

Resources Reading Options

These are some of the books I found to be helpful in educating myself on different health issues. Remember you are your best health advocate. Take the reins on the health of your life and the life of your family.

Essential Oils

Modern Essentials
Essential Oils/Ancient Medicine
The Heart of Aromatherapy
The Healing Power of Essential Oils
Essential Living
Essential Oils Diet
The Essential Oils Hormone Solutions
Modern Essentials Emotions
Emotions & Essential Oils
A Beginner's Guide to Essential Oils
Essential Oils to Boost the Brain & Heal
The Body

Aroma Tools
Axe/Rubin/Bollinger
Andrea Butje
Eric Zielinski, D.C.
Andrea Butje
Eric & Sabina Zielinski
Dr. Mariza Synder
Aroma Tools
Enlighten
Hayley Hobson

Jodi Cohen

Brain Health

Use Your Brain to Change Your Age
Think, Learn, Succeed
Who Switched Off My Brain?
A Mind of Your Own
Healing Back Pain
The 36-Hour Day
Bible Cure for Depression & Anxiety

Daniel G. Amen, MD
Caroline Leaf, MD
Caroline Leaf, MD
Kelly Brogan, MD
John E. Sarno, MD
NancyL. Mace, MA & Peter V. Rabins, MD
Don Colbert, MD

Overall Health

Healing at the Speed of Sound
The God Prescription: Our Heavenly Father's
Plan for Spiritual, Mental & Physical Health
Natural Health, Natural Medicine
What the Bible Says About Healthy Living
Your Body, Your Life
Walking in Divine Health
You are Not What You Weigh
Bible Cure for Heart Disease
Get Off Your Acid

Don Campbell & Alex Doman

Avery M. Jackson III, MD
Andrew Weil, MD
Rex Russel, MD
Kim Lyons
Don Colbert, MD
Lisa Bevere
Don Colbert, MD
Dr. Daryl Gioffre

Food for Health

Eat Wheat
The Wisdom & Healing Power of Whole Foods
The Vitamin D Cure
The Food Babe Way
The Fast Metabolism Diet
Water: for Health, for Healing, for Life
Win the Sugar War
The Family Nutrition Book
Is This Your Child?
Perfect Weight America
The Diet Bible: The Bible for Dieters
Take Control of Your Health
Food and Love
Fat for Fuel
Eating in the Dark
The Juice Lady's Guide to Juicing for Health
Living Food Revolution
Food Pharmacy
Integrative Nutrition
Toxic Relief
The Green Medicine Chest
The Anti-Anxiety Good Solution

Dr. John Douillard, D.C.
Patrick Quillin
James E. Dowd, MD & Diane Stafford
Vani Hari
Haylie Pomroy
F. Batmanghelidj, MD
Holly McCord, R.D.
Sears and Sears
Doris Rapp, MD
Jordan Rubin
Maureen Salaman
Dr. Joseph Mercola
Dr. Gary Smalley
Dr. Joseph Mercola
Kathleen Hart
Cherie Calbom, MS
Cherie Calbom, MD
Lina Nertby Aurell & Mia Clase
Joshua Rosenthal
Don Colbert, MD
Judith Boice, ND, L.Ac
Trudy Scott, CN

Cancer Cures

The Truth About Cancer: A Global Quest
Bible Cure for Cancer

Ty & Charlene Bollinger
Don Colbert, MD

Vaccines

Safe & Effective?

Katelyn McCormack, RN, BSN, PHN

Autoimmune/Hormone

Overcoming Adrenal Fatigue
The Thyroid Connection
The Autoimmune Solution
Hormone Health Zone
Bible Cure for Diabetes

Kathryn R. Simpson, MS
Amy Myers, MD
Amy Myers, MD
Don Colbert, MD
Don Colbert, MD

Aging

The Wisdom of Menopause
Fit and Fabulous in 15 Minutes
Fabulous at 50
Younger
What Your Doctor May Not Tell You About
Premenopause
What Your Doctor May Not Tell You About
Menopause
The Essential Oils Menopause Solution

Christiane Northrup, MD
Teresa Tapp
Janet Maccaro, PhD
Sara Gottfried, MD

John R. Lee, MD

John R. Lee, MD
Dr. Mariza Synder

Videos/DVDs

Bought

Forks over Knives

Food, Inc.

Fed up

Detoxing for Health

The Truth About Cancer: A Global Quest

The Biology of Behavior

Cancer Doesn't Scare Me Anymore

Diseases Don't Just Happen

You Can't Improve on God

Interview with Dr. Lorraine Day