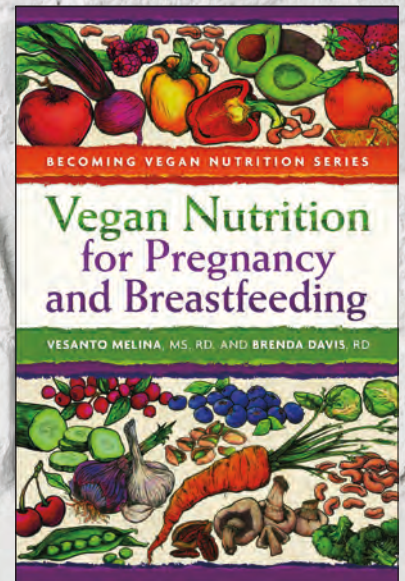
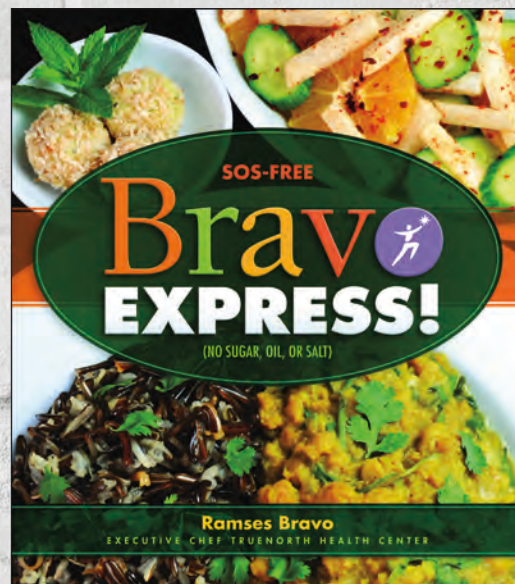


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# Becoming Vegan .....

## A new nutrition series by world-renowned Canadian dietitians!

For more than twenty years, registered dietitians Vesanto Melina and Brenda Davis have received global acclaim for their accomplishments in the field of plant-based nutrition. In the **Becoming Vegan Nutrition Series**, they offer succinct information that's tailored to address different types of nutritional challenges and specific nutrients of concern.

About the Authors

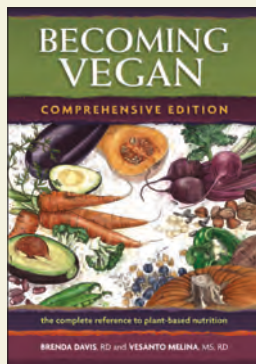


**Brenda Davis, RD:** Registered dietitian Brenda Davis is a leader in the field of plant-based nutrition and an esteemed international speaker. Brenda is a past chairperson of the Vegetarian Practice Group of the Academy of Nutrition and Dietetics and is currently the lead nutritionist for the Diabetes and Wellness Project in the Marshall Islands.



**Vesanto Melina, MS, RD:** Vesanto Melina is the 2016 winner of the Dietitians of Canada Ryley Jeffs Memorial Lecture Award for dedication and innovation in the field of dietetics. She coauthored the joint position paper on vegetarian diets for the Academy of Nutrition and Dietetics and Dietitians of Canada and is a consultant to the government of British Columbia.

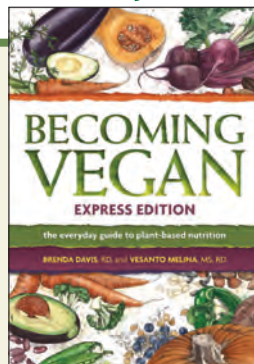
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**Becoming Vegan  
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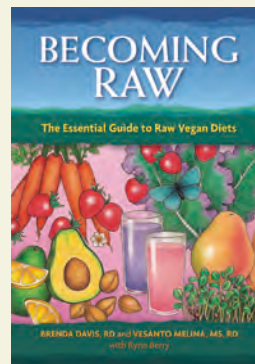
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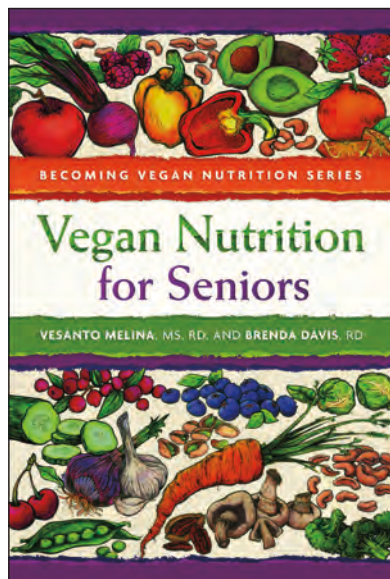
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**Becoming Raw**

