

Book List

Author	Title
Abram Hoffer	Orthomolecular Treatment for Schizophrenia
Adrien Arpel & Ronnie Sue Ebenstein	How To Look Ten Years Younger
Andrew Heintzman, Evan Solomon	Feeding the Future: from Fat to Famine
Anne Wigmore	The Sprouting Book
Autumn Stringam	A Promise of Hope
Barry Sears with Bill Lawren	Enter the Zone
Bernard Jensen	Foods that Heal
Brad King	Beer Belly Blues
Brian Clement	Living Foods for Optimal Health
Brian Schaefer	Linking Diet & Cancer: Salvestrols - nature's Defence Against Cancer
Bryce Wylde	The Antioxidant Prescription
Calvin Ross	Your Hormoneous Life: Learn the Secrets of Progesterone
Caroline Marie Dupont	Enlightened Eating
Charlotte Gerson with Beata Bishop	Healing the Gerson Way
Dale Carnegie	The Quick & Easy Way to Effective Speaking:
Dale Carnegie	Modern Techniques for Dynamic Communications
	How to Stop Worrying & Start Living
David R. Hawkins	Power vs. Force: The Hidden Determinants of Human Behaviour
Deepak Chopra	What Are You Hungry For
Denise Marek	Calm:
Dr. George Carlo	A proven Four-Step Process Designed Specifically for Women Who Worry
Martin Schram	Cell Phones: Invisible Hazards in the Wireless Age
Dr. Karen Jensen	The Adrenal Stress Connection
Dt. Marita Schauch	Wilson's Temperature Syndrome
E. Denis Wilson	Staying Healthy with Nutrition
Elson M. Haas	(a little well read)
Eric Topol	Deep Medicine: How Artificial Intelligence Can make Healthcare Human
	Again
Gabriel Cousens	There is a Cure for Diabetes:
Gail Sheehy	The Tree of Life 21-Day+ Program
Healing Gourmet	The Silent Passage: menopause
Howard Donsky	Eat to Fight cancer
Howard Murad	Beauty Skin Deep
	The Water Secret
Hyla Cass	Supplement Your Prescription: what your doctor doesn't know about
J. Leichtberg	nutrition
	BioSlim: the Natural Total Health System
Erla Mae Larson, Frances A. Taylor, Jacqueline Krohn	The Whole Way to Allergy Relief & Prevention
Jeffrey Smith	Genetic Roulette
Jessica Mitton	Some Good: Nutritious Newfoundland Dishes
Joel Fuhrman	The End of Diabetes

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Author	Title
Joel Fuhrman	Eat to Live
John Robbins	Healthy at 100
Joey Shulman	Winning the Food Fight
	Your Stomach: What is Really making You Miserable and What to Do About It
Jonathan V. Wright	Unleash Your Thin - Fat Burning Blueprint
Jonny Bowden	Perfect Weight
Jordan Rubin	Take Control of Your Health
Joseph Mercola	Free to Fly: a journey towards wellness
Judit Rajhathy	Vitamin K2 and the Calcium Paradox
Kate Rheaume-Bleue	Stop Selling, Start Partnering
Larry Wilson	Diets for Healthy Healing
Linda Page	An A-Z Woman's Guide to Vibrant Health
Lorna Vanderhaeghe	Sexy Hormones
Lorna Vanderhaeghe	Organic Manifesto
Maria Rodale	Love Thyself: The Message from Water III
Masaru Emoto	How to Prevent and Treat Diabetes with Natural Medicine
Michael Murray, Micheal Lyon	Hunger Free Forever
Michael Murray	In Defence of Food
Michael Pollan	Becoming
Michelle Obama	You - Staying Young
Michael Roizen & Mehmet Oz	The Power of Positive Living
Norman Vincent Peale	ABC of Foods
Patricia M. Conlin	The Low GI Diet Bible
Patrick Holford	Water: The Shocking Thruth
Paul & Patricia Bragg	How to Eat, Move and Be Healthy
Paul Chek	Eat Away Illness
Paulette Millis	Eating Well, Living Well
Richard Beliveau & Denis Gingras	
Richard Sarnat, Paul Schulick, Thomas Newmark	The Life Bridge: The way to longevity with probiotic nutrients
Robert Barefoot & Carl Reich	The Calcium Factor
Rohinton Mistry	A Fine balance
Rosalie Moscoe	Frazzled Hurried Woman!
Rosalie Moscoe	Food and Mood CDs
Rudolph Ballentine	Radical Healing
Sam Graci	The Path to Phenomenal Health
Sam Graci	The Food Connection
Sarah Holvik	You Aren't Just What You Eat
Sarah Kraftchuck	Love to Be Me!
	Cindy & Erica's Obsession to Solve Today's Health Care Crisis: Autism, Alzheimer's Disease, Cardiovascular Disease, ALS and More
Stephanie Seneff	The Write Way: becoming a successful writer
Susan Crossman	The End of Food
Thomas F. Pawlick	Fats that Heal, Fats that Kill
Udo Erasmus	Pulling Your Own Strings
Wayne W. Dyer	Svelt patch: Weight-Loss Plan