet Potato Rice Stew and Easy Miso Ramen Author Patricia Tanumihardja is an experienced food writer and expert on Asian and sustainable farm-to-table cooking. She shows you how to buy and use the freshest in-season produce to create delicious dishes with startlingly new flavors and textures by adding a few "secret ingredients"—the traditional sweet, sour, spicy, savory seasonings that every Asian cook knows. She also explains in this Asian cookbook how the use of contrasting textures (for example silky tofu with crunchy peanuts) can create greater food enjoyment and a stimulating new dining experience. A home cook at heart, Pat's recipes are very straightforward without lots of exotic ingredients or specialized tools. They are also easy and quick to prepare. She shows you how adding a few Asian fermented and pickled vegan products like miso or pickled greens will add a new universe of flavors to your cooking. The same is true for flavor-enhancers like fried shallots, crispy fried garlic and the flavored oils that Asian chefs and restaurants use on a regular basis.

**A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen**

**The Secrets of Happy Families**

**The Complete Guide to Asian Herbal Medicine**

**Reader's Digest Health Secrets**

**Healthy Beauty**

**Discovering the Wisdom of the Forest**

**The Asian Diet Secret for Permanent Weight Loss and Vibrant Health**

Draws on ancient Eastern healing principles to present a program for weight control and energy balance, in a guide that identifies personal energy types in order to make the most compatible food, supplement, and lifestyle choices.

This interactive guide shows readers how to evaluate their own personal health needs and use readily available herbs to treat common maladies, boost immune strength, prevent illness, maintain wellness and ensure longevity.

"Boys are emotionally illiterate and don't want intimate friendships." In this empirically grounded challenge to our stereotypes about boys and men, Niobe Way reveals the intense intimacy among teenage boys especially during early and middle adolescence. Boys not only share their deepest secrets and feelings with their closest male friends, they claim that without them they would go "wacko." Yet as boys become men, they become distrustful, lose these friendships, and feel isolated and alone. Drawing from hundreds of interviews conducted throughout adolescence with black, Latino, white, and Asian American boys, Deep Secrets reveals the ways in which we have been telling ourselves a false story about boys, friendships, and human nature. Boys' descriptions of their male friendships sound more like "something out of Love Story than Lord of the Flies." Yet in late adolescence, boys feel they have to "man up" by becoming stoic and independent. Vulnerable emotions and intimate friendships are for girls and gay men. "No homo" becomes their mantra. These findings are alarming, given what we know about links between friendships and health, and even longevity. Rather than a "boy crisis," Way argues that boys are experiencing a "crisis of connection" because they live in a culture where human needs and capacities are given a sex (female) and a sexuality (gay), and thus discouraged for those who are neither. Way argues that the solution lies with exposing the inaccuracies of our gender stereotypes and fostering these critical relationships and fundamental human skills.

Simple changes or additions to your diet, exercise habits, and daily routine can boost your physical and mental health at every stage of life. Did you know that dried fruits can help banish brain fog? That a daily dose of aspirin may help prevent cancer? That honey treats hangovers? These are just a few of the hundreds of tips and facts contained in Reader's Digest Health Secrets for Long Life. Here you'll find information from around the world on special diets, prescription drugs, herbal medicine, and home remedies as well as the safest and most effective treatments to include in this easy-to-use family health reference. Stay young, happy, and vibrant with simple suggestions such as the following: Get a flu shot to prevent heart attacks.

Heart attacks are more common in the winter, especially among people who have had an infection such as the flu a week or two earlier. Warm your feet to ease headaches. Putting your feet in a bowl of warm water dilates the blood vessels in your feet and draws the blood away from your head, which may ease pain. Lift weights to lower your blood pressure. It improves blood flow and triggers a long-lasting drop in blood pressure. Use the power of flowers and herbs to ease your mood. Bach Flower Rescue Remedy is a popular standby for moments of emotional crisis. Lemon-scented lemon balm calms anxiety and depression. Reviewed by medical and nutrition experts, Reader's Digest Health Secrets for Long Life offers essential information to boost your physical, mental, and emotional health at every stage of life.