\$31.95 / 978-1-57067-238-5

# Nutrition Series



## VEGAN NUTRITION FOR SENIORS

Brenda Davis, RD, and Vesanto Melina, MS, RD

*\$12.95 / 978-1-57067-372-6 / 120 pages / 6 x 9 paper*

~~Available April 2019~~

A plant-based diet contributes to increased longevity by reducing the risk for the most common chronic diseases, as well as dementia. Learn how nutrient needs change during the aging process, which nutrients may be difficult to get in adequate amounts, and how to deal with sensory loss and lack of digestive vigor. Great tips are provided for creating nutritionally balanced and appealing plant-based meals for our golden years.

**PUBLICATION DELAYED**

## VEGAN NUTRITION FOR PREGNANCY AND BREASTFEEDING

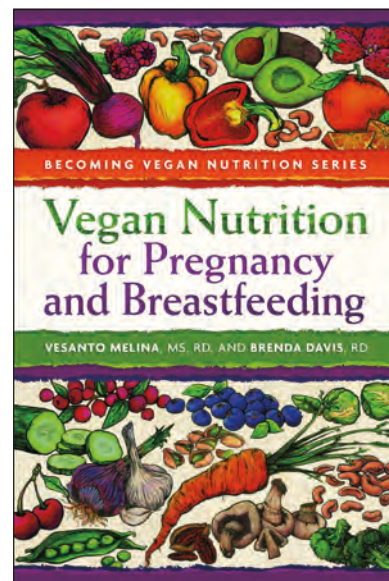
Brenda Davis, RD, and Vesanto Melina, MS, RD

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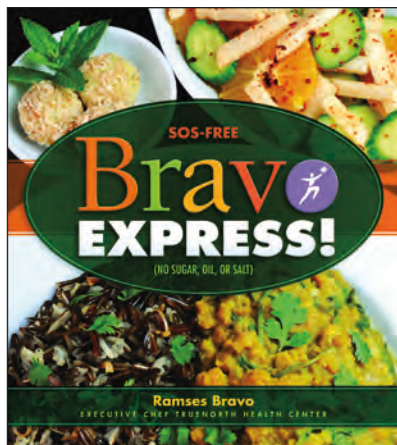
~~Available April 2019~~

Moms need to eat for two during pregnancy and lactation, and this information will enable them to construct plant-based diets they can enjoy with confidence. Learn how to fulfill the nutritional needs that change during each trimester and meet the increased demands for fluids and specific nutrients while breastfeeding. A sample menu of meal suggestions is included that covers both pregnancy and lactation.

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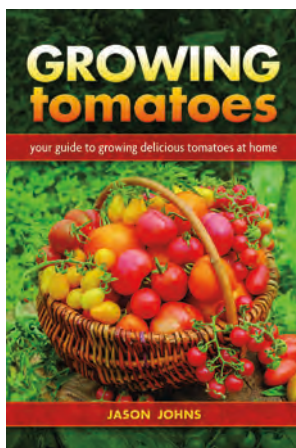
## BRAVO EXPRESS!

Ramses Bravo

*\$22.95 / 978-1-57067-362-7 / 144 pages / 8 x 9 paper / full color  
Available April 2019*

A healthy, whole-foods diet can be not only delicious but also quick and easy. Ramses provides a slew of simple yet surprisingly flavorful staple recipes—all SOS-free (no sugar, oil, or salt)—that can be prepared in a short amount of time. Two weeks of sample menus, along with detailed techniques, equipment lists, and easy-to-find ingredients, will inspire a lifetime of wholesome eating endorsed by the medical professionals at TrueNorth Health Center.

