balls and mamma Viola's Lentil Soup with Prosciutto. Part travelogue and part users' manual, Di Palo's book is a personal geographical tour of Italian foodstuffs, artisans, and purveyors. *(Sept.)*

The Ultimate Allergy-Free Cookbook: Over 150 Easy-to-Make Recipes that Contain No Milk, Eggs, Wheat, Peanuts, Tree Nuts, Soy, Fish or Shellfish

Judi and Shari Zucker. SquareOne, $16.95 trade paper (176p) ISBN 978-0-7570-0397-4

The Zuckers, twin sisters and coauthors of *Double Your Energy with Half the Effort*, return with a collection of recipes for allergy sufferers and their families. Adopting a vegan/vegetarian menu with no nuts, the Zuckers offer 150 recipes that are, for the most part, relatively easy to source and prepare. Dishes lean heavily in favor of the familiar: smoothies, salsa, butternut squash soup, black bean burgers, gluten-free pizza crust, and carob brownies, dominate the offerings. What sets the book apart from it vegan competitors is its opening chapters concerning allergies and their triggers, which could prove to be a useful resource for the recently diagnosed and/or parents of children with allergies. The Zuckers supply a guide to synonyms for common ingredients on food labels in addition to potentially life-saving tips about them, such as the fact that soy is often used as an emulsifier and binding agent for "natural flavors." They even list common allergy triggers for animals. Longtime sufferers probably won't find much new here in terms of allergy information, but the book will serve as a quick resource for allergy-friendly recipes. Parents, caregivers, and the recently-diagnosed will likely get the most out of this well-meaning resource. *(Aug.)*

Health & Fitness

The 5 Skinny Habits: How Ancient Wisdom Can Help You Lose Weight and Change Your Life Forever

David Zulberg. Rodale, $24.99 (256p) ISBN 978-1-62336-372-7

Health coach Zulberg offers readers "time-tested, ancient nutritional and psychological principles," based on the works of Maimonides, a 12th-century Jewish scholar and physician. After developing eating habits that were out of control—at his worst, he was 30 pounds overweight—Zulberg (*The Life-Transforming Diet*) consulted a mentor and expert in ancient texts. While the book's literary "hook" is unique, Zulberg's diet advice turns out to be quite standard. The book proposes a "five habits in five weeks" program that begins with meals featuring lean protein and veggies with plenty of encouragement from the author. For the fourth week, Zulberg introduces exercises, and includes common suggestions, such as drinking plenty of water, as well as tips for managing stress and practicing mindful eating. Peppered throughout are brief success stories and endorsements posing as success stories from a smattering of medical professionals. If there's surprising takeaway from the book, it's simply that the basics of a healthy lifestyle—proper diet and exercise—are the same today as they were in the 12th century. *Agent: Yfat Reiss Gendell, Foundry Literary + Media. (Oct.)*

The Swift Diet: 4 Weeks to Mend the Belly, Lose the Weight, and Get Rid of the Bloat

Kathie Madonna Swift and Joseph Hooper. Hudson Street, $25.95 (288p) ISBN 978-1-59463-332-4

Devised by holistic nutritionist Swift in conjunction with journalist Hooper (coauthor of *Muscle Medicine*), this four-week eating plan is designed to restore gut health. As the authors explain, our gastrointestinal tracts are home to a huge population of healthy bacteria called microbiota, which affect not only digestion, but also "virtually every aspect of our being." Diet and stress level directly affects microbiota—and when it's compromised, there are consequences for weight, digestion, and the immune system. The solution: a plan that eliminates gut-offending foods and promotes stress management and exercise. Swift supplements her diet with meal plans, blacklists, and explanations—readers will even learn which vegetables to avoid. Though her plan does not deviate much from current nutritional standards, it promises results in less time than other popular diets. With its focus on improving digestive function, the book will be especially useful to readers suffering from ailments like Crohn's and IBS. That said, Swift's advice will also appeal to a broader audience looking to lose weight and feel better about what's growing in their gut. *(Sept.)*

Discover Your Nutritional Style: Your Seasonal Plan to a Happy, Healthy and Delicious Life

Holli Thompson. Sunrise River (sunriseriverpress.com), $26.95 (224p) ISBN 978-1-934716-44-1

When debilitating migraines began to disrupt her life, former Chanel executive Thompson turned to nutrition to cure herself. Now a health and nutrition coach, certified natural health practitioner, and nutritional stylist, she shares her knowledge and best practices in this practical and informative book. While most of her clients are women over 30, readers of any age can benefit. Best of all, Thompson's approach is flexible, with tips and menus for all types of eaters, from the "healthy omnivore" and the "flexible vegetarian" to the "modern vegan." Readers will learn about the "Bad Boys" of food (such as gluten, sugar, and caffeine) as well as the "Serial Killers" (GMOs, factory farmed protein, trans fats). Thompson emphasizes manageable changes that have helped her clients—featured in mini-case studies throughout—feel and eat better. Her simple suggestions include a review of the "best superfoods of the season," cleanses, and seasonal recipes. Readers looking for fresh healthy ideas will find what they're looking for here. *(Sept.)*

★ **Build Your Running Body: A Total-Body Fitness Plan for All Distance Runners, from Milers to Ultramarathoners**

Pete Magill, Thomas Schwartz, and Melissa Breyer. The Experiment, $21.95 trade paper (448p) ISBN 978-1-61519-102-4

According to the authors of this comprehensive study: "The beauty of running is its simplicity.... You just put on your running shoes, step out the door, and your sport is on!" If only it were that simple. Not only are there different types of runners—joggers, distance runners, marathoners—there are, of course, differences for individuals. Thankfully, Magill, Schwartz, and Breyer cover their subject from every angle. With over 300 photos