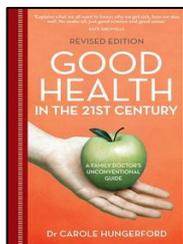


Recommended Reading

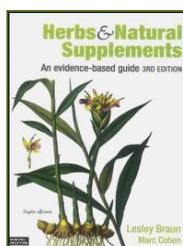


Good Health in the 21st Century - A Family Doctor's Unconventional Guide Dr Carole Hungerford

Review by Susan Hornbeck Publicist of Scribe:

An authoritative book that clearly explains the true cause of the ever-increasing numbers of people diagnosed with Western World diseases such as Cancer, Autoimmune diseases, Mental Health problems, Cardiovascular disease, Diabetes and Obesity. Easy to read style combines well referenced detail on the importance of macro and micro nutrients and diet and lifestyle in the positive outcome of many diseases.

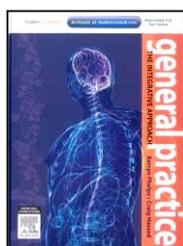
Scribe Publications – scribepublications.com.au



Herbs and Natural Supplements Braun & Cohen (3rd Ed.)

Evidence-based guide on 120 most popular herbs, nutrients and food supplements used across Australia and New Zealand. Organised alphabetically, by common name, designed for professional health care providers, health science students (natural therapies) and complementary therapies; consumers Information such as daily intake, main actions/indications, adverse reactions and drug interactions, contraindications and precautions.

Elsevier – elsevierhealth.com.au



General Practice – The Integrative Approach Kerryn Phelps & Craig Hasted

This important publication takes a contemporary, integrative approach to the diagnosis, investigation, prevention and management of disease states encountered in general practice. The book covers the philosophy underpinning modern general practice and deals with primary and secondary prevention as well as integrative acute and chronic disease management.

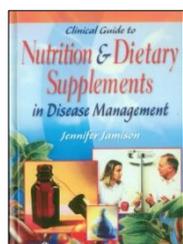
Elsevier – elsevierhealth.com.au



A Guide to Evidenced-Based Integrative and Complementary Medicine Vicki Kotsirilos, Luis Vitetta & Avni Sali

This book is designed for general practitioners, specialists, medical students and health practitioners with an interest in integrative medicine. The book covers non-pharmacologic treatments for common medical practice problems, with the support of current scientific evidence.

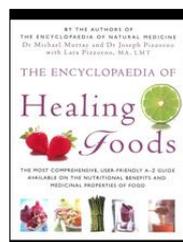
Elsevier – elsevierhealth.com.au



Clinical Guide to Nutrition & Dietary Supplements in Disease Management Prof Jennifer Jamison

A contemporary approach to principles of nutritional therapy and herbal treatments. Clearly demonstrates the biological plausibility of using supplements in clinical care, citing evidence from clinical trials. Scientific information on the principles of nutritional medicine, discussions on why and when supplements should be used, mechanisms of action, and laboratory assessments. Listings of prevalent diseases that can be impacted by nutritional therapies. Listings of nutrients in dietary supplements, specific indications, doses, interactions, & side effects, safety and efficacy.

Elsevier – elsevierhealth.com.au

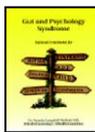


Encyclopaedia of Healing Foods Dr Michael Murray & Dr Joseph Pizzorno with Lara Pizzorno, MA, LMT

Discusses an ever-growing appreciation of the role of diet in determining our level of health. It is now well established that certain dietary practices cause, as well as prevent, a wide range of diseases. Research is accumulating that indicates certain diets and foods offer immediate therapeutic benefit.

Brumby Sunstate – sunstatebooks.com.au

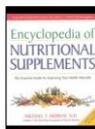
Other books



Gut and Psychology Syndrome - Natasha Campbell-McBride, MD

Gut and Psychology Syndrome reveals the true connection between nutrition and brain function. Written by a neurologist and practising nutritionist it looks at why today's generation of children have been shown to have the highest incidence of learning disabilities and behavioural disorders.

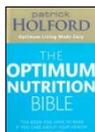
Mindd Foundation – mind.org



Encyclopaedia of Nutritional Supplements - Michael Murray

A comprehensive guide to key vitamins and minerals, as well as other important nutrients, oils, enzymes, etc., in-depth descriptions of the healing properties of each supplement, what symptoms may indicate a deficiency and what health conditions each supplement can improve, ease or heal and recommendation for use and dosage.

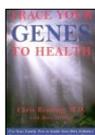
Brumby Sunstate – sunstatebooks.com.au



The Optimum Nutrition Bible - Patrick Holford

Based on the latest research, this bestselling book by one of the world's leading nutrition experts reveals precisely why optimum nutrition – rather than a so called well-balanced diet – should be your goal.

Brumby Sunstate – sunstatebooks.com.au



Trace Your Genes to Health - Chris Reading, MD with Ross Meillon

Use your family tree to guide your diet, enhance your immune system and overcome chronic disease.

Brumby Sunstate – sunstatebooks.com.au



Beating Cancer with Nutrition - Patrick Quillan, PhD, ND, CNS

Completely revised: includes cookbook, an updated list of nutritionally oriented doctors and an audio CD.

