

Reading list for Optimal Health:

The Ultimate pH Solution by Michelle Cook

Grain Brain by Dr. David Perlmutter, MD

The World's Healthiest Foods by George Mateljan

Wheat Belly by William Davis, MD

Dangerous Grains by James Braly, MD

The Maker's Diet by Jordan Rubin

The Calorie Myth by Jonathan Bailor

China Study by Dr. Colin Campbell, PhD

Forks Over Knives (DVD) – Dr. Colin Campbell & Dr. Caldwell
Esselstyn

Cookbooks:

The World's Healthiest Foods by George Mateljan

The Virgin Diet Cookbook by JJ Virgin

The Blood Sugar Solution Cookbook by Mark Hyman, MD

Well Fed and Well Fed 2 by Melissa Joulwan

For any questions, please feel free to call me or email me:

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