



PALEO LONGEVITY

Whole30

KETO



GLUTEN FREE

microbiome

PLANT-BASED AYURVEDA

detox



... etc.

DIETS

ELIMINATION DIETS

- Danielle Walker's against all grain. Meals made simple : gluten-free, dairy-free, and paleo recipes 641.563 WAL
- The healthiest diet on the planet : ... preventing disease and looking and feeling your best (dairy free) 613.2 MCD
- G.M.O. free diet : how to stay healthy by identifying and avoiding dangerous foods 664 JOH
- The taco cleanse : the tortilla-based diet proven to change your life 641.84 ALL
- The whole30 : the 30-day guide to total health and food freedom 613.2 HAR

HEALTHY WEIGHT LOSS

- The bulletproof diet : lose up to a pound a day, reclaim your energy and focus, and upgrade your life 613.2 ASP
- The FastDiet : lose weight, stay healthy, and live longer with the simple secret of intermittent fasting 613.25 MOS
- The metabolism plan : ... reduce inflammation and drop pounds fast 613.2 REC
- The microbiome diet : ... restore your gut health and achieve permanent weight loss 613.2 KEL
- The new fat flush plan 613.25 GIT
- Primal fat burner : ... save your life with a high-fat, low-carb paleo diet 613.2 GED

KETOGENIC DIETS

- Anyway you can : ... a beginner's guide to ketones for life 613.283 BOS
- Bacon & butter : the ultimate ketogenic diet cookbook 641.563 RIC
- The complete ketogenic diet for beginners 613.283 RAM
- Easy dairy-free ketogenic recipes : 200+ low-carb family favorites for weight loss and health 641.563 EMM
- The easy 5-ingredient ketogenic diet cookbook : low-carb, high-fat recipes 641.563 FIS
- Eat rich, live long : use the power of low-carb and keto for weight loss and great health 641.563 CUM

MEDICINAL DIETS

Academy of Nutrition and Dietetics complete food and nutrition guide	613.2 DUY
Autism: exploring the benefits of a gluten- and casein-free diet	618.928 WHI
The Autoimmune Solution cookbook : ... reverse ... inflammatory symptoms and diseases	641.563 MYE
The China study : the most comprehensive study of nutrition ever conducted ...	613.2 CAM
Crohn's & colitis diet guide	616.344 STE
Eat to beat disease : the new science of how your body can heal itself	616.390 LI
Food allergies : a complete guide for eating when your life depends on it	616.975 SIC
The longevity diet : ... slow aging, fight disease, and optimize weight	613.26 LON
The Mayo Clinic diet	613.2 MAY
The new American Heart Association cookbook	641.563 NEW
The nutrient-dense kitchen : 125 autoimmune paleo recipes ...	641.563 TRE
The pH balance health & diet guide for GERD, IBS & IBD	613.2 SMI

PLANT-BASED DIETS

Decolonize your diet : plant-based Mexican-American recipes for health and healing	641.563 CAL
The plant paradox cookbook : 100 delicious recipes ...	641.563 GUN
Plant-powered families : over 100 kid-tested, whole-foods vegan recipes	641.563 BUR
The PlantPure Nation cookbook	641.563 CAM
Vegetarianism	YA 613.6 VEG
Forage, harvest, feast : a wild-inspired cuisine	641.65 VIL

MISCELLANEOUS

Deepa's secrets : slow-carb, new Indian cuisine	641.595 THO
In defense of processed food : it's not nearly as bad as you think	664.02 SHE
First bites : superfoods for babies and toddlers	613.208 WHI
Hungry girl simply 6 : all-natural recipes with 6 ingredients or less	641.563 LIL
The weeknight Mediterranean kitchen : 80 authentic, healthy recipes made quick and easy	641.594 FER

DVDs

Forks over knives	DVD 616.39 FOR	Mayo Clinic ... solutions for weight loss	DVD 616.3 WEI
Mayo Clinic ... solutions for diabetes	DVD 616.4 DIA	PlantPure nation: the truth is a stubborn thing...	DVD 613.2 PLA
Mayo Clinic ... solutions for heart health	DVD 616.1 HEA	Start getting healthy	DVD 613