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REFERENCE BOOKS & WEBSITES

HORMONE BALANCE

- ~*Hormones, Health, and Happiness*, Steven F. Hotze, M.D. Forrest Publishing
- ~*How to Achieve Healthy Aging*, Neal Rouzier, M.D. World Link Medical Publishing
- ~*Clinical Gynecologic Endocrinology and Infertility*, Leon Speroff and Marc Fritz, 7th ed., Lippincott Williams & Wilkins.
- ~*What Your Doctor May Not Tell You About Breast Cancer*, John Lee, M.D., David Zava, Ph.D. Warner Books
- ~*Healing Fibroids*, Allan Warshowsky, M.D., Simon and Schuster

MENOPAUSE:

- ~*What Your Doctor May Not Tell You About Menopause*, John R. Lee, M.D., Warner Books
- ~*What Your Doctor May Not Tell You About Premenopause*, John R. Lee, M.D., Warner Books
- ~*What's Your Menopause Type?*, Joseph Collins, N.D., Prima Publishing, www.yourmenopausetype.com
- ~*The Sexy Years*, Suzanne Somers, Crown Publishers, www.suzannesomers.com
- ~*Natural Hormone Balance for Women*, Uzzi Reiss, M.D., Pocket books, www.uzzireiss.com
- ~*The Wisdom of Menopause*, Christiane Northrup, M.D., Bantam Books, www.drnorthrup.com

ANDROPAUSE & MALE HEALTH:

- ~*The Testosterone Syndrome*, Eugene Shippen, M.D. M. Evans and Company, Inc
- ~*Maximize Your Vitality & Potency*, Jonathan V. Wright, M.D. Smart Publications
- ~*Testosterone*, Third Edition 2004 Eberhard Nieschlag and Hermann Behre Cambridge University Press

THYROID:

- ~*Hypothyroidism: The Unsuspected Illness*, Broda O. Barnes, M.D., Harper and Row, www.brodabarnes.org
- ~*Thyroid Power: 10 Steps to Total Health*, Richard Shames, M.D. and Karilee Shames, RN
www.ThyroidPower.com
- ~*Overcoming Thyroid Disorders*, David Brownstein, MD., Medical Alternatives Press, www.drbrownstein.com
- ~*The Thyroid Solution*, Ridha Arem, M.D., Ballantine Books, www.thyroid-info.com
- ~*What Your Doctor May Not Tell You About Hypothyroidism*, Ken Blanchard, M.D., Ph.D., Warner Books,
www.Thyroid.about.com
- ~*Hypothyroidism, Type 2, The Epidemic*, Mark Starr, M.D.,

STRESS AND ADRENAL GLAND:

- ~*Why Zebras Don't Get Ulcers* Robert M. Sapolsky, Henry Hold and Company
- ~*The Cortisol Connection*, Shawn Talbott, Ph.D., Hunter House Publishers
- ~*Adrenal Fatigue, The 21st Century Stress Syndrome*, James L. Wilson, N.D., D.C., Ph.D., Smart Publications
www.adrenalfatigue.org
- ~*The Heartmath Solution*, Doc Childre and Howard Martin, HarperSan Francisco
www.heartmathsolution.com or www.heartmath.com
- ~*From Fatigued to Fantastic*, Jacob Teitelbaum, M.D., Avery Books, www.endfatigue.com,

DIET, EXERCISE AND LIFESTYLE:

- ~*Ultra-Metabolism*, Mark Hyman, M.D. Atria Books, www.ultrametabolism.com
- ~*Ultra-Prevention*, Mark Hyman, M.D. & Mark Liponis, M.D. Scribner, www.ultraprevention.com
- ~*The Zone*, Barry Sears, Ph.D., Harper Collins
- ~*The South Beach Diet*, Arthur Agatston, M.D., Rodale Publish., www.southbeachdiet.com
- ~*The Schwarzbein Principle*, Diana Schwarzbein & Nancy Deville, HCI Publishers
www.schwarzbeinprinciple.com
- ~*Fantastic Voyage*, Ray Kurzweil & Terry Grossman, MD, Rodale Publishers www.fantastic-voyage.net
- ~*Perfect Health*, Deepak Chopra, M.D., Three Rivers Press, www.chopra.com
- ~*When Do the Good Times Start?*, Abraham J. Twerski
- ~*Take Time for Your Life*, Cheryl Richardson, www.cherylrichardson.com
- ~*Why Normal Isn't Healthy*, Bowen F. White, M.D., Stress Technologies
- ~*Yoga For Depression*, Amy Weintraub

SEXUALITY

- ~*For Women Only: A Revolutionary Guide to Overcoming Sexual Dysfunction*, Jennifer Berman, M.D.
www.bermancenter.com .
- ~*Sex Over 50*, Joel D. Block, Ph.D., Reward Books
- ~*The Vulvodynia Survival Guide*, Howard I. Glazer, PhD, Gae Rodke, MD, New Harbinger Publications,
www.vulvodynia.com
- ~*The Multi-Orgasmic Woman*, Mantak Chia & Rachel Calton Abrams, M.D. Harper Collins
- ~*The Multi-Orgasmic Man*, Mantak Chia & Douglas Abrams, Harper Collins
- ~*The Kama Sutra of Vatsyayana*, Richard Burton, Modern Library Paperback

SPIRITUALITY

- ~*The Power of Now*, Eckhart Tolle, New World Library, www.eckharttolle.com
- ~*Power vs Force*, David R. Hawkins, M.D., Ph.D. Hay House, Inc
- ~*The Eye of the I*, David R. Hawkins, M.D., Ph. D. Veritas Publishing
- ~*The Four Agreements*, Don Miguel Ruiz, Amber-Allen Publis. www.miguelruiz.com
- ~*Anatomy of the Spirit*, Caroline Myss, Ph.D. Three Rivers Press 1996 www.myss.com
- ~*Why People Don't Heal and How They Can*, Carolyn Myss, PhD. Three Rivers Press 1997

HOLISTIC MEDICINE

- ~*Clinician's Guide to Holistic Medicine*, Robert Anderson, M.D., McGraw Hill
- ~*The Self Care Guide to Holistic Medicine*, Robert Ivker, D.O. & Robert Anderson, M.D., Penguin Press
- ~*Headache Survival*, Robert Ivker, D.O. Penguin Putnam, Inc
- ~*Sinus Survival*, Robert Ivker, D.O. Penguin Putnam, Inc
- ~*Asthma Survival*, Robert Ivker, D.O. Penguin Putnam, Inc
- ~*Why Stomach Acid is Good For You*, Jonathan V. Wright, MD, M. Evans and Company, New York
- ~*Yoga for Depression*, Amy Weintraub
- ~*The Yeast Connection*, William G. Crook, M.D. Vintage Books, 1986
- ~*Celiac Disease*, Peter Green, M.D. Harper Collins Publishers, 2006

COMPOUNDING PHARMACIES

International Academy of Compounding Pharmacists www.iacprx.org