

New books at Mauney Library

New health and fitness books at Mauney Memorial Library:

Berger, Stewart M. "Forever Young: 20 Years Younger in 20 Weeks" (William Morrow and Company, 1989).

Across the ages alchemists, metaphysicians and adventurers like Ponce de Leon have pursued an elixir of eternal youth. In this amazing book, Dr. Berger shows how close science has come to that goal today as he describes breakthrough anti-aging discov-eries and tells what they can do for you.

Castleman, Michael. "An Aspirin A Day" (Hyperion, 1993).

In just a few years, aspirin has been transformed from a humble remedy for headaches, arthritis, menstrual cramps, and the pain from everyday injuries to a new miraculous drug that could help prevent some of the nation's leading causes of death and disability. Castleman clearly explains why and how aspirin works, as well as providing important information on side effects, reactions with other medications, why some people shouldn't take it, and new research on aspirin.

Evans, William and Irwin H. Rosenberg. "Biomarkers: The 10 Keys to Prolonging Vitality" (Simon & Schuster, 1991).

Exciting new evidence from USDA Human Nutrition Research Center on Aging at Tufts University has demonstrated that the body's decline is due not to the passing of years but to the combined effects of inactivity, poor nutrition, and illness, much of which can be controlled. The author has identified 10 key physiological factors associated with prolonged youth and vitality and have developed a program which will retard the aging process.

Haas, Robert. "Eat Smart, Think Smart" (Harper Collins Publishers, 1994).

This is the first nutrition book ever to offer comprehensive guidelines for using vitamins and supplements to build a safe and effective smart nutrition program for improving your mental faculties. Based on the latest research, the author explains what smart nutrients are, how to find them, how to use them, and what they can do for you.

Kowalski, Robert E. "8 Steps to a Healthy Heart" (Warner Books, 1992).

Diet. Stress. Exercise. Everyone has heard the basics about preventing heart disease, but how can you actually put effective strategies into place? Kowalski, himself a heart attack victim at the age of 35, shows how to make cardiovascular well being a part of your everyday life at home, work and play.

Neumann, James W. "Listening to Your Body" (Alder & Alder, 1989).

This book will teach you how to actively participate with your doctor in your own health care. Identifying the danger signals of neurological illness is the best, if not the only way to secure the proper treatment such disorders require. This book will help you distinguish between a signal from your body that you are just getting older and a warning of an impending disease.

Ornish, Dean. "Eat More, Weigh Less" (Harper Collins Publishers, 1993).

This ground breaking book clearly shows that it is not just how much you eat, it's primarily what you eat. Dr. Ornish has directed landmark scientific research showing that even severe heart damage can often be reversed by changing diet and lifestyle without drugs and surgery. Dr. Ornish's program is scientifically based on the type rather than the amount of food.

Pinckney, Callan and Barbara Friedlander Meyer. "Callanetics For Your Back" (William Morrow and Company, Inc., 1988).

Internationally famous Callan Pinckney is regarded as the founder of the new no impact form of exercise, which she has been teaching for 15 years. Her toning movements, body shaping, deep muscle callanetics have caused a revolution in the world of body fitness. Here, the author gives you a new program



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designed to make your back strong and healthy in a few minutes a day.

Powter, Susan. "Stop the Insanity" (Simon & Schuster, 1993).

Powter has shared her message of health and hope on television and in seminars and lectures across the country. Now for the first time she has written a step by step motivational book that will empower women everywhere to take control of their lives.

Rosenberg, Steven A. and John M. Berry. "The Transformed Cell: Unlocking the Mysteries of Cancer" (G.P. Putnam's Sons, 1992).

Dr. Rosenberg, one of the world's leading surgeons, provides an extraordinary glimpse inside the working of the scientific process. He tells a story of hope, of a devoted doctor's exciting advances in halting the spread of cancer.

Tobias, Maxine and John

Patrick Sullivan. "Complete Stretching" (Alfred A. Knopf, 1992).

This book shows how to maximize physical and mental energy, increase flexibility, improve body shape, and enhance life. It features specially devised workouts and easy to follow programs for home practice.

Vasey, Frank B., and Josh Fieldstein. "The Silicone Breast Implant Controversy; What Women Need to Know" (The Crossing Press, 1993).

