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The definitive and essential source of reference for all laboratories involved in the analysis of human semen.

'Filled with a wealth of invaluable information...after reading this you will feel empowered and ready to take on the world' - Lorraine Kelly OBE The ultimate guide to looking and feeling your radiant best throughout the perimenopause, menopause and beyond 'I have always found it curious that we talk openly about pregnancy and birth but when it comes to an equally important phase in our lives - the menopause - there is an audible silence... I want all of you who read this book to know you have the tools to feel and look your radiant best. And more than that, I want my daughters - and yours - to embrace the menopause as simply another phase in our lives which is natural and liberating.' Liz Earle, MBE, is one of the world's most respected and trusted authorities on wellbeing. Following on from her bestselling books *Skin* and *The Good Gut Guide*, this beautifully illustrated guide shares all of the information, tips and advice you need

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for a healthy menopause. She provides guidance on how to balance your hormones, the importance of a nourishing diet, the myths and facts about HRT, osteoporosis, how to optimise bone health, and how to boost energy and self-esteem. An expert on beauty, Liz Earle also provides advice on how to take special care of skin, hair and nails, and how to combat ageing with supplements. She also shares 60 nutritious recipes - including many suitable for vegetarians - to help you feel and look your best. 'Liz Earle's practical, honest and uplifting book will help women become stronger as we navigate the Menopause. It's time to celebrate a new chapter in our lives' - Kirsty Wark

Liz Earle's 6-Week Shape Up Plan Lose a stone in six weeks with this bestselling summer diet plan Hachette UK

This groundbreaking new book rewrites the rules of effective weight loss to reveal the real secret to rapid and sustained weight loss: quite simply, to burn fat, you need to eat fat. Over the last 12 years leading trainer Zana Morris has helped thousands of clients get the results they want with her unique diet and exercise plan. Now in this book she makes it available to everyone for the very first time. Backed by the latest science showing that the right fats are healthy and aid weight loss not weight gain, The High Fat Diet presents a unique nutrition plan and a targeted 12-minute, high intensity workout, which together will enable you

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to get the results you want - and fast! www.highfatdiet.co.uk - 14-day diet plan filled with delicious, healthy fats. You'll never feel hungry and will fuel your body with the nutrients it needs to burn fat and shed weight. Includes easy-to-prepare recipes and indulgent meal suggestions. - Unique 12-minute, high intensity exercise programme you can do in the gym or at home. Includes stylish photographs, tips on technique and answers to common questions. - 14-day maintenance plan after completing the initial 14 days to keep you on track. - Advice on motivation, visualisation and goal-setting so your mind and body work together. Simple and highly effective, The High Fat Diet will ensure you burn fat, not muscle, as you get rid of your unwanted pounds. It is the only book you need to get the body you want.

A page-turning and powerful medical mystery for readers of *Diagnosis* by Lisa Sanders and *The Beauty in Breaking* by Michele Harper More than 20 million Americans have autoimmune diseases, which occur when the immune system attacks the body.

Autoimmune diseases are often misdiagnosed by doctors and overlooked by medical researchers. Almost all affect women more often than men. *The Immune Mystery* follows doctor and researcher Anita Kåss's quest to solve the autoimmune puzzle, beginning with the premature death of her mother, who developed rheumatoid arthritis shortly after giving birth to Anita. As a child, Anita vowed to study the illness and one

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day find a cure. Becoming a respected doctor and researcher, Anita devoted herself to studying auto-immune disorders like rheumatoid arthritis, lupus, and multiple sclerosis. Why do so many autoimmune diseases start to show symptoms during and after childbirth, perimenopause, and menopause? Could autoimmune diseases be linked to our changing hormones? Despite the groundbreaking nature of her research, Anita had to fight for her ideas against the conventional wisdom and casual sexism of the medical industry—even as she made a discovery that earned her a record-breaking US\$95 million pharmaceutical deal. A compelling blend of incredible determination and cutting-edge science, *The Immune Mystery* changes the way we think about autoimmune diseases. Anita offers solace to patients struggling with questions about their health, and introduces a powerful new voice in medical storytelling.

Delicious recipes and the ultimate wellbeing plan for a healthy gut in 6 weeks. 'A better gut means better health. It really is that simple. And it works at every level of the body, as friendly microbes affect not only the digestion of our food but also brain health, mood, emotions, energy levels, ageing, weight loss and so much more. Understanding this can give us the blueprint for a longer, happier, healthier life.' Liz Earle, MBE is one of the world's most respected and trusted authorities on wellbeing. Following on from her popular 6-week guide *Skin*, Liz now reveals a brand-new plan to detox, cleanse and nourish the digestive system to improve your inner health and outer beauty. Packed with the latest science and beautifully illustrated throughout, *The Good Gut Guide*

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provides practical advice on pre- and probiotics, fermented foods and how best to address your individual needs and goals - whether these be specific to life stage, a long-standing health issue or weight loss. An expert in feel-good food and eating well to look your best, Liz also shares 80 nutritious recipes - including many suitable for vegetarians - to help you achieve wellbeing from within.

