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Your Menopause, Your Menotype The Heat is on 10 Secrets to Living Smart, Savvy, and Strong Maitakegold 404 User's Guide Polycosanol/Lower Cholesterol Nutrition·Immunity·Longevity Library Journal 8 Weeks to Vibrant Health New Books on Women and Feminism American Book Publishing Record The Silent Passage What's Your Menopause Type? Women's Encyclopedia of Natural Medicine The Silent Passage The Natural Physician's Healing Therapies Forthcoming Books AARP Prescription for Drug Alternatives Books in Print Supplement Outside the Box Cancer Therapies Health Benefits of Medicinal Mushrooms Healing Massage General and applied ichthyology : (fish and fisheries) Menopause Ther Ex Notes Menopause Relief Aprende Inglés Nature's Virus Killers The Natural Physician Menopause Movement Disciple IV Healing the Prostate Menopause Dr. Nieca Goldberg's Complete Guide to Women's Health Colp Cape Light Cult Shock Pat the Zoo (Pat the Bunny) The New Optimum Nutrition Bible Target The Miracle of MSM

10 Secrets to Living Smart, Savvy, and Strong Aug 29 2022 Reveals ten secrets to thriving as a woman in middle-age, including trusting God with life-impacting decisions, attaining peace with life changes, and choosing joy regardless of the obstacles in one's life.

The New Optimum Nutrition Bible Aug 24 2019 Since it was first published in 1997, THE OPTIMUM NUTRITION BIBLE has revolutionized health by showing more than half a million readers how to achieve a profound sense of well-being by devising the best possible intake of nutrients for their unique biochemical makeup. THE NEW OPTIMUM NUTRITION BIBLE presents the latest research from Britain's top nutrition expert Patrick Holford, with new chapters on stimulants, water, eating right for your blood type, detox, homocysteine, and toxic minerals. You'll learn to analyze your symptoms, lifestyle, and eating habits in order to formulate a personal ideal diet and vitamin regimen. Once optimum nutrition is in place, you can look forward to a consistent high level of energy, emotional balance, alertness, physical fitness, resilience against infectious diseases, and longevity. • A revised edition of the best-selling nutritional guide, with an A-to-Z guide to specific health problems and how to heal them with optimum nutrition. • Unlike modern medicine, which tends to treat diseases not people, the optimum nutrition approach considers a human being as a whole, with an interconnected mind and body designed to adapt to health if the circumstances are right. • Additional chapters cover boosting your immune system; preventing cancer and heart disease; how to increase your IQ, memory, and mental performance; improving skin health; and much more. • THE OPTIMUM NUTRITION BIBLE sold more than 500,000 copies worldwide.

The Natural Physician Jul 04 2020 This text contains straightforward information for those who need to know the basics about natural healing. Some of the topics include: principles of naturopathic medicine; an A-Z guide to treatment options; homeopathic materia medica;

herbal medicine guide; and healthy diet guidelines.

Nature's Virus Killers Aug 05 2020 This book arms you and your family with weapons to defeat health-stealing viruses such as cold, flu, hepatitis, Epstein-Barr, herpes, and a platoon of others.

The Silent Passage Dec 21 2021 Gail Sheehy's landmark bestseller has become the bible for women concerned about menopause. Since *The Silent Passage* was originally published in the early 1990s, Gail Sheehy, a member of the board of the New York Menopause Research Foundation, has been at the forefront of the newest research on menopause. She has also continued to interview countless women throughout the country on the subject. In this updated and expanded edition, she presents essential new data in chapters on *The Perimenopause Panic*, *Menopause in the Workplace*, *Estrogen and Brainpower*, and *New Frontiers in Treatment*. Candid, enlightening, inspiring, and witty, with the latest information on everything from early menopause to Chinese medicine and natural remedies, *The Silent Passage* is an indispensable reference for every woman.