'Sometimes called coining, spooning or scraping, Gua sha is defined as instrument-assisted unidirectional press-stroking of a lubricated area of the body surface that intentionally creates 'transitory therapeutic petechiae' representing extravasation of blood in the subcutis.' Gua sha has been used for centuries in Asia, in Asian immigrant communities and by acupuncturists and practitioners of traditional East Asian medicine worldwide. With the expansion of traditional East Asian medicine, Gua sha has been used over broad geographic areas and by millions of people. It is valuable in the treatment of pain and for functional problems with impaired movement, the prevention and treatment of acute infectious illness, upper respiratory and digestive problems, and many acute or chronic disorders. Research has demonstrated Gua sha radically increases surface microperfusion that stimulates immune and anti-inflammatory responses that persist for days after treatment. The second edition expands on the history of Gua sha and similar techniques used in early Western Medicine, detailing traditional theory, purpose and application and illuminated by science that focuses its relevance to modern clinical practice as well as scholarly inquiry. This book brings the technique alive for practitioners, with clear discussion of how to do it - including correct technique, appropriate application, individualization of treatment - and when to use it, with over 50 case examples, and superb color photographs and line drawings that demonstrate the technique. NEW TO THIS EDITION • New chapter on immediate and significant Tongue changes as a direct result of Gua sha • Research and biomechanisms • Literature review from Chinese language as well as English language medical journal database • New case studies • Over 30 color photographs

1206 Tips for a Healthy Mind and Body

Secrets of Asian Women

Your Guide to Vitality, Allure, and a Joyful Life Using Healing Herbs, Diet, Movement, and Visualizations

Gruesome Playground Injuries

Gua sha - E-Book

A Brilliant Young Man Who Left Newark for the Ivy League

Using Nature's Secrets to Look Great and Feel Terrific

A history of capitalism in nineteenth- and twentieth-century China and India exploring the competition between their tea industriesTea remains the world's most popular commercial drink today, and at the turn of the twentieth century, it represented the largest export industry of both China and colonial India. In analyzing the global competition between Chinese and Indian tea, Andrew B. Liu challenges past economic histories premised on the technical "divergence" between the West and the Rest, arguing instead that seemingly traditional technologies and practices were central to modern capital accumulation across Asia. He shows how competitive pressures compelled Chinese merchants to adopt abstract, industrial conceptions of time, while colonial planters in India pushed for labor indenture laws to support factory-style tea plantations. Further, characterizations of China and India as premodern backwaters, he explains, were themselves the historical result of new notions of political economy adopted by Chinese and Indian nationalists, who discovered that these abstract ideas corresponded to concrete social changes in their local surroundings. Together, these stories point toward a more flexible and globally oriented conceptualization of the history of capitalism in China and India.

"A celebration of beauty in all its diversity." Clif DeRaita, National Director of Makeup at Georgette Klinger, Inc. "This book is touched by genius." Gad Cohen, celebrity stylist featured in Glamour, Vogue, and Cosmopolitan "Healthy Beauty is a must for anyone interested in beauty." Marietta Carter-Narcisse, Hollywood makeup expert featured in In Style "In Healthy Beauty, we can be confident of finding beauty elixirs to create not only the face we present to the world, but the peace of mind we need in the quiet of our lives." Isisara Bey, Vice President of Corporate Affairs, Sony Music Entertainment

"Chinese Edition Edited by Huang Nengfu and Zhao Feng."

Rita, Dan, Max and Ted are on the move in Trucktown! Kids will have hands-on fun with a movable part on each spread! Swing Wrecker Rosie's wrecking ball, spin Monster Truck Max's wheel, dump gravel from Dump Truck Dan's bed, and move Tow Truck Ted's hook up and down as he saves a good friend!

THE STORY: Over the course of 30 years, the lives of Kayleen and Doug intersect at the most bizarre intervals, leading the two childhood friends to compare scars and the physical calamities that keep drawing them together.

