

The Center For Metabolism & Alternative Medicine

Integrative Medicine Reading List

(Most materials can be found on Amazon. Com web site.)

Adrenal Fatigue-The 21st Century Stress Syndrome

by James L. Wilson, ND, DC, PhD.

The Wellness Book

by Herbert Benson, MD., and Eileen M. Stuart, RN

HeartMath em Wave PC Stress Relief System

www.heartmathstore.com (formerly called Freeze Framer 2.0)

The Relaxation Response

by Herbert Benson, MD.

Beyond the Relaxation Response

by Herbert Benson, MD.

From Hormone Hell to Hormone Well

by Randolph MD

Timeless Healing

by Herbert Benson MD, and Marq Stark

Self-Healing With Guided Imagery How to Use the Power of Your Mind to Heal Your body. (Audio CD set)

by Andrew Weil MD, and Martin Rossman, MD.

Meditation for Optimum Health (Audio CD set)

by John Kabat-Zin and Andrew Weil MD.

Guided Imagery for Self-Healing

by Martin Rossman, MD.

Healing Multiple Sclerosis

by Ann Boroach

A Magnificent Mind At Any Age

by Daniel G. Amen, MD.(Neurotransmitters, ADD, ADHD, Depression, Anxiety, Mood issues)

The Metabolic Advantage

by John Berardi, PhD. CSCS

Food for Fitness

by Chris Carmichael

The China Study

by Dr. T. Colin Cambell, and Thomas M. Cambell II

Super Foods

by Stephen Pratt MD

Nutritional internet sites to search on google.com

-Mediterranean Diet

-First Line Therapy- program for weight loss, and natural management for high BP , high cholesterol, pre-diabetes, diabetes, and more.

Evidence-based internet Sites for general health info.

Metagenics.com (multiple links there)

The Institute For Functional Medicine

Natural Standards.com

The Center For Metabolism & Alternative Medicine

Good Supplement Internet Sites
organicpharmacy.com