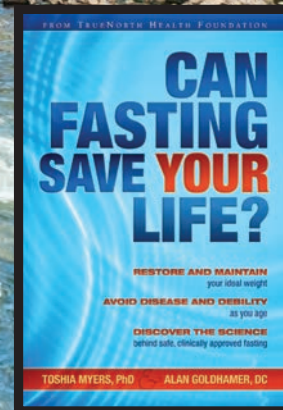
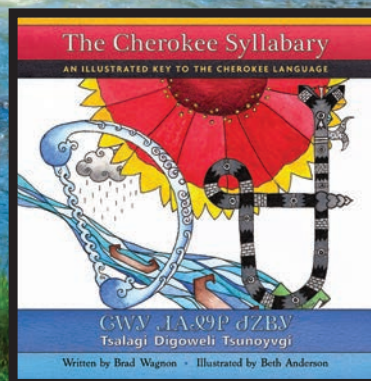
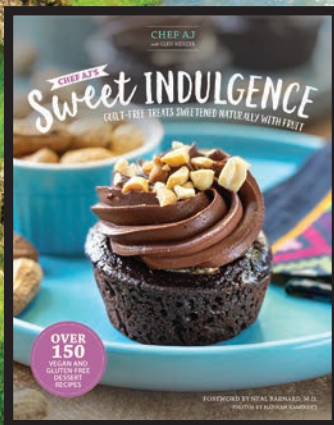


BPC PUBLICATIONS

2024 CATALOG





BPC (founded in 1974 as Book Publishing Company) is owned by The Farm, an intentional community in Summertown, Tennessee. We are dedicated to publishing books that help create a more ecologically and socially conscious society by promoting plant-based cooking and nutrition, natural health solutions for wellness, and sustainable lifestyles, as well as paying homage to the heritage of Native Americans. All BPC books are printed on paper certified by the Forest Stewardship Council.

2024 Book News

There has been a resurgence in the teaching of indigenous languages, and, in accordance, we are delighted to publish ***Speak Cherokee Right Now*** and ***The Cherokee Syllabary*** picture book. These titles will be invaluable tools for helping Cherokee adults and children learn to speak and write their language.

The Legend of Big Heart YA hi-lo series concludes with ***The River Run***, an exciting historical adventure that weaves together residential schools and old-time carnivals with a plot that twists and turns.

Billy Buckhorn is the Cherokee version of Harry Potter. ***Billy Buckhorn and the Night Seers*** and ***Billy Buckhorn and the War of Worlds*** are the second and third books in the supernatural Thunder Child Prophecy series.

Gluskonba and the Maple Trees, an Abernaki legend, and ***How Rabbit Tricked the Buzzards***, a Lumbee tale, will delight youngsters with illustrations by Native American artists while also teaching valuable lessons.

Foodie alert! ***Vegan Soups and Stews for All Seasons*** is a collection of hearty, nourishing meals, and ***Chef AJ's Sweet Indulgence*** features outrageously decadent-tasting desserts that are “healthy” rather than “guilty” pleasures.

A traditional remedy for healing as explained in ***Can Fasting Save Your Life?*** offers renewed insight and hope for how to regain and maintain your health.

Whether you want to adopt a healthier diet, improve your health, expand your culinary skills, make your lifestyle more sustainable, or explore Native American history and culture, we hope these new books, along with our perennial backlist, provide inspiration and solutions.

Thank you for your support!
The staff at BPC

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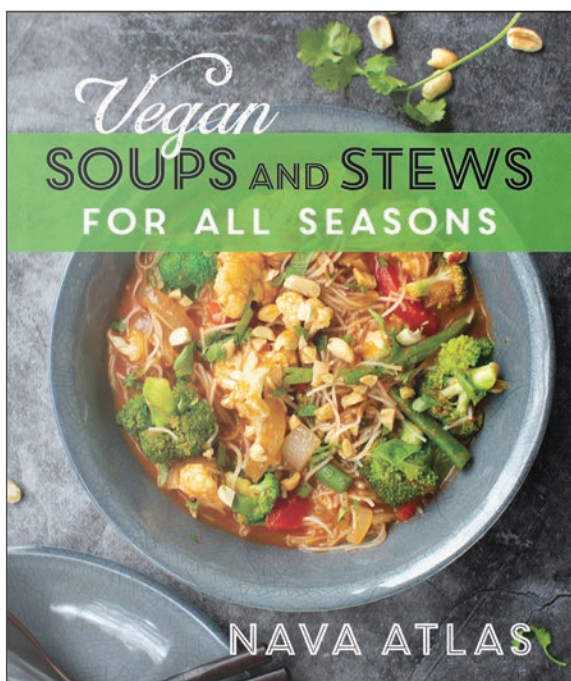
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41

HEALTHY LIVING ♦ GROUNDSWELL BOOKS NATIVE VOICES ♦ 7th GENERATION

Cover Design: Melissa Phillips





◆ AVAILABLE JANUARY 2024

978-1-7371334-1-4 / \$24.95

212 pp / trade paper / full color

8 x 9½



VEGAN SOUPS AND STEWS FOR ALL SEASONS

Nava Atlas

Revised and updated with new recipes and dozens of gorgeous full-color photos, bestselling author Nava Atlas presents the fifth and ultimate edition of *Vegan Soups and Stews for All Seasons*. Starting its life as a diminutive hand-illustrated vegetarian cookbook in 1992, it gradually went vegan, as Nava did.

The book's staying power is a testament to the universal love of soups. A good bowl of soup evokes warmth and comfort. With a bit less liquid and a tad more chunkiness of texture, the result is stew—a savory and satisfying one-pot meal. From hearty, warming stews to fruity dessert soups, Nava ladles out more than 120 delectable recipes.

Each chapter highlights the best produce available in its season. Fall celebrates the harvest, winter focuses on heartiness, spring lifts the palate, and summer is all about freshness. Whether you are looking for a colorful global stew or a refreshing cold elixir, there is something for every soup lover on these pages.

Nava Atlas is a vegan cooking expert and the author of many bestselling cookbooks, including *5-Ingredient Vegan*, *Vegan on a Budget*, *Wild About Greens*, and *Vegan Holiday Kitchen*. Nava also creates visual books on women's issues and runs two websites, TheVeganAtlas.com and LiteraryLadiesGuide.com. She lives in the Hudson Valley region of New York State with her family.

THE RIVER RUN

The Legend of Big Heart: Book Three

Alfreda Beartrack-Algeo

This is the exciting conclusion to the hi-lo historical fiction series, *The Legend of Big Heart*. To fulfill the government's policy to "destroy the Indian and save the man," Alfred Swallow and his friends Orson and Junior are forced to leave their families and homes to attend a residential mission school.

The students' beautiful long hair is cut, and they are forbidden to speak their native language. Even the slightest infraction is severely punished. At the height of hopelessness, Alfred gets a ghostly visit from beyond the grave, telling him to run to the river. With a bounty on their heads, Alfred and his friends Orson and Junior plunge into a harrowing quest for freedom.

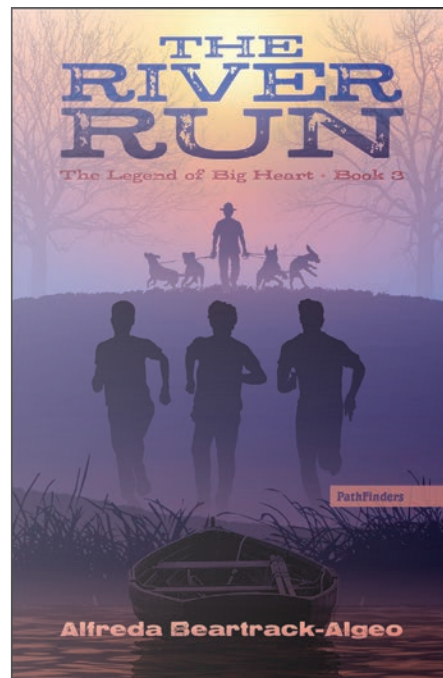
The boys must rely on their instincts and intelligence as their journey takes them to Sioux City, Iowa. Here they find work at a carnival, but their jobs lead them into the underground world of gangsters and crime, and ultimately to Alfred's missing parents.

The Legend of Big Heart Series takes place during the early twentieth century amid the forced assimilation of Native tribes into mainstream America. The series follows the exciting adventures of young Alfred Swallow as he matures into a man and helps his family survive and prosper on the Lower Brule Lakota Reservation in South Dakota.

The latest from Beartrack-Algeo (Lower Brule Lakota Nation) is an accessible work for reluctant readers that includes multiple engaging strands as well as an afterword about the Pick-Sloan Act of 1944, which authorized the construction of five dams that destroyed vast swathes of Lower Brule Lakota land. An action-packed journey offering a peek into the impact of residential schools. (Historical fiction, 12–18)

–Kirkus Reviews (Oct. 15, 2023)

See p 32 for Books One and Two



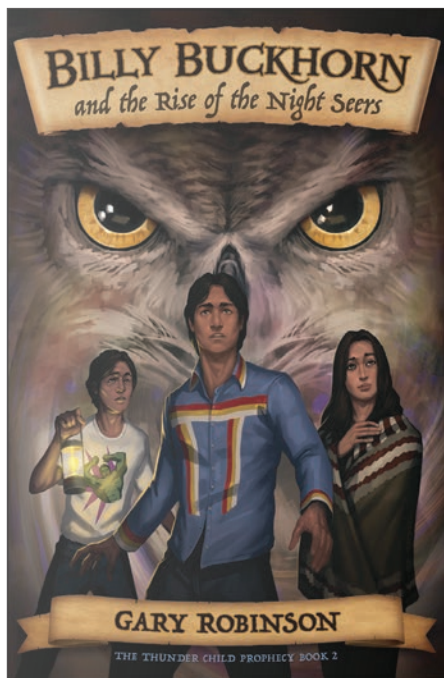
◆ **AVAILABLE JANUARY 2024**

978-1-57067-413-6 / \$9.95

160 pp / trade paper

4½ x 7 / Ages 12+ / FRY RL: 5

Alfreda Beartrack-Algeo is a storyteller, poet, and artist. She is a member of the Lower Brule Lakota Nation, Kul Wicasa Oyate, Lower Brule, South Dakota. Alfreda uses various art forms to tell her stories. She is also the author and illustrator of three children's picture books, *The Cottonwood Sings*, *Father Eagle and the Hunter*, and *The Day the Earth Rose Up*. Currently, she lives in beautiful Palisade, Colorado, where she manages her studio and art gallery, Mato Nunpa, LLC.



◆ AVAILABLE FEBRUARY 2024

978-0-9669317-5-4 / \$14.95

304 pp / trade paper

5½ x 8½ / Ages 12+

BILLY BUCKHORN AND THE RISE OF THE NIGHT SEERS

The Thunder Child Prophecy Series: Book Two

Gary Robinson

Cherokee teen Billy Buckhorn had no idea what was in store for him when Osage teen Lisa Lookout and her family showed up on his doorstep. A tribal prophecy, carried by their family for a thousand years, indicates Billy is the long-awaited Chosen One, and that he is destined to battle dark ancient forces that are planning to retake control of the Middleworld.

