

# Patient Reading Booklist

## **Available in the office for purchase from Springforth:**

Title: Adrenal Fatigue: The 21<sup>st</sup> Century Stress Syndrome

Author: James L. Wilson, N.D., D.C., Ph.D.

Published By: Smart Publications 2001

Title: Free yourself from Chronic Pain and Sports Injuries: How Prolotherapy Can Help You Become Pain Free

Author: Donna Alderman, D.O.

Published By: Family Doctor Press 2008

Title: Stay Young & Sexy with Bio-Identical Hormone Replacement The Science Explained

Author: Jonathan V. Wright, MD and Lane Lenard, PhD

Published By: Smart Publications 2010

Title: Hypothyroidism Type 2: The Epidemic

Author: Mark Starr, M.D.

Published By: Mark Starr Trust 2010

Eat Well, Age Better

Author: Aileen Burford-Mason, PH.D.

Published By: Thomas Allen 2012

## **Recommended reading:**

### **Nutrition:**

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

Author: David Perlmutter, MD with Kristin Loberg

Published By: Little Brown and Company 2013

Title: The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease - and the Statin-Free Plan That Will

Author: Jonny Bowden, PhD, CNS and Stephen Sinatra, MD, FACC

Published By: Fair Winds Press 2012

Title: Cholesterol Clarity: What the HDL is Wrong with my Numbers

Author: Jimmy Moore with Eric C. Westman, MD

Published By: Victory Belt Publishing 2013

Title: Iodine - Why You Need It Why You Can't Live Without It 4<sup>th</sup> Edition  
Author: David Brownstein, M.D.  
Published By: Medical Alternatives Press 2009

Title: The Guide to a Gluten Free Diet 2nd Ed  
Author: David Brownstein, M.D. and Sheryl Shenefelt, C.N.  
Published By: Medical Alternatives Press 2009

Title: Nutrition and Physical Degeneration 6<sup>th</sup> Edition  
Author: Weston A. Price, D.D.S.  
Published By: Price-Pottenger Nutrition Foundation Inc. 2000

Title: The China Study  
Author: T. Colin Campbell, PHD and Thomas M. Campbell II  
Published By: BENBELLA BOOKS Dallas, Texas 2006

Title: Eat, Drink, and Be Healthy  
Author: Walter C. Willett, M.D. with Patrick J. Skerrett  
Published By: Free Press 2001

Title: Genetic Nutritioneering: How You Can Modify Inherited Traits and Live a Longer, Healthier Life  
Author: Jeffrey S. Bland, PhD. with Sara H. Benum, M.A.  
Published By: Library of Congress Cataloging-in-Publication Data 1999

Title: The Anti Inflammation Zone: Reversing the Silent Epidemic That's Destroying Our Health  
Author: Dr. Barry Sears, M.D.  
Published By: HarperCollins Publishers 2005

Title: Biochemical Individuality: The Key to Understanding What Shapes Your Health  
Author: Roger J. Williams, Ph.D.  
Published By: Biochemical Individuality 1956

Title: The Maker's Diet: The 40-day health experience that will change your life forever  
Author: Jordan S. Rubin  
Published By: Siloam A Strang Company 2004

Title: Please Don't Label My Child  
Author: Scott M. Shannon, MD with Emily Heckman  
Published By: Rodale Inc. 2007

Title: The UltraMind Solution  
Author: Mark Hyman, M.D.  
Published By: Scribnera Division of Simon & Schuster, Inc. 2009

Title: The Nutrition Solution: A Guide to Your Metabolic Type  
Author: Harold J. Kristal, D.D.S. & James M. Haig, N.C.  
Published By: North Atlantic Books 2002

Title: Why Stomach Acid is Good For You: Natural Relief from Heartburn, Indigestion, Reflux and GERD  
Author: Jonathan Wright, MD and Lane Lenard, PhD  
Published By: M. Evans 2001  
Title: Your Hidden Food Allergies are Making You Fat  
Author: Rudy Rivera, MD and Roger Davis Deutsch  
Published By: Three Rivers Press 2002

Title: The Paleo Diet  
Author: Loren Cordain, PhD  
Published By: John Wiley and Sons 2001

Title: The Eggplant Cancer Cure: A treatment for skin cancer  
Author: Dr. Bill E. Cham, PhD  
Published By: www.Smart-Publications.com 2007

Title: Vitamin D3 and Solar Power for Optimal Health  
Author: Marc Sorenson, EdD.  
Published By: Sorenson

