



Navigation

- [UFOs](#)
- [Paranormal](#)
- [People](#)
- [Places](#)
- [Area 51](#)
- [Random](#)
- [Top 100](#)
- [Catalog](#)
- [What's New](#)

Search...

...for this word in:

- Page Titles
- Page Contents
- Book
- Title/Author

[Help](#)

New Catalog Items (Random Selection)

- [Values of the Game](#) (used hc) - \$14.00
- [Shart Attack: Jerry Tarkanian and His Battle with the NCAA and UNLV](#) (used pb) - \$4.00
- [The Sporting News Football Trivia Book](#) (used trpb) - \$5.00
- [Masters of Deceit: The Story of Communism in America and How to Fight It](#) (used hc) - \$8.00
- [UFO Odyssey: An Intriguing Investigation into the UFO Phenomenon for the New Millennium](#) (new pb) - \$6.50
- [Will The Real Me Please Stand Up?: 25 Guidelines for Good Communication](#) (used trpb) - \$4.00

[Other New Items](#) | [Main Catalog Page](#) | [Subjects](#)

2000+ new & used titles, including hundreds you won't find at Amazon!

Log-In Here

For Advanced Features

[Mothership](#) -> [Catalog](#) -> [Subjects](#) -> [Health Listing](#) -> Here

[Our Focus](#)

Book Catalog

Foods, Herbs and Special Diets

Sections Below: [Vitamen & Mineral Supplements](#) | [Hypoglycemia](#) | [Herbs and Natural Medicines](#)

6 titles below (\$3.50 to \$15.00) including (in alphabetical order): [Body, Mind, & Sugar](#) * [The Complete Book of Minerals for Health](#) * [Making the Vitamin Connection](#) * [Off-the-Shelf Natural Health](#) * [Potatoes Not Prozac](#) * [The Way Up From Down](#)

Assortment - [Abbreviations Used](#)

To add an item to your shopping cart or place an order, click on the checkbox beside the item code and press the "Add..." button at the [bottom](#).

Code	Description	Price
See Also:	Speciality Cookbooks - 6 titles	

[Go DOWN to shopping cart](#)

[Go UP to page index](#)

Vitamen & Mineral Supplements

CompMinHea_	<p>The Complete Book of Minerals for Health (used hc)</p> <p>By J.I. Rodale. 1972, Rodale Books, 785pp. (Near Fine in VG DJ.) (7/16/99)</p>	<p>\$6.00</p> <p>book3</p> <p>Add to cart</p>
MakVitConn_	<p>Making the Vitamin Connection: The Food Supplement Story (used hc)</p> <p>By James Scala, PhD.. 1985, Harper & Row, 207pp. (Fine in Fine DJ. Autographed by author with personal gift inscription on flyleaf, otherwise unmarked.) "Through folk tales and nutrition lore, Dr. Scala gives us a perspective on nutritional practices that have stood the test of time and the tests of modern nutritional laboratories. In addition, he elaborates on some of the latest theories on nutrition and disease." (7/16/99)</p>	<p>\$15.00</p> <p>book1.5</p> <p>Add to cart</p>

UpFromDown_	<p>The Way Up From Down: The Safe, Simple and Proven Way to Renewed Energy, Health and Happiness (used pb)</p> <p>By Dr. Priscilla Slagle. 1987 (1988), St. Martin's Press, 300pp. "Banish depression and low moods forever with an easy-to-follow program of B vitamins and amino acids!". (Near Fine) (7/27/99)</p>	<p>\$3.50 std</p> <p>Add to cart</p>
-------------	--	--

[Go DOWN to shopping cart](#)[Go UP to page index](#)

Hypoglycemia

BodMinSug_	<p>Body, Mind, & Sugar (used trpb)</p> <p>By Dr. A.M. Abrahamson and A.W. Pezet. 1951 (1977), Avon, 206pp. "The astounding relationships between fatigue, hay fever, ulcers, neurosis, alcoholism, migraine, insomnia, allergies, rheumatoid arthritis, epilepsy, depression, and the food you eat every day.". (VG. Prev. owner's name & address neatly stamped on flyleaf; no other marks.) "As many as one in five Americans may be suffering needlessly from a disease that a simple change in diet can cure or prevent. The disease, sugar starvation or hyper insulinism, along with its companion disorder, hypoglycemia, holds the key to an amazing range of physical and mental conditions." (7/16/99)</p>	<p>\$9.00 book1</p> <p>Add to cart</p>
PotNotProz_	<p>Potatoes Not Prozac: A Natural Seven-Step Dietary Plan to Stabilize the Level of Sugar in your Blood, Control Your Cravings and Lose Weight... (used hc)</p> <p>By Kathleen DesMaisons. 1998, Simon & Schuster, 252pp. Pub. at \$23.00. "Are you sugar sensitive?". (Near Fine in VG DJ) (7/29/99)</p>	<p>\$8.00 book1.5</p> <p>Add to cart</p>

[Go DOWN to shopping cart](#)[Go UP to page index](#)

Herbs and Natural Medicines

OffShelf_	<p>Off-the-Shelf Natural Health: How to Use Herbs and Nutrients to Stay Well (used trpb)</p> <p>By Mark Mayell. 1995, Bantam, 409pp. Out-of-print. Pub. at \$14.95. "A comprehensive guide to vitamin and mineral supplements, herbs, essential oils, nutrients, and homeopathic remedies.". (Fine) (7/30/99)</p>	<p>\$9.00 book1.5</p> <p>Add to cart</p>
-----------	--	--

Place a checkmark beside the items you want to order, then press the button above.
(Or click on "Add to cart" beside each item.)

To order by phone: (702) 227-1818 (8am-9pm Pacific)

If you encounter any problems with the shopping cart, please [tell us](#), providing as many details as possible.

[Go UP to page index](#)

Would you like to be informed when new books are added to this page? If so, enter your email address here:

You will receive a message only when books are added for "Foods, Herbs and Special Diets".

[Mothership](#) -> [Catalog](#) -> [Subjects](#) -> [Health Listing](#) -> [Here](#)



To Order - Use our on-line shopping cart on each product page
- or add product codes to [this blank order form](#)
- or call **(702) 227-1818** (Daily 8am-9pm Pacific)

The Kind of Books We Carry

Our Original Reviews Copyrighted © 1995-99 [Area 51 Research Center](#)
PO Box 81166, Las Vegas, NV 89180 Product Inquiries: inquiry@ufomind.com

Proceeds from this catalog help support **the Mothership** --
the world's largest website on [UFOs](#), [Area 51](#) and [the Paranormal](#)

Send us corrections using this [Feedback Form](#) or email webmaster@ufomind.com

This page: <http://www.ufomind.com/catalog/pub/health/food/> (9/11/99 9:28)
We encourage you to link to this page from your own. No permission required.

*

