

## Wellness Forum Recommended Reading List

Items marked with \* are available through The Wellness Forum  
(614 841-7700)

### Books

*\*Solving America's Health Care Crisis* by Pamela A. Popper, Ph.D., N.D.

*\*The China Study* by T. Colin Campbell, Ph.D.

*The McDougall Plan* (John McDougall, M.D.)

*Dr. McDougall's Digestive Tune-Up* by John McDougall, M.D.

[www.drmcDougall.com](http://www.drmcDougall.com)

*\*Prevent and Reverse Heart Disease* by Caldwell Esselstyn, M.D.

*\*Dr. Neal Barnard's Program for Reversing Diabetes* by Neal Barnard, M.D.

*\*Breaking the Food Seduction* by Neal Barnard, M.D.

*The Multiple Sclerosis Diet Plan* by Roy Swank, M.D.

*The Cancer Industry* by Ralph Moss, Ph.D.

*Questioning Chemotherapy* by Ralph Moss, Ph.D.

*Artificial Happiness* by Ronald Dworkin, M.D., Ph.D.

*Cognitive Therapy and the Emotional Disorders* Aaron Beck, M.D.

*\*Vaccines, Autism and Chronic Inflammation* by Barbara Loe Fisher

*\*The Pleasure Trap* by Alan Goldhamer, D.C. and Douglas Lisle, Ph.D.

*Healing Back Pain* by John Sarno

*Our Daily Meds* by Melody Petersen

*Overtreated* by Shannon Brownlee

*Should I Get Tested for Cancer: Maybe Not and Here's Why* by Gilbert Welch, M.D.

*The Truth About Vitamins and Antioxidants* by Judith DaCava

*Building Bone Vitality* by Amy Lanou, Ph.D.

## **DVDs**

\*Campbell's Conversations

\*Campbell Interviews

Dr. McDougal Disputes Major Medical Treatments

[www.drmcDougall.com](http://www.drmcDougall.com)

\*Processed People

\*Making a Killing

\*Diet for a New America

Healing Cancer from the Inside Out

[www.RaveDiet.com](http://www.RaveDiet.com)