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## Your Menotype Your Menopause 3 Types 3 All Natural Programs

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Forthcoming Books

Healing the Prostate

Nature's Virus Killers

Discover Your Menopause Type

Your Menopause, Your Menotype

Nutrition·Immunity·Longevity

Ten Natural Remedies That Can Save Your Life

A History of Genetics

Chobits 20th Anniversary Edition, Volume 1

Prescription for Herbal Healing, 2nd Edition

The Publishers Weekly

Alternative Cures

Outside the Box Cancer Therapies

Spark Family Fun

Colp

Outliving Your Ovaries

Menopause

The Natural Physician's Healing Therapies

The Herbal Drugstore

Books in Print Supplement

The Natural Physician

America the Racist?

10 Secrets to Living Smart, Savvy, and Strong

8 Weeks to Vibrant Health

New Books on Women and Feminism

Soggy Sneakers, 5th Edition

Menopause

Prescription for Dietary Wellness

Prescription for Natural Cures

Health Benefits of Medicinal Mushrooms

What's Your Menopause Type?

Vitamin Shoppe Custom Edition Prescription for Natural Cures

Books In Print 2004-2005

AARP Prescription for Drug Alternatives

Library Journal

The Hormone Diet

Unlock Your Menopause Type

The Bragg Healthy Lifestyle

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## ELLEN OCONNELL

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### **Forthcoming Books** Kensington Books

For women seeking an alternative to HRT, this book offers individualized natural treatment options for the symptoms of menopause. All too often, doctors who practice traditional medicine are quick to prescribe HRT as the only way to treat menopause, when, in fact, as recent studies have shown, it is often ineffective and unnecessary. Naturopathic doctors Angela and Mark Stengler show women how to determine their "menotype" based on their own unique combination of physical and emotional symptoms, heredity, diet, and lifestyle. This book grants women the critical information they need not only to safely and naturally treat their menopausal symptoms, but also to help them avoid other age-related disorders such as osteoporosis.

### Healing the Prostate R. R. Bowker

Soggy Sneakers has been Oregon's primary source of information for whitewater enthusiasts since 1980. Members of Willamette Kayak and Canoe Club—who have run nearly all of Oregon's rivers—share their expertise and detail rapids and landmarks found on each run. There's something for everyone, from Class 1 (flatwater) excursions to Class 5+ (most challenging) rapid-filled adventures. Headquartered in Corvallis, Oregon, Willamette Kayak and Canoe Club is a nonprofit organization dedicated to teaching kayaking and canoeing skills, promoting water safety, preserving and protecting the free-flowing rivers of Oregon, and developing the camaraderie of their sport. Learn more about them at [www.wkcc.org](http://www.wkcc.org).

### **Nature's Virus Killers** Active Interest Media, Incorporated

Dr. James Balch's first book established him as one of the most trusted authorities in the fields of alternative and homeopathic medicine. Now, with this practical introduction to ten important and often overlooked natural remedies, his potentially life-saving wisdom is more accessible than ever before. Throughout his career in medicine, Dr. Balch has been committed to helping patients take charge of their own well-being. But how can people remain in control of their health if their doctors are unable (or unwilling) to teach them the basic principles of healthy living? Dr. Balch has found that many health-care providers are woefully uninformed about preventative health measures and effective natural remedies, relying instead solely on conventional courses of medication and surgery. In "Ten Natural Remedies That Can Save Your Life", Dr. Balch empowers readers to take action to protect their own health. He provides them with a better understanding of the healthy body and suggests natural ways to overcome medical problems. Using plainspoken common sense and anecdotal examples featuring his own patients, Dr. Balch demystifies the language of health, offering ten groundbreaking and readily available remedies that will help readers live longer and healthier lives.

