



LIFESTYLE APPROACHES™
A HEALTHY LIFESTYLE BEGINS WITH HEALTHY CHOICES



Resource Catalog

Winter 2025 Edition

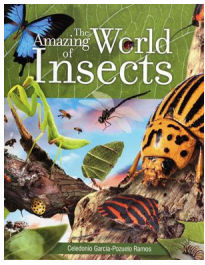
Books: Mental, Spiritual & Physical Health

Books on Natural Remedies

Books for children and teens

Health Products: Herbs, Tinctures, Activated Charcoal and more....

Lifestyle Approaches to Wellness Catalog



The Amazing World of Insects

Price: **24.99**

With this book readers like you have a simple, but rigorous, introduction to the world of insects and other little animals. Take a few minutes to observe any of them with the naked eye. Insects. Spiders. Worms. Your observation will lead you to understand that these wonderfully complex creatures. Enjoy these authentic mini “stars”!

You will discover wonderful teachings about this small realm. Uncover the virtues of nature’s miniature beings. Your exploration of the world will show you this amazing miracles: Your whole family will enjoy this extraordinary adventure. Your journey will take you deep into the mysteries of creation and it’s Designer.

ISBN: 978-84-7208-460-5 Pages: 100, hardcover, includes cards of insect pictures for a matching game
Dimensions: 9 x 10.875 inches - by *Celedonio García-Pozuelo Ramos*



The Bible Stories Series - Hardback

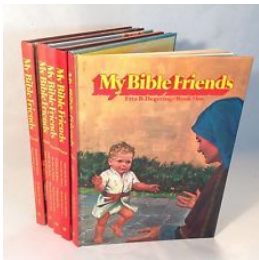
Price: **369.00**

The Bible Story set contains more than 400 Bible stories for school-age children. Every page has full color illustrations that give life to the story, captivating the attention, and helping them to understand its context. The stories are presented in simple language and teach children moral values, principles, and the way to God.

Facts About The Bible Story Set

- 411 stories that are easy to read and understand
- 1,200 full-color illustrations
- Stories are true to the Bible
- 1,950 pages in ten volumes, hardcover
- Available in both English and Spanish

Share Biblical Values With Your Children

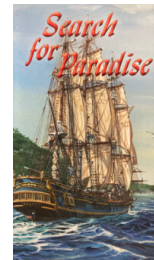


My Bible Friends (5 Volume Set)

Price: **128.99**

- Richly illustrated and beautifully written, these books are definitely the premium set of Bible stories for younger children.
- Written especially for children ages 1 to 8 • Outstanding art fills each page opening from corner to corner
- Beautiful, yet simple language makes these books a pleasure to read time and time again (because you probably will)
- Each story is written using rhyme, rhythm, and repetition which helps children remember the stories and serves as a wonderful aid in teaching children child to read
- Each book contains four simple stories, arranged in short, attention-holding sections. • The durable bindings hold up to rough use by children.
- You can easily wipe sticky fingerprints from the colorful mylar covers.

by **Etta B. Degering** ISBN: 978-9996489471 Hardcover, 5-book set
Dimensions: 9.7 x 7.1 x 4 inches



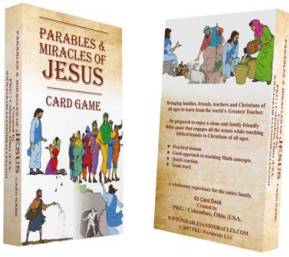
Search for Paradise

Price: **9.95**

Search for Paradise - The Most Famous Mutiny in British Naval History. Loaded with weapons, the mutineers headed to the forward ladderway and started up it. But, looking down, Hayward saw their guns and, in awed terror, demanded to know what was happening. He was told the captain had commanded the men to exercise at dawn. Not believing the yarn, Hayward started aft toward Bligh's compartment to awaken him. Not far off, William McCoy, tattooed and scarred from knife fights, had been loading his musket on deck. Immediately he banged it heavily three times on the deck - to warn his companions below to get up on the deck quick! Just then, Christian emerged from the hatchway, carrying a musket with a fixed bayonet and an ammunition box in his left hand and a cutlass and pistol in his right.... Complete story of the mutiny on the Bounty and the journey to and settlement on Pitcairn Island.

