

## Coco Eve Super Nourishing Coconut Fig Hair Masque

The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:

- Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
- Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap
- Essential plant-based pantry and equipment tips
- Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements

Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

This richly informative overview encapsulates the diverse peoples and geographies that have produced such popular cuisines.

The Complete Guide to Sports Nutrition is the definitive practical handbook for anyone wanting a performance advantage. This fully updated and revised edition incorporates the latest cutting-edge research. Written by one of the country's most respected sports nutritionists, it provides the latest research and information to help you succeed. This seventh edition includes accessible guidance on the following topics: maximising endurance, strength and performance how to calculate your optimal calorie, carbohydrate and protein requirements advice on improving body composition specific advice for women, children and vegetarians eating plans to cut body fat, gain muscle and prepare for competition sport-specific nutritional advice.

This volume examines the economic, political, social and environmental challenges facing rural communities in the Asia-Pacific region, as global issues intersect with local contexts. Such challenges, from climatic change and volcanic eruption to population growth and violent civil unrest, have stimulated local resilience amongst communities and led to evolving regional institutions and environment management practices, changing social relationships and producing new forms of stratification. Bringing together case studies from across mainland Southeast Asia and the Island Pacific, an expert team of international contributors reveal how communities at the periphery take charge of their lives, champion the virtues of their own local systems of production and consumption, and engage in the complexities of new structures of development that demand a response to the vacillations of global politics, economy and society. Inherent in this is the recognition that 'development' as we have come to know it is far from over. Each chapter emphasizes the growing recognition that ecological and environmental issues are key to any understanding and analysis of structures of sustainable development. Providing diverse multidisciplinary theoretical and empirical perspectives, Environment, Development and Change in Rural Asia-Pacific makes an important contribution to the revitalization of development studies and as such will be essential reading for scholars in the field, as well as those with an interest in Asia-Pacific studies, economic geography and political economy.

Provides tips for curly hair including shampooing, conditioners, drying, combing, styling, getting the right cut, and how to heal hair after years of strong detergents and damaging blow dryers.

Celebrate the beauty of curls in a buoyant how-to, manifesto, and curly girl support group all in one. Say no to shampoo, unplug the dryer, and kiss frizz and bad hair days good-bye. Curly Girl is the surprising bible for those with naturally curly or wavy hair and a desire to celebrate it, from Lorraine Massey, owner of the Devachan salons and products. It's all here: Daily routines for corkscrew, Botticelli, fractal, and wavy curls. Homemade lotions and potions for locking in moisture. Expert tips on caring for African American hair. Fabulous dos for weddings and special occasions. How to trim your hair yourself, step-by-step. (Remember: It's not what you take off; it's what you leave on.)

Recommendations for chemical-free products. And so much more: the care, the styling, the products, the remedies, the empowering, pro-curl attitude. Includes: Ten things to do before you dye You are what you eat—and so are your curls Getting kids to love their curls Curly guys Lorraine's 12-step recovery program And check out Lorraine's video tutorials on YouTube.

Food is powerful medicine and whole foods, or foods in their natural unrefined forms, offer us vitamins, minerals and antioxidants that prevent diseases and create a state of balance and health within us. Nutritionist Tom Malterre and Chef Alissa Segersten understand that food can be both healing and delicious and in The Whole Life Nutrition Cookbook they provide information on the importance of living a whole foods lifestyle, and how to transition into one. Readers will learn to prepare foods that promote optimal health, prevent disease, and energize the body. With over 300 delicious, nourishing recipes, readers will discover amazing, new ways to cook whole grains, fish, poultry, meat and veggies. The Whole Life Nutrition Cookbook includes: Evidence-based information on whole foods Gluten-free, dairy-free, egg-free, and soy-free recipes A complete guide to stocking your whole foods pantry The whole story on the current diet trends and how to adapt them to best serve your individual needs The real story behind toxicity in food and avoiding PCBs GMOs and non-organics Recipes that any vegan, vegetarian, carnivore or omnivore will love Whether serving breakfast, lunch, dinner, snacks or desserts, readers will enjoy their food while healing their immune system, decreasing the inflammation that causes disease, balancing hormones and promoting better overall health.

