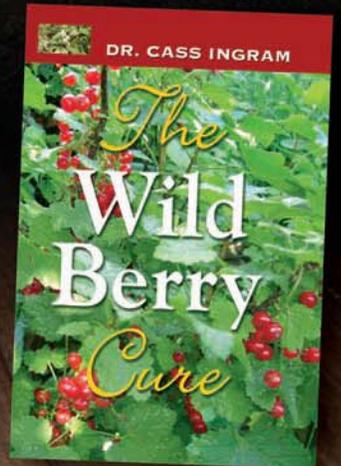
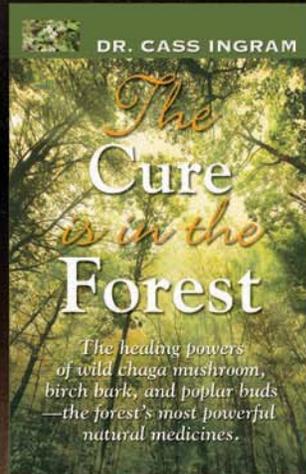
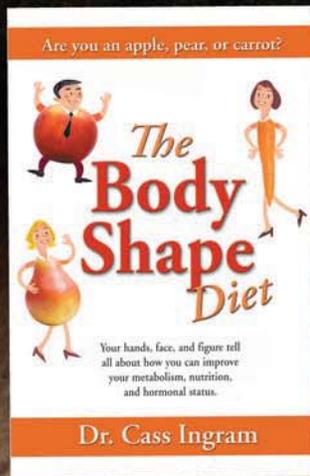
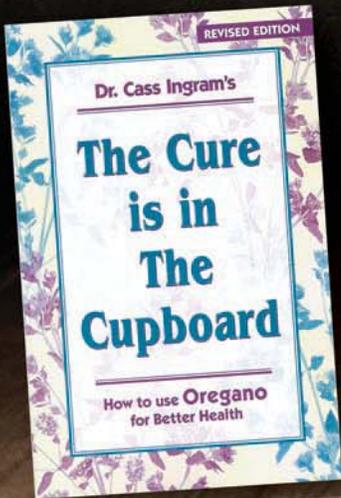
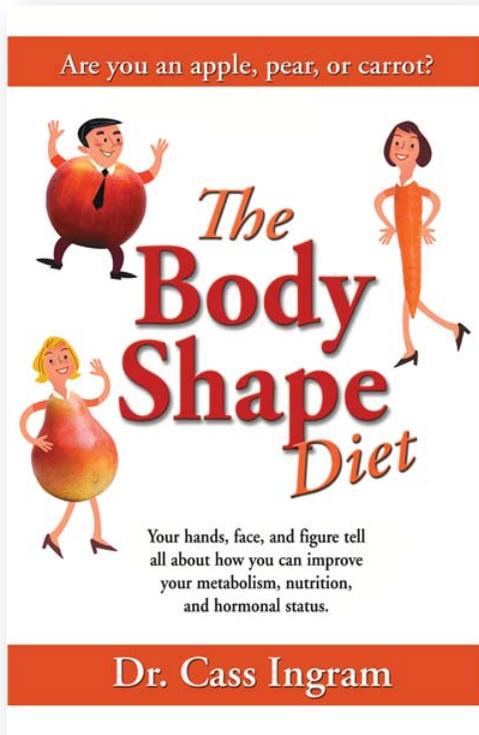




# KNOWLEDGE HOUSE PUBLISHERS

Books for the Mind Body and Spirit





## The Body Shape Diet

*Your hands, face, and figure tell all about how you can improve your metabolism, nutrition, and hormonal status.*

**Author: Dr. Cass Ingram**

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\$24.95 • paperback

398 pages • 5.5 x 8.5

Illustrated

ISBN: 978-1931078283

*Sales in United States and Canada*

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### **Book Synopsis:**

*The Body Shape Diet*

Your body shape reveals your hormonal weaknesses. It's the key to knowing what you should eat, what you shouldn't eat, and what supplements to take.

Your face, hands, and body shape tell all about your body functions, based on the hormone-endocrine system. Finally, through Dr. Ingram's *The Body Shape Diet* you can discover the ideal diet to improve your overall health and your shape.

Also learn:

- which body shape you are and how it affects your health
- which glands and hormones regulate your shape
- why thyroid types can die prematurely, unless they eat for their type
- why for some people eating sea salt, organic red meat, and plenty of fat are actually lifesaving

### **Key Selling Points:**

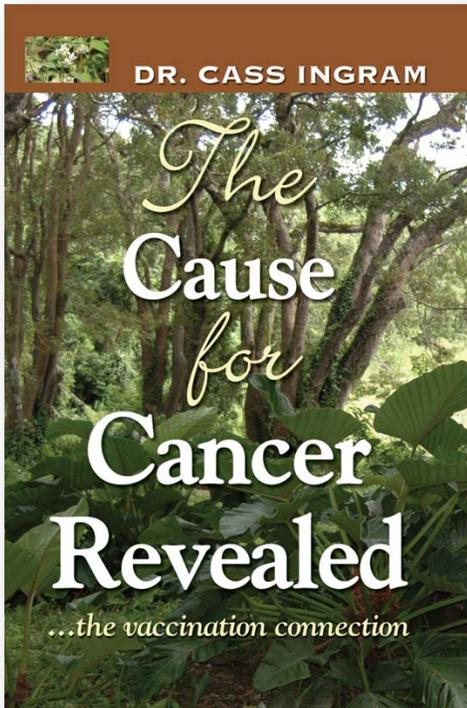
- Healthy recipes
- Body shape illustrations
- Nutrition tests
- Promotes healthy living



