

Books we recommend! > indicates we sell copies in our office.

## A B C

*Acupressure's Potent Points: A Guide to Self-Care for Common Ailments*—Michael Reed Gach

*The Acupuncture Treatment of Pain*—Leon Chaitow

*The Anatomy Coloring Book*—Wynn Kapit and Lawrence Elson

*Anatomy of an Illness*—Norman Cousins

*Appetite for Profit*—Michele Simon

*Applied Kinesiology, Synopsis*—David Walther, DC

*Better Eyesight Without Glasses*—W.H. Bates, M. D.

*The Body Electric*—Robert Becker and Gary Selden

*Breaking The Vicious Cycle*—Elaine Gottschall

*Breast Cancer? Breast Health!: The Wise Woman Way*—Susun S. Weed

*Breast Cancer and Iodine: Startling Ground-breaking New Research Shows How to Prevent and How to Survive Breast Cancer*—David M. Derry, MD, PhD

*Candida: Silver (mercury) Fillings and the Immune System*—Edited by Betsy Russell-Manning

*Chiropractic Speaks Out*—Chester Wilk, DC

*The Cholesterol Myths*—Uffe Ravnskov, MD

*Color of Anatomy: A Photographic Study of the Human Body*—Johannes Rohen and Yokochi Chihiro

*Complete Guide to Dental Health: How to Avoid Being Overcharged and Overtreated*—Jay W. Friedman, D.D.S.

*The Conquest of Cancer, Vaccines and Diet*—Virginia Livingston-Wheeler, MD

*Cross Currents*—Robert Becker

*The Cure for All Advanced Cancers*—Hulda Regehr Clark, PhD, ND

*The Cure for All Cancers*—Hulda Regehr Clark, PhD, ND

*The Cure for All Diseases*—Hulda Regehr Clark, PhD, ND

## D E F

*Diet for a Small Planet*—Frances Moore Lappe

*Digestive Wellness*—Elizabeth Lipski

*Drugs That Don't Work and Natural Therapies That Do*—David Brownstein, MD

*Dynamic Health*—Ted Morter, Jr., DC

*Encyclopedia of Natural Medicine*—Michael Murray, ND and Joseph Pizzorno, ND

*Fat is a Feminist Issue*—Susie Orbach

*Fibromyalgia and Chronic Myofascial Pain Syndrome*—Devin Starlanyl, MD and Mary Ellen Copeland, MS, MA

*The Field: The Quest for the Secret Force of the Universe*—Lynne McTaggart

*Fit or Fat?*—Covert Bailey

*Five Good Minutes at Work: 100 Mindful Practices to Help You Relieve Stress and Bring Your Best to Work*—Jeffrey Brantley, MD and Wendy Millstine, NC

*Food Alive*—Virginia Livingston-Wheeler, MD

*For Her Own Good: 150 Years of the Expert's Advice to Women*—Barbara Ehrenreich and Deirdre English

*Full Moon Feast*—Jessica Prentice

## **G H I**

*The Grape Cure*—Johanna Brandt

*The Handbook of Alternatives to Chemical Medicine*—Mildred Jackson, ND and Terri Teague

*Health and Light*—John N. Ott

*Herbal Remedies for Women*—Amanda McQuade Crawford, MN/MH

*The Herb Book*—John Lust

*Herbs and Influenza*—Kathy Abascal, RH (AHG)

*Hormone Deception: How Everyday Foods and Products are Disrupting Your Hormones and How to Protect Yourself and Your Family*—D. Lindsey Berkson

*How to Read the Aura*—W.E. Butler

*The Human Brain Coloring Book*—M.C. Diamond, A.B. Scheibel, L.M. Elson

*Hypoglycemia*—Paavo Airola

*In Fitness and in Health: Everyone is an Athlete*—Philip Maffetone, D. C.