As Billy comes to accept his prophesied new role, he must also learn to accept that he and his loved ones are now targets of the most powerful shape-shifting Native American witches and sorcerers on Turtle Island. Known as the Night Seers of the Owl Clan, Billy must use old Indigenous ways, intertwined with new technology, to fight and defeat this evil force.

BILLY BUCKHORN AND THE BOOK OF SPELLS

The Thunder Child Prophecy Series: Book One

Gary Robinson

“Enter a world of magic and intrigue where the old ways and new technology intertwine. Copious exposition explains the world and the traditions of the Cherokee people (without revealing cultural knowledge that has not already been publicly shared), but this series opener keeps the action moving.”

—*Kirkus Reviews* (October 2022)



978-1-939053-47-3 / \$14.95

304 pp / trade paper / 5½ x 8½

Ages 12+

BILLY BUCKHORN AND THE WAR OF WORLDS

The Thunder Child Prophecy Series: Book Three

Gary Robinson

- The Thunder Child is the Cherokee Harry Potter
- A superb YA supernatural thriller

"I think it's beginning," Billy told Morningstar, the Upperworld being who'd been guiding the teen in his role as Thunder Child. "It seems the Underworld has chosen strange weather to start things off. What should I do?"

"Volcanoes, earthquakes, and atmospheric phenomena probably aren't the main events," the spirit replied. "You already know this at a deeper level, and you'll need to rely more on your innate intuition for the turmoil ahead." That wasn't the response Billy had hoped to get.

The Owl Clan and the Serpent Society renew their ancient evil alliance and launch a series of supernatural events meant to usher in a new age of horrific Underworld dominance. Can Billy Buckhorn, aka Thunder Child, and his gifted team—his oldest friend Chigger, Osage girlfriend Lisa, the Intertribal Medicine Council, and his allies in the Upperworld—prevent this apocalypse from happening?

In this exciting series conclusion, The Chosen One must now use all his powers to achieve the hoped-for victory between the forces of good and the forces of evil that will determine the fate of the human race.

The thrilling Thunder Child Prophecy is the three-part supernatural saga of Billy Buckhorn's alliance with the good cosmic forces of the Middleworld and their united battle against the evil of the Underworld.



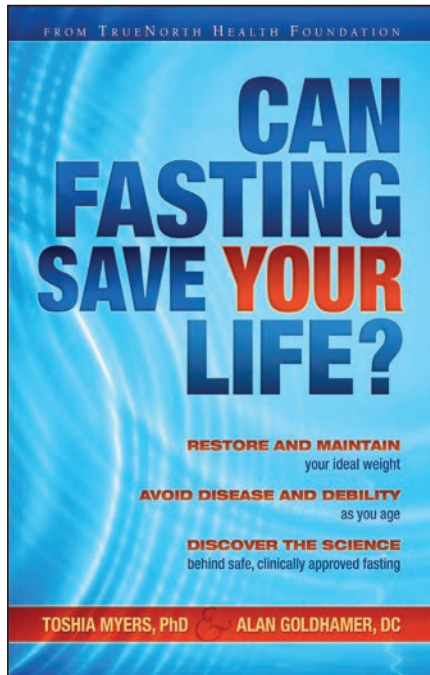
◆ AVAILABLE SEPTEMBER 2024

978-1-57067-426-6 / \$14.95

336 pp / trade paper

5½ x 8½ / Ages 12+

Award-winning writer and filmmaker **Gary Robinson** (Choctaw/Cherokee descent) has worked most of his life to create content for dozens of Native American educational, informational, and documentary television projects. He is the author of more than 20 books for teens and children, including the new Thunder Child Prophecy series. He lives in Santa Ynez, California.



◆ AVAILABLE JUNE 2024

978-1-57067-419-8 / \$29.95
184 pp / 6 x 9
hard cover / full color

CAN FASTING SAVE YOUR LIFE?

Toshia Myers, PhD; Alan Goldhamer, DC

Discover how more than 25,000 patients who underwent water-only fasting at TrueNorth Health Center experienced results that were nothing short of miraculous.

Toshia Myers, PhD, and Alan Goldhamer, DC, reveal why this treatment is so effective for allowing cells, tissue, and organs to recover from conditions that are generally considered unresolvable. Meticulously researched, this book shines a light on this amazing natural approach to restoring and maintaining health.

“Can Fasting Save Your Life? is the best book about fasting available. It offers clinical insights and is a clarion call to the research community to study this neglected lifestyle intervention.”

–Michael Greger, MD

Author of How Not to Die and founder of Nutritionfacts.org

“Fasting is an important tool to facilitate healing and recovery and has many important therapeutic applications. This book brings the olden art of fasting (and a healthy diet) into modern health-care where it belongs.”

–Joel Fuhrman, MD

7x New York Times bestselling author

Toshia Myers, PhD is a research scientist with more than 15 years of experience. As the director of the TrueNorth Health Foundation, she oversees clinical research into the effects of prolonged water-only fasting on human health. Her own healing journey led her to discover the importance of diet and lifestyle in maintaining optimal health and inspired her to become a health coach and yoga teacher to share her insights with others.

Alan Goldhamer, DC is an expert in the use of medically supervised water-only fasting. He has been both the founder and the director of TrueNorth Health Center since 1984 and has supervised the fasting and care of more than 25,000 patients. A frequent lecturer speaking on the use of fasting and diet in the restoration of optimum health, he has also helped author numerous studies and case reports published in peer-reviewed journals.

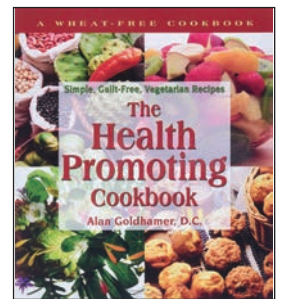
TrueNorth Health Center is a multidisciplinary practice that, along with medical doctors, includes doctors of osteopathy, chiropractic, naturopathy, and psychology. Its healthcare providers treat patients with conditions ranging from high blood pressure and diabetes to autoimmune disorders and lymphoma. The Center is the largest facility in the world specializing in medically supervised water-only fasting and is a premier training facility for doctors to gain certification in the supervision of therapeutic fasting.

Other books by Alan Goldhamer, DC

THE HEALTH PROMOTING COOKBOOK
Simple, Guilt-Free Vegetarian Recipes

Lose weight and regain vitality. These simple-to-prepare vegan recipes—free of added oil, salt, sugar, and wheat—were taste-tested by hundreds of individuals at TrueNorth Health Center.

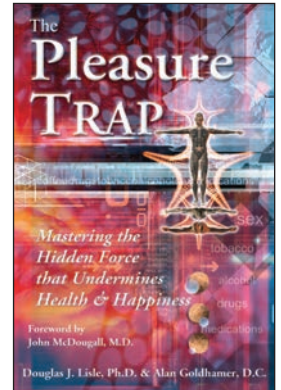
978-1-57067-024-4 / \$16.95 / 192 pp / 8 x 7 / paper



THE PLEASURE TRAP
Mastering the Hidden Force that Undermines Health & Happiness
(with Douglas J. Lisle, PhD)

Discover unique insights into the motivational factors that make people subject to dietary and lifestyle excesses and learn ways to restore the natural biological processes that keep us running at maximum efficiency.

978-1-57067-197-5 / \$19.95 / 192 pp / 6 x 9 / paper



Ramses Bravo, Executive Chef of TrueNorth Health Center Kitchens

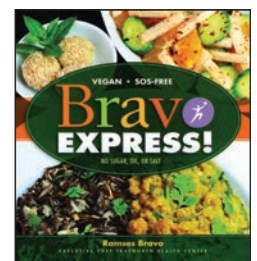


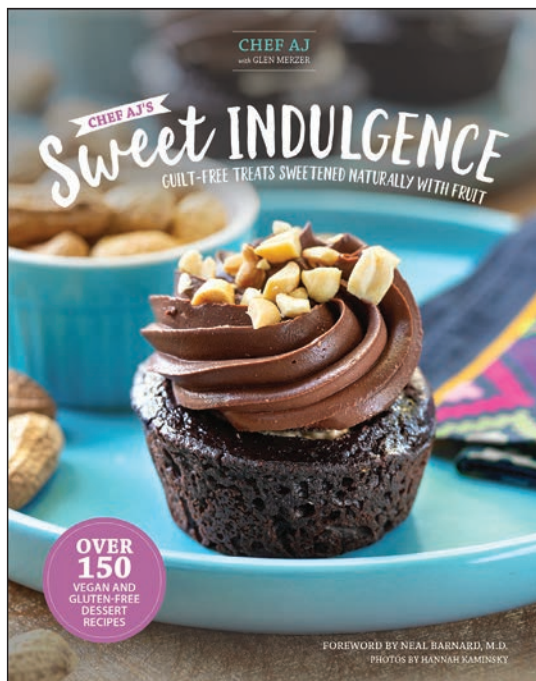
Bravo! provides a foundation for optimal health with tempting plant-based dishes that are completely SOS (salt, oil, and sugar free).

978-1-57067-269-9 / \$21.95 / 160 pp / 8 x 9

Bravo Express! features palate-pleasing, SOS-free recipes that are easy to make regardless of time constraints or cooking expertise.

978-1-57067-362-7 / \$24.95 / 160 pp / 8 x 9





CHEF AJ'S SWEET INDULGENCE Guilt-Free Treats Sweetened Naturally with Fruit

Chef AJ with Glen Merzer

Chef AJ's love affair with desserts began with the gift of an Easy Bake Oven when she was seven years old. While her passion for creating them has not wavered, her choice of sweeteners changed from sugar to the natural sweetness found in whole foods.

Her outrageously delicious plant-based desserts are gluten-and sugar-free and contain no added salt or oil. Each of the 150+ recipes have indicators that rate each dessert for sweetness (Subtly Sweet, Nice & Sweet, Superbly Sweet) and fat content (Low-fat, Semi-decadent, Rich & Decadent), allowing you to select just the right treat for the occasion and company.

The full gauntlet of recipes for bars, brownies, cakes, cheesecakes, cobblers, cookies, crisps, cupcakes, ice creams, mousses, muffins, pies, and tarts—many accompanied by mouthwatering photos—can now be enjoyed as “healthy—not guilty—pleasures.”

Dessert is a beautiful part of life—that is, when it can be made with healthy, non-addictive ingredients. Chef AJ is the master at this, and *Sweet Indulgence* is the book that shows you how to enjoy your life while enhancing your health.

