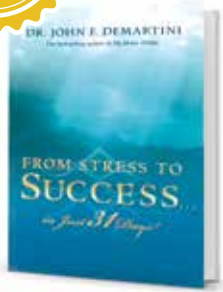


BOOK REVIEWS by the editor



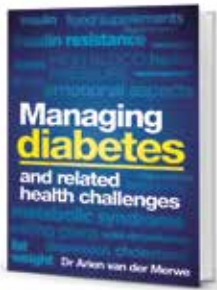
FROM STRESS TO SUCCESS... IN JUST 31 DAYS

By Dr John F. Demartini

Stress has become an international epidemic and we have all experienced its effects in some or other way. Stress affects each of the seven areas of our lives: spiritual, mental, vocational, financial, familial, social and physical. Whether we choose to ignore it or change the way we respond to it, is up to us. No one can really change our lives, but ourselves.

By applying the simple steps Dr Demartini outlines in his book *From Stress to Success in Just 31 Days* has been liberating in so many ways. He discusses 31 stress-to-success secrets that, when applied daily, can bring about the success you desire in all the areas of your life. Each chapter contains practical action steps and affirmations. The book is small enough to pop in your hand-(or man-) bag and is easy to use as a daily reference guide.

www.drdemartini.com

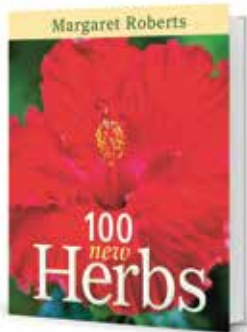


MANAGING DIABETES AND RELATED HEALTH CHALLENGES

By Dr Arien van der Merwe

As medical doctor with more than 30 years experience, Dr Arien van der Merwe strives to incorporate natural and integrative medicine into her practice. She has just released her latest book, *Managing Diabetes and related health challenges*. It is a comprehensive book comprising everything you need to know regarding the disease and how to manage it. She covers mainstream medicine, inflammation, stress, metabolic syndrome, obesity, hormones and introduces basic lifestyle actions you can take to take charge of your health.

www.nb.co.za

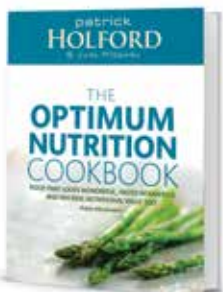


100 NEW HERBS

by Margaret Roberts

Margaret Roberts has been an author and part of the *Natural Medicine* family for many years. Her knowledge and experience on herbs and plants found both locally and internationally, far exceed anyone I have ever encountered. Her new book *100 New Herbs* includes practical advice on how and when to plant and grow each herb and teaches on the various medicinal, culinary and cosmetic uses of the same. The beauty of her books are always found in the personal touch of family history, how it was discovered, how her family members used it, or her personal experience with it. The beautiful pictures were taken by her daughter, Sandy.

www.randomstruik.co.za



THE OPTIMUM NUTRITION COOKBOOK

By Patrick Holford and Judy Ridgway

When I think of Patrick, I think of optimum nutrition. He has authored numerous of books teaching people how to live life to the full by changing the way they view nutrition and their health. *The Optimum Nutrition Cookbook* is no different. He covers topics such as: Hormone-friendly foods, Eating for a healthy heart, Vegans, vegetarians and fishitarians, and ways to boost your immune system. He includes an array of over 200 recipes and dishes to suit everyone.

www.jonathanball.co.za and www.patrickholford.com