*Iodine: Why You Need It, Why You Can't Live Without It*—David Brownstein, MD  
*The Miracle of Natural Hormones*—David Brownstein, MD

*Infinite Mind: Science of Human Vibrations of Unconsciousness*—Valerie V. Hunt

*It's All in Your Head: Diseases Caused by Silver-mercury Fillings*—Hal A. Huggins, D.D.S.

## **J K L**

*Know Your Fats*—Mary Enig, Ph.D.

*The Lesbian Health: Caring for Ourselves*—Edited by Jocelyn White, M.D. and Marissa C. Martinez

*Let's Eat Right to Keep Fit*—Adelle Davis

*Lights Out, Sleep Sugar and Survival*—T.S. Wiley with Bent Formby, PhD

> *Living Pain Free with Acupressure* -- Devi Nambudripad, D.C., LAc, RN, PhD, MD

*Love, Medicine and Miracles*—Bernie S. Siegel, MD

## **M N O**

*The Magic of Findhorn*—Paul Hawken

*Menopausal Years: The Wise Woman Way*—Susun S. Weed

*The Mood Cure*—Julia Ross, MA

*The Naked Heart: How I Painted My Way Through Breast Cancer*—Meredith Bowen Shamszad

*Natural Alternatives to Prozac*—Michael Murray, ND

*Natural Hormones: The Secret of Youthful Health*—Carlson Wade

*The New Our Bodies, Ourselves: A Book By and For Women*—The Boston Women's Health Book Collective

*A New View of a Woman's Body*—The Feminist Federation of Women's Health Centers

*Omega 3 Oils to Improve Mental Health, Fight Degenerative Diseases, and Extend Your Life*—Donald Rudin, MD and Clara Felix

*Our Earth Our Cure*—Raymond Dextreit

## **P Q R**

*The Prevention of All Cancers*—Hulda Regehr Clark, PhD, ND

*The Psychic Healing Book*—Amy Wallace and Bill Henkin

*The Queen of Fats*—Susan Allport

*Rats, Lice and History*—Hans Zinsser

*Real Food*—Nina Plank

*The Relaxation and Stress Reduction Workbook*—Martha Davis, PhD, Elizabeth Robbins Eshelman, MSW, and Matthew McKay, PhD

*Relearning to See: Improve Your Eyesight Naturally*—Thomas R. Quackenbush

## **S T U**

> *Say Goodbye to Illness*—Devi Nambudripad, D.C., LAc, RN, PhD, MD

*Saving Yourself From the Disease-Care Crisis*—Walt Stoll, MD

*The Schwarzbein Principle*—Diana Schwarzbein, MD

*Secrets of the Soil*—Peter Tompkins and Christopher Bird

*Self-Test for Metabolic Types*—William D. Kelley, DDS, MS

*Staying Healthy With the Seasons*—Elson M. Hass, MD

*The Stress of Life*—Hans Selye, MD

*Sugar Blues*—William Dufty

*Survival of the Sickest: A Medical Maverick Discovers Why We Need Disease*—Dr. Sharon Moalem

*Sweet Deception*—Dr. Joseph Mercola and Dr. Kendra Degen Pearsall

*Touch for Health: A New Approach to Restoring Our Natural Energies*—John F. Thie, D.C.

*Tissue Cleansing Through Bowel Management*—Bernard Jensen, D.C., Nutritionist

*The Untold Story of Milk*—Ron Schmid, ND

#### **V W X Y Z**

*The Vaccine Guide: Risks and Benefits for Children and Adults*—Randall Neustaedter, OMD

*Vibrational Medicine*—Richard Gerber

*Voices of the First Day: Awakening in the Aboriginal Dreamtime*—Robert Lawlor

*The Web That Has No Weaver: Chinese Medicine*—Ted J. Kaptchuk

*Whole Body Dentistry*—Mark A. Breiner, D.D.S.

*Why Do I Need Whole Food Supplements*—Lorrie Medford, CN

*Why Zebras Don't Get Ulcers*—Robert M. Sapolsky, MD

*Women Ripening Through the Menopause*—Melissa Assilem