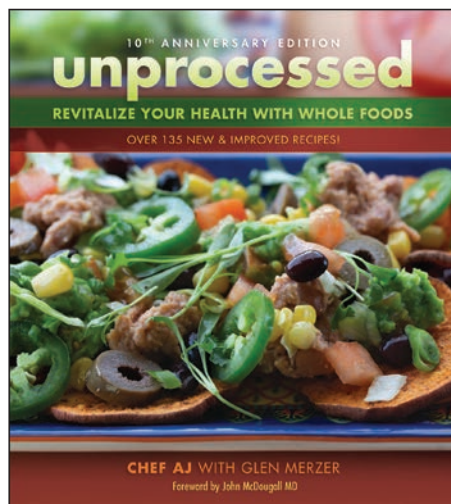
**Rich Roll, Author, *Finding Ultra*
Host, *The Rich Roll Podcast***

◆ AVAILABLE JULY 2024

978-1-57067-424-2 / \$34.95
296 pp / hardcover / 8 x 10
full color



CHEF AJ has followed a plant-exclusive diet for almost 50 years. She hosts the popular daily YouTube show *Chef AJ Live!* In 2018, she was inducted into the Vegan Hall of Fame. She lives with her husband, Charles, and their rescue, a Havanoodle named Bailey, near Sacramento, California. Her website is chefaj.com.



UNPROCESSED, 10th Anniversary Edition Revitalize Your Health with Whole Foods

Chef AJ with Glen Merzer

This cookbook is a celebration of the amazing versatility and health benefits to be found in whole plant foods. Chef AJ showcases her flair for fusing nutrient-rich ingredients into outrageously flavorful dishes that are not only gluten-free but have no added salt, oil, or sugar.

This compendium of nourishing and satisfying choices will support anyone looking to live an active, healthy lifestyle.

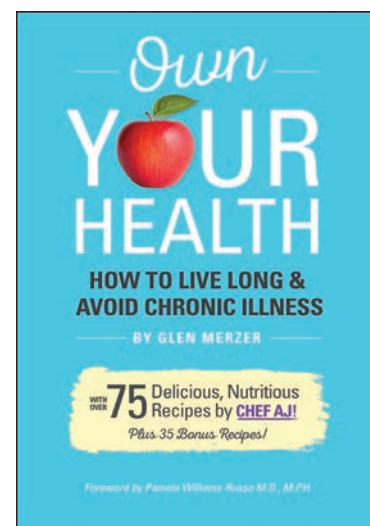
**978-1-57067-408-2 / \$24.95 / 196 pp / trade paper
8 x 9 / full color**

Chef AJ and Glen Merzer began their writing partnership with the original edition of *Unprocessed: How to Achieve Vibrant Health and Your Ideal Weight* (2011) and continued with *The Secrets to Ultimate Weight Loss* (2018).

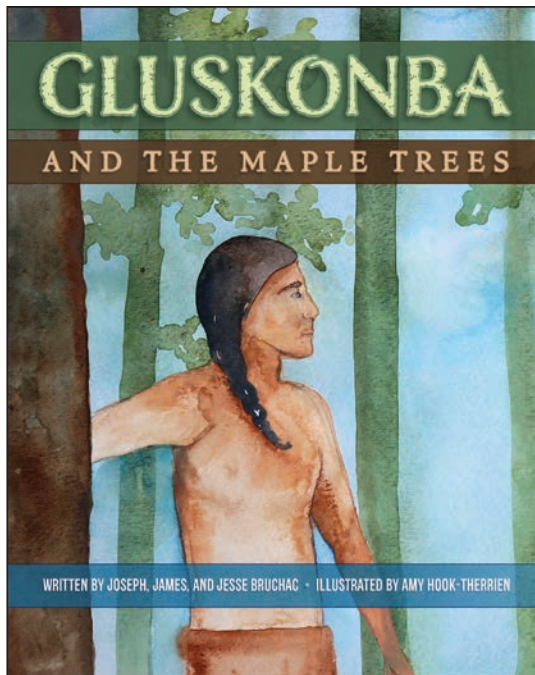
OWN YOUR HEALTH How to Live Long & Avoid Chronic Illness Glen Merzer

Glen Merzer presents a convincing case on how a low-fat, plant-based diet can prevent chronic disease using both empirical and scientific evidence. Chef AJ contributes more than 75 nutritious, delicious, and easy-to-make recipes that are free of gluten, oil, sugar, and salt.

978-1-57067-406-8 / \$19.95 / 288 pp / trade paper / 6 x 9



Glen Merzer is an author, playwright, screenwriter, and podcast host of *The Glen Merzer Show*, which can be found on YouTube. He also wrote *America Goes Vegan!* featuring recipes by Tracy Child, *Food Is Climate*, and co-authored *Mad Cowboy* by Howard Lyman. His website is glenmerzer.com.



GLUSKONBA AND THE MAPLE TREES

*Written by Joseph, James, and Jesse Bruchac
Illustrated by Amy Hook-Therrien*

- Presented in both the English and Abenaki languages
- Joseph Bruchac is an award-winning Abenaki author

In early times, the Creator gave humans the gift of maple syrup. They could eat as much as they liked by simply breaking off a twig. Gluskonba, who had been given the power to change things, decided to visit the humans. When he arrived and saw them abusing the Creator's gift and not taking care of each other or their village, he decided to remind them of what is important.

They were instructed to return to and repair their village and go back to their normal life. But now to enjoy maple syrup meant days of intense work gathering sap and boiling each batch. The villagers come to realize that Gluskonba had given them a gift even sweeter than maple syrup—the reward of community and people coming together for a common goal.

In presenting two separate tales, one drawn from English and the other drawn from Abenaki, the differences in communication styles between the two languages are more clearly illustrated. The Abenaki-based version is especially valuable for anyone who is actively involved in language reclamation efforts. Both versions are faithful to the heart and the message of the story.

◆ AVAILABLE MAY 2024

978-1-57067-423-5 / \$17.95
40 pp / 8 x 10 / hardcover
full color / Ages 4–7

See p. 32 for other books by
Joseph Bruchac

Joseph Bruchac and his sons are citizens of the Nulhegan Band of the Coosuk Abenaki Nation. Joseph is an award-winning author and professional storyteller who has written more than 180 books. He plays several instruments and performs with his sons as The Dawnland Singers.

James Bruchac is an author, storyteller, and cultural and wilderness educator. He has run hundreds of youth camps through Ndakinna Education Center. His website is jamesbruchac.com. **Jesse Bowman Bruchac** is an author, language teacher and coach, cultural consultant, and a musical composer. His website is jbruchac.com.

THE CHEROKEE SYLLABARY

An Illustrated Key to the Cherokee Language

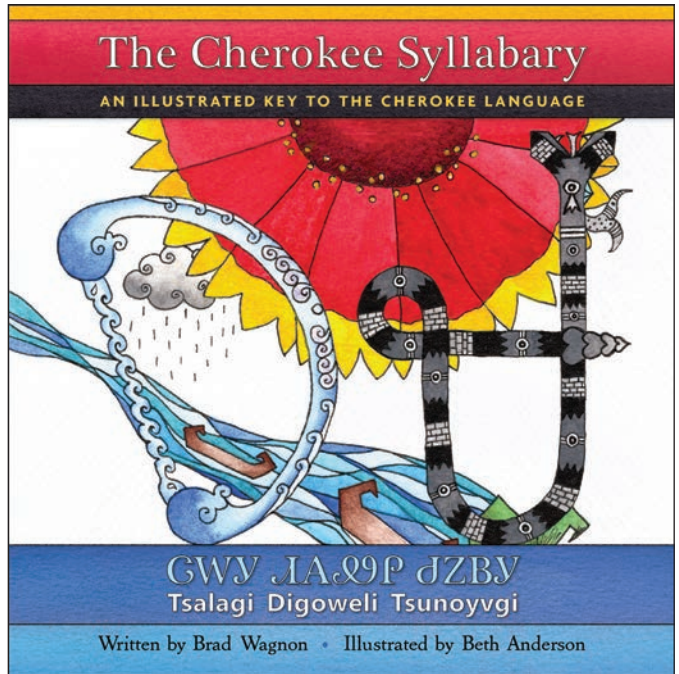
*Written by Brad Wagnon
Illustrated by Beth Anderson*

The Cherokee Syllabary: An Illustrated Key to the Cherokee Language is a tool for parents and educators to introduce Cherokee children to the syllabary of their native language. Adults as well can appreciate the simplicity of the format to help become familiar with their Native speech.

On each page spread, there is a beautiful illustration of a syllabary character, a Cherokee word that contains the character, how to pronounce the word in Cherokee, and the word in English. Along the bottom of a page is a row of syllabary characters and their pronunciation.

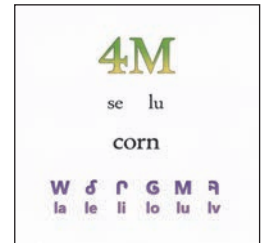
The concept for the illustrations was influenced by medieval illuminated manuscripts. The intent is to allow people of all ages to appreciate and celebrate the historic Cherokee language that was first introduced in written form by Sequoyah in 1891.

This book is a valuable resource for schools and libraries by adding multicultural diversity to their classrooms and collections.



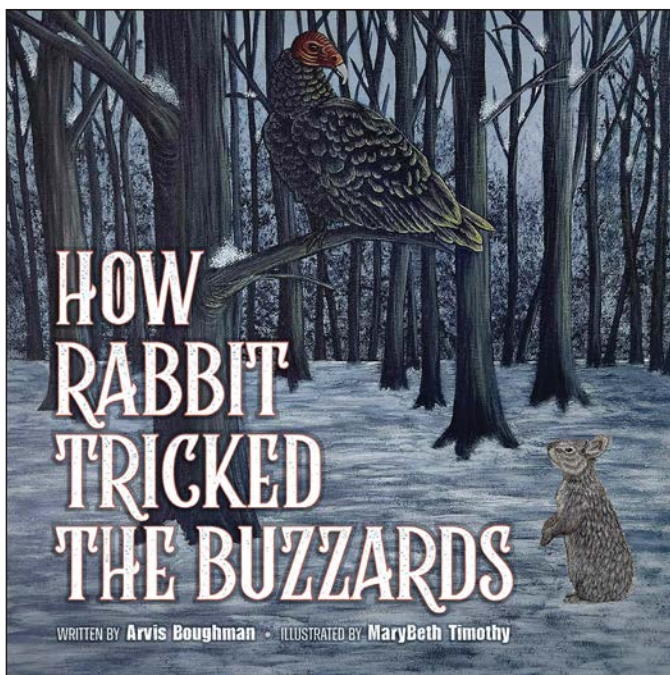
◆ AVAILABLE JUNE 2024

978-1-57067-422-8 / \$17.95
40 pp / 8½ x 8½
hard cover/ full color



Brad Wagnon is a citizen of the Cherokee Nation. He taught Cherokee history, culture, and language at Tahlequah High School for 10 years. An author and storyteller, he is passionate about sharing Cherokee history and culture with future generations and has authored four Cherokee children's books. Brad lives in Gideon, Oklahoma.

Beth Anderson is a Cherokee Nation citizen and a contemporary visual artist. She is a member of the US Department of Interior's Indian Arts and Crafts Board and is a board member and the social media chair of the Southeastern Indian Artists Association. Beth currently lives in Upstate New York.



