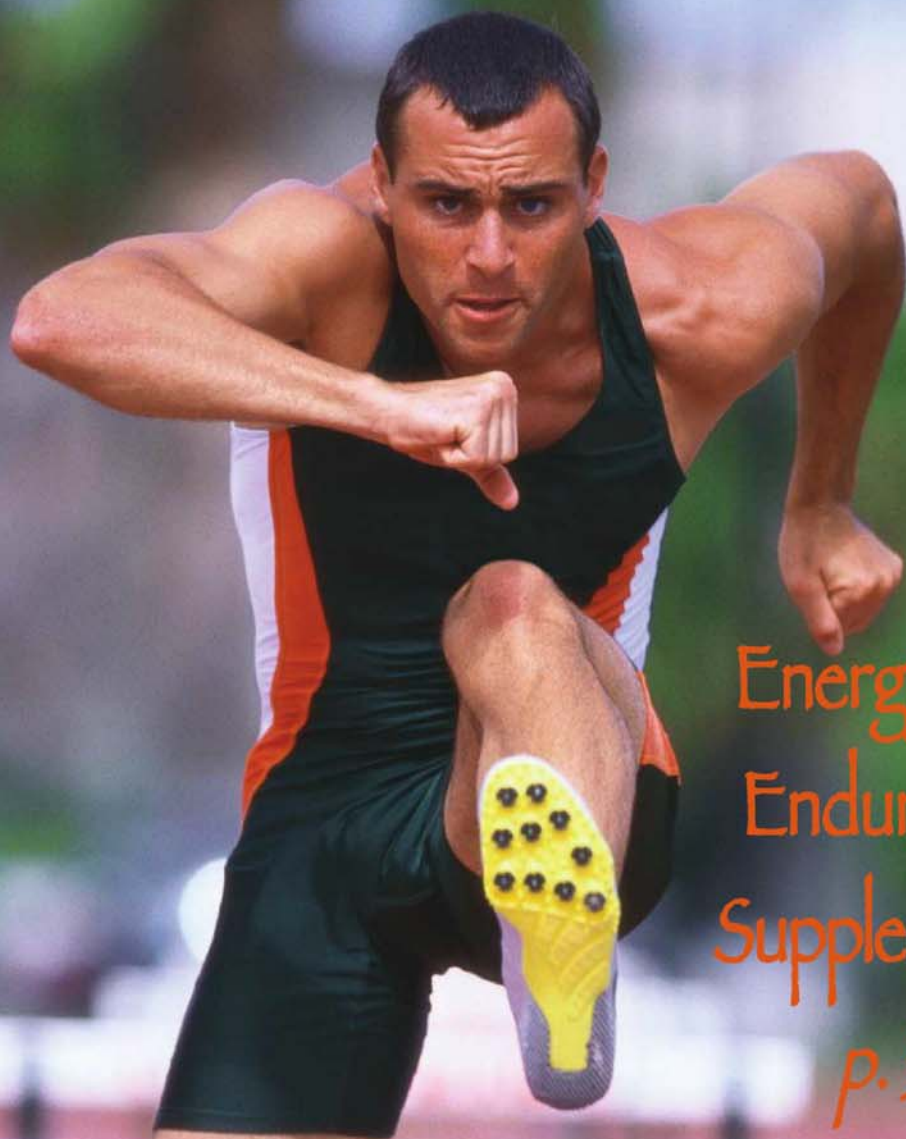


WholeFoods MAGAZINE

\$12.00

Informing and Educating Natural Products Retailers On Dietary Supplements, Herbs, HBC, Homeopathy, Foods
SEPTEMBER 2013 www.wholefoodsmagazine.com



Energy and
Endurance
Supplements,
p. 38

8
FDA Regulates Definition of “Gluten-Free”
Silver Spring, MD—FDA officially set a final standard for labeling foods as “gluten-free.” Previously, there had been no such guidelines.

