



Tel: 604-8283511

Book List of CAP Publications (English)

Only RM8.00 (Peninsular Malaysia) and RM14.00 (East Malaysia) per order for shipping and handling charges (irrespective of number of books purchased).

FOOD	RM	PAGES
Avoid Chemicals In Your Food	5.00	108
Baby Food Guide	2.50	40
Brain Foods	5.00	62
Danger Foods	20.00	308
Eating Right	6.00	92
Fruits — A Nutrition Guide	5.00	90
Home Nutrition Garden	2.50	40
From Garden To Plate	4.00	10
Halal Haram — An Important Book For Muslim Consumers	18.00	200
How Toxic Is Your Cup Of Coffee?	2.50	40
Instant Health Risks	5.00	68
Is MSG Safe?	4.00	68
Shocking Ingredients In Your Food	12.00	112
The Real Thing In Soft Drinks	2.50	44
Toxic Trans Fat In Processed Foods	7.00	112
What's In Your Bread	3.00	52
What They Don't Tell You About Milk	3.00	52
What You Should Know About Genetically Modified Foods	4.00	72
What's Wrong With Eating Meat	2.50	48
Vegetables: A Nutrition Guide	7.00	136
HEALTH	RM	PAGES
Bicycle Is Best For Transport, Health, Economic Gains	4.00	72
Breastfeeding Makes Your Child Intelligent	4.00	84
Can Doctors Be Trusted?	2.50	48
Cancer-causing Chemicals In Cosmetics & Daily Use Products	6.00	88
Chemical Hazards	3.00	12

Contaminated Humans — Over 300 Chemicals Found In Our Blood	6.00	106
Cosmetics & Personal Care Products	6.00	140
Eating Chemicals From Food Packaging	5.00	60
Emotional Fitness	19.00	144
Exercise As Medicine	26.00	232
Fashion That Hurts	6.00	150
Good Gut, Good Health	6.00	84
Going Extinct	2.50	28
Health Supplements	5.00	90
Heart Disease: Prevention, Natural Cures & Reversal	22.00	160
Herbs In Daily Life	4.00	72
High Risks In Caesarean Births	8.00	154
How Sleep Affects Your Body & Mind	3.00	60
How Sugar Destroys Your Health	7.00	128
How Unsafe Is Your Mobile Phone	2.50	48
Laser Eye Surgery	2.50	44
Lead And Your Ill Health	5.00	64
Low Level Radiation — The Invisible Killer	8.00	180
Metabolic Syndrome	4.00	64
Microwave Ovens — A Recipe For Cancer	2.50	36
Non Stick Pans Can Causes Sickness	4.00	80
Obesity — What Risks Do You Face If You Are Overweight Or Obese?	4.00	90
Our Immune System	4.00	72
Perfume Is Poison	6.00	88
Prevent Cancer	2.50	39
Prevent Cancer W#ith Good Eating & Living Habits	5.00	106
Protect Your Child	15.00	228
The Hormone Replacement Therapy Hoax	4.00	64
The New Silent Killer	5.00	72
Toxics In Plastics	2.50	60
Unsound Ultrasound	2.50	40
Water For Health	5.00	66
We Are Human Guinea Pigs	6.00	78

When Medicine Don't Work Anymore (TWN)	14.00	133
Why You Can't Lose Weight	6.00	60

FINANCIAL LITERACY	RM	PAGES
Don't Be A Victim Of Mindless Buying	6.00	80
How To Complain & Get Results	16.00	255
How Much Is Hidden? Pay For Elites In Government-Linked Entities	25.00	133
Money Matters For Young People	6.00	96
Teens Thinking About Money	4.00	16
The Malaysian Economy: Structures And Dependence (IMB/TWN)	60.00	286
The Money Book	25.00	320

ENVIRONMENT	RM	PAGES
Natural Farming For Earth's Sake	4.00	12
Pest Repellent — Managing Pest In Natural farming	4.00	12
Soil Health	2.50	12
State Of The Environment In Malaysia	80.00	515
Minimising Exposure To Persistent Organic Pollutants (POPs)	20.00	108
Persistent Organic Pollutants (POPs)	4.00	12
Seed Saving Guide	10.00	10 inserts
Combating Climate change	6.00	54
Notebook: 40 Ways To Save The Environment	2.50	40
Wasted Lives	15.00	132
Managing Pests In Home Garden	5.00	20
Organic Farming	1.20	20
Moving Towards Zero Waste Management	10.00	52

EDUCATION	RM	PAGES
Computers Do Not Help Children Learn	2.50	48
How School Affects Your Kids	4.00	67
How TV Affects Your Child's Development	2.50	58

HUMAN VALUES	RM	PAGES
For A Sane Green Future	25.00	258
Halal Haram In Culture	25.00	252
Natural Wisdom	3.00	60
Series 2: Unconditional Love	3.00	56
Series 3: Love For Home & Children	3.00	46
Series 4: Love God, Humanity & Life	3.00	60
Celebrating The Life Of Social Activism Of S.M. Mohamed Idris	10.00	52
The Secret To Happiness	5.00	48
The Happiness Factor	8.00	136

DEVELOPMENT	RM	PAGES
Beyond Consumer Culture	9.00	150
Caught In The Web	4.00	72
Land Issues In Malaysia (Tanah Air Ku)	28.00	276
Penang Perspective — My Island In The Sun (Vo I)	20.00	237
Penang Perspective — My Island In The Sun (Vol II)	25.00	218
Reflections On Malaysian Society	8.00	110
Understanding Globalization	4.00	72