



## Alternative Medical Books, Healers, Sources, Guides & Web Sites (2013)

Body Ecology Diet: Donna Gates (pioneer in the best ever health habits)

Earthing: Ober, Sinatra, Zucker (A huge breakthrough discovery on getting deep REM Sleep. Addresses all inflammation Issues. Great products for all your family and furry friends)  
**Note: This product is so powerful it has been patented!**

Estrogen Dominance: Michael Lam, MD (Hormonal Imbalance of today + all Aspects of getting your health back)

Faith Parrish: Medical Intuitive Energy Reader: (618) 876-1771 - a guiding "light" in helping you choose what works for your body only. She specializes in "tailor-made" health programs for healing most anything and understanding your personal energy needs (charges \$1.00/minute & she's at CST)

Mammography Screening: Truth, Lies & Controversy: Peter C. Gotzsche -(the truth about mammograms doing more harm than good)

Prescription for Nutritional Healing: Balch & Balch this is a "must have" bible of homeopathy for all sicknesses)

The Green Beauty Guide: Your Essential Resource to Organic & Natural Skin Care, Hair Care, Makeup & Fragrances: Julie Gabriel (effects of products on your skin and internal body health. A "must-have" for SAFE non-toxic products & being beautiful!

Women's Bodies Women's Wisdom: C. Northrup, MD (she has experience in the art of "real-life" and will help guide you to great, balanced health—having FUN along the way!

### Local Health Practitioners & Web Sites

Acupressure – Jin Shin Jyutsu: Cara Taylor 916-974-1509 + weekend seminars

auburnacupuncture.net: Bill Wright, Lac, excellent in his field 530-886-8927

\*DrDavidWilliams.com: mo newsletter, intense studies for 30 years on all health issues

Drlam.com: free educational evidence based alternative medicine info

ecokaren.com : a "green" site for making your own cleaning products

emotionsreleased@gmail.com: Glenn Foreman, Coach (fm Dr. Bradley Nelson).  
Energy medicine for emotions, toxins, circuitry, pathogens, structural & nutritional

LongevityNow.com: well-known health experts on latest health issues

msandersoncmt@aol.com: Michelle Sanderson: all massage styles + lymph drainage specialist:  
916-215-2605