Resources and recommended reading.

*The autoimmune epidemic* by Donna Jackson Nakazawa

*The biology of belief 10th anniversary edition: unleashing the power of consciousness, matter, and miracles,* by Bruce Lipton, PhD.

*Grain brain: the surprising truth about weight, carbs, and sugar-your brains silent killers* by David Perlmutter, MD

*Gluten freedom: the nation's leading expert offers the essential guide 2 a healthy, gluten free lifestyle* by Alessio Fasano comma PhD*.*

**food documentaries and videos.**

Sugar: the bitter truth: Robert H. Lustig, MD, professor of paediatrics at UCSF, explores the damage caused by sugary foods. He argues that too much fructose and not enough fibre appear to be driving high insulin, which is fuelling the obesity epidemic.

<https://youtu.be/zG1QJCZ5HGA>

**Paleo diet and cookbooks.**

Wheat belly: lose the weight, lose the weight, and find your path back to health and wheat belly slim guide: the fast and easy reference for living and succeeding on the wheat belly lifestyle by William Davies, MD.

Primal Fat Burner: live longer, slow ageing, superpower your brain, and save your life with a high fat, low carb paleo diet by Nora Gedgaudas, CNS, NTP, BCHN.

**Ketogenic diet information and cookbooks.**

The keto reset diet: reboot your metabolism in 