LIFE Magazine is the treasured photographic magazine that chronicled the 20th Century. It now lives on at LIFE.com, the largest, most amazing collection of professional photography on the internet. Users can browse, search and view photos of today's people and events. They have free access to share, print and post images for personal use.

"The ultimate guide to holistic health!" -- Gabrielle Bernstein, #1 New York Times best-selling author of *The Universe Has Your Back* "Every woman should get this book." -- Christiane Northrup, M.D., New York Times best-selling author of *Women's Bodies*, *Women's Wisdom* and *Godesses Never Age* What if the best health of your life isn't just about what you do--or don't--eat? The secret to having the healthy body and life you want isn't just in a rigid way of eating. It's in developing your own Health Habit. Coined by nutritionist and author Elizabeth Rider, your Health Habit is a skill, or a set of skills, that allows you to make the best choices that serve you most. By focusing on action--not just theory--you won't even have to think about "being healthy." You just will be--without the deprivation, shame, and OMG-do-I-really-have-to-choke-that-down

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overthinking and fear that come with restrictive diets. With this paperback edition of her fresh look at healthy living, 28-Day Kick-Start Plan, 50 recipes, and online community, Elizabeth will get you started, keep you motivated, and connect you to health-conscious people around the world.

#1 NEW YORK TIMES BESTSELLER • “The story of modern medicine and bioethics—and, indeed, race relations—is refracted beautifully, and movingly.”—Entertainment Weekly **NOW A MAJOR MOTION PICTURE FROM HBO® STARRING OPRAH WINFREY AND ROSE BYRNE** • ONE OF THE “MOST INFLUENTIAL” (CNN), “DEFINING” (LITHUB), AND “BEST” (THE PHILADELPHIA INQUIRER) BOOKS OF THE DECADE • ONE OF ESSENCE’S 50 MOST IMPACTFUL BLACK BOOKS OF THE PAST 50 YEARS • WINNER OF THE CHICAGO TRIBUNE HEARTLAND PRIZE FOR NONFICTION NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The New York Times Book Review • Entertainment Weekly • O: The Oprah Magazine • NPR • Financial Times • New York • Independent (U.K.) • Times (U.K.) • Publishers Weekly • Library Journal • Kirkus Reviews • Booklist • Globe and Mail Her name was Henrietta Lacks, but scientists know her as HeLa. She was a poor Southern tobacco farmer who worked the same land as her slave ancestors, yet her cells—taken without her knowledge—became one of the most important tools in

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medicine: The first “immortal” human cells grown in culture, which are still alive today, though she has been dead for more than sixty years. HeLa cells were vital for developing the polio vaccine; uncovered secrets of cancer, viruses, and the atom bomb’s effects; helped lead to important advances like in vitro fertilization, cloning, and gene mapping; and have been bought and sold by the billions. Yet Henrietta Lacks remains virtually unknown, buried in an unmarked grave.

Henrietta’s family did not learn of her “immortality” until more than twenty years after her death, when scientists investigating HeLa began using her husband and children in research without informed consent. And though the cells had launched a multimillion-dollar industry that sells human biological materials, her family never saw any of the profits. As Rebecca Skloot so brilliantly shows, the story of the Lacks family—past and present—is inextricably connected to the dark history of experimentation on African Americans, the birth of bioethics, and the legal battles over whether we control the stuff we are made of. Over the decade it took to uncover this story, Rebecca became enmeshed in the lives of the Lacks family—especially Henrietta’s daughter Deborah. Deborah was consumed with questions: Had scientists cloned her mother? Had they killed her to harvest her cells? And if her mother was so important to medicine, why couldn’t her children afford health insurance? Intimate in feeling, astonishing in scope, and impossible

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to put down, *The Immortal Life of Henrietta Lacks* captures the beauty and drama of scientific discovery, as well as its human consequences.

The complete guide to eating well, avoiding cravings, shedding weight, beating cellulite and hitting the beach happy this summer. A fully revised and updated diet plan from bestselling beauty and wellbeing writer Liz Earle, including: - A brand new selection on food combining with delicious recipes - Menus to fill you up and stop cravings - A great mix of exotic and familiar dishes - At-a-glance charts showing fat, sugar and calorie levels - The best toning exercises and techniques to beat cellulite - A variety of instant options, vegetarian meals and tasty low-fat deserts

Cameron Diaz shares her formula for becoming happier, healthier, and stronger in this positive, essential guide grounded in science and inspired by personal experience, a #1 New York Times bestseller. Throughout her career, Cameron Diaz has been a role model for millions of women. By her own candid admission, though, this fit, glamorous, but down-to-earth star was not always health-conscious. Learning about the inseparable link between nutrition and the body was just one of the life-changing lessons that has fed Cameron's hunger to educate herself about the best ways to feed, move, and care for her body. In *The Body Book*, she shares what she has learned and continues to discover about

