

# 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

In Adrenal Fatigue: The 21st Century Stress Syndrome, Dr. Wilson explains not only how stress affects your health but what you can do to un-fatigue your adrenals, protect your health and become more stress hardy. Adrenal Fatigue - The 21st Century Stress Syndrome. £11.95. Be the first to review this product. Availability: In stock. Brand: Books. The original and most comprehensive self-help book on how stress affects your health. Find out how stress affects your body and what you can do to recover and protect your health in this comprehensive self-help book. The information presented herein is in no way intended as a substitute for medical counseling. Adrenal Fatigue The 21st Century Stress Syndrome©. v. Acknowledgments This book would not have been written without the help and encouragement of many people. This book was indeed a family affair. Adrenal Fatigue The 21st Century Stress Syndrome©. vii. The user friendliness of this book has been enormously enhanced by the wonderful cartoons and illustrations done by Richard Capener. Richard's exceptional talents as an artist have perceptively and sympathetically captured the essence of adrenal fatigue.