

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

**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

*Processed People

*Making a Killing

*Diet for a New America

Healing Cancer from the Inside Out

www.RaveDiet.com