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## The Cause for Cancer Revealed

*... the vaccination connection*

Author: Dr. Cass Ingram

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\$24.95 • paperback

344 pages • 5.5 x 8.5

ISBN: 978-1931078177

*Sales in United States and Canada*

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### **Book Synopsis:**

*The Cause for Cancer Revealed*

Dr. Ingram has determined the role of animal viruses and has found that these viruses enter our bodies, mainly through vaccines—monkey viruses and more. He describes the vaccine danger, as well as the cure—wild spice oils and more. Determine your risks for developing cancer. Also, learn the government conspiracy behind the disease and discover the natural medicines you can use to treat and even cure it.

### **Key Selling Points:**

- Treatment protocols
- Dozens of case histories
- Safe eating advice
- Promotes healthy living



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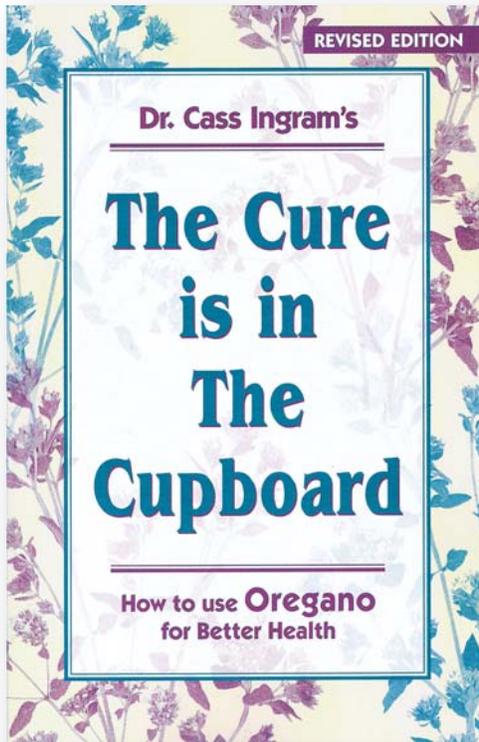
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Phone: 866-626-5888 Web: [www.knowledgehousepublishers.com](http://www.knowledgehousepublishers.com)

# The Cure is in the Cupboard

*How to use Oregano for Better Health*

Author: Dr. Cass Ingram



\$19.95 • paperback

207 pages • 5.5 x 8.5

ISBN: 978-1931078276

*Sales in United States, Canada*

## Book Synopsis:

*The Cure is in the Cupboard*

Oregano is a medicine chest in a bottle. Oregano can help you regain your health and then keep you healthy. This is what saved Dr. Ingram's life. Learn how to use oregano and its essential oil for fighting infection and eliminating pain. Combat skin disorders, injuries, wounds, and dental problems. It is particularly valuable for fungal infections.

You need to know how oregano can reverse numerous ailments, including:

\* allergies \* arthritis \* asthma \* athlete's foot \* back pain  
\* bites \* bronchitis \* candidiasis \* canker sores \* colds  
\* cold sores \* colitis \* congestion \* diarrhea \* earaches  
\* eczema \* fatigue \* flu \* gastritis \* gum disease \* neuritis  
\* prostatitis \* psoriasis \* ringworm \* sinusitis \* wounds  
\* and dozens of others

Learn how oregano can:

- save you money on doctor or hospital bills.
- help you against everyday infections such as sore throats, colds, flu, earaches, pneumonia, and bronchitis.
- reduce pain, risk of infection, expense . . . and worry, in case of sudden injury.
- protect you while traveling throughout the world from serious infection.
- keep your children safe from the ravages of infectious diseases.
- eradicate chronic pain from headaches, arthritis, muscle aches, or injury safely and effectively.

## Key Selling Points:

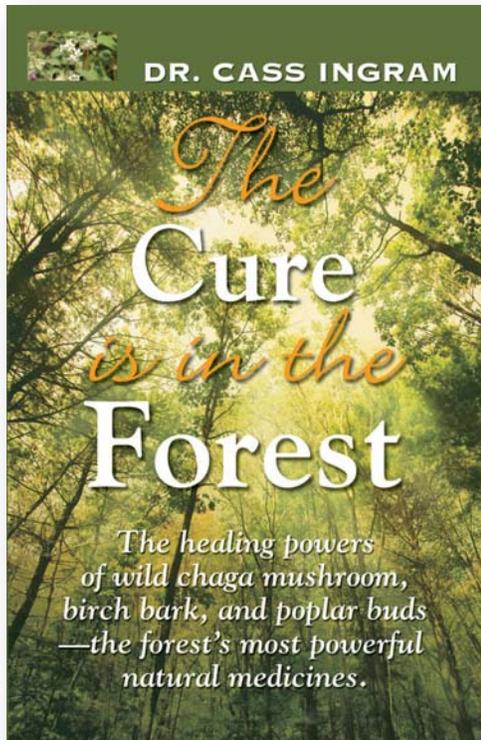
- Over 100,000 copies sold
- Treatment protocols
- Everyday uses
- Promotes healthy living



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### Key Selling Points:

- Chaga research
- Treatment protocols
- Nutrition tests
- Promotes healthy living

## The Cure is in the Forest

*The healing powers of wild chaga mushroom, birch bark, and poplar buds—the forest's most powerful natural medicines.*

Author: Dr. Cass Ingram

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\$24.95 • paperback  
261 pages • 5.5 x 8.5  
ISBN: 978-1931078283  
*Sales in United States and Canada*

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### Book Synopsis:

*The Cure is in the Forest*

Trees are the most powerful of all plants. They are also the longest lived. Find out the most powerful cures of the forest, especially the wild chaga mushroom and wild birch bark.