◆ 978-1-57067-425-9 / \$14.95
 40 pages / 8½ x 8½ / 40 pp
 trade paper / full color / Ages 4–7

**Publication delayed
 until February 2025**

HOW RABBIT TRICKED THE BUZZARDS A Traditional Lumbee Story

Written by Arvis Boughman
 Illustrated by MaryBeth Timothy

Did you know why there is no fur in between the toes of the marsh rabbit? You'll find out in this delightful tale, which teaches the importance of sharing.

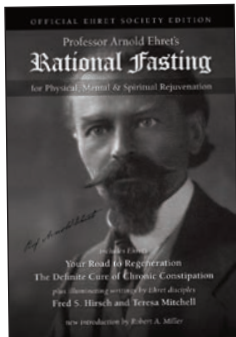
Long ago, turkey buzzards were the keepers of the fire. On a cold winter night, Rabbit is freezing while the buzzards are warmed by a fire. Rabbit pleads to be let in close to the fire, but the buzzards refuse to share the warmth of their fire. But when the playful Northwest Wind decides to play tricks on Rabbit, which makes him even colder, Rabbit realizes he must come up with an ingenious plan to get warm.

Lumbee author Arvis Boughman brings this traditional tale to children, and the lovely illustrations of Cherokee artist MaryBeth Timothy bring the story to life.

Arvis Boughman, an enrolled member of the Lumbee Indian tribe of North Carolina, has worked as an elementary school teacher and a speech/language pathologist. He is also a founding member of the North Carolina Native American Council on Higher Education. *Chicora and the Little People: The Legend of the Indian Corn* (2010) was the first children's picture book based on the Lumbee Indian culture. Arvis currently lives in the Smoky Mountains of North Carolina with his family.

MaryBeth Timothy, A Cherokee Nation citizen and artist based in northeastern Oklahoma, MaryBeth Timothy loves creating images that speak to the audience. Her work has been published in both adult and children's books for both educational and trade markets. For more about MaryBeth and her art, visit moonhawkart.com.

Arnold Ehret (1866-1922) was a German professor, philosopher, nutritionist, healer, and visionary. He was one of the first people to advocate fasting and raw vegan diets as therapies for healing. Ehret's works and teachings that emphasize the importance of diet in the cause, prevention, and treatment of disease have been relevant for more than 100 years. Professor Ehret was also a proponent of living in harmony with nature's laws to experience a joyful life and optimal health.



RATIONAL FASTING for Physical, Mental & Spiritual Rejuvenation 15th Edition

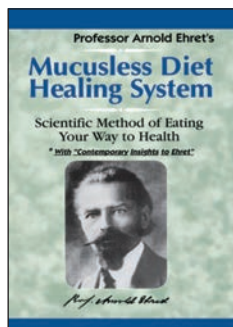
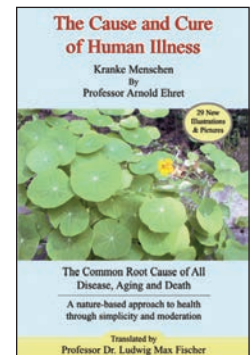
In this inspiring book Professor Ehret explains his theories on the fundamental causes of disease along with his complete instructions for fasting and living in harmony with nature.

978-1-88477-201-6 / \$12.95 / 170 pp / 6 x 9 paper

THE CAUSE AND CURE OF HUMAN ILLNESS The Common Root Cause of All Disease, Aging and Death

This classic book offers timeless insight into how to achieve true strength, health, vitality, and happiness. Readers are given affordable and effective teachings on how to gain control of their health and take responsibility for their own well-being.

978-1-88477-202-3 / \$12.95 / 170 pp / 6 x 9 paper



MUCUSLESS DIET HEALING SYSTEM Scientific Method of Eating Your Way to Health

This scientific method of eating, developed by Ehret in 1922, presents a complete, workable program for cleansing, repairing, rebuilding, and maintaining a healthy body. This book lays out Professor Ehret's simple and logical plan in plain, understandable language so that anyone can apply the Ehret method.

978-1-88477-200-9 / \$12.95 / 144 pp / 6 x 9 paper

Norman Walker, DSc (1886-1985), was a pioneer in the field of vegetable juicing and using a nutritional approach to achieve better health. He developed the Walker Program, which advocated juicing raw fruits and vegetables, and promoted eating a diet based solely on vegetables, fruits, and nuts. Dr. Walker designed the Norwalk Hydraulic Press Juicer and wrote extensively on nutrition and healthy living.

FRESH VEGETABLE AND FRUIT JUICES

Norman Walker, DSc

Dr. Walker explains how the lack or deficiency of vital organic minerals, salts, and vitamins is the primary cause of nearly every sickness and disease. He recommends consuming fresh vegetable and fruit juices to obtain the enzymes needed for optimal health.

978-0-89019-033-3 / \$11.95 / 128 pp / 5½ x 8½ paper / illustrations

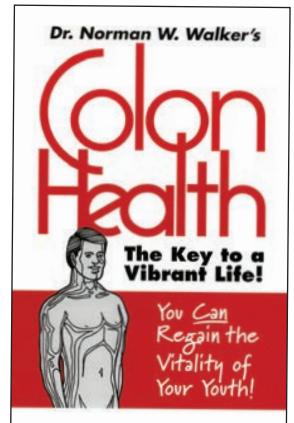


COLON HEALTH: The Key to a Vibrant Life

Norman Walker, DSc

Learn how each vital organ is affected by the condition of the large intestine and the colon. Discover how proper care of the colon can prevent and provide relief from allergies, asthma, constipation, digestive problems, and many other ailments.

978-0-89019-069-2 / \$11.95 / 128 pp / 5½ x 8½ paper / illustrations



THE VEGETARIAN GUIDE TO DIET AND SALAD

Norman Walker, DSc

Dr. Walker explains about the chemical elements in foods—such as amino acids, carbohydrates, and proteins—and which food groups provide the best sources of nutrients for their bodies. Included are over 70 salad combinations.

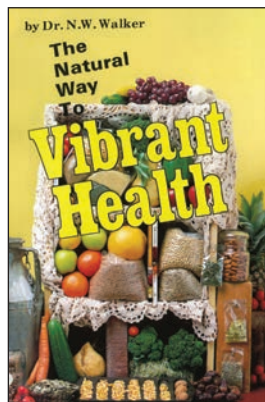
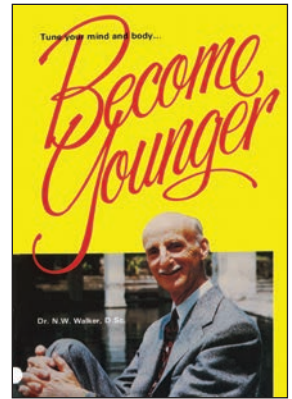
978-0-89019-034-0 / \$11.95 / 128 pp / 5½ x 8½ paper / illustrations



BECOME YOUNGER Norman Walker, DSc

This cornerstone of the famous Walker Program outlines how to slow down the aging process. Dr. Walker gives readers recommendations on the optimal foods for nourishment, how to develop better lifestyle choices, and how to use their attitude and thoughts to influence their health.

978-0-89019-051-7 / \$11.95 / 128 pp / 5½ x 8½ paper / illustrations



THE NATURAL WAY TO VIBRANT HEALTH Norman Walker, DSc

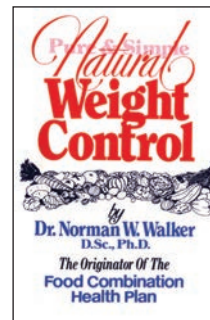
Dr. Walker explains to readers the importance of removing processed foods from their diets, as these can destroy their health and shorten their lives. He also recommends stimulating their minds and bodies through proper nutrition and mental exercises so their entire being can be vibrantly healthy.

978-0-89019-035-7 / \$11.95 / 128 pp / 5½ x 8½ paper / illustrations



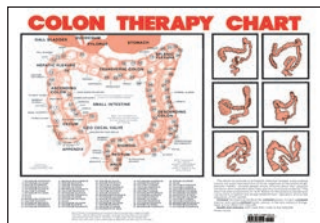
WATER CAN UNDERMINE YOUR HEALTH Norman Walker, DSc

978-0-89019-037-1 / \$11.95
106 pp / 5½ x 8½ paper
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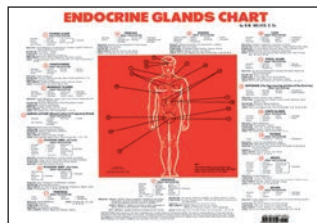
PURE & SIMPLE NATURAL WEIGHT CONTROL Norman Walker, DSc

978-0-89019-078-4 / \$11.95
28 pp / 5½ x 8½ paper
illustrations



COLON THERAPY CHART Norman Walker, DSc

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ENDOCRINE GLANDS CHART Norman Walker, DSc

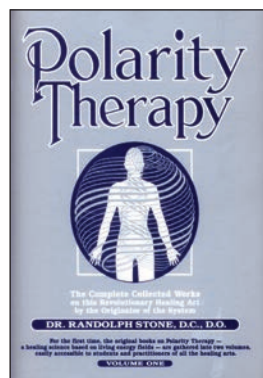
978-1-57067-239-2 / \$9.95 / 22 x 17



FOOT RELAXATION CHART Norman Walker, DSc

978-1-57067-240-8 / \$9.95 / 22 x 17

Randolph Stone, ND, DC, DO (1890-1981), the "father of the field of energetic studies," was almost 92 years old when he passed away in 1981. *Polarity Therapy* is the fruit of his life's work. Stone's consciousness was far ahead of his time. It was only through the renaissance of interest in holistic health and spirituality in the early 1970s that the world caught up with Dr. Stone's profound understanding and polarity therapy began to develop a following of earnest students.



POLARITY THERAPY

The Complete Collected Works on this Revolutionary Healing Art by the Originator of the System

This two-volume set combines the original writings upon which this health practice is based. These books have been essential reading for many practitioners of the healing arts, especially those who employ manual techniques or energy-balancing procedures.

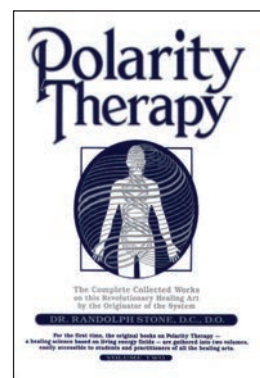
Polarity therapy can be used in psychotherapy, chiropractic therapy, and osteopathy, as well as many types of massage, physical therapy, dance, yoga, and all other forms of bodywork.

