

HarperPerennial, 1994, 443 pages, 5¼" x 8", paperback, \$12.00

Originally published in hardcover in 1993 and entitled Healing Through Nutrition

In this informative volume, designed as a reference for medical offices, libraries, and - most of all - for families, Dr. Werbach shows how nutrition can be both the cause and the cure for our most common illnesses. Distinguishing for the reader between clinically proven treatments and miracle cures that don't work, Werbach covers a broad range of dietary and nutritional healing plans. Healing with Food bridges the gap between general nutrition and disease-specific treatment, making it easy for you and your physician to choose the regimen that will best address your unique concerns from Acne and Alcoholism to Carpal Tunnel Syndrome and Cancer, Depression, Glaucoma, Herpes Simplex, Insomnia, Learning Disabilities, Obesity, Peptic Ulcers, all the way to the outbreak of

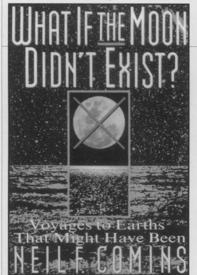
Healing with Food teaches readers how to plan an individual healing diet, how to diagnose food sensitivities, and how to interpret the U.S.RDA into a meaningful nutritional guide. Userfriendly appendixes offer a guide to Food Sources of Nutrients and A Brief Guide to Hydrochloric Acid Supplements, which are both integral elements of the nutritional healing diets.

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Any discussion about finding life elsewhere in the universe always leads us to analyze the factors that make life possible on Earth. What would the earth and life on it be like if our planet had formed under different circumstances?

What if the earth were less massive, or if the sun had ended up with more mass when the solor system was formed? What would happen if a star exploded near the earth, or passed through our solar system right now? What if a black hole passed through the earth? What if our ozone layer became depleted? What would happen to life on Earth?

In this engaging and accessible exploratory work, accomplished astronomer Neil F. Comins shows how these and other hypothetical situations would affect our planet and the life it sustains, by extrapolating from our present condition and applying plausible astronomical and geological theories.

What if the moon didn't exist, for example? Well, Comins explains, the earth would rotate more than three times faster than it currently does, and our tides would be much lower. There would be recurrent gale-force winds like those on Jupi-

ter, making it a challenge for "tall" beings (like humans) to evolve.

By following up its initial imaginative leaps with careful analysis, What If the Moon Didn't Exist? offers the reader a fresh understanding of our place in the solar system, and a deep appreciation of how fragile a habitat the earth is.

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