

Jimmy Moore

Keto Plus

·Dr. Limansky has used biohacking and a ketogenic lifestyle for the past decade on himself, his family, and multiple clients. He has seen the immense power of keto as the basis for healing diseases such as diabetes and hypertension. By adding in various biohacking techniques, he has been able to increase the effectiveness of ketogenic nutrition and enhance the response. The real-world results he has seen in himself and his patients inspired him to bring to the masses a book that will help them find a road map to optimal health through his methods and “hacks.”

·This book is a hybrid of the keto diet and biohacking. A fantastic resource, it lays out the science behind each biohack and shows how to implement them into a ketogenic lifestyle.

·Each chapter offers a clear explanation of a different biohack and how to integrate it with the keto diet to maximize health benefits.

·The book is laid out as if were a conversation between doctor and patient (that is, between Limansky and Moore), making it easy to understand and apply to everyday life. This setup also gives readers tools for better communication with their doctors, helping them identify problems, discuss them in depth, and suggest treatment methods based on the takeaways from Dr. Limansky’s work.

·The book features experiments that show actionable information and real-time results. The authors are documenting these experiments on social media/blogs.

·The book offers a “ketohacking” protocol for readers to follow to take advantage of the information in the book.

·Both Moore and Limansky have a strong keto following. Limansky reaches a broader audience with patients, CEOs, business leaders, and those looking to improve their efficiency at work and in business through his protocol.

·Both authors will promote the book on their social platforms, at events/conferences, at speaking engagements, on websites/blogs, and through their podcast, *Ketohacking MD*.

final cover
to come

PAPERBACK

On Sale: 06/23/20

Victory Belt

9781628603453

Health & Fitness

First Print: 20,000

8 x 10, 336 pages

Carton quantity: 12

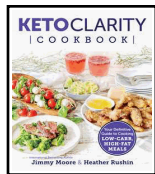
\$34.95 (US) / \$46.95 (CAN)

Jimmy Moore catapulted onto the health scene in 2004 after a phenomenal 180-pound weight loss enabled him to come off prescription drugs for high cholesterol, high blood pressure, and respiratory problems. He is the energetic personality behind the uber-popular blog *Livin' La Vida Low-Carb* and the host of the longest-running and top-ranked iTunes health podcast, *The Livin' La Vida Low-Carb Show*, as well as *Low-Carb Conversations* and *Keto Talk*. He has interviewed well over 1,000 of the world's top health experts and has dedicated his life to helping people get the best information possible about nutrition so they can make the right decisions for their health. He is the international bestselling author of *The Ketogenic Cookbook*, *Keto Clarity*, and *Cholesterol Clarity*. Learn more about Jimmy and his work at www.livinlavidalowcarb.com.

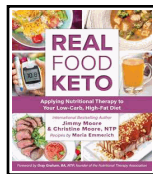
Dr. John Limansky, MD, is a board-certified physician in internal medicine. Despite feeling healthy, he was diagnosed as prediabetic and insulin resistant while in medical school. This transformative event led to his discovering the importance of nutrition and lifestyle modification in health and disease prevention. This view was cemented after he worked in the rural South and began challenging the status quo of treatment for Western diseases, including diabetes, hypertension, and obesity.

Dr. Limansky now specializes in preventive health and wellness medicine and utilizes a combination of a ketogenic lifestyle and biohacking to improve the health of his patients through a virtually based telemedicine program.

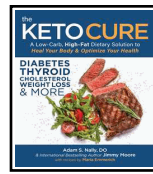
He has teamed up with veteran podcaster Jimmy Moore to launch *The KetoHacking MD* podcast. The aim of the podcast is to introduce the power of adding biohacking techniques to a ketogenic lifestyle for those interested in diving deeper into the science behind lasting health.



Keto Clarity Cookbook
9781628603682
\$34.95/\$46.95 Can.



Real Food Keto
9781628603163
\$34.95/\$46.95 Can.



The Keto Cure
9781628601299
\$29.95/\$39.95 Can.

Melissa Sevigny

Squeaky Clean Keto

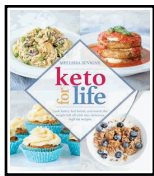
Squeaky Clean Keto marries the principles of clean eating with the ketogenic diet, resulting in reduced inflammation, faster weight loss, and better overall health. It provides readers with the methods and principles of squeaky clean keto (no grains, dairy, alcohol, sweeteners, or nuts), 30 days of easy-to-follow meal plans, and over 130 delicious recipes that are big on flavor and will appeal to even the pickiest of eaters.