Volume One

978-1-57067-079-4 / \$45.00 / 330 pp / 8½ x 11 paper

Volume Two

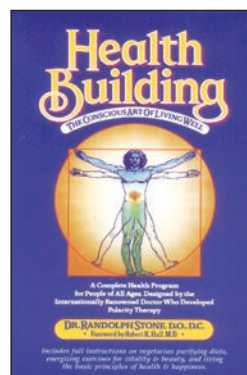
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HEALTH BUILDING: The Conscious Art of Living Well

Dr. Stone presents a total system of diet and physical and spiritual exercises that will lead to improved health. Using these techniques developed over a lifetime of research, an individual can bring into balance the energy currents flowing through their physical, mental, emotional, and spiritual centers.

978-1-57067-081-7 / \$15.95 / 190 pp / 5½ x 8½ paper

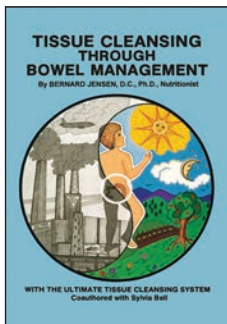
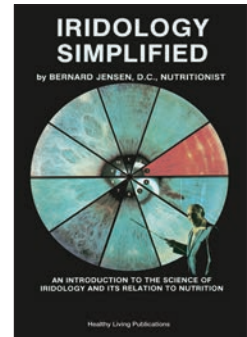


Bernard Jensen, DC (1907-2001), earned his doctorate degree at the age of 76, culminating a lifetime of study, clinical practice, and teaching in the field of holistic healing. He lectured around the world on natural health care, iridology, and tissue cleansing. Jensen wrote over 40 books, including *The Science and Practice of Iridology*, Volume 1, which quickly became a classic in the field and established him as one of the world's top authorities on the subject.

IRIDOLOGY SIMPLIFIED An Introduction to the Science of Iridology and Its Relation to Nutrition

Here is a simplified introduction to iridology and Jensen's famous eye chart, or map of iris topography, through which conditions that relate to the whole body can be read. Included are many diagnostic eye photos, detailed illustrations, and information on how to improve health conditions through nutrition.

978-1-57067-270-5 / \$9.95/ 48 pp / 6 x 9 / saddle-stitched



TISSUE CLEANSING THROUGH BOWEL MANAGEMENT With the Ultimate Tissue Cleansing System

This definitive work on the relationship of intestinal flora to tissue health gives an in-depth explanation of the benefits of detoxification and explains the anatomy and physiology of the bowel. Various fasts and cleansing options are presented to cleanse and strengthen the bowel and protect tissue health and the health of all internal organs.

978-1-57067-272-9 / \$14.95/ 192 pp / paper / 6 x 9

Viktoras H. Kulvinskis, MS, is considered the grandfather of the living foods movement. In 1970, at the age of 30, he cofounded the original Hippocrates Health Institute with Ann Wigmore. He was instrumental in creating entirely new foods and food preparation methods at the Institute. Viktoras was also one of the first people to develop and market whole-food nutritional supplements such as algae, wheatgrass, and vegetarian enzyme/herbal formulas.

SURVIVAL IN THE 21ST CENTURY Planetary Healers Manual

This classic book is the original manual for a healthful, natural, and spiritual lifestyle. Readers discover how to obtain organic food inexpensively, recognize early warning signs of impending ailments, and make an easy transition to a plant-based diet. Also included are delicious health-promoting recipes.

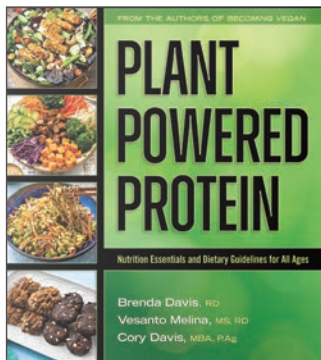
978-1-57067-247-7 / \$29.95 / 336 pp / paper / 8½ x 11 / illustrations



NUTRITION ROCKSTARS

Registered dietitians **Brenda Davis** and **Vesanto Melina** are world renowned authorities on plant-based nutrition. Their books have sold over 700,000 copies and are available in nine languages.

Brenda Davis is an internationally acclaimed speaker. VegNews referred to her as “The God-mother” of vegan dietitians. She was the lead nutritionist and health educator in the Diabetes Wellness Project in the Marshall Islands. Brenda was the 2022 recipient of the Plantrician Project’s Luminary Award.



PLANT POWERED PROTEIN

Nutrition Essentials and Dietary Guidelines for All Ages

Brenda Davis, RD, Vesanto Melina, MS, RD, and Cory Davis, MBA, PAc

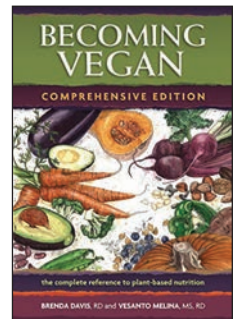
The authors present scientific data and studies that assure readers that plants can be a wholesome and abundant source of protein. Key advantages include health benefits from compounds found only in plants that fight chronic disease and a low-carbon footprint. Includes cooking tips and 30 easy-to-make, delicious recipes.

978-1-57067-410-5 / \$27.95 / 200 pp / trade paper / 8 x 9 / full color

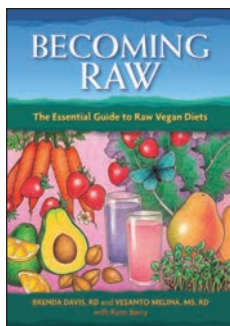
BECOMING VEGAN, Comprehensive Edition The Complete Reference to Plant-Based Nutrition

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

This indispensable resource for health professionals and nutrition enthusiasts sets the standard for vegan nutrition, provides a meticulous overview of the research, and shows how to construct a plant-based diet that supports nutrition at any stage of life.



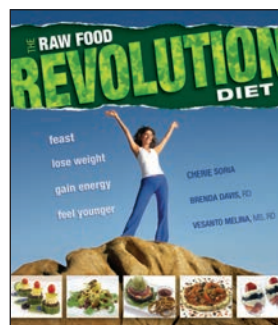
978-1-57067-297-2 / \$34.95 / 624 pp / 7 x 10 / paper / illustrations, charts



BECOMING RAW

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

978-1-57067-238-5 / \$24.95



THE RAW REVOLUTION DIET

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

978-1-57067-185-2 / \$21.95

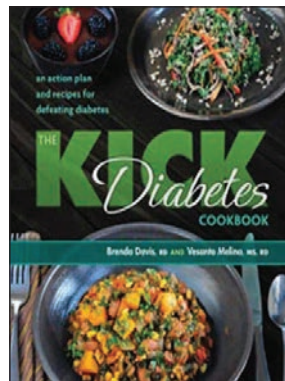
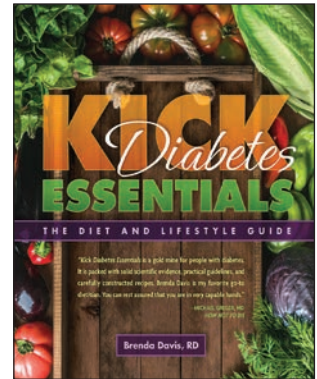
Vesanto Melina, MS, RD, was accorded the prestigious Ryley-Jeffs Memorial Award from the Dietitians of Canada. She was the lead author on the joint position paper on vegetarian diets for the Academy of Nutrition and Dietetics and Dietitians of Canada and is a consultant to the government of British Columbia.

KICK DIABETES ESSENTIALS: The Diet and Lifestyle Guide

Brenda Davis, RD

A whole-foods plant-based diet can prevent and reverse type 2 diabetes by easing inflammation and oxidative stress, stabilizing blood glucose levels, enhancing gut microflora, and keeping blood pressure and cholesterol in check. Includes menu plans and over 40 recipes.

978-1-57067-376-4 / \$27.95 / 300 pp / paper / 8 x 9 / full color

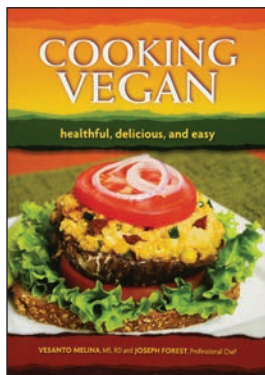


THE KICK DIABETES COOKBOOK: An Action Plan and Recipes for Defeating Diabetes

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

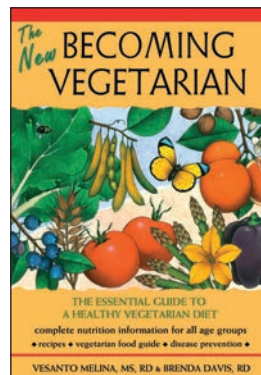
Learn which foods lower blood glucose levels and which nutrients are vital for kicking diabetes. Over 100 easy and delicious recipes provide fresh ideas for incorporating diabetes-fighting ingredients into daily meals.

978-1-57067-359-7 / \$19.95 / 192 pp / paper / 8 x 9 / full color



COOKING VEGAN *Vesanto Melina, MS, RD, and Joseph Forest*

978-1-57067-267-5 / \$19.95

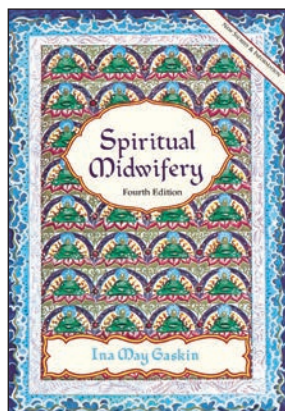


THE NEW BECOMING VEGETARIAN *Vesanto Melina, MS, RD Brenda Davis, RD*

978-1-57067-144-9 / \$21.95

TRADITIONAL PRACTITIONERS

Ina May Gaskin, MA, CPM, was the founder and director of The Farm Midwifery Center, located near Summertown, Tennessee, where she delivered over 1,200 births. Her low-intervention method for dealing with a birth complication known as shoulder dystocia resulted in that method being adopted by medical professionals nationwide. The Gaskin maneuver is the first obstetrical procedure to be named for a midwife.



SPIRITUAL MIDWIFERY, Fourth Edition

Spiritual Midwifery was first published in 1976 and introduced an entire generation of young women to the possibility of home birth and breast feeding. It also breathed new life into the all-but-vanished field of midwifery. **This book has sold more than 500,000 copies and has been translated into six languages.**

This edition includes updated information on the safety of natural child-birth and provides new information about potentially dangerous techniques routinely used in hospitals during and after birth. The latest findings about VBAC (vaginal birth after cesarean) and improved instructions for handling breech births are also given. Included are stories of working with Amish women and new birthing stories.

978-1-57067-104-3 / \$29.95 / 400 pp / paper / 6 x 9 / photos

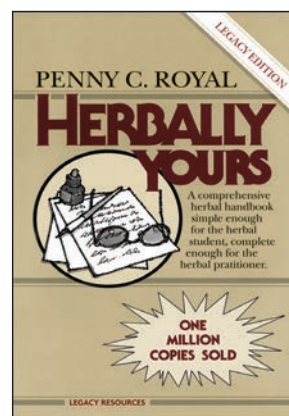
Penny C. Royal was born in Kanab, Utah. She received her BS in elementary education from Brigham Young University and taught school for a short time. Following years of ill health that medical doctors were unable to successfully treat, she turned to herbs and a cleansing diet. After experiencing a "miraculous recovery," she was prompted to share her extensive knowledge of herbs and herbal remedies. She was a popular speaker nationwide.