The secret to Jesse Livermore's legendary trading success Although he began his career in 1892, Jesse Livermore is still considered to be one of the world's greatest traders. In

life and in death, Livermore has always been a controversial figure and his methods held up as a model for traders of all generations. Through 45 years of trading and market observation, Jesse Livermore determined that stocks and stock markets move in a series of repetitive patterns. He then developed a series of unique tools, using secret formulas and equations that allowed him to identify and interpret the movement in stocks with uncanny reliability. In *Trade Like Jesse Livermore*, author Richard Smitten explores the technical aspects of Livermore's trading approach and shows readers how they can use these techniques to garner the success Livermore once did. *Trade Like Jesse Livermore* covers every aspect of Livermore's trading methods, from discerning market behavior and trends such as top-down and tandem trading to paying close attention to indicators such as one-day reversals and spikes. With this book as their guide, readers can learn how to trade profitably without fear or greed. Richard Smitten (New Orleans, LA) is the author of numerous books including *Jesse Livermore: World's Greatest Stock Trader* (0-471-02326-4), *The Godmother*, *Capital Crimes*, and *Legal Tender*.

Studies the development of man's philosophical views of supreme beings in primitive, Eastern, and Western culture.

The definitive guide to eating well to achieve optimum health and fitness, by one of the world's finest chefs and fitness fanatic, Gordon Ramsay. Gordon Ramsay knows how important it is to eat well, whether you're training for a marathon or just trying to live healthier. And just because it's healthy food, doesn't mean you have to compromise on taste and flavor. As a Michelin-star super-chef who is also a committed athlete, Gordon Ramsay shares his go-to recipes for when he wants to eat well at home. *HEALTHY, LEAN & FIT* provides readers with 108 delicious recipes divided into three sections--each one offering breakfasts, lunches, dinners, sides, and snacks--highlighting different health-boosting benefits. The Healthy section consists of nourishing recipes for general well-being; the Lean section encourage healthy weight loss; and the Fit section features recipes to fuel your next workout and post-workout dishes to build continued strength and energy. Whatever your personal goals, these dishes will inspire you to get cooking and improve your own health.

Minimalist Baker's Everyday Cooking 101 Entirely Plant-based, Mostly Gluten-Free, Easy and Delicious Recipes Penguin

Poucher's *Perfumes Cosmetics and Soaps* has been in print since 1923 and is the classic reference work in the field of cosmetics. Now in a fully updated 10th edition, this new volume provides a firm basic knowledge in the science of cosmetics (including toiletries) as well as incorporating the latest trends in scientific applications and legislation which have occurred since the 9th edition. This edition will not only be an excellent reference book for students entering the industry but also for those in specialized research companies, universities and other associated institutions who will be able to gain an overall picture of the modern cosmetic science and industry. The book has been logically ordered into four distinct parts. The historical overview of Part 1 contains an essay demonstrating William Arthur Poucher's influence on the 20th Century cosmetics industry as well as a chapter detailing the long history of cosmetics. Part 2 is a comprehensive listing of the properties and uses of common cosmetic types, ranging from Antiperspirants through to Sunscreen preparations. There are an increased number of raw materials in use today and their chemical, physical and safety benefits are carefully discussed along with formulation examples. The many additions since the last edition demonstrate the dramatic recent expansion in the industry and how changes in legal regulations affecting the development, production and marketing of old, established and new products are operative almost worldwide. Information on specialist products for babies and others is included within individual chapters. The chapters in Part 3 support and outline the current guidelines regarding the assessment and control of safety and stability. This information is presented chemically, physically and microbiologically. Part 3 chapters also detail requirements for the consumer acceptability of both existing and new products. Those legal regulations now in force in the EU, the USA and Japan are carefully described in a separate chapter and the remaining chapters have been extensively updated to explain the technical and practical operations needed to comply with regulations when marketing. This information will be invaluable to European Union and North American companies when preparing legally required product information dossiers. The final chapters in Part 4 contain useful information on the psychology of perfumery as well as detailing methods for the conduct of assessment trials of new products. As ingredient labelling is now an almost universal legal requirement the International Nomenclature of Cosmetics Ingredients (INCI) for raw materials has been used wherever practicable. The advertised volume is the 10th edition of what was previously known as volume 3 of Poucher's *Cosmetics and Soaps*. Due to changes in the industry there are no plans to bring out new editions of volume 1 and 2.

