

back-to-school *reads*

Now that the kids are heading back to school, why not do a little homework yourself? Pick up a book from this month's selection, and give yourself a gold star for family health and nutrition.

Optimum Nutrition for Your Child's Mind

By Patrick Holford and Deborah Colson (\$14.95, Celestial Arts, 2008)

Armed with a series of scientific studies, childhood nutrition experts Patrick Holford and Deborah Colson explain how a nourished brain is essential to physical, mental, and emotional development. In this guide, they discuss the foods and nutrients that can boost your child's IQ, improve mood and behavior, and sharpen memory and concentration. Filled with tips for shopping, cooking, and incorporating wholesome foods into children's diets, *Optimum Nutrition for Your Child's Mind* can also help kids with learning difficulties, aggression, or sleep disorders to maximize their potential in school and at home.

Insider's Guide to Gum Disease, Orthodontics and Dentistry

By David C. DiBenedetto, DMD (\$12.95, AuthorHouse, 2008)

David C. DiBenedetto, DMD, has more than 25 years of clinical experience as a dentist. In this guide-book, he gives readers a behind-the-scenes look at the world of dentistry, clearing up misconceptions and sharing countless case histories. Readers will learn how to keep gums and teeth healthy, which treatments work best for periodontal disease, and how vital overall wellness is to dental health. *Insider's Guide to Gum Disease, Orthodontics and Dentistry* supplements its easy-to-read text with photographs, diagrams, and a glossary.

The Essential Best Foods Cookbook:

225 Irresistible Recipes Featuring the Healthiest and Most Delicious Foods

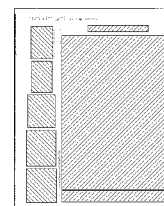
By Dana Jacobi (\$23.95, Rodale Books, 2008)

In her most recent book, Dana Jacobi highlights 61 superfoods as the basis for recipes that promote good health and great taste. The opening chapter explains why each ingredient is essential to a wholesome diet. The next 10 sections contain dishes for any time of day, from breakfasts and drinks to hors d'oeuvres and desserts, along with helpful preparation tips and alternative serving suggestions. *The Essential Best Foods Cookbook* overflows with easy, innovative recipes, including Creamy Chai Oatmeal, 20-Minute Vegetable Soup, Grilled Red Snapper with Avocado-Mango Salsa, and Ginger Pomegranate Granita.

The 8 Colors of Fitness: Discover Your Color-Coded Fitness Personality and Create an Exercise Program You'll Never Quit!

By Suzanne Brue (\$20.99, Oakledge Press, 2008)

The 8 Colors of Fitness is a new way to think about physical health. Suzanne Brue recognizes personality differences that make each individual's exercise requirements unique, whether you need a preplanned activity, spontaneity, the gym, or the great outdoors. *The 8 Colors of Fitness* categorizes 16 traits in people either already exercising or just starting out. Take Brue's quiz, based on the Myers-Briggs Type Indicator, to discover your own exercise personality type, and then get active!



Everybody Eats Lunch

Created and written by Cricket Azima; Art by Titus V. Thomas (\$16, Glitterati Inc., 2008)

Part toy, part cookbook, and part educational tool, this book has it all. Young readers will meet characters from around the world and learn about their lunchtime favorites. Every location featured in

this interactive book has an illustration of a well-balanced lunch typical of the country. And kids can remove food-shaped puzzle pieces to reveal recipes that they can help prepare and pack for their own lunchboxes. Everybody Eats Lunch is a great way to reinforce healthy eating habits and traditional school subjects like math, reading, geography, language, and time-telling. **TFL**