Title: The Vitamin D Cure - 5 Steps to heal your pain and improve your mood  
Author: James E. Dowd, MD  
Published By: Wiley 2008

Title: Wheat Belly: Lose the wheat, lose the weight and find your path back to health  
Author: William Davis, MD  
Published By: Collins 2011

Title: Answers to Anorexia: A Breakthrough Nutritional Treatment That is Saving Lives  
Author: James M. Greenblatt, MD  
Published By: Sunrise River Press 2010

Title: Gut and Psychology Syndrome: Natural Treatment for Autism, ADD, ADHD, Dyslexia, Dyspraxia, Depression, Schizophrenia  
Author: Natasha Campbell-McBride MD, MMed Sci(neurology), MMed Sci(nutrition)  
Published By: Medinform Publishing 2010

## **Toxins:**

Title: The Poison in Your Teeth: Mercury Amalgam (Silver) Filling...Hazardous to Your Health!

Author: Tom McGuire, DDS

Published By: The Dental Wellness Institute 2008

Title: Detoxify or Die

Author: Sherry A. Rogers, M.D.

Published By: Sand Key Company, Inc. 2002

Title: Detoxification and Healing: The Key to Optimal Health

Author: Sidney MacDonald Baker, M.D.

Published By: Library of Congress Cataloging-in-Publication Data 2004

Title: Root Canal Cover-Up

Author: George E. Meinig D.D.S., F.A.C.D.

Published By: Bion Publishing 1998

Title: Detoxify For Life: How Toxins are Robbing You of Your Health and What You Can Do About It

Author: Dr. John Cline, MD with Patrick Grant

Published By: MTH Publishing 2008

Title: Detox with Oral Chelation

Author: David Jay Brown and Garry Gordon, M.D.

Published By: www.Smart-Publications.com 2009

Title: Slow Death by Rubber Duck

Author: Rick Smith and Bruce Lourie

Published By: Knopf Canada 2009

Title: There's Lead in Your Lipstick

Author: Gillian Deacon

Published By: Penguin 2011

Title: Our Stolen Future: Are We Threatening Our Fertility, Intelligence, and Survival? A Scientific Detective Story.

Authors: Theo Colborn, Dianne Dumanoski and John Peterson-Myers

Published By: Penguin Group 1997

## **Medicine - General:**

Title: The Vaccine Book: Making the Right Decision for Your Child

Author: Robert W. Sears, M.D., F.A.A.P.

Published By: Little, Brown and Company 2007

Title: Make and Informed Vaccine Decision - for the Health of Your Child  
Author: Mayer Eisenstein, MD, JD, MPH  
Published By: New Atlantean Press, Santa Fe, New Mexico

Title: Craniosacral Therapy  
Author: John E. Upledger, D.O., F.A.A.O. & Jon D. Vredevoogd, M.F.A.  
Published By: Eastland Press, Inc. 1983

Title: Manual of Neural Therapy According to Huneke  
Author: Peter Dosch, MD and Mathias Dosch, MD  
Published By: Georg Thieme Verlag 2007

Title: Neural Therapy: Applied Neurophysiology and Other Topics  
Author: Robert F. Kidd, MD, CM  
Published By: Custom Printers of Renfrew Ltd. 2005

Title: Forgive for Good: A PROVEN Prescription for Health and Happiness  
Author: Dr. Fred Luskin  
Published By: HarperCollins 2002

Title: Why Zebras Don't Get Ulcers: The Acclaimed Guide to Stress, Stress-Related Diseases, and Coping  
Author: Robert M. Sapolsky  
Published By: Owl Books 2004

Title: The Heartmath Solution  
Author: Doc Childre and Howard Martin with Donna Beech  
Published By: HarperCollins Publishers 1999

Title: Chronic Fatigue Syndrome and the Yeast Connection Illustrated  
Author: William G. Crook, M.D.  
Published By: Professional Books, Inc. 1992

Title: The Developing Mind: Toward a Neurobiology of Interpersonal Experience  
Author: Daniel J. Siegel  
Published By: The Guilford Press A Division of Guildford Publications, Inc. 1999

Title: How Doctors Think  
Author: Jerome Groopman, M.D.  
Published By: First Mariner Books 2008

Title: Why Zebras Don't Get Ulcers: The Acclaimed Guide to Stress, Stress-Related Diseases, and Coping  
Author: Robert M. Sapolsky  
Published By: Owl Books 2004