Learn how chaga mushroom extract:

- gives you enormous strength and energy
- helps reverse serious disease, including cancer, heart disease, lung disease, pain syndromes, eczema, psoriasis, and high blood pressure
- greatly boosts and strengthens the immune system
- helps prevent all diseases and increases lifespan

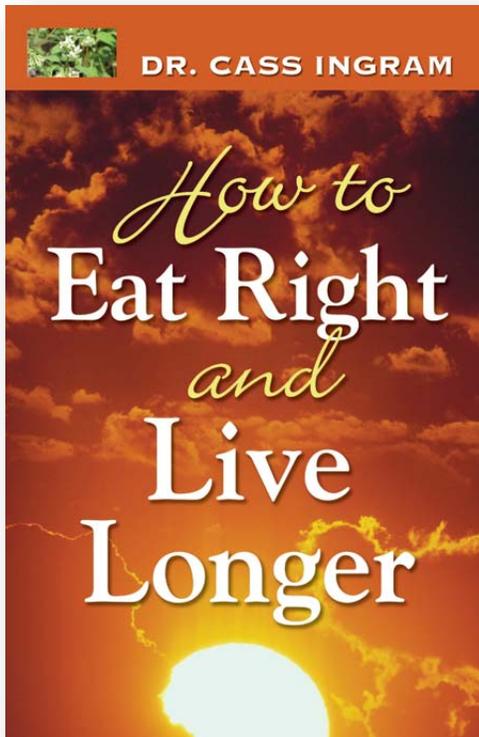
Learn how wild chaga and birch bark fight pain as well as fatigue. Discover the powers of wild poplar buds, the most potent anti-inflammatory and arthritis-fighting agent known. Get well quickly through forest cures.



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### Key Selling Points:

- Healthy recipes
- Dozens of case histories
- Nutrition tests
- Promotes healthy living

## How to Eat Right and Live Longer

Author: Dr. Cass Ingram

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\$24.95 • paperback

370 pages • 6 x 9

ISBN: 978-1931078160

*Sales in United States and Canada*

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### Book Synopsis:

*How to Eat Right and Live Longer*

Live longer, feel better!

...a proven system based upon years of research.

Reverse major diseases with the food you eat.

Learn how to:

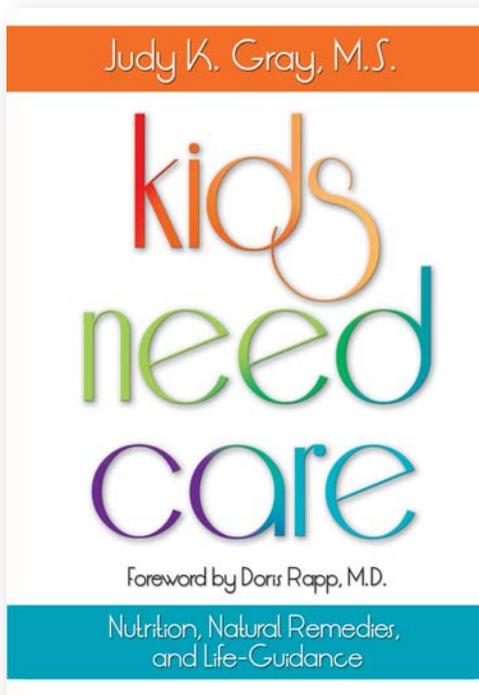
- eliminate high cholesterol, acid reflux, depression, arthritis, anemia, menstrual problems, hot flashes, constipation— all with natural cures
- lose weight easily by eating right
- reverse heart disease, high blood pressure and premature aging, all through diet
- stop fatigue, anxiety, heartburn, and headaches, naturally



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## Kids Need Care

*Nutrition, Natural Remedies, and Life-Guidance*

**Author: Judy K. Gray, M.S.**

\$24.95 • paperback

335 pages • 5.5 x 8.5

ISBN: 978-1931078344

*Sales in United States and Canada*

### **Book Synopsis:**

*Kids Need Care*

Kids need powerful sources of nutrition. That's how they can have perfect health. They also need spiritual guidance and love. It's all here in *Kids Need Care* by Judy K. Gray, M.S. Foreword by Doris Rapp, M.D.