224 pp. Paperback.

Lifestyle Approaches to Wellness Catalog



Parables & Miracles of Jesus (Card Game)

Price: **29.95**

The Parables and Miracles of Jesus card game, will bring families, friends, teachers, and Christians of all ages to learn from the world's Greatest Teacher. Be prepared to enjoy a clean and family friendly Bible game that engages all the senses while teaching biblical lessons to Christians of all ages. It is a wholesome experience for the entire family.



Miss Brenda's Bedtime Stories, Vol 1-5 Hardback

Price: **99.95**

Miss Brenda's Bedtime Stories is a five-volume collection of twenty-five delightful stories per book; stories that you will never forget and teach valuable life lessons. You will encounter "Tackle Tag Disaster," "Snakes Alive," and "Trapped in Wild Cat Cave" while learning about important things like forgiveness, answered prayer, and the value of honesty and obedience. Some stories will take you halfway around the world and others will seem as if they could have happened in your own back yard.

Carefully collected by Miss Brenda, these true stories are sure to be loved by children and treasured by parents and grandparents. These hardcover books are perfect for reading together before bedtime; or anytime! These stories will warm your heart and draw you closer to Jesus.

ISBN: 978-4333004283

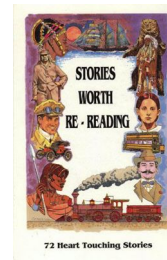
Pages: 800, hardcover set of 5. by *Brenda Walsh*



Karen and The Cobra

Price: **9.99**

There true stories of youth are an inspiration , with faith shown in the face of impossible odds, miraculous answers to prayer, and a willingness shown to learn life lessons.



Stories Worth Re-Reading

Price: **12.99**

72 Heart-touching Stories

Children of all ages like stories. Children call for them from their earliest years and remember many of them throughout all their years. The purpose of this book is to provide children and youth with stories worth reading, stories relating incidents of history, missionary effort, and home-and-school experiences.

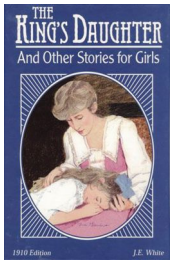
This book is another treasure house of inspiration originally compiled in 1910 to provide children and youth with worthwhile reading. You'll find them excellent family reading as well as a treasure trove for pastors, teachers, and others who tell children's stories, for ages 10 thru adult.

ISBN: 978-1881545019

Pages: 320

Dimensions: 8.3 x 5.4 x 0.7 inches

Lifestyle Approaches to Wellness Catalog



The King's Daughter and Other Stories for Girls

Price: **12.99**

Due to the noble effort of the original California publisher, these stories were found in nearly every orphanage in our land during the late 1800s. This reproduction of the 1910 edition of *The King's Daughter and Other Stories for Girls* keeps all of the original stories in their entirety, along with its 100 illustrations. The stories were compiled from a four-volume set entitled, *Sabbath Readings*, which were originally gathered from church papers in the 1870s. A breath of fresh air in literature for youth, the stories aim to build character in girls ages 9–12.

"This is one of the best selections of old fashion 'character-building' stories I know. I have read and reread them from childhood." —Dr Raymond Moore, authority on family and schools

ISBN: 978-1881545095

Pages: 224 Dimensions: 7.5 X 5.25 inches by J. E. White



Tiger and Tom and Other Stories for Boys

Price: **12.99**

by J. E. White

Will Tom lose his dog because of a moment's impatience? What is Charlie's secret to the best fun? Find out about the boy who never offered excuses.

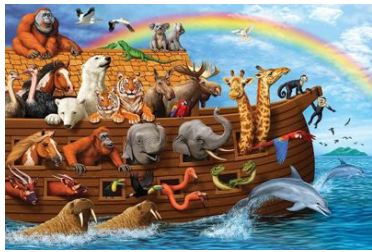
Tiger and Tom is a time tested classic that teaches lessons that never grow old. This reproduction of an 1877 classic will keep your boy's attention while teaching him the most valuable lessons of life.

