

# Books

The books listed on this page are all approved for, or are related in some way to, the principles taught in the [CHIP program](#). Take a moment to look through this [list of books](#) and decide which ones are right for you. Certain books are available in special bulk quantity prices and are listed as such.

## [BOOKS USED IN THE CHIP PROGRAM . . .](#)



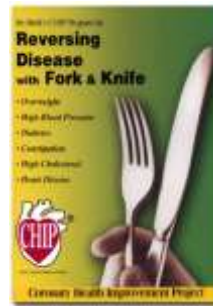
### **Health Power *Health by Choice, Not Chance***

*By Drs. Ludington & Diehl*

Add years to your life and zest to your years. With the tips and suggestions in this book, you will be able to increase your energy, banish aches and pains, beat diabetes, lower

cholesterol, reverse heart disease, slow down the aging process, and live better. A perfect gift and a reliable resource book for your library. 16 million copies worldwide. 256 pp. Two cover versions -- reg. (left), and Native American (right) [User review](#). Regularly \$24.95. **On Sale!** \$16.99

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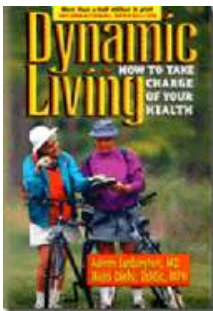


### **CHIP Syllabus: Reversing Disease with Fork & Knife**

Dr. Diehl's official syllabus for conducting the CHIP lifestyle medicine seminar. A compilation of some of the most important articles published in the medical literature providing the scientific platform for the CHIP program.

326 pp. **\$19.50**

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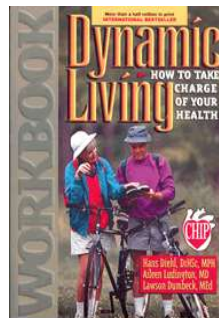


### **Dynamic Living**

*By Drs. Diehl & Ludington*

The best-selling textbook of the famous CHIP lifestyle medicine seminar. Translated into 16 languages worldwide. 208 pp. Regularly \$17.95 **On Sale!** \$13.00

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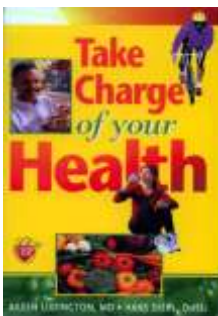


### **Dynamic Living Workbook**

*By Drs. Diehl & Ludington*

With its special assignments and exercises, this workbook is the perfect companion to the CHIP seminar textbook "Dynamic Living." 112 pp. **\$9.00**

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### **Take Charge of Your Health**

*By Drs. Ludington & Diehl*

In this "Chicken Soup for Better Health" type book the reader gets inspired, case by case, by health derelicts who become dynamoes of health by simplifying their diet and lifestyle. Lots of true-to-life stories. Powerful, moving, inspirational. 160 pp. Only **\$2.50**

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### **Vida Dinamica (Spanish Dynamic Living)**

*By Drs. Diehl & Ludington*

Colorful, Spanish-language version of the popular "Dynamic Living" best-seller. Fully illustrated. 256 pp. Regularly \$9.95. **On Sale!** \$9.00

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## You-Turn

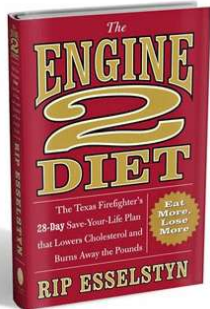
By Drs. Hans Diehl & Aileen Ludington

Do you want to live longer? Better? Take charge of your health, boost your energy, and enjoy life to the fullest! This little booklet outlines the causes of various lifestyle diseases and offers practical tips on how you can prevent, and even reverse, these debilitating conditions. You deserve good health--and it's within your reach! Excerpted from the popular "Health Power" book. 62 pages. Regularly \$14.95. **On Sale! \$0.99**

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# Books

## [BOOKS BY ESSELSTYN, MD . . .](#)

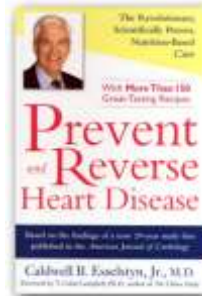


## Engine 2 Diet

*The Texas Firefighter's 28-Day Save-Your-Life Plan that Lowers Cholesterol and Burns Away the Pounds*

