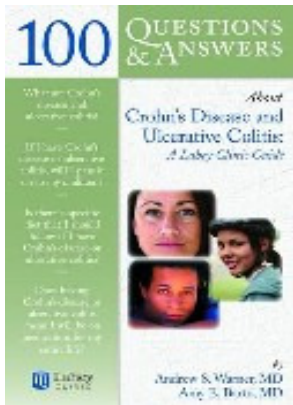


Greater Los Angeles / Orange County Lending Library

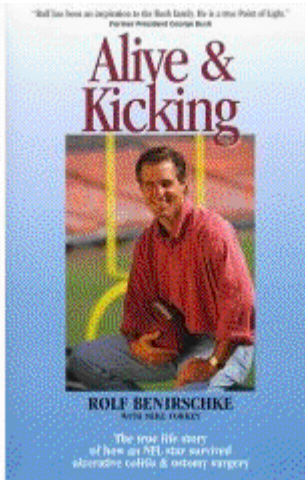
In alphabetical order by title, our current selections include:



100 Questions & Answers About Crohn's Disease and Ulcerative Colitis: A Lahey Clinic Guide

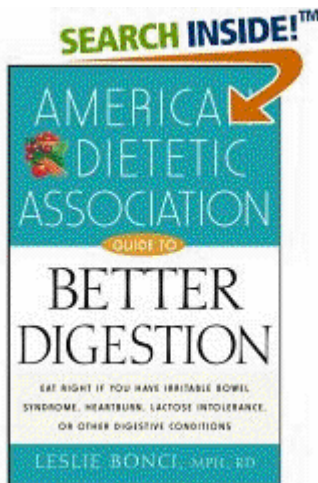
100 Questions & Answers About Crohn's Disease and Ulcerative Colitis: A Lahey Clinic Guide
Approximately one million Americans may have Crohn's disease or ulcerative colitis. Whether you're a newly diagnosed patient or a loved one of someone with Crohn's disease or ulcerative colitis, this book offers help. The only text to provide both the doctor's and patient's views, 100 Questions & Answers About Crohn's Disease and Ulcerative Colitis: A Lahey Clinic Guide provides authoritative, practical answers to the most common questions asked by patients and their loved ones.

Written by two prominent experts in the field, this clearly-written book is a complete guide to treatment options, post-treatment quality of life, sources of support, and much more. Including actual patient commentary, 100 Questions & Answers About Crohn's Disease and Ulcerative Colitis is an invaluable resource for anyone coping with the physical and emotional turmoil of Crohn's disease or ulcerative colitis



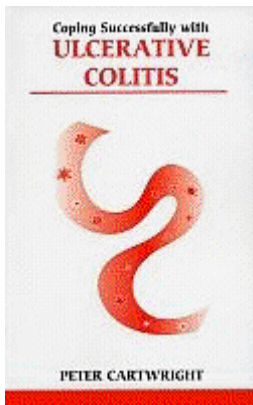
Alive & Kicking by Rolf Benirschke

“As an old, old, quarterback for the San Diego Chargers, I know firsthand what it takes to be a professional athlete. It's remarkable that Rolf continued to play in the NFL after nearly losing his life to inflammatory bowel disease and having ostomy surgery. Alive & Kicking is an inspiration to anyone facing seemingly insurmountable odds. I salute Rolf, his courage, and his cause.” Jack Kemp



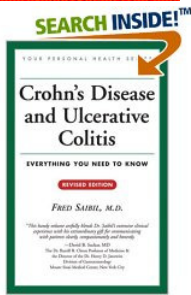
American Dietetic Association Guide to Better Digestion by Leslie Bonci, MPH, RD

Univ. of Pittsburgh Medical Center, PA. Pocket-sized guide to devising a dietary plan to manage and reduce the uncomfortable symptoms of digestive disorders. Describes such disorders as irritable bowel syndrome, gas, constipation, and heartburn and how certain dietary modifications can help with these conditions. DNLN: Digestive System Diseases



Coping with Ulcerative Colitis

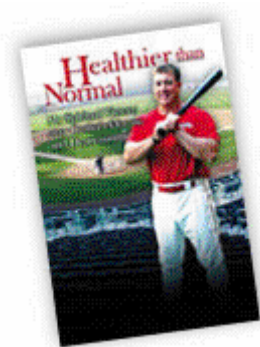
Ulcerative colitis is a disease that causes inflammation and sores in the top layers of the lining of the large intestine. The inflammation usually occurs in the rectum and lower part of the colon, but it may affect the entire colon. The inflammation makes the colon empty frequently, causing diarrhea. Ulcerative colitis occurs most often in people ages 15 to 40, although children and older people sometimes develop the disease. Ulcerative colitis affects men and women equally and appears to run in some families. There are 90,000 sufferers in the UK and 400,000 in the United States. This book covers: Causes, Diagnosis, Treatments, Surgery, Living with an ileostomy or a pouch, Living with ulcerative colitis, including emotional issues and effects on the family, Diet, Ulcerative Colitis in young people, Fertility and pregnancy, Probiotics Future developments, and Sources of help.



