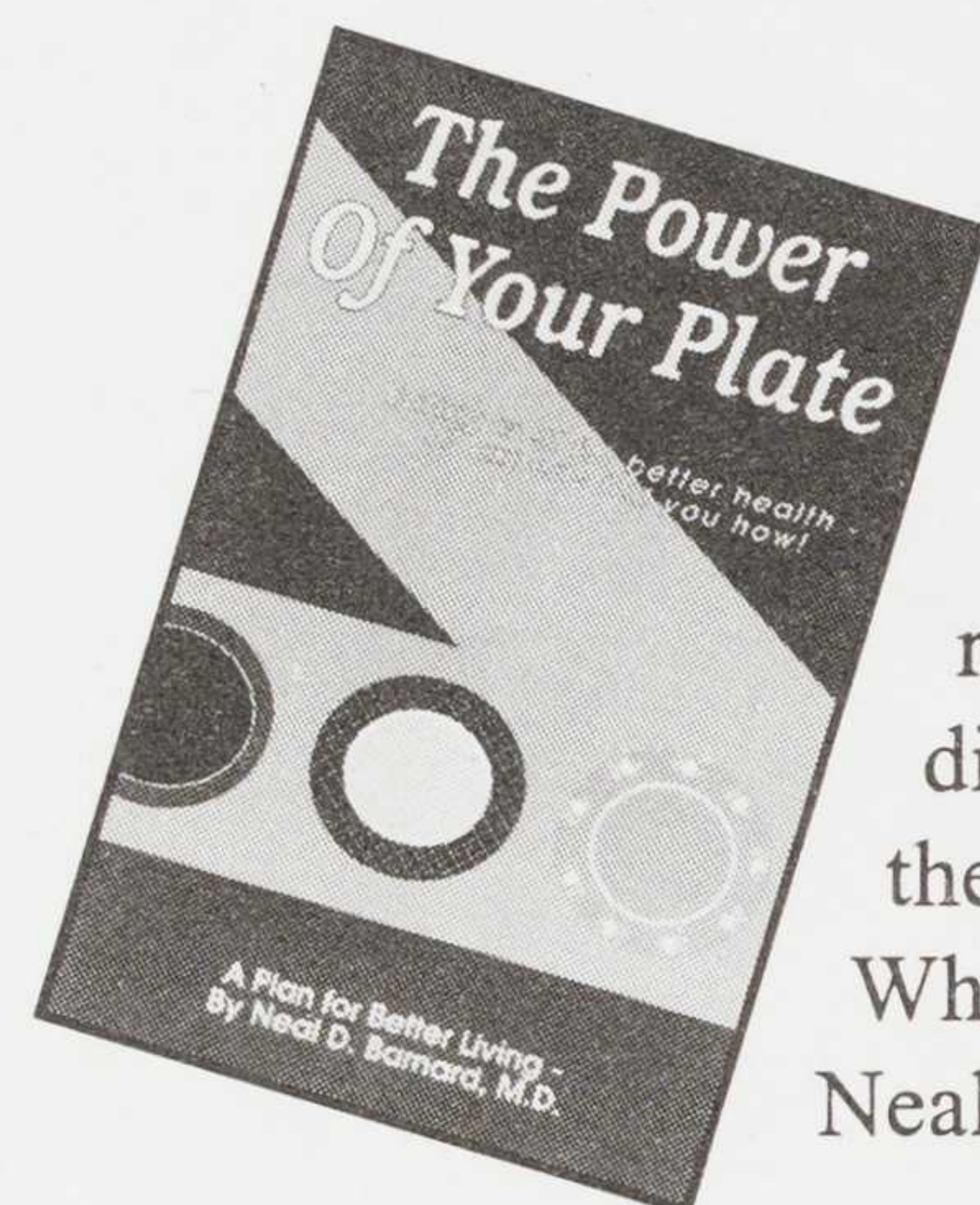
