

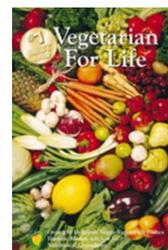
# Total Health School Of Nutrition



## Student Volume Discount Specials (to be used for programs and future clients)

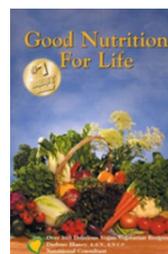
### “Vegetarian For Life” cookbook, by Darlene Blaney, PhD., NCP

Through Darlene’s first cookbook, over 150 recipes, you will learn quick and easy recipes that will motivate you to a lifestyle change and experience the pleasure of eating without the extra fat, oils, and sugar. These flavorful recipes do not contain any ingredients of meat, dairy, eggs, or refined sugars. The family will enjoy them! **\$18.95 Special \$14.95 or 20+ for 8.99**



### “Good Nutrition For Life” cookbook, by Darlene Blaney, PhD., NCP

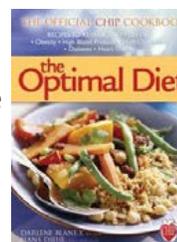
Over 160 new recipes to add to your vegan vegetarian recipe collection. Quick and easy to prepare containing no meat, dairy, eggs, or refined sugars. Warning: the whole family will enjoy them! **\$18.95 Special \$14.95 or 20+ for 8.99**



### “The Optimal Diet, Official CHIP Cookbook”, by Darlene Blaney, PhD., NCP and Hans Diehl DrHSc, MPH, FACN

Recipes to reverse and prevent: Obesity, High Blood Pressure, High Cholesterol, Diabetes, Heart Disease and more! Includes: Breakfast and brunches, guilt free desserts, hearty soups and salads, simple and tasty main dishes, delicious ideas for entertaining. **\$24.95**

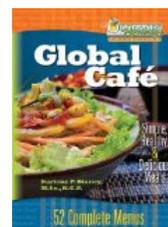
**Special 20 for \$12.99 each + postage**



### “Global Café”, by Darlene Blaney, PhD, NCP

This cookbook contains recipes that will give you a taste of the many great foods and cultures in our world, and create a curiosity in you to experiment with other international cuisine recipes. Simple, healthy, and delicious meals, contains 52 complete menus. **\$27.95**

**Special 20 for \$12.99 each + postage**



### “The Ultimate Lemon Cleanse”, by Darlene Blaney, PhD, NCP & Angela Poch, N.C.

“Easy to do with grocery store ingredients, the Ultimate Lemon Cleanse is simple, cost effective, and focuses on cleansing every vital organ and system of the body. The two authors have put together a simple outline with detailed nutritional information to guide you through the process including helping you to find your food sensitivities, in an effective and balanced way. **\$8.95 or 10+ for 5.95 each**