**Ramses Bravo** has been the executive chef at TrueNorth Health Center in Santa Rosa, California, since 2007. Previously a gourmet chef at spas and resorts, Ramses creates foods that serve as the foundation of a health-promoting diet. Visit [ChefRamses.com](http://ChefRamses.com).



## GROWING TOMATOES

**Your Guide to Growing Delicious Tomatoes at Home**

Jason Johns

*\$12.95 / 978-1-57067-367-2 / 104 pages / 6 x 9 paper  
Available March 2019*



Nothing compares to the taste of homegrown tomatoes! Master gardener Jason Johns shares his love for and knowledge of growing this popular, savory fruit so that even novices can produce a bumper crop. This in-depth guide teaches you how to:

- grow tomatoes in beds, containers, or greenhouses
- choose companion plants and prevent pests and diseases
- make your favorite tomato dishes
- freeze or can tomatoes for later use

**Jason Johns** is a keen gardener who has been growing produce at home for over 20 years. Additional information on growing tomatoes and other vegetables can be found on his website [owninganallotment.com](http://owninganallotment.com).

**NEW SERIES: PLANET IN CRISIS**

**A Call to Action with Solution-Based Information**

Environmental author Albert Bates has been sounding the alarm on the growing state of our planetary environmental crisis for almost thirty years. The effects of pollution are undeniable, and some experts think we've reached a tipping point where we can no longer stop the progression of climate change. The need to address this crisis is more urgent than ever, and creative solutions must be employed to limit the destruction that may come. In this series, Albert presents each aspect of the crisis in clear terms and provides solutions for reclaiming our future.

**TRANSFORMING PLASTIC**

**From Pollution to Evolution**

Albert Bates



*\$12.95 / 978-1-57067-371-9 / 110 pages / 6 x 9 paper  
Available April 2019*

The scourge of plastic has poisoned our environment and damaged our health. In this timely book, Albert Bates takes a critical look at this ubiquitous problem, offers creative solutions, and explores worldwide efforts to transform plastic pollution into a tool for social justice, profitable businesses, healthier people, and a healthier planet. It's packed with anecdotes and tips for living with less plastic, viable alternatives, and safe disposal of the plastic you have.



**Albert Bates** is author of 18 books on climate, history, and ecology, including *Carbon Cascades: Redesigning Human Ecologies to Reverse Climate Change* (2019), *The Paris Agreement* (2015), and *The Biochar Solution* (2010). His book *Climate in Crisis* (1990) was among the first to call attention to global warming. He is founder and director of the Global Village Institute for Appropriate Technology (GVIX.org).



### NAME YOUR MOUNTAIN

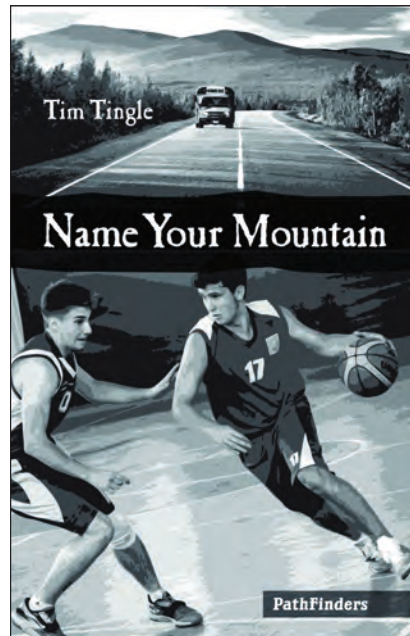
Tim Tingle

*\$12.95 / 978-1-939053-20-6 / 168 pages / 4½ x 7 paper*

*Ages: 12 to 16 / Reading level: 2.5*

*Available March 2019*

*Name Your Mountain* continues the exciting No Name Series as the high school basketball team matures and faces new challenges. When the all American Indian team in *Trust Your Name* enters a national-level tournament, the team travels to big cities and has new experiences, but all is not well. Choctaw Bobby Byington and his new friend, Creek shooting guard Eddie, are torn between struggles on the court and painful episodes back home. With the door of adulthood looming, Coach Robison urges his players to choose the path they want to climb and to “never hesitate—never give up—in your struggle to reach the top.”