### Discover Your Menopause Type Chronicle Books

Now in paperback: A thorough, cutting-edge, alternative therapy-focused exploration of Integrative Oncology care. With approximately 40 percent of men and women in the United States being diagnosed with cancer at some point in their lifetime, very few of us escape having cancer touch our lives in some way--whether it is our own life or that of a loved one. Scientific research continues to prove the benefits of nutritional and holistic therapies, yet, for the most part, these approaches to treatment still remain unexplored by the conventional medical establishment. With integrative and holistic healing being sought after and supported by more and more of the general public and medical community for various elements of everyday life, it only makes logical sense to explore these therapies with regard to one of the most prevalent causes of death of our time. In *Outside the Box Cancer Therapies*, naturopathic medical doctors Mark Stengler and Paul Anderson combine their expertise to focus on the most critical components of integrative oncology care. Supported by extensive research and decades of clinical experience, Dr. Stengler and Dr. Anderson thoroughly explain:

- the different types of cancer and their causes
- how proper nutrition can help to prevent and treat cancer
- the most well-studied supplements to use with cancer treatment
- cutting-edge naturopathic therapies, and
- natural solutions to common problems, such as the side effects of chemotherapy and radiation

With a clear and focused approach, Dr. Stengler and Dr. Anderson provide a definitive and comprehensive resource for anyone seeking to heal from cancer or a professional looking for the most cutting, up-to-date integrative approaches to treatment.

### **Your Menopause, Your Menotype** Prima Lifestyles

A practical, integrative guide to men's prostate health, including holistic therapies for prostate cancer, BPH, prostatitis, and bladder function. Foreword by Dr. Geo Espinosa, author of the best-selling book *Thrive Don't Only Survive: Dr. Geo's Guide to Living Your Best Life Before & After Prostate Cancer* For all its many important functions, the prostate gland can become a health curse to many men, young and old. Common prostate conditions include: benign prostatic hyperplasia (BPH), prostate cancer, prostatitis, testosterone deficiency, and erectile dysfunction. While conventional therapies exist for all these conditions, scientific studies have demonstrated that a comprehensive, integrative, or holistic approach to healing can dramatically reduce risk and/or decrease negative side effects and symptoms. Mark Stengler, N.M.D., draws upon his over 25 years of expertise in naturopathic medicine and holistic hormone therapies to provide a comprehensive approach to optimal prostate health, including a focus on bladder function, hormone balance, and a thorough exploration of prostate cancer diagnosis, treatment options, and holistic support. By thoroughly addressing these key aspects of the genitourinary system, you will be able to discover optimal prostate health and functionality.

### Nutrition-Immunity-Longevity McGraw Hill Professional

OUTSTANDING PROFESSIONAL REVIEWS \*\*\*\*\* (Excerpts 2014 Professional Book

Reviewers) Marina Johnson, M.D., Board-Certified Endocrinologist, Pharmacist, Menopause-Expert and medical writer, has written the book *Outliving Your Ovaries* in hopes all women who are menopausal will consider medicinal treatment. Her book is broken down into five sections including the doctor's

personal experience with HRT (hormone replacement therapy), understanding a woman's body, the pros and cons of taking estrogen, which type of HRT and the cycles of a woman's life. The book goes into detail on the different types of HRT, oral or topical, and explains the short and long term benefits, risks and side effects of taking either one and comparing it to not taking any type of HRT. Helpful scientific in-depth sections are delineated by a chemical sign for the reader to skip or read later. Because only twenty percent of American menopausal women take HRT, Dr. Johnson explains and promotes the drug, wishing eighty percent or more would consider the option. This is an exceptional book for any woman entering or in menopause to consider and be made aware of the upcoming events in her life. Due to one's own medical history, the reader now has more opportunities to decide if going on an HRT will improve her quality of life or not. OB/GYN offices should have this book offered to menopausal women! (Another Professional Book Reviewer adds) Dr. Johnson is biased towards pharmaceutical grade bio identical estrogen which may or may not be the form of hormones you are considering but the real value of this book is her vast clinical experience of working with women and prescribing hormone replacement for 25+ years. There are only a handful of clinical experts in this field with that kind of background and clinical experience. I found a lot of the information really relevant to me especially the section on perimenopause outlining some of the symptoms that can be experienced by women during this phase. It is obvious that Dr. Johnson is very passionate about her work. Whether or not you agree with her choice of only using pharmaceutical grade (topical) bio identical hormones or not this book provides a comprehensive overview of women's hormonal health. Reading this book helped me to reinforce my decision to use bio identical hormones as a part of my personal menopause plan. Even if you are not considering going with the option of pharmaceutical grade bio identical hormones but compounded versions, Dr. Johnson's vast experience of working with women and hormones along with her clinical observations of how hormones affect women makes reading this book well worth the time and investment. (452)

