

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 Anti-Aging, Longevity, etc.

****Stop Aging Now! (1995)**
by Jean Carper

****Stopping the Clock (1996)**
by Dr. Ronald Klatz

***The Baby Boomers' Guide to Living Forever (2000)**
by Terry Grossman, MD

****Healthy at 100 (2006)**
by John Robbins

****Aging Well (2002)**
by George E. Vaillant, MD

****Real Age Are You as Young as You Can Be? (1999)**
by Michael F. Roizen

****The Mayo Clinic Plan for Healthy Aging (2006)**
by Mayo Clinic

****The Complete Guide to Anti-Aging Nutrients (1984)**
by Sheldon Saul Hendler, MD

***Fantastic Voyage Live Long Enough to Live Forever (2004)**
by Ray Kurzweil

*How to Live Longer and Feel Better (2006)
by Linus Pauling

*How to Live 100 Years Without Growing Old (2002)
by Bill Sardi

*The Longevity Diet (2005)
by Brian M. Delaney

*Solution to Outsmart Aging **2-CD Set**
by Dr. Masley

**The Canyon Ranch (2001)
by Mel Zuckerman

**The Longevity Code (2001)
by Zorba Paster, MD

**Biomarkers The 10 Determinants of Aging You Can Control (1991)
by William Evans, Ph.D.

*Anti-Aging Manual (2000)
by Joseph B. Marion

*You Can Be Well At Any Age: Your Definitive Guide to Vibrant
Health & Longevity (2000)
by Steven Whiting, Ph.D.

*Reverse the Aging Process Naturally (1993)
by Gary Null

**Gary Null's Ultimate Anti-Aging Program (1999)
by Gary Null

**Gary Null's Guide to A Joyful Healthy Life (2000)
by Gary Null

*How to live Forever (2011)
by Gary Null

*Gary Null's Power Aging (2003)
by Gary Null

[23 books]
[2 CD]

****Hardcover *Paperbacks**

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We have the following books on Arthritis, Chronic Fatigue, Back Pain & Fibromyalgia

*Healing Muscle Pain (2001)
by Elisabeth Aaslid

*Pain Buster-A Breakthrough 4-Step Program for Ending
Chronic Pain (2001)
by John M. Stamatatos

*Mineral Miracle-Stopping Cartilage Loss & Inflammation Naturally (2006)
by Shari Liegerman, Ph.D.

*The Multifidus Back Pain Solution-Simple Exercises That Target the
Muscles That Count (2002)
by Jim Johnson, P.T.

*Healing Back Pain-The Mind-Body Connection (1991)
by John E. Sarno, M.D.

*Pain Free at Your PC (1999)
by Pete Egoscue

*Doctors Guide to Back Pain Relief (1997)
by James H. Wheeler, M.D.

*Back Pain Relief The Ultimate Guide (1997)
by Robert H. Miller & Christine A. Opie

*The Truth About Chronic Pain (2003)
by Arthur Rosenfeld

*The Back Power Program (1990)
by David Imrie, MD & Lu Barbuto, DC

*The 7-Minute Rotator Cuff Solution (1991)
by Joseph Horrigan, DC & Jerry Robinson

*Instant Relief-Tell Me Where It Hurts and I'll Tell You What to Do (2003)
by Peggy W. Brill, P.T.

*Beyond Aspirin (2000)
by Thomas M. Newmark & Paul Schulick

*ZackBack Sitting-The Revolutionary Solution for Relieving Your Pain and
Improving Your Posture! (1998)
by Dennis Zackarkow, PT

*No More Knee Pain (2004)
by Dr. George J. Kessler

*Knee Pain-The Self-Help Guide (2000) [Hard & Soft covers]
by John Garrett, M.D. & Bob Reznik, M.B.A.

*Dr. Scott's Knee Book(1996)
by Dr. W. Norman Scott

*Joint Pain: Understanding Your Treatment Options (1997)
by Thomas Beck, M.D.

*Instant Pain Relief-Seminar **(DVD)**
by Dr. William J. Faber of The Milwaukee Pain Clinic

*Instant Pain Relief-A Proven Method of Immediate Resolution of Pain and Dysfunction (1991)

by William J. Faber, D.O. and Morton Walker, D.P. M.