This book will help readers lose weight, feel healthier, and identify whether or not certain common allergens are hindering their progress—all while eating an abundance of delicious foods that the entire family can enjoy.

Squeaky Clean Keto makes weight loss on keto almost effortless, even for people who are self-proclaimed “slow losers.” Food intolerances and inflammation caused by common keto foods like dairy, nuts, and sweeteners can slow weight loss, so when those things are completely removed from the diet, many see rapid results that they weren’t getting on “regular” keto.

After 30 days of squeaky clean keto, slowly reintroducing the potentially offending foods can shine a light on which foods may have been stalling weight loss. With this information in hand, readers can decide to limit or omit those foods completely moving forward for a fully customized approach to the keto diet.

Melissa Sevigny is the author of the best-selling book *Keto for Life*, and the woman behind the curtain of *I Breathe I’m Hungry*, a website popular for its delicious gluten free keto recipes and free keto meal plans. Since 2012, her recipes and meal plans have helped thousands of people reach and maintain their health and weight loss goals - even getting picky family members on board. A native of Connecticut, Melissa currently lives on the tropical island of Roatan with her husband of 26 years, their 12 year old son, and 2 very spoiled Siamese cats.



Keto for Life
9781628602890
\$34.95/\$46.95 Can.



PAPERBACK

On Sale: 05/19/20

Victory Belt

9781628604009

Cooking

First Print: 15,000

8 x 10, 336 pages

Carton quantity: 12

\$34.95 (US) / \$46.95 (CAN)

Nikki Martin

New Plant Based Life

Nikki Martin, acclaimed author, chef, and television personality, breaks barriers with her progressive new approach to cooking. In *The New Plant-Based Life*, Nikki shows you how to reap all the benefits of nature's bountiful plant-based medicine by eating a diet rich in nutrient-dense vegetables and plant-based proteins. Her recipes create a perfect harmony of flavor and ingredients using whole foods alongside cannabinoids (CBD), adaptogens, and mushrooms, offering a new way to optimize health: mind, body, and spirit.

Nikki guides you each step of the way in creating purposeful meals, all with nature's healing properties, to reduce inflammation, balance hormones, and boost mood. Having suffered from many common and debilitating health issues herself, Nikki was able to overcome them without synthesized medicine. By practicing intuitive eating while utilizing plants to uncover the root cause of her ailments, she was able to personalize her path to wellness and ultimately remedy her symptoms.

This beautifully styled cookbook features amazing recipes with full-color photos, a getting-started guide, shopping lists, ingredient recommendations, time-saving kitchen tips and tricks, and so much more!

The New Plant-Based Life shows you how to break through boundaries and overcome stigma to achieve health and happiness using an alternative approach to food as medicine.

**final cover
to come**

PAPERBACK

On Sale: 05/19/20

Victory Belt

9781628604016

Cooking

First Print: 10,000

8 x 10, 320 pages

Carton quantity: 12

\$34.95 (US) / \$46.95 (CAN)

Nikki Martin is an Author, Lifestyle TV Personality, Private Chef & Wellness Coach to the stars. Her passion is one that surrounds the dinner table. From making memorable dining experiences, curating experiential pop up dinners, to helping others overcome ailments and achieve healthy lifestyle inspiration from their daily meals. In 2015 her private dinner club, The Roulette Society, was listed as one of the top 10 secret dinner clubs in the world by Venue Report.

As a lifestyle personality, Nikki has been featured on several hit Culinary Based TV Shows including : Finalist on Food Network Star, Celebrity Chopped, Master Chef and Bravo's Going off The Menu.

She turned what was her passion of making good food and a healthy lifestyle, into her career, by a turn of events that had originally stemmed as a educational pursuit to becoming an MD. Miss Martin attended several different scholastic programs centered around health, nutrition and medicine, including a program at Harvard that ignited a deep desire to help people heal, but after spending time in the western medicine arena, she knew her calling wasn't to formulate prescriptions or diagnose; it was to cook and help people through food.

She has since continued her own journey to educate herself about the body, nutrition, proper diet, and how utilizing plants as medicine can greatly play a role in thwarting dis / ease. It is her true belief that we can overcome anything through what we eat and how we think. In her personal life, Nikki has overcome and conquered her own health ailments simply by adjusting her culinary intake and using plants to heal. From a Hormone imbalance, thyroid disease to a debilitating Anxiety & Panic Disorder.

