

Books:

How Not to Die

Dr. Michael Greger

Whole

Dr. T Collin Campbell

Foods to Fight Cancer: Essential Foods to Help Prevent Cancer

by Richard Beliveau, Ph. D, and Denis Gingras, Ph. D. 2007

The Engine 2 Diet: The Texas Firefighter's 28 Day Save Your Life Plan that Lowers Cholesterol and Burns Away Pounds

Rip Esselstyn's book all plant based based on The China Study's conclusions

The Great American Detox Diet: Feel Better, Look Better, and Lose Weight by Cleaning Up Your Diet

By Alex Jamieson

Eating for Beauty

by David Wolfe

Super Immunity

By Joel Fuhrman

My Beef with Meat

Rip Esselstyn

Stop Feeding Your Cancer

Dr. John Kelly

Prevent & Reverse Heart Disease

Dr. Caldwell Esselstyn

Power Foods for the Brain

Dr. Neal Barnard

Mad Cowboy

Howard Lyman

Anticancer: A New Way of Life

by David Servan Schreiber, MD, Ph. D.

Eat to Live

by Joel Fuhrman

The China Study

by T. Colin Campbell

The Unhealthy Truth

by Robyn O'Brien

Inflammation Nation

Dr. Sunil Pai

Books (continued):

The Complete Book of Juicing

by Michael Murray, ND

The Big Book of Juices: more than 400 natural blends for health and vitality every day

by Natalie Savona

Clean and Green

by Annie Berthold-Bond

The World's Healthiest Foods

by George Mateljan

Healing Spices

Bharat B. Aggarwal PhD

Real Food All Year

by Nishanga Bliss

Clean

by Alejandro Junger, M.D.

Green for Life: Updated Classic on Green Smoothie Nutrition

by Victoria Boutenko

The Complete Book of Soups and Stews

by Bernard Clayton

Hormone Cure

by Sara Gottfried, MD

Younger Next Year for Women

by Henry S. Lodge

Goddesses Never Age

by Christiane Northrup M.D.

Acid-Alkaline Diet for Optimum Health

by Christopher Vasey and Jon Graham

The Healthy Gut Workbook

by Victor Sierpina MD, Steven Pratt MD and David S. Jones MD

Power Foods for the Brain

Dr. Neal Barnard

Edgework: Exploring the Psychology of Disease

Dr. Ron Peters

Books (continued)

Mind Over Medicine

Dr. Lissa Rankin

You are the Placebo

Dr. Joe Dispenza

Loving What Is

Byron Katie

Pet Food Politics

by Marion Nestle, Ph. D.

Foods Pets Die For

by Anne Martin

Dr. Khalsa's Natural Dog

Dr. Deva Khalsa

Websites:

nutritionfacts.org

www.skarsgardfarms.com/

healthylifetoolkit.com

www.toothandgum.com Dr. Tung's Smart Floss

www.riceselect.com

lifeextension.com

www.healthgoods.com/shopping/Household_Products/Household_Hazardous_Products.htm

lef.org

gardenerssupply.com

www.theengine2diet.com

Websites (continued):

farms2forks.com

Cosmeticscops.com

www.ewg.org

Apps:

FOK-Recipes Forks over Knives great app w/recipes & grocery list

Restaurants:

Annapurna

Farm & Table

Pars

Thai Vegan

An Hy Quan

Namaste

Paisano's gluten free avail. You can ask for "Mercia's Meal"! It's posted in the kitchen!

Blades: Ask Kevin a couple days in advance to fix "a Mel & Mercia meal"! vegan, gluten free, oil free He does a GREAT job!

Acre

Vibrance

Brixens

Sushi Freak Uptown

Pacific Paradise

Freight House

Documentaries: (I have a few of these and you are welcome to borrow)

Forks Over Knives
Food Inc.
Hungry for Change
Food Matters
What the Bleep Do We Know
Genetic Roulette
Pure Plant Nation
Sense & Nonsense in Nutrition
Supersize me
Fat Sick and Nearly Dead
Healing Cancer from the Inside Out
Dying to Have Known
Cancer Doesn't Scare Me Anymore
Thrive
Pink Ribbons
Eating
Fed Up
Got The Facts On Milk?
Bethany's Story
Earthlings
Vegucated
Genetic Chilies
Bought
Frankensteer
Cowspiracy
Fast Food The Basics Jeff Novick (recipes)
Speciesism
The Truth About Cancer series
The Happy Movie
Unity, Not the Same, But Equal
\$tatin Nation
Bought
That Sugar Film
Racing Extinction
Vaxxed
Eating you Alive
Food Choices
Mad Cowboy
Thrive
Oil to Nuts
What the Health
You tube Videos:
Dr. Lim Intro to a Whole Foods Plant Based Diet, Dr. Baxter Montgomery, Dr. Caldwell Esselstyn, Jeff Novick, Dr. Michael Klapper, Dr. Neal Barnes, Howard Lyman , T Colin Campbell, Dr. Alan Goldhamer, Rip Esselstyn, Chef AJ, Lindsay Nixon