#### **Ten Natural Remedies That Can Save Your Life** Wiley

The all-in-one natural health resource your family can trust Dr. James Balch coauthored Prescription for Nutritional Healing, which became the first major popular guide to the healing power of foods and nutritional supplements, selling more than 8 million copies in all its editions. Now, Dr. Balch and Dr. Mark Stengler present a new natural health resource that you can't afford to be without--a comprehensive reference of natural remedies for common ailments, including: \* acne \* allergies \* arthritis \* asthma \* back pain \* cancer \* depression \* fibromyalgia \* heart disease \* hypothyroidism \* influenza \* irritable bowel syndrome \* menopause \* osteoporosis \* stroke \* Syndrome X \* varicose veins, and more--almost 200 health problems and conditions in all. Prescription for Natural Cures provides a complete natural Rx for each condition, giving you a proven, natural, customized prescription that may include supplements, herbal medicine, homeopathy, aromatherapy, Chinese medicine, hydrotherapy, bodywork, natural hormones, and other natural cures in addition to nutritional advice. Organized by problem from A to Z, this invaluable guide features: \* The unique Super Seven Prescriptions for each condition, which provide specific and practical remedies to help heal your problem. You have never seen natural health advice as helpful, targeted, and accessible as this \* Clear, authoritative guidance on dietary changes, healing foods, nutritional supplements, and recommended tests \* Easy-to-understand discussions of the symptoms and root causes of each

health problem \* Down-to-earth descriptions of each natural remedy \* A resource guide to holistic practitioners This breakthrough book is indispensable if you want to get better--naturally

#### A History of Genetics Hay House, Inc

A Davis's Notes Title Perfect wherever you are...in class, in clinic, and in practice! Great study tool. "One of my favorite study tools for school! I flip through this in my down time or on breaks to review and it helps so much."—Brittany C., Online Reviewer Put the information you need at your fingertips with this handy, easy-to-use guide to the proper exercises for your patients. Each joint tab follows a consistent order—general exercises for the specific region, followed by common pathologies and surgeries, with specific interventions for each pathology or surgery. Crystal-clear photographs show you a wealth of different techniques, while a streamlined format makes the information extremely easy to understand. Following Davis's Notes Series' signature style, you'll have write-on/wipe-off pages for note taking, while thumb tabs and a spiral binding help you find what you need. Updated & Revised! All of currency of Therapeutic Exercise: Foundations and Techniques, 8th Edition by Carolyn Kisner, John Borstad, and Lynn Allen Colby Updated & Revised! Surgical protocols based on new evidence Bulleted tables with a progression of exercises Concise exercise guidelines for selected orthopedic pathologies and operative procedures Exercise interventions for mobility, muscle performance, stability, and balance Over 350 full-color photographs illustrating sequences of exercise for the spine and the extremities And more

#### **Chobits 20th Anniversary Edition, Volume 1** Harmony

Ease Symptoms, Fight Disease, and Supercharge Immunity--All Without Drugs or Chemicals! You're about to enter a completely different kind of drugstore. One where herbal medicines are offered right alongside conventional pharmaceuticals. Where bottles of feverfew stand next to bottles of aspirin, and echinacea has its place among other cold and flu remedies. The Herbal Drugstore is the only place where you can compare mainstream drug treatments and their herbal alternatives for close to 100 common health problems. You'll find herbs that have the same healing powers as many prescription and over-the-counter medications--only they're cheaper and gentler, with few or no side effects. Whether you need fast first-aid or long-term relief, The Herbal Drugstore has a remedy for you. Here's just a sampling: \* Immobilized by arthritis? Rub on capsaicin cream, a natural pain reliever made from hot peppers \* Can't sleep? Start snoozing with valerian--it's as effective as Valium, but it isn't addictive \* Want to lose a few pounds? Get a helping hand from psyllium, an herbal alternative to appetite suppressants \* Feeling stressed? Calm jangled nerves with ginseng--it won't undermine alertness \* Battling bronchitis? Clear up that cough with licorice, a natural expectorant \* Need help with high blood pressure? Turn to hawthorn--it has much in common with beta blockers, except for the side effects The Herbal Drugstore features these and many more herbal remedies--712 in all! They're profiled right next to their pharmaceutical counterparts, so you can make your own comparisons and decide which treatments are best for you.

