



RESOURCES

BOOKS

- ❖ *Nutrition and Physical Degeneration*; Francis Pottenger and Weston A. Price
- ❖ *Life without Bread*; Christina B. Allan, Ph.D. and Wolfgang Lutz, M.D.
- ❖ *The Metabolic Typing Diet*; William Wolcott
- ❖ *Trick and Treat*; Barry Groves
- ❖ *Know Your Fats*; Mary Enig and Sally Fallon
- ❖ *Good Calories, Bad Calories*; Gary Taubes
- ❖ *Eat Move and Be Healthy*; Paul Chek
- ❖ *Nourishing Traditions*; Sally Fallon
- ❖ *The Cholesterol Myths*; Uffe Ravnskov
- ❖ *The Truth about Childrens' Health*; Robert Bernardini, M.S.
- ❖ *Adrenal Fatigue*; James L. Wilson, N.D., D.C., Ph.D.
- ❖ *Rediscover Your Native Fitness*; PACE: Al Sears, M.D.
- ❖ *The 150 Healthiest Foods on Earth*; Johnny Bowden, Ph.D.
- ❖ *Politically Incorrect Nutrition*; Michael Barbee, C.D.C.
- ❖ *The Primal Blueprint*; Mark Sisson
- ❖ *The Metabolism Advantage*; John Berardi Ph.D., CSCS
- ❖ *Protein Power*; Michael Eades, M.D., Mary Eades, M.D.
- ❖ *Eat Fat and Grow Slim*; Dr. Richard Mackarness
- ❖ *The Paleo Diet*; Loren Cordain, Ph.D.
- ❖ *Survival of the Fittest*; Del Thiessen, Ph.D.
- ❖ *The Ketogenic Diet*; Lyle McDonald
- ❖ *Nutrition Made Simple*; Robert Crayhon, M.S.
- ❖ *Food Politics*; Marion Nestle
- ❖ *Beating the Food Giants*; Paul Stitt
- ❖ *The Makers Diet*; Jordan S. Rubin
- ❖ *The Diet Cure*; Julia Ross, M.A.
- ❖ *Outsmarting the Female Fat Cell*; Debra Waterhouse, M.P.H., RD
- ❖ *Your Hidden Food Allergies are Making You Fat*; Rudy Rivera, M.D.



- ❖ *The Schwarzbein Principle; Diana Schwarzbein, M.D.*
- ❖ *Why Zebras Don't Get Ulcers; Robert M. Sapolsky*
- ❖ *The Great Cholesterol Con; Anthony Colpo*
- ❖ *Eat Fat Lose Fat; Ann-Louise Gittlemen*
- ❖ *Neandrothin; Ray Audette*

DVD'S/MOVIES/SEMINARS

- ❖ Seminar: *Big Fat Lies: The Truth About Diet, Exercise and More; Gary Taubes*
- ❖ *Fat Head*
- ❖ *Food, Inc.*
- ❖ *Prescription for Illness*
- ❖ *Eating for Optimal Health; David Getoff, M.D.*
- ❖ *Flatten Your Abs Forever; Paul Chek*
- ❖ *Food Matters, You Are What You Eat; www.foodmatters.tv*
- ❖ *Hidden Dangers in Kids Meals, Genetically Engineered Foods*
- ❖ *Sweet Misery; A Poisoned World; a film by Cory Bracket*
- ❖ *My Big Fat Diet; a film by Mary Bissell*
- ❖ *Fast Food Nation*
- ❖ *All Jacked Up; Hungry for the Truth?*
- ❖ *Healing Cancer from Inside Out; Mike Anderson*
- ❖ *Generation RX; film by Kevin P. Miller*
- ❖ *Fat Loss Secrets Revealed; Matt Pack and Danny Christie*

WEBSITES

- ❖ www.precisionnutrition.com
- ❖ www.stumptuous.com
- ❖ www.anthonycolpo.com
- ❖ www.marksdailyapple.com