Feed Your Tiger

Finding the Mother Tree

Asian Secrets of Health, Beauty and Relaxation

200+ Ways to Feel--and Look--Younger

Vegan & Vegetarian Full-Flavored Recipes for Every Season

Asian Beauty Secrets

Asian Health Secrets

**NEW YORK TIMES BEST SELLER • From the world's leading forest ecologist who forever changed how people view trees and their connections to one another and to other living things in the forest—a moving, deeply personal journey of discovery Suzanne Simard is a pioneer on the frontier of plant communication and intelligence; her TED talks have been viewed by more than 10 million people worldwide. In this, her first book, now available in paperback, Simard brings us into her world, the intimate world of the trees, in which she brilliantly illuminates the fascinating and vital truths—that trees are not simply the source of timber or pulp, but are a complicated, interdependent circle of life; that forests are social, cooperative creatures connected through underground networks by which trees communicate their vitality and vulnerabilities with communal lives not that different from our own. Simard writes—in inspiring, illuminating, and accessible ways—how trees, living side by side for hundreds of years, have evolved, how they learn and adapt their behaviors, recognize neighbors, compete and cooperate with one another with sophistication, characteristics ascribed to human intelligence, traits that are the essence of civil societies—and at the center of it all, the Mother Trees: the mysterious, powerful forces that connect and sustain the others that surround them. And Simard writes of her own life, born and raised into a logging world in the rainforests of British Columbia, of her days as a child spent cataloging the trees from the forest and how she came to love and respect them. And as she writes of her scientific quest, she writes of her own journey, making us understand how deeply human scientific inquiry exists beyond data and technology, that it is about understanding who we are and our place in the world.**

Dr. Jhin shares the secrets of the Far East in maintaining the beauty that comes from young, vibrant skin. She combines modern-day skin care regimens with the natural and spiritual beauty products, trends, and rituals practiced in Korea, Japan, and China.

From the Booker Prize-winning author of *The Remains of the Day* and *When We Were Orphans*, comes an unforgettable edge-of-your-seat mystery that is at once heartbreakingly tender and morally courageous about what it means to be human. *Hailsham* seems like a pleasant English boarding school, far from the influences of the city. Its students are well tended and supported, trained in art and literature, and become just the sort of people the world wants them to be. But, curiously, they are taught nothing of the outside world and are allowed little contact with it. Within the grounds of Hailsham, Kathy grows from schoolgirl to young woman, but it's only when she and her friends Ruth and Tommy leave the safe grounds of the school (as they always knew they would) that they realize the full truth of what Hailsham is. Never Let Me Go breaks through the boundaries of the literary novel. It is a gripping mystery, a beautiful love story, and also a scathing critique of human arrogance and a moral examination of how we treat the vulnerable and different in our society. In exploring the themes of memory and the impact of the past, Ishiguro takes on the idea of a possible future to create his most moving and powerful book to date.

"Asian Longevity Secrets represents the best of all healing worlds modern Western medicine blended with centuries-old Oriental wisdom. This book deserves to be on every health-seeker's bookshelf." Ann Louise Gittleman, author of "The Fat Flush Plan."

Karma, neither luck nor fate, is an active choice to do no harm, to improve our self, help others and be gentle with the earth. Karma Herbs written by natural health expert and Media personality, Letha Hadady, D.Ac., and beautifully illustrated by her mother Letha Elizabeth Hadady, engages the reader in a journey of self discovery and natural healing using herbal medicines which are part of Nature's innate balance and bounty. Adapting medical theories originating in China, India and Tibet, we may view the body/mind/spirit as vital energy and life force. In Karma Herbs, self observations and modern medical research elucidate energy patterns that impact our daily health and wellness. Individualized diet and safe, time-tested vegetarian herbal treatments using easily available pills and teas, provide for a wide variety of health issues such as weight loss, chronic pain, depression, anxiety, colds and flu, menstrual and menopausal discomforts, poor immunity to major illnesses, chronic fatigue, memory problems, and sexuality. Guidelines for monitoring health improvements throughout the book help the reader to become an active participant in self-healing. Up to date sources for herbal products are provided: Trusted Internet herbal sources are live links in the eBook. Karma Herbs, based on forty years of work in alternative medicine, replaces Letha's best-selling pre-internet book *Asian Health Secrets: the complete guide to Asian herbal medicine*. Karma Herbs eBook offers simple home treatments, many entertaining case studies and encyclopedic information on rare and common herbs and spices. It may be a useful tool to facilitate communication with Asian healers who until now have been unable or unwilling to share their knowledge. Karma Herbs translates the ancient, esoteric medical systems of the East making them accessible for modern use. About Letha Hadady: "Hadady is an ambassador between curious North Americans, trying to overcome their ignorance of alternative medicine, and Asian herbalists, who are uneasy about opening their customs to the scrutiny of outsiders."—Newsday, L.A. Times syndicate "The tall, slender herbalist found her calling after a life-threatening illness. . . Her encyclopedic knowledge of health and beauty is evident."—Daily News "Letha unearths the wisdom of the ancients."—New York Post "Letha has all natural ways to change your life. And she looks so young!"—Barbara Walters, "The View" ABC television