*Pain Pain Go Away-Free Yourself from Chronic Pain (1990)

by William J. Faber, D.O. and Morton Walker, D.P.M.

*Neural Fascial Therapy **(VHS)**

by William J. Faber. D.O.

*Reconstruction Therapy **(VHS)**

by William J. Faber, D.O.

*Prolo Your Pain Away!-Curing Chronic Pain with Prolotherapy (1984)

by Ross A. Hauser, M.D.

*Pain Management for the Practicing Physician (1997)

by Gordon A. Irving & Mark S. Wallace

*Overcoming Repetitive Motion Injuries the Rossiter Way (1999)

by Richard H. Rossiter with Susan MacDonald

*Awareness Heals-The Feldenkrais Method for Dynamic Health (1997)

by Steven Shafarman

*PAIN FREE in Six Weeks (2001)

by Sherry A. Rogers, M.D.

*What To Do For a Pain In The Neck-The Complete Program for Neck Pain Relief (2001)

by Jerome Schofferman, M.D.

*Arthritis, Rheumatism and Osteoporosis An Effective Program for Correction Through Nutrition (1986)

by Bernard Jensen, Ph.D., Clinical Nutritionist

*Get A Grip On Arthritis and Other Inflammatory Disorders (2004)

by Lorna R. Vanderhaeghe

- *Arthritis-Reverse Underlying Causes of Arthritis with Clinically Proven Alternative Therapies (1997)
by Eugene Zampieron, N.D., A.H.G. and Ellen Kamhi, Ph.D., R.N., H.N.C.
with Burton Goldberg
- *Arthritis: What Works (1989)
by Dava Sobel & Arthur C. Klein
- *50 Ways to Cope with Arthritis (1995)
by Diana L. Anderson, R.N., M.S.N.
- *The Arthritis Solution (1997)
by Joseph Kandel, M.D. and David B. Sudderth, M.D.
- *The Arthritis Breakthrough (1993)
by Henry Scammell
- *How to Eat Away Arthritis (1996)
by Lauri M. Aesoph, N.D.
- *PAIN-The Challenge and the Gift (1991)
by Marti Lynn Matthews
- *Overcoming the Pain of Inflammatory Arthritis-The Pain-Free Promise of Pantothenic Acid (1997)
by Phyllis Eisenstein & Samuel M. Scheiner, Ph.D.
- *Autogenic Training-A Mind-Body Approach to the Treatment of Fibromyalgia and Chronic Pain Syndrome (2001)
by Micah R. Sadigh, Ph.D.
- *Foods That Fight Pain (1998)
by Neal Barnard, M.D.
- *Reversing Fibromyalgia- How to Treat and Overcome Fibromyalgia and Other Arthritis-Related Diseases (1997)
by Dr. Joe M. Elrod

*Explaining "Unexplained Illnesses" (2007)
by Martin L. Pall, Ph.D.

*Fibromyalgia & Muscle Pain (1998)
by Leon Chaitow N.D. D.O.

*Why We Hurt-A Complete Physical & Spiritual Guide to Healing Your
Chronic Pain (2007)
by Dr. Greg Fors

*Fibromyalgia Handbook (1996)
by Harris H. McIlwain, M.D. and Debra Fulghum Bruce

*The Fibromyalgia Help Book (1996)
by Jenny Fransen, R.N.

*Arthritis-Questions you have...Answers you need (1994)
by Ellen Moyer

*Osteo-Arthritis-A Step-by-Step Success Story to Show Others They
Can Help Themselves (1989)
by Fred L. Savage

*Arthritis Stop Suffering Start Moving (1995)
by Darlene Cohen

*The Trigger Point Therapy Workbook (2001)
by Clair Davies, N.C.T.M.B.

*Fibromyalgia & Chronic Myofascial Pain Syndrome-A Survival
Manual (1996)
by Devin Starlanyl, M.D. and Mary Ellen Copeland, M.S., M.A.

