

Georgia Hormones, P.C.

Robert P. Goldman, MD

3400-A Old Milton Pkwy, Suite 360, Alpharetta GA 30005 770-475-0077

www.GeorgiaHormones.com

Version 2009-03-21

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:

- ~*Testosterone for Life*, Abraham Morgantaler, M.D. McGraw Hill, 2009
- ~*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 Areem, 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