



business relationships with editors • The secrets of avoiding rejection • How to make unpublished authors book like professional writers • How to get the most money from publishers A valuable resource for those considering careers as literary agents, as well as writers who want to be their own agents. Writers don't need agents if they know how to approach publishers, properly prepare and send submissions, and deal with editors—all of which are covered in this book. You will learn how to present yourself as a professional and get the same respect given to successful authors and agents.

People who want to develop an act for birthday parties or street corners will find this book a blessing. Easy-to-follow directions on how to juggle, manipulate cigar boxes, do balancing tricks, and become an hilariously funny juggler. Contains 25 complete comic juggling routines. Simple enough for beginners, funny enough for professionals.

Eat delicious, full-flavoured foods and lose weight permanently with this new, all natural, no-hunger, weight-loss program. You can enjoy rich, full-fat foods and lose weight without the hassle of counting calories, weighing portions, or suffering from hunger. This book exposes many common myths and misconceptions about fats. It reveals new, cutting-edge research on the world's only natural, low-calorie fat -- a fat that not only has fewer calories than any other fat, but one which also stimulates metabolism and burns up calories. Yes, you can lose weight by eating fat, if you use the right kind. Combined with a sensible eating plan, you can shed excess weight, enjoy the foods you love, and gain better health. This revolutionary, total-wellness program is designed to keep you both slim and healthy using wholesome, natural foods, and the most health-promoting fats. It has proven successful in helping those suffering from obesity, diabetes, hypoglycaemia, heart and circulatory problems, yeast infections, chronic fatigue, and many other conditions.

Coconut oil is one of the best oils we can use as it contains good fats, vitamins and minerals. This kitchen handbook has over 60 delicious, health-supportive recipes to nourish you and explains how to use it instead of other oils and butter in your daily cooking. There are plenty of healthy and delicious dishes - from quick meals to weekend feasts - to suit every member of the family. And for those with a sweet tooth, there are simple, refined sugar-free desserts to satisfy cravings as well as indulgent cakes, biscuits and muesli bars that are nourishing treats. There is also a chapter on coconut oil as a beauty product. Quick DIY beauty recipes reveal the healing and medicinal properties of coconut oil, from hair wraps to face and body scrubs.

Traditional Chinese edition of The Coconut Oil Miracle. Bruce Fife offers the biggest secret in nature: coconut oil is good for you! Used as a supplement, in cooking, coconut oil can help one lose weight, strengthen immunity, protect you from heart diseases, prevent aging... He includes many great recipes using coconut oil in this book. The book has been a phenomenal bestseller since its English publication in 2004. In Traditional Chinese. Annotation copyright Tsai Fong Books, Inc. Distributed by Tsai Fong Books, Inc.

You can enjoy eating rich, full-fat foods and lose weight without counting calories or suffering from hunger. The secret is a high-fat, ketogenic diet. Our bodies need fat. It's necessary for optimal health. It's also necessary in order to lose weight safely and naturally. Low-fat diets have been heavily promoted for the past three decades, and as a result we are fatter now than ever before. Obviously, there is something wrong with the low-fat approach to weight loss. There is a better solution to the obesity epidemic, and that solution is The Coconut Ketogenic Diet. This book exposes many common myths and misconceptions about fats and weight loss and explains why low-fat diets don't work. It also reveals new, cutting-edge research on one of the world's most exciting weight loss aids—coconut oil—and how you can use it to power up your metabolism, boost your energy, improve thyroid function, and lose unwanted weight. This revolutionary weight loss program is designed to keep you both slim and healthy using wholesome, natural foods, and the most health-promoting fats. It has proven successful in helping those suffering from obesity, diabetes, heart and circulatory problems, low thyroid function, chronic fatigue, high blood pressure, high cholesterol, and many other conditions. You will learn: Why you need to eat fat to lose fat Why you should not eat lean protein without a source of fat How to lose weight without feeling hungry or miserable How to stop food cravings dead cold Which fats promote health and which ones don't (the answers may surprise you) How to jumpstart your metabolism How to restore thyroid function How to use your diet to overcome common health problems How to reach your ideal weight and stay there Why eating rich, delicious foods can help you lose weight Which foods are the real troublemakers and how to avoid them

How to talk to your hand without looking stupid.