*What Your Doctor May Not Tell You About Fibromyalgia (1999)
by R. Paul St. Amand, M.D., and Claudia Craig Marek

*CFIDS, Fibromyalgia, and the Virus-Allergy Link-New Therapy for Chronic
Functional Illnesses (2000)
by Bruce Duncan, FRCS, FRACS, FAAOA

*Supplements for Fibromyalgia (1998)
by Joe M. Elrod, Ph.D.

*Chronic Fatigue Syndrome (1994)
by Michael T. Murray, N.D.

Chronic Fatigue, Fibromyalgia & Environmental Illness (1998)
by Burton Goldberg

*Chronic Fatigue & Fibromyalgia (Guest: Jacob Teitelbaum, M.D.) **(DVD)**
by The Peoples Pharmacy with Joe & Terry Graedon

*Chronic Fatigue, Fibromyalgia & Lyme Disease (2004)
by Burton Goldberg and Larry Trivieri, Jr.

*When Muscle Pain Won't Go Away (1992)
by Gayle Backstrom with Dr. Bernard R. Rubin

*Betrayal by the Brain (1996)
by Jay A. Goldstein, MD

*From Fatigue to Fantastic (1996)
by Jacob Teitelbaum, MD

*From Fatigue to Fantastic Revised & Updated (2010)
by Jacob Teitelbaum, MD

*Adrenal Fatigue (2002)
James L. Wilson

*Chronic Fatigue Syndrome and the Yeast Connection (1992)
by William G. Crook, MD

*Curing Fatigue (1993)
by David S. Bell, MD

Coping with Limb Loss (1995)
by Ellen Winchell, Ph.D.

*Aspirin Alternatives (1999)
by Raymond M. Lombardi, DC, ND, CCN

*The Cox-2 Connection (2001)
by James B. LaValle, R.Ph., N.M.D., C.C.N

*Beyond Cortisone (1999)
by Martha Moore, A.H.G.

*Safe Uses of Cortisol (2004)
by William McK Jefferies

*Discovery of Magnetic Health (1993)
by George J. Washnis and Richard Z. Hricak

*Magnet Therapy The Pain Cure Alternative (1998)
by Ron Lawrence, M.D., Ph.D.

*Nature's Pain Killers-Nutritional and Alternative Therapies for Chronic Pain Relief (1999)
by Carl Germano, R.D.

*Conquering Pain The Art of Healing with BioMagnetism (1999)
by Peter Kulish

*The Pain Relief Breakthrough (1998)
Julian Whitaker, M.D.

*The Chronic Pain Control Workbook (2nd Edition) 1996)
by Ellen Mohr Catalano, M.A.

*The Pain Cure (1999)
by Dharma Singh Khalsa, M.D.

*Complete Guide to Pain Relief (2000)
by Reader's Digest

*Pain Free-A Revolutionary Method for Stopping Chronic Pain (1998)
by Pete Egoscue

*The Fibro Fix (2016)
by Dr. David Brady

*Exercise Can Beat Arthritis (1989)
by Valerie Sayce and Ian Fraser

*DMSO Nature's Healer (1993)
by Dr. Morton Walker

*Tired of Being Tired (1994)
by Michael A. Schmidt

*How to Deal With Back Pain & Rheumatoid Joint Pain (1991)
by F. Batmanghelidj

*Repetitive Strain Injuries (1998)
by Timothy J. Jamesin, DC

*The 7-Day Back Pain Cure (2009)
by Jesse Cannone

*Back Pain How to Relieve Low Back Pain and Sciatica (1997)
by Loren Fishman, MD

*The Wharton's Back Book (2003)
by Jim & Phil Wharton

[86 books]

****Hardback *Paperback**

- (1) DVD
- (2) VHS

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**We have the following books
available on Various Cancers, Breast
Cancer, Prostate, and Men's Issues etc.**

**The Breast Cancer Prevention Diet (1998)
by Dr. Bob Arnot

**What Your Doctor May Not Tell You About Breast Cancer (2002)
by John R. Lee, MD

**The Breast Cancer Prevention Program (1997)
by Samuel S. Epstein, MD

*Holding Tight Letting Go Living with Metastatic Breast Cancer (1997)
by Musa Mayer

*Tamoxifen & Breast Cancer (1994)
by Michael W. DeGregorio

*Lymphedema (1999)
by Jeannie Burt & Gwen White, P.T.