9
Agency Wants Illegal Diabetes Products Off the Market
Silver Spring, MD—FDA sent warning letters to 15 companies it feels are making illegally marketed diabetes products, insisting the firms respond sufficiently and correct violations.

18
Sprouts Farmers Market Completes IPO
Phoenix, AZ—Sprouts Farmers Market officially completed its initial public offering on the NASDAQ stock exchange.

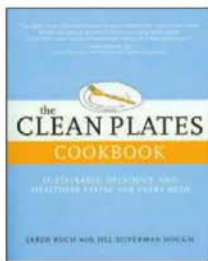
Food for Sensitive Diets, p. 24 Kids/Teens/Tweens, p. 56
Skincare and Makeup, p. 32 Garlic Supplements, p. 60
Marine Oils, p. 46 Liver Care/Detox, p. 78



SUSTAINABLE EATING

The Clean Plates Cookbook: Sustainable, Delicious, and Healthier Eating for Every Body (\$20.00, 304 pp) is not a diet guide. Written by Jared Koch and Jill Silverman Hough, the book advocates “clean eating” that is healthy, sustainable and tasty all while stressing individuality when it comes to diets.

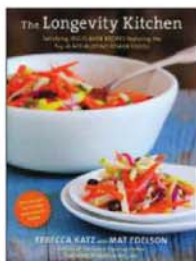
Running Press Book Publishers, 2300 Chestnut St., Philadelphia, PA 19103, www.runningpress.com



COOKBOOK

The Longevity Kitchen: Satisfying, BIG-FLAVOR RECIPES Featuring the top 16 AGE-BUSTING POWER FOODS (\$29.99, 243 pp) is a guide to a healthy lifestyle. Written by Rebecca Katz and Mat Edelson, this book contains over 100 recipes that are nutritious and have a variety of benefits for the body.

Ten Speed Press, 1745 Broadway, New York, NY 10019, www.crownpublishing.com



FDA

Health at Gunpoint (\$14.95, 162 pp) gives readers a close look at the Food and Drug Administration (FDA). Author James J. Gormley writes about FDA's opposition to natural health products and how the agency is trying to limit access to dietary supplements in the United States. The book provides a history of the natural health movement and features charts and supplementary information.

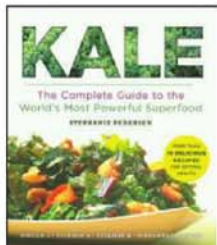
SquareOne Publishers, 115 Herricks Rd., Garden City Park, NY 11040, www.squareonepublishers.com



KALE RECIPES

Kale (\$14.95, 192 pp) is a guide to one of the world's most powerful superfoods. Author Stephanie Pedersen starts by telling readers all about the nutrients that kale offers and its anti-inflammation and wellness benefits. The fun-to-read guide offers 75 kale recipes and a guide to growing kale.

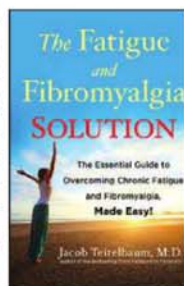
Sterling Publishing Co., Inc., 387 Park Ave. South, New York, NY 10016-8810, www.sterlingpublishing.com



FATIGUE, FIBROMYALGIA

Jacob Teitelbaum, M.D.'s **The Fatigue and Fibromyalgia Solution** (\$15.00, 320 pp) provides cutting-edge research and scientific information about treating chronic fatigue, fibromyalgia and their often dismissed symptoms. Teitelbaum presents the SHINE protocol for addressing Sleep, Hormonal support, Infections, Nutritional support and Exercise.

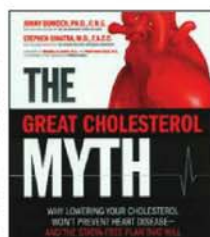
Avery, Penguin Group, 375 Hudson St., New York, NY 10014-3657, www.vitality101.com



HEART HEALTH

In **The Great Cholesterol Myth** (\$19.00, 240 pp), authors Jonny Bowden, Ph.D., C.N.S., and Stephen Sinatra, M.D., F.A.C.C., lay out the evidence that lowering cholesterol won't help prevent heart disease, and then provide advice for lowering heart disease risk without the use of statin drugs.