The ketogenic diet is one that is very low in carbohydrate, high in fat, with moderate protein. This diet shifts the body into a natural, healthy metabolic state known as nutritional ketosis. In ketosis the body uses fat as its primary source of energy instead of glucose. Some of this fat is converted into an alternative form of fuel called ketones. Ketones are high-potency fuel that boost energy and cellular efficiency and activates special enzymes that regulate cell survival, repair, and growth. When a person is in nutritional ketosis, blood levels of ketones are elevated to therapeutic levels. In response, high blood pressure drops, cholesterol levels improve, inflammation is reduced, blood sugar levels normalize, and overall health improves. Low-fat diets have been heavily promoted for the past several decades as the answer to obesity and chronic disease. However, we are fatter and sicker now more than ever before. Obviously, the low-fat approach has not worked. Our bodies actually need fat for optimal health and function more efficiently using fat for fuel. In this book you will discover how people are successfully using the ketogenic diet to prevent and treat chronic and degenerative disease. Ketone therapy is backed by decades of medical and clinical research, and has proven to be both safe and effective for the treatment of variety of health issues, including the following: Alzheimer's disease Parkinson's disease stroke Multiple sclerosis heart disease cancer diabetes obesity metabolic syndrome Crohn's disease ulcerative colitis irritable bowel syndrome glaucoma macular degeneration migraine headaches sleep disorders It doesn't stop there. Research is continually discovering conditions that are responding to the ketogenic diet. Many health problems that medical science has deemed incurable or untreatable are being reversed. Medications that were once relied on daily are no longer necessary and are being tossed away. People are discovering that a simple, but revolutionary diet based on wholesome, natural foods and the most health-promoting fats is dramatically changing their lives. It could be the key to changing yours as well.

"Si te dijeran que existe un aceite cuya utilización te protege de los problemas cardiovasculares, del cáncer y de otras enfermedades degenerativas, que mejora la digestión, refuerza el sistema inmunológico, protege de las infecciones y ayuda a perder el exceso de peso, ¿te interesaría? Todos estos efectos positivos y más tiene el aceite de coco, entre ellos: Reduce el riesgo de aterosclerosis; reduce el riesgo de contraer cáncer; ayuda a prevenir las infecciones bacterianas, virales y fúngicas; mejora el funcionamiento del sistema inmunológico, y mucho más. Actualmente el aceite de coco está considerado como el aceite más saludable que existe."--Page [4] of cover.

Siegfried Gursche presents an east-to-understand account of all major health benefits of virgin coconut oil.

What can you do if your cat has worms? Use coconut oil. What can you do about smelly doggy breath? Try coconut oil. What if your cat has an ear infection? Again, coconut oil. Believe it or not, coconut oil is a highly effective treatment for a wide variety of common health problems. For this reason, coconut oil has gained a reputation as a superfood—a food that provides health benefits far beyond its nutritional content. Coconuts and coconut oil have a long history of safe and effective use as food and as medicine for both humans and animals. Most animals love the taste of coconut. Whether you own cats, dogs, ferrets, parrots, canaries, chickens, horses, goats, hamsters, gerbils, guinea pigs, rabbits, or other animals, they can all benefit from the nutritional and medicinal properties of coconut oil. Some of the many benefits include: ? Improves the appearance of the skin, hair, and feathers ? Reduces or eliminates body odor and bad breath ? Improves energy and balances metabolism ? Helps reduce excess body fat

and maintain proper weight ? Prevents and fights bacterial, viral, and yeast infections ? Strengthens immune function ? Helps relieve kennel cough ? Improves oral health and whitens teeth ? Helps ease allergy symptoms ? Soothes itchy or irritated skin ? Improves digestion and nutrient absorption ? Protects against digestive disorders such as ulcers and colitis ? Expels or kills intestinal parasites ? Helps keep blood sugar in balance ? Helps build strong bones ? Helps prevent and ease joint pain and ligament problems ? Speeds healing from cuts, burns, insect bites, and other injuries ? Protects against fleas, ticks, mites, and other parasites

Coconut oil multitasks as a medicine, beauty aid, and culinary ingredient. An asset to your health, coconut oil has an impressive list of benefits. Learn how it helps prevent and reverse heart disease, doesn't raise cholesterol levels, reduces inflammation and immune responses caused by allergies, boosts metabolism and enhances weight loss, soothes the digestive system, and kills certain types of bacteria, viruses, funguses, yeasts, and disease-causing germs. As a beauty aid, coconut oil promotes beautiful hair and skin as well as protects against free radical damage that causes aging. In the kitchen, coconut oil is the perfect choice for baking and frying because it doesn't break down at high temperatures and won't create harmful trans fats. It keeps cakes and pastries moist and fresh, making it the ideal replacement for hydrogenated oils. Included is a selection of delicious, healthful recipes.