Whether infants, toddlers, children, teenagers, or adults - all need nutritional guidance and care. *Kids Need Care* gives you this

For the whole family learn:

- how to prepare easy and delicious recipes that are more nutritious than any vitamin pill
- how to save money and feed babies better with fresh 5-minute baby food ( adults can use these, too)
- the power of natural B vitamins for ideal health and growth
- what minerals keep your child calm and stabilize blood sugar
- how special natural foods improve mood and behavior immediately
- how to protect your children-and the entire family-from dangerous food and water additives
- how nutritional deficiencies impair the development of the brain, bones, and other organs
- the power of love and spiritual guidance for a healthy family

### **Key Selling Points:**

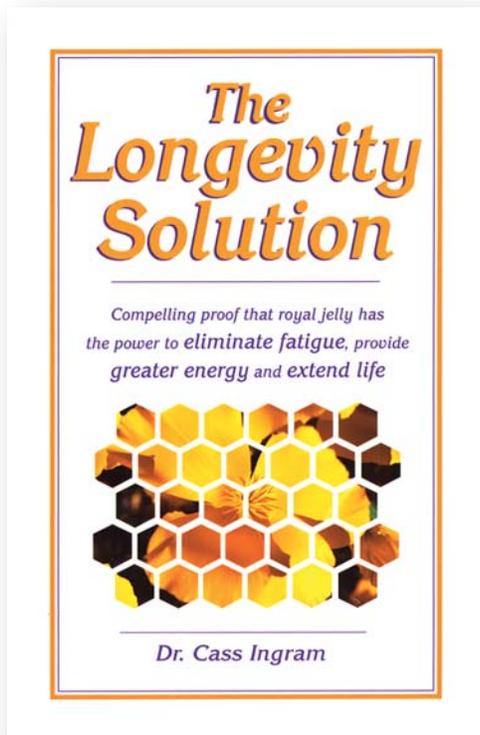
- Children's nutrition
- Kid friendly recipes
- Spiritual advice
- Promotes healthy living



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**The Longevity Solution**

*Compelling proof that royal jelly has the power to eliminate fatigue, provide greater energy and extend life*

*Dr. Cass Ingram*

**Key Selling Points:**

- Royal jelly research
- Treatment protocols
- Nutrition tests
- Promotes healthy living

## The Longevity Solution

*Compelling proof that royal jelly has the power to eliminate fatigue, provide greater energy, and extend life.*

**Author: Dr. Cass Ingram**

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\$12.95 • paperback  
136 pages • 5.5 x 8.5  
ISBN: 978-1931078016  
*Sales in United States and Canada*

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**Book Synopsis:**

*The Longevity Solution*

Finally, a book that explains the incredible powers of royal jelly based upon modern science.

**Dr. Ingram provides compelling proof that royal jelly has the power to give you:**

- greater energy
- better mood
- stronger muscles
- a longer, healthier life

**Research proves that royal jelly can:**

- reverse stress
- build a more beautiful physique
- decrease pain
- increase mental powers

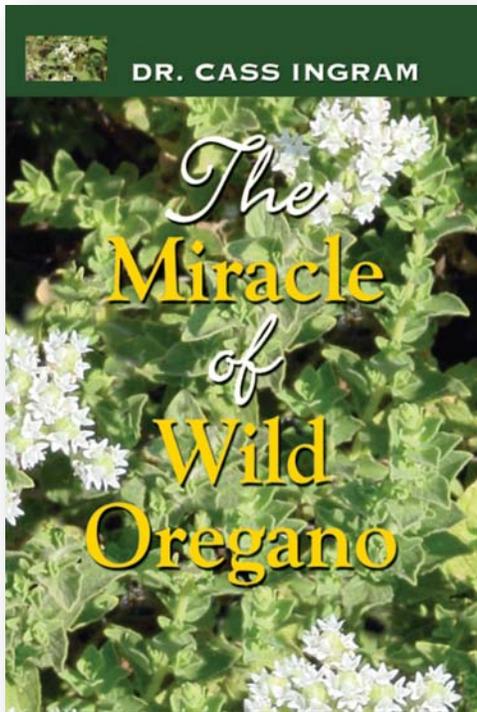
**Includes a special section on honey and bee propolis**



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### Key Selling Points:

- Oregano research
- Dozens of case histories
- Treatment protocols
- Eating plans

## The Miracle of Wild Oregano

Author: Dr. Cass Ingram

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\$19.95 • paperback

249 pages • 5.5 x 8.5

ISBN: 978-1931078290

*Sales in United States and Canada*

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### Book Synopsis:

*The Miracle of Wild Oregano*

Wild oregano is the most powerful natural medicine known. Learn its immense powers through Dr. Ingram's thorough book, which covers all the latest scientific facts. Learn the historical use of wild oregano, including the fact that it is the hyssop of the Law (or ancient scriptures).

Find out how wild oregano helps:

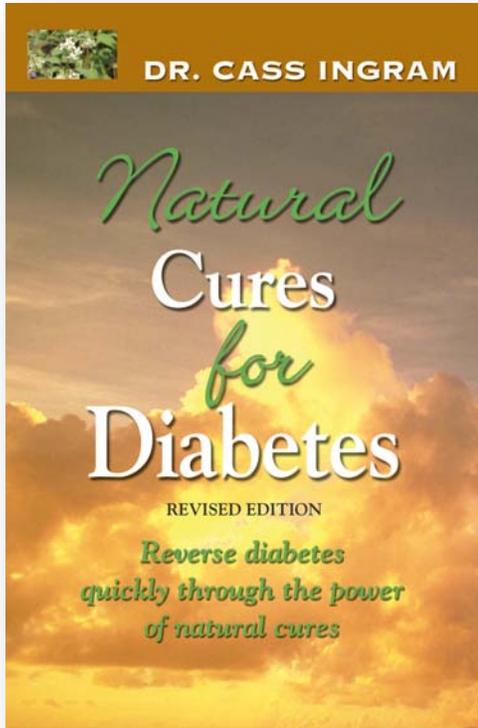
- reverse digestive complaints
- boost the immune system
- cleanse the body of dangerous germs including fungi, yeasts, bacteria and viruses
- preserve the body from aging and disease because of its potent antioxidant action
- protect people of all age groups from common illnesses, including infants, toddlers and even pets



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## Natural Cures for Diabetes (Revised Edition)

*Reverse diabetes quickly through the power of natural cures*

Author: Dr. Cass Ingram

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\$19.95 • paperback

345 pages • 5.5 x 8.5

ISBN: 978-1931078139

*Sales in United States and Canada*

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### **Book Synopsis:**

*Natural Cures for Diabetes*

Reverse diabetes quickly through the power of natural cures.

