

Suggested Reading

This section is not meant to make your life more demanding than usual. Based upon years of clinical experience, patients have suggested that this kind of list might have been helpful to them. All I ask is that you read through the next few paragraphs. Whatever you decide to do after that is completely up to you.

Prior to our first appointment, I suggest, if at all possible, that you browse through the following list and identify a book or two that pertains to the reason(s) for which you have made an appointment with me. It may be more reasonable for you to visit a book store or library and simply skim through the book(s). In no way is this meant to overwhelm you or be burdensome. **Simply, the book(s) may help you better understand my strategies which may be new or different to you.**

You might also choose to read to browse through these books during the course of our consultations. It is up to you.

As you peruse the list, you may not find a book that pertains to your condition. Most probably that means that it would require too many different books to look at before our first visit.

IMPORTANT WARNING: These books are intended for educational purposes only. They are not prescriptive. Do not use them to self-medicate. That could very well result in harming yourself or those you love via very negative consequences that may include, though not be limited to, the following: complicated and dangerous side-effects; the use of inappropriate substances or treatment strategies; dangerous drug or supplement interactions; allergic reactions; strategies incompatible with your family medical history or your own; a lack of professional testing and assessments; more.

ADD: *The ADD Answer*, Frank Lawliss and *ADD:The 20-Hour Solution*, Mark Steinberg and Siegfried Othmer.

Anit-Aging Nutrition: *The Life Extension Revolution*, Philip Lee Miller and Monica Reingel.

Asthma: *The Allergy and Asthma Cure*, Fred Pescatore and *Asthma-Free Naturally*, Patrick McKeown (just read the section of the Buteyko Breathing Method)

Autism (and Asperger's): *Children with Starving Brains*, Jaquelyn McCandless (2003 edition)

Bioidentical Hormones: *The HRT Solution* (rev.ed), John M. Kells and Marla Ahlgrimm and *Feeling Fat, Fuzzy or Frazzled*, Karilee Shames and Richard Shames

Brain Disease/Health/Longevity: *The Better Brain Book*, David Perlmutter and Carol Colman and *Brain Longevity*, Dharma Singh Khalsa

Cancer: *How to Prevent and Treat Cancer with Natural Medicine*, Michael Murray and *Fighting Cancer from Within: How to Use the Power of the Mind for Healing*, Martin Rossman

Cardiovascular Disease: *Reverse Heart Disease Now*, Stephen T. Sinatra

Diabetes: *How to Prevent and Treat Diabetes with Natural Medicine*, Michael Murray and Michael Lyons

Digestive and Gastrointestinal Conditions: *Digestive Wellness*, Elizabeth Lipski (2004 ed.) and *Irritable Bowel Syndrome and the MindBodySpirit Connection*, William B. Salt II and Neil F. Neimark

Fatigue: *From Fatigued to Fantastic* (revised 2⁰⁰¹ edition), Jacob Teitelbaum and *Feeling Fat, Fuzzy or Frazzled*, Karilee Shames and Richard Shames

Headaches: *What Your Doctor May Not Tell You About™ Migraines*, Alexander Mauskopf and Barry Fox

Menopause: *The Menopause Revolution*, Martin Milner and *The Wisdom of Menopause*, Christiane Northrup

Nutritional Psychology: *The Mood Cure*, Julia Ross and *Natural Highs*, Hyla Cass

Pain Management: *Pain Free For Life*, Scott Brady and *Pain Free 1-2-3*, Jacob Teitelbaum and www.roadback.org (The Roadback Foundation) please take a look at the articles archived under the rubric of “Newcomers”

Perimenopause: *The Hormone Survival Guide for Perimenopause*, Nisha Jackson

Rheumatic and Joint Disease: See Pain Management