AARP Prescription for Drug Alternatives Jun 14 2021 AARP Digital Editions offer you practical tips, proven solutions, and expert guidance. James Balch and Mark Stengler, coauthors of the hugely successful *Prescription for Natural Cures*, and Robin Young Balch have teamed up to create the most comprehensive and up-to-date book available on natural alternatives to prescription medications. The book provides natural, safe, and effective ways to treat a wide range of common ailments, including ADHD, allergies, diabetes, depression, erectile dysfunction, eczema, heart disease, headaches, and PMS. You'll read in-depth information, not found in any other popular book, about the pros and cons of prescription and over-the-counter drugs compared with natural treatment alternatives ranging from diet and lifestyle changes to supplements and herbal medicines. "This book is essential reading for anyone who wants to take charge of his or her health. Read it to live long and well." —Hyla Cass, M.D., author of *Supplement Your Prescription: What Your Doctor Doesn't Know about Nutrition* "An outstanding resource for comparing common pharmaceutical and holistic treatments." —Ronald M. Lawrence, M.D., coauthor of *Preventing Arthritis and The Miracle of MSM* "A must-read for every person who wants to achieve better health and avoid the dangers of synthetic medications. The authors do an exceptional job by telling you everything you need to know about getting well and how to use supplements correctly and safely." —Suzy Cohen, R.Ph., author of *The 24-Hour Pharmacist*

Health Benefits of Medicinal Mushrooms Mar 12 2021 Backed by centuries of use by Asian herbalists and doctors and now by solid scientific research, the supplemental use of medicinal mushrooms has gained tremendous popularity. Among their many benefits, medicinal mushrooms have been shown to restore the competency of the immune system and to improve the outcome for people with a variety of serious illnesses, including cancer, hepatitis, and other conditions where effective nontoxic treatment options are limited. This book describes the most common supplemental medicinal mushrooms—including maitake, reishi, shiitake, and cordyceps—and their best clinical uses. Choosing products that match the potency of the supplements used in the supporting research requires a basic understanding of quality and potency and how the descriptions on the labels relate to the strength of a product. Therefore, this book also provides the basic knowledge needed to make the best choices to achieve the desired and highest therapeutic results. Book jacket.

Ther Ex Notes Nov 07 2020 Put the information you need at your fingertips with this handy, easy-to-use guide to the proper exercises for your patients. Each joint tab follows a consistent

order—general exercises for the specific region, followed by common pathologies and surgeries, with specific interventions for each pathology or surgery. Crystal-clear photographs show you a wealth of different techniques, while a streamlined format makes the information extremely easy to understand.

Library Journal Apr 24 2022

8 Weeks to Vibrant Health Mar 24 2022 A complete program to good health through restored body balance In 8 Weeks to Vibrant Health, acclaimed integrative doctor and bestselling health author Hyla Cass, M.D., and health writer Kathleen Barnes address ways women can empower themselves by discovering the underlying causes of your health problems. Then you are given the tools you need to determine why you are experiencing these symptoms and to remedy the imbalance that causes the symptoms. Helps women overcome these common health problems by providing: A safe, proven approach to restoring body balance and general health that incorporates the best therapies from mainstream medicine and from integrative and natural medicine Self-assessments and other powerful diagnostic tools to help identify specific imbalances and their triggers Detailed guidance on diet, nutritional and herbal supplements, lifestyle changes, detoxification programs, exercise programs, and other methods of restoring vibrant health

User's Guide Polycosanol/Lower Cholesterol Jun 26 2022 Millions of people have elevated blood levels of cholesterol, a major risk factor for coronary heart disease. Yet many supplements and foods can effectively - and safely - reduce cholesterol levels. This User's Guide to Polycosanol and Other Cholesterol-Lowering Nutrients explains what you have to do to reduce your risk of heart disease.

Cape Light Nov 27 2019 A heartwarming novel from America's most popular living artist journeys to the picturesque village of Cape Light on the coast of New England, a hamlet populated by colorful inhabitants who share a strong sense of community and caring for their neighbors. Reprint.

Menopause Dec 09 2020 Accompanied by worksheets, a glossary of terms, and detailed lists of health and provider organizations, a groundbreaking guide explores a wealth of treatment options for menopause, covering such topics as herbal therapies, hormones, natural remedies, sexuality, and much more. Original. 15,000 first printing.

Target Jul 24 2019 The Flash Points sourcebook provides descriptions of exotic global hot spots of warfare and intrigue that enable Shadowrun gamemasters to take their campaigns beyond the usual metroplex streets. Each locale description contains extensive background, profiles of important characters, and suggested player missions far beyond the usual Shadowruns -- which provide gamemasters and players with unprecedented control over the events of their Shadowrun universe and the destinies of their characters.

