

# Books & DVD's

## Resources to Better Health

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### BOOKS

*Becoming Vegan: The Complete Guide to Adopting a Healthy Plant-Based Diet*, Brenda Davis, RD & Vesanto Melina, MS, RD, 2000, Book Publishing Company, Summertown, Tennessee

*Bone Density Program*, George Kessler, DO, PC, 2001, Ballantine Publishing Group, New York

*Breaking the Food Seduction: The Hidden Reasons Behind Food Cravings--and 7 Steps to End Them Naturally*, Neal Barnard, MD with menus and recipes by Joanne Stepaniak, 2003, St Martins Press, New York

*The China Study*, T. Collin Campbell, PhD, 2004, Ben Bella Books, Dallas Texas

*Diet, Life Expectancy, and Chronic Disease: Studies of Seventh-day Adventists and Other Vegetarians*, Gary E. Fraser, 2003, Oxford University Press, New York, New York

*Eat to Live: The Amazing Nutrient-Rich Program for Fast and Sustained Weight Loss*, Joel Fuhrman, MD, 2003, Little Brown and Company, New York

*Emotional Eating: What You Need to Know Before Starting Another Diet*, Edward Abramson, 2001, John Wiley & Sons, Inc., San Francisco, California

*Food & Behavior, A Natural Connection*, Barbara Reed Stitt, 1997, Natural Press, Manitowoc, Wisconsin

*Foods for Thought: Nutrition's Link With Mood, Memory, Learning, and Behavior*, Bernell Baldwin, PhD; Vicki Griffin, MPA; Evelyn Kissinger, MS, RD, Lifestyle Matters, Lansing, Michigan

*Foods That Fight Pain: Revolutionary New Strategies for Maximum Pain Relief*, Neal Barnard, MD with menus and recipes by Jennifer Raymond, 1998, Three Rivers Press, New York

*Hello Healthy: Strategies to Reach Your Full Health and Wellness Potential*, Wes Youngberg, DrPH, MPH, 2015, Hart Books, Printed in USA

***Living Free: Finding Freedom From Habits That Hurt***, Vickie Griffin, MPA; Paul Musson, MD; Karen Allen; RN, PhD; Evelyn Kissinger, MS, RD, Lifestyle Matters, Lansing, Michigan

***Proof Positive: How to Reliably Combat Disease and Achieve Optimal Health through Nutrition and Lifestyle***, Neil Nedley, MD, 1998, Nedley Publishing, Ardmore, Oklahoma

***Salt, Sugar, Fat: How the Food Giants Hooked Us***, Michael Moss, 2013, Random House, New York

***Simple Solutions: Is What You're Eating, Eating You?*** Vickie Griffin, MPA; Edwin Neblett, MD, MPH; Evelyn Kissinger, MS, RD, Lifestyle Matters, Michigan

***Spiritual Deceptions in Health and Healing***, Edwin A. Noyes, MD, MPH, 2007, Homeward Publishing, Monrovia, California.

***Strong Women Stay Young***, Miriam E. Nelson, PhD, 2000, Bantam Books, New York,

"**The Secrets of Living Longer**," *National Geographic*, November 2005,

***Thin for Life: 10 Keys to Success from People Who Have Lost Weight & Kept It Off***, Anne M. Fletcher, MS, RD, 1994, Chapters Publishing Ltd., Shelburne, Vermont

## DVD's

***A New Approach to Nutrition for Diabetes***, Neal Barnard, MD. 3 Hours, 11 Minutes

***Calorie Density: How to Eat More, Weight Less, and Live Longer***, Jeff Novick, MS, RD. 90 Minutes

***The China Study with Dr. T. Colin Campbell***, A lecture summarizing *The China Study*. 35 Minutes

***Chow Down: Eat Like Your Life Depends On It***, A documentary film edited by Mark Weinstein. 73 Minutes

***Dairy Products, Calcium, and Prostate Cancer: A Review of the Evidence***, Edward Giovannucci, MD, ScD, Harvard School of Public Health and Harvard Medical School. 53 Minutes

***Easy, Healthy Shopping That Will Change Your Body One Bite at a Time***, Evelyn Kissinger, MS, RD. Running time not given

***Eating Right for Cancer Survival***, Neal Barnard, MD, 1 hour, 43 minutes

***8 Laws to a Better, Longer Life***, Life and Health Network. 48 Minutes

***Fast Food Shopping, A Shopping School***, Jeff Novick, MS, RD. 2 Hours 45 Minutes

***Food, Inc.: You'll Never Look At Dinner the Same Way Again.*** A Robert Kenner Film. 90 Minutes

***Forks Over Knives***, T. Collin Campbell, MD former nutritional biochemist, Cornell University, and Caldwell Esselstyn, MD, former top surgeon at Cleveland Clinic. 96 Minutes

***From Oil to Nuts: The Essential Facts of Fats, Oils, & Nuts***, Jeff Novick, MS, RD. 90 Minutes

***Healthy Beginnings***, Hans Diehl, DrHSc, MPH, Founder of CHIP and Lifestyle Medicine Institute, Loma Linda, California. 4 Disks with two segments per disk running between 21 - 37 / segment

***Hungry for Change***, A documentary film about lasting weight loss, abundant energy, and vibrant health. Food Matters. 89 Minutes

***Killer at Large: Why Obesity is America's Greatest Threat***, 102 Minutes

***Lessons from the China Study with T. Colin Campbell, PhD***, at Loma Linda University, Outlines the need for a new lifestyle paradigm. 80 Minutes

***Lighten Up: Weighing In On the Weight Debate***, Jeff Novick, MS, RD. 90 Minutes

***Losing Weight Without Losing Your Mind***, Douglas J. Lisle, PhD., (Running time not given)

***Nutrition and Breast Cancer Survival***, Neal D. Barnard, MD, The Cancer Project. 51 Minutes

***PlanEAT: Nothing Changes the Planet As Much As the Way We Eat*** with T. Colin Campbell, MD, Caldwell Esselstyn, MD, and Gidon Eshel, Professor. 1 hour 78 Minutes

***Protect Your Memory, 3 Simple Steps for Improving Brain Function and Preventing Memory Loss. Plus Ten Deadly Food Myths and Means in 10-Minutes***, Neal Barnard, 80 Minutes

***Protection Against Cancer and Chronic Degenerative Diseases: Plants, Genes, and Enzymes***, Paul Talalay, MD, Johns Hopkins University School of Medicine. 55 Minutes.

***The Pleasure Trap: Mastering the Hidden Force that Undermines Health and Happiness***, Douglas, J. Lisle, PhD. Running time not given