

# Brewer Health & Science Resource Center

325 N. Central Ave., Richland Center, WI 53581  
Phone: (608) 647-6513 FAX: 608) 647-6797

## We have the following books on **Psychology, Philosophy and Dreams**

\*\*Healing the Gender Wars (1996)  
by Samuel Slipp

\*The Emotion Code (2007)  
by Dr. Bradley Nelson

\*\*Beyond Therapy, Beyond Science (1992)  
by Anne Wilson Schaff

\*The Transformation Factor (1992)  
by Allerd Stikker

\*Global Mind Change (1988)  
by Willis Harman, Ph.D.

\*A Conscious Life (1996)  
by Fran Cox & Lois Cox, Ph.D.

\*Change Your Mind And Keep the Change (1987)  
by Steve Andreas

\*\*The Twenty Minute Counselor (1992)  
by Charles H. Huber

\*\*Energy Psychology (1998)  
by Fred P. Gallo

\*Healing Myths, Healing Magic (2000)  
by Donald M. Epstein

\*\*NLP The New Technology of Achievement (1994)  
edited by Steve Andreas & Charles Faulkner

\*Instead of Therapy (1991)  
by Tom Rusk, MD

\*Qugong in Psychotherapy (2007)  
by Patrick Dougherty, M.A., L.P.

\*Counseling with Choice Therapy (2000)  
by William Glasser, MD

\*How To Change Your Mind (1997)  
by Peter Alimaras, Ph.D.

\*In A Different Voice (1982)  
by Carol Gilligan

\*Anatomy of an Epidemic (2010)  
by Robert Whitaker

\*Radical Knowing (2005)  
by Christian de Quincey

\*Who Moved My Cheese (1998)  
by Spencer Johnson, MD

\*Introducing Positive Psychology **DVD**  
by Paul Monaco, Ph.D.

\*\*Vital Lies Simple Truths (1997)  
by Daniel Goleman

\*\*The Evolving Self (1993)  
by Mihaly Csikszentmihaly I

\*Behind the Masks (1993)  
by Jean Bond

\*\*Conservations in Psycho Therapy (1992)  
by R.V. Fitzgerald, MD

\*\*Twins And What They Tell Us About Who We Are (1997)  
by Lawrence Wright

\*\*Characterological Transformation (1985)  
by Stephen M. Johnson

\*\*Handbook of Psychotherapy and Religious Diversity (1999)  
by P. Scott Richards & Allen E. Bergin

\*\*The Placebo Response (1997)  
by Howard Brody, MD

\*The Bioenealogy Source Book (2001)  
by Christian Fleche

\*\*The Craft of Psychotherapy (1989)  
by I. H. Paul, Ph.D.

\*Persona Where Sacred Meets Profane (1995)  
by Robert H. Hopcke

\*\*The Theory and Practice Group Psychtherapy (1985) Third Edition  
by Irvin D. Yalom

\*The Neurotic Personality of Our Time (1964)  
by Karen Horney, MD

\*The Essential JUNG (1983)  
by Anthony Storr

\*The Archetypes and the Collective Unconscious (1999)  
by C. G. Jung

- \*\*The Psychotherapeutic Impasse (1986)  
by Myron F. Weiner, MD
- \*\*Stress Response Syndromes (1976)  
by Mardi J. Horowitz, MD
- \*\*The Universe Within (1982)  
by Morton Hunt
- \*Grammatical Man (1982)  
by Jeremy Campbell
- \*Synchronicity (1996)  
by Allan Combs and Mark Holland
- \*Consciousness (1999)  
by J. Allan Hobson
- \*Ethical Choice (1970)  
by Robert N. Beck and John B. Orr
- \*Philosophy for Dummies (1999)  
by Tom Morris, Ph.D.
- \*Walking Up In Time (1998)  
by Peter Russell
- \*\*Parker's Complete Book of Dreams (1995)  
by Julie & Derek Parker
- \*The Orgins of Dreams (1997)  
by Joseph Griffin
- \*\*The Dream Game (1974)  
by Ann Faraday, Ph.D.
- \*Spiritual Dreaming (1995)  
by Kelly Bulkeley

\*The Universal Dream Key (2001)  
by Patricia Garfield, Ph.D.

\*Our Dreaming Mind (1994)  
by Robert L. Van De Castle, Ph.D.

\*\*Book of Dreams (2002)  
by Sylvia Brown

\*\*In Your Dreams (1997)  
by Gayle Delaney, Ph.D.

