



July 11, 2008

Books about Healing, Nutrition and Integrative Medicine

Nutrition

- Campbell, Colin. The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long-Term Health. An astute nutritional scientist describes the surprising conclusions of his life's research in nutrition.
- Nabhan, P. Why Some Like it Hot: Food, Genes, and Cultural Diversity. Epigenetics in action by an excellent writer.
- Nigro, Natalie. Companion Guide to Healthy Cooking. 1996. Featherstone and Brown. Charlottesville, VA. C'ville natives describe qualities, selection, purchase, preparation and storage of healthy basic vegetarian foods. Out of print but available from Amazon.com and other used book stores.
- Pollan, Michael. Unhappy Meals. New York Times Sunday Magazine, Jan 28, 2007 (Article available on NY Times web site) These ideas elaborated further in In Defense of Food—An Eater's Manifesto. An elegantly simple and excellent account of what to eat.
- Pollan, Michael. The Omnivore's Dilemma. 2006. Penguin Press. NY. NY. A delightful exploration of the politics, biology and economics of organic, industrial, and local agriculture, including a visit to Polyface Farm in Augusta County.
- Vagnini Frederic. The Side Effects Bible. 2005. Broadway Books. NY. NY. Dr Vagnini, retired Surgery Professor at Cornell, has reviewed research on nutritional effect of drugs and concludes that 30% of drug side effects are caused by nutritional depletion and can be prevented.
- Willett, Walter. Eat Drink and Be Healthy. 2001. Simon & Shuster: New York, NY. A Harvard scientist gives a clear account of good nutrition.

Integrative Medicine/Functional Medicine

- Baker, Sidney. Detoxification and Healing: The Key to Optimal Health. Case studies and discussion from an astute physician and excellent writer.
- Galland, Leo. Power Healing. 1997. Random House: New York, NY. Like Baker, Galland is an extraordinary clinician and skilled writer.
- Hyman, Mark. Ultrametabolism, Ultraprevention (and other books). Cutting edge integrative view of the connection between nutrition and disease by the editor-in-chief of Alternative Therapies in Health and Disease.
- Pizzorno, J. and Murray, M. Textbook of Natural Medicine. 3rd Ed 2005. Churchill Livingstone. NY NY. Referenced in depth text of herbal, complementary and alternative care.
- Quinn S. and Jones D. ed. Textbook of Functional Medicine. Available from the Institute for Functional Medicine. (IFM) PO Box 1967. Gig Harbor, WA 98335. (800) 228-0622 www.functionalmedicine.org This comprehensive textbook, as well as many other monographs, books and CD's are available from IFM. These include:
 - Galland, Leo. Gastrointestinal Dysregulation: Connections to Chronic Disease. 2008. Institute for Functional Medicine.
 - Hedaya, R. Depression: Advancing the Treatment Paradigm. 2008. Institute for Functional Medicine
 - Vasquez, A. Musculoskeletal Pain: Expanding Clinical Strategies. 2008. Institute for Functional Medicine
- Houston, Mark. What Your Doctor May Not Tell You About Hypertension. An integrative approach to hypertension from a Vanderbilt U. professor of Medicine.

Cancer

- Blaylock, Russell. Natural Strategies for Cancer Patients 2003. Kensington Publishing. NY, NY. An excellent guide for patients and clinicians for nutritional support for cancer, chemoRx and radiationRx.

- Leshan, Lawrence. Cancer as a Turning Point: A Handbook for People with Cancer, their Families, and Health Professionals. A classic description, thru case studies, of spiritual and psychological influences on serious disease.
- Murray, Michael. How to Prevent and Treat Cancer with Natural Medicines. 2002. Riverhead Books. NY, NY.

Phytotherapy

- Bloomenthal. Herbal Medicine. Expanded Commission E Monographs. American Botanical Council. Austin Tx. Illustrated, referenced expanded info from the German text.
- Kuhn, M. Winston, D. Herbal Therapy Supplements. 2008. Lippincott, Williams and Wilkins. An excellent quick reference for herbal medicines.
- Natural Medicines Comprehensive Database (published annually) Therapeutic Research Faculty. Stockton CA. Very complete, up-to-date referenced information.
- Shapiro, Karen. Natural Products. A Case-Based Approach for Health Care Professionals. 2006. American Pharmacists Association. Washington DC. A good primer for starting to use phytomedicines for 14 common conditions.

Mind Body Medicine

- Rossman, Martin. Fighting Cancer from Within. 2003. Holt and Co. NY, NY. Practical information to use the mind to access healing, starting with the challenge of a cancer diagnosis to issues around surgery, chemotherapy and radiation. .
- Rossman, Martin. Guided Imagery for Self Healing. 2000. Kramer Books. Tiburon, CA. Includes basic relaxation techniques and step-by-step guide to the creative and receptive side of the imagination to facilitate healing.
- Scaer, Robert. The Body Bears the Burden: Trauma, Dissociation and Disease. 2001. Hayworth Press. Binghamton NY. A neurologist explores mind/body dysfunctions of the central and autonomic nervous system in traumatized patient.

Periodicals about Healing and Integrative Medicine

- Alternative Therapies in Health and Medicine (www.alternative-therapies.com)
- Dr. Andrew Weil's Self Healing. (drweilselfhealing.com)
- Explore: The Journal of Science and Healing. Elsevier Inc. 360 Park Ave S. NY, NY. 10010-1710
- Holistic Primary Care. www.holisticprimarycare.net. Free informative newsletter.
- Integrative Medicine: A Clinician's Journal. www.imjournal.com
- Life Extension (Published by Life Extension Inst.) www.lifeextension.com

Organizations

- Academy of Guided Imagery. www.academyforguidedimagery.com. Workshops and training in interactive guided imagery
- American Holistic Medical Association. www.holisticmedicine.org, Courses, meetings, and board certification
- Institute for Functional Medicine. www.functionalmedicine.org. Publications, workshop, courses.
- Center for Mind Body Medicine. www.cmbm.org. Associated with Georgetown Med School. Professional training in nutrition, mind body skills, managing post traumatic stress, and cancer care.