Nikki resides in Los Angeles with her baby girl, Bella Moon. She private chefs for notable celebrities, loves to throw dinner parties and enjoys an active lifestyle that emphasizes BALANCE that includes making conscious choices for better health, but not depriving yourself of joy.

Carmen Sturdy

Every Last Bite

A Deliciously Clean Approach to the Specific Carbohydrate Diet

The Specific Carbohydrate Diet (SCD) has been hailed as the gold standard of dietary treatment plans for people suffering from autoimmune and digestive disorders. Its core focus is on eliminating non-essential carbohydrates known to cause inflammation, including grains, starchy tubers, and milk products high in lactose. The SCD can put you on the road to recovery from many debilitating symptoms caused by celiac disease, ulcerative colitis, Crohn's disease, diverticulitis, and more. However, all too often people are deterred from trying it because they perceive it to be too restrictive or difficult. Carmen Sturdy is here to prove that it is anything but!

In her new cookbook, *Every Last Bite: A Deliciously Clean Approach to the Specific Carbohydrate Diet* Carmen shows how to prepare delicious, quick, easy, and above all satisfying meals that will please every palate. Each recipe is SCD compliant and promises all the taste and comfort of the familiar foods that you and your family have come to cherish.

While *Every Last Bite* is rooted in the principals of the Specific Carbohydrate Diet, it goes beyond by offering modifications and substitutions to meet an array of dietary plans, including Keto, Paleo, AIP, and more!

Every Last Bite features over 150 recipes that are grain-free, dairy-free and allergen-friendly. Also included: handy cooking tips, a guide to entertaining, and Carmen's experience-based tips for keeping your health on track.

Sample recipes include:

- Wonton Soup
- Kung Pao Chicken
- Cacio e Pepe
- The Ultimate Beef Lasagna
- Creamy Spring Risotto
- Cherry Trifle
- Enchiladas
- BLT Breakfast Sandwiches

With Carmen by your side in the kitchen, you can confidently serve incredible meals that everyone at the table will enjoy, eliminating the need to cook multiple meals at once—giving you more time to embrace life!



PAPERBACK

On Sale: 06/30/20

Victory Belt

9781628604047

Cooking

First Print: 10,000

8 x 10, 320 pages

Carton quantity: 12

\$34.95 (US) / \$46.95 (CAN)

Carmen Sturdy, the powerful voice behind the website Every Last Bite, has always had a passion for food and cooking for friends and family. She became an online leader in delivering sought-after recipes that comply with the Specific Carbohydrate Diet (SCD), then broadened her scope to include recipes for many dietary lifestyles.

Carmen knows firsthand the benefits of following the SCD. At the age of 26, she was diagnosed with ulcerative colitis (an autoimmune disease), and her doctors prescribed strong medication. At her worst, she was taking 32 pills a day and suffering terrible side effects from the medication, including hair loss, facial swelling, insomnia, weight gain, exhaustion, and a depleted immune system. At that point, she did extensive research on alternative ways to treat the disease and discovered the Specific Carbohydrate Diet. After six months on the SCD, she was in remission and was able to slowly wean herself off her medication. She has been in medication-free remission for five years.

Carmen aims to help others by sharing her story and her delectable recipes. She firmly believes that with the right blend of ingredients and techniques, good food can and should take center stage of any diet program.

Maria Emmerich

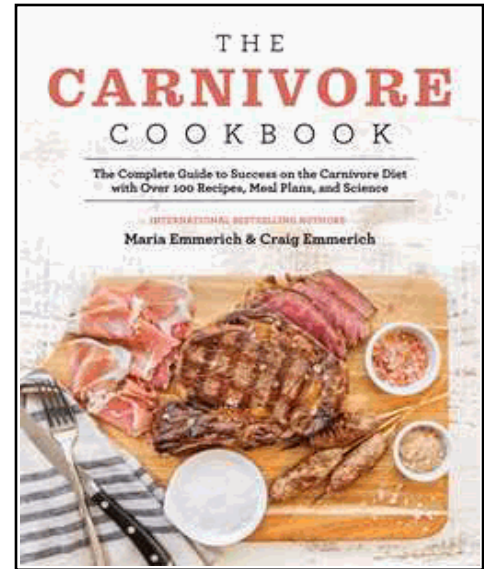
The Carnivore Cookbook

Keto meets carnivore in this revolutionary new book by revered cookbook author and low-carb pioneer Maria Emmerich.

