

Recommended Books & Websites

Eat Right 4 Your Type, Dr. Peter D'Adamo

www.dadamo.com

Visit the website and download the podcast of an interview by Dr. Oz of Dr. D'Adamo on his latest book The Genotypes. I put it on my iPod to listen to on walks.

Body Ecology Diet, 10th edition, Donna Gates

<http://www.bodyecology.com>

Donna's book can be purchased at Quartermaster. Also, you can get a free E-book download if you visit the website and refer three people.

Eat Right 4 Your Metabolic Type, Dr. Cass Ingram

Dr. Ingram will be speaking once again at the Total Health Show coming up in Toronto. His talk on the Hormone Types is also Metabolic Typing and extremely worthwhile. Check out the other speakers too.

<http://www.totalhealthshow.com/showInfo/speakerDetails.cfm?Speaker=19>

Ask and It Shall be Given, Jerry and Esther Hicks

<http://www.abraham-hicks.com/lawofattractionsource/index.php>

Visit the website and sign up to get daily quotes. Esther Hicks was on The Secret DVD.

Take Control of Your Health, Dr. Joseph Mercola & Nancy Lee Bentley

<http://www.mercola.com>

The fluoride article I've posted on my website is from Dr. Mercola and he has his video clip that you can watch. Nancy Lee Bentley was the nutritionist/author I mentioned whom I shared information with a couple of years ago as I introduced the Blood Type Diet and she did the Metabolic Type Diet. Her recent article addresses raw food.

12 Steps to Raw Food, Victoria Boutenko

<http://www.rawfamily.com>

The Great Liquid Diet, Dr. Leonard Mehlmauer

www.eyology.com

The author happens to me my mentor in Eyology (Iridology and Sclerology). During his 40-year career helping patients as a naturopath in California, Dr. Mehlmauer's recommendations were to do a 30-day or several month liquid diet.

Eating Alive 1 and 11, Dr Jonn Matsen

<http://www.ndaccess.com/EatingAlive/Page.asp?PageID=5>

Dr. Matsen is a naturopath in North Vancouver who is famous for some incredible books and credited for helping so many people. I'm talking about his work on ileocecal valves in my Green Smoothie book. About 90% of people have a problem where the valve doesn't close so bacteria from the colon goes into the small intestines (where leaky gut is happening) I will be talking about the benefits of Vitamin K in green smoothies and how that helps to address the problem at my next Smoothie class.

Wisdom of Menopause, Dr. Christianne Northrup

<http://www.drnorthrup.com>

Dr. Northrup is frequently featured as the Women's Health expert on the Oprah Show.

Hormone Heresy, Dr. Sherrill Sellman

<http://www.whatwomenmustknow.com>

Sherrill Sellman has been demystifying Women's Hormones issues for years

Act to Attract, Sandra Anne Taylor

<http://www.sandrataylor.net>

If you know a little bit about Laws of Attraction, investing in Sandra Anne Taylor's 9-CD set will teach you a lot! I can tell you where you can purchase it in London.