Finding Infinity, Vol. 1: An easy aromatherapy guide to blending essential oils, will take you through a journey of aromatherapy and self-discovery. You will love the practical, natural, and easy approaches to beauty, health, rejuvenation, and stress reduction. In this first volume, you will be introduced to nine essential oils: Bergamot, Eucalyptus, Geranium, Lavender, Peppermint, Rosemary, Tangerine, Tea Tree, and Ylang Ylang. You will be guided as you create functional and multi-purpose aromatherapy products, including massage oils and perfume roll-ons. Aromatherapy, through the use of pure essential oils, is a natural way to improve the quality of life. Essential oils are a vital aspect of anti-aging because they are 'cytophylactic,' which means that they promote cell rejuvenation. Embedded in Finding Infinity are keys to rejuvenating the body, mind, emotions, and spirit. As you read about aromatherapy, look for pairs of infinity symbols to unlock the power within.

Is it possible to have great tasting gluten-free foods? Yes, with the secret of coconut flour. Coconut flour is made from dried coconut that has been ground into a powder. It looks and feels just like any other flour, but unlike wheat flour, it is completely gluten-free. It is an excellent source of vitamins and minerals and contains about the same amount of protein as whole wheat. It is a good source of calorie-free dietary fiber that is so important for good digestive health. The best part is that it tastes fantastic! Using the basic yeast dough recipe described in this book, you will be able to make gluten-free yeast breads that will remind you of your mother's homemade baked bread. Yet these recipes are easier and quicker to make. With coconut flour and a few other key ingredients, you can make gourmet dinner rolls, sandwich bread, pizza crust, calzones, hamburger and hot dog buns, breadsticks, scones, tortillas, and a variety of artisan breads. The recipes in this book are designed to appeal to a wide range of tastes. For breakfast you will find a variety of sweet and savory muffins, pancakes, and waffles. The Jalapeno Cheese Muffins and the Ham and Cheese Waffles are incredible! If you like sweets and desserts, you will find cakes, cupcakes, tarts, cookies, and even ice cream sandwiches. You will also find plenty of savory items such as Sesame Pecan Chicken, Tempura Shrimp, Cashew Chicken, Cajun Chicken Fingers, Sweet and Sour Pork, and even a delicious gluten-free Turkey Stuffing. Who knew gluten-free cooking could taste so good?

Rubber rabbits... bubbly bees... balloon dogs, camels, and frogs. These are just a few of the colourful, rubbery animals that can be created out of simple balloons. Used by clowns and magicians to delight and entertain audiences, the art of balloon sculpting is now available to all. In this delightful book clown balloonologist, Dr Dropo, shares his secrets for making dozens of popular balloon figures. Includes the following: giraffe, mouse, swan, ladybug, squirrel, hummingbird, bumblebee, Brontosaurus, Tyrannosaurus, alligator, cobra, parrot, penguin, seal balancing a ball on his nose, Captain Marvel, extraterrestrial, troll, Bubbles the clown, aeroplane, flyers, spinners, whistlers, pirate sword, a balloon gun that shoots bubbly bullets, and many others. Over 50 figures in all. Easy-to-make, fun-to-create.

Losing your eyesight is a frightening thought. Yet, every five seconds someone in the world goes blind. Most causes of visual impairment are caused by age-related diseases such as cataracts, glaucoma, macular degeneration, and diabetic retinopathy. Modern medicine has no cure for these conditions. Treatment usually involves managing the symptoms and attempting to slow the progression of the disease. In some cases surgery is an option, but there is always the danger of adverse side effects that can damage the eyes even further. Most chronic progressive eye disorders are considered incurable, hopeless. However, there is a successful treatment. It doesn't involve surgery, drugs, or invasive medical procedures. All that is needed is a proper diet. The key to this diet is coconut, specifically coconut oil. The author used this method to cure his own glaucoma, something standard medical therapy is unable to do. The coconut based dietary program described in this book has the potential to help prevent and treat many common visual problems including the following: ? Cataracts ? Glaucoma ? Macular degeneration ? Diabetic retinopathy ? Dry eye syndrome ? Sjogren's syndrome ? Optic neuritis ? Irritated eyes ? Conjunctivitis (pink eye) ? Stroke ? Eye disorders related to neurodegenerative disease (Alzheimer's, Parkinson's, MS) Most chronic eye disorders come without warning. No one can tell who will develop a visual handicap as they age. Everybody is at risk. Once the disease is present, treatment is a lifelong process. The best solution is prevention. In this book, you will learn the basic underlying causes for the most common degenerative eye disorders and what you can do to prevent, stop, and even reverse them.