Melt away the pounds, look terrific and become bullet-proof to Western diseases. This is the Engine 2 Diet. For 28 days you'll eat the most delicious food Mother Nature has to offer, prepared in a vast array of mouth-watering recipes you can easily make in your own kitchen. This is your chance to create lasting beauty - from the inside out. Hardcover. Regularly \$24.95. **Now only \$19.95**

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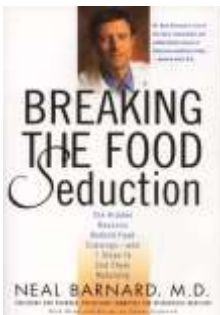
## Prevent and Reverse Heart Disease

By Caldwell B. Esselstyn, Jr., MD, Cleveland Clinic; Avery/Penguin Group, 2007

Based on the groundbreaking results of his 20-year nutritional study, Dr. Esselstyn explains, with irrefutable scientific evidence, how we can end the heart disease epidemic in this country by changing what we eat. Backed by real science, startling angiograms, and inspiring personal stories, this book is a powerful call for a paradigm shift in coronary artery disease therapy. After all, expensive surgical procedures and drugs fail to be effective over time, and they are dangerous to patients. Regularly \$17.00. **\$14.00**

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## [BOOKS BY NEAL BARNARD, MD . . .](#)

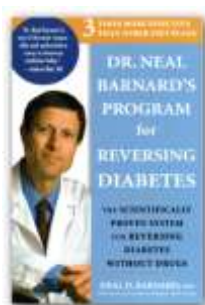


## Breaking the Food Seduction

By Neal Barnard, MD

The Hidden Reasons Behind Food Cravings--and 7 Steps to End Them Naturally. Irresistibly drawn to chocolate, cookies, chips, cheese, burgers or fries and unable to resist? Then learn from Dr. Barnard's groundbreaking book. Banishing these cravings is not a question of willpower or psychology--it's a matter of biochemistry. Reveals the diet and lifestyle changes that can break stubborn craving cycles. 324 pp. paperback. Regularly \$14.95. **On Sale! \$12.95**

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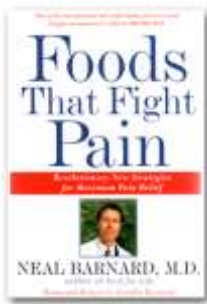


## Dr. Neal Barnard's Program for Reversing Diabetes

By Neal Barnard, MD

Neal Barnard, MD, outlines a sound dietary approach to preventing, controlling, and even reversing diabetes. Funded by the National Institutes of Health and published in Diabetes Care, Dr. Barnard's program turned out to be three times more effective than the American Diabetes Association Diet at controlling blood sugar. In addition, the participants were able to markedly lower their cholesterol, reduce their blood pressure and lose weight. "Dr. Barnard's book at last brings hope to millions." —Hans Diehl, DrHSc, MPH. Regularly \$15.95. **On Sale! \$14.00**

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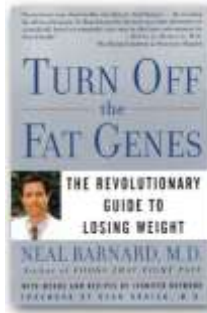


### Foods That Fight Pain

By Neal Barnard, MD

Drawing on new and little-known research from prestigious medical centers around the world, Neal Barnard, MD, author of "Eat Right, Live Longer" and "Food for Life," and president of the Physicians Committee for Responsible Medicine, shows readers how they can soothe everyday ailments and cure chronic pain by using common foods, traditional supplements, and herbs. **\$14.95**

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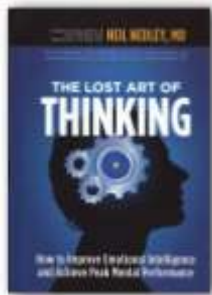
### Turn Off the Fat Genes

By Neal Barnard, MD

The Revolutionary Guide to Losing weight! Breakthrough genetic research indicates that genes are not just on/off switches for characteristics we can't control. Some genes, including those that shape our bodies, actually adapt to outside influences. Dr. Neal Barnard draws on this cutting-edge research to create a revolutionary new program to help your body sculpt away excess pounds by activating thin genes and suppressing fat ones. With menus and recipes by Jennifer Raymond. Now only **\$14.00**

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## BOOKS BY MISCELLANEOUS AUTHORS . . .