Robinsons – robinsonsbbooks.com.au



Death by Civilization or How Insulin is Killing Us - Dr Peter Baratosy

Diseases that in the past only affected the elderly are now developing in younger and younger populations. This book deals with how and why we should change our lifestyle to prevent chronic health problems such as diabetes, obesity & heart disease.

Dr Peter Baratosy – peter@fengshuifarm.com.au



Gut Feelings - Dr Peter Baratosy

"All Diseases begin in the gut" – Hippocrates

This book deals with gut health and the effect it has on the rest of our bodies.

Dr Peter Baratosy – peter@fengshuifarm.com.au



Can You Really Believe What Your Doctor Tells You? – Dr Peter Baratosy

A CD-rom dealing with cholesterol, hypertension, heart disease, diabetes, menopause and children.

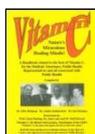
Dr Peter Baratosy – peter@fengshuifarm.com.au



It Could Still be Your Thyroid - Dr Peter Baratosy

This book focuses mainly on Hypothyroidism (under-active thyroid), the most common form of Thyroid Disease.

Dr Peter Baratosy – peter@fengshuifarm.com.au



Vitamin C – Nature's Miraculous Healing Missile! - Dr Glen Dettman, Dr Archie Kalokerinos, Dr Ian Dettman

A handbook related to the best of Vitamin C, for medical, veterinary, public health representatives and all concerned with Public Health.

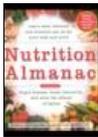
Print Junction - printjunction.com.au



Adrenal Fatigue – The 21st Century Stress Syndrome – James L Wilson, ND, DC, PhD

What is it and how you can recover energy, immune resistance, vitality and enjoyment of life.

Robinsons – robinsonsbbooks.com.au



Nutrition Almanac – John D Kirschmann and Nutrition Search Inc.

Take charge of your well-being, improve your health, feel younger, and live longer. Learn what vitamins and minerals can do for your body and mind.

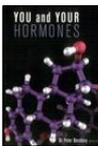
Brumby Sunstate – sunstatebooks.com.au



Integrative Medicine – David Rakel, MD

This book is about improving patient health and expanding one's practice by integrating proven complementary therapies. Also included is a therapeutic review section, helpful icons, dosages and precautions and bonus PDA software.

Elsevier – elsevierhealth.com.au



You and Your Hormones – Dr Peter Baratossy

Part 1 covers research about hormones, the use of the synthetic hormones (HRT) and why the natural Bio-identical Hormone Replacement Therapy (B-HRT) is safer and therefore better. Part 2 covers the treatment side of hormones.

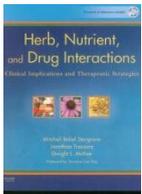
Dr Peter Baratossy – peter@fengshuifarm.com.au



Biochemistry for Health Professionals - Laura Batmanian, BSc(Hons) PhD (Melb), Simon Worrall, BSc(Hons) PhD and Justin Ridge, BSc(Hons) PhD (Shef) GradCert (Higher Ed)

The fundamentals of biochemistry in a health science context. Assumes no prior knowledge and explores biochemistry concepts and principles from a human biology perspective. Easy to understand language, clear, simple illustrations and clinical cases specifically designed for the undergraduate health science student.

Elsevier – elsevierhealth.com.au



Herb, Nutrient and Drug Interactions – Clinical Implications and Therapeutic Strategies

Mitchell Bebel Stargrove, Jonathan Treasure, Dwight L. McKee

Understand herb-drug and nutrient-drug interactions to ensure patient safety and enhance patient outcomes. Presenting detailed, evidence-based coverage of the most commonly encountered therapeutic agents in modern clinical practice. A guide for safe and effective integration of herbal, nutrients and drug therapies for patients or clients. References on CD.

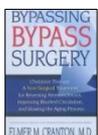
Elsevier – elsevierhealth.com.au



Healthy Home Healthy Family, 2nd Ed. By Nicole Bijlsma

Healthy Home Healthy Family shows which chemicals to avoid if you have sensitive skin, where the allergens are in your home, what plastics to avoid in the kitchen, how to reduce your exposure to electromagnetic fields, why most countries don't fluoridate their water supply, what to look for in an asthma friendly vacuum cleaner, what chemicals to avoid if you're pregnant or have breast cancer and more.

Joshua Books - <http://www.joshuabooks.com>



Bypassing Bypass Surgery - Elmer M Cranton, MD

Chelation Therapy: a Non-surgical treatment for reversing arteriosclerosis, improving blocked circulation and slowing the aging process.

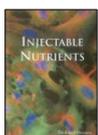
Brumby Sunstate – sunstatebooks.com.au



Australasian Handbook of EDTA Chelation Therapy – Dr Karel Hromek

This is a reference book on EDTA Chelation Therapy aimed at medical practitioners who have a base knowledge of chelation therapy.

Dr Karel Hromek - khromek@bigpond.net.au



Injectable Nutrients – Dr Karel Hromek

An extensive and well-referenced overview on the topic, covering Vitamin C and the other antioxidants, Glutathione & Alpha Lipoic Acid, the B vitamins (B1,B2,B3,B6, B12, folate), and the minerals Magnesium, Zinc, Iron.

Dr Karel Hromek - khromek@bigpond.net.au