"This is one of the best selections of old-fashioned 'character building' stories I know. I have read and reread them from childhood." —Dr Raymond Moore, authority on family and schools

ISBN: 978-1881545088

Pages: 224

Dimensions: 7.5 X 5.25 inches



Voyage Of The Ark - puzzle

Price: **6.99**

Ignite your child's curiosity and imagination with the Voyage of the Ark puzzle from Cobble Hill. Measuring 14" x 10", this engaging jigsaw puzzle offers a wonderful challenge for young minds. Featuring an enchanting theme of animals and religious elements, it captures their attention while also promoting cognitive development. With 35 beautifully crafted pieces, this puzzle is perfect for children aged 5 and above. The sturdy construction ensures durability, allowing repeated play. Encourage your child's love for puzzles and foster their problem-solving skills with this captivating Voyage of the Ark puzzle.

35 pieces Completed puzzle measures 14" x 10"



Amazing Adventure Children Bible Guide Set

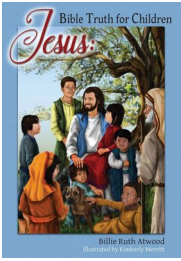
Price: **12.95**

Designed for kids ages 8 to 12, our colorful, fun, and thoroughly educational Amazing Adventure Bible lessons give parents, pastors, teachers, and youth leaders a wonderful tool to reach any child with the good news — 10 guides in total.

Filled with pictures, puzzles, and Bible stories, each Bible Guide will lead your kids on an incredible journey. This exploration will teach them more about the Bible, prophecy, and important doctrines like heaven, hell, what happens after death, and more. These lessons are written in such a manner that the principles they learn will make sense to them.

More than 160 interactive pages of fun learning about the Bible in each set!

Lifestyle Approaches to Wellness Catalog

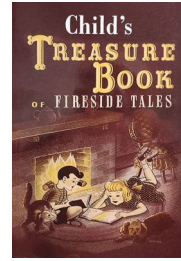


Jesus: Bible Truth for Children

Price: **29.99**

“Please tell us the story again of Jesus’ death on the cross.” This most requested story in Ms. Ruth’s classroom became the book God inspired her to write and have illustrated for the hole in the soul of every child on this planet. It is Biblically sound with the overriding themes of the origin of evil, the conflict between God and Satan and the eternal hope that Jesus’ death has given to all mankind. Kim Merritt carefully illustrated the passion of Christ for children.

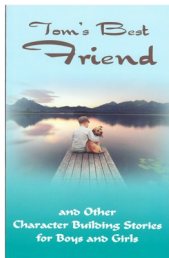
The body of this book contains 114 pages (57 two-page spreads) of beautiful life-like illustrations, not cartoons, depicting first the friendship of Jesus with Mary, Martha, Lazarus, and the disciples and then Lazarus’ resurrection. The second story shows Christ being abandoned by all of His disciples and contrasts the true repentance of Peter versus just feeling guilty, which leads into Christ’s crucifixion (third story) and the conflict of good and evil and ultimately Jesus’ power over sin and death (fourth story). The truth of this book is for all ages.



Child's Treasure Book of Fireside Tales

Price: **12.99**

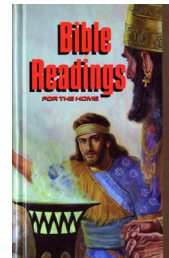
This Charming children's book features a variety of illustrated stories from different times and places, including tales of boys and girls in various settings. With engaging characters and valuable lessons, it's perfect for reading aloud or bedtime, appealing to both children and their parents.



Tom's Best Friend

Price: **4.00**

Wonderful Children's Stories that teach important life lessons. Has black and white pictures.



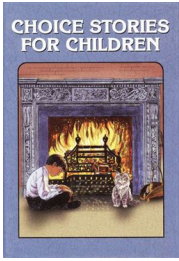
Bible Readings Hardback

Price: **12.00**

This 5-1/2 x 8-1/2 hardback edition is a great addition to your family library.

