

Recommended Reading

Female Hormones

Slim, Sane and Sexy. A Pocket Guide to Natural, bioidentical Hormone Balancing
by Jay H. Mead, MD and Erin T. Lommen, ND

What Your Doctor May Not Tell You About Menopause: The Breakthrough Book on Natural Hormone Balance
by John R. Lee MD and Virginia Hopkins

What Your Doctor May Not Tell You About: Premenopause, Balance Your Hormones and Your Life from Thirty to Fifty
by John R. Lee MD, Jesse Hanley, and Virginia Hopkins

Natural Progesterone: The Multiple Roles of a Remarkable Hormone
by John R. Lee MD

Male Hormones

The Testosterone Syndrome
by Eugene Shippen, William Fryer

Adrenal Glands

Adrenal Fatigue: The 21st-Century Stress Syndrome
by James L. Wilson

Safe Uses of Cortisol
by William Mck. Jefferies MD

Thyroid

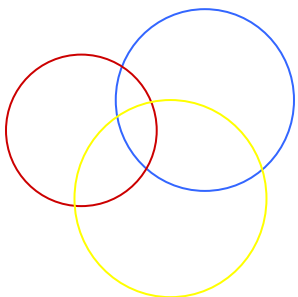
Hypothyroidism: The Unsuspected Illness
by Broda Barnes

Diet and Nutrition

The China Study : The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long-Term Health
by T. Colin Campbell, Thomas M. Campbell II

Dental

Root Canal Cover-Up
by George E. Meinig



“Setting the Standard”

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