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nutrition, exercise, and the mind/body connection. Grounded in science and informed by real life, *The Body Book* offers a comprehensive overview of the human body and mind, from the cellular level up. From demystifying and debunking the hype around food groups to explaining the value of vitamins and minerals, readers will discover why it's so important to embrace the instinct of hunger and to satisfy it with whole, nutrient-dense foods. Cameron also explains the essential role of movement, the importance of muscle and bone strength and why we need to sweat a little every day. *The Body Book* does not set goals to reach in seven days or thirty days or a year. It offers a holistic, long-term approach to making consistent choices and reaching the ultimate goal: a long, strong, happy, healthy life.

Nourish, polish and perfect your skin from the inside out following beauty guru Liz Earle's amazing 6-week programme. Liz Earle is the authority on skincare and her brand new guide, *SKIN*, is the only book you will ever need to transform dull, lifeless skin, to skin that radiates youth and good health. *SKIN* features a 6-week programme to nourish your skin from the inside out. Each week focuses on a different aspect of skincare, from detox and exfoliation, cleansing and healing, to nourishing, balance and, finally, radiance and maintenance. It encourages you to incorporate new practices into your skincare routine such as body brushing and

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meditation, as well as guiding you through a make-up detox, making your own scrubs and masks and problem-solving for specific skin conditions. The programme is accompanied by 80 delicious and easy recipes to prove that what you put in your body is just as important for your skin as what you put on it. With breakfasts, lunches, easy suppers, snacks and desserts such as Banana and Nut Butter Pancakes, Salmon, Fennel and Quinoa, Rich Chocolate Pots and clever Beauty Bombs for an instant beauty hit, these recipes will help you on your way to glowing skin during the programme and beyond. All recipes are easy to make, don't need expensive or specialist ingredients and can be eaten all year round for glowing, radiant skin.

In its 114th year, Billboard remains the world's premier weekly music publication and a diverse digital, events, brand, content and data licensing platform. Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music, video, gaming, media, digital and mobile entertainment issues and trends.

Sylvia Earle first lost her heart to the ocean as a young girl when she discovered the wonders of the Gulf of Mexico in her backyard. As an adult, she dives even deeper. Whether she's designing submersibles, swimming with the whales, or taking deep-water walks, Sylvia Earle has dedicated her life to learning more about what she calls "the blue heart of the planet." With stunningly detailed pictures of the wonders of the

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sea, Life in the Ocean tells the story of Sylvia's growing passion and how her ocean exploration and advocacy have made her known around the world. This picture book biography also includes an informative author's note that will motivate young environmentalists. Life in the Ocean is one of The Washington Post's Best Kids Books of 2012

NEW YORK TIMES BESTSELLER • This instant classic explores how we can change our lives by changing our habits. **NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Wall Street Journal •** Financial Times In *The Power of Habit*, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. Distilling vast amounts of information into engrossing narratives that take us from the boardrooms of Procter & Gamble to the sidelines of the NFL to the front lines of the civil rights movement, Duhigg presents a whole new understanding of human nature and its potential. At its core, *The Power of Habit* contains an exhilarating argument: The key to exercising regularly, losing weight, being more productive, and achieving success is understanding how habits work. As Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives. With a new Afterword by the author “Sharp, provocative, and useful.”—Jim Collins “Few [books] become essential manuals for business and living. *The Power of Habit* is an exception. Charles Duhigg not only explains how habits are formed but how to kick bad ones and hang on

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to the good.”—Financial Times “A flat-out great read.”—David Allen, bestselling author of *Getting Things Done: The Art of Stress-Free Productivity* “You’ll never look at yourself, your organization, or your world quite the same way.”—Daniel H. Pink, bestselling author of *Drive* and *A Whole New Mind* “Entertaining . . . enjoyable . . . fascinating . . . a serious look at the science of habit formation and change.”—The New York Times Book Review

New York Times bestselling author Liz Carlyle creates her darkest, most sensuous story yet, as a delectable but desperate governess runs headlong into the path of a notorious rake. Women rarely refuse the wicked Earl of Hepplewood, whose daring exploits are only whispered about. But when his new governess answers his proposition with a slap, then stalks out, references in hand, Hepplewood finds more than his face is burning. Isabella Aldridge has brains, bravado, and beauty—but the latter is no use to a servant. Her circumstances are desperate, and with Hepplewood's words ringing in her ears, Isabella realizes she must barter her most marketable asset . . . her body. But when fate sends Isabella back into Hepplewood's arms, the earl must make an impossible choice—draw Isabella down into his sensual darkness, or behave with honor for the first time in his life.

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