Containing 222 b/w pictures, 32 pp in color, 180 studies, 13 charts, 15 maps, 2 appendices, 2 indexes, and all in large print. Best of 1888, 1915, and current eds. 736 pp. Hardback

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Choice Stories for Children

Price: **12.99**

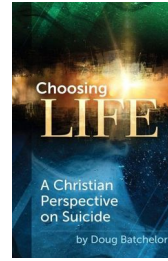
40 Heart-touching Stories

Choice Stories is a selection of stories from four out-of-print books: *Scrapbook Stories*; *Lost Jewels*; *Golden Grains*, vol. I; and *Golden Grains*, vol. II. *Choice Stories for Children* contains nearly forty stories written during the late 1800s. Every story has an important lesson designed to build good character. Chapters include: "Grumbling Tommy," "Joe Benton's Coals of Fire," "My First Theft," and "Always be Honest."

ISBN: 978-1881545996

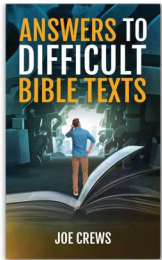
Pages: 144

Dimensions: 8.25 X 6 inches



Choosing Life - Christian Perspective on Suicide

Suicide is also a difficult subject to talk about. Few things are more serious or sobering. Life is also the greatest gift. From the very beginning, God intended for our lives to be joyful, abundant, and exhilarating. That's why He made everything to be good, good, and "very good" (Genesis 1:31). With sin, pain invaded God's Creation. Jesus said, "In the world you will have tribulation; but be of good cheer, I have overcome the world" (John 16:33). He also affirmed, "I am the bread of life ... which I shall give for the life of the world" (John 6:48, 51). God gave you life because He wants you to live! If you have a friend or loved one who took his or her own life, keep reading. I'm trusting you will find some hope and encouragement. If you're thinking about suicide, I've been there. I know it sounds simplistic but—please *don't do it!* For your sake, the sake of others, and for God's sake, keep living. "Choose life, that both you and your descendants may live" (Deuteronomy 30:19). And keep on reading this book.



Answers to Difficult Bible Texts

Price: **5.95**

Are you struggling to harmonize apparent contradictions, awkward phrasing, and other stumbling blocks in your pursuit and teaching of Bible truth?

In this classic volume, the late Joe Crews, the first speaker for Amazing Facts, boldly breaks down a sweeping array of obstacles with solid biblical evidence—in a way that will strengthen your faith in the rock-solid foundation of God's Word!

Softbound. 4x6.5" approx.

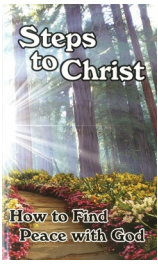


The Great Controversy - Hardcover

Price: **39.95**

Key events that have affected God's people from Christ's time to our own. Down through the ages, the story of how Christians have survived Satan's efforts to destroy them. Why were they targeted for destruction? The principles in *The Great Controversy*, fought for ages between Christ and Satan, and now in our own lives, are clearly revealed. This conflict is to increase in intensity to the close of time. In these records, we see a foreshadowing of an immense crisis just before us. History will be repeated. Best *Great Controversy* ever printed! Large print, packed with full color pictures, 47 maps, 5 appendixes, 3 indexes, many charts, plus much more. This is the complete 1911 edition. 576 pp. 8-1/2 x 11 Hardback

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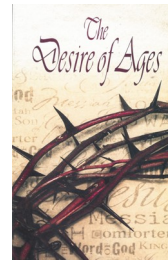


Steps to Christ - Softback

Price: **3.50**

The title of the book tells its mission. It points the reader to Jesus Christ as the only one who is able to meet the needs of the soul. It directs the feet of the doubting and halting to the pathway of peace. It leads the seeker after righteousness and wholeness of character, step by step, along the way of Christian living, to that experience where he can know the fullness of blessing which is found in the complete surrender of self. It reveals to him the secret of victory as it unfolds in simplicity the saving grace and the keeping power of the great Friend of all mankind.

4.25" x 7"
Paperback

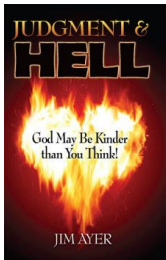


Desire of Ages - Softback

Price: **4.00**

This is the third volume of the Conflict of the Ages series. This book is the author's classic story on the life of Jesus. In this book you will find vivid portrait and description of the different events which took place during the life of Jesus on earth which makes the story come alive. Follow Jesus in this book from His birth in Bethlehem's stable to His death on the cross, His glorious resurrection, and the triumphant return to heaven.