Imagine reading a book written millions of years ago from within great, walled Lemurian monasteries where narrators look back and forward at the same time, chronicling mankind's journey to Earth from the Pleiades and other planets in the pursuit of unfolding into the ultimate attainment, realization of the timeless, formless, spaceless Self within. *Lemurian Scrolls* is just that book. This ancient manuscript was not found etched on a cave wall or buried in forgotten ruins, but rather discovered through the practice of an inner archeology, the use of the third eye to read the akashic records. Many books exist in the inner akashic, library, and Satguru Sivaya Subramuniyaswami chose to share the chapters that comprise these *Scrolls* as a further effort to help us all realize where we came from, where we are going, and how to connect with our innate Divinity.

This edition of "Ice Cream" is a full revision of previous editions and includes an updating of the areas that have been affected by changes and new technology. The ice cream industry has developed on the basis of an abundant economical supply of ingredients and is a high-volume, highly automated, modern, progressive, very competitive industry composed of large and small businesses manufacturing ice cream and related products. The industry underwent a difficult period of adjusting to economic changes and to the establishment of product specifications and composition regulations. The latter area has now become more stabilized and the Frozen Desserts Definitions and Standards of Identity are now more clearly defined, as are ingredient and nutritional labeling specifications. The chapters that include basic information on ice cream technology remain for the most part unchanged in order to accommodate beginners in the industry and the smaller processors. In other chapters major revisions and the incorporation of new material have been made. Key classical references and information have been retained or added in order to keep intact those portions of the book which students have found most useful and helpful as reflected in my own teaching, research, and publications in the field of dairy science, and particularly in the field of ice cream production.

"Mama Natural's Week to Week Guide to Pregnancy is the modern (and yet ancient) approach to pregnancy and childbirth. "Natural" recognizes that pregnancy and birth are normal, and that having a baby is a wondrous biological process and rite of passage--not a medical condition. This book draws upon the latest research showing how beneficial and life-changing natural birth is for both babies and moms. Full of weekly advice and tips for a healthy pregnancy, Grace details vital nutrition to take, natural remedies for common and troublesome symptoms, as well as the appropriate (and inappropriate) use of interventions. Pregnancy, childbirth, health, health and wellness, parenting, family"--

"SIMPLE" "EFFECTIVE" "EASY TO FOLLOW" & "INSPIRATIONAL!" This is Eve's long-awaited DIY beauty book, with a treasure trove of effective and easy to follow organic beauty recipes with 100% natural ingredients that really work. How to make lip balm, body butter, scrub, mask, and face cream will have no more secrets for you! All unique recipes have been carefully crafted and tested at home (on humans!). It includes a wealth of helpful information on DIY natural skincare as well as how to substitute ingredients and customize your own homemade beauty products in your kitchen. If you are looking for

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ideas on how to take care of your skin the healthy and natural way, then Eve's organic skin care 101 book is for you! **HOMEMADE NATURAL SKIN CARE BY EVE PRAISES** "All of the organic beauty recipes are easy to follow and use ingredients that are readily available. What we put in our bodies is important but equally important is what we put on our bodies. Inspirational!" Michelle Norris - Harvest, USA "Eve's recipes have transformed my skincare and my skin! After two decades of struggling with skin that was both eczema-prone and acne-prone, my skin is now healing and glowing! I now make my own simple, healthy, skin-friendly beauty products. I'm so happy I found Eve's beauty recipes!" Teresa McWilliam - Powell River, CANADA "I love Eve's organic recipes, the instructions are always easy to follow and the results are really impressive." Amalia Rosoiu - Cirencester, GREAT BRITAIN "Eve's recipes are not only easy to make and environmentally conscious, they really smell and feel divine and best of all, they work!!" Brandie Alexander - Bridgetown, AUSTRALIA "I highly recommend Eve's no harmful chemicals, just pure natural ingredients and fabulous recipes to make your own products!" Suzi Woodfield - Christchurch, NEW ZEALAND **DIY RECIPE MANGO BODY BUTTER** This mango body butter melts right away on contact with your skin, leaving it silky smooth and not greasy. Total Time:25 minutes  
Ingredients 12 tablespoons of organic unrefined mango butter 2 tablespoons of organic refined shea butter 6 tablespoons of organic safflower oil 1 teaspoon of arrowroot powder (optional and to make it less greasy) 15 drops of roman chamomile essential oil 3 drops of bergamot Bergaptene free essential oil 10 drops of patchouli essential oil 3 Glass Salve Containers of 100 ml Instructions Put the shea and mango butter in a glass or metal bowl inside a pan filled with water on low heat so they start melting slowly. Once melted add the safflower oil and mix well. Put the bowl in the freezer for 5 to 10 minutes, depending on the temperature of your freezer. You want the mixture to not be completely frozen but thick enough so it is not liquid. If it's a soft paste then its ready to whip! Then take it out of the freezer and start whipping with an electric whip at low speed. Add the arrowroot powder and essential oils if desired and begin whipping your mixture on low speed until it becomes fluffy. Your whipped butter will have a fluffy consistency!