Crohn's Disease & Ulcerative Colitis: Everything You Need to Know

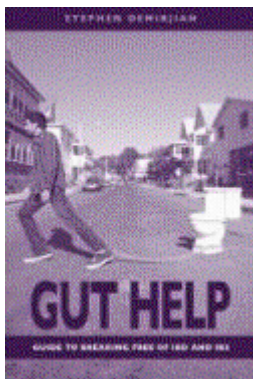
Crohn's Disease & Ulcerative Colitis, by Fred Saibel, is a practical, consumer-oriented health guide packed with information, illustrations, charts, side bars, extensive glossary of terms and an index of resource materials to provide patient and family with the most up-to-date information on this often taboo and seldom talked about subject. Included are the basic functions of the normal gastrointestinal system, patient's symptoms, and the extensive complications which occur in the course of inflammatory bowel diseases (IBD), followed by a section devoted to children with IBD. *Crohn's Disease & Ulcerative Colitis* is a comprehensive source of information and a valued addition to hospital, medical center, pharmacy, and community library medical reference collections.

Healthier than Normal



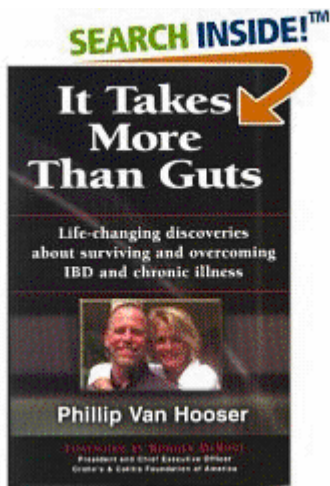
Eight surgeries. Four blood transfusions. Terrible bouts with depression. Eight flare-ups in eight years of what doctors called one of the worst cases of Crohn's disease they had ever seen. It doesn't sound like the resume of a championship-winning college baseball coach. Unless it is the resume of Mike Florak.

Healthier Than Normal is Florak's graphic, inspirational autobiography which tells the story of how he overcame the aforementioned suffering to become one of only 290 NCAA Division I baseball coaches in the entire country.



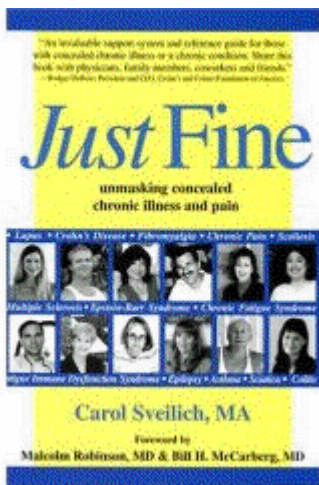
Gut Help

Now an official selection of the Crohn's and Colitis Foundation of America. An inspirational reference for anyone struggling with IBD (Crohn's, colitis) or IBS (Irritable Bowel Syndrome), Demirjian documents his successful effort to break free of ulcerative colitis without surgery. In an honest and uplifting tone, he reveals valuable insight into living a better quality life, as well as his Gut Help(TM) Program that he believes will help others break free in a far shorter time. "This is the book I wish I had when I started caring for my health," Demirjian says, "it would have saved me years of guessing and frustration." A revolutionary resource for doctor and patient, inside you'll learn: -Steve's Motivation and Ten Keys to Success -The Gut Help(TM) Program he created and the eight years of trials that led to it -Battle-proven tips for beating stress, and other roadblocks -How he gained control in life as well as other mind, body and spirit benefits -A unique exercise program, favorite recipes, plus much more!