Title: The Type II Diabetes Breakthrough  
Author: Frank Shallenberger  
Published By: Basic Health Publications 2006

Title: Bursting With Energy: The Breakthrough Method to Renew Youthful Energy and Restore Health  
Author: Frank Shallenberger  
Published By: Basic Health Publications 2007

Title: JFK's Secret Doctor: The Remarkable Life of Medical Pioneer and Legendary Rock Climber Hans Kraus  
Author: Susan E. B. Schwartz  
Published By: Skyhorse Publishing 2012

Lipitor - Thief of Memory: Statin Drugs and the Miguided War on Cholesterol  
Author: Duane Graveline, M.D., M.P.H.  
Published By: Duane Graveline, M.D., M.P.H. 2006

Title: The Statin Damage Crisis  
Author: Duane Graveline M.D., M.P.H.  
Published By: Duane Graveline M.D., M.P.H. Third Edition July 2012

Title: End Back Pain Forever: A Groundbreaking Approach to Eliminate Your Suffering  
Author: Norman J. Marcus, M.D.  
Published By: Atria Paperback 2012

### **Infection:**

Title: Principles and Applications of Ozone Therapy  
Author: Frank Shallenberger, MD, HMD, ABAAM  
Published By: Basic Health 2011

Title: Insights in Lyme Disease Treatment  
Author: Connie Strasheim  
Published By: Biomed Publishing Group 2009

Title: Beyond Lyme Disease: Healing the Underlying Causes of Chronic Illness in People with Borreliosis and Co-Infections  
Author: Connie Strasheim  
Published By: Biomed Publishing Group 2012

Title: Lyme Disease and Rife Machines  
Author: Bryan Rosner  
Published By: [www.lymebook.com](http://www.lymebook.com) 2004

Title: Transfer Factors and Immune System Health 2nd Edition  
Author: Aaron White, PhD  
Published By: BookSurge Publishing 2009

Title: The Lyme - Autism Connection  
Author: Bryan Rosner with Tami Duncan  
Published By: BioMed Publishing 2008

Title: Treatment of Chronic Lyme Disease - Fifty-One Case Reports and Essays in Their Regard  
Author: Burton A. Waisbren SR., MD, FACP, FIDSA  
Published By: BioMed Publishing Group (www.LymeBook.com)

Title: Insights into Lyme Disease Treatment  
Author: Connie Stasheim  
Published By: BioMed Publishing Group - www.LymeBook.com

Ending Denial: The Lyme Disease Epidemic, A Canadian Public Health Disaster  
Editor: Helke Ferrie  
Published By: KOS Publishing

Lab 257: The Disturbing Story of the Governments Secret Plum Island Germ Laboratory  
Author: Michael Christopher Carroll  
Published By: William Morrow (HarperCollins)

Surviving Mold: Life in the Era of Dangerous Buildings  
Author: Ritchie C. Shoemaker, MD  
Published By: Otter Bay Books

The Beginner's Guide to Lyme Disease - Diagnosis and Treatment Made Simple  
Author: Nicola McFadzean, ND  
Published By: BioMed Publishing Group 2012

### **Hormones:**

Title: The Thyroid Solution: A Mind-Body Program for Beating Depression and Regaining Your Emotional and Physical Health  
Author: Ridha Arem, M.D.  
Published By: The Ballantine Publishing Group 1999

Title: Safe Uses of Cortisol: Second Edition  
Author: William Jefferies, M.D., F.A.C.P.  
Published By: Charles C Thomas Publisher, LDT. 1996

Title: Healing Fibroids: A Doctor's Guide to a Natural Cure  
Author: Allan Warshowsky, M.D., and Elena Oumano  
Published By: Fireside 2002

Title: Hypothyroidism: The Unsuspected Illness  
Author: Broda O. Barnes, MD and Lawrence Galton  
Published By: Harper and Row 1976

Title: Testosterone for Life: Recharge your vitality, sex drive, muscle mass & overall health  
Author: Abraham Morgentaler, M.D. (Associate Clinical Professor Harvard Medical School)  
Published By: McGraw-Hill 2009

Title: The Testosterone Syndrome: The Critical Factor for Energy, Health and Sexuality - Reversing the Male Menopause  
Author: Eugene Shippen, MD and William Fryer  
Published By: M Evans 1998 and 2007

### **Pain / Prolotherapy:**

Title: Prolo Your Pain Away!  
Author: Ross A. Hauser, M.D with Marion A. Hauser, M.S., R.D., and Kurt Pottinger  
Published By: Beulah Land Press 1998