Menopause Relief Oct 07 2020

The Silent Passage Sep 17 2021 An updated edition of the best-seller by the author of Passages includes new data on perimenopause, menopause in the workplace, estrogen and brain-power, and new treatments. Reprint.

Maitakegold 404 Jul 28 2022 Maitake mushrooms have long been prized in Japan for their medicinal properties. For maintaining immunity and healing a variety of acute conditions, maitake mushrooms are highly versatile and highly effective. Even more powerful healing is the maitake-based superimmune product, formulated and patented by Dr. Hiroaki Nanba of Japan's Kobe Pharmaceutical University, MaitakeGold 404. MaitakeGold 404 fights cancer by protecting healthy cells from becoming cancerous, helping prevent metastasis of cancer from

one area of the body to another, slowing or stopping growth of tumors, ameliorating side effects of chemotherapy, while boosting its positive effects.

Forthcoming Books Jul 16 2021

Books in Print Supplement May 14 2021

The Heat is on Sep 29 2022 Spiritual insight and practical medical advice to show you how to embrace menopause and the realities of mid-life.

Healing the Prostate Mar 31 2020 A practical, integrative guide to men's prostate health, including holistic therapies for prostate cancer, BPH, prostatitis, and bladder function. For all its many important functions, the prostate gland can become a health curse to many men, young and old. Common prostate conditions include: benign prostatic hyperplasia (BPH), prostate cancer, prostatitis, testosterone deficiency, and erectile dysfunction. While conventional therapies exist for all these conditions, scientific studies have demonstrated that a comprehensive, integrative, or holistic approach to healing can dramatically reduce risk and/or decrease negative side effects and symptoms. Mark Stengler, N.M.D., draws upon his over 25 years of expertise in naturopathic medicine and holistic hormone therapies to provide a comprehensive approach to optimal prostate health, including a focus on bladder function, hormone balance, and a thorough exploration of prostate cancer diagnosis, treatment options, and holistic support. By thoroughly addressing these key aspects of the genitourinary system, you will be able to discover optimal prostate health and functionality.

What's Your Menopause Type? Nov 19 2021 Since all women experience menopause differently, shouldn't there be more than one treatment? For decades, it was estrogen that was supposedly the ultimate cure-all for "the change." Recently, progesterone has been touted as the most effective menopause treatment. Dr. Joseph Collins reveals there is no magic hormone or combination of hormones that can be indiscriminately prescribed to all women. In fact, he has identified 12 different types of menopause, each requiring a treatment that is as unique as the women experiencing it. In "What's Your Menopause Type?" you'll discover Dr. Collin's revolutionary program designed to help you take charge of this life stage. Using a revealing questionnaire, he shows you how to determine your own menopause type and then prescribes the best nutritional, herbal, glandular, or hormonal treatment for your unique symptoms. He also provides everything you need to know to better understand this stage of life such as: - Which natural and conventional treatments are best for you--and which to avoid - How to weigh the risks and benefits of hormone-replacement therapy - A complete description of hormones and their effects on your body - Advice on how to order hormone tests - Suggestions for choosing a "hormone educated" doctor - And much, much more! With the help of Dr. Collins and this empowering book, you can take charge of menopause and get on with your life! "At last, a well-referenced resource for pharmacists, other health-care professionals, and women on the advantages of natural vs. synthetic hormone-replacement therapy. An invaluable resource for those interested in customized natural hormone-replacement therapy. This book is the ammunition that many need to prove the value of "natural hormone replacement." --Dana Reed-Kane, Pharm.D., F.A.C.A, F.I.A.C.P. "Provides much-needed information that will allow millions of women to work with their doctors to effectively solve the problems associated with menopause." --Richard C. Heitsch, M.D. "A valuable tool for anyone researching menopause." --James E. Paoletti, R.Ph. "Finally, a book that teaches the importance of balance and actually shows everyone what many women have suspected all along: There is more than one type of menopause." --Luana Stone, menopause patient