Paperback. Book size 5.5 X 8.5. Large 12 point print. Has 100 illustrations. 608 pages.

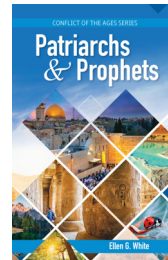


Judgment and Hell

Price: **1.25**

By Jim Ayer
With down-to-earth language woven into a skillful yet pragmatic Bible study. Jim Ayer shines the light of Bible truth to reveal a God who always acts with justice, mercy, and most importantly, absolute love and fairness. This sharing book is the perfect way to knock down walls of unbelief, stumbling blocks, and falsehoods.

ISBN: 978-1-933291-22-2
Dimensions: 3.5 x 5.5 inches, paperback
Pages: 32



Patriarchs and Prophets - 5.5"

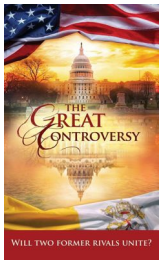
Price: **4.50**

It covers the sweeping panorama of human history from the creation of the earth to the reign king David. This book shows how this conflict worked itself out in the lives of men and women in the Old Testament times. It answers such questions as, Where did we come from? Where are we going? If God is all-powerful, why doesn't He prevent the spread of evil and its tragic results?

Large print edition with black and white illustrations. Softcover.

Total page count 608.
Trim size 5.25 x 8.25 in.

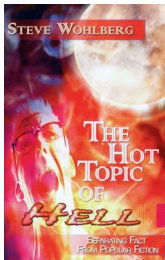
Lifestyle Approaches to Wellness Catalog



The Great Controversy: Will Two Former Rivals Unite?

Stressed out by the thought of the end of the world? Anxious about what might happen as the earth becomes more chaotic? The Great Controversy provides hope in troubled times, highlighting stories of incredible faith that will bring you encouragement and hope. This book traces the history of the Protestant Reformation from Wycliffe to the Waldenses and beyond, sharing how God led His people through the darkest days in earth's history. Inside these pages, you'll find hope when all seemed lost, peace when everything seemed impossible, and courage in the face of religious warfare. Table of Contents: The Destruction of Jerusalem, Persecution in the First Centuries, An Era of Spiritual Darkness, The Waldenses, John Wycliffe, Huss and Jerome, Luther's Separation from Rome, Luther before the Diet, The Swiss Reformer, Progress of Reform in Germany and more....

Pages: 480, paperback - Dimensions: 5 x 8.25 inches
All 42 chapters, plus full appendix - Larger print size - More space between the lines - Whiter paper



The Hot Topic of Hell

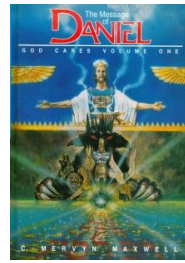
Price: 2.50

by Steve Wohlberg

Hell—Bible writers wrote about it; preachers preach about it; people talk about it. Is it a real place? Or is it something of myth? Does it burn continually? One thing though—it's a hot topic no matter what way you look at it.

Throughout these brief 32 pages, you'll find an in-depth discussion of what "hell" really is and what the Bible has to say about it conclusively. You'll find that the Bible holds three different meanings of hell. You'll learn what is meant by the "everlasting fire" of Matthew 25:41 really means. You'll learn what is meant by the phrase "tormented day and night forever" in Revelation 20:10.

ISBN: 978-1-934261-03-3
Pages: 32, paperback
Dimensions: 3.5 x 5.5 inches



God Cares - 2 Vols (Daniel / Revelation)

Price: 99.99

The Message of Daniel (volume 1)—A best-selling classic, it contains the latest research on the fascinating prophetic book of Daniel. It opens the meaning of the story of how God revealed to King Nebuchadnezzar through Daniel.... A selected bibliography, a topical index, and a scriptural index are provided. *The Message of Revelation* (volume 2)—This work unites recent scholarship with a compassionate message to all who are searching for meaning in world history and current events. It analyzes the fascinating symbols and prophecies of Revelation that have already been fulfilled and.... At the end of the book a selected bibliography, a topical index, and a scriptural index are available to ease the use of the material. by C. Mervyn Maxwell. Pages: 904 pages, two-volume hardcover set



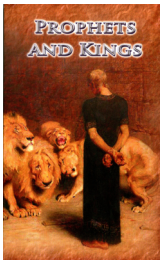
Conflict of the Ages Series Set, Hardcover

Price: 63.00

The Conflict of the Ages Series is a set of five hardcover, large print books beautifully written to make the Bible come alive as you read and study the Word of God. It brings out excellent points and important lessons as we study the scripture from Genesis to Revelation. The best and concise Bible commentary ever published with black and white pictures.