**\*\*Hardback \*Paperback**

[52 books]  
[1 DVD]

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## **We have the following books on Digestion, Irritable Bowel Syndrome, Probiotics, and Candida**

\*Secrets of a Good Digestion [1982]  
by Oliver E. Allen

\*The Detoxx Book [2002]  
by John S. Foster, MD and others

\*The Colon Health Handbook [1982]  
by Robert Gray

\*Real Medicine Real Health [2006]  
by Dr. Arden Andersen

\*The Probiotic Solution [2003]  
by Dr. Mark A. Brudnak

\*The Consumer's Guide to Probiotics [2005]  
by S.K. Dash, Ph.D.

\*The Probiotics Revolution [2008]  
by Gary B. Huffnagle, Ph.D.

\*Probiotics Nature's Internal Healers [1998]  
by Natasha Trenev

\*\*Gut Reactions (1989)  
by W. Grant Thompson, MD

\*Dr. Jensen's Guide to Better Bowel Care (1999)  
by Dr. Bernard Jensen

\*Irritable Bowel Syndrome (1995)  
by Rosemary Nicol

\*The First Year IBS An Essential Guide for the Newly Diagnosed (2001)  
by Heather Van Vorous

\*IBS: A Doctor's Plan for Chronic Digestive Troubles (1996)  
by Gerard Guillory, MD

\*A New IBS Solution (2006)  
by Mark Pimentel, MD

\*Stop the Heartburn (1996)  
by David S. Utley, MD

\*No More Heartburn (2000)  
by Sherry A. Rogers, MD

\*Hiatal Hernia Syndrome: Insidious Link to Major Illness (1990)  
by Theodore A. Barody, Jr.

\*Optimal Digestion (1999)  
edited by Trent W. Nichols, MD

\*Gut Solutions Natural Solutions to Your Digestive Problems (2003)  
by Brenda Watson, ND

\*Peptic Ulcer Disease (1990)  
edited by Perry B. Molinoff, MD

\*Your Gut Has a Mind of It's Own The Second Brain (1999)  
by Michael D. Gershon, MD

\*\*Celiac Disease A Hidden Epidemic [2006]  
by Peter H.R. Green, MD

\*Pocket Guide to Gastroenterology [1991]  
edited by David B. Sachar

\*Guess What Came to Dinner Parasites and Your Health [1993]  
by Ann Louise Gittleman

\*Why Stomach Acid Is Good For You [2001]  
by Jonathan V. Wright, MD and Lane Lenard, Ph.D.

\*Living Well with Celiac Disease [2002] (Second Edition)  
by Claudine Crangle

\*Breaking the Vicious Cycle [1994]  
by Elaine Gottschall, BA

\*Patient Heal Thyself [2002]  
by Jordan S. Rubin, N.M.D.

\*Microscopic Colitis [2012]  
by Wayne Persky

\*Leaky Gut Syndrome [1998] A Keats Good Health Guide  
by Elizabeth Lipsid. MS

\*The Friendly Bacteria [1998] A Keats Good Health Guide [2 copies]  
by William H. Lee, R.Ph. Ph.D.

\*Beyond Probiotics [1998] A Keats Good Health Guide  
by Ann Louise Gittleman, MS

Digestive Enzymes [1983] A Keats Good Health Guide [2 copies]  
by Jeffrey Bland, Ph.D.

\*Intestinal Toxicity Inn Cleansing [1987] A Keats Good Health Guide  
by Jeffrey Bland, Ph.D.



\*Cure Indigestion, Heartburn, Cholesterol, Triglyceride & Liver Problems with Artichoke Extract (1999)  
by Gary Ross, MD and David Steinman

\*Acidophilus & Colon Health (1991)  
by David Webster

\*Natural Healing for Parasites (1995)  
by Ann Louise Gittleman, MS

\*Candida Albicans Could Yeast Be Your Problem? (1988)  
by Leon Chaitow

\*Coping with Candida Cookbook (1984)  
by Sally Rockwell, Nutritionist

\*Dr. Crook Discusses YEASTS and How They Can Make You Sick (1997) [2 copies]  
by William G. Crook, MD

\*Candida Albicans (1984)  
by Ray C. Wunderlich, Jr. MD

\*The Yeast Connection A Medical Breakthrough (1986)  
by William G. Crook, MD

\*The Candida Yeast Answer (1997)  
by Gary Carlson

\*Beat The Yeast Cookbook (1985)  
by Charlene Grimmett

\*Mayo Clinic on Digestive Health  
Editor in Chief John E. King, MD

[45 books]

**\*\*Hardback \*Paperback**

# Brewer Health & Science Resource Center

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## **We have the following books on Hormones, Menopause, Osteoporosis & Other Women Issues**

\*Hormone Replacement Therapy Yes or No? [1995]  
by Betty Kamen, Ph.D.