Did you know that our ancestors were apex predators who were even more carnivorous than hyenas and big cats? That was only about 30,000 years ago. But since then, our diets have drastically changed due to the invention of agriculture about 7,000 years ago and, within the last 100 years or so, the introduction of millions of food additives, the development of a year-round produce supply, and the hybridization of fruits and vegetables, making them higher in sugar and lower in nutrients. *Carnivore Cookbook* explores what our bodies were really designed to digest and gives compelling evidence that we were designed to be primarily meat-eaters.

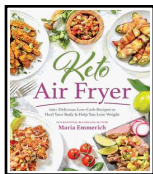
In this book, you will learn why all plants come with a downside. Antinutrients are chemicals and compounds that act as natural pesticides or defenses for the plants against being eaten. Maria explains how antinutrients can rob your body of minerals and other nutrients and lead to autoimmune issues and leaky gut. There is even a protocol for healing autoimmune issues called the Carnivore Autoimmune Protocol: a detailed system for stepping you through the various levels of carnivorous eating to find the point where your body responds best and is symptom free. You will also learn which foods are the highest in nutrient density to help your body heal.

Carnivore Cookbook includes more than 100 tasty meat-focused recipes featuring innovative ways to add flavor and variety. There are even carnivore meal plans with grocery lists to make the diet easy to follow.

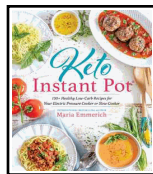


PAPERBACK

On Sale: 01/07/20
Victory Belt
9781628603941
Cooking
First Print: 15,000
8 x 10, 336 pages
Carton quantity: 16
\$34.95 (US) / \$46.95 (CAN)



Keto Air Fryer
9781628603910
\$34.95/\$46.95 Can.



Keto Instant Pot
9781628603286
\$34.95/\$46.95 Can.



Keto
9781628602821
\$29.95/\$39.95 Can.

Ben Greenfield

Boundless

Upgrade Your Brain, Optimize Your Body & Defy Aging

What if the ability to look, feel, and perform at peak capacity wasn't the stuff of lore but instead was within easy reach?

In a perfect world, you would be able to have it all: complete optimization of mind, body, and spirit.

In *Boundless*, the New York Times bestselling author of *Beyond Training* and health and fitness leader Ben Greenfield offers a first-of-its-kind blueprint for total human optimization.

To catapult you down the path of maximizing cognition, mental clarity, and IQ, you will discover:

- How to rewire your skull's supercomputer (& 9 ways to fix your neurotransmitters)

- The 12 best ways to heal a leaky brain

- 8 proven methods to banish stress and kiss high cortisol goodbye

- 10 foods that break your brain, and how to eat yourself smart

- How to safely utilize nootropics and smart drugs, along with 8 of the best brain-boosting supplement stacks and psychedelics

- The top nutrient for brain health that you probably aren't getting enough of

- 6 ways to upgrade your brain using biohacking gear, games, and tools

- How to exercise the cells of your nervous system using technology and modern science

- Easy ways to train your brain for power, speed, and longevity

- The ultimate guide to optimizing your sleep, maximizing mental recovery, and stopping jet lag

To ensure that you look good naked and live a long time, you will learn:

- 6 ways to get quick, powerful muscles (& why bigger muscles aren't better)

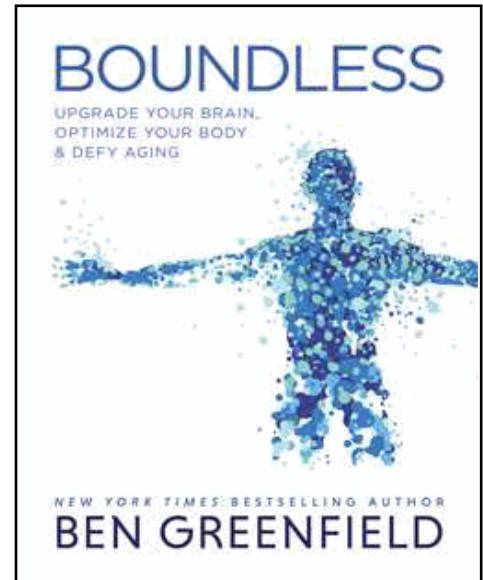
- How to burn fat fast without destroying your body

- The fitness secrets of 6 of the fittest old people on the planet

- The best training program for maximizing muscle gain and fat loss at the same time

