



and featuring an accessible 28-day program, delicious recipes, inspirational success stories, and a guilt-free approach to plant-based eating, THE WHOLE FOODS DIET is a life-affirming invitation to become a Whole Foodie: someone who loves to eat, loves to live, and loves to nourish themselves with nature's bounty. If Whole Foods Market is "shorthand for a food revolution" (The New Yorker), then THE WHOLE FOODS DIET will give that revolution its bible – the unequivocal truth about what to eat for a long, healthy, disease-free life.

Rising Above It All Written in a time when the future of medical care is uncertain—and for many people, increasingly unaffordable or unavailable—this book is a complete guide to help individuals take charge of their own health care. The goal is to enable people to live long and like it. With the knowledge in this guide, individuals will understand how they can avoid the ailments and diseases that plague ageing adults. Jim Heckathorn, BA, MA, has diligently applied himself to the study and personal practice of alternative medicine for over 30 years. In this book, you will find fascinating revelations that will help people overcome various challenges and enjoy living. “I highly recommend How to Live Long and Like It. It is an excellent resource packed with powerful tools and information to transform your health. The truths in the book are desperately needed by all of us to combat the escalating health issues we face.” —Dr. Keith McKim, DC, McKim Chiropractic “This book offers some wonderful ideas to encourage individuals to choose healthy options that will enhance longevity, not only physically, but also, spiritually, emotionally, and mentally. Jim Heckathorn writes in a way that inspires the reader to take action in caring for the body that God created.” —Rebekah Murphy, BA, MS, Professor of Anatomy, Wichita State University. “How to Live Long and Like It: The Longevity Diet, is not just a diet; it's a guide for a whole lifestyle that has contributed to long lives for many people.” —Dr. Thomas Moore, Th.D, MA, MBA, LCPC, FE Pastor, Counselor

The Risks of Hypertension High Blood Pressure. No warning, no significant early symptoms are trademarks of one of the deadliest diseases on earth commonly known as hypertension or high blood pressure. It is no longer an “old person's disease” because thousands of strokes occur in people under the age of 65 years. Dr. N. Lee Cowden, M.D says: “High blood pressure often occurs due to a strain on the heart, which can arise from a variety of conditions, including diet, atherosclerosis (hardening of the arteries), high cholesterol, diabetes, environmental factors, as well as lifestyle choices. When these factors combine with a genetic predisposition, hypertension can occur in two out of three individuals.”The undue pressure in the arteries slowly erodes the arteries and organs and increases the risk of stroke, congestive heart failure, kidney failure and heart attack.If high blood pressure is combined with factors such as obesity, smoking, high cholesterol or diabetes, the risk of heart attack or stroke increases dramatically – as much as 400% and more! The Silent Killer is No Longer an “Old Person's Disease”Some Facts and Figures:Hypertension also known as High Blood Pressure is the leading cause of strokes and heart disease in the world. Globally more than 1 billion people are suffering from high blood pressure. • Stroke is the No. 3 cause of death in the U.S. • About 780,000 Americans will have a new or recurrent stroke this year because of hypertension • About 150,000 Americans will die from a stroke this year • About 73.6 million people in the USA age 20 and older have high blood pressure • 33% in other words one in three adult Americans have high blood pressure • 78% are aware of their condition and 54.6% don't have it under controlA Program Designed by World Renowned Scientists, No Side Effects, No Expensive Medications, All Natural, Fast and Permanent Relief, In 8 Weeks or Less. • Lower Blood Pressure and It Will Take the Pressure Off Your Heart and Arteries • You can treat high blood pressure from homeIn this book you will learn how to lower blood pressure naturally ... • Lower Blood Pressure Naturally In 8 Weeks Or Less • Take The Pressure Off Your Heart And Arteries • Learn All About Treating High Blood Pressure From The Comfort Of Your Own Home • Learn How To Lower Blood Pressure Naturally • Learn About Foods That Lower Blood Pressure And More • Miracle Foods That Lower Blood Pressure Foods That Lower Blood PressureThere are some foods that have been shown to possess “miracle” properties when it comes to lowering and managing high blood pressure. It is recommended that you include these foods in your diet.From Moderate High Blood Pressure To Normal In 7 Days!In one case study a person took 100grams (¼ of a pound) of this celery every day for one week and dropped his blood pressure from 158/96 to 118/82.In other words it went from hypertension to normal in 7 days. Researches found that a small amount of this food every day will lower blood pressure by 12%–14% percent, and also lower cholesterol levels by about 7%.Daily Intake of Oatmeal Decreases Risk of All Heart Disease By 27%No fewer than 37 clinical studies conducted over the past few years show beyond any doubt that the regular intake of oatmeal and oat bran will reduce blood cholesterol levels, lower blood pressure, and generally reduce the long-term risk of heart disease. The researchers found that the higher the oats intake, the lower the blood pressure, regardless of other factors such as age and weight, or alcohol, sodium, or potassium intake, which are known to affect blood pressure.A 6 year study of 22,000 middle-aged males showed that consuming as little as 3 g daily of soluble fiber from oats, barley, or rye the risk of death from heart disease goes down by 27%.