**Tim Tingle** is a member of the Choctaw Nation. The author of 12 acclaimed books, he has received numerous awards and widespread recognition:

- ⚙ Recipient of the 2018 Arrell Morgan Gibson Lifetime Achievement Award
- ⚙ Kirkus Starred Review, *Trust Your Name* (2018)
- ⚙ Four-time winner of the American Indian Youth Literature Award for *House of Purple Cedar* (2016), *How I Became a Ghost* (2014), *Danny Blackgoat: Navajo Prisoner* (2014), and *Crossing Bok Chitto* (2008)
- ⚙ Recipient of the 2015 Wordcraft Circle of Native Writers and Storytellers Award for his PathFinders novel *No Name*

*See all the other exciting books  
in the No Name Series on p. 19.*



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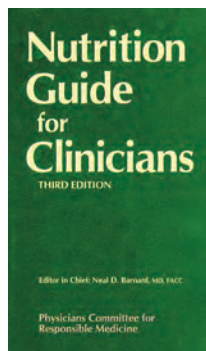
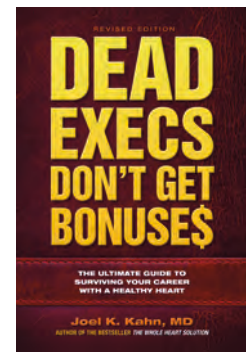
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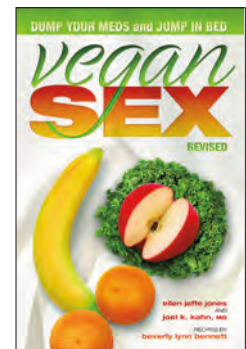
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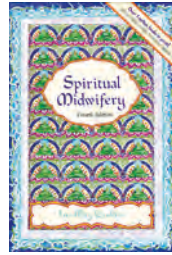
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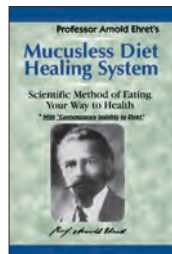
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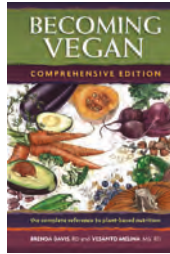
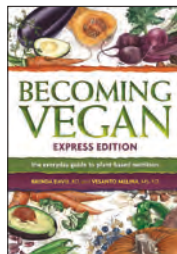
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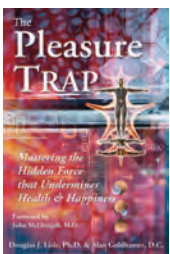
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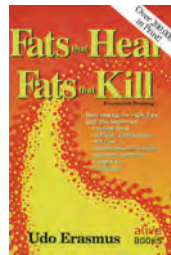


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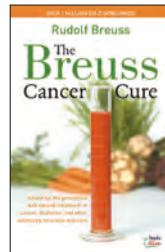
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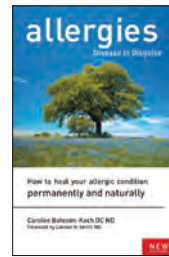


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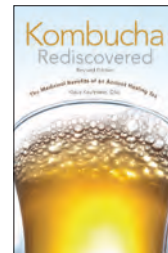


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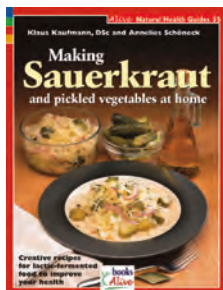