Lead in lipstick? 1,4 dioxane in baby soap? Coal tar in shampoo? How is this possible? Simple. The \$35 billion cosmetics industry is so powerful that they've kept themselves unregulated for decades. Not one cosmetic product has to be approved by the US Food and Drug Administration before hitting the market. Incredible? Consider this: The European Union has banned more than 1,100 chemicals from cosmetics. The United States has banned just 10. Only 11% of chemicals used in cosmetics in the US have been assessed for health and safety - leaving a staggering 89% with unknown or undisclosed effects. More than 70% of all personal care products may contain phthalates, which are linked to birth defects and infertility. Many baby soaps are contaminated with the cancer-causing chemical 1,4 dioxane. It's not just women who are affected by this chemists' brew. Shampoo, deodorant, face lotion and other products used daily by men, women and children contain hazardous chemicals that the industry claims are "within acceptable limits." But there's nothing acceptable about daily multiple exposures to carcinogenic chemicals -- from products that are supposed to make us feel healthy and beautiful. Not Just a Pretty Face delves deeply into the dark side of the beauty industry, and looks to hopeful solutions for a healthier future. This scathing investigation peels away less-than-lovely layers to expose an industry in dire need of an extreme makeover. 15 percent of the purchase price of each book sold benefits the national Campaign for Safe Cosmetics, administered by the Breast Cancer Fund, through December 31, 2012.

This is a volume about the life and power of ritual objects in their religious ritual settings. In this Special Issue, we see a wide range of contributions on material culture and ritual practices across religions. By focusing on the dynamic interrelations between objects, ritual, and belief, it explores how religion happens through symbolic materiality. The ritual objects presented in this volume include: masks worn in the Dogon dance; antique ecclesiastical silver objects carried around in festive processions and shown in shrines in the southern Andes; funerary photographs and films functioning as mnemonic objects for grieving children; a dented rock surface perceived to be the god's footprint in the archaic place of pilgrimage, Gaya (India); a recovered manual of rituals (from Xiapu county) for Mani, the founder of Manichaeism, juxtaposed to a Manichaean painting from southern China; sacred stories and related sacred stones in the Alor-Pantar archipelago, Indonesia; lotus symbolism, indicating immortalizing plants in the mythic traditions of Egypt, the Levant, and Mesopotamia; lavishly illustrated variations of portrayals of Ravana, a Sinhalese god-king-demon; figurines made of cow dung sculptured by rural women in Rajasthan (India); and mythical artifacts called 'Apples of Eden' in a well-known interactive game series.

There is a holistic alternative to conventional dental treatments which can help you heal tooth pain, reduce tooth infections, halt tooth decay and inhibit gum disease. Learn about a flexible whole foods dietary program pioneered by the head of research at the National Dental Association, Weston Price D.D.S. that proved 90-95% effective in halting cavities. Cure Tooth Decay provides clear and easy to understand dental facts so you can make healthy, life affirming choices about your dental health, including a non-surgical approach to halt baby-bottle tooth decay. Learn five nutritional programs that Nagel used to cure his own cavities, and halt his daughter's severe cavities. Restore dental and oral health through nutrition and lifestyle, not harmful chemicals and surgery. This is the first book to be endorsed by the Holistic Dental Association because, as its president Dr. Gallagher says, "Cure Tooth Decay is treasure-trove of wisdom as it takes the mystery out of dental health."