Five (5) Volume Set/ Hardback Books

Lifestyle Approaches to Wellness Catalog



Prophets & Kings

Price: 4.00

Volume 2 in the Conflict of the Ages Series. Covers the nation of Israel from the time of Solomon to end of Old Testament. (Scripture, topical). 576 pp. Paperback.



Ten Commandments Poster - English

Price: 3.50

Glossy with pictures of flowers, 14x18 in size. They have the Ten Commandments from Exodus 20 on one side and then the Ten Commandments from the New Testament on the other side.



Inside Daniel and Revelation

Price: 4.00

Verse by verse analysis of the entire books of Daniel and the Revelation. A powerful tool to understand the prophecies of Daniel and the Revelation.

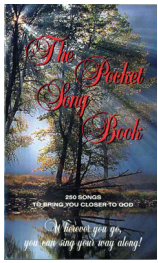


Witchcraft Ruins Lives

Price: 3.00

The demons are not your friends. All about the dangers of witchcraft. How it destroys people. How to be delivered. 160 pp. Paperback.

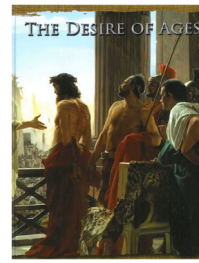
Lifestyle Approaches to Wellness Catalog



Pocket Song Book

Price: **3.50**

When you are away from home, you will have a song book in you pocket with 250 songs (words only).

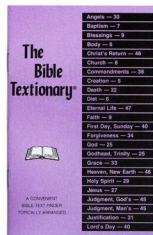


Desire of Ages - Illustrated - Hardback

Price: **30.00**

Desire of Ages - NEW!
8-1/2 x 11 Hardback

Best Desire of Ages ever printed! Large print, packed with full color pictures. The Salvation themes come alive with this illustrated edition. 560 Pages.



The Bible Textionary

Price: **2.95**

This condensed guide to Scripture makes it easy to locate Bible texts in seconds. Book covers 48 categories and includes a fold-out time-line of Earth's history inside the back cover.



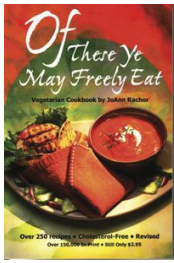
Ministry of Healing

Price: **11.99**

The Ministry of Healing has been around awhile. Since it was first published, a lot of other books about health have come and gone. Some of them have been bigger than this one, but it's not likely there has ever been a better one. It is a book that crusades for total fitness, not just physical fitness, because we human beings are more than just bodies. So these pages speak to the needs of the whole person: body, mind, and spirit.

For a lot less than the cost of one visit to the doctor, this classic on health will tell you how to manage stress, get well, prevent disease, and feel vibrantly alive. ISBN: 978-1-883012-56-2 Pages: 320, paperback 5.5 x 8.5 inches

Lifestyle Approaches to Wellness Catalog



Of These Ye May Freely Eat

Price: **2.95**

by JoAnn Rachor

A more practical, economical, vegetarian cookbook cannot be found. Because it is compact, only the best recipes have found their way into this culinary treasure house. Simple, delightful and tasty meals may be prepared from these pages by beginner and expert alike. Those experimenting with vegetarianism will find refuge here because every recipe is a winner. Newly revised, this cookbook includes more than 250 economical, low-calorie and cholesterol-free recipes that are nothing short of delicious.