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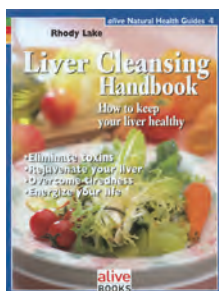
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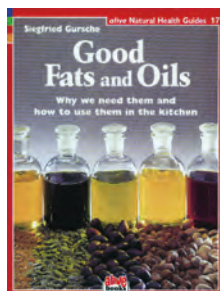
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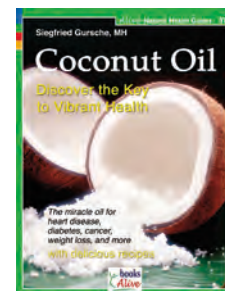
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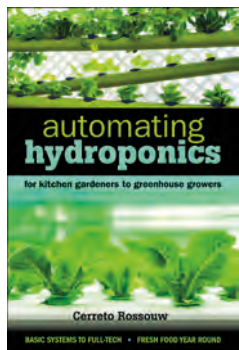
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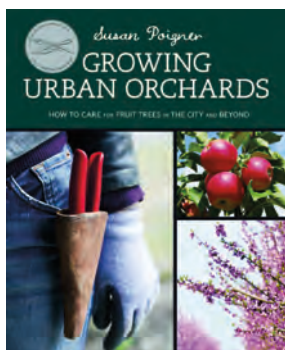
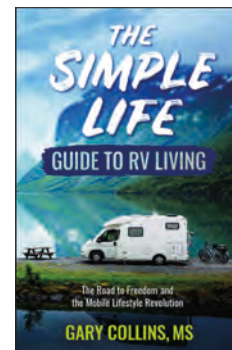
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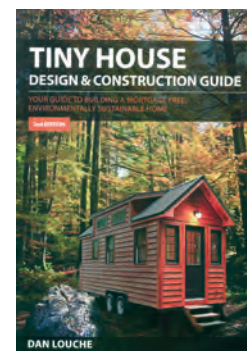
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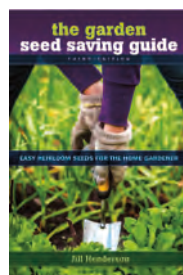




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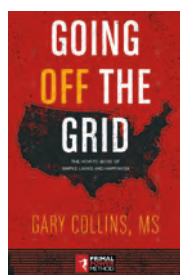


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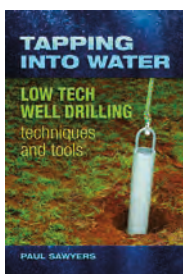


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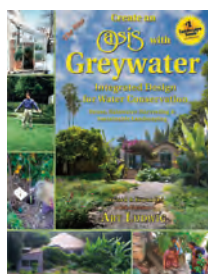
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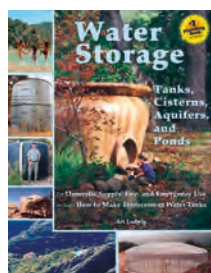


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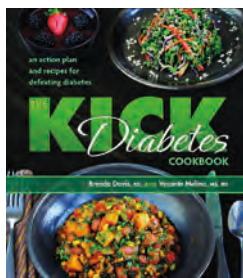
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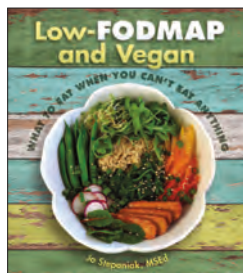
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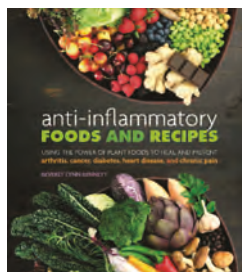
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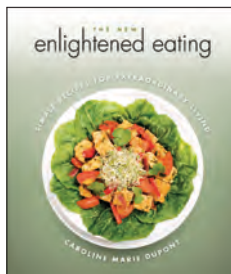
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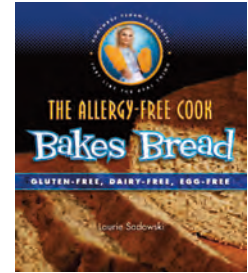
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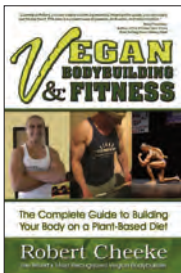
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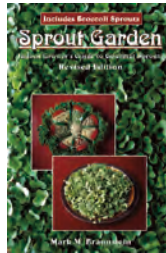
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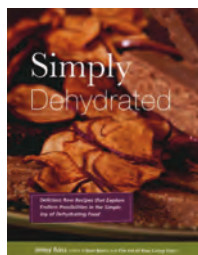
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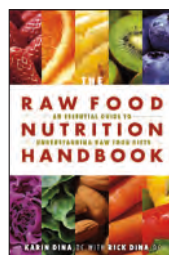
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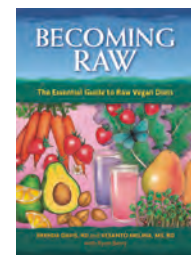
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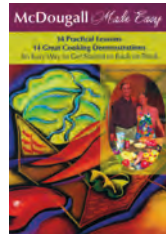
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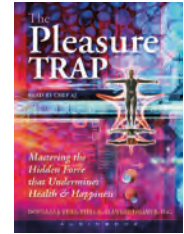
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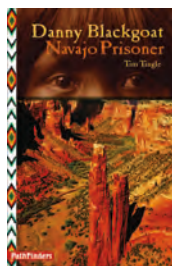
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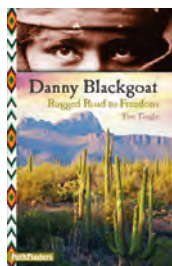
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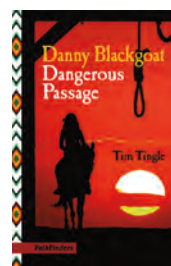
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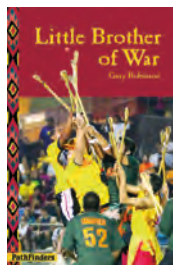
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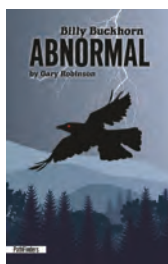