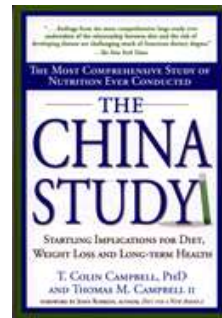
### The Lost Art of THINKING

By Neil Nedley, MD

This book by award-winning author of "Proof Positive" and "Depression, The Way Out" provides unique tools that you can use to improve mental performance, emotional intelligence, and life satisfaction in a practical and all-inclusive way. This book will help you to think clearly, enhance your relationships,

improve your mood, and live a longer, happier life. 432 pp, hardcover. Regularly \$49.00. **On Sale!** \$37.95

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### The China Study (book)

By T. Colin Campbell

The most comprehensive study in nutrition ever conducted! A landmark release demonstrating the definite advantages of a more natural diet over the rich Western dietary lifestyle. Plus, a disturbing look behind the scenes of the world of science. Bestseller: over 500,000 copies in circulation. "Written with candor, courage and clarity, and with intellectual honesty and profound insight, this compelling book could become the national tipping point towards contagious health!" --Hans Diehl, DrHSc, MPH. 418 pp. Regularly \$46.95. **On Sale!** \$13.95

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# Books



### HERB: The Vegetarian Dragon

(The favorite CHIP book for children)

Herb, the Vegetarian Dragon, written by Jules Bass and illustrated by Debbie Harter. A most memorable children's book that motivates better eating choices and great tolerance towards others through an intriguing allegory using fairy tale-like figures, dragons and knights. 32 pp. Regularly \$15.95. **On Sale!** \$9.95

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## The Coronary Health Improvement Project

a powerful yet simple 30-day world class lifestyle education program



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**WHITEWASH:**  
**The Disturbing Truth About Cow's Milk and Your Health**  
*By Joseph Keon*

In Whitewash, nutritionist Dr. Joseph Keon unveils how North Americans unwittingly sabotage their health every day by drinking milk, and he shows that our obsession with calcium is unwarranted.

Whitewash offers a completely fresh, candid, and comprehensively documented look behind dairy's deceptively green pastures and gives readers a hopeful picture of life after milk. 320 pp. Regularly ~~\$19.95~~. **On Sale! \$18.00**

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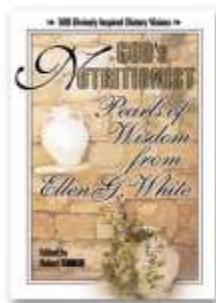
**Forks Over Knives:**  
**The Plant-Based Way to Health**  
**What if one simple change could save you from heart disease, cancer, and stroke?**

For decades, that question has fascinated a small circle of impassioned doctors and researchers—and now, their life-changing research is making headlines in the hit documentary Forks Over Knives. Their answer? Eat a whole-food, plant-based diet—it could save your life.

.. Regularly ~~\$13.95~~. **On Sale! \$11.25**

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**BOOKS INSPIRED BY ELLEN G. WHITE . . .**

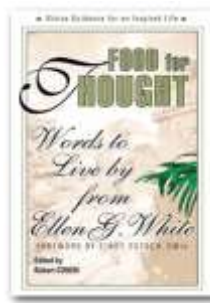


**God's Nutritionist**  
*By Robert Cohen*

192 pages. Here are 500 of Ms. White's "pearls of wisdom"-- words that are as practical, insightful, and moral as they are accurate. These classic quotations beautifully present her beliefs, from her stand as an ardent vegetarian to her view of dairy products. To this, editor Robert Cohen has added fascinating excerpts culled from

today's leading scientific journals, validating the many points made by White. Regularly ~~\$16.95~~. **Now only \$14.95**

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**Food for Thought**  
*By Robert Cohen*

192 pages. Provides over 400 inspiring quotations from the writings of Ellen G. White that are as practical, insightful, and moral as they are accurate. Offering additional food for thought on her wide-ranging views are the words of other great luminaries from both the past and the present, including such noteworthy

individuals as William Shakespeare, Thomas Edison, Florence Nightingale, Mother Teresa, and Oprah Winfrey. Gathered from Mrs. White's "Ministry of Healing," the classic quotations are arranged both topically and alphabetically in an easy-to-follow format. Regularly ~~\$16.95~~. **Now only \$14.95**

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a powerful yet simple 30-day world class lifestyle education program

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