\*The Miracle of Natural Hormones [3<sup>rd</sup> Edition] [1999]  
by David Brownstein, M.D.

\*The Menopause Sourcebook [1994]  
by Gretchen Henkel

\*Menopausal Years The Wise Women Way [1992]  
by Susan S. Weed

\*The Hormone Replacement Handbook [1996]  
by People's Medical Society

\*Your Monotype, Your Menopause-Find Your Type and Free Yourself from  
the Symptoms of Menopause [2002]  
by Angela Stengler, N.D. & Mark Stengler, N.D.

\*The Wisdom of Menopause [2001]  
by Christine Northrup, M.D.

\*Dr. Susan Loves Hormone Book [1997]  
by Susan M. Love, M.D.

\*\*Menopause-A Guide for Women and The Men Who Love Them (1992)  
by Winnifred B. Cutler, Ph.D.

\*\*Menopause (1994)  
by Dr. Mariam Stoppard

\*\*Menopause Without Medicine (1995) [Revised & Updated 3<sup>rd</sup> Edition]  
by Linda Qjeda, Ph.D.

\*What Your Doctor May Not Tell You About Premenopause (1999)  
by John R. Lee

\*\*It's My Ovaries, Stupid! (2003)  
By Elizabeth Lee Vliet, M.D.

\*The Hormone Secret: Discover Effortless Weight Loss and Renewed  
Energy in Just 30 Days (2015)  
by Tami Meraglia

\*Making Sense of Menopause (1993)  
by Faye Kitchener Cone

\*\*The Pause: Positive Approaches to Menopause (1993)  
by Lonnie Barbach, Ph.D.

\*\*The Hormone of Desire (1996)  
by Susan Rako, M.D.

\*The Women's Book of Healing (1996)  
by Diane Stein

\*\*Dealing with the Psychological Spiritual Aspects of Menopause (1984)  
by Dana E. King, MD

\*The HRT Solution-Optimizing Your Hormone Potential (1999)  
by Marla Ahlgrimm, RPH

\*The Estrogen Alternative-The Guide to Natural Hormonal Balance (2005)  
by Raquel Martin and Judi Gerstung, D.C.

\*The Hormone Decision (2007)  
by Tara Parker-Pope

\*\*Is It Me or My Hormones? (2015)  
by Marcella Pick, MSN., OB/GYN

\*Women, Weight and Hormones (2001)  
by Elizabeth Lee Vliet, M.D.

\*Screaming to Be Heard (2001)  
by Elizabeth Lee Vliet, M.D.

\*So You're Having a Hysterectomy (2003)  
by Togas Tulandi, MD and Barbara Levy, MD

\*Hysterectomy-Exploring Your Options (2003)  
by Edward E. Wallach, M.D. and Esther Eisenberg, M.D. , M.P.H.

\*The Hormone Cure (2013)  
by Sara Gottfried, M.D.

\*The Hormone Reset Diet (2015)  
by Sara Gottfried, M.D.

\*\*Ageless The Naked Truth About Bioidentical Hormones (2006)  
by Suzanne Sommers

\*Stay Young & Sexy with Bio-identical Hormone Replacement (2010)  
by Jonathan V. Wright, MD

\*Hysterectomy Before & After (1988)  
by Winnifred B. Cutler, Ph.D.

\*The Target Method (2014)  
by David Rosensweet, MD

\*The Miracle of Natural Hormones (1999)  
by David Brownstein, MD

\*Dr. John Lee's Hormone Balance Made Simple (2006)  
by John R. Lee

\*What's Age got To Do With It? (2009)  
by Robin McGraw

\*What Your Doctor May Not Tell You About Menopause (1996)  
by John R. Lee

\*Natural Hormone Replacement (1997)  
by Jonathan Wright, MD

\*Overcoming Endometriosis (1987)  
by Mary Lou Balweg

\*Preventing and Reversing Osteoporosis (1994)  
by Alan R. Gaby

\*\*The Osteoporosis Solution (1999)  
by Carl Germano

\*Osteoporosis (1997)  
by Deborah Lee

\*How to Fight Osteoporosis and Win (1996)  
by Beth M. Ley

\*The Secret of Natural Hormone Therapy **(VHS)**  
by John R. Lee, MD

\*\*Strong Women, Strong Bones (2000)  
by Mariam Nelson, Ph.D.