ISBN: 978-1-878726-02-1
Pages: 96, paperback
Dimensions: 5.5 x 8.5 inches



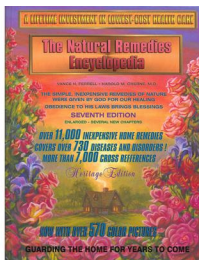
Encyclopedia of Foods and their Healing Power

Price: **289.99**

The complete three volume set of Encyclopedia of Foods and their Healing Power teaches you to let food be your medicine and medicine be your food. This full-color illustrated set includes an index of diseases, Mediterranean style recipes that prevent and heal, as well as full nutritional contents of the foods presented.

In the first two volumes of the Encyclopedia of Foods and their Healing Power, **Dr. George Pamplona-Roger** presents the latest scientific studies on the nutritional value of different foods along with their level of suitability for the body. The third volume gives careful instruction on food preparation and how to transition to a healthier lifestyle.

by George D. Pamplona-Roger, M.D. ISBN: 978-84-7208-346-2
Hardcover

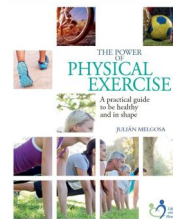


The Natural Remedies Encyclopedia

Price: **69.96**

The 7th Edition contains 1227 pages of invaluable information. This enlarged and expanded Heritage Edition, which contains several new chapters, is one of the most complete and trustworthy books you'll find on natural, drug-free remedies. Hardcover 8.5" x 11" 1227 Pages. Order your copy today! It's a very small investment for a lifetime of low-cost health care! The Encyclopedia contains a "Find it Fast" feature and is also groups related diseases in the same section to help you find diseases quickly.

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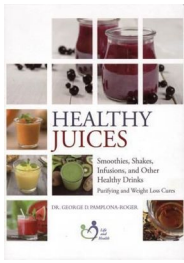
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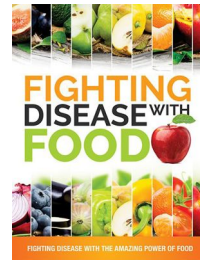
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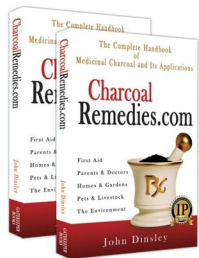
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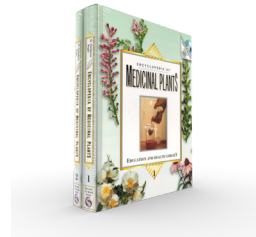
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Encyclopedia of Medicinal Plants

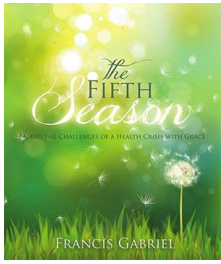
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This is a complete, up-to-date, and scientific encyclopedia based on rigorous botanical, pharmaceutical, and chemical research. More than 470 plants are botanically described and classified by diseases. Numerous natural treatments are explained with clear illustrations and simple language. Numerous charts that describe the most frequent disorders and the plants that possess the active principles to correct them.

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The Fifth Season: Facing the Challenges of a Health Crisis with Grace ISBN: 978-1-629130-68-2

We all have plans, but how do we function when they become disrupted due to events out of our control? Furthermore, how do these self-fashioned plans fit with what God designs for each of us personally?

If you—or someone you care about—wrestle with a major health crisis, *The Fifth Season* invites you to engage in living each moment fully surrendered to God's loving guidance. Whether you are the patient, the caregiver, or just called to provide support, you will find assurance that there is purpose to the struggles you encounter. God deeply cares, so He tenderly beckons us, as His children, to partake of His plans for our lives. In answering His bidding, we have the opportunity to venture on a journey specifically designed for us to discover how serious illness, fear, doubt, and suffering lead to a sojourn on a richer avenue. *by Francis Gabriel. Pages: 64, paperback Dimensions: 5.5 x 6.5 inches*



Cancer - ...Understanding, Preventing and Coping with...

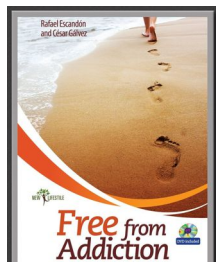
Practical Guide to Understanding, Preventing and Coping with the Disease.

According to the World Health Organization, cancer is one of the leading causes of death in the world.

