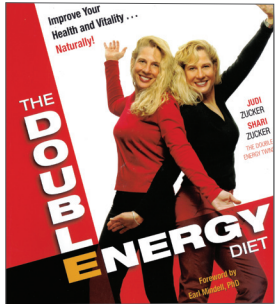


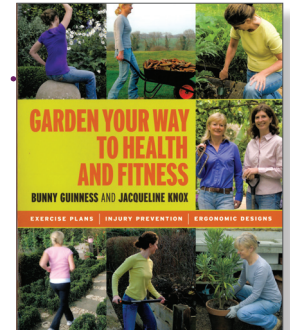
## spring restoratives

With Mother's Day and and warmer weather, May kicks off a relaxing time of year. String a hammock and read these books for renewal and rejuvenation.



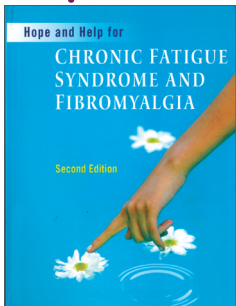
**The Double Energy Diet**  
by Judi Zucker and Shari Zucker  
(\$14.95, Book Publishing Company, 2008)

Twin dynamos Judi and Shari Zucker share their recipe for vibrant living with a diet you can sustain. Their plan fulfills both our nutritional needs and our preferences for all kinds of tastes and textures. Their Double Energy Diet also reduces the amount of contaminants and pesticides you ingest, saves time and money, and boosts energy. High in whole grains, legumes, fruits, and vegetables, it benefits the planet too. Quick, easy vegetarian recipes are accompanied by a calendar of fresh produce, list of "eight great" foods for stamina, and websites for nutrition and eco-conscious living.



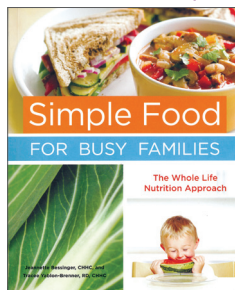
**Garden Your Way to Health and Fitness: Exercise Plans, Injury Prevention, and Ergonomic Designs**  
by Bunny Guinness and Jacqueline Knox  
(\$19.95, Timber Press, 2008)

To de-stress and burn calories, gardening is a perennial winner. Guinness, a British garden designer, and Knox, a physiotherapist, combine Pilates with gardening to show you the best moves for every garden chore. Build core strength as you improve balance and coordination. Bending to weed or reaching to prune, you'll learn how to increase stamina so you can garden longer. Full-color photos of gardens and exercises (from warm-ups to wind-downs and all the moves in between), plus planting tips, make this a great gift for any gardener.



**Hope and Help for Chronic Fatigue Syndrome and Fibromyalgia**  
(2nd ed.) by Alison C. Bested, MD, FRCP(C), and Alan C. Logan, ND, FRSH, with Russell Howe, LLB (\$18.95, Cumberland House, 2008)

Alison Bested is a medical expert on chronic fatigue syndrome and fibromyalgia (CFS/FM). With naturopathic doctor Alan Logan and attorney Russell Howe, who specializes in medical disability cases, she offers a comprehensive, easy-to-read guide. From how CFS/FM is diagnosed to theories about causes, dietary supplements, mind-body medicine, pharmaceutical and complementary therapies, and even legal support, patients and their families can learn ways to improve their quality of life. Charts give clear, concise information, and cartoons remind the reader to smile and remember that each of us is "a human being, not a human doing."



**Simple Food for Busy Families: The Whole Life Nutrition Approach** by Jeannette Bessinger, CHHC, and Tracee Yablon-Brenner, RD, CHHC (\$19.95, Celestial Arts, 2009)

Two nutrition educators bring their knowledge to your kitchen table in this one-stop resource for establishing good eating habits and avoiding the pitfalls that contribute to childhood obesity. In addition to chapters on nutrition, Did You Know? boxes offer facts about sugars, genetically modified foods, important nutrients, organic benefits, and more. Also highlighted are Noteworthy Nourishers, while Mix-and-Match charts show both new and experienced cooks how to combine ingredients to adapt yogurts, snacks, trail mixes, and cereals for health and convenience.

**The Therapeutic Yoga Kit: Sixteen Postures for Self-Healing Through Quiet Yin Awareness**

by Cheri Clampett and Biff Mithoefer (\$29.95, Healing Arts Press, 2009)

With an emphasis on achieving total relaxation, this kit includes a book, 16 photo cards of postures, and a 75-minute CD. Authors Clampett and Mithoefer combine therapeutic and yin yoga to activate the body's healing powers and promote recovery from illness or injury. Gentle postures, breath work, and meditation are included. The cards offer variations on postures and note cautions and contraindications. The book includes photos, discussions of meridians and chakras, and more. Whether you teach yoga or practice it, this kit makes a worthwhile addition to your library. **TFL**