Fair Winds Press, 100 Cummings Center, Ste. 406-L, Beverly, MA 01915, www.fairwindspress.com



SPORTS NUTRITION

The Misled Athlete (\$16.95, 164 pp) by Carl Germano is a guide to eating and training like an athlete without using artificial sports supplements or illegal substances. Germano covers food consumption, hydration, exercise and natural supplements. He provides charts and examples to help explain how to create a safe, effective training plan for an athlete.

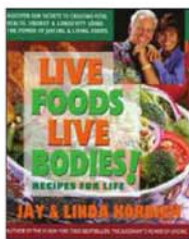
iUniverse, 1663 Liberty Dr., Bloomington, IN 47403, www.iuniverse.com



JUICING, RAW FOODS

A new book from Jay and Linda Kordich gives readers everything they need to know about the power of juice and living foods. **Live Foods Live Bodies!** (\$18.95, 228 pp) is divided into three sections. Part one talks about Jay Kordich's recovery from cancer through healing juices; part two covers how to transition to a living foods diet; and part three offers 100 recipes.

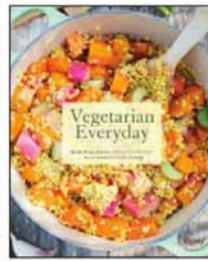
Square One Publishers, 115 Herricks Rd., Garden City Park, NY 11040, www.squareonepublishers.com



HEALTHY RECIPES

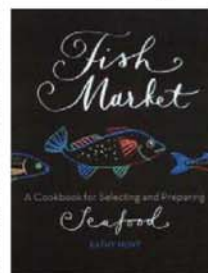
Vegetarian Everyday: Healthy Recipes from Our Green Kitchen (\$35.00, 247 pp) by David Frenkiel and Luise Vindahl, is an extension of the couple's popular blog, found at Greenkitchenstories.com. With colorful pages, 100 dairy-free recipes and a lot of heart, this book is perfect for the cook who wants nutrition without sacrificing taste.

Rizzoli International Publications, Inc., 300 Park Ave. South, New York, NY 10010, www.rizzoliusa.com



SEAFOOD

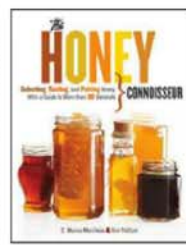
Fish Market: A Cookbook for Selecting and Preparing Seafood (\$22.00, 248 pp) by Kathy Hunt is a cookbook for all seafood lovers. The book is organized by seafood type and offers information on the nutritional value of each category of seafood, as well as instructions on how to prepare it. Running Press, 2300 Chestnut St., Philadelphia, PA 19103, www.runningpress.com



HONEY

Honey experts C. Marina Marchese and Kim Flottum have put together **The Honey Connoisseur: Selecting, Tasting, and Pairing Honey, With a Guide to More than 30 Varietals** (\$26.95, 256 pp). This text offers explanations and step-by-step instructions about the origin and flavor of more than 30 varieties of honey, wine and cheese pairings and simple recipes featuring honey.

Black Dog & Leventhal Publishers, 151 West 19th St., New York, NY 10011, www.blackdogandleventhal.com



VEGAN COOKBOOK

Crazy Sexy Kitchen (\$29.95, 286 pp) is the latest vegan cookbook by Kris Car. Co-authored with Chef Chad Sarno, the 150 plant-empowered recipes are designed to ignite a “mouthwatering revolution” and promote a healthy lifestyle. Recipes include Crazy Sexy Breakfast Tacos, Warm Kale and Quinoa Salad, Squash Pasta with Sage Pesto and more.

Hay House, Inc., P.O. Box 5100, Carlsbad, CA 92018, www.hayhouse.com