Diabetes can be cured.

It is a nutritional disease. Learn how eating healthy, tasty food can reverse this disorder. Lower your blood sugar naturally with food as well as wild herbs and spices. Learn the causes and cures of diabetes. Discover a natural remedy which dramatically reverses this disorder better than drugs. Lose weight, improve circulation, cleanse the body of germs, normalize blood sugar—all through natural medicines that are ideal for all types of diabetes as well as hypoglycemia.

### Key Selling Points:

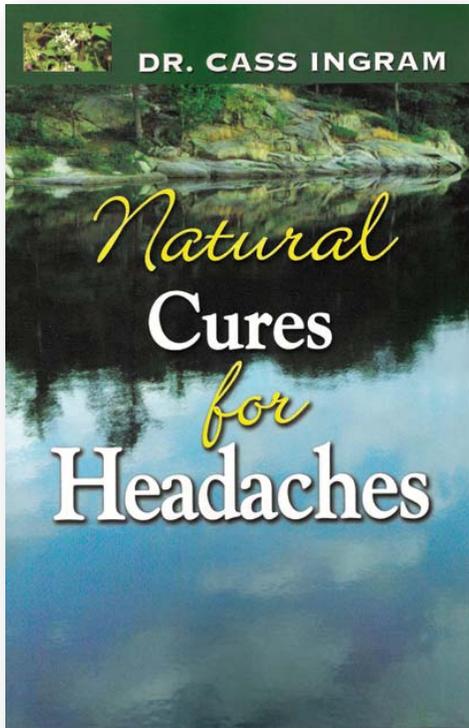
- Healthy recipes
- Three-week eating plan
- Nutrition tests
- Treatment protocols



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## Natural Cures for Headaches

Author: Dr. Cass Ingram

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\$18.95 • paperback

238 pages • 5.5 x 8.5

ISBN: 978-1931078092

*Sales in United States and Canada*

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### **Book Synopsis:**

*Natural Cures for Headaches*

Headaches can be cured naturally: Dr. Cass Ingram proves the headache connection to toxic foods, food additives, and chemicals. Also, learn the hormonal connection to migraines and how to reverse them. Discover the role of structural imbalances, heavy metals, dental fillings, nutritional deficiencies, chronic infections, drug toxicity, and much more and how to naturally correct them. Learn the food allergy connection and how to stop it. The cause of headaches can be found and reversed—without drugs.

A special herbal formula which rapidly eliminates migraines is included, plus a special section on fast-acting trigger point therapy.

### **Key Selling Points:**

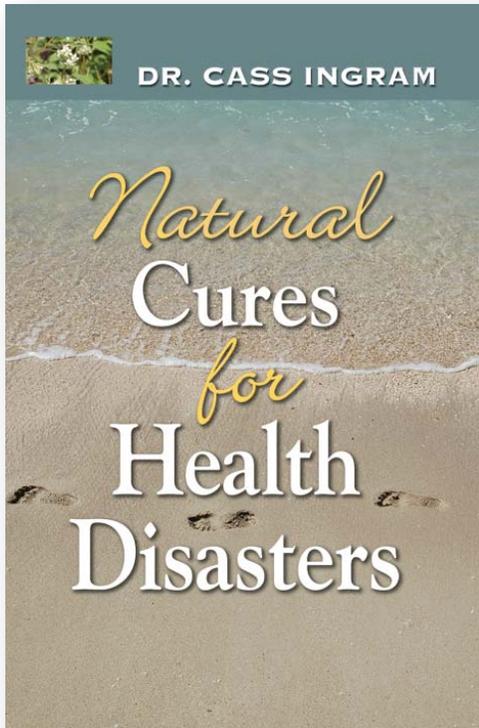
- Allergy tests
- Trigger point therapy
- Treatment protocols
- Eating plans



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## Natural Cures for Health Disasters

Author: Dr. Cass Ingram

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\$24.95 • paperback

384 pages • 5.5 x 8.5

ISBN: 978-1931078115

*Sales in United States and Canada*

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### **Book Synopsis:**

*Natural Cures for Health Disasters*

Health disasters can be reversed. Learn how to reverse any health disaster from A to Z, all with natural medicines. Allergies, bronchitis, asthma, cold, flu, herpes, shingles, diabetes, joint pain, heart attack, hepatitis, severe infections, viral syndromes, everyday ailments and dozens more — all can be naturally cured. Find out how to reverse any toxic exposure—even to toxic chemicals and radiation— all naturally. Learn the most powerful natural medicines for almost any sudden illness. Plus, find out what foods offer healing powers for whatever ails you. Exact protocols and doses provided. Learn dozens of survival secrets, so you can get well and stay well.