Outside the Box Cancer Therapies Apr 12 2021 Now in paperback: A thorough, cutting-edge, alternative therapy-focused exploration of Integrative Oncology care. With approximately 40 percent of men and women in the United States being diagnosed with cancer at some point in their lifetime, very few of us escape having cancer touch our lives in some way--whether it is our own life or that of a loved one. Scientific research continues to prove the benefits of nutritional and holistic therapies, yet, for the most part, these approaches to treatment still remain unexplored by the conventional medical establishment. With integrative and holistic healing being sought after and supported by more and more of the general public and medical community for various elements of everyday life, it only makes logical sense to explore these therapies with regard to one of the most prevalent causes of death of our time. In *Outside the Box Cancer Therapies*, naturopathic medical doctors Mark Stengler and Paul Anderson combine their expertise to focus on the most critical components of integrative oncology care. Supported by extensive research and decades of clinical experience, Dr. Stengler and Dr. Anderson thoroughly explain:

- the different types of cancer and their causes
- how proper nutrition can help to prevent and treat cancer
- the most well-studied supplements to use with cancer treatment
- cutting-edge naturopathic therapies, and
- natural solutions to common problems, such as the side effects of chemotherapy and radiation

With a clear and focused approach, Dr. Stengler and Dr. Anderson provide a definitive and comprehensive resource for anyone seeking to heal from cancer or a professional looking for the most cutting, up-to-date integrative approaches to treatment.

The Natural Physician's Healing Therapies Aug 17 2021 An updated and revised edition--from "a leader in the new wave of true healers". From fast-acting natural cures for arthritis, viruses, and hardened arteries, to fatigue, burns and injuries and more, this revised edition of one of the most trusted books on natural remedies includes more than 50 new entries as well as updates throughout.

Dr. Nieca Goldberg's Complete Guide to Women's Health Jan 28 2020 If you're a woman over thirty-five you probably have a lot of stress in your life--maybe even more than you realize. You may have a demanding job, family obligations, financial pressures, or a combination of all three. You're most likely low on energy, gaining weight, and not sleeping as well as you once did. The fact is: your body is changing. You see and feel it happening, but you don't know anymore what is normal and what is not. Your concern over your health is creating stress all by itself. And if you're like most women, you don't think your health care providers are giving you the help you need. In fact, traditional doctors may not even be aware of many diseases that present special problems in women. Dr. Nieca Goldberg knows what you're going through, because she has seen women dealing with these stressful bodily changes in her practice every day--and has experienced them firsthand. A renowned physician and pioneer in women's heart health, Dr. Goldberg is also a passionate advocate for doctor-patient communication. In this welcome book she'll give you a personal consultation so that you can understand the changes in your body, solve problems that plague women starting in their mid-thirties, and find the right doctor for optimal health care. Inside you'll find

- the normal physical changes you can expect to experience at age thirty-five and after
- treatments for over- and underactive thyroids and other hormone issues
- the signs, symptoms, and management of type 1 and type 2 diabetes
- facts on fertility, contraceptives, pregnancy, and menopause
- information on good breast health, including preventive breast-cancer measures
- a comprehensive heart-to-heart about your cardiovascular system
- dealing with GERD, stomach ulcers, gallstones, IBS, IBD, and colon

cancer • strategies for keeping bones strong, fending off arthritis, and coping with foot and back pain • the importance of diagnosing sleep apnea and saying good night to insomnia • revelations about the mind-body connection—countering stress and relieving depression • the ins and outs of medical exams—what to ask, and when to change doctors • an eating program that will help you achieve a healthy weight • an exercise program to strengthen bones, build muscle, and provide energy There is so much unreliable health care advice on the Internet and so many fad “cures” that it can be hard to know what matters and what doesn't. With warmth and encouragement, Dr. Nicea Goldberg gives you the solid information you need on the path to great health.

Women's Encyclopedia of Natural Medicine Oct 19 2021 A professional practitioner of natural medicine presents a comprehensive guide for women and health-care providers that presents a wide range of natural home remedies, from nutritional supplements to physical exercises, for a variety of women's health concerns. Original. IP.

Pat the Zoo (Pat the Bunny) Sep 25 2019 A fun and exciting touch-and-feel book featuring one of the best-selling children's book characters of all time - Pat the Bunny! Pat the Bunny has been creating special first-time moments between parents and their children for over 75 years. This engaging touch-and-feel book takes babies on a playful trip to the zoo where they can pet animals like lions, pandas, turtles, and more, all the while making cherished memories that will last a lifetime.