Today an increasing number of people are being diagnosed with this dreaded disease. The good news is that between 30 and 50% of cancers can be prevented by avoiding risk factors and applying well-founded preventive strategies. Moreover, when you learn to recognize the disease at its beginning, the chances of overcoming it are greatly enhanced. Dr. Facchini's work contains reliable references and practical recommendations that can help you prevent cancer. It presents valuable information and useful and proven advice to help in the prevention and treatment of the disease.

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ISBN: 978-8472083196 Pages: 190, hardcover



Diabetes: Prevention and Treatment - Hardback

by Dr Ramón Gelabert

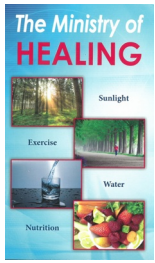
Diabetes is one of the most important diseases in the world.

More than a quarter billion people suffer from diabetes, many without knowing it. According to the American Diabetes Association, as of 2012, 29.1 million Americans have diabetes, and 8.1 million of them don't know it. As of 2010, diabetes was the seventh leading cause of death in the United States.

Dr. Gelabert's clear complete, and direct advice provides the best guidance for knowing if you suffer from diabetes and how to prevent it. If you already know that you have this disease, you will discover how to control it by the use of the most advanced methods and scientific and natural treatments.

ISBN: 978-84-7208-454-4. Pages: 142, hard cover. Dimensions: 6.875 x 10 inches

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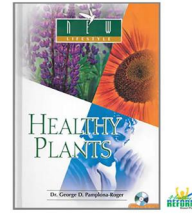


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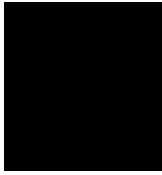
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News Brief

Beloved, I wish above all things that thou mayest prosper
and be in health, even as thy soul prospereth.

3 John 2

My name is Joseph Bergeon. I was born and raised in Central Wisconsin. The first six years of my life, I was raised in the country where I could explore nature as a naturally curious boy. Later, we moved to the suburbs of a large city.

It was later in life, that I decided to learn more about lifestyle health, so I decided to go to college and see what they knew. I had learned much from college and reading in general. I absolutely love to have books around me. Whenever I want to look something up, there you go. No electricity needed...unless it's at night, then you'll need a lamp. Well, I graduated with an emphasis in health promotion & wellness and nutrition. Coming from a Christian background, I knew it was important to take care of our body, which was purchased with a price. There is a direct link between our body and our mind. The old saying goes, "You are what you eat."

Herbal teas are obtained by treating vegetable products with water. This is the most popular method used to prepare medicinal herbs. Water is an ideal means of extracting most of the chemical substances produced by plants, because it is a universal solvent par excellence.

Herbal teas are mostly used for oral intake, however some other uses include compresses, eye drop, lotions, ect., as we shall see in the section entitled "Methods of use" (p. 64).

Herbal teas are the result of the action of the water on the vegetable products. Depending on the method used, we will find three ways to obtain a herbal tea: Infusion, decoction and cold extract.

Infusion: Infusion is the ideal procedure to obtain herbal teas from the delicate parts of the plants: Flowers, leaves, clusters and stem buds. With infusions, many active substances are extracted with almost no alteration of their chemical structure, thus preserving almost all of their properties.

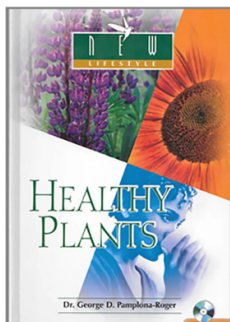
Conservation of Infusions: As a rule, infusions may be preserved for about twelve hours. Preparing them in the morning, and drink them during the course of the day. If the weather is hot, keep infusions in the refrigerator. They may be warmed, but not boiled again. Infusions prepared 24 hours before should not be consumed.

Decoction: Decoction is mainly used to prepare herbal teas from the hard parts of the plants (roots, rhizomes, seeds) which require sustained boiling to liberate their active principles. Decoction has a disadvantage: Some of the active principles may degrade because of the prolonged action of the heat.

Conservation of Decoctions:

After boiling, decoctions may be reserved longer than infusions, especially when kept in the refrigerator. They may be used for several days, though it is better not to keep them for more than one week.

Cold Extract:



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