The Longevity Diet

How to Live Long and Like It

The Death of Expertise

A Complete Guide to Total Health

Elizabeth Hughes, the Discovery of Insulin, and the Making of a Medical Miracle

The Whole Foods Diet

Breakthrough

**I see so many more people searching out "how to reverse diabetes" on diabetes forums these days. It seems like everyone either has diabetes or someone in their family has it. Almost no one has gone unaffected by this disease. The rate of diabetes is rising at an alarming rate.It is really painful that while growing up, a lot of people don't take not of the causes and prevention of this deadly disease, Diabetes. There are lots of Diabetes Cookbooks and Diabetes Recipe books out there that talks about how deadly this disease can be to your health and how to cure type 2 diabetes.Apart from being the fastest growing disease in the world, Type 2 diabetes is regarded as a lifelong incurable disease that gets worse overtime, if not properly maintained. Now, the big question is on every lips: how to cure diabetes type 2 or how to reverse type 2 diabetes.The condition gets even serious and gives rise to more chronic cases like stroke and heart disease if not properly managed. A condition that impairs the body's ability to process blood glucose, otherwise known as blood sugar. Different kinds of diabetes can occur, and managing the condition depends on the type. This book will serve as your diabetes log book or diabetes plan book. You will find the a to z of reversing diabetes or reversing type 2 diabetes permanently with step by step practicable actions, food that reverses diabetes, diabetes cure diet for reversing diabetes naturally. Your health matters. Get this diabetes journal as fast as you can.**

**Did you know that having a proper weight is important for looking young and healthy? Weight gain can lead to obesity problems and increase the cholesterol level of the body. Obesity can lead to many deadly diseases such as hypertension, heart diseases, diabetes, osteoarthritis, etc. People avoid taking food for the weight loss. But it is important to have a proper diet and follow it in the day to day routine. There are many appetite suppressants drugs available. But these are very costly and bring tons of side effects with them. The side effects can be very serious as well. Some of them are dizziness, nausea or headache. Bulk of the diet pills on the market making big promises but often times they never work or hold up to their claims. You need a solution that will not leave you with complications that will wait to be seen years later. CBD is backed by science and proof beyond doubt that it is a viable aid in weight loss. You probably like eating a lot if you're reading this book. Worry not, if you're anything like me, then you must have struggled almost whole life dealing with food. All those Sunday brunches, dinner buffets, and above all the freshly baked sweet cravings is hard to look away from. Perhaps, you must not have realized until you noticed those extra popping side fat bumps. So, if you are trying to lose weight, you possibly heard people suggesting to switch to greens. But, in this book I want you to sit tight and pay heed attention to a special green plant - Cannabis! No, I am not advocating marijuana, or smoking it would help, instead, this book would take you to the next level of satisfaction by knowing that CBD oil can help you lose weight! You heard it right, this miracle oil from cannabis sativa plant is revolutionary in shedding those extra pounds if you hate working out! The CBD oil is #1 solution for the weight loss as it is effective to control the weight without serious effects. It plays a key role in maintaining the body weight, energy level and calorie balance. In fact, it is useful in regulating the metabolism of the body such as reducing the fats and carbs. Indeed, it is a powerful tool to maintain the body's shape having the required weight. It actually works with the cannabinoid receptors which make it truly competent than other available products for the weight loss. The stimulation and control for hunger and other related behavior involves interaction between several regions of the brain. Appetite and hunger are influenced by CB1 receptors. THC activates these CB1 receptors. CBD plays an important role in blocking the THC's stimulant effect responsible for appetite. It also inhibits the ghrelin hormone which is related to hunger. This hormone tells your brain that you need more food although you require it or not. Thus, CBD is effective in suppressing the hunger or appetite. More details on the studies, the mode of action and reports on CBD for weight loss and obesity management and the particular dose per body weight with real life success stories can be found in this book and a whole lot more! Buy this book Now! After reading this book, please do not forget to drop a nice review and a 5 star rating! You will be helping a lot of people that has been battling with obesity and weight loss problems and related diseases. Thanks in anticipation!**