#### **Prescription for Herbal Healing, 2nd Edition** Mountaineers Books

This book arms you and your family with weapons to defeat health-stealing viruses such as cold, flu, hepatitis, Epstein-Barr, herpes, and a platoon of others.

#### The Publishers Weekly Rodale

Many women are looking to combine complementary and conventional medicine into a discipline

called integrated medicine, and this encyclopaedia provides in-depth coverage of the whole range of women's health concerns using therapies such as vitamin supplementation, herbs, diet, and exercise.

Alternative Cures Health Science Publications, Inc.

Since all women experience menopause differently, shouldn't there be more than one treatment? For decades, it was estrogen that was supposedly the ultimate cure-all for "the change." Recently, progesterone has been touted as the most effective menopause treatment. Dr. Joseph Collins reveals there is no magic hormone or combination of hormones that can be indiscriminately prescribed to all women. In fact, he has identified 12 different types of menopause, each requiring a treatment that is as unique as the women experiencing it. In "What's Your Menopause Type? you'll discover Dr. Collin's revolutionary program designed to help you take charge of this life stage. Using a revealing questionnaire, he shows you how to determine your own menopause type and then prescribes the best nutritional, herbal, glandular, or hormonal treatment for your unique symptoms. He also provides everything you need to know to better understand this stage of life such as: - Which natural and conventional treatments are best for you--and which to avoid - How to weigh the risks and benefits of hormone-replacement therapy - A complete description of hormones and their effects on your body - Advice on how to order hormone tests - Suggestions for choosing a "hormone educated" doctor - And much, much more! With the help of Dr. Collins and this empowering book, you can take charge of menopause and get on with your life! "At last, a well-referenced resource for pharmacists, other health-care professionals, and women on the advantages of natural vs. synthetic hormone-replacement therapy. An invaluable resource for those interested in customized natural hormone-replacement therapy. This book is the ammunition that many need to prove the value of "natural hormone replacement." --Dana Reed-Kane, Pharm.D., F.A.C.A, F.I.A.C.P. "Provides much-needed information that will allow millions of women to work with their doctors to effectively solve the problems associated with menopause." --Richard C. Heitsch, M.D. "A valuable tool for anyone researching menopause." --James E. Paoletti, R.Ph. "Finally, a book that teaches the importance of balance and actually shows everyone what many women have suspected all along: There is more than one type of menopause." --Luana Stone, menopause patient

**Outside the Box Cancer Therapies** Rodale Books

The all-in-one natural health resource your family can trust Dr. James Balch coauthored Prescription for Nutritional Healing, which became the first major popular guide to the healing power of foods and nutritional supplements, selling more than 8 million copies in all its editions. Now, Dr. Balch and Dr. Mark Stengler present a new natural health resource that you can't afford to be without—a comprehensive reference of natural remedies for common ailments, including: acne allergies arthritis asthma back pain cancer depression fibromyalgia heart disease hypothyroidism influenza irritable bowel syndrome menopause osteoporosis stroke Syndrome X varicose veins, and more—almost 200 health problems and conditions in all. Prescription for Natural Cures provides a complete natural Rx for each condition, giving you a proven, natural, customized prescription that may include supplements, herbal medicine, homeopathy, aromatherapy, Chinese medicine, hydrotherapy, bodywork, natural hormones, and other natural cures in addition to nutritional advice. Organized by problem from A to Z, this invaluable guide features: The unique Super Seven