**\*\*Strong Women Stay Strong (1998)**

by Miriam E. Nelson

**\*Tired of Being Tired (2001)**

by Jesse Lynn Hanlin, MD

**\*Pelvic Pain and Low Back Pain (2002)**

by Janet A. Hulme, MA

**\*\*You Being Beautiful (2008)**

by Michael F. Roizen & Mehmet Oz, MD

**\*The Interstitial Cystitis (2000)**

by Robert M. Moldwin, MD

**\*\*Mayo Clinic Managing Incontinence (2013)**

by Mayo Clinic

**\*\*The Core Program (2001)**

by Peggy W. Brill, PT

**\*Women Encyclopedia of Natural Medicine (1998)**

by Tori Hudson, ND

**\*The Women's Encyclopedia of Natural Healing (1996)**

by Dr. Gary Null

**\*\*Dr. Nancy Snyderman's Guide to Good Health (1996)**

by Nancy Snyderman, MD

**\*Premenopausal Syndrome Self-Help Book (1984)**

by Dr. Susan Lark

**\*Menstrual Cramps (1993)**

by Susan M. Lark, MD

**\*Heavy Menstrual Flow & Anemia (1996)**

by Susan M. Lark

\*A Women's Concise Guide to Common Medical Tests (2005)  
by Michele C. Moore

\*Ask Your Gynecologist (1998)  
by Scott Thornton, MD

\*Take This Book to the Gynecologist with You (1991)  
by Gale Maleskey

\*The Incontinence Solution (2002)  
by William H. Parker

\*Women's Health Series (1998) Books 1 & 2  
by Alternative Medicine Guide

\*\*Empowering Women (1997)  
by Louise L. Hay

\*Your Guide to Hysterectomy, Ovary Removal & Hormone  
Replacement (2002)  
by Elizabeth Plourde, CLS

\*The Uterine Health Companion (2010)  
by Eve Agee, Ph.D.

\*\*Women Heal Thyself (1995)  
by Jeanne Elezabeth Blum

\*\*For Women Only (2001)  
by Jennifer Berman, MD & Laura Berman, Ph.D.

\*\*A Women's Book of Life (1996)  
by Joan Borysenko, Ph.D.

\*\*Masters and Johnson on Sex and Human Loving (1985)  
by William H. Masters

\*The Harvard Guide to Women's Health (1996) by Karen J. Carlson, MD  
(70 books) **\*\*Hardback & \*Paperback**

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## **We have the following books on AIDS, Viral Immunity & Various Viruses**

\*What If Everything you Thought You Knew about AIDS was  
Wrong? (1996)  
by Christine Maggiore

\*AIDS The Unnecessary Epidemic (1991)  
by Stanley Monteith, MD

\*The Cure for HIV and AIDS (1983)  
by Hulda Regehr Clark, Ph.D.

\*How To Reverse Immune Dysfunction (1997)  
by Mark Knolee

\*The Hepatitis C Handbook (1999)  
by Matthew Dolan

\*\*The Virus Within (2000)  
by Nicholas Regush

\*\*Vaccine Epidemic (2011)  
by Louise Kuo Habakus, M.A.

\*Influenza Disease Management Guide PDR 2000-2001  
by Tamiflu



\*\*Bacterial Infections of Humans 2<sup>nd</sup> Edition (1991)  
edited by Alfred S. Evans

\*Viral Immunity (2002)  
by J.E. Williams, O.M.D.

\*Viral Infections of Humans (1991)  
edited by Alfred S. Evans

\*Dr. Melissa Palmer's Guide to Hepatitis & Liver Disease (2004)  
by Melissa Palmer, MD

\*The Complete Idiot's Guide to Dangerous Diseases and  
Epidemics (2002)  
by David Perlin, Ph.D.