### **Key Selling Points:**

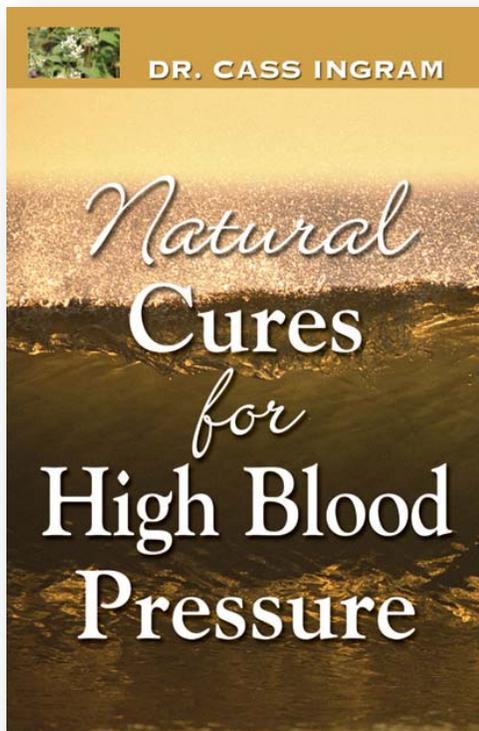
- Natural medicine guide
- Dozens of survival tips
- Treatment protocols
- Eating plans



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#### Key Selling Points:

- Eating plan
- Dozens of case histories
- Healthy recipes
- Promotes healthy living

## Natural Cures for High Blood Pressure

Author: Dr. Cass Ingram

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\$19.95 • paperback

341 pages • 5.5 x 8.5

ISBN: 978-1931078149

*Sales in United States and Canada*

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#### **Book Synopsis:**

*Natural Cures for High Blood Pressure*

Finally, you can cure your high blood pressure naturally and change your life forever. The real facts about high blood pressure and its causes are finally revealed. Everyone needs this information, not just those who suffer from high blood pressure. It is also ideal for any kind of heart disease.

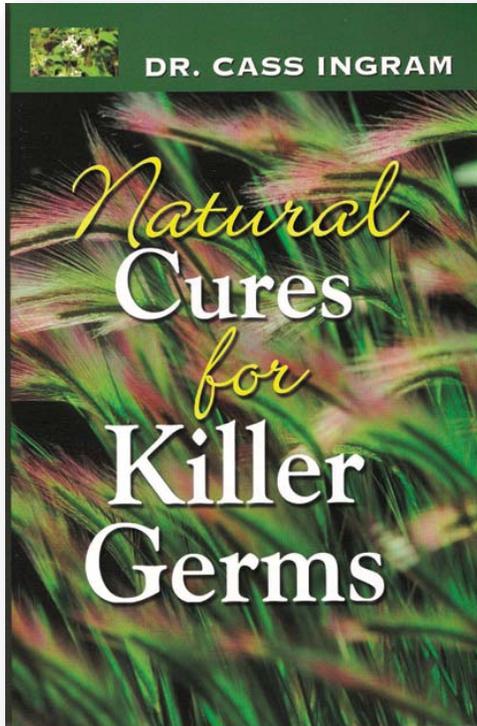
Dr. Cass Ingram not only gives you the facts which are easy to understand, he also spells out the way to cleanse your body of the disease-causing toxins. Dozens of case histories verify the results of the natural cures. Included are two weeks of eating right, plus tasty recipes to keep your heart, arteries, veins, and capillaries healthy and strong.



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#### Key Selling Points:

- Natural medicine guide
- Dozens of survival tips
- Treatment protocols
- Eating plans

## Natural Cures for Killer Germs

Author: Dr. Cass Ingram

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\$19.95 • paperback

344 pages • 5.5 x 8.5

ISBN: 978-1931078108

*Sales in United States and Canada*

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#### Book Synopsis:

*Natural Cures for Killer Germs*

Killer germs are already here. You are probably already infected. You may have experienced the nasty symptoms. Now you can know exactly how to reverse it, naturally. Plus, learn the warning signs of killer germ infections and how you can avoid becoming a victim.

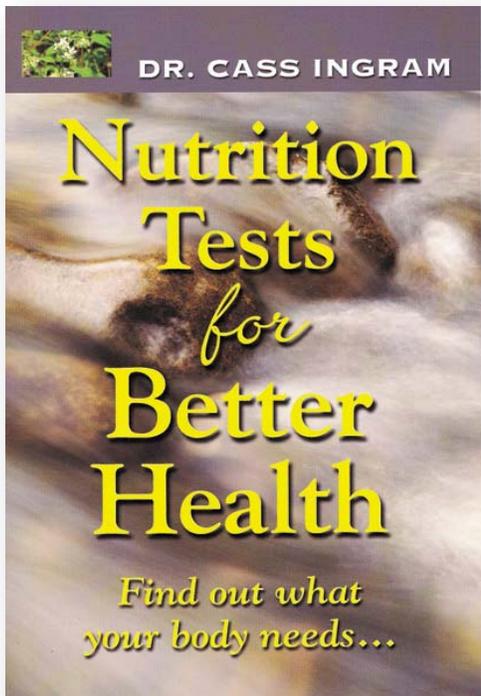
Through Dr. Cass Ingram's *Natural Cures for Killer Germs* learn the most powerful natural cures for reversing dozens of conditions, including sudden infections from epidemic-like germs and chronic illnesses. Learn also the most potent natural cures for reversing colds, flu, sinus disorders, diarrhea, TB, hemorrhagic fever, Lyme, hepatitis, blood poisoning, staph infections, candidiasis, West Nile, systemic fungus, and vaccine reactions. Plus, learn the never-before-told risks for Mad Cow and Alzheimer's as well as the risks from modern vaccines. Discover how potent spice extracts can kill virtually any germ in seconds. Learn how to immunize yourself against infection, regardless of the cause. Kill deadly bacteria, parasites, fungi, and viruses in minutes.



