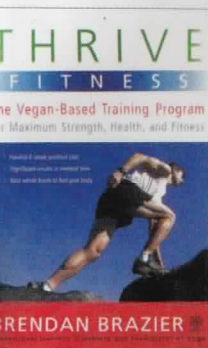


spring tidings

March brings with it daylight-saving time and the arrival of spring. If that's not enough to inspire you, check out this month's selections.



Thrive Fitness: The Vegan-Based Training Program for Maximum Strength, Health, and Fitness

by Brendan Brazier
(\$15.95, Da Capo Press, 2009)

If you think that “vegan” and “athlete” are mutually exclusive terms, meet Brendan Brazier, Ironman triathlete and long-time vegan.

Thrive Fitness is a flexible six-week

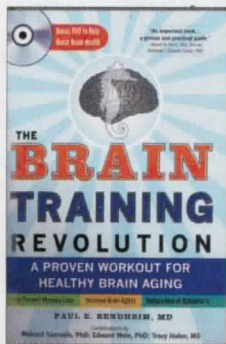
workout plan that includes illustrated exercises; tips on foods that fuel workouts; and strategies to increase mental acuity, creativity, and productivity. Brazier explains how to reduce body fat, boost energy, lessen sugar cravings, and sleep better for a lifestyle that increases vitality and cuts your carbon footprint. A comprehensive glossary is included along with 30 vegan recipes for easy-to-make performance foods such as Banana Ginger Energy Bars.



More Vegetables, Please! Over 100 Easy & Delicious Recipes for Eating Healthy Foods Each & Every Day

by Elson M. Haas, MD, and Patty James, MS (\$21.95, New Harbinger Publications, 2009)

Certified natural chef Patty James and integrated medical practitioner Dr. Elson M. Haas are on a mission to help us eat more vegetables. For beginners and experienced cooks alike—whether vegans, vegetarians, or omnivores—*More Vegetables, Please!* offers simple, scrumptious whole-foods recipes. Smart food combinations help you maximize nutrition, and tips for seasonal eating, health notes, cooking suggestions, and “kids in the kitchen” are scattered throughout. Chapter 2 includes less common veggies and the seasonings that make them delectable. Even picky eaters will like Baked Penne Pasta with Roasted Vegetables, Thai Tofu and Squash Stew, and Chocolate Beet Cake.



The Brain Training Revolution: A Proven Workout for Healthy Brain Aging

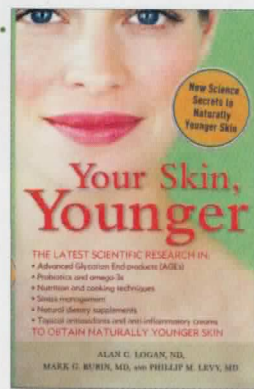
by Paul E. Bendheim, MD (\$24.99, Sourcebooks, 2009)

For anyone concerned about memory loss, this three-part program offers practical ways to increase the brain's agility and reduce the risk of Alzheimer's disease. Dr. Bendheim's prescription incorporates the latest research on nutrition for brain-building, modest lifestyle adjustments, and mental workouts—simple steps anyone can take. Engaging illustrations simplify the science, and mental exercises and recipes for feeding a healthy brain help you boost your cognitive performance in midlife and beyond. Included are a DVD of interactive mental exercises and comprehensive resource and reference lists.

Nutrition at Your Fingertips

by Elisa Zied, MS, RD, CDN (\$18.95, Penguin Group/Alpha Books, 2009)

This is a go-to book for just about any question on nutrition. “Words to Go” sections at the end of each chapter, plus a comprehensive glossary, define confusing terms (such as “flavonoids,” “oxalates,” and “phospholipids”). Chapters 1 through 5 explain key nutrients, their functions, and daily intake recommendations. Subsequent chapters cover weight management; eating to prevent disease; food allergies, intolerances, and sensitivities; food safety; and more. **☆☆☆**



Your Skin, Younger: New Science Secrets to Naturally Younger Skin

by Alan C. Logan, ND, Mark G. Rubin, MD, and Phillip M. Levy, MD (\$21.99, Cumberland House, 2010)

A wrinkle is not just a wrinkle: Signs of aging can indicate heart, kidney, and other organ problems. Dr. Logan, a naturopath, Dr. Rubin, a dermatologist, and Dr. Levy, an internist and dermatologist, present the latest research on achieving young-looking skin. Food and how it's cooked affect the skin's appearance. Advanced glycation end-products, or AGEs, in foods cooked on high heat without moisture cause oxidative stress, damaging collagen. Chronic stress, sleep problems, and chemicals in skin care products can also harm skin. *Your Skin, Younger* offers affordable ways to achieve beautiful skin through diet, stress reduction, wrinkle-free sleep habits, and more.