\*Infection Protection: Pandemic (2006)  
by Ronald Klatz, MD

\*\*The Polio Paradox (2002)  
by Richard L. Bruno

\*\*Fundamentals of Medical Virology 2<sup>nd</sup> Edition (1985)  
by Louis Kucera

\*\*Living with Shingles (1998)  
by Mary-Ellen Siegel and Gary Williams

\*\*The New Killer Disease (2003)  
by Elinor Levy & Mark Fischetti

\*The Coming Plaque (1994)  
by Laurie Garrett

\*The Micro Silver Bullet (1995)  
by Dr. M. Paul Farber

\*Nature's Virus Killer (2000)  
by Mark Stengler, ND

\*The Fungus Link (2000)  
by Doug A. Kaufmann

\*Herbal Antivirals (2013)  
by Stephen Harrod Buhner

**\*\*Hardback \*Paperback**

[23 books]

# Brewer Health & Science Resource Center

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## **We have the following books on Vegetarian, Healing Foods, Alkaline/Acid & Low-Carb, Smart Fats**

\*Vegetarian Soup Cookbook (1998)  
by Janice Cook Migliaccio

\*TOFU Quick & Easy (1986)  
by Louise Hagler

\*This Can't Be TOFU (2000)  
by Deborah Madison

\*Meatless Burgers (1999)  
by Louise Hagler

\*Vegetarian Cooking for People with Allergies (1997)  
by Raphael Rettner, DC

\*Almost Vegetarian (1994)  
by Diana Shaw

\*The New Farm Vegetarian Cookbook (1997)  
editors Louise Hagler & Dorothy R. Bates

\*Leafy Greens (1995)  
by Mark Bittman

\*Simply Heavenly (1997)

by Abbot George Burke

\*Vegetarian Times Complete Cookbook (1995)

by editors of Vegetarian Times

\*\*Vegetable Heaven (1997)

by Mollie Katzen

\*\*Vegetarian Entertaining (1996)

by editors of Vegetarian Times

\*\*Linda's Kitchen (1995)

by Linda McCartney

\*Moosewood Cookbook (1992)

by Mollie Katzen

\*\*The Vegetarian Gourmet (1995)

by Roz Denny

\*The Healing Powers of Vinegar (2009)

by Cal Orey

\*Acid & Alkaline (1980)

by Herman Aihara

\*The Acid-Alkaline Diet for Optimum Health (1999)

by Christopher Vasey, ND

\*\*The Coconut Diet (2005)

by Cherie Calbom

\*Cooking with Coconut Flour (2005)

by Bruce Fife, ND

\*Coconut Lover's Cookbook (2008)

by Bruce Fife, ND

\*Coconut Cures (2005)  
by Bruce Fife, ND

\*Earl Mindell's Soy Miracle (1995)  
by Earl Mindell, R.Ph.

\*Sugars That Heal (2001)  
by Emil I. Mondo, MD

\*The Natural Gourmet (1989)  
by Annemarie Colbin

\*The Uncheese Cookbook (1994)  
by Joanne Stepaniak

\*The All-Occasion Cookbook (1994)  
by Reader's Digest

\*365 Ways to Wok (1993)  
by Linda Drachman

\*\*Make the Connection (1996)  
by Bob Greene & Oprah Winfrey

\*Butter Busters The Cookbook (1994)  
by Pam Mycoskie

\*Low-Fat Living (1996)  
by Robert K. Cooper, Ph.D.

\*The Low-Fat Good Food Cookbook (1994)  
by Martin Katahn

\*\*Cook It Light Pasta, Rice and Beans (1994)  
by Jeanne Jones

\*Low-Fat For Life (1994)  
by Mike, Marilyn, Greg & Jeff Hues

- \*Quick and Healthy Low-Fat Cooking (1994)  
by Jean Rogers
  
- \*The Complete Idiot's Guide to Lowfat Cooking  
by Brigit Legere Binns
  
- \*Moosewood Restaurants Low-Fat Favorites (1996)  
by Vegetable Kingdom, Inc.
  
- \*DIET 101 The Truth About Low Carb Diets (2012)  
by Jenny Ruhl
  
- \*George Stella's Livin Low Carb (2005)  
by George Stella
  
- \*500 Low-Carb Recipes (2002)  
by Dana Carpender
  
- \*Extreme Lo-Carb Cuisine 250 Fabulous Recipes with Virtually No  
Carbohydrates (2004)  
by Sharron Long
  
- \*Living the Low Carb Life (2005)  
by Jonny Bowden, MA, CNS
  
- \*FOOD, INC (2008) **(DVD)**  
A Robert Kenner Film
  
- \*Fabulous Fats! Setting the Record Straight (2006) **(DVD)**  
by Mary Toscano, CNE
  
- \*DHA: The Magnificent Marine Oil (1999)  
by Mary Beth M. Ley-Jacobs, Ph.D.
  