**Naturally Pain Free**

**Anti-Aging Hacks**

**Farm to Table Asian Secrets**

**The Worth of the University**

**Last Boat Out of Shanghai**

**Deep Secrets**

**The South Asian Health Solution**

A guide to herbal medicine presents guidelines for self-diagnoses designed to help readers evaluate personal health requirements and use readily available herbs to treat common ailments

Traces a young man's effort to escape the dangers of the streets and his own nature after graduating from Yale, describing his youth in violent 1980s Newark, efforts to navigate two fiercely insular worlds and life-ending drug deals. 75,000 first printing.

Have you ever wondered why the Asian women you've met all look skinny and younger than their ages? Are you curious how an Asian woman you know gets to save a lot of money while not making much, If you think today's Asian women are still as submissive to men as they were a century ago, you need to read this book. This book analyzes all the stereotypical traits of Asian women commonly perceived by Westerners, separates truth from myth, and in the meantime shares time-tested treasures of Oriental culture that can universally enrich everyone's daily life. \*Provides Asian recipes for weight watchers \*Cautions against fattening Asian Foods revealing their calories \*Introduces rejuvenating Oriental Herbs \*Plus more.. By putting into practice what this book offers, you will be thinner, look better, spend less, and enhance your relationship with your significant other. This book promotes a HEALTHIER, HAPPIER YOU!!!

A stunning, heartbreaking debut novel about grief, love, and family, perfect for fans of Jandy Nelson and Celeste Ng. Leigh Chen Sanders is absolutely certain about one thing: When her mother died by suicide, she turned into a bird. Leigh, who is half Asian and half white, travels to Taiwan to meet her maternal grandparents for the first time. There, she is determined to find her mother, the bird. In her search, she winds up chasing after ghosts, uncovering family secrets, and forging a new relationship with her grandparents. And as she grieves, she must try to reconcile the fact that on the same day she kissed her best friend and longtime secret crush, Axel, her mother was taking her own life. Alternating between real and magic, past and present, friendship and romance, hope and despair, The Astonishing Color of After is a stunning and heartbreaking novel about finding oneself through family history, art, grief, and love. "Emily X.R. Pan's brilliantly crafted, harrowing first novel portrays the vast spectrum of love and grief with heart-wrenching beauty and candor. This is a very special book."--John Green, bestselling author of The Fault in Our Stars and Turtles All the Way Down

Explains how to develop a physical, emotional, and spiritual makeover using curative baths, massage, herbal remedies, exercise, and visualization

Your Weight-Loss Plan for a Flat Belly, Optimum Health & a Body You'll Love at Midlife and Beyond

Asian Secrets of Health, Beauty and Relaxation

Asian Longevity Secrets

Your Complete Food & Lifestyle Guide for Healthy Hair with Season Wise Diet Plans and Hair Care Recipes

Never Let Me Go

Personal Renewal

*The emergence of severe acute respiratory syndrome (SARS) in late 2002 and 2003 challenged the global public health community to confront a novel epidemic that spread rapidly from its origins in southern China until it had reached more than 25 other countries within a matter of months. In addition to the number of patients infected with the SARS virus, the disease had profound economic and political repercussions in many of the affected regions. Recent reports of isolated new SARS cases and a fear that the disease could reemerge and spread have put public health officials on high alert for any indications of possible new outbreaks. This report examines the response to SARS by public health systems in individual countries, the biology of the SARS coronavirus and related coronaviruses in animals, the economic and political fallout of the SARS epidemic, quarantine law and other public health measures that apply to combating infectious diseases, and the role of international organizations and scientific cooperation in halting the spread of SARS. The report provides an illuminating survey of findings from the epidemic, along with an assessment of what might be needed in order to contain any future outbreaks of SARS or other emerging infections.*