HERBALLY YOURS, Legacy Edition

A veritable herbal encyclopedia, this classic was among the first comprehensive books on herbs ever published. Easy to understand, this guide to herbal medications is simple enough for the herbal student yet complete enough for the herbal practitioner. Readers are familiarized with common definitions and basic directions for making decoctions, extracts, infusions, oils, and poultices.

A complete listing of herbs and herbal formulas along with their primary uses is followed by an alphabetized list of health problems and recommended herbs to alleviate each condition. This beloved volume is a timeless resource for maintaining health naturally.

978-0-96092-261-1 / \$11.95 / 127 pp / paper / 5½ x 8½



Monica Aggarwal, MD, and Jyothi Rao, MD, are leading proponents of holistic medicine. They draw on their own journeys to wellness and their medical expertise to present a revolutionary path to wellness.

Monica Aggarwal, MD, is an adjunct associate professor in the University of Florida's Division of Cardiovascular Medicine. Named a "Next Generation Innovator" by *Cardiology Today*, she is a fellow of the American College of Cardiology (ACC) and a member of the nutrition council that works on nutrition policies for the nation. Her website is drmonicaaggarwal.com.

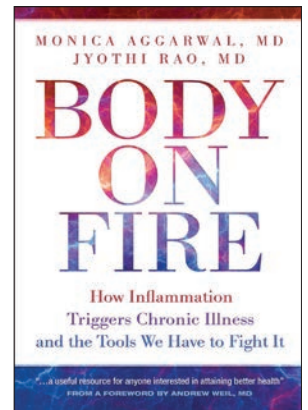
Jyothi Rao, MD, has been practicing medicine for over 20 years. Dr. Rao is board certified in internal medicine, anti-aging medicine, and certified in medical acupuncture and cardiopulmonary stress testing. She works at Shakti Health and Wellness Center. Her website is raowellness.com.

BODY ON FIRE How Inflammation Triggers Chronic Illness and the Tools We Have to Fight It

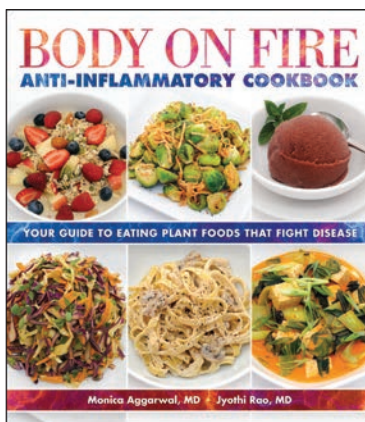
"Drs. Monica Aggarwal and Jyothi Rao's book is the reference text for many decades of a life free of disease. They define in depth the essential components of nutrition, the microbiome, hydration, mental tranquility, sleep, exercise, and more. This book will guide you past each pivot point towards enduring wellness."

—Caldwell B. Esselstyn Jr, MD

author of *The New York Times* bestseller *Prevent and Reverse Heart Disease*



978-1-57067-392-4 / \$19.95 / 256 pp / trade paper / 6 x 9

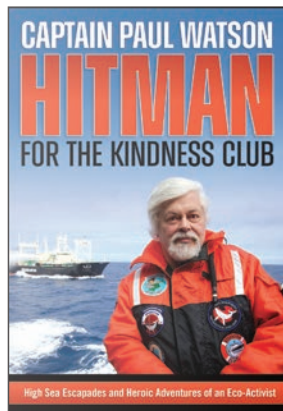


BODY ON FIRE ANTI-INFLAMMATORY COOKBOOK Your Guide to Eating Plant Foods That Fight Disease

This companion volume to *Body on Fire* reiterates essential concepts about how the right food choices can make a crucial difference in fighting inflammation and preventing chronic disease. This collection of recipes combines nutritious foods and spices that both support your health and deliver the flavors you love while keeping inflammation at bay.

**978-1-57067-407-5 / \$24.95 / 192 pp / trade paper / 8 x 9
full color**

Captain Paul Watson is a marine wildlife conservationist, master mariner, prolific author, educator, and environmental activist. One of the founding members of Greenpeace, in 1977 he left them to establish the Sea Shepherd Conservation Society. In 2022 he founded the Captain Paul Watson Foundation to continue his life's mission to protect marine wildlife. His website is paulwatsonfoundation.org.



HITMAN FOR THE KINDNESS CLUB **High Seas Escapades and Heroic Adventures of an Eco-Activist**

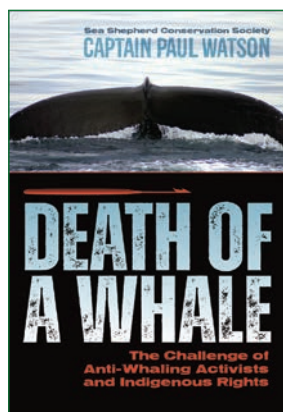
This memoir is an electrifying collection of essays that capture the spirit and mettle of one of the most fearless environmentalists of our times. From his early years of activism to outrageous Sea Shepherd campaigns held on every ocean and continent, these stories highlight Watson's unflinching dedication to his principles and ethics.

978-1-57067-412-9 / \$24.95 / 366 pp / paper / 6 x 9 / photos

URGENT! **Save Our Ocean to Survive Climate Change**

Climate change is the biggest issue facing our species. Watson explains the apocalyptic scenario that could be our future, explains the essential role the ocean plays in mitigating the effects of climate change, and provides a road map on how to navigate the challenges coming our way.

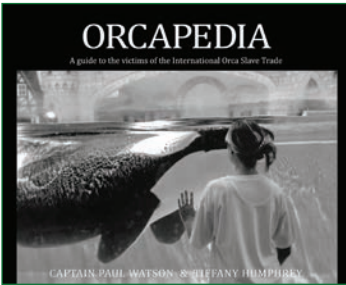
978-1-57067-403-7 / \$9.95 / 96 pp / trade paper / 6 x 9



DEATH OF A WHALE **The Challenge of Anti-Whaling Activists and Indigenous Rights**

A compelling, in-depth account of a Sea Shepherd Conservation Society campaign to prevent one tribe, the Makah (located on Washington's Olympic peninsula), from circumventing international whaling laws by invoking outmoded cultural entitlements.

978-1-57067-401-3 / \$19.95 / 272 pp / trade paper / 6 x 9



ORCAPEDIA
A Guide to the Victims of the International Orca Slave Trade
 Captain Paul Watson and Tiffany Humphrey

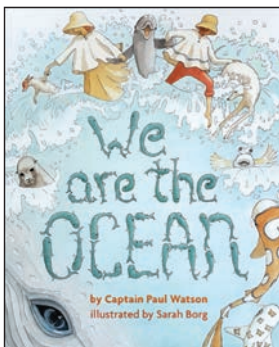
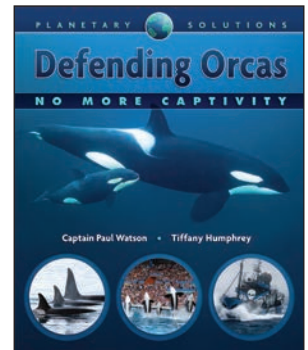
This sobering look at orcas being held at marine parks worldwide details the devastating effects captivity has on this extremely intelligent, socially complex species. The names and color photos of over 60 orcas complete with their personal history convey a realistic account of the injustices being perpetrated.

978-1-57067-398-6 / \$24.95 / 120 pp / trade paper / 11 x 8½ / full color

DEFENDING ORCAS: No More Captivity
 Captain Paul Watson and Tiffany Humphrey

Kids learn about the world of orcas, their unique characteristics, their place in the ocean's ecosystem, and how difficult it is for them to adapt to captivity in marine parks. Of special interest are the introductions to individual orcas and information on how to protect them.

**978-1-939053-36-7 / \$14.95 / 48 pp / trade paper / 8 x 9½ full color
 ages 9-12**



WE ARE THE OCEAN
 Captain Paul Watson; Illustrated by Sarah Borg

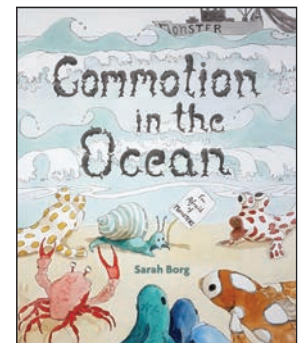
Captivating illustrations show the continuous cycle of water on Earth and how it sustains all life on this planet. Youngsters learn that water is in the cells of all living plants and animals, including the cells of their own bodies. When children learn about their connection to the ocean, they are more motivated to appreciate and take care of her as they grow older.

**978-1-939053-46-6 / \$17.95 / 40 pp / hardcover / 8 x 10 / full color
 Ages 4-7**

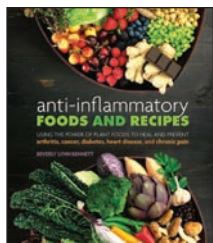
COMMOTION IN THE OCEAN
 Sarah Borg

Whimsical illustrations engage children in this colorful tale about a variety of sea creatures who are afraid of monsters (aka fishing trawlers) and hatch a plan to ask the humans for help. Kids are introduced to the problem of over-fishing our oceans and learn what we can do to help. A foreword by Captain Paul Watson explains how the diversity and interdependence of all ocean life help humanity exist.

