

General Health – A Reading List

Detoxification and Healing: The Key to Optimal Health, Sidney MacDonald, Baker. Keats Publishing; New Canaan, CT, 1997

Foods That Fight Pain: Revolutionary New Strategies for Maximum Pain Relief, Neal D. Barnard (Contributor), Jennifer Raymond (Contributor). Harmony Books, 1998

The Yeast Connection Handbook, William Crook. Professional Books, Inc.; Tennessee, 1997

Fats That Heal, Fats That Kill: The Complete Guide to Fats, Oils, Cholesterol and Human Health, Udo Erasmus. Alive Books; Vancouver, Canada, 1999

The Four Pillars of Healing, Leo Galland. Random House; New York, 1998

The “New” Becoming Vegetarian, Vesanto Mellina, and Brenda Davis. Healthy Living Publications; Tennessee, 2003

How to Prevent and Treat Cancer with Natural Medicine, Michael Murray, Tim Birdsall, Joseph Pizzorno, and Paul Reilly. Riverhead Books; New York, 2002

How to Prevent and Treat Diabetes with Natural Medicine, Michael Murray and Michael Lyon. Riverhead Books; New York, 2003

Encyclopedia of Nutritional Supplements : The Essential Guide for Improving Your Health Naturally, Michael T. Murray. Prima Publishing, 1996

Encyclopedia of Natural Medicine, Michael T. Murray and Joseph E. Pizzorno. Revised 2nd Edition, Prima Publishing; Rocklin, CA 1997

Healing With Whole Foods: Oriental Traditions and Modern Nutrition, Paul Pitchford. North Atlantic Books; Berkeley, CA, 1996

Why Zebras Don't Get Ulcers : An Updated Guide to Stress, Stress-Related Diseases, and Coping, Robert M. Sapolsky. W.H Freeman & Co.; New York, 1998

Smart Fats: How Dietary Fats and Oils Affect Mental, Physical and Emotional Intelligence, Michael A. Schmidt. Frog Ltd., 1997

How To Prevent And Treat Diabetes With Natural Medicine, Michael T. Murray, Tim Birdsall, Joseph E. Pizzorno, Paul Reilly. Riverhead Books, New York 2003

Close to the Bone: Life Threatening Illness and the Search for Meaning, Jean Shinoda Bolen. Red Wheel/Weiser, LLC, San Francisco 2007

Imagery in Healing, Jeanne Achterberg. Shambhala Publications; Boston, MA 1985

Prepare for Surgery Heal Faster, Peggy Huddleston. Angel River Press; Cambridge, MA 1996

Women's Bodies Women's Wisdom: Creating Physical and Emotional Health and Healing, Christiane Northrup. Bantam Books, New York 1998

Wisdom of Menopause: Creating Physical and Emotional Health and Healing During the Change, Christiane Northrup. Bantam Books, New York 2001

Mother Daughter Wisdom: Creating a Legacy of Physical and Emotional Health, Christiane Northrup. Bantam Books, New York 2005