Title: Prolo Your Headaches & Neck Pain Away!  
Author: Ross A. Hauser M.D. and Marion A. Hauser, M.S., R.D.  
Published By: Beulah Land Press 2000

Title: Power Over Pain: How to Get the Pain Control You Need  
Author: Eric M. Chevlen, M.D. and Wesley J. Smith  
Published By: International Task Force 2002

Title: Complementary and Integrative Medicine in Pain Management  
Author: Michael I. Weintraub, MD, FACP, FAAN and Ravinder Mamtani, MBBS, MD, FACPM and Marc S. Micozzi, MD, PhD Editors  
Published By: Springer Publishing Company New York 2008

Title: Fundamentals of Musculoskeletal Pain  
Author: Thomas Graven-Nielsen, Lars Arendt-Nielsen, and Siegfried Mense  
Published By: LASP Press 2008

Title: From Fatigued to Fantastic: A Manual For Moving Beyond Chronic Fatigued & Fibromyalgia  
Author: Jacob Tietelbaum, MD  
Published By: Avery Publishing Group 1996



## **Energy Medicine:**

Title: Disconnect: The Truth About Cell Phone Radiation, What the Industry is Doing to Hide It and How to Protect Your Family

Author: Devra Davis

Publisher: The Penguin Group 2010

Title: The Biology of Belief: Unleashing the Power of Consciousness, Matter & Miracles

Author: Bruce H. Lipton, Ph.D.

Published By: Hayhouse Inc. 2005/2008

Title: Color Medicine

Author: Charles Klotsche

Published By: Light Technology Publishing 1992

Title: The Body Electric: Electromagnetism and the Foundation of Life

Author: Robert O. Becker, M.D., and Gary Selden

Published By: New York: Morrow 1985

Title: Energy Medicine: The Scientific Basis

Author: James L. Oschman

Published By: Churchill Livingstone 2000

Title: Dr. Fulford's Touch of Life: The Healing Power of the Natural Life Force

Author: Robert C. Fulford, D.O. with Gene Stone

Published By: Pocket Books, a division of Simon & Schuster Inc. 1996

Title: Why People Don't Heal and How They Can

Author: Caroline Myss, PH.D.

Published By: Three Rivers Press, New York, New York 1997

Title: Light Medicine of the Future

Author: Jacob Liberman, O.D., PhD.

Published By: Library of Congress Cataloging-in-Publication Data 1991

Title: Dogs That Know When Their Owners Are Coming Home: And Other Unexplained Powers of Animals

Author: Rupert Sheldrake

Published By: Three River Press 1999

Title: The Secret Life of Water

Author: Masaru Emoto

Published By: Atria Books 2005

Title: The Hidden Messages in Water  
Author: Masaru Emoto  
Published By: Atria Books 2001

Title: The True Power of Water  
Author: Masaru Emoto  
Published By: Atria Books 2003

Title: Your Body Doesn't Lie  
Author: John Diamond, M.D.  
Published By: Grand Central Publishing 1979

Title: Beyond Pills Knives and Needles: Relieve Pain and Inflammation with 21st Century Quantum Bases Technology  
Author: Charles J. Crosby, DO, MD(H)  
Published By: www.tenscam.com 2010

Title: The Miracle of Water  
Author: Masaru Emoto  
Published By: Atria Paperback - Simon and Schuster, Inc. 2007

Title: Messages from Water and the Universe  
Author: Masaru Emoto  
Published By: Hayhouse - www.hayhouse.com 2010

Title: Love Thyself: The Messages from Water III  
Author: Masaru Emoto  
Published By: Hayhouse - www.hayhouse.com 2004

Title: The Secret of Water: For the Children of the World  
Author: Masaru Emoto  
Published By: Atria Books - Simon and Schuster, Inc. 2006

Water Crystal Healing: Music and Images to Restore Your Well-Being  
Author: Masaru Emoto  
Published By: Atria Books - Simon and Schuster, Inc 2006

### **Oxygen Therapies:**

Title: The Oxygen Prescription: The Miracle of Oxidative Therapies  
Author: Nathaniel Altman  
Published By: Healing Arts Press, 2007

Title: Hydrogen Peroxide: Medical Miracle  
Author: William Campbell Douglass II, MD  
Published By: Rhino Publishing 2003

Title: Flood Your Body with Oxygen - Therapy for Our Polluted World  
Author: Ed McCabe  
Published By: Energy Publications 2010