**978-1-57067-411-2 / \$17.95 / 24 pp / hardcover / 8 x 10 / full color
 Ages 4-7**



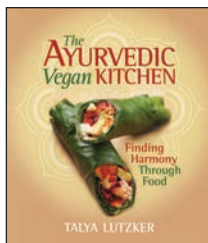
BPC COOKBOOKS



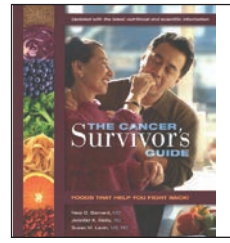
ANTI-INFLAMMATORY FOODS AND RECIPES
Beverly Lynn Bennett
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ARTISAN VEGAN CHEESE
Miyoko Schinner
 978-1-57067-283-5 / \$24.95



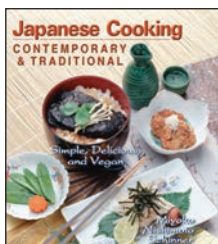
THE AYURVEDIC VEGAN KITCHEN
Talya Lutzker
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THE CANCER SURVIVOR'S GUIDE
Neal D. Barnard, MD, et al.
 978-1-57067-355-9 / \$19.95



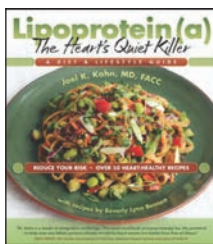
CRAFTING SEITAN
Skye Michael Conroy
 978-1-57067-396-2 / \$24.95



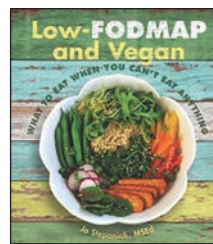
JAPANESE COOKING CONTEMPORARY & TRADITIONAL
Miyoko Nishimoto Schinner
 978-1-57067-072-5 / \$14.95



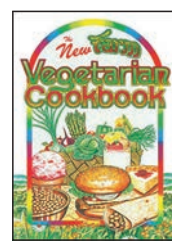
JAZZY VEGETARIAN
Laura Theodore
 978-0-9965475-3-6 / \$26.95



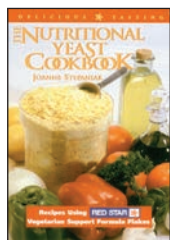
LIPOPROTEIN(A), THE HEART'S QUIET KILLER
Joel K. Kahn, MD, FACC
 978-1-57067-387-0 / \$22.95



LOW-FODMAP AND VEGAN
Jo Stepaniak, MEd
 978-1-57067-337-5 / \$21.95



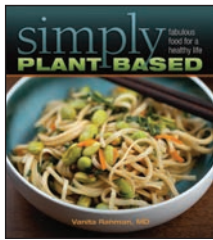
THE NEW FARM VEGETARIAN COOKBOOK
Louise Hagler and Dorothy Bates, Editors
 978-0-91399-060-5 / \$14.95



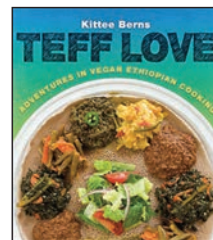
THE NUTRITIONAL YEAST COOKBOOK
Joanne Stepaniak
 978-1-57067-038-1 / \$14.95



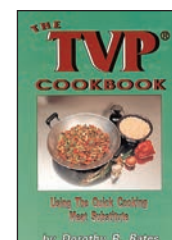
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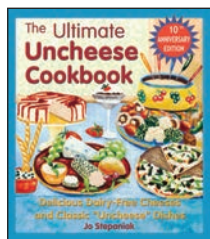


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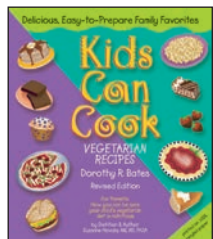


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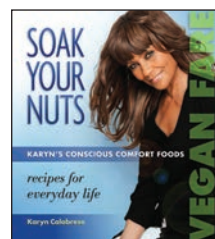
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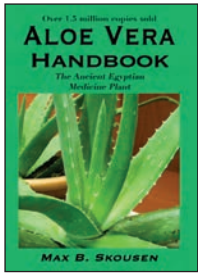


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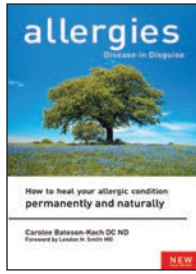


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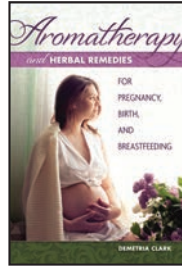
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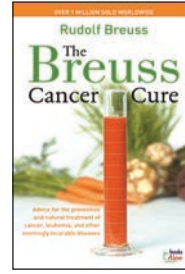
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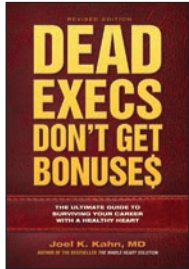
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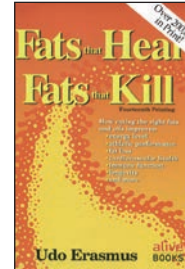
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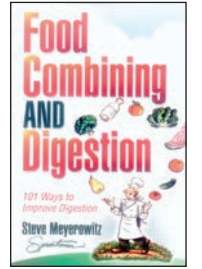
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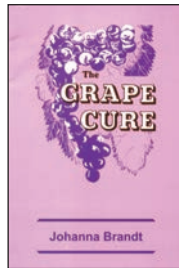
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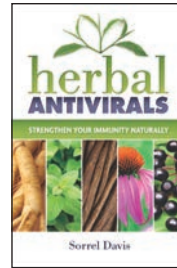
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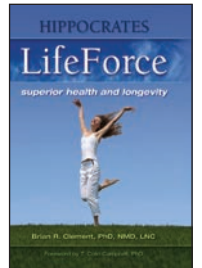
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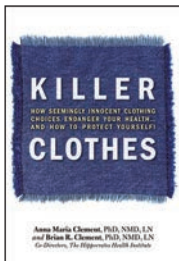
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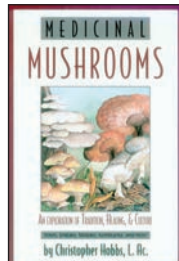
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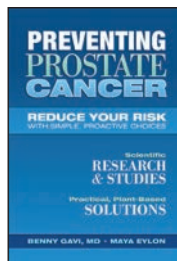
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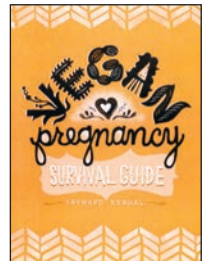
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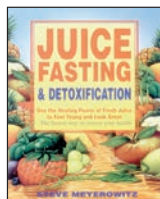
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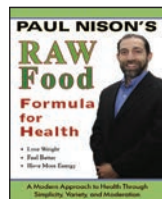
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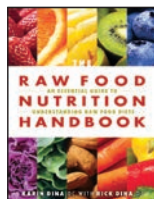
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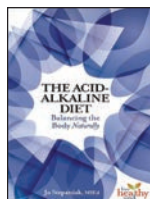
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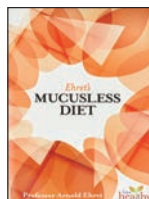
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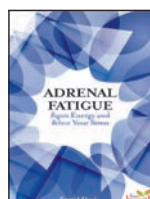
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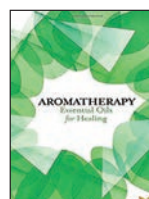
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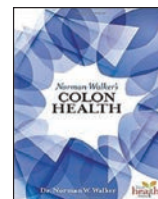
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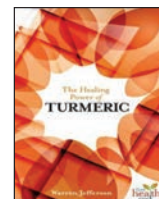
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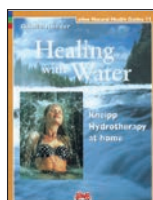
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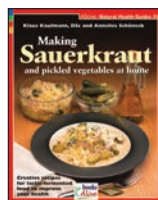
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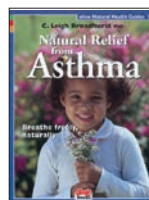
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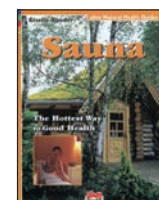
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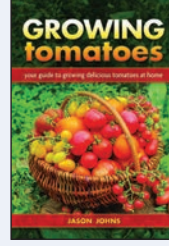
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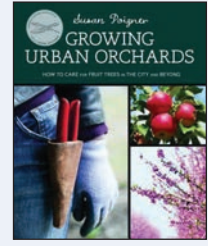
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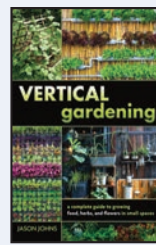
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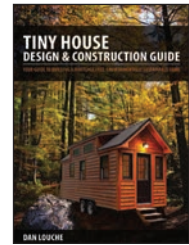
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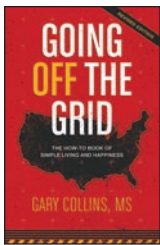
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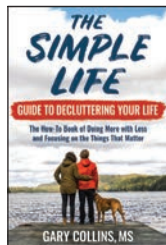
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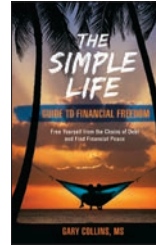
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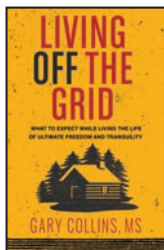


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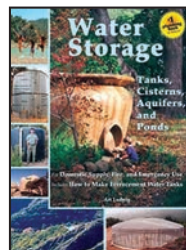


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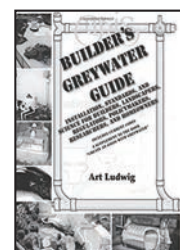
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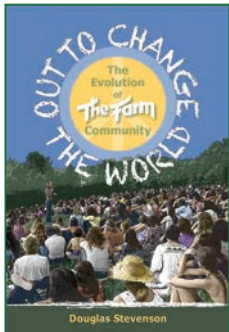


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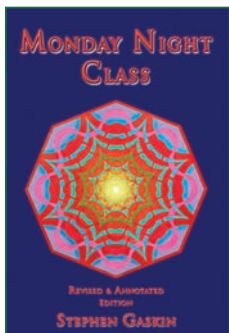
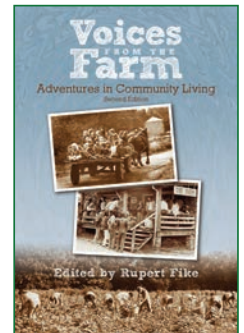
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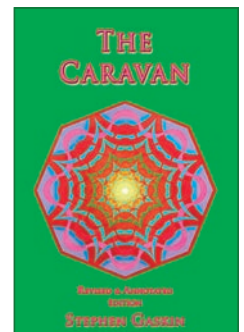
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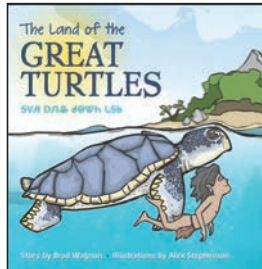
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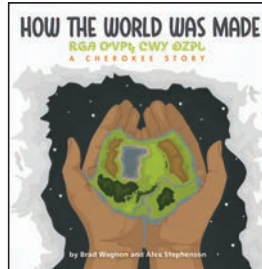
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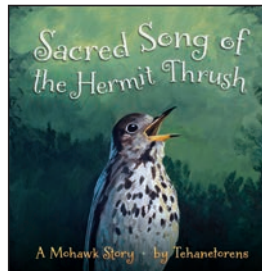


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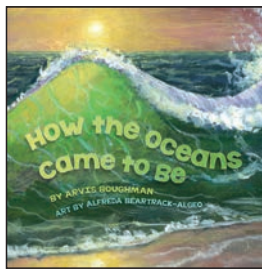
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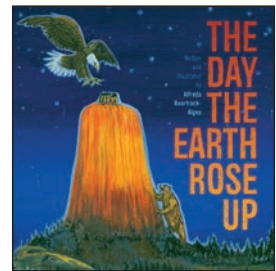
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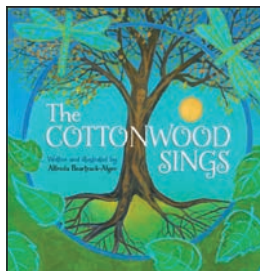