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### Key Selling Points:

- Vitamin tests
- Mineral tests
- Food tests
- Healthy recipes

## Nutrition Tests for Better Health

*Find out what your body needs...*

Author: Dr. Cass Ingram

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\$24.95 • paperback

374 pages • 5.5 x 8.5

ISBN: 978-1931078084

*Sales in United States and Canada*

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### Book Synopsis:

*Nutrition Tests for Better Health*

Now, discover your body's exact nutritional needs before you supplement. Know what you should eat and what supplements to take based upon your personal test scores.

Through *Nutrition Tests for Better Health*, you will determine:

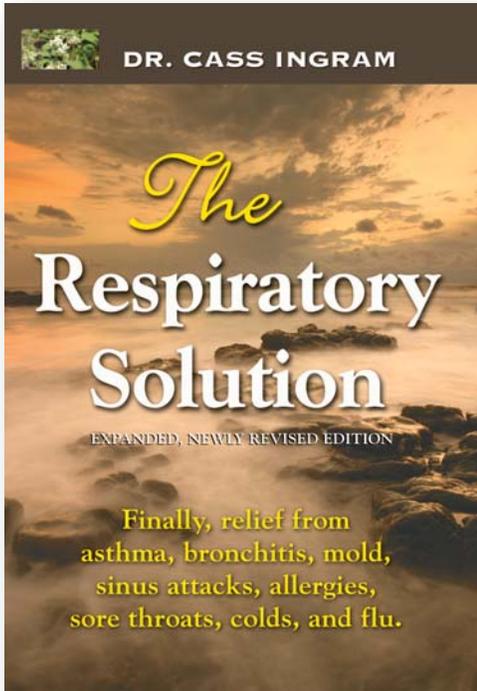
- what foods will correct your symptoms and imbalances
- the dosages and types of vitamins and minerals for optimal health
- what foods can damage your body, plus how to reverse such damage
- the exact hormonal imbalances of your body and how to correct these



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### Key Selling Points:

- Treatment protocols
- Dozens of case histories
- Safe eating advice
- Promotes healthy living

## The Respiratory Solution

*Finally, relief from asthma, bronchitis, mold, sinus attacks, allergies, sore throats, colds, and flu.*

**Author: Dr. Cass Ingram**

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\$24.95 • paperback  
238 pages • 5.5 x 8.5  
ISBN: 978-1931078320  
*Sales in United States and Canada*

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### Book Synopsis:

*The Respiratory Solution*

Dr. Ingram gives you all the solutions you need for reversing respiratory complaints from A to Z. The solutions are all natural and herbal.

Learn how:

- mold is the cause of sinus infection and bronchitis and how to reverse it
- sleeping position and how you breathe matter in both causing respiratory problems and reversing them
- natural cures, such as spice oils, oil of oregano, and raw honey, reverse virtually all respiratory complaints
- mold and fungus infections are a greater cause of respiratory disease than any other factor
- tough viruses, including the flu virus, can be quickly destroyed with natural cures



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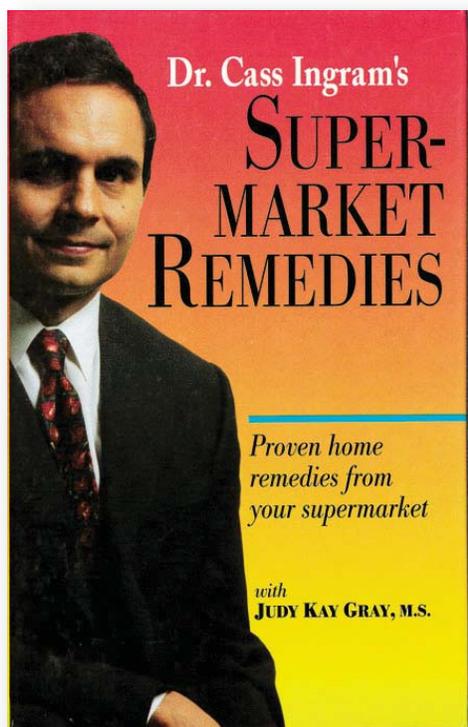
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Phone: 866-626-5888 Web: [www.knowledgehousepublishers.com](http://www.knowledgehousepublishers.com)

# Supermarket Remedies

*Proven home remedies from your supermarket*

**Author: Dr. Cass Ingram**



\$29.95 • hardcover

344 pages • 6 x 9

ISBN: 978-0911119640

*Sales in United States and Canada*

## **Book Synopsis:**

*Supermarket Remedies*

Medicines in the supermarket instead of the drug store?

Start your search for preventing or curing illness in the supermarket. Dr. Ingram's *Supermarket Remedies* help you discover foods which fight everyday ailments, stop pain, and save you money, for instance:

**Fatigue:** a tasty condiment which gives an energy boost - immediately

**Cold and Flu:** a spice that eliminates cold/flu symptoms faster than antihistamines

**High Cholesterol:** a luscious fruit which lowers cholesterol rapidly, even though it is high in healthy fat

**Upset Stomach:** a common spice that stops stomach pain quickly and completely

**Yeast/Fungus:** a Mediterranean herb which kills yeasts and fungi of all types

**Insomnia:** a nut which gives you energy during the day but helps you sleep soundly at night

**Arthritis/Backache:** a tasty fruit which combats joint pain

just to name a few...