*The dramatic real life stories of four young people caught up in the mass exodus of Shanghai in the wake of China's 1949 Communist revolution--a heartrending precursor to the struggles faced by emigrants today. "A true page-turner . . . [Helen] Zia has proven once again that history is something that happens to real people."--New York Times bestselling author Lisa See NAMED ONE OF THE BEST BOOKS OF THE YEAR BY NPR AND THE CHRISTIAN SCIENCE MONITOR - LONGLISTED FOR THE PEN/JACQUELINE BOGRAD WELD AWARD FOR BIOGRAPHY Shanghai has historically been China's jewel, its richest, most modern and westernized city. The bustling metropolis was home to sophisticated intellectuals, entrepreneurs, and a thriving middle class when Mao's proletarian revolution emerged victorious from the long civil war. Terrified of the horrors the Communists would wreak upon their lives, citizens of Shanghai who could afford to fled in every direction. Seventy years later, members of the last generation to fully recall this massive exodus have revealed their stories to Chinese American journalist Helen Zia, who interviewed hundreds of exiles about their journey through one of the most tumultuous events of the twentieth century. From these moving accounts, Zia weaves together the stories of four young Shanghai residents who wrestled with the decision to abandon everything for an uncertain life as refugees in Hong Kong, Taiwan, and the United States. Benny, who as a teenager became the unwilling heir to his father's dark wartime legacy, must decide either to escape to Hong Kong or navigate the intricacies of a newly Communist China. The resolute Annuo, forced to flee her home with her father, a defeated Nationalist official, becomes an unwelcome exile in Taiwan. The financially strapped Ho fights deportation from the U.S. in order to continue his studies while his family struggles at home. And Bing, given away by her poor parents, faces the prospect of a new life among strangers in America. The lives of these men and women are marvelously portrayed, revealing the dignity and triumph of personal survival. Herself the daughter of immigrants from China, Zia is uniquely equipped to explain how crises like the Shanghai transition affect children and their families, students and their futures, and, ultimately, the way we see ourselves and those around us. Last Boat Out of Shanghai brings a poignant personal angle to the experiences of refugees then and, by extension, today. "Zia's portraits are compassionate and heartbreaking, and they are, ultimately, the universal story of many families who leave their homeland as refugees and find less-than-welcoming circumstances on the other side."--Amy Tan, author of The Joy Luck Club*

*Stay up to date on the latest common and uncommon rheumatic disorders with Rheumatology Secrets Plus. This enhanced medical reference book addresses the treatment of common and uncommon rheumatic disorders, with each chapter reviewing basic immunology and pathophysiology, important disease manifestations, and practical management issues. The user-friendly style of the popular Secrets Series® makes this updated volume a valuable addition to your library! Review basic immunology and pathophysiology, important disease manifestations, and practical management issues related to rheumatic disorders. Apply the latest knowledge and techniques with content thoroughly updated by leaders in the field. Quickly review key concepts with improved "Plus" formatting, such as larger figures and easier-to-read text. Enhance your reference power through a question-and-answer format, bulleted lists, mnemonics, "Key Points" summaries, lists of useful web sites, and practical tips from the authors. Improve content knowledge with a special chapter containing "Top 100 Secrets," providing an overview of essential material for last-minute study or self-assessment. Expert Consult eBook version included with purchase. This enhanced eBook experience allows you to search all of the text, figures, references, and videos from the book on a variety of devices.*

*DIV Published on the occasion of Richard C. Levin's retirement as president of Yale University, this captivating collection of speeches and essays from the past decade reflects both his varied intellectual passions and his deep commitment to university life and leadership. Whether discussing the economic implications of climate change or speaking to an incoming class of Yale freshmen, he argues for the vital importance of scholarship and the critical role that universities play in educating students and promoting the overall well-being of our society. This collection is a sequel to The Work of the University, which contained the principal writings from Levin's first decade as Yale's president, and it enunciates many of the same enduring themes: forging a strong partnership with the city of New Haven, rebuilding Yale's physical infrastructure, strengthening science and engineering, and internationalizing the university. But this companion volume also captures the essence of university leadership. In addressing topics as varied as his personal sources of inspiration, the development of Asian universities, and the university's role in promoting innovation and economic growth, Levin challenges the reader to be more engaged, more creative, more innovative, and above all, a better global citizen. Throughout, his commitment to and affection for Yale shines through. /div*