Prescriptions for each condition, which provide specific and practical remedies to help heal your problem. You have never seen natural health advice as helpful, targeted, and accessible as this Clear, authoritative guidance on dietary changes, healing foods, nutritional supplements, and recommended tests Easy-to-understand discussions of the symptoms and root causes of each health problem Down-to-earth descriptions of each natural remedy A resource guide to holistic practitioners This breakthrough book is indispensable if you want to get better—naturally

*Spark Family Fun* Burnaby, B.C. : Alive Books

Author H.J. Harris presents an historical overview of the harsh treatment of black Americans, from the founding of this nation, to the racial undercurrents of the 2008 presidential election. He offers a spiritual, biblical approach to show the damage that the paradigm of slavery has done to the nation's soul. America's record in dealing with black Americans is presented through events such as the coup of 1898, the Declaration of White Independence, and the destruction of Black Wall Street. The author applies the Hundredth Monkey Behavior Phenomenon to understand how the slavery experience created and perpetuated certain habits, attitudes, and behaviors that presently impact black and white Americans. The subtle implication of America the Racist? is that the 2008 presidential election represents an opportunity for this country to rise above the shackles of racism and discrimination and truly become the light of the world.

*Colp* Wiley

Accompanied by worksheets, a glossary of terms, and detailed lists of health and provider organizations, a groundbreaking guide explores a wealth of treatment options for menopause, covering such topics as herbal therapies, hormones, natural remedies, sexuality, and much more. Original. 15,000 first printing.

Outliving Your Ovaries Kodansha America LLC

AARP Digital Editions offer you practical tips, proven solutions, and expert guidance. James Balch and Mark Stengler, coauthors of the hugely successful Prescription for Natural Cures, and Robin Young Balch have teamed up to create the most comprehensive and up-to-date book available on natural alternatives to prescription medications. The book provides natural, safe, and effective ways to treat a wide range of common ailments, including ADHD, allergies, diabetes, depression, erectile dysfunction, eczema, heart disease, headaches, and PMS. You'll read in-depth information, not found in any other popular book, about the pros and cons of prescription and over-the-counter drugs compared with natural treatment alternatives ranging from diet and lifestyle changes to supplements and herbal medicines. "This book is essential reading for anyone who wants to take charge of his or her health. Read it to live long and well." —Hyla Cass, M.D., author of Supplement Your Prescription: What Your Doctor Doesn't Know about Nutrition "An outstanding resource for comparing common pharmaceutical and holistic treatments." —Ronald M. Lawrence, M.D., coauthor of Preventing Arthritis and The Miracle of MSM "A must-read for every person who wants to achieve better health and avoid the dangers of synthetic medications. The authors do an exceptional job by telling you everything you need to know about getting well and how to use supplements correctly and safely." —Suzy Cohen, R.Ph., author of The 24-Hour Pharmacist

*Menopause* McGraw Hill Professional

Family entertainment in a box: Full of easy offline activities that will encourage connection and fun

for all ages, this attention-grabbing and affordable box of prompts makes an excellent gift. It's the gift of inspiration, with prompts and talking points that will get loved ones laughing, connecting, and playing together. Includes 50 faux matchsticks with printed prompts. Fans of Spark Creativity or Spark Happiness will love this gift. This gift is ideal for: • Parents • Family gatherings • Childcare workers • Gift for Mother's Day or Father's Day

**The Natural Physician's Healing Therapies** Doubleday Books

Outlines a three-step program designed to correct hormonal imbalances for potential health benefits, explaining how to identify problem areas in order to address such challenges as weight gain, insomnia, and mood disorders.

The Herbal Drugstore Harvest House Publishers

Menopause is a natural life stage, but symptoms that come with it can take a toll on a woman's health and wellbeing. What's more, diet, lifestyle, and environmental factors can worsen symptoms. This booklet can help women and their healthcare practitioners make the best choices to manage symptoms and achieve optimal health.

**Books in Print Supplement** M. Evans

Reveals ten secrets to thriving as a woman in middle-age, including trusting God with life-impacting decisions, attaining peace with life changes, and choosing joy regardless of the obstacles in one's life.