It Takes More Than Guts by Phillip Van Hooser

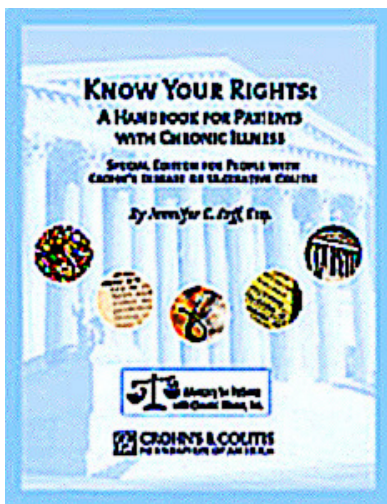
Few people know the fear, frustration and despair IBD patients and their families battle. Fewer still can poignantly communicate those feelings. Combining his experience as a writer, speaker and inflammatory bowel disease patient, Phillip Van Hooser has documented the physical toll and the emotional price of living with ulcerative colitis and IBD. His story is poignant, unvarnished and yet, encouraging. Phillip Van Hooser combines his personal perspective on IBD with his powerful storytelling ability to equip, encourage and inspire IBD patients and those organizations and individuals who support them.



Just Fine: Unmasking Concealed Chronic Illness And Pain by Carol Sveilich

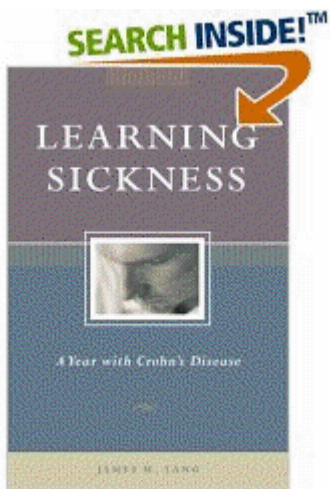
Nearly everyone knows someone who is living with a health challenge that is difficult, if not impossible, to detect in their appearance and demeanor. "Just Fine" discusses this dichotomy of looking one way while feeling quite another. This topic is explored not only with words, but with original portraits, because the true story of looking one way while feeling quite differently requires both. No other book has approached hidden health disorders in this manner. It is a powerful and telling tale that must be told as well as shown.

Sveilich interviewed and photographed over 50 people of all ages and from all walks of life who live with a wide variety of concealed disorders. She also consulted with numerous medical and mental health professionals to explore the juxtaposition of looking one way while feeling quite another.



Know Your Rights Handbook, 2nd Edition

Know Your Rights: A Handbook for Patients with Chronic Illness addresses the unique legal and social service system issues faced by people with lingering illnesses. Our new "CCFA Special Edition" offers expanded content specifically for people with Crohn's disease or ulcerative colitis. Written by Jennifer Jaff, Connecticut attorney and longtime Crohn's disease patient, the Handbook tells patients what to do and how to do it, including sample health and disability insurance appeals, an outline of what employers can ask in job interviews, sample Social Security disability filings, and more. In short, the Handbook is a "how to" from a lawyer who has helped hundreds of patients. The CCFA Special Edition features three additional appendices: Social Security Disability Insurance, CCFA Doctors' letters, and State-by-State review of Disability rulings.



Learning Sick: A Year with Crohn's Disease by James M. Lang

When English professor Lang was first diagnosed with the inflammatory bowel ailment Crohn's disease; he was at an age--26--when most people feel immortal. He had had a history of good health despite poor dietary habits; now he was told there was little he could do to alter the course of the illness. In the first few years after diagnosis, he behaved as before, and flare-ups were mild and quickly responsive to prescribed medications. The honeymoon ended when he was 33, and the disease almost

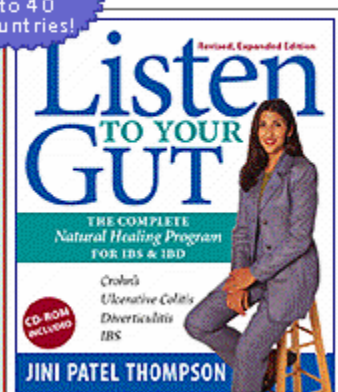
completely disabled him. Forced to learn what it means to be sick, he grappled with issues of diet, alcohol, the limitations of pharmaceutical intervention, and communicating with doctors. And he came to grips with God, family, truth, and personal responsibility. His frank, intimate chronicle of the worst year of his life details suffering the pain and the ignominy of a severe bout of Crohn's, and it shares invaluable, hard-earned wisdom about how anyone with a debilitating disorder may learn to accept the cards he or she has been dealt and get on with living. *Donna Chavez Copyright © American Library Association. All rights reserved*



Lifelines - Stories from Women with Hope

Lifelines - Stories from Women with Hope, by Rita Glaze, is a collection of stories from women written in their own voice. They have faced life's toughest challenges and now offer their voices to lift up others. The book provides comfort and connection for anyone facing a life-changing illness and for the people who love them. . . Hope and inspiration from women who have been down a similar path

Over 7000 copies sold to 40 countries!