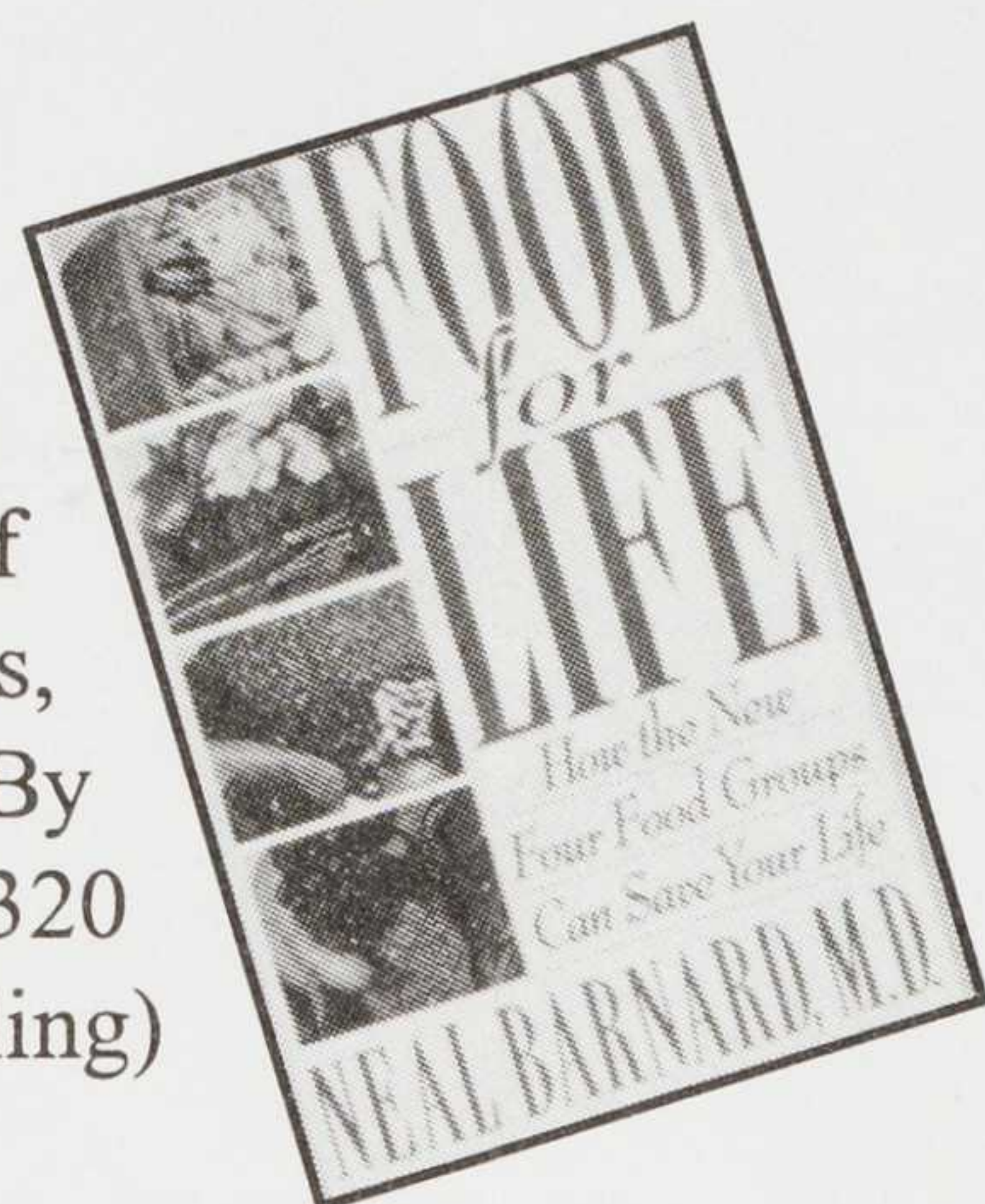


