Library Journal Selected Titles:

NEW TITLES


All calories are not equal, says personal trainer Bailor, and the key to weight loss is eating more of the right kinds of foods and exercising at a higher intensity for shorter lengths of time.


A food writer lost 35 pounds and reversed his prediabetes by eating vegan before 6 p.m. (without relying on processed faux meats) and in moderation after that. (LJ 6/1/13)


Physician/endocrinologist Chopra helps the reader identify and overcome triggers for overeating, using a mind-body approach to weight loss.


Written by a physician, this book shows how eating nutrient-dense and higher calorie foods can eliminate cravings for fat, sweets, and carbohydrates and end the vicious cycle of dieting.


A cardiologist presents gluten- and dairy-free recipes in this companion cookbook to the Clean diet programs. Many recipes are appropriate for cleansing, gut health, and vegan diets.


Ortner, a weight-loss coach, explains how to tap acupressure points to reduce stress, overcome overeating and cravings, find joy in exercise, and, ultimately, lose weight.

Carbohydrates create inflammation and ultimately degenerative disease, says neurologist Perlmutter; the book focuses particularly on the brain. (LJ 11/1/13)


A food activist and his son interview 21 thought leaders in food and nutrition and ask them what to eat and why it matters. (LJ 11/1/13)


Meal plans and recipes focused on quality proteins, healthy fats, and good carbs, all from a nutritionist.


According to this journalist, everything we think we know about dietary fat is wrong. She suggests that eating more saturated fats is the key to health and wellness. (LJ 5/1/14)


A journalist/self-proclaimed sugar addict shares her experience in overcoming her dependence on sugar and guides others in doing the same.


From a nutritionist who knows, why fat and cholesterol are crucial to your health and counting calories doesn’t help you lose weight.

**BEST OF THE BACKLIST**


A nutrition scientist explains how to lose weight and prevent disease by living as the hunter-gatherers did, eating only meats and fish, fresh fruits, snacks, and nonstarchy vegetables.


Wheat is the single largest contributor to the nationwide obesity epidemic, explains cardiologist Davis, who claims that elimination of the grain is key to dramatic weight loss and optimal health. (LJ 6/1/13)

One of their own explains that French women stay slim and healthy despite enjoying bread, wine, and cheese on a regular basis. (LJ 11/1/14)


Two physicians who both survived catastrophic illness present a program for identifying and eliminating the cause of disease. (LJ 9/15/03)


A pediatrician claims that overeating is caused by the way our bodies and minds are changed when we eat foods that contain sugar, fat, and salt. (LJ Xpress Reviews, 4/13/09)


An endocrinologist argues that exercise won’t help you shed pounds and fasting only worsens weight gain. By readjusting the hormones that regulate hunger, reward, and stress, permanent weight loss can be achieved.


A team of scientists present a program for general health and weight loss, based on a well-respected diet designed to lower blood pressure. (LJ 12/11)


This molecular biologist/nutritionist offers a comprehensive guide on what to eat, walking readers through the supermarket aisle by aisle. (LJ 3/1/06)


You can eat more if you eat the right things, says Ornish, a physician. The program offers a spectrum of choices that reflect an individual’s goals, rather than hard-and-fast rules.


Journalist Pollan argues that we should only eat the sort of things that our great grandmothers would recognize.

A vegetarian diet is the best thing for the health of individuals and the planet, says this journalist in his Pulitzer-nominated title.


A Buddhist monk and a nutritionist combine nutrition with the practice of mindfulness to help you find a healthy weight and general state of well-being.


An integrative health physician promotes a commonsense approach to healthy eating, emphasizing a diet of fresh fruits and vegetables, unprocessed foods, and small amounts of meat and dairy products. (LJ 4/1/00)


A physiologist/nutritionist explores sugar and how it is hidden inside our everyday foods and damaging our health.