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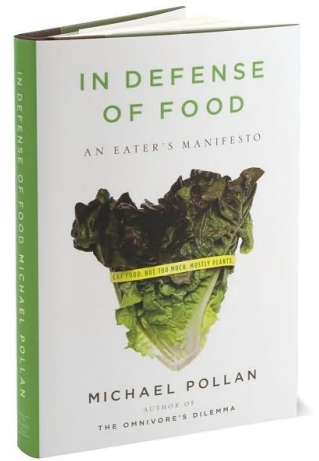
# Health Spotlight

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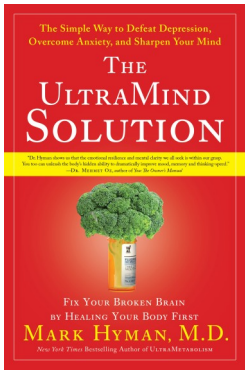
Take Control of Your Health

*In Defense of Food*

by Michael Pollan

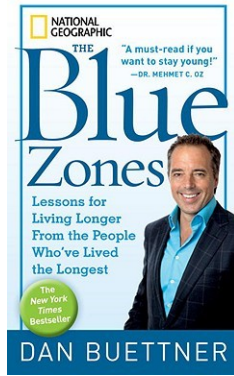


Kim Thompson of Healthy Transformations in New Hartford, shares her picks for summer reading. Learn something new and make a positive change in your life...



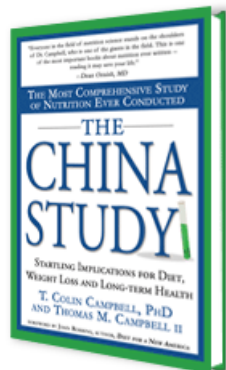
**Ultra Mind Solution**

by Dr. Mark Hyman



**The Blue Zones**

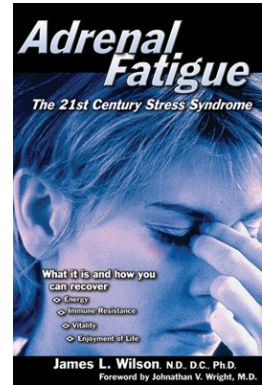
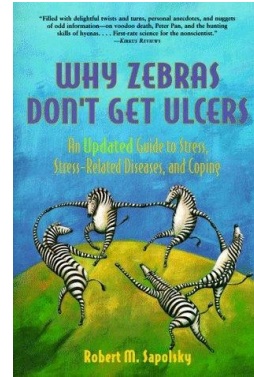
by Dan Buettner



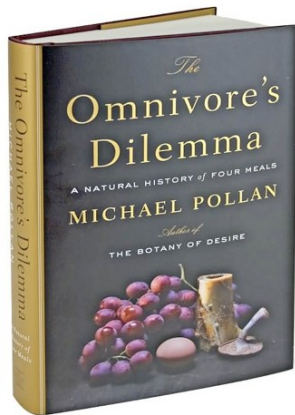
**The China Study by T. Colin Campbell**

**Why Zebras Don't Get**

**Ulcers by Robert M. Sapolsky**



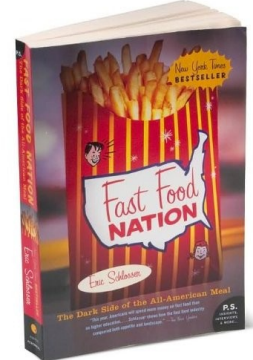
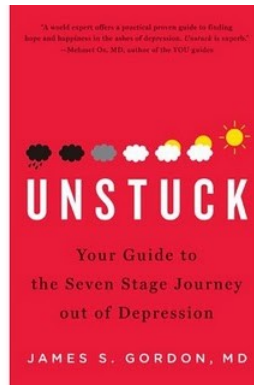
**Adrenal Fatigue of the 21st Century** By J. Wilson



**Omnivore's Dilemma** by Michael Pollan

**Unstuck by Dr James**

**Gordan**



**Fast Food Nation** by E. Schlosser

Special Thanks to...



**Peter's Cornucopia**

38 New Hartford Shopping Center

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(315) 724-4998 [www.peterscornucopia.net](http://www.peterscornucopia.net)

**Healthy Transformations**

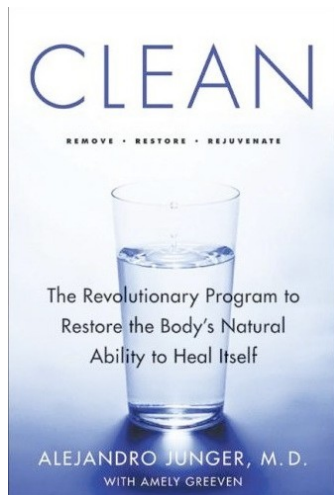
3985 Oneida Street, Suite 104

New Hartford, NY 13413

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**Clean** by A. Junger

**Food Rules**

By Michael Pollan