Food for Life

The new breakthrough book on aging, heart disease, cancer, weight control and general health. Preface by Dean Ornish, M.D. Loads of tips on changing your diet, 21 days of menus, plus delicious recipes by Jennifer Raymond. By Neal D. Barnard, M.D., President of PCRM. 320 pgs, \$26.00 (includes \$3.00 postage and handling)

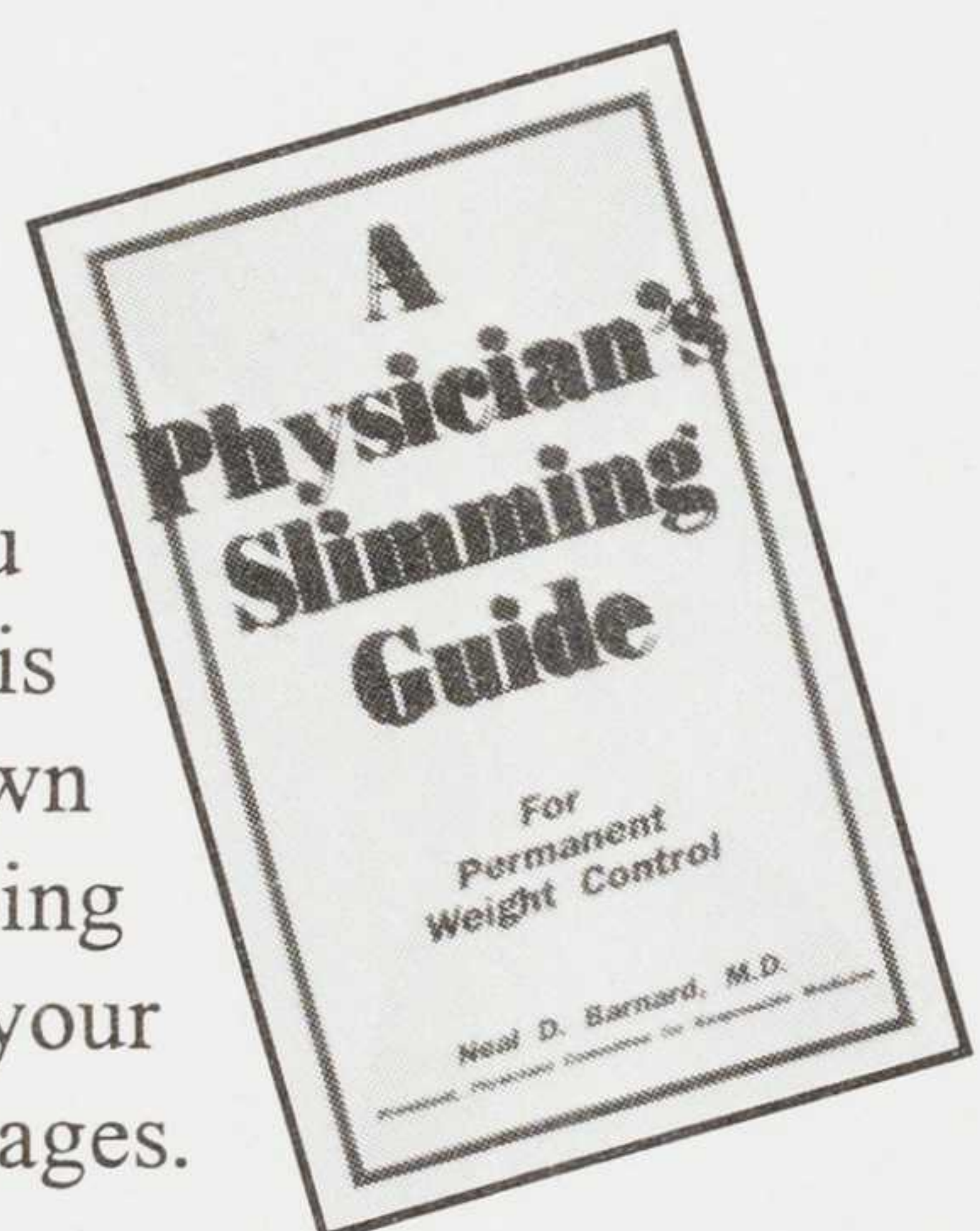


The Power of Your Plate

Seventeen leading physicians and health researchers give their recommendations for a diet and lifestyle that will help protect you from the most common causes of illness and death. What you put on your plate may save your life. By Neal D. Barnard, M.D. 240 pgs, \$13.95

A Physician's Slimming Guide

Here's a comprehensive program that helps you sensibly change how you eat permanently. This is not a diet; it's a steady way to slim down naturally. Includes sample menus, a shopping list, food preparation tips, and ways to change your metabolism. By Neal D. Barnard, M.D. 80 pages. \$7.95



Live Longer, Live Better Audio Cassette Tape

Neal D. Barnard, M.D., presents a powerful, yet simple, approach to trim your waistline, lower cholesterol, and prevent cancer. The tape includes interviews with T. Colin Campbell, Ph.D., of the China Health Study; Dean Ornish, M.D., on reversing heart disease; and other leading experts in the field of diet and health. \$11.95

Vegetarian Starter Kit

This PCRM guide answers questions about protein, calcium, nutrition during pregnancy and childhood, and how to make dietary changes. Includes New Four Food Groups guidelines, recipes, and menu suggestions. 16 pgs, \$2.00



Cancer Prevention and Survival: Food Choices for Health

According to the National Cancer Institute, 35-60% of cancer is caused by diet. In this booklet, PCRM presents the information you need to lower your cancer risk and, if you already have cancer, improve your ability to fight the disease. 16 pgs, \$2.00