A ketogenic diet is one that is very low in carbohydrate and high in fat, with moderate protein. Such a diet shifts the body into an ultra-efficient metabolic state in which fat is utilized as the primary source of fuel in place of glucose (sugar). This metabolic state, known as nutritional ketosis, has a pronounced therapeutic effect on the body. The diet has proven safe and effective in helping people lose excess weight, improve mental function, balance blood sugar and pressure, improve cholesterol levels, and much more.

Described as the ultimate ketogenic cookbook, Dr. Bruce Fife has compiled into one volume his favorite ketogenic recipes, nearly 450 in all! It includes 70 vegetable recipes, 47 salads and 22 dressings, 60 egg recipes, 50 delicious high-fat sauces for meats and vegetables, as well as a variety of mouth-watering wraps, soups, and casseroles, with a creative array of meat, fish, and poultry dishes. With this resource, you will always have plenty of options to choose from for your daily needs. No exotic or hard-to-find ingredients here. This is a practical cookbook that can be used every day for life. All of the recipes are simple, with ingredients that are readily available at your local grocery store. None of the recipes include any artificial sweeteners, sugars, flavor enhancers, gluten, grains, or other questionable ingredients. Recipes use only fresh, wholesome, natural foods to guarantee optimal health. Some of the recipes in this book include: chicken pot pie, corned beef and cabbage, barbecue beef short ribs, sirloin tip roast with roasted vegetables,



devastation of diseases or illnesses, maintain good health and overall well-being. These guidelines are related to the strict respect of nature's laws, which comprises of the following elements: pure water, fresh air, sunlight, exercise, supplements, and health-enhancing food, and regular body system detoxification. Certain foods are bad for our body system because the body is unable to use them for its functioning. These we call death foods or death water. The consumption of these lead to the accumulation of toxins within the body system, making it weak and unable to defend or heal itself. It is better to prevent than cure diseases or illnesses. Do not join the camp of the foolish who say "life is short" or "man must die from something," but instead, you must carefully select all foods that you eat and cosmetic products that you use. Have a regular exercise and body system detoxification. Those things constitute the secret of longevity with full vitality, fitness, beauty, and energy. You must remember that our skin is the first body system defense, so it is very important that we treat our skin with respect and caution using natural cosmetic products. This book also talks about skin care, weight loss, and the use of natural remedies to cure over fifty diseases and illnesses. Mr. Bi Dri Seraphin Kouassi studied in College of Naturopathic Medicine and University of Greenwich. He holds BSc (Hons) in biomedical science and is the founder of the Nutri Health House, whose primary goal is to help people of all background to understand the importance of the use of natural and raw organic products in our daily life.

Through the power of persuasive advertising and clever marketing, we've been sold on the idea that stevia is a natural herbal sweetener that is not only harmless but even health-promoting. As such, it is promoted as a better choice over sugar or other low-calorie sweeteners. Stevia has rapidly become a multimillion-dollar industry. Despite all of the marketing hype, stevia is not the innocent little herb it is made out to be—and it is not harmless. The stevia sweetener you purchase at the store is a highly refined, purified chemical that is little different from any other artificial sweetener, with many of the same drawbacks and dangers. The author's observation of troubling adverse reactions associated with stevia led him on an investigation that uncovered disturbing facts hidden from the public, including studies that contradict the sweetener's safety and assumed benefits. In this book, you will learn why you should never use stevia if you want to lose excess weight or control diabetes. You will also learn why all low-calorie sweeteners are potentially dangerous, and what options you have available. The information in this book comes directly from published studies, historical facts, and the author's personal experiences. In this book you will learn that stevia is not an herb but a highly refined chemical acts like an artificial sweetener is addictive can cause digestive distress alters the gut microbiome is a gut excitotoxin promotes obesity, diabetes, and metabolic syndrome can cause allergic reactions