Colp Dec 29 2019 At least once a year since I first started writing, I have put together a story that once finished, I simply file away in a folder entitled 'Completed' where it is never seen or heard from again. Not because they were bad, but because they were just so different that there was nowhere else to put them. They would be devoid of a genre, a theme, and would sometimes read like an alcohol-infused dream. But they were good stories all the same. One day, I got to thinking 'maybe other authors out there have stories that are just too weird to fit conventional themes?' It turns out that I was right...A Little Bit of Nonsense contains exactly that: a handful of short stories that are otherwise too obscure and too nonsensical to find a home anywhere else. Enjoy.

General and applied ichthyology : (fish and fisheries) Jan 10 2021

Your Menopause, Your Menotype Oct 31 2022 Offers alternative menopause treatments to hormone replacement therapy, profiling three different ways in which menopause transpires while explaining how women can naturally treat symptoms based on their emotional and physical experiences, heredity, diet, and lifestyles. Reprint. 10,000 first printing.

Aprende Inglés Sep 05 2020 Descubre el Volumen 2 de uno de los libros más vendidos en UK, España, Estados Unidos y Latinoamérica Porque este libro está escrito un 90% en inglés? Este libro está escrito para personas que ya tienen un conocimiento previo del idioma y quieren salir de ese nivel intermedio, recuerden que la mejor herramienta para ser fluente es practicar y leer mucho en inglés solo así lograremos salir de ese nivel que nos ha estancado a muchos. Sal de ese nivel intermedio de una vez..... Este libro es para aquellos que ya tienen una base del inglés y quieren salir de ese nivel Intermedio y avanzar de una vez Como usar este libro: -Descarga o compra la versión física -Descarga el audiolibro (Próximamente a la venta) -Práctica cada día con situaciones reales y desenvuélvete con el inglés como si fueras un nativo. Ahora podrás llegar a ser más fluente en menos tiempo con la ayuda de este libro LO QUE ENCONTRARAS EN ESTE LIBRO: - Las frases más usadas por los nativos. - Vocabulario para ser más fluente. - Expresiones útiles para toda clase de ocasión. - Como redactar un email en inglés profesionalmente. - Frases útiles para una entrevista de trabajo.-

Como mejorar la pronunciación y muchos temas más... Obtenga la el libro en cualquiera de sus formatos por este precio de oferta ya que el precio podría incrementar. Vendido en dos versiones: Español Inglés, Inglés Español. APRENDE INGLES EN TIEMPO RECORD Este libro nos enseña con su segunda entrega como aprender Inglés en tiempo record, para aquellos que ya tienen una base en el inglés o para aquellos que ya han adquirido el primer libro de Aprende Ingles Sin ir a Clases. Si quieres pasar de ese nivel intermedio al avanzado el libro Aprende Inglés en Tiempo Record es para ti. Disponible también en versión audiolibro. Los clientes de todo el mundo dicen: "Es como un Use of English muy útil para consulta, todos deberíamos tener uno en casa. Yo soy profesora y lo voy a recomendar a mis alumnos porque es muy completo y es muy fácil de usar. Sirve tanto para mejorar en clase como para aprender conversación de manera autodidacta. Me ha encantado. Lo recomiendo." "Excelente continuación de un gran título! Merece la pena seguir aprendiendo inglés con este contenido!" "Esta muy bien estructurado, a mi parecer es un excelente libro lo recomendaria 100%, me esta ayudando mucho en mi aprendizaje para escalar un poco mas" "Me encanto el libro era justo lo que buscaba para mis clases. Lo recomendaré a mis alumnos muy bien escrito muy buen libro de inglés." Recuerda que la mejor inversion es el conocimiento.

Menopause Feb 29 2020 Menopause is a natural life stage, but symptoms that come with it can take a toll on a woman's health and wellbeing. What's more, diet, lifestyle, and environmental factors can worsen symptoms. Luckily, as the number of women entering menopause increases, so does the number of treatment options available to them -- but the choices are not always simple or clear-cut. With the balanced and well-researched information in this booklet, women and their healthcare practitioners can make the best choices to manage symptoms and achieve optimal health.