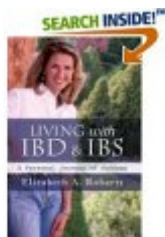


Listen to Your Gut

You can access everything you need to manage and heal your IBD or IBS. This book aims to show you how.

You will learn:

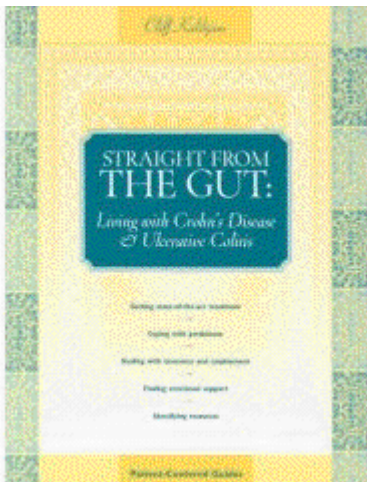
- Which foods are safe for you to eat, which foods you should avoid and will trigger bloating, bleeding or diarrhea.
- Which herbal supplements will help you manage your symptoms day-to-day and effect long-term healing.
- How to manage and treat cycle of your disease, including flare-ups, using natural methods.
- How to become and remain drug and surgery free.
- How to transform pain and control your bowels-no more embarrassing accidents
- How to get in touch with your body's unique needs and take control of your healing process, resulting in greater peace and confidence



Living with IBD & IBS

You may not think anything about IBD or IBS is funny, until you read Elizabeth Roberts' account of her emotional roller-coaster ride as she learned to live successfully with these illnesses. After spending most of her honeymoon on St. Bart's in the bathroom, Roberts returned home determined to find out what had happened to her dream life. After months of tests, her doctors told her she had IBD and IBS and had to learn to live with these debilitating diseases.

But no one told her how! After she hit bottom, physically and emotionally, Roberts decided that to get her life back she would have to find the way herself. This book recounts her journey-sometimes painfully, sometimes humorously-through the process of learning to live successfully with IBD and IBS.



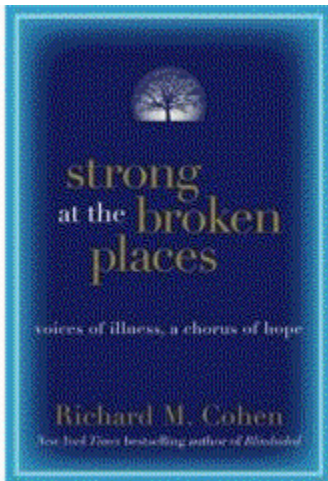
Follow Roberts on her journey as she learns to understand the needs of her body; participates in special diets; engages in support groups; and integrates Reiki, yoga, meditation, and exercise into her daily routine of success. If you, a family member, a lover, or a friend have been diagnosed with Inflammatory Bowel Disease or Irritable Bowel Syndrome, this book is a must read. You too can start to live again!

Straight from the Gut: Living with Crohns Disease & Ulcerative Colitis by Cliff Kalibjian

Knowing about the diseases, state-of-the-art treatments, and ways to manage symptoms enable people with IBD to advocate for the care they need. *Straight From*

the Gut charts the territory of successfully living with IBD: finding the right diagnosis, getting state-of-the-art diagnosis, coping with prednisone, living with an ostomy, dealing with insurance and employment, managing relationships and fertility concerns, finding emotional support and identifying resources.

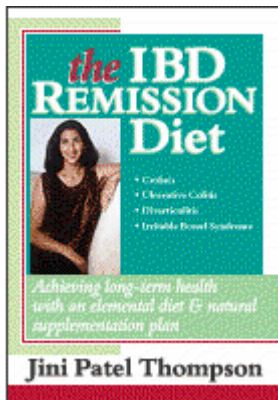
Author Cliff Kalibjian is an expert in the field of inflammatory bowel disorders. He was diagnosed with Crohn's disease over twenty years ago, at the age of 13. Throughout the book are the warm and wise voices of over 40 people who have "been there, done that."



Strong at the Broken Places is the remarkable story of five ordinary people trapped in the complex world of serious chronic illness. In this intimate portrait, acclaimed journalist Richard M. Cohen probes lives of sickness as these individuals struggle to cope.

Cohen spent three years chronicling the lives of five diverse "citizens of sickness": Denise, who suffers from ALS; Buzz, whose Christian faith helps him deal with his non-Hodgkin's lymphoma; Sarah, a determined young woman with Crohn's disease; Ben, a college student with muscular dystrophy; Larry, whose bipolar disorder is hidden within. The five are different in age and gender, race and economic status, but they are determined to live life on their own terms. Intimately involved with these patients' lives, Cohen formed intense relationships with each, talked to their families and friends, and shared joy, even in heart-breaking setbacks.

