

Reading List

This is a list of some of the books (I have about a hundred titles on hand) that have helped guide me in my quest for balanced health and well being. They have been an important resource for myself (as a lay person) in desiring to understand with confidence, a holistic approach to good health and well being.

1. ***Your Body's Many Cries For Water***, by F Batmanghelidj, M.D.*
2. ***Coronaries/Cholesterol/Chlorine***, by Joseph M. Price, M.D.**
3. ***Enzyme Nutrition***, by E. Howell, M.D.*
4. ***Food Enzymes***, by Humbart Santillo, MH, N.D.***
5. ***Body Ecology Diet***, by Donna Gates*
6. ***What Your Doctor My Not Tell You About Menopause***, by John R. Lee, M.D.***
7. ***The Miracle Nutrient – Coenzyme Q-10***, by Emile G. Bliznakov, M.D.*
8. ***If Life Is A Game, These Are The Rules***, by Chérie Carter-Scott, PhD.***
9. ***Why People Don't Heal And How They Can***, by Caroline Myss, PhD.***
10. ***Essential Fatty Acids In Health And Disease***, by Edward N. Siguel, M.D. PhD.***
11. ***Smart Fats***, by Michael A. Schmidt, M.D.*
12. ***Fats That Heal, Fats That Kill***, by Udo Erasmus, PhD.***
13. ***The Healing Miracles Of Coconut Oil***, by Bruce Fife, N.D.***
14. ***Alkalize Or Die***, by Theodore A. Baroody, N.D., D.C., PhD.***
15. ***Silent Clots***, by James R. Privitera, M.D.***
16. ***The Oil Protein Diet***, by Johanna Budwig, PhD.***
17. ***Sunlight***, by Zane R. Kime, M.D., MS***

I'll be updating this list as new research and new titles become available. If you have any questions or suggestions, please feel free to give me a call. Thank you, Bill Cooper

*We have these books in stock.

** Out of Print, can be found in used bookstores.

*** Amazon.com

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