The master chef shares his secrets for preparing great desserts for every occasion, using step-by-step instructions for teaching a wide variety of methods, from roasting fruit to rolling classic cookies. Reprint. Celebrity aesthetician Joanna Vargas shares her secrets for the first time in this practical, engaging guide to beautiful, glowing skin for everyone. Celebrity aesthetician Joanna Vargas is known for her cutting-edge beauty treatments, high-end products, and famous (and seemingly ageless) clients. But her secret to beautiful skin rests on one simple principle: developing and maintaining a good skincare routine. In Glow from Within, Joanna teaches readers how to create the best routine for their skin type. She explains the science behind the labels of various products and tools—from serums to retinols, dry brushes to sheet masks, vitamin c to hylaluronic acid—then offers instruction on how best to incorporate them into a routine. She also shares fresh insight into how the other self-care routines we don't often connect to our skin—such as nutrition, sleep, and stress management—impact skin appearance and resiliency. In addition to giving readers the tools to create a customizable routine, Joanna will provide specific product recommendations, DIY recipes, and programs for time-specific goals (one week, one month, six months) as well as emergency troubleshooting for skin issues that pop up overnight. Glow from Within is the ultimate guide to flawless skin from one of the beauty industry's most sought-after insiders.

What if you CAN eat all of your favorite desserts . . . and still be healthy and fit into your skinny jeans? Meet Katie: a girl who eats chocolate every day and sometimes even has cake for breakfast! When Katie's sugar habit went too far in college and left her lacking energy, she knew something needed to change. So she began developing her own naturally sweet recipes and posting them online. Soon, Katie's healthy dessert blog had become an Internet sensation, with over six million monthly visitors. Now, in her first cookbook, Katie shares over 80 never-before-seen recipes, such as Chocolate Obsession Cake, Peanut Butter Pudding Pops, and Ultimate Unbaked Brownies, that use only real ingredients, without any unnecessary fats, sugars, or empty calories. These desserts prove once and for all that health and happiness can go hand-in-hand—you can have your dessert and eat it, too!

Urban gardeners. Native seed-saving collectives. Ecovillage developments. What is the connection between these seemingly disparate groups? The ecological design system of permaculture is the common thread that weaves them into a powerful, potentially revolutionary—or reevolutionary—movement. Permaculture is a philosophy based on common ethics of sustainable cultures throughout history that have designed settlements according to nature's patterns and lived within its bounds. As a movement that has been building momentum for the past 40 years, it now is taking form as a growing network of sites

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developed with the intention of regenerating local ecologies and economies. Permaculture strategies can be used by individuals, groups, or nations to address basic human needs such as food, water, energy, and housing. As a species, humans are being called forth to evolve, using our collective intelligence to meet the challenges of the future. Yet if we are to survive our collective planetary crisis, we need to revisit history, integrating successful systems from sustainable cultures. To boldly confront our position on the brink of the earth's carrying capacity and make changes that incorporate the wisdom of the past is truly revolutionary. Sustainable Revolution features the work of a worldwide network of visionaries, including journalists, activists, indigenous leaders and permaculturists such as David Holmgren, Vandana Shiva, Charles Eisenstein, Starhawk, Erik Assadourian, Victoria Tauli-Corpuz, Albert Bates, and Geoff Lawton. This beautifully photographed collection of profiles, interviews, and essays features 60 innovative community-based projects in diverse climates across the planet. Edited by anthropologist Juliana Birnbaum Fox and award-winning activist filmmaker Louis Fox, it can be read as an informal ethnography of an international culture that is modeling solutions on the cutting edge of social and environmental change. The research presented in the book frames the permaculture movement as a significant ally to marginalized groups, such as the urban poor and native communities resisting the pressures of globalization. Sustainable Revolution uplifts and inspires with its amazing array of dynamic activists and thriving, vibrant communities. From the Trade Paperback edition.

The Spanish expression - la cultura cura (culture heals) - is an affirmation of the potential healing power of a variety of cultural practices that together constitute the ethos of a people. What happens, however, when cultures themselves are in jeopardy? What are the "antidotes" or healing modalities for an ailing culture? Healing Cultures addresses these questions from a variety of disciplines - anthropology, holistic folk traditions, literature, film, cultural and religious studies - bringing together the broad range of beliefs and the spectrum of practices that have sustained the peoples and cultures of the Caribbean.