- \*Olive Oil Miracle (A Keats Good Health Guide) (1996) 2-copies  
by Jean Barilla, MS

\*Evening Primrose Oil (A Good Health Guide) (1981)  
by Richard A. Passwater, Ph.D.

\*Flax for Life! 101 Delicious Recipes (1996)  
forward by Ann Louise Gittleman, MS

\*Understanding Fats & Oils (1996)  
by Michael T. Murray

\*Grapefruit Seed Extract (1997)  
by Allan Sachs, DC

\*The Healing Power of Grapefruit Seed (1996)  
by Shelia Sharamon

\*The Magic of Chia (2001)  
by James F. Scheer

\*FAT HEAD You've Been Fed A Load of Bologna (2008) **(DVD)**

\*Smart Fats to Outsmart Aging (2016) **(DVD)**  
by Steven Masley, MD

\*Solution to OutSmart Aging (2016) **(DVD)**  
by Steven Masley, MD

\*\*Smart Fat (2016)  
by Steven Masley, MD

\*The New Good Fat Bad Fat (1997)  
by William P. Castelli, MD

\*The Food That Would Last Forever (1993)  
by Dr. Gary Gibbs

\*Omega 3 Oils To Improve Mental Health, Fight Degenerative Diseases,  
and Extend Your Life (1996)

\*Eat Fat Lose Fat (2005)

by Dr. Mary Enig

\*Fats that Heal Fats that Kill (1993)

by Udo Erasmus

\*\*The Ultimate Omega-3 Diet (2007)

by Evelyn Tribole, MS

\*\*Mastering the Zone (1997)

by Barry Sears, Ph.D.

\*Enter the Zone (1995)

by Barry Sears, Ph.D.

\*\*The Omega Rx Zone The Miracle of the New High-Dose Fish Oil (2002)

by Dr. Barry Sears

\*\*The Anti Inflammation Zone (2005)

by Dr. Barry Sears

\*\*The Soy Zone (2000)

by Barry Sears, Ph.D.

\*\*The Gourmet Prescription (1999)

by Deborah Friedson Chud, MD

\*The Diabetes Carbohydrate and Calorie Counter (2003)

by Annette B. Natow, Ph.D.

\*The Belly Fat Cure Sugar & Carb Counter (2010)

by Jorge Cruise

\*The Carbohydrate Addict's Carbohydrate Counter (2000)

by Dr. Richard F. Heller and Dr. Richard F. Heller

\*The Art and Science of Low Carbohydrate Living (2011)

by Jeff S. Volek, Ph.D.



\*\*The Serotonin Solution (1996)  
by Judith J. Wurtman, Ph.D.

\*\*The Carbohydrate Addict's Lifespan Program (1997)  
by Dr. Richard F. Heller and Dr. Rachael F. Heller

\*When Food is Food & Love is Love A Step-by-Step Spiritual  
Program to Break Free from Emotional Eating (2005) **(6-CD's)**

\*Healing with Whole Foods (1993)  
by Paul Pitchford

\*\*Foods That Harm Foods That Heal (1997)  
by Reader's Digest

\*\*Food As Medicine (2003)  
by Dharma Singh Khalsa, MD

\*\*The Nutrition Bible  
by Jean Anderson, MS

\*\*Healing Foods Nutrition for the Mind, Body, and Spirit (1997)  
by Michael Van Straten

\*Food is Your Best Medicine (1965)  
by Henry G. Bieler, MD

\*\*SuperFoods (2004)  
by Steven Pratt, MD., & Kathy Matthews

\*\*The Omnivore's Dilemma (2006)  
by Michael Pollan

\*Favorite Foods Mother Nature's Medicine (2009)  
by Joe & Terry Graedon

\*\*Miracle Food Cures from the Bible (1999)  
by Reese Dubin

**\*\*The Food Pharmacy Dramatic New Evidence That Food is Your Best Medicine (1988)**  
forward by Mark Bricklin

**\*\*Genetic Roulette The Documented Health Risks of Genetically Engineered Foods (2007)**  
by Jeffrey M. Smith

**\*\*Healthy Lifestyles Cookbook (1995)**  
by Mardee Haidin Regan

**\*\*The Doctors Book of Food Remedies (1998)**  
by Selene Yeager

**\*\*Food Cures Breakthrough Nutritional Prescriptions for Everything from Colds to Cancer (2007)**  
by Reader's Digest

**\*\*Hardback \*Paperback**

[85 books]  
[5 DVD's]