

### Websites:

#### **Weston A. Price Foundation:**

<http://www.westonaprice.org/>

#### **International Foundation of Nutrition and Health:**

[www.ifnh.org](http://www.ifnh.org)

#### **The Cholesterol Myths**

<http://www.ravnskov.nu/cholesterol.htm>

#### ***Going Back to the Basics of Human Health* by Mary Frost**

This book is a starting point for all those who want to be healthy. In the spirit of true investigative reporting, it walks you quickly and succinctly, step by step, through health basics that most people skip over in their thought processes about health. It is a compilation of various nutritional studies, many of which have not reached widespread public awareness.

#### ***The Untold Story of Milk: Green Pastures, Contented Cows and Raw Dairy Products* by Ron Schmid**

The role of raw milk in the rise of civilization, the milk problem that led to compulsory pasteurization, the politics of the dairy industry. Revised and updated with the latest scientific studies documenting the safety and health benefits of raw milk. Raw milk is a movement whose time has come. This book will provide consumers with the facts and inspiration they need to embrace Nature's perfect food.

#### ***Nourishing Traditions* by Sally Fallon**

A full-spectrum nutritional cookbook with a startling message—animal fats and cholesterol are vital factors in the human diet, necessary for reproduction and normal growth, proper function of the brain and nervous system, protection from disease and optimum energy levels. Includes information on how to prepare grains, health benefits of bone broths and enzyme-rich lacto-fermented foods.

#### ***Nutrition and Physical Degeneration* by Weston A. Price**

An epic study demonstrating the importance of whole food nutrition, and the degeneration and destruction that comes from a diet of processed foods.

#### ***Your body's Many Cries for Water* by F. Batmanghelidj**

As a result of extensive research into the role of water in the body, the author, a medical doctor, believes that he has found chronic dehydration to be the cause of many conditions including asthma, allergies, arthritis, angina, migraine headaches, hypertension, raised cholesterol, chronic fatigue syndrome, multiple sclerosis, depression, and diabetes in the elderly.

#### ***Lick the Sugar Habit* by Nancy Appleton**

Author Nancy Appleton delineates how America's sugar overconsumption wreaks havoc with our immune and endocrine systems, leading to chronic conditions including arthritis, osteoporosis, diabetes, asthma, hypoglycemia, along with the usual suspects such as cavities and periodontal disease.

#### ***Food & Behavior* by Barbara R. Stitt**

Can what people eat really affect the way they behave? The evidence says 'yes'. In the book *Food and Behavior*, author Barbara Reed Stitt, a former Chief Probation Officer and creator of a nutritional program that has helped thousands to lead healthy and productive lives, shows the link between food and behavior.

#### ***Natural Progesterone: The Multiple Roles of a Remarkable Hormone* by John R. Lee**

Over a decade ago, Dr. John Lee first published his startling conclusions about conventional hormone replacement therapy (HRT): synthetic hormones don't work as predicted and, worse, they pose a health threat to women. His findings touched off a storm of controversy. But years later, research has proved him right. Now millions of women concerned about aging are looking for alternatives to HRT, and finding them in natural hormones, and Dr. Lee's effective commonsense approach to restoring hormone balance.

#### ***Hypothyroidism: The Unsuspected Illness* by Broda Barnes**

Of all the problems that can affect physical or mental health, none is more common than thyroid gland disturbance. None is more readily and inexpensively corrected. And none is more often untreated, and even unsuspected.

### ***Why Zebras Don't Get Ulcers* by Robert M. Sapolsky**

In a fascinating look at the science of stress, biologist Robert Sapolsky presents an intriguing case, that people develop such diseases partly because our bodies aren't designed for the constant stresses of a modern-day life—like sitting in daily traffic jams or growing up in poverty. Rather, they seem more built for the kind of short-term stress faced by a zebra—like outrunning a lion.

### ***Silent Spring* by Rachel Carson**

*Silent Spring*, Released in 1962, offered the first shattering look at widespread ecological degradation and touched off an environmental awareness that still exists. Rachel Carson's book focused on the poisons from insecticides, weed killers, and other common products as well as the use of sprays in agriculture, a practice that led to dangerous chemicals in the food source. Carson argued that those chemicals were more dangerous than radiation and that for the first time in history, humans were exposed to chemicals that stayed in their systems from birth to death.

### ***Empty Harvest* by Bernard Jensen and Mark Anderson**

The authors of this book contend that we are breaking down our soil ecosystem and that modern-day agriculture is out of sync with nature. Artificial soil produces artificial food. Today's mineral-deficient soil may be "one of the greatest original sources of disease"

### ***The 7 Principles of Fat Burning: Lose the weight. Keep it off.* by Eric Berg, DC**

*The 7 Principles of Fat Burning* is the handbook to the sensational Berg Diet that has empowered thousands of people to get healthy, lose weight and keep it off. It shows how to activate your fat-burning hormones with a tailor-made eating and exercise plan for your body type. *The 7 Principles* is a highly practical book that provides clear explanations—aided by dozens of charts and illustrations—of the principles of healthy weight loss. Easy-to-understand health and nutrition information and simple tests to determine your correct body type are the keys to its success. Knowledge is power and *The 7 Principles of Fat Burning* gives dieters the power to take command by eating the healthy diet that activates the fat-burning hormones for their body type.

### ***How your MIND can Heal your BODY* by David R. Hamilton, Ph.D.**

This fascinating book by cutting-edge scientist David R Hamilton explores the influences of visualization, belief, and positive thinking—and their impact on the body. He also presents a revolutionary quantum-field healing meditation—through which you can change yourself on an atomic level—and shows how you can use your imagination and thought processes to combat disease, pain, and illness.

### ***Cooking 1-2-3* by Rozanne Gold**

Roxanne Gold, known as the "diva of simplicity's" singular approach focuses on ingredients of uncompromising quality. "They are the essence of good cooking," says Gold, whose food bursts with fresh, clean, resounding flavors. "Each recipe features concise, easy-to-follow directions, and all are organized by category.

### ***Your illustrated guide to becoming one with the Universe* by Yumi Sakugawa**

*Your illustrated guide to becoming one with the Universe* will set you free on a visual journey of self-discovery. Set against a surreal backdrop of intricate ink illustrations, you will find nine metaphysical lessons with dreamlike instructions that require you to open your heart to unexplored inner landscapes. From setting fire to your anxieties to sharing a cup of tea with your inner demons, you will learn how to let go and truly connect with the world around you.

### ***Clean, Green, and Lean: Get Rid of the Toxins That Make You Fat* by Walter Crinnion**

*A renowned naturopathic doctor shows you how to get lean and be green while helping to save the planet.*

*Now you can lose weight and be good to the environment, too—without starvation diets, calorie counting, complicated meal plans, or even having to exercise. Dr. Walter Crinnion shows you how to clean up your diet and clear out your body and home to eliminate unwanted pounds and toxins from your life. You'll be able to get rid of nagging health problems such as allergies and fatigue and enjoy greater energy and a greener planet. Clean, Green, and Lean.*