*The Red Devil to Hell with Cancer-and Back (1999)
by Katherine Russell Rich

*Breast Cancer and Iodine (2001)
by Dr. David M. Derry, MD

*The Breast Cancer Prevention Plan (2006)
by Dr. Edward J. Conley

*Tell Me What to Eat to help Prevent Breast Cancer (2000)
by Elaine Magee, M.P.H.

*Breast Cancer What You Should Know (But May Not Be Told) About
Prevention, Diagnosis and Treatment (1994)
by Steve Austin, N.D.

*A Woman's Decision (1998)
by Karen Berger and John Bostwick III, MD

Dr. Susan Love's Breast Book (1991)
by Susan M. Love, MD

*Living Beyond Breast Cancer (1998)
by Marisa C. Weiss

**Life Over Cancer (2009)
by Keith I. Block

*The No-Dairy Breast Cancer Prevention Program (2001)
by Jane A. Plant, Ph.D.

**KNOCKOUT Interviews with Doctors who are Curing Breast Cancer-
and How to Prevent Getting It In the First Place (2009)
by Suzanne Somers

*Outsmart Your Cancer Alternative Non-Toxic Treatments That
Work (2009)
by Tanya Harter Pierce, MA

*The Complete Idiot's Guide to Living with Breast Cancer (2000)
by Sharon Sorenson

*Maximize Your Vitality & Potency (1999)
by Jonathan V. Wright & Lane Lenard, Ph.D.

*The Prostate: A Guide for Men and the Women Who Love Them [1995]
by Patrick C. Walsh, MD & Janet Farrar Worthington

*Coping with Prostate Cancer [1994]
by Robert H. Phillips, Ph.D.

*The Prostate Miracle New Natural Therapies That Can Save Your
Life [2000]
by Jesse A. Stoff, MD

*Solving Prostate Problems Answers and Advice from a Leading
Expert [1995]
by Martin Gelbard, MD

**Conquering Bladder and Prostate Problems [1998]
by Jerry G. Blaivas, MD

*Beating Prostate Cancer: Hormonal Therapy & Diet [2007]
by Dr. Charles "Snuffy" Myers

*The ABC's of Advanced Prostate Cancer [2000]
by Mark A. Moyad, MPH

*The Prostate Cancer Sourcebook [1998]
by Marcus H. Loo, MD

*A Primer on Prostate Cancer The Empowered Patient's Guide [2009]
by Stephen B. Strum, MD

*Prostate Health in 90 Days without Drugs and Surgery [1997]
by Larry Clapp, Ph.D.

*Fight Fat A Total Lifestyle Program for Men to Stay Slim and
Healthy [1995]
by Stephen C. George

*How To Stop Baldness and Regrow Hair [1995]
by Morton Walker, DPM

**Male Menopause (1997)

by Jed Diamond

*The Testosterone Solution (1997)

by Aubrey Hill, MD

**How Men Can Live as Long as Women (1993)

by Ken Goldberg, MD

**The Testosterone Advantage Plan (2002)

by Lou Schuler

**The Way of the Superior Man (1997)

by David Deida

*American Cancer Society Textbook of Clinical Oncology (1995)

by American Cancer Society

*Cancer-Free Your Guide to Gentle, Non-Toxic Healing
[Second Edition] 2007

by Bill Henderson

*Your Cure for Cancer (1998)

by Robert E. Smith, Ph.D.

