

Suggested Reading List

Written by Cathy Shea

TITLE

Adrenal Fatigue
Ageless Remedies
Alkalize or Die
Alternative Medicine
Apple Cider Vinegar
Before You Call the Doctor
Better Breast Health
Body Ecology Diet
Body Smart System
Breaking Free from Compulsive Eating
Candida
Candida Albicans
Candida: A 20th Century Disease
Cayce Guide to Colon Care
Cayce Remedies
Celebration of Wellness
Chi Nei Tsang
Colostrum: Nature's Gift to Immune System
Colon Cleanse the Easy Way
Colon Health
Cure for All Diseases
Detox For Life
Detoxification
Diet for a Poisoned Planet
Dining In the Raw
Dr. Atkins Vita Nutrient Solution
Dr. Jensen's Guide to Better Bowel Care
Eat, Drink & Be Healthy
Eat More, Weigh Less
End of Stress As We Know It
Fit For Life
Flood Your Body with Oxygen
Food and Healing
Food: Your Miracle Medicine
Foods That Heal
Fresh Vegetable & Fruit Juices
Gastro Intestinal Health
Guess What Came to Dinner
Heal Your Body
Healing From Within With Chi Nei Tsang
Healing Wise
Healing with Whole Foods

AUTHOR

Wilson
Kroeger
Baroody
Goldberg Group
Bragg
Simons
Flaws & Wolfe
Gates
Silver
Roth
Luc & Schepper
Leon Chaitow
Lorenzani
Duggan
McGarey
Cederquist & Levine
Chia
Ley
Burnett
Walker
Clark
Jordan
Page
Steinman
Romano
Atkins
Jensen
Willett
Ornish
McEwen
Diamond
McCabe
Colbin
Carper
Jensen
Walker
Peiken
Gittleman
Hay
Marin
Weed
Pitchford

Healing Within
Healthy Fasting
Healthy Healing
Healthy Liver & Bowel Book
Hiatal Hernia
Home Remedies
Hungry Gene
Hydrotherapy
Invisible Illness
Know Your Fats
Lick the Sugar Habit
Living Foods Lifestyle
Macrobiotic Home Remedies
Miracle of Fasting
Natural Guide to Colon Health
Natural Healing
Nature Has A Remedy
Our Earth, Our Cure
Oxygen
Parasites the Enemy Within
Perfect Digestion
Perfect Health
Rational Fasting
Renew Your Life
Safe Food
Second Brain
Self Healing Cookbook
Sprouts: Miracle Food
Staying Healthy With The Seasons
Stretching
Tao of Healthy Eating
Taste of Heaven & Earth
Toxic Relief
Your Body's Many Cries for Water
Visceral Manipulation -90 minute Video
Visceral Manipulation -color manual for video
Water: The Ultimate Cure
Wellness Workbook
When Food is Love
When You Eat At the Refrigerator, Pull up a Chair

Weinberger
Hellmirs/Kriegisch
Page
Cabot
Baroody
Thrash & Thrash
Shell
Dail & Thomas
Gilbere
Enig
Appleton
Cobb
Kushi
Bragg
Tenney
Soltanoff
Jensen
Dextreit
Donsbach
Kroeger
Chopra
Chopra
Ehret
Watson
Jacobson
Gershon
Turner
Meyerowitz
Haas
Anderson
Flaws
Vitell
Colbert
Batmanwaji
Shea
Shea
Meyerowitz
Travis & Ryan
Roth
Roth