*Discover India's age-old beauty secrets through the ancient wellness regimen known as Ayurveda. Healing therapies are clearly explained and illustrated with lovely photographs that bring to life the benefits of this 5,000-year-old Asian medical tradition. Treatments and practices from India's other healing systems--Unani, Siddha and Tibetan traditional medicine--are also included in the book. With sections devoted to various meditation and yoga practices as well as natural beauty treatments for hair, face and body, Ayurveda: Asian Secrets of Wellness, Beauty and Balance is an enlightening introduction to holistic health systems with ultimate spiritual goals. Discover Indian beauty secrets and information on healing with metals, minerals, crystals and gemstones as well as mendhi (henna) and chakra alignment. Includes a helpful listing of ayurvedic hospitals, homestays and treatment centers.*

Ayurveda

Preparing for the Next Disease Outbreak: Workshop Summary

Tea War

Front Desk (Front Desk #1) (Scholastic Gold)

Born to Run

Asian Slim Secrets

Reader's Digest Health Secrets for Long Life

*The Tropical Spa catalogs Asia's most luxurious spas with full-color photography and a wide range of stress-busting therapies. The emphasis is on spiritual well-being and natural curatives rather than on modern chemicals and synthetic preparations. Traditional beauty treatments for revitalizing facials; relaxing baths and scrubs; refreshing, healthy tonics and meals; massage oils; blends and techniques; and much more are offered here in an easy-to-follow manner. Many of the spa techniques were handed down from generation to generation. They are all designed to soothe, nurture and calm the body and mind. Practical tips and specific treatments are given to allow the reader to recreate the Asian spa experience at home. Many of the spa techniques were handed down from generation to generation. They are all designed to soothe, nurture and calm the body and mind. Also included are sections on bay treatments, Asia's top spas, and tropical pharmacopoeia.*

*If you are seeking a permanent solution to your hair problems, then Secret of Healthy Hair is for you! Hair problems are something that everyone experiences at some point. They can severely hurt one's self-confidence. What you eat, how you feel and how well you take care of your hair hugely affect your hair's health and growth. Different people have different hair problems, but what causes these problems? Why can't some people grow their hair after a certain length? How can you influence your hair's health and its growth rate? How can you get the smooth, shiny, and strong hair that you always dreamt about? In Secret of Healthy Hair, research scientist La Foncour will address all of these questions. When you know what you are doing wrong, you can work on it. Working on the root cause instead of superficially hiding your hair's flaws gives a permanent lifelong solution to your hair problems. Additionally, this book includes some healthy recipes which promote hair growth along with a customized diet and lifestyle plan for every season.*

*Preserve your looks and your health with these 200+ easy strategies to age-proof your body and mind. Are signs of aging—or even just worrying about signs of aging—taking their toll on you? In Anti-Aging Hacks, you'll find more than 200 easy, actionable tips and exercises you can implement right away to help age-proof your body and mind. Through straightforward, easy-to-understand language, you'll learn how to preserve your appearance and health, as well as combat—or prevent—the most common ailments, conditions, and risks associated with aging. From protecting your skin from wrinkles and fortifying your diet, to strengthening your body with fun and easy exercises and staying mentally sharp with stimulating activities, to preserving a youthful glow, you'll find all you need to know to stay healthy, strong, sharp, and youthful for years to come. A selection of anti-aging hacks include: -Sleeping on your back to reduce wrinkles -Wearing sunglasses to help prevent cataracts and macular degeneration -Slowing aging and improve health through intermittent fasting -Using skincare products with retinol -Reading for 30 minutes a day to increase your life span Embrace Anti-Aging Hacks as your own personal fountain of youth—in handy guidebook form!*

*Provides a culturally tailored diet and lifestyle modification program for South Asians living around the world.*

Asian Health Secrets The Complete Guide to Asian Herbal Medicine Harmony

Seven Breakthrough Steps to Youthful Health and Vitality

Chinese Silks

Learning from SARS

The Greatest Salesman in the World

Rheumatology Secrets

A Traditional Technique for Modern Practice

Herbal Secrets for Total Health

Inside Out and Back Again meets Millicent Min, Girl Genius in this timely, hopeful middle-grade novel with a contemporary Chinese twist. Winner of the Asian / Pacific American Award for Children's Literature!\* "Many readers will recognize themselves or their neighbors in these pages." -- Kirkus Reviews, starred review Mia Tang has a lot of secrets. Number 1: She lives in a motel, not a big house. Every day, while her immigrant parents clean the rooms, ten-year-old Mia manages the front desk of the Calivista Motel and tends to its guests. Number 2: Her parents hide immigrants. And if the mean motel owner, Mr. Yao, finds out they've been letting them stay in the empty rooms for free, the Tangs will be doomed. Number 3: She wants to be a writer. But how can she when her mom thinks she should stick to math because English is not her first language? It will take all of Mia's courage, kindness, and hard work to get through this year. Will she be able to hold on to her job, help the immigrants and guests, escape Mr. Yao, and go for her dreams? Front Desk joins the Scholastic Gold line, which features award-winning and beloved novels. Includes exclusive bonus content!