*The Macrobiotic Approach to Cancer (1991)

by Michio Kushi

*HOPE Medicine & Healing (2009)

by Francisco Contreras, MD

**Dr. Folkman's War: Angiogenesis and the Struggle to Defeat
Cancer (2001)

by Robert Cooke

*What to Eat if You Have Cancer- Healing Foods that Boost Your
Immune System (2007)

by Maureen Keane, MS

- **The Strang Cookbook for Cancer Prevention (1998)
by Laura Pensiero, RD
- *Cancer Salves A Botanical Approach to Treatment (1999)
by Ingrid Naiman
- *Cancer Recovery Guide (1998)
by Jonathan Chamberlain
- *Beating Cancer With Nutrition (2005)
by Dr. Patrick Quillin
- **The Emperor of all Maladies (2010)
by Siddhartha Mukherjee
- *The End of Cancer Seeking a New Understanding to Defeat the
Enemy Within (2004)
by April Kirkendoll
- *A Cancer Therapy Results of Fifty Cases and The Cure of Advanced
Cancer by Diet Therapy (1990)
by Max Gerson, MD
- *Third Opinion (2005) (Fourth Edition)
by John M. Fink
- *Consumer's Guide to Cancer Drugs (2000)
by American Cancer Society
- *The Skin Cancer Answer (1999)
by Dr. I. William Lane & Linda Comac
- **Anti Cancer A New Way of Life (2010)
by David Servan-Schreiber, MD
- *The Cancer Survival Cookbook (1998)
by Donna L. Weihofen, RD, MD

*Laetrile-Nutritional Control for Cancer with Vitamin B-17 (1978)
by Glenn D. Kittler

*The Cancer Breakthrough You've Never Heard Of (2000)
by Richard A. Evans, MD

**Making Miracles Happen (1997)
by Gregory White Smith

**The Journey Through Cancer (2000)
by Jeremy Geffen, MD

*The Cancer Industry (1991)
by Ralph W. Moss, Ph.D.

*Cancer Therapy (1992)
by Ralph W. Moss, Ph.D.

*The CanCell Controversy (1993)
by Louise B. Trull

*Choices in Healing (1994)
by Michael Lerner

**Cancer and Vitamin C (1979)
by Ewan Cameron and Linus Pauling

*The IP6 with Inositol Nature's Ultimate Anti-Cancer Pill (1999)
by L. Stephen Coles, MD

*Fighting Radiation & Chemical Pollutants with Foods, Herbs &
Vitamins (1990)
by Steven R. Schechter, N.D.

*Cancer Diagnosis What To Do Next (2000)
by Alternative Medicine Guide

*I Can Cope Staying Healthy with Cancer (1988)
by Judi Johnson & Linda Klein

*How to Fight Cancer & Win (2000)
by William L. Fisher

*Cancer 50 Essential Things to Do (1999)
by Greg Anderson

*Progress of Cellular Medline (1999)
by Matthias Rath, MD

*The Cancer Prevention Diet (1983)
by Michio Kushi with Alex Jack

*One Answer To Cancer (1997)
by Dr. William Donald Kelley, DDS

*The End of Cancer (1995)
by Charlotte Dubois & John Lubecki, DC

*Vitamins in Cancer Prevention & Treatment A Practical Guide (1994)
by Kedar N. Prasad, Ph.D.

*Nutrition and the Cancer Patient (1983)
by Joyce Daly Margie, MS

**Miracle Cure Organic Germanium (1980)
by Kazuhiko Asai, Ph.D.

*Cancer Disarmed Healing Benefits of a Natural Asian Formula (2003)
by Nina Anderson, S.P.N.

*ESSIAC ESSENTIALS The Remarkable Herbal Cancer Fighter (1999)
by Shelia Snow & Mali Klein

*A Cancer Battle Plan (1992)
by Anne E. Frahm with David J. Frahm

*Cancer Treating Cancer with Insulin Potentiation Therapy (2002)
by Ross A. Hauser, MD

*What You Need to Know About Cancer (1997)
by Scientific American (A Special Issue)

**Definitive Guide to CANCER (1997)
by Alternative Medicine

*A Women's Decision (3rd Edition) (1998)
by Karen Berger

*One Answer to Cancer (1998)
by William Kelley, D.D.S.

*Cancer Breakthrough USA! (2009)
by Frank Cousomeau

*German Cancer Breakthrough (2011)
by Andrew Scholberg

*Bossom Buddies (1999)
by Rosie O'Donnell and Deborah Axelrod, MD

*Laetrile: Case Histories (2005)
by John D. Richardson

*Cancer Cover-Up (2001)
by Kathleen Deoul

**Men's Health for Dummies
by Charles B. Inlander

***Paperback **Hardback**

Total: 92