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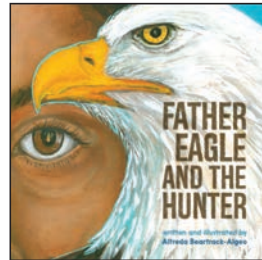
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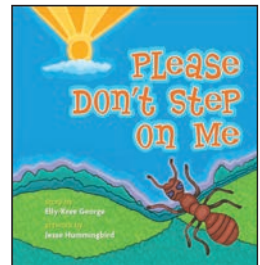
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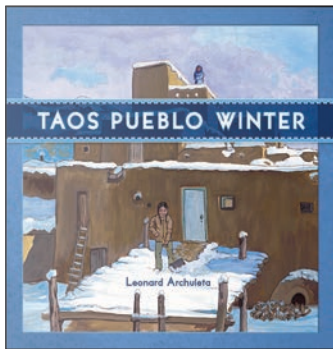
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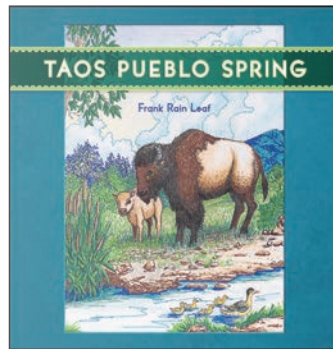
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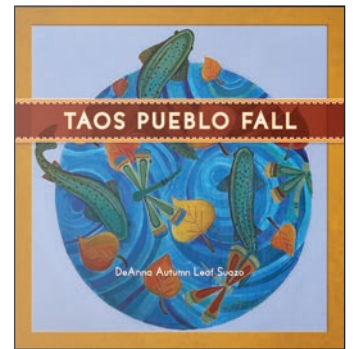
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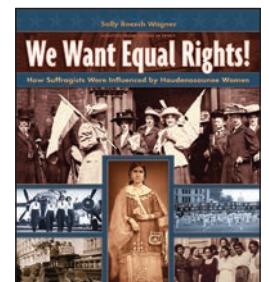
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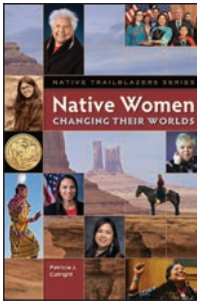
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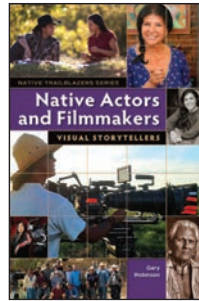
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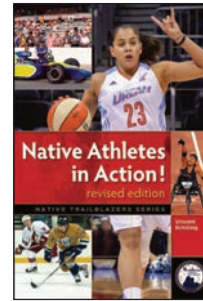
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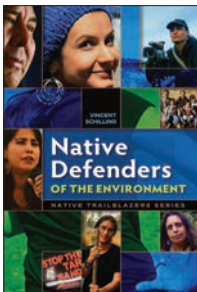
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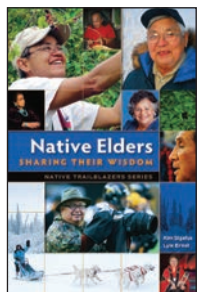
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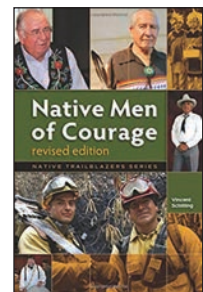
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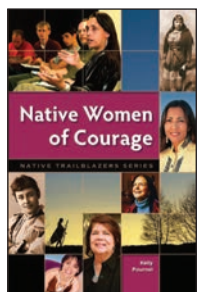
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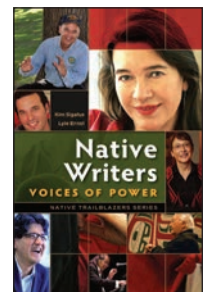
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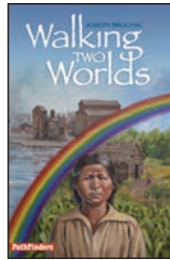
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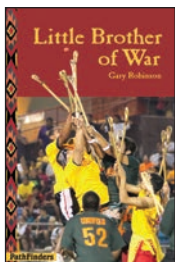
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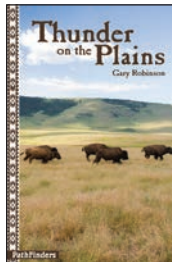
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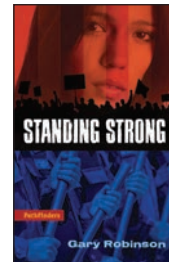
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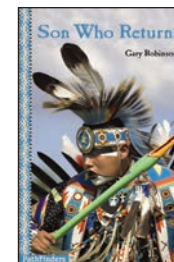
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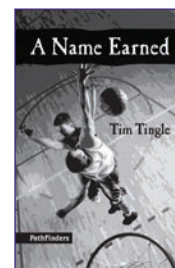
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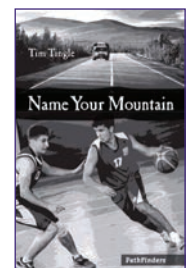
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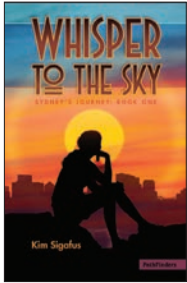


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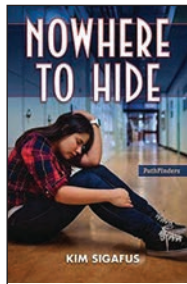


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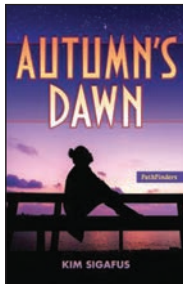


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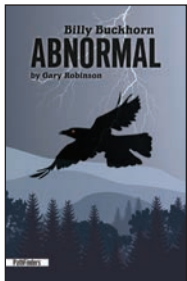


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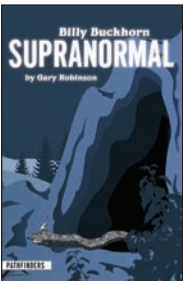
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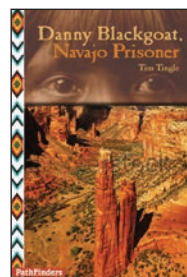


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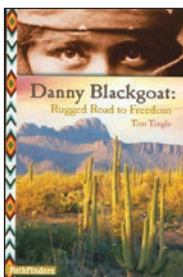


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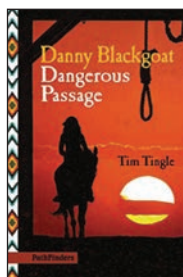
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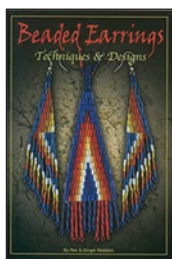


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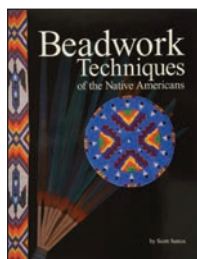


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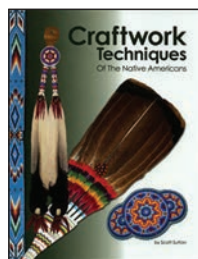
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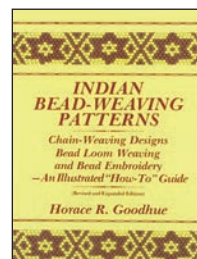
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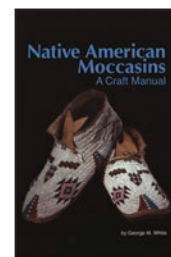
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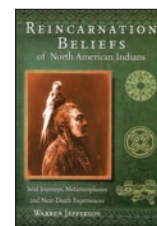
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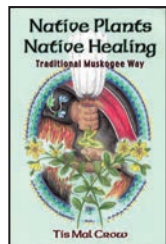
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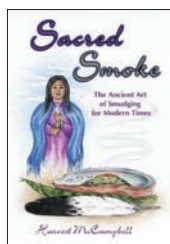
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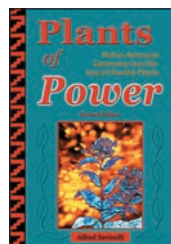
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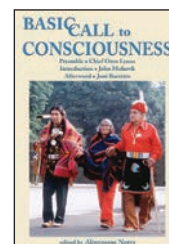
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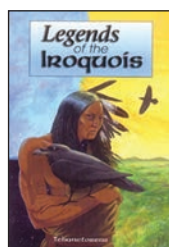


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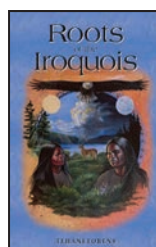
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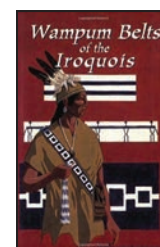
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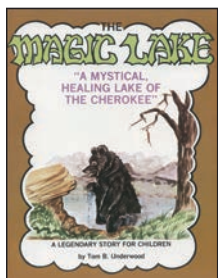
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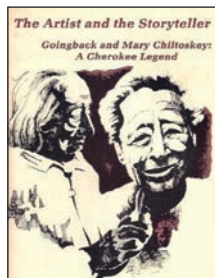


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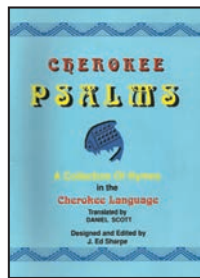
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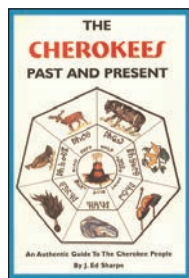
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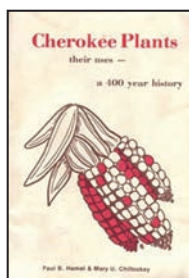
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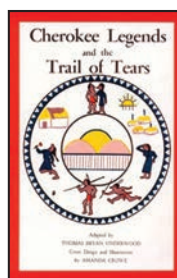
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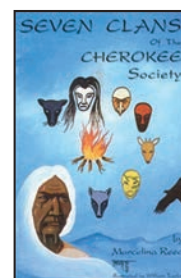
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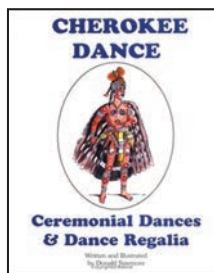
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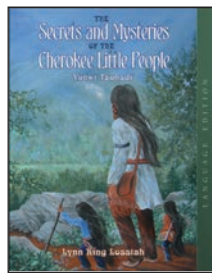
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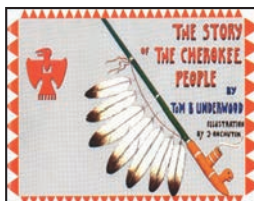
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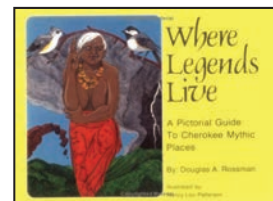
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