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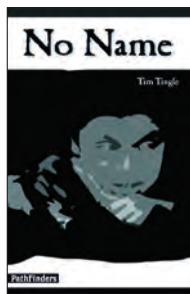


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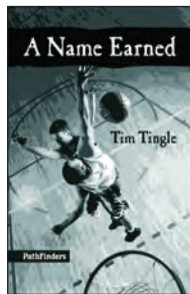
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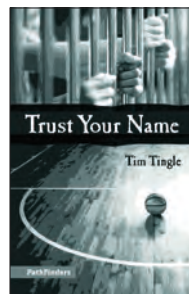
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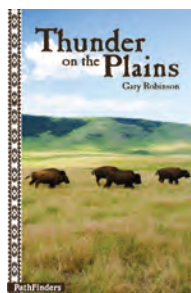
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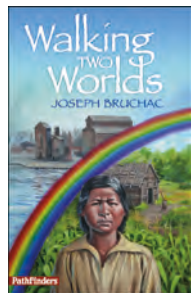
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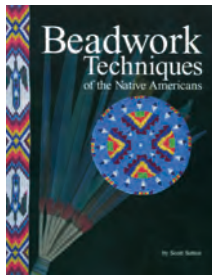
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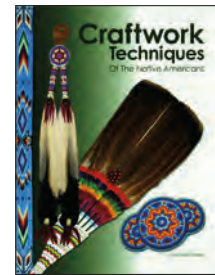
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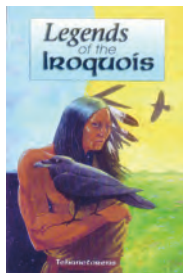
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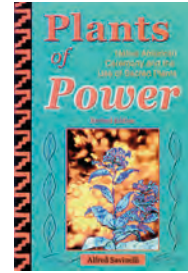




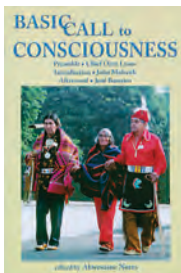
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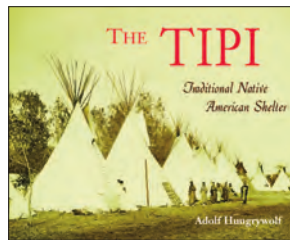
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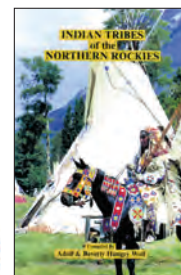
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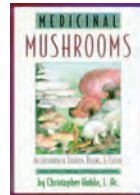
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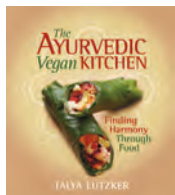
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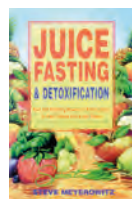
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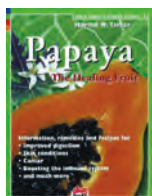
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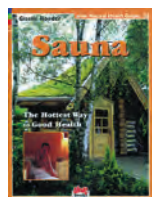
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