- One simple tactic for staying lean year-round with minimal effort

- A step-by-step system for figuring out exactly which foods



HARDCOVER

On Sale: 01/21/20

Victory Belt

9781628603972

Health & Fitness

First Print: 15,000

8.5 x 10.875, 640 pages

Carton quantity: 6

\$64.95 (US) / \$80 (CAN)

to eat

·14 ways to build an unstoppable immune system

·Little-known tactics, tips, and tricks for recovering from workouts with lightning speed

·The best tools for biohacking your body at home and on the road

·How to eat, train, and live for optimal symmetry and beauty (& how to raise kids with superhuman bodies and brains)

And to help you live a fulfilling and happy life, you will learn:

·12 techniques to heal your body using your own internal pharmacy

·What the single most powerful emotion is and how to tap into it every day

·4 of the best ways to heal your body and spirit using sounds and vibrations

·6 ways to enhance your life and longevity with love, friendships, and lasting relationships

·How to biohack the bedroom for better sex and longer orgasms, and the top libido-enhancing herbs, supplements, and strategies

·The perfect morning, afternoon, and evening routines for enhancing sleep, productivity, and overall happiness

·28 ways to combine ancestral wisdom and modern science to enhance longevity, including the best foods, herbs, supplements, injections, medical treatments, biohacks, fasting strategies, and much more

·The 4 hidden variables that can make or break your mind, body, and spirit

·The exercise that will change your life forever (& how to reverse-engineer your perfect day)

Boundless guides you every step of the way to becoming an expert in what makes your brain tick, your body work, and your spirit happy.

You can flip open the book to any chapter and discover research-proven, trench-tested techniques to build muscle, burn fat, live longer, have mind-blowing sex, raise robust children, and much, much more!

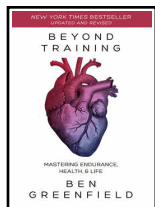
Ben Greenfield is a former bodybuilder, Ironman triathlete, pro obstacle course racer, human performance consultant, speaker and author of 13 books, including the New York Times Bestseller “Beyond Training”. Ben has been voted by the NSCA as America’s top Personal Trainer and by Greatist as one of the top 100 Most Influential People In Health And Fitness. He works with individuals from all over the globe for both body and brain performance, and specializes in anti-aging, biohacking, and achieving an ideal combination of performance, health and longevity.

A frequent contributor to health and wellness publications and a highly sought after speaker, Ben’s understanding of functional exercise, nutrition, and the delicate balance between performance and health has helped thousands of people around the world achieve their goals and improve their quality of life – from high-level CEO’s to executives to exercise enthusiasts, professional athletes and beyond.

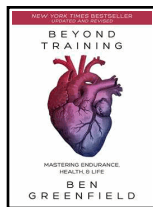
He is the founder and owner of KION, a nutrition supplements company that combines time-honored superfoods with modern science to allow human beings to achieve peak performance, look amazing, defy aging, and live an adventurous, fulfilling, joyful and limitless life.

Ben coaches and trains individuals all over the world for general health, anti-aging, weight loss, lean muscle gain, holistic wellness, and both body and brain performance, both at conferences and getaways and also via online training and consulting.

In college, Ben competed in tennis, water polo, and volleyball, then moved on to over a decade of competition in endurance sports, including as a top ranked triathlete, 13-time Ironman triathlete, multiple Ironman Hawaii finisher and member of the pro Spartan team. Ben resides in Spokane, Washington with his wife, Jessa, and twin boys, River and Terran, where he enjoys fiction, guitar, ukulele, spearfishing, bowhunting, plant foraging and cooking.



Beyond Training
9781628603767
\$26.95/\$35.95 Can.



Beyond Training
9781628600124
\$29.95/\$34.99 Can.

