

RECOMMENDED READING



The Thyroid Solution	Ridha Arem
Sastun	Rosita Arvigo
Rainforest Remedies	Rosita Arvigo
Rainforest Home Remedies	Rosita Arvigo
Bach Flower Remedies	Edward Bach
Prescription for Dietary Wellness	Phyllis & James Balch
Prescription for Nutritional Healing	Phyllis & James Balch
From the Shepherd's Purse	Max G. Barlow
The Body Electric	Robert Becker, Gary Selden
A Clinical Guide to Blending Liquid Herbs	Kerry Bone
Healthy Heart	Patricia Bragg
The New Glucose Revolution	Jennie Brand-Miller, et al
The Lost Language of Plants	Stephen Harrod Buhner
The Natural Testosterone Plan	Stephen Harrod Buhner
Sacred Plant Medicine	Stephen Harrod Buhner
The Vital Man	Stephen Harrod Buhner
The Female Pelvis	Blandine Calais-Germaine

The Healing Herbs	Michael Castleman
The Clitoral Truth	Rebecca Chalker
Perfect Health	Deepak Chopra
Gifts for the Soul	Dawn Clark
Aromatherapy	Valerie Cooksley
Seaweed	Valerie Cooksley
Genetically Engineered Food, A Self Defense Guide for Consumers	Ronnie Cummins, Ben Lilleston
Aromatherapy A-Z	Patricia Davis
Yamuna's Table (Indian Vegetarian)	Yamuna Devi
Sex, Lies & Uterine Fibroids	Carla Dione
The Three Season Diet	John Douillard
The Not Strictly Vegetarian Cookbook	Lois Dribin, Susan Ivankovich
Nutritional Almanac	Lavon Dunne
The Hidden Messages in Water	Masaru Emoto
Nourishing Traditions	Sally Fallon
Pelvic Power	Eric Franklin
The Healing Power of Enzymes	DicQie Fuller
A New View of a Woman's Body	Suzan Gage
The Energetics of Food	Steve Gagne
Ina May's Guide to Breastfeeding	Ina May Gaskin
Ina May's Guide to Childbirth	Ina May Gaskin
Spiritual Midwifery	Ina May Gaskin
The Menopausal Diet	Lorraine Gillespie
The New Detox Diet	Elson Haas
Staying Healthy With the Seasons	Elson Haas
Gluten-Free Cookbook Series	Bette Hagman

You Can Heal Yourself	Louise Hay
The Chemistry of Man	Bernard Jensen
Foods that Heal	Bernard Jensen
Eastern Body, Western Mind	Anodea Judith
Job's Body	Deane Juhan
Loving What Is	Byron Katie
Healing Nutrition	Lynn Keegan
Saving the Whole Woman	Christine Ann Kent
Dinner at the New Gene Cafe	Bill Lambrecht
Bioenergetics	Alexander Lowen
High Tech Harvest	Paul Lurquin
Wellness Foods A-Z	Sheldon Margen
The Complete Candida Yeast Cookbook	Jeannie Marie Martin
Yoga as Medicine	Timothy McCall
Anatomy of the Spirit	Carolyn Myss
Why People Don't Heal & How They Can	Carolyn Myss
Strong Women, Strong Bones	Miriam Nelson
A Child is Born	Lennart Nilsson, Lars Hamberger
Eat Your Genes	Stephen Nottingham
Life's Colors	Pamela Oslie
Healthy Healing	Linda Page
Medicine & Culture	Lynn Payer
The Whole Person Fertility Program	Niravi B. Payne
Nutritional Herbology	Mark Pederson
Nutritional Cost of Prescription Drugs	Ross Pelton
Super Foods	Stephen Pratt
The Little Herb Encyclopedia	Jack Ritchason

The World of Aromatherapy	Jeannie Rose
The New Well Pregnancy Book	Mike & Nancy Samuels
The Anti-Inflammatory Zone	Barry Sears
Toxic Fat	Barry Sears
Feeling Fat, Fuzzy or Frazzled?	Richard & Karilee Shames
Living Well with Hypothyroidism	Mary Shomon
Out in the Open - the Complete Male Pelvis	R. Louis Schultz
Cancer & Nutrition	Charles B. Simone
What Your Doctor My Not Tell You About Fibromyalgia	R. Paul St. Amand
Herbs for Health and Healing	Jill Stansbury
Fibromyalgia and Chronic Myofascial Pain Syndrome	Devin Starlanyl
Radiant Health & the Wisdom of Chinese Tonic Herbs	Ron Teegarden
The Pro Vita! Plan`	Jack Tips
Your Liver, Your Lifeline	Jack Tips
Women, Hormones & the Menstrual Cycle	Ruth Trickey
The Vegetarian Times Complete Cookbook	
Breast Cancer? Breast Health	Susun Weed
The New Menopausal Years	Susun Weed
Sex, Lies & Menopause	T S Wiley
The Fragrant Mind	Valerie Ann Worwood
The pH Miracle for Diabetes	Robert & Shelley Young
Sick & Tired?	Robert & Shelley Young
Eat Your Colors	Marsha Zimmerman

Any Herbal Book by:

Amanda McQuaide Crawford, Rosemary Gladstar, Christopher Hobbs, David Hoffmann, Simon Mills, Aviva Jill Romm, Susun Weed, David Winston

