

Your Go To

Health and Diet

Resource Guide

In General

Grain Brain: The Surprising Truth About Wheat, Carbs, and Sugar - Your Brain's Silent Killers

- David Perlmutter, MD, 2013

The Cheese Trap: How Breaking a Surprising Addiction Will Help You Lose Weight, Gain Energy, and Get Healthy

- Neal Barnard, MD, 2017

The Case Against Sugar

- Gary Taubes, 2016

There is a Cure for Diabetes

- Gabriel Cousens, MD, 2008

The End of Alzheimer's: The First Program to Prevent and Reverse Cognitive Decline

- Dale Bredesen, MD, 2020

How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease

- Michael Greger, MD, 2015

Your Body in Balance: The New Science of Food, Hormones, and Health

- Neal Barnard, MD, 2020

Lies I Taught in Medical School: How Conventional Medicine is Making You Sicker and What You Can Do to Save Your Life

- Robert Lufkin, MD, 2024

Young Forever

- Mark Hyman, MD, 2023

Fat, Sick, and Nearly Dead

- Joe Cross, 2010 movie documentary

On Fasting

The Obesity Code - Unlocking the Secrets of Weight Loss

- Jason Fung, MD, 2016

Life in the Fasting Lane: How to Make Intermittent Fasting a Lifestyle - and Reap the Benefits of Weight Loss and Better Health

- Jason Fung, MD, 2020

Fast Like a Girl: A Woman's Guide to Using the Healing Power of Fasting to Burn Fat, Boost Energy, and Balance Hormones

- Mindy Pelz, DC, 2022

Recipes

12 Steps to Raw Foods: How to End Your Dependency on Cooked Foods

- Victoria Boutenko, 2007

Juice + Nourish: Energize, Cleanse, and Find Your Glow with 100 Refreshing Juices and Smoothies

- Rosemary Ferguson, 2019

Extras

Women's Bodies, Women's Wisdom: Creating Physical and Emotional Health and Healing

- Christiane Northrup, MD, 2020

Prepare for Surgery, Heal Faster: A Guide Of Mind-Body Techniques

- Peggy Huddleston, 1996

Pure Skin: Discover the Japanese Ritual of Glowing

- Victoria Tsai, 2018

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