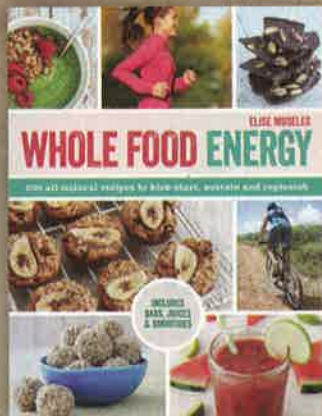




WHOLE FOODS, WHOLE BODY HEALTH

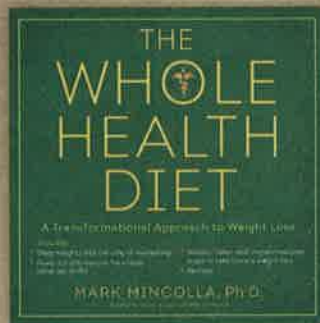
NOURISH YOURSELF WITH THESE RECENT TITLES



Whole Food Energy
by Elise Museles (\$19.99,
Barron's, 2016)

The best efforts to improve our fitness can be upended if we deny ourselves the right fuel. A diet filled with processed foods, unhealthy additives, and empty calories can derail our fitness goals. Elise Museles, attorney-turned-nutrition-expert and blogger at *Kale & Chocolate*, suggests that a

diet comprising whole foods—unrefined, unprocessed, vitamin-rich, and low in carbohydrates, fats, and sodium—is the ticket to powering up to the next level of fitness. Museles learned to prioritize her own health after she found herself frequently feeling rundown, cranky, and distracted, while relying heavily on packaged protein bars to get her through the day. Her solution was to develop recipes that can be prepared in bulk and grabbed from the refrigerator or pantry so that busy people can get the healthy nutrients they need to stay energized. *Whole Food Energy* includes 200 tasty recipes.



The Whole Health Diet
by Mark Minicolla (\$16.95,
Tarcher/Penguin, 2015)

The World Health Organization estimates that more than 3.4 million people die annually due to complications from being overweight or obese. Research suggests that being chronically overweight can

lead to an increased risk of developing Type 2 diabetes, cancer, and depression. Taking his cue from this stark reality, Mark Minicolla, PhD, a natural healthcare practitioner, has developed the Whole Health Healing System, a plan to combat the problems of obesity and poor health. Dr. Minicolla's book guides readers through a paradigm shift, wherein they will begin to understand how all of the factors that make up good health—metabolism, diet, nutrition, physical well-being, and even spirituality—work together to create a holistic balance. Readers should be prepared to dig deep into their emotional, mental, and spiritual lives, as they learn how to develop and maintain their own personalized nutrition plans. Assessment tools, exercises, and recipes round out Dr. Minicolla's approach to weight loss and whole-life transformation.