**"Habanero pepper may be the most powerful and useful healer of this century." - Henry J. ThomsonThe contents within this book should be used with extreme caution. This book is for the people who want to take their heat to the next level. People who want to feel good, alive and healthy again. People who like their hot peppers crazy, zany, and insanely hot! Get excited or should I say fired up! Because you are about to learn why habanero peppers may be one of the greatest sexual stimulants and hottest healers of all time. Have you ever seen those orange looking lanterns in the veggie section of your grocery store? Well, look again, because it may be habanero peppers!Here's a good question...Can habanero peppers really fight against such deadly diseases as cancer, heart disease, diabetes, erectile dysfunction or even a virus? I believe habaneros can! As a matter of fact, I will be sharing my personal experiences using this amazing hot pepper, as well as my extensive research. This is powerful information that is for the most part "unknown." Even my "hot pepper" sexual arousal formula is something I discovered on my own and I'm only revealing it for the first time in this book. Also, I will be covering how to grow and use this miraculous pepper. To your good health, - Henry J. Thomson**

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The Campaign against Established Knowledge and Why it Matters

Explores the documented relationship between levels of the stress hormone cortisol and a range of health disorders including obesity, depression, and hypertension, outlining how to control cortisol with supplements. Simultaneous.

Count your carbs — and count on managing your diabetes Living with diabetes doesn't have to mean giving up all of your favorite foods. Carbs from healthy foods boost nutrition and supply essential fuel for your brain and body. Counting carbs is integral to managing diabetes because your carb choices, portion sizes, and meal timing directly impact blood glucose levels. Diabetes & Carb Counting For Dummies provides essential information on how to strike a balance between carb intake, exercise, and diabetes medications while making healthy food choices. — Covering the latest information on why carb counting is important for Type 1 diabetes, Type 2 diabetes, and gestational diabetes, this book provides the tools you need to best manage your diet and your diabetes. Nearly one in 11 people in the United States have diabetes and one out of every 3 adults have prediabetes (blood glucose levels above normal ranges). Diabetes rates are skyrocketing worldwide. If you or a loved one has been diagnosed — or is teetering on the edge of diagnosis — you'll find all the safe, trusted guidance you need to better manage your health through improving your nutrition and managing your carb intake. Discover how what you eat affects diabetes Explore the importance of carbs in nutrition and health Get the facts when it comes to fiber, fats, sweeteners, and alcohol. Decipher food labels and discover how to count carbs in bulk, fresh, and restaurant foods Manage your diabetes and reduce other diet-related health risks Improve blood glucose levels Sample meal plans in controlled carb count ranges Food composition lists for counting carbs and identifying best bet proteins and fats If you're one of the millions of people with diabetes or prediabetes in search of an accessible resource to help you portion and count carbs to better manage this disease, this is the go-to guide you'll turn to again and again because when it comes to diabetes — carbohydrates count. Eating for Autism

Using a Low-Carb, High-Fat Diet to Fight Alzheimer's Disease, Memory Loss, and Cognitive Decline

The Story of the Linus Pauling Therapy for Heart Disease