Includes special section describing the Top 12 Diseases and their Supermarket Remedies: if you have arthritis, asthma, heart disease, cancer, anemia, colitis, high blood pressure, and numerous other illnesses, find out the correct foods to eat.

## Key Selling Points:

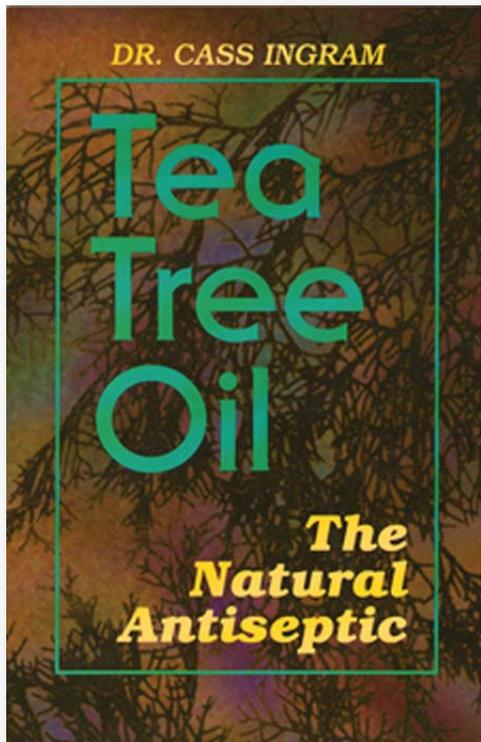
- Treatment protocols
- Dozens healing foods
- Safe eating advice
- Promotes healthy diet



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### Key Selling Points:

- Tea tree oil research
- Treatment protocols
- Everyday uses
- Promotes healthy living

## Tea Tree Oil

*The Natural Antiseptic*

Author: Dr. Cass Ingram

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\$13.95 • paperback  
119 pages • 5.5 x 8.5  
ISBN: 978-0911119244  
*Sales in United States, Canada*

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### Book Synopsis:

*Tea Tree Oil*

Some things need to be killed ...  
bacteria, viruses, fungi, parasites, parasitic insects

Tea Tree Oil is a versatile and potent natural antiseptic. Here is a natural substance which works equally as well as many drugs, with less toxicity. Most important, it is capable of killing virtually any microbe immediately upon contact.

Did you know that many common ailments are caused by infection, including:

- \* acne \* athlete's foot \* gum disease \* tooth aches
- \* cavities \* bronchitis \* bad breath \* dandruff \* ringworm
- \* sinusitis \* vaginitis \* cold sores \* boils \* diaper rash

Tea tree oil is effective for all of these conditions and many more:

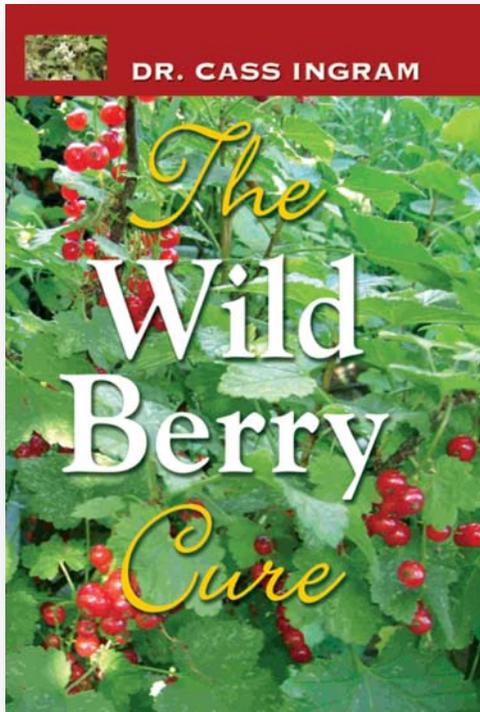
- how sexually transmitted diseases can be prevented with proper antisepsis
- how to cure the incurable: athlete's foot, jock itch, and fungal infections of the nails
- how to rapidly alleviate the most distressing of all female complaints - vaginitis
- how treatment of cuts, abrasions, and minor burns with tea tree oil entirely prevents wounds infection, without stinging



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### Key Selling Points:

- Wild berry research
- Dozens of case histories
- Treatment protocols
- Healthy recipes

## The Wild Berry Cure

Author: Dr. Cass Ingram

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\$19.95 • paperback

249 pages • 5.5 x 8.5

ISBN: 978-1931078245

*Sales in United States and Canada*

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### Book Synopsis:

*The Wild Berry Cure*

Get well quickly through the power of wild raw berries. These are the most powerful foods known. Learn about powerful, wild, raw berry extracts and how they can enhance your health. This is real power, proven by modern science.

Find out how wild berries and extracts can:

- give you plenty of energy and muscular strength
- clean toxins from the body quickly and easily
- cause the body to burn excess weight
- help rebuild important body systems, like the circulation, digestion, and immune system
- improve the skin tone and beautify the hair

Also, learn how wild berry extracts can even help fight major diseases, including heart disease, diabetes, arthritis, brain and nerve conditions, cancer, and much more.



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