A substantially revised and updated edition of the highly respected guide to using nutrition as an integrated part of an athlete's total performance enhancing package.

New York Times Bestseller in this charming guide to entertaining, kate spade new york throws rigid rules out the door and shares unpretentious ideas for the modern-day hostess that are easy, festive, authentic, and always with an air of deliberate polish. filled with how-tos, personal essays, anecdotes, recipes, and a liberal dash of style, all in good taste will transform you into the hostess everyone wants an invitation from. the book covers the essential lost arts—how to shuck an oyster, curate a vibrant guest list, guide a dinner-table discussion—right alongside modern conundrums such as Instagram etiquette at dinner. whether you entertain a little or a lot, or just love being the person everyone wants to sit next to at dinner, all in good taste is the modern classic you'll treasure for years. Disclaimer: The wine stain on the cover of the book is a design element and is intentional.

A FRANK, FUNNY AND EMPOWERING CELEBRATION OF FEMALE PLEASURE An orgasm will help you sleep and keep you looking younger, it doesn't cost money and isn't a scarce resource. So why is it that, like the pay gap, there is an 'orgasm gap' between women and men? The Hotbed Collective began life as a podcast with a mission 'to make life better one orgasm at a time'. Their debut book, More Orgasms Please is an open, honest and at moments hilarious dive into all aspects of sex for women. It covers feminist porn, body image, menopause and much more. Like the podcast that inspired it, More Orgasms Please is like the best sort of chat between friends: punchy and playful, normalising and educating. It is an eye-opening read that puts women's bodies and our right to pleasure firmly on the map. Think of it as 'Couch to 5k' ... for orgasms.

An illuminating account of how history shapes our diets—now in a new revised and updated Third Edition Why did the ancient Romans believe cinnamon grew in swamps guarded by giant killer bats? How did African cultures imported by slavery influence cooking in the American South? What does the 700-seat McDonald's in Beijing serve in the age of globalization? With the answers to these and many more such questions, Cuisine and Culture, Third Edition presents an engaging, entertaining, and informative exploration of the interactions among history, culture, and food. From prehistory and the earliest societies in the Fertile Crescent to today's celebrity chefs, Cuisine and Culture, Third Edition presents a multicultural and multiethnic approach to understanding how and why major historical events have affected and defined the culinary traditions in different societies. Now revised and updated, this Third Edition is more comprehensive and insightful than ever before. Covers prehistory through the present day—from the discovery of fire to the emergence of television cooking shows Explores how history, culture, politics, sociology, and religion have determined how and what people have eaten through the ages Includes a sampling of recipes and menus from different historical periods and cultures Features French and Italian pronunciation guides, a chronology of food books and cookbooks of historical importance, and an extensive bibliography Includes all-new content on technology, food marketing, celebrity chefs and cooking television shows, and Canadian cuisine. Complete with revealing historical photographs and illustrations, Cuisine and Culture is an essential introduction to food history for students, history buffs, and food lovers.

Based on Nobel Prize-winning research, an easy-to-follow lifestyle plan for losing weight, looking younger, and feeling energized.

Presents recipes that feature cannabis as an ingredient, along with an introduction that covers topics such as the difference between hemp and cannabis, the plant's potency when eaten, different strains, and its fat content.

At long last, Sarah Britton, called the "queen bee of the health blogs" by Bon Appétit, reveals 100 gorgeous, all-new plant-based recipes in her debut cookbook, inspired by her wildly popular blog. Every month, half a million readers—vegetarians, vegans, paleo followers, and gluten-free gourmets alike—flock to Sarah's adaptable and accessible recipes that make powerfully healthy ingredients simply irresistible. My New Roots is the ultimate guide to revitalizing one's health and palate, one delicious recipe at a time: no fad diets or gimmicks here. Whether readers are newcomers to natural foods or are already devotees, they will discover how easy it is to eat healthfully and happily when whole foods and plants are at the center of every plate.

Large Print, edited into 21st Century American English from the 1926 Rutherford H. Platt Jr. Translation.