Healing Massage Feb 08 2021 This practical, detailed, and accessible guide to using massage to treat a range of medical conditions will educate and empower both massage practitioners and non-professionals who want to safely and effectively make a difference in the well-being of a friend or family member. Chapters are conveniently organized alphabetically, so that the reader can easily find helpful treatments for more than 40 medical conditions such as asthma, cancer, frozen shoulder, and plantar fasciitis. Bringing together Eastern and Western understandings of the body, health, and wellness, this user-friendly sourcebook defines and details each of the conditions, any contraindications to massage, and massage protocols and instructions, including how often treatment should be administered. Healing Massage can make treatment and pain relief both available and affordable to those who might not have access to expensive professional treatment. It can also provide substantial and detailed information to practitioners not familiar with a specific condition. Written by a leading massage practitioner and international teacher, this book will be a will be an essential reference in the office or at home. From the Trade Paperback edition.

New Books on Women and Feminism Feb 20 2022

Menopause Movement Jun 02 2020

Nutrition-Immunity-Longevity May 26 2022 Nutrition aside, there are other interesting topics worth exploring in the pursuit of health. Can cancer be prevented? Why doesn't everyone live long, healthy lives? What is the relationship between cardiovascular disease and the immune system? How does the immune system affect overall health? Which is a healthier food option: natural and wholesome plant foods or animal-based foods? How do our lifestyles affect our health? Good health is not a secret. To achieve good health, we must first understand it. By drawing links between diet, health, and the immune system, this book

provides fascinating insights into the preventive science of Nutritional Immunology.

Cult Shock Oct 26 2019 Two Christian Bible scholars outline arguments anyone can use to counter—and evangelize to—Jehovah ' s Witnesses and Mormons when they come knocking. **Cult Shock** is an easy-to-follow resource of Christian apologetics that teaches you how to defend your Christian faith against the claims of Jehovah ' s Witness and Mormon missionaries. Mark Stengler Jr., and Mark Stengler Sr.—a father-and-son team of Christian scholars—explain the beliefs of these groups, and demonstrate through scripture and logic how Biblical Christianity refutes their worldview. Readers will gain confidence witnessing to these groups based on the Stengler ' s recommended engagement techniques from their years of experience. **Cult Shock** provides all the tools you need to proclaim the real Jesus with fearless confidence!

The Miracle of MSM Jun 22 2019 "Here is something natural, a supplement that appears to be safe and is helping many people. Why shouldn't you be one of them?"—William Regelson, M.D., co-author of *The Melatonin Miracle MSM*, or methylsulfonylmethane, is the first safe, natural, side-effect-free remedy for many types of pain and inflammatory conditions. In this authoritative look at MSM, Drs. Stanley Jacob and Ronald Lawrence reveal how to tap into the benefits of this amazing "miracle" compound. Experienced in the successful treatment of thousands of patients for pain, they explain how to take MSM—how much, when, with what foods, and in what form—to relieve pain in its many varieties, including: Degenerative arthritis Chronic back pain Chronic headache Muscle pain Fibromyalgia Tendinitis and bursitis Carpal tunnel syndrome TMJ Post-traumatic pain and inflammation Allergies and more

[American Book Publishing Record](#) Jan 22 2022

Disciple IV May 02 2020 **DISCIPLE IV UNDER THE TREE OF LIFE** is the final study in the four-phase **DISCIPLE** program and is prepared for those who have completed **BECOMING DISCIPLES THROUGH BIBLE STUDY**. The study concentrates on the Writings (Old Testament books not in the Torah or the Prophets), the Gospel of John, and Revelation. Emphasis on the Psalms as Israel's hymnbook and prayer book leads natural to an emphasis on worship in the study. Present through the entire study is the sense of living toward completion - toward the climax of the message and the promise, extravagantly pictured in Revelation. The image of the tree and the color gold emphasize the prod and promise in the Scriptures for **DISCIPLE IV: UNDER THE TREE OF LIFE**. The word under in the title is meant to convey invitation, welcome, sheltering, security, and rest - home at last. Commitment and Time Involved 32 week study Three and one-half to four hours of independent study each week (40 minutes daily for leaders and 30 minutes daily for group members) in preparation for weekly group meetings. Attendance at weekly 2.5 hour meetings. DVD Set Four of the five videos in this set contain video segments of approximately ten minutes each that serve as the starting point for discussion in weekly study sessions. The fifth video is the unique component that guides an interactive worship experience of the book of Revelation. Under the Tree of Life Scriptures lend themselves to videos with spoken word, art, dance, music, and drama. Set decorations differs from segment to segment depending on the related Scripture and its time period. Set decoration for video segments related to the Writings generally has a Persian theme. Set decoration for the New Testament video segments emphasizes the simpler life of New Testament times.

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