The New Four Food Groups for Optimal Nutrition

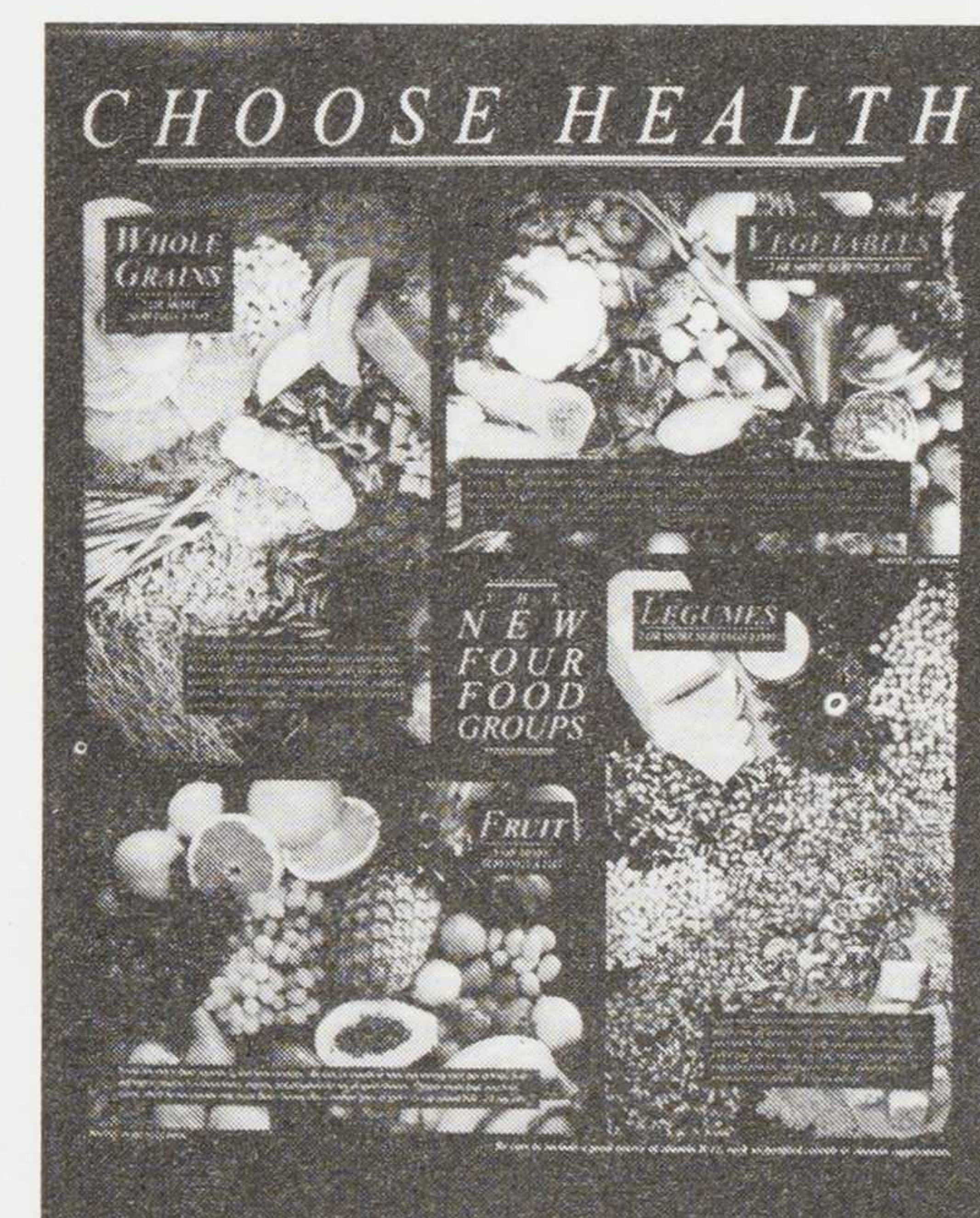
The major killers of Americans—heart disease, cancer, and stroke—have a dramatically lower incidence among people consuming primarily plant-based diets. These no-cholesterol, low-fat guidelines—developed by PCRM in 1991—supply all an adult's daily nutritional requirements. They comprise the most powerful—and sensible—nutrition program ever devised. This introduction to the New Four Food Groups gives serving recommendations and answers common questions about protein, calcium, vitamin B-12, pregnancy, and children. 8 pgs., \$1.00

Choose Health

New Four Food Groups Poster

Striking color photographs illustrate delicious choices from the New Four Food Groups—whole grains, vegetables, legumes, and fruit. Unlike the old four food groups, the new recommendations supply complete nutrition without cholesterol or excess fat. The 17"x22"

poster includes daily serving recommendations. Shipped rolled. \$6.00



Cartoon New Four Food Groups Poster

Good nutrition habits can begin early, inspired by these colorful New Four Food Groups cartoon characters. This 17"x22" poster includes daily serving recommendations. Shipped rolled. \$6.00