Eric Balcavage

Thyroid Debacle

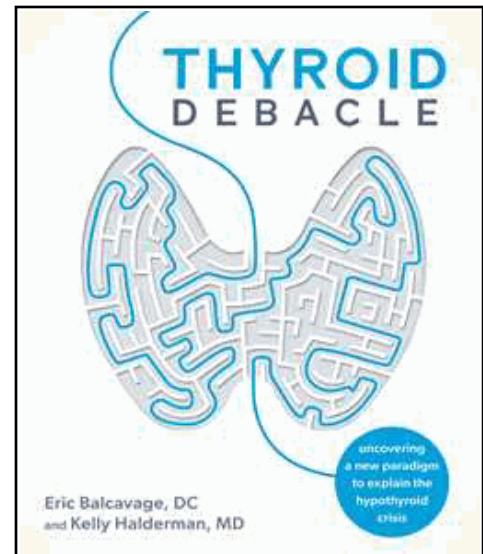
According to the American Thyroid Association, an estimated 20 million Americans have some form of thyroid disease, which causes symptoms such as extreme fatigue, depression, forgetfulness, weight gain, and hair loss. If thyroid conditions go undiagnosed, those patients—the vast majority of them women—may be at risk for cardiovascular disease, osteoporosis, and infertility. Unfortunately, conventional Western medicine views thyroid conditions as solely a glandular problem, and doctors are taught to employ a simplistic model of testing TSH and T4 to evaluate patients' thyroid health. By the time a true glandular disorder presents itself, many prior opportunities to address the condition have been missed.

In *The Thyroid Debacle*, Eric Balcavage, DC, and Kelly Halderman, MD, explore thyroid disorders from a functional medicine perspective, looking to create a paradigm shift in how doctors and patients understand and approach thyroid physiology. They argue that hypothyroidism is more commonly a systemic cellular event and not a localized glandular problem, as is often presumed, and that the key is to look at root causes rather than attempt to mask symptoms with pills.

Evaluating the activators of cellular hypothyroidism requires an exploration into the various factors that contribute to the cell danger response—an evolutionary mechanism by which cells and organisms attempt to protect themselves from harm triggered by chemical, physical, or biological threats—as well as tools to reverse it. In this book, you will learn:

- what really causes hypothyroid symptoms and thyroid gland dysfunction
- why your doctors are failing you with an outdated model of treating thyroid dysfunction
- what common factors contribute to cellular hypothyroidism, including physical, chemical, emotional, and microbial stressors
- how to overcome chronic hypothyroid symptoms

This revolutionary new approach will help those affected by thyroid disorders make informed decisions with their doctor and take back control of their health.



PAPERBACK

On Sale: 07/07/20

Victory Belt

9781628603989

Medical

First Print: 12,000

7.5 x 9.125, 304 pages

Carton quantity: 14

\$29.95 (US) / \$39.95 (CAN)

Eric Balcavage DC, CNS, CFMP, BCIM

Dr Eric Balcavage is the owner and founder of Rejuvagen, a functional and regenerative medicine clinic in Glen Mills, PA. He is nationally recognized speaker and educator on various health related topics including thyroid physiology, bile physiology, detoxification, oxidative stress, methylation and chronic illness. He has been in private practice in Glen Mills, PA since 1996.

Dr. Balcavage is a Certified Nutrition Specialist (C.N.S.), a Certified Functional Medicine Practitioner, Board Certified in Integrative Medicine, along with being a licensed Chiropractor in Pennsylvania.

Dr. Balcavage is the co-host of Thyroid Answers Podcast. The podcast focuses on answering the pressing questions those suffering with chronic hypothyroid symptoms can't get answered elsewhere. You can find his educational Thyroid Thursday videos on Vimeo and Youtube.

Dr Balcavage has made it his mission to change the way medicine looks at hypothyroidism. He is currently working on a book that will address the problems with current allopathic and functional medicine approaches to hypothyroidism as well as the solutions to restoring thyroid physiology.

Dr. Kelly Halderman

Dr. Kelly Halderman graduated from medical school in 2007 and completed a Family Practice Medicine internship with the University of Minnesota. She has a Naturopathic Medical Degree from Kingdom College of Natural Health where she is the current Academic Dean of Students. She holds certification in MethylGenetic Nutrition by the Nutrigenetic Research Institute and certification from The American Functional Neurology Institute in Functional Neurology and Neurofeedback. She is an active member of the American Academy of Anti-Aging Medicine as well as The American Medical Association and president of The American Association of Nutraceutical Formulators.

She coined "Phase 2.5 Detoxification" which involves properly restoring bile physiology, our body's built-in toxin transport system and has successfully developed novel nutraceutical products and clinical strategies to support this new, important phase of detoxification.

Dr. Halderman also has board certification in Clinical Nutrition and has certification in Plant Based Nutrition from Cornell University and health coaching certification from the Institute for Integrative Nutrition.

She works alongside her husband, who is also a doctor at Halderman Wellness LLC in the Twin Cities. Her practice interests include proper detoxification, thyroid care and Chronic Lyme, of which she has personally experienced and beat.