New York Times Bestseller Stop—and even reverse!—age-related weight gain and muscle loss with the first-ever weight-loss plan specifically designed to shrink your belly, extend your life, and create your healthiest self at mid-life and beyond. You don't have to gain weight as you age. That's the simple yet revolutionary promise of The Whole Body Reset, which uncovers why standard diet and exercise advice stops working for us as we approach midlife—and reveals how simple changes to the way we eat can halt, and even reverse, age-related weight gain and muscle loss. The Whole Body Reset presents stunning new evidence about the power of “protein timing” for people at midlife—research that blows away current government guidelines, refutes the myth of slowing metabolisms and “inevitable” weight gain, and changes the way people in their mid-forties and older should think about food. The Whole Body Reset explains in simple, inspiring terms exactly how our bodies change with age, and how eating to accommodate those changes can make us respond to exercise as if we were twenty to thirty years younger. Developed by AARP, tested by a panel of more than 100 AARP employees, and approved by an international board of doctors, nutritionists, and fitness experts, The Whole Body Reset doesn't use diet phases, eating windows, calorie restriction, or other trendy gimmicks. Its six simple secrets and scores of recipes are easy to follow, designed for real people living in the real world. A dining guide even shows how to follow this program in popular restaurants from McDonald's to Starbucks to Olive Garden. And best of all: It works!

"Thousands of tips for a healthy mind and body"—Cover.

For centuries, Asian women have relaxed and beautified themselves with exotic therapies derived from the materials of nature; plants, herbs, minerals, clays, and flowers. Until now, Western women could only experience these pleasures by taking expensive trips to professional spas. In Asian Secrets of Health, Beauty, and Relaxation, Sophie Bengé, an Asian beauty expert, supplies all the tools for experiencing luxurious Asian beauty treatments at home, including inexpensive, easy-to-follow recipes for soothing facials, relaxing aromatherapy baths, invigorating body scrubs, healthy food and drink recipes, remedies for specific ailments, and more. Now readers can spend a lavish day at the spa without leaving their house. All the treatments in Asian Secrets of Health, Beauty, and Relaxation are natural and gentle to the body. readers can lie back and enjoy the benefits of a spa in their own homes.

Proven ways to create a more loving family Research proves that happy families are good for health, longevity, peace of mind, productivity, and success. In The Secrets of Happy Families, Scott Haltzman offers an original approach to building family contentment that works for families of all ethnicities and make-ups—two-parent, single-parent, blended, childless, or same-sex couple. He provides a “positive psychology” way of solving family problems through strategy and leadership, including knowing and accepting who you are, taking a leadership role in loving and united relationships, building a network of support in extended families and communities, and making quality time for fun, adventures, holidays, and rituals.

Eight Keys to Building a Lifetime of Connection and Contentment

The Astonishing Color of After

On the Move!

Prevent and Treat Chronic and Acute Pains-Naturally

Complete Book of Chinese Health

The Short and Tragic Life of Robert Peace

The New Asian Health Secrets

*Here is the first complete manual of Chinese medicine specifically written for the layperson. Filled with illustrated exercises and recipes, this book offers a unique, integrated system of preventive health care so that now anyone can promote good health, longevity, and spiritual awareness using these traditional techniques. Included are: • Key concepts of Chinese medical theory • Dozens of illustrated Tai Chi and Chee-gung exercises • The Chinese approach to healing common ailments • Authentic secrets of Taoist sexual yoga • Therapeutic food recipes and herbal tonics • Alternative treatments for diseases such as AIDS and cancer • Resource listings: teachers, schools, centers, stores, and mail-order suppliers*

*The Best Remedies from Around the World*

*The Epic Story of the Chinese Who Fled Mao's Revolution*

*The Whole Body Reset*

*A History of Capitalism in China and India*

*Boys' Friendships and the Crisis of Connection*

*Karma Herbs*

*Tropical Spa*