Do you love breads, cakes, pies, cookies, and other wheat products but can't eat them because you are allergic to wheat or sensitive to gluten? Perhaps you avoid wheat because you are concerned about your weight and need to cut down on carbohydrates. If so, the solution for you is coconut flour. Coconut flour is a delicious, healthy alternative to wheat. It is high in fiber, low in digestible carbohydrate, and a good source of protein. It contains no gluten so it is ideal for those with celiac disease. Coconut flour can be used to make a variety of delicious baked goods, snacks, desserts, and main dishes. It is the only flour used in most of the recipes in this book. These recipes are so delicious that you won't be able to tell that they aren't made with wheat. If you like food such as German chocolate cake, apple pie, blueberry muffins, cheese crackers, and chicken pot pie, but don't want the wheat; you will love the recipes in this book! These recipes are designed with your health in mind. Every recipe is completely free of wheat, gluten, soy, trans fats, and artificial sweeteners. Coconut is naturally low in carbohydrate and recipes include both regular and reduced sugar versions. Coconut flour provides many health benefits. It can improve digestion, help regulate blood sugar, protect against diabetes, help prevent heart disease and cancer, and aid in weight loss.

We are under continual attack from electromagnetic fields (EMFs) radiating from power lines, household wiring, microwave ovens, computers, televisions, clock radios, cellular phones, electric blankets, and other appliances. Researchers have correlated electropollution with increases in cancer, birth defects, depression, learning disabilities, chronic fatigue syndrome, Alzheimer's disease, and sudden infant death syndrome. The danger is real and with increasing use of electricity in our environment it is one of the reasons why many scientists believe some disease rates are on the rise. EMFs are not blocked or weakened by trees, walls, buildings, or other structures. Like X-rays, they pass through these objects and into our bodies—disrupting normal cellular function and biological processes. Our greatest exposure to EMFs come from within our home and offices. All household and office appliances emit EMFs. But you cannot tell which are most dangerous by their size or function. Often the small devices like electric can openers and hair dryers are much more dangerous than the larger ones such as electric ovens or refrigerators. In this book you will find out:

- About the dangers you face with EMF exposure
- Why certain diseases persist in spite of medical treatment
- If microwave ovens are safe or not
- What home appliances are the most dangerous
- Where we get the most exposure
- How to find hidden EMF "hot spots" in our homes

This book offers practical ways to protect yourself in your home and office from that effects of electromagnetic radiation. You will learn how to take simple precautionary steps to reduce EMF exposure by as much as 90 percent and virtually eliminate the threat of electropollution on your health. If you use electricity, you need this book!

The Coconut Oil Miracle Use Nature's Elixir to Lose Weight, Beautify Skin and Hair, Prevent Heart Disease, Cancer, and Diabetes, Strengthen the Immune System, Fifth Edition Penguin

An updated guide to the health benefits of natural coconut oil presents dozens of tasty recipes and nutritional tips for using coconut oil as a supplement, in cooking, or as an application to the skin, explaining how to use coconut oil to promote weight loss, protect against many degenerative diseases, prevent premature skin aging, strengthen the immune system, and improve digestion. Original. 10,000 first printing.

Over 35 million people have dementia today. Each year 4.6 million new cases occur world-wide -- one new case every 7 seconds. Alzheimer's disease is the most common form of dementia. Parkinson's disease, another progressive brain disorder, affects about 4 million people world-wide. Millions more suffer with other neurodegenerative disorders. The number of people affected by these destructive diseases continues to increase every year. Dementia and other forms of neurodegeneration are not a part of the normal ageing process. The brain is fully capable of functioning normally for a lifetime, regardless of how long a person lives. While ageing is a risk factor for neurodegeneration, it is not the cause! Dementia and other neurodegenerative disorders are disease processes that can be prevented and successfully treated. This book outlines a program using ketone therapy and diet that is backed by decades of medical and clinical research and has proven successful in restoring mental function and improving both brain and overall health. You will learn how to prevent and even reverse symptoms associated with Alzheimer's disease, Parkinson's disease, amyotrophic lateral sclerosis (ALS), multiple sclerosis (MS), Huntington's disease, epilepsy, diabetes, stroke, and various forms of dementia. The information in this book is useful not only for those who are suffering from neurodegenerative disease but for anyone who wants to be spared from ever encountering one or more of these devastating afflictions. These diseases don't just happen overnight. They take years, often decades, to develop. In the case of Alzheimer's disease, approximately 70 percent the brain cells responsible for memory are destroyed before symptoms become noticeable. You can stop Alzheimer's and other neurodegenerative diseases before they take over your life. The best time to start is now.

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