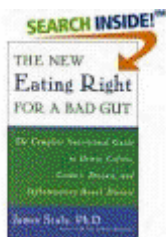
Though each individual's illness wreaks havoc in a different way, Cohen shows how their experiences are strikingly similar and offer lessons for us all—on self-determination, on courage in the face of adversity and public ignorance, on keeping hope alive, and on finding strength and peace under the most difficult of circumstances. We are strong at the broken places, stronger than we think. In sharing these inspirational and revealing stories, Richard M. Cohen and his fellow warriors against illness offer a chorus of hope



The IBD Remission Diet By Jini Patel Thompson

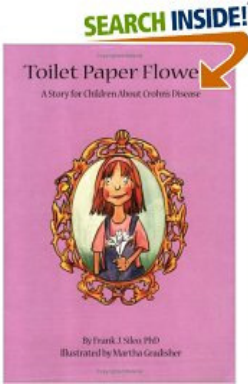
THE IBD REMISSION DIET is an easy to follow, 100% natural program that uses an elemental diet and specific supplementation plan to induce disease remission and heal affected areas of the gastrointestinal tract. It is ideal for anyone with Crohn's, Ulcerative Colitis, Diverticulitis or Irritable Bowel Syndrome who has had enough of the drugs and surgery cycle. If you're ready to take control of your health and body and heal your disease naturally and effectively, then take advantage of this step-by-step program to induce disease remission. In fact, THE IBD REMISSION DIET is such a wonderful, holistic program of whole-body healing that secondary health issues may also be resolved by following the diet and supplementation plan. If you've been looking for a very detailed, step-by-step plan that works quickly and effectively to induce disease

remission (average duration 3-6 weeks) and reclaim your natural state of health, this is the book for you. A wonderful, natural alternative to damaging prescription drugs and surgery, dozens of clinical, medical studies show an elemental diet is as effective as steroids (prednisone) at inducing remission for inflammatory bowel disease.



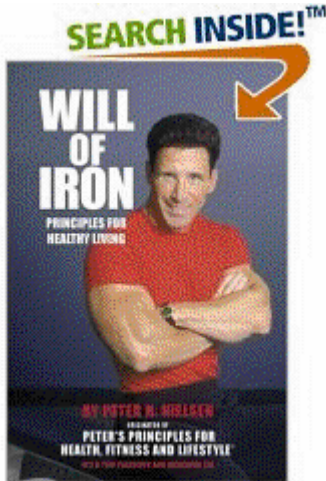
The New Eating Right for a Bad Gut

In this completely revised and updated edition of his classic book on treating "bad gut" diseases, Dr. James Staley, Ph.D. presents a new dietary plan to help inflammatory bowel disease go into remission. Staley firmly believes that nutrition is preventative medicine and food is the vehicle of its practice. His drug-free food and lifestyle program offers relief from the pain and embarrassment of living with these mysterious and chronic ills while providing reassuring step-by-step guidance on: developing a personal testing program, identifying "safe foods", fitness and stress-reduction techniques, dietary and vitamin supplements



Toilet Paper Flowers: A Story for Children about Crohn's Disease

Toilet Paper Flowers, by Frank J. Sileo, PhD, is about a child named Julia, who suffers from Crohn's Disease. Julia explains her sometimes debilitating and potentially embarrassing chronic illness to her new friend. Because she is in the bathroom so often, Julia creates flowers using toilet paper. By sharing her flower creations Julia gains support and understanding from a friend. *Toilet Paper Flowers* discusses special dietary needs, medical treatments, glossary of medical terms, and instructions for making flowers



Will of Iron by Peter M. Nielson

In *Will of Iron: Principles for Healthy Living*, Nielsen tells the riveting story of his near-fatal battle with Crohn's disease. Even though doctors told him he would probably spend the rest of his life in and out of hospitals, Nielsen overcame fear and self-doubt and committed himself to a life of nutrition and fitness. Against tremendous physical odds, he transformed his ravaged body into a paragon of fitness.

Nielson forged happiness and success out of adversity – from pumping iron in a gritty Flatbush gym and winning the Mr. International Universe title to becoming the host of his own television show.

But *Will of Iron* is more than an inspiring biography. While plenty of books offer nutritional advice, exercise routines or motivational messages, Nielsen blends all three into a simple, yet powerful recipe that explain exactly why readers should care about fitness and lifestyle.

about health,