Media Reviews
Books/CD’s/Websites/Etc.

Deep & Simple - A Spiritual Path for Modern Times  Book
By Bo Lozoff
Meeting Bo in person and experiencing his love and compassion for humanity is truly a once in a lifetime opportunity and gift. Fortunately, his writing comes from that same place of phenomenal warmth and wisdom, and penetrates straight to the soul. If you are just beginning a spiritual path and need encouragement to plow ahead through the darkness and light of it all, this book is for you. From the foreword with Jarvis Jay Masters, “In a deep, simple, and clear voice, Bo reminds us all that no matter where we are as human beings, whether in suburbia or on death row, there is a goodness inherent in the human spirit. We all matter, we all count, and we are all able to make a difference.” Bo and his wife Sita founded the Human Kindness Foundation, which is a non-profit organization that stresses a way of life based upon three common principles taught by the great sages of all religions: Simple living, a dedication to service, and a commitment to personal spiritual practice. Bo is also an award winning singer/song-writer. Human Kindness Foundation, www.humankindness.org, ISBN 0-9614444-6-0 $10

Prevent and Reverse Heart Disease  Book
By Caldwell B. Esselstyn, Jr., M.D.
Heart disease is the #1 cause of death in this country for men and women. However, the truth is: It can be prevented, It can be reversed; It can even be abolished. As Dr. Caldwell B Esselstyn, Jr., a former researcher and clinician at the Cleveland Clinic explains, conventional cardiology has failed patients by developing treatments that focus only on the symptoms of heart disease, not the cause. Based on the groundbreaking results of this 20-year nutritional study, this book explains how we can end the heart disease epidemic in this country forever by changing what we eat. Dr. Esselstyn convincingly argues that a plant-based, oil-free diet cannot only prevent and stop the progression of heart disease, but also reverse its effects. He kicks off the journey he takes readers on with a heart-felt introduction: “This book has its origins in the dramatic experiences of twenty-three men and one woman who came to me in despair and without hope some twenty years ago. At the time, I was a surgeon at the renowned Cleveland Clinic…But a surgeon only has so many tools to use against a lethal disease and in the case of the patients to whom this book is dedicated, the clinic’s physicians found themselves in the position of having to say there was nothing more they could do.” Penguin Group (USA) Inc. ISBN 978-1-58333-272-6 (1-58333272-3) $24.95

The Healthy Brain Kit  Kit
By Dr. Andrew Weil and Dr. Gary Small
The Healthy Brain Kit aims, with clinically proven tools, to boost your memory, sharpen your mind and keep your brain young! It contains two CDs, 35 brain-training cards, and a 52-page workbook. Many of us don’t hesitate to shell out our time and money to keep our organs healthy and functioning well. But how often do we think about one of the most important organs of all—perhaps the most important? “Use it or lose it does not apply to just muscles; it’s equally true of brain function,” says Dr. Andrew Weil. CD 1 reviews “Brain 101,” and introduces the participant to dietary, stress and cultural related factors that affect the brain. CD 2 begins to teach how to relax the mind, improve memory, and perform mental aerobics. Build upon that foundation with the brain-training cards and workbook. Sounds True www.soundstrue.com $26.95

Product Reviews

Gano Brand Coffee
Gano Brand Coffee offers a delicious and healthy line of beverages containing Ganoderma Lucidum (Red Mushroom). These prized mushrooms have a history that dates back more than 4,000 years. Ancient generations realized Ganoderma provided them more vigor and energy, while reducing fatigue. Ganoderma is said to be more powerful than Ginseng! Discover the benefits of our amazing and extremely delicious Ganoderma products for yourself. All of our beverages come in individual single serving packets. Low acid content. Just add hot water and enjoy! Make Gano Brand Coffee Your Healthy Coffee For Life!
HomeCoffeebiz.com

Himalayan Living Salt
Himalayan Crystal Salt is the purest and most beneficial salt available. Millions of years ago, a primordial sea was evaporated by the sun, leaving absolutely pristine crystalline salt. Today, this crystal salt, buried deep in the Himalayan Mountains, is mined and processed gently by hand to bring you a salt that still retains the original qualities of this ancient body of water.

The moment it again touches water, this special salt will come alive, setting free its inherent, stored healing energy that can benefit your body.

Re-mineralize the body with 84 minerals and trace elements essential to health, replenish electrolytes, balance the body’s pH. Improving respiratory, circulatory, organ, connectivity tissue and nervous system functions and assists in the cellular absorption of nutrients.

Himalayanlivingsalt.com

Baseline Nutritional Cleansing Pack and Detoxifier
Baseline Nutritional has packaged everything you need to do an intestinal cleanse into a special Intestinal Cleansing Pack at a special price. The pack contains: 2 Colon Correctives, 1 Colon Detoxifier, 2 Metal Magic, 1 Lessons from the Miracle Doctors book. We’re including a copy of Jon Barron’s classic book, Lessons from the Miracle Doctors because it contains a complete explanation of several cleanses and detoxes, including a self-guided cleansing you can access at www.jonbarron.org. The Liver/Gallbladder/Blood Detox Pack contains: 1 Liver Flush Tea, 1 Liver Tincture, 1 Blood Support, and 1 Colon Corrective. The Baseline Nutritional Colon Detoxifier is an intestinal purifier and detoxifier. This organic herbal formula helps soften hardened fecal matter and draws waste from bowel walls and pouches for easy removal. Find many other products online.

www.baselinenutritional.com

www.newtimesnaturally.com