From two popular bloggers and leaders in the functional medicine movement, here's the ultimate guide to eating healthfully as a family—a simple, practical cookbook that shows how easy it is to ditch processed foods one meal at a time with 365 delicious, whole food-based, allergen-free recipes that the entire family will love. It can be daunting to live a whole foods lifestyle in

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today's busy world—even more so to prepare plant-rich, allergen-free meals that'll get the whole family around the table. Popular blogger Ali Segersten and functional medicine expert Tom Maltter are a team devoted to teaching their children—and readers—the importance of living a whole foods lifestyle. Nourishing Meals makes it easy and fun with dishes that burst with flavor, such as their Cherry Pecan Salad, Butternut Squash and Pinto Bean Enchiladas, Chipotle-Lime Roasted Chicken, and Banana Coconut Cream Pie. Every recipe in the book is free of the most common allergens: gluten, soy, eggs, and dairy, as well as refined sugar. And these dishes are designed to appeal to everyone, including vegan, vegetarian, seafood, and meat-eaters. In addition to wonderful food, Ali and Tom offer easy, doable steps to help you change your family's health, tips for making the transition easier, and ways to get the kids excited about wholesome foods. They map out the best foods and recipes for every stage of having a family, from pre-conception and pregnancy through each year of a child's life. And they explain in accessible terms what makes their recipes so effective for achieving optimal health. Originally self-published with an avid following, this edition will feature more than 30 new recipes, and many of the original recipes have been updated. This new edition will also include 100 beautiful all-new food photos featured in two inserts. With an easy, tasty recipe for every day of the year, it's never been simpler to adopt a healthy, whole foods lifestyle!

For 10 percent of women worldwide, the road to motherhood is bumpy, painful, and heartbreaking. For some, it can cause a complete collapse of emotions. This is the reality for those plagued by infertility. In this book, Christina Oberon will help you discover that infertility does not define you! She helps guide you through the rollercoaster of emotions that infertility brings, so you can find inner joy, which rests on hope. The more confident you are in your expectation, desire, and anticipation of God's promises, the stronger you are able to carry hope through your storms. Hope brings you closer to your dreams by altering your mindset to focus on the possible, rather than the impossible, and rests firmly in that belief. The words on these pages will open your heart and mind to view your infertility journey in a new light, one that offers strong hope instead of deep despair.

Sarah Coates, blogger behind the award-winning thesugarhit.com, is a baking genius. Sarah's first book, The Sugar Hit!, introduces us to her fabulous cookies, cakes, pancakes, doughnuts, ice creams, brownies, drinks, cupcakes, pies and heaps more. She's compiled her most ass-kicking recipes with the goal of bringing ridiculously spectacular, chocolate-coated, sprinkle-topped, pastry-wrapped, deep-fried, syrup-drizzled sweets into your life and kitchen. Sarah's got you covered from first thing in the morning to the middle of the night. Wake up to Blueberry Pancake Granola, take a break with a couple of Choc Chip Pretzel Cookies, or recharge with a Cherry Hazelnut Energy Bar. Or hey, why not just blow the lid off the place with a Filthy Cheat's Jam Donut? The Sugar Hit! is divided into 6 fun chapters: Breakfast & Brunch Coffee Break Healthy Junk Midnight Snacks Party Time Happy Holidays Grab some sugar, butter, flour, chocolate and eggs and you're just a cream, sift, melt and crack away from creating delicious snacks, cakes and desserts.

The Kripalu Center for Yoga & Health, nestled in the mountains of western Massachusetts, attracts more than fifty thousand people a year. Guests flock not only to deepen their yoga practice but also to experience the healing power of its famously delicious food. Now you can bring Kripalu's most popular dishes to your own table! Kripalu's longtime and popular executive chef, Jeremy Rock Smith, embraces a mindful approach to eating and a seasonal approach to cooking. In The Kripalu Kitchen, he offers 125 easy-to-follow, mouthwatering recipes, dozens of variations, and countless smart eating strategies designed for a variety of dietary preferences—from vegan and vegetarian to gluten-free, grain-free, dairy-free, and sugar-free. The 5-ingredient and 30-minute recipes ensure that even the busiest of us can enjoy this phenomenal food. Honoring the wisdom of Ayurvedic healing practices, The Kripalu Kitchen also includes a simple test to determine your personal nutrition profile, or dosha, and every recipe is marked to guide you toward the optimal diet for your type. From restorative breakfast ideas to international twists on popular favorites to comforting baked goods, The Kripalu Kitchen will revitalize your body and nourish your soul.

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