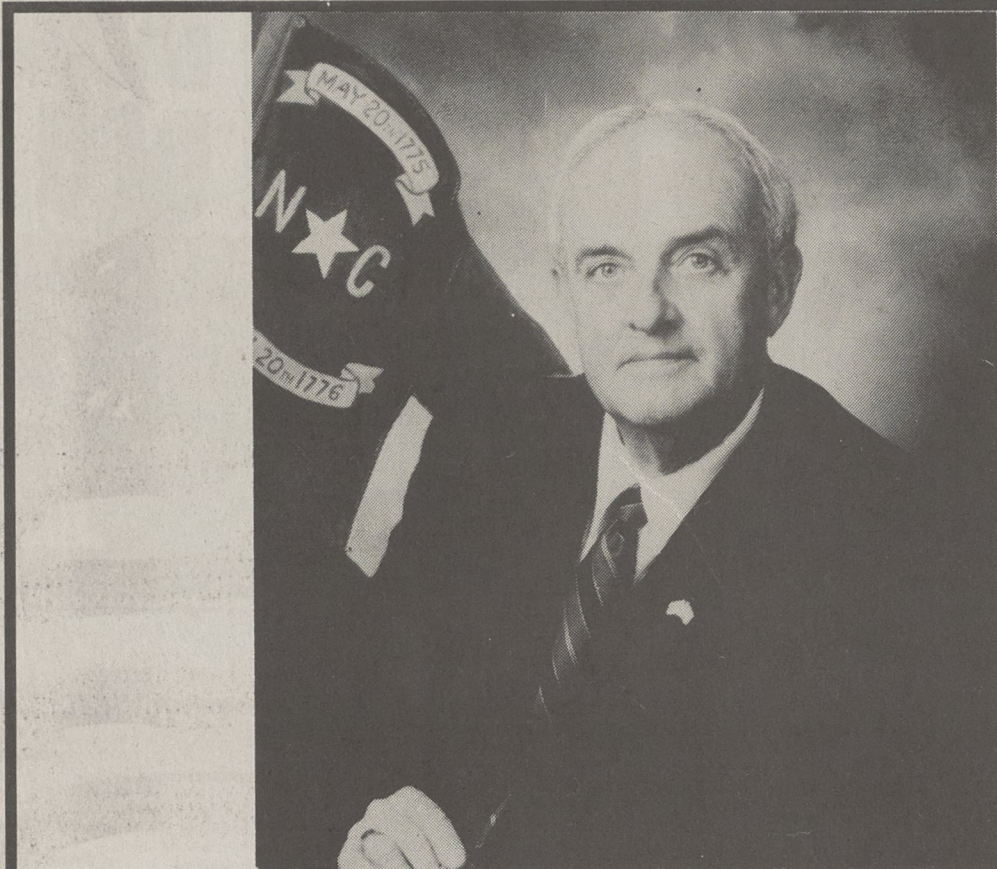
Today women with breast implants face a critical decision; keep them and risk possible silicone associated connective tissue damage or remove them and risk a wide range of other physical and emotional problems. The authors detail the 30 year history of silicone implants and offer riveting personal stories of women whose health has been damaged because of them. They also provide a powerful, insightful analysis of the medical, social, governmental, industrial, and emotional aspects of the controversy and call for wide reaching reevaluation and reform in the field of women's health care.

Vernich, David M. and Constance Grzelha. "The Hearing Loss Handbook"

(Consumer Reports Books, 1993).

Because the U.S. population is aging and the environment is increasingly more polluted, hearing impairment is on the rise. This book explains how we hear, two primary types of hearing impairment and other underlying causes.

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Dean Westmoreland

N.C. SENATE

A Worker

A Winner

To all my former students and many friends in Kings Mountain, Bethware and Grover:

I need your help. Please go to the polls and vote for me on Tuesday, November 8 and vote for me.

Thank you,

Dean Westmoreland

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One Of Gene Miller's Most Powerful Political Tools.

Gene Miller listens. He's accessible. And he works hard at understanding what concerns you.

As Chairman of the Gaston County Commissioners, he opened all Commission meetings to the public. And now, all county business is conducted on television for everyone to see and hear.

To keep in touch with you on a regular basis, Gene Miller has a weekly radio talk show designed to encourage all citizens to call in and express their views or ask questions.

It is important to Gene Miller that he represents the taxpayers of Gaston County. That's why he listens first - then does the right thing.

GENE MILLER
FOR COUNTY COMMISSIONER

VOTE November 8

Paid For By The Gene Miller For County Commissioner Campaign Committee, PO Box 322, Stanley, NC 28164

