

## Book inventory

| Author                         | Title  |
|--------------------------------|--|
| Ann Boroach, CNC               | The Candida Cure Cookbook  |
| Beach View Books               | Step Into the Spotlight: A guide to Getting Noticed ('Cause All Business Is Show Business)                   |
| Brendan Frezier                | Thrive: A Guide to Optimal Health & Performance Through Plant-Based Whole Foods                              |
| Bruce Krahn                    | The Fat Fighter Diet   |
| Christina Bjorndal             | The Essential Diet: Eating for mental Health   |
|                                | The Quick & Easy Way to Effective Speaking:  |
| Dale Carnegie                  | Modern Techniques for Dynamic Communications   |
| Dale Carnegie                  | How to Win Friends & Influence people  |
| Denise Marek                   | Calm: A proven Four-Step Process Designed Specifically for Women Who Worry                                   |
| Don Colbert                    | Deadly Emotions: Understand the Mind-Body-Spirit Connection that Can Heal or destroy You                     |
| Dr. George Carlo               |  |
| Martin Schram                  | Cell Phones: Invisible Hazards in the Wireless Age   |
| Dr. Karen Jensen               |  |
| Dt. Marita Schauch             | The Adrenal Stress Connection  |
| E. Denis Wilson                | Wilson's Temperature Syndrome  |
|                                | Staying Healthy with Nutrition   |
|                                | (a little well read)   |
| Elson M. Haas                  |  |
| Eric Topol                     | Deep Medicine: How Artificial Intelligence Can make Healthcare Human Again                                   |
| Eva M. Selhub &                |  |
| Alan C. Logan                  | Your Brain on Nature: The Science of nature's Influence on Your Health, happiness and Vitality               |
| Freed Pescatore                | The Hamptons Diet: Loose Weight Quickly & Safely with the Doctor's Delicious Meal Plans                      |
| Gabriel Cousens                | There is a Cure for Diabetes: The Tree of Life 21-Day+ Program   |
| Jennie Brand-Miller; Thomas    |  |
| M.S. Wolever; Stephen          |  |
| Collagiuri; Kaye Foster-Powell | The New Glucose Revolution   |
| Jessica Mitton                 | Some Good: Nutritious Newfoundland Dishes  |
| Jonathan V. Wright             | Your Stomach: What is Really making You Miserable and What to Do About It                                    |
| Jonathan V. Wright             | Library of Food and Vitamin Cures  |
| Julie Daniluk                  | Hot Detox  |
| Kate Rheaume-Bleue             | Vitamin K2 and the Calcium Paradox   |
| Katherine Woodward Thomas      | Calling in "The One": 7 weeks to attract the love of your life   |
| Lianne Phillipson-Webb         | Sprout Right: Nutrition from Tummy to Toddler  |
| Mary J. Shomon                 | The Thyroid Diet: Manage Your Metabolism for Lasting Weight Loss   |
| Masaru Emoto                   | Love Thyself: The Message from Water III   |
| Norman Vincent Peale           | The Power of Positive Living   |
| Pamela Peeke                   | Fit to Live: The 5-Point Plan to Become Lean, Strong & Fearless for Life                                     |
| Patricia M. Conlin             | ABC of Foods   |
| Patrick Holford                | The Optimum Nutrition Bible: The Book you have to Read if Your Care About Your Health                        |
| Patrick Holford                | The Feel Good Factor: 10 proven ways to boost your mood and motivate yourself                                |
| Patrick Holford                | Optimum Nutrition for the Mind   |
| Paul Chek                      | How to Eat, Move and Be Healthy  |
| Paulette Millis                | Eat Away Illness   |
| Ricki Heller                   |  |
| with Andrea Nakayama           | Living Candida-Free: Conquer the hidden epidemic that's making you sick and restore your health and vitality |
| Robert K. Cooper               |  |
| Recipes by Leslie L. Cooper    | Flip the Switch: Proven Strategies to Fuel Your Metabolism & Burn fat 24 Hours a Day                         |
| Rohinton Mistry                | A Fine balance   |
| Rosalie Moscoe                 | Frazzled Hurried Woman!  |
| Rosalie Moscoe                 | Food and Mood CDs  |
| Rudolph Ballentine             | Diet & Nutrition: A Holistic Approach  |
| Sarah Kraftchuck               | Love to Be Me!   |
|                                | Cindy & Erica's Obsession to Solve Today's Health Care Crisis: Autism, Alzheimer's Disease, Cardiovascular   |
| Stephanie Seneff               | Disease, ALS and More  |

Suzy Cohen  
T. Clon Campbell  
Thomas M. Cambell

Diabetes without Drugs: The 5-step Program to Control Blood Sugar naturally and Prevent Diabetes Complications

The China Study: Startling Implications for Diet, Weight Loss & Long-Term Health