



General Health – A Reading List

Detoxification and Healing: The Key to Optimal Health, Sidney MacDonald, Baker, MD. Keats Publishing, 1997.

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

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

The Four Pillars of Healing, Leo Galland, MD. Random House, 1998.

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

Encyclopedia of Natural Medicine, Michael T. Murray, ND & Joseph E. Pizzorno, ND. Revised 2nd Edition, Prima Publishing, 1997.

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

Brain Building Nutrition, Michael A. Schmidt. Frog Ltd., 1997, 2001.