

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 available on Herbs, Natural Healing with Herbs & Homeopathy

*A Handbook of Native American Herbs (1992)
by Alma R. Hutchens

*Edible Wild Plants A North American Field Guide (1990)
by Thomas S. Elias & Peter A. Dykeman

*Earl Mindell's Herb Bible (1992)
by Earl Mindell

*Ginkgo A Practical Guide (1998)
by Georges Halpern, MD

*Nature's Secrets for Health & Beauty (1998)
by Mino Golnazar

*Nature's Super Medicines (1997)
by Dr. Jonathan Heinmann

*Wise Women Herbal HEALING WISE (1989)
by Susan S. Weed

*Heinerman's Encyclopedia of Healing Herbs & Spices (1996)
by John Heinerman

*Today's Herbal Health The Essential Reference Guide (2000)
by Louise Tenney, M.H.

*Your Guide to Standardized Herbal Products (1995)
by Rebecca Flynn, M.S.

*How to Be Your Own Herbal Pharmacist (1991)
by Linda Page, N.D.

*Drug-Herb-Vitamin Interactions Bible (2000)
by Richard Harkness, Pharm., FASCP

*The Encyclopedia of Bach Flower Therapy (2001)
by Mechthild Scheffer

*Herbal Prescriptions for Better Health (1996)
by Donald J. Brown, N.D.

*Kids, Herbs, Health (1999)
by Linda B. White, MD

*The Cure is in The Cupboard (1997)
by Dr. Cass Ingram's

*Guarana The Energy Seeds and Herbs of the Amazon Rainforest (1994)
by Michael Van Straten

*Natural Healing with Herbs (1991)
by Humbart Santillo, BS

*Superior Healing Power (1994)
by Willie Southall

*Black Cohosh A Natural Alternative Method for Balancing Hormone
Levels (2000)
by James B. LaValle, R.Ph., N.D.

- *A Handbook of Chinese Healing Herbs (1995)
by Daniel Reid
- *The Complete Book of Chinese Health & Healing (1994)
by Daniel Reid
- *The Herbal Body Book (1994)
by Stephanie Tourles
- *Falling Leaf Vibrational Remedies Essences Using Autumn Leaves
New Treatments for Body & Soul (2002)
by Grant R. Lambert, Ph.D.
- *Infusions of Healing (1999)
by Joie Davidow
- *New Bach Flower Therapies (1995)
by Dieimar Kramer
- *How Indians Use Wild Plants for Food, Medicine & Crafts (1974)
by Frances Densmore
- *Kombucha Phenomenon The Miracle Health Tea (1996)
by Betsy Pryor & Sanford Holst
- *Dandelion Medicine (1999)
by Brigitte Mars
- *Herbs for Health and Healing (1996)
by Kathi Keville
- *Medicinal Mushrooms (1986)
by Christopher Hobbs, L. Ac.
- *Rainforest Remedies (1993)
by Rosita Arvigo, D.N.

*The Encyclopedia of Edible Plants of North America (1998)
by James A. Duke

*The Best 125 Meatless Pasta Dishes (1992)
by Mindy Toomay

*The Healing Power of Herbs (1995)
by Terry Lemerond

*The Complete Book of Spices (1983)
by John Heinerman

*Back to Eden (1989)
by Jethro Kloss

*Secrets of the Sacred White Buffalo (1998)
by Gary Null, Ph.D.

*Recipes from an American Herb Garden (1993)
by Maggie Oster

**Radiant Health (1998)
by Ron Teegarden

*Advanced Bach Flower Therapy (1992)
by Gotz Blome, MD

*The Green Tea Book (1998)
by Lester A. Mitscher, Ph.D.

*Asparagus Can Do It For You (1995)
by Theodore A. Barody, DC

*ESSIAC A Native Herbal Cancer Remedy (1996)
by Cynthia Olsen

*Herbal Defense (1997)
by Robyn Landis

**Herbal Remedies in Pots (1996)

by Effie Romain & Sue Hawkey

*Natural Healing with Herbs (1983)

by Humbart Santillo, ND

**The Complete Herb Encyclopedia (1998)

by Nico Vermeulen

**Rodale's Illustrated Encyclopedia of Herbs (1987)

by K & H Kowalchik

**The People's Pharmacy Guide to Home and Herbal Remedies (1999)

by Joe Graedon and Teresa Graedon, Ph.D.

*VITEX The Women's Herb (1990)

by Christopher Hobbs, L.Ac.

**Herbal Tonic Therapies (1993)

by Daniel B. Mowrey, Ph.D.

*Medicine Quest (2000)

by Mark J. Plotkin, Ph.D.

*KAVA Medicine Hunting in Paradise (1996)

by Chris Kilham

*The Herbal Handbook (1998)

by David Hoffman

*Herbal Secrets of the Rainforest (1998)

by Leslie Taylor

**10 Natural Remedies That Can Save Your Life (1999)

by James F. Balch, MD

*American Indian Healing Arts (1999)

by E. Barrie Kavasch and Karen Baar

*Natural Energy A Consumer's Guide to Legal, Mind-Altering, and Mood-Brightening Herbs and Supplements (1998)
by Mark Mayell

**Asian Health Secrets (1996)
by Letha Hadady, D.AC.

**Growing & Using Healing Herbs (1985)
by Gaea and Shandor Weiss

**The Healing Herbs (1991)
by Michael Castleman

**Nature's Cures (1996)
by Michael Castleman

**KAMPO How the Japanese Updated Traditional Herbal
Medicine (1991)
by Akira Tsumura

*The Scientific Validation of Herbal Medicine (1986)
by Daniel B. Mowrey, Ph.D.

**The Encyclopedia of Medicinal Plants (1996)
by Andrew Schevallier

**Nature's Medicine Plants that Heal
by Joel L. Swerdlow, Ph.D.

*Herbal Drugs and Phytopharmaceuticals (2001) (2nd Edition)
by Norman Grainger Bisset

**Magic and Medicine of Plants (1986)
by Reader's Digest

**An Illustrated Guide to HERBS Their Medicine and Magic (1993)
by Anna Kruger

**HERBS An Illustrated Encyclopedia (1995)
by Kathi Keville

**Chinese Natural Cures (1994)
by Henry C. Lu

**The Green Pharmacy (1997)
by James A. Duke, Ph.D.

**AYURVEDA The Ancient Indian Healing Tradition (1997)
by Gopi Warriar

**CHINESE MEDICINE A Comprehensive System for Health and \ Fitness (1996)
by Tom Williams, Ph.D.

*Herbal Legacy of Courage (**AUDIO Tape**)
by John R. Christopher, N.D.

Homeopathy

*The Family Guide to Homeopathy (1989)
by Dr. Andrew Lockie

*The Consumer's Guide to Homeopathy (1995)
by Dana Ullman, M.P.H.

*The Biochemic System of Medicine (2005)
by George W. Carey, MD

**The Complete Family Guide to HOMEOPATHY (1995)
by Dr. Christopher Hammond

*Homeopathic Guide to Stress (1996)
by Miranda Castro

*Emotional Healing with Homeopathy (1994)
by Peter Chappell

*Everybody's Guide to Homeopathic Medicines (1997)
by Stephen Cummings, MD & Dana Ullman, M.P.H.

****Hardback *Paperback**

[83 books]
[1 Audio]

Brewer Health & Science Resource Center

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We have the following books on Lyme Disease

*Lyme Disease Selected Articles from The New England Journal of
Medicine (1987)

by Massachusetts Medical Society

*The Lyme Disease Survival Guide (2008)

by Connie Strasheim

*Beating Lyme-Understanding and Treating This Complex and
Often Misdiagnosed Disease (2008)

by Constance A. Bean

*Beating Lyme Disease (2008) (Second Edition)

by Dr. David A. Jernigan

*The Top 10 Lyme Disease Treatments (2007)

by Bryan Rosner

*Healing Lyme (2015) 2nd Edition

by Stephen Harrod Buhner

*Lyme Disease Solution (2008)

by Kenneth B. Singleton, MD

*Chronic Lyme Disease Ways to Outsmart a Smart Disease (2008)

by Gigi Guthrie, MSW

*The Great Imposter (a booklet)
by Integrative Medical Center

*Coping with Lyme Disease (2004)
by Denise Lang

*Under Our Skin There's No Medicine for Someone Like You
The Hidden Story of Lyme's Disease **DVD**

*Unlocking Lyme (2017)
by William Rawl

*Why Can't I Get Better? Solving the Mystery of Lyme & Chronic
Disease
by Richard I. Horowitz, MD

{ 12 books}
{ 1 DVD}

***Paperback**

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We have the following books available on Diabetes, Hypoglycemia and Neuropathy

*Diabetes and Hypoglycemia [1994]
by Michael T. Murray, N.D.

*Peripheral Neuropathy [2007]
by Norman Latov, MD

*Nutrients for Neuropathy [2002]
by John A. Senneff

*Numb Toes and Aching Soles-Coping with Peripheral Neuropathy [1999]
by John A. Senneff

*You Can Cope with Peripheral Neuropathy [2009]
by Mims Cushing & Norman Latov, M.D.

*Blood Sugar 101-What they Don't Tell You About DIABETES [2012]
by Jenny Ruhl

*Psyching Out Diabetes-A Positive Approach to Your Negative
Emotions [1997]
by Richard R. Rubin, Ph.D.

*The Diabetes Diet [2005]
by Richard K. Bernstein, M.D.

*The Unofficial Guide to Living with Diabetes [1999]
by Maria Thomas

*The Glucose Revolution (1999)
by Jennie Brand Miller

*Real Food for People with Diabetes (1997)
by Doris Cross

*The Diabetes Snack, Munch, Nibble Nosh Book (3rd Edition) (2006)
by Ruth Glick

*Eat Away Diabetes (2002)
by Kristine Napier, M.P.H.

*Think Like a Pancreas-A Practical Guide to Managing Diabetes with
Insulin (2004)
by Gary Scheiner, MS, CDE

*When A Child Has Diabetes (1999)
by Denis Daneman, MB

*Diabetes-Free Kids (2005)
by Sheri Colberg, Ph.D.

*The Insulin-Resistance Diet (2001)
by Cheryle R. Hart, M.D. & Mary Kay Grossman, R.D.

*The Type 2 Diabetes Breakthrough (2006)
by Frank Shallenberger, MD

*Stop Prediabetes Now (2007)
by Jack Challem

*The Leptin Boost Diet
by Scott Isaacs, MD

*Mastering Leptin
by Bryan J. Richards

*The Great Chicken Cookbook (1999)
by Beryl M. Marton

- *Take Charge of Your Diabetes (2007)
by Sarfraz Zaidi, MD
- *Beat Diabetes Naturally (2006)
by Michael Murray, ND and Michael Lyon, MD
- *There is A Cure for Diabetes (2008)
by Gabriel Cousens, MD
- *Reversing Diabetes (1987)
by Julian M. Whitaker, MD
- *The Type 2 Diabetes Sourcebook (2000)
by David Drum and Terry Zierenberg, RN., C.D.E.
- *Diabetes for Dummies (2001)
by Alan L. Rubin, MD
- *Complete Guide to Diabetes (2002)
by American Diabetic Association
- *The Diabetes Improvement Program (1999)
by Patrick Quillin, Ph.D.
- *Syndrome X (2002)
by Jack Challem
- *Low Blood Sugar and You (1992)
by Carlton Fredricks, Ph.D.
- *Hypoglycemia (Low Blood Sugar) (1995)
by William G. Crook, MD
- *Hypoglycemia-One of the most widespread and misdiagnosed
Diseases (Keats Good Health Guide) (1996)
by Marilyn Light
- *Hypoglycemia (1996)
by Louise Tenney, M.H.

*GTF Chromium (Glucose Tolerance Factor) (1982) (A Good Health Guide)
by Richard A. Passwater

*New Low Blood Sugar and You (1985)
by Carlton Fredricks, Ph.D.

*Hypoglycemia (1980)
by Jeraldine Saunders and Dr. Harvey M. Ross

*Tell Me What To Eat If I Have DIABETES (2004)
by Elaine Magee, M.P.H., R.D.

*Diabetes Without Drugs (2010)
by Suzy Cohen, RPh

*Diabetes Meal Planning Made Easy (2010)
by Hope S. Warshaw, MMSc, RD, CDE, BC-ADM

*The Heart –Smart Diabetes Kitchen (2009)
by American Diabetes Association

*The Blood Sugar Solution **(DVD)**
by Mark Hyman, MD

**The Blood Sugar Solution (2012)
by Mark Hyman, MD

**The Blood Sugar Solution Cookbook (2013)
by Mark Hymen, MD

*Secret Nerve Cure (2013)
by Dr. Bob Martin

*Cut the Fat-Great Diabetic Meals the Whole Family Will Enjoy (1996)
by Time-Life Books

*Overcoming Runaway Blood Sugar (2006)
by Dennis Pollock

**Dr. Bernstein's Diabetes Solution (1997)
Richard Berstein, MD

****Dr. Bernstein's Diabetes Solution (2003) Updated & Revised
by Richard Bernstein, MD**

****Dr. Bernstein's Diabetes Solution (2011) 4th Edition
by Richard Bernstein, MD**

[50 books]

****Hardcover *Paperback**

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We have the following books on Diet, Carbohydrates, Calories & Fat, Binge Eating, Emotional Eater, Compulsive Eater

**The Abs Diet (2004)
by David Zinczenko

*Fit and Fabulous (2006)
by Teresa Tapp

*The 7-Minute Miracle (2002)
by Sheldon Levine, MD

*Conscious Eating (1992)
by Gabriel Cousens, MD

*Making Peace with Food (1989)
by Susan Kano

**Inner Eating (1991)
by Shirley Billigmeier

*The NutriBase Guide to Carbohydrates, Calories & Fat (2001)
by NutriBase Guide

*Rich Food Poor Food (2013)
by Jayson Calton, Ph.D. And Mira Calton, CN

- *Bursting with Energy (2002)
by Frank Shallenberger, MD
- **Hunger Free Forever (2007)
by Michael T. Murrey, ND and Michael R. Lyon
- **Ultra Metabolism (2006)
by Mark Hyman, MD
- **The Fast Track One Day Detox Diet (2005)
by Ann Gittleman, Ph.D.
- **Good Calories, Bad Calories (2007)
by Gary Taubes
- **The Beck Diet Solution (2007)
by Judith S. Beck, Ph.D.
- **Protein Power (1996)
by Michael R. Eades, MD & Mary Dan Eades, MD
- **The Primal Diet (2005)
by Aajonus Vonderplanitz
- **The Amen Solution (2011)
by Daniel G. Amen, MD
- **Meditating To Attain A Healthy Body Weight (1994)
by Lawrence LeShan, Ph.D.
- **The Fast Metabolism Diet (2013)
by Haylee Pomroy
- *The Potbelly Syndrome (2006)
by Russell Farries and Per Marin, MD
- *Different Bodies Different Diets (2001)
by Carolyn L. Mein, DC

*Eating Awareness Training (1983)

by Molly Groger

*The Emotional Eater's Book of Inspiration (2007)

by Debbie Danowski, Ph.D.

*50 Ways to Soothe Yourself Without Food (2009)

by Susan Albers, Psy.D

*Eating Mindfully (2003)

by Susan Albers, Psy.D.

*Mindless Eating (2010)

by Brian Wansink, Ph.D.

*Runaway Eating (2005)

by Cynthia M. Bulik, Ph.D.

*Overcoming Binge Eating (1995)

by Dr. Christopher Fairburn

**Body & Soul (1993)

by Susan Meltzer

*Why Weight? A Guide to Ending Compulsive Eating (1989)

by Geneen Roth

**Women Food and God (2010)

by Geneen Roth

*Breaking Free from Emotional Eating (2004)

by Geneen Roth

*When Food Is Love (1991)

by Geneen Roth

*Feeding the Hungry Heart (1993)

by Geneen Roth

**You On A Diet (2006)
by Michael F. Roizen, MD and Mehmet C. Oz, MD

**The Virgin Diet (2012)
by JJ Virgin

**The Rosendale Diet (2004)
by Ron Rosedale, MD

**The Micronutrient Miracle (2015)
by Jayson Calton, Ph.D.

**The Hormone Reset Diet (2015)
by Sara Gottfried, MD

*Reasonably Thin (1998)
by Jesse Dillinger

*There is Nothing Wrong With You (2012)
by Cheri Huber

*The Volumetrics Eating Plan (2005)
by Barbara Rolls, Ph.D.

*Forks Over Knives (2011)
by T. Colin Campbell, Ph.D.

*The Town that Lost A Tom (2002)
by Jane Clemen, RD., LD

**The Gold Coast Cure (2005)
by Andrew Larsen, MD

*Dr. Colbert's "I Can Do This" DIET (2011)
by Don Colbert, MD

**The Whitaker Wellness (2006)
by Julian Whitaker, MD

**Lose to Win (1992)
by Stephen T. Sinatra, MD

**The Best Life Diet (2006)
by Bob Greene

**The South Beach Diet (2003)
by Arthur Agatston, MD

*The Pathway Follow the Road to Health and Happiness (2003)
by Laurel Mellin

*Dr. Gundry's Diet Evolution (2008)
by Steven R. Gundry

**Your Fat Is Not Your Fault (1997)
by Carol Simontacchi, C.C.N.

**Dr. Shapiro's Picture Perfect Weight Loss (2000)
by Dr. Howard M. Shapiro

**The Core Balance Diet (2009)
by Marcelle Pick, MSN

*The Weigh Down Diet (1997)
by Gwen Shamblin's

Foods That Cause You To Lose Weight (1992)
by Neal Barnard, MD

*The China Study (2004)
by T. Colin Campbell, Ph.D.

*Eat to Live (2003)
by Joel Fuhrman, MD

*The Right Bite (2001)
by Stephanie Dalvit-McPhillips, Ph.D.

**The 3- Season Diet (2000)
by John Douillard

**The Maker's Diet (1982)
by Jordan S. Rubin

**The Body Code (1999)
by Jay Cooper, MS

*The Metabolic Typing Diet (2002)
by William Wolcott and Trish Fahey

**Dr. Gott's No Flour, No Sugar Diet (2006)
by Peter H. Gott, MD

*Shred 10 Years in 10 Weeks (1997)
by Julian Whitaker, MD

**The New Fat Flush Plan (2016)
by Ann Louise Gittleman, MS

**The Fat Blocker Diet (1997)
by Arnold Fox, MD

**Fight Fat After Forty (2000)
by Pamela Peeke, MD

*Thin for Life (1994)
by Anne M. Fletcher, MS

[70 books]

****Hardback *Paperback**

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We have the following books on Energy Medicine and Light Therapy

*The Body Electric (1985)
by Robert O. Becker, MD

*Energy Tapping (2000)
by Fred P. Gallo, Ph.D.

*The Clock of the Long Now (1999)
by Stewart Brand

*Earthing The Most Important Health Discovery Ever? (2010)
By Stephen T. Sinatra

*Wireless Radiation Rescue (2010)
by Kerry Crofton, Ph.D.

*Vibrational Medicine (Third Edition) (2011)
by Richard Gerber, MD

*Healing Is Voltage The Handbook (2011)
by Jerry Tennant, MD

*The Spiritual Life of Water It's Power and Purpose (2010)
by Alick Bartholomew

*The Healing Energy of Your Hands (1993)
by Michael Bradford

*Radionics & Radiesthesia (1987)
by Jane E. Hartman, ND

*Energy Medicine (1998)
by Donna Eden

*Getting Started in Magnetic Healing (1998)
by Buryl Payne, Ph.D.

*Medicine for the Earth (2000)
by Sandra Ingerman

*Quantum-Touch The Power to Heal (2002)
by Richard Gordon

*The Future of the Body (1992)
by Michael Murphey

*Energy Medicine (1988)
edited by T.M. Srinivasan, Ph.D.

**Cross Currents (1990) 2 copys
by Robert Becker, MD

*Warning: The Electricity Around You May Be Hazardous to
Your Home (1992)
by Ellen Sugarman

*Electromagnetic Fields (2007)
by B. Blake Levitt

*Currents of Death (1989)
by Paul Brodeur

*Rudolf Steiner and Holistic Medicine (1991)
by Francis X. King

*The Global Brain (1983)
by Peter Russell

*Health Hazards of Electromagnetic Radiation (2009)
by Bruce Fife, ND

*Dirty Electricity (2010)
by Samuel Milham, MD

*ZAPPED (2010)
by Ann Louise Gittleman

*Seven Experiments That Could Change the World (1995)
by Rupert Sheldrake

*Healthy With Tachyon (2000)
by Andreas Jell

*Hands of Light A Guide to Healing Through the Human
Energy Field (1987)
by Barbara Ann Brennan

*Light Emerging The Journey of Personal Healing (1993)
by Barbara Ann Brennan

*Light Years Ahead The Illustrated Guide to Full Spectrum and Colored
Light in Mindbody Healing (1996)
forward by Ggabriel Cousens, MD

*The Power of Color (1991)
by Dr. Morton Walker

*Light Medicine of the Future (1991)
by Jacob Liberman, OD

*Colour Me Healing (1997)
by Jack Allanach

*Let There Be Light (1978)
by Darius Dinshah

*Radionics Interface with the Ether Fields (1986)
by David Tansley, DC

*Subtle Energies (Vol. Two Number Two (1991)
by Steven Fahrion

*Alternative Medicine Definitive Guide MAGNET THERAPY (2000)
by William Philport

*Crystals and Light (1997)
by Elizabeth A. Wood

*Pendulum Healing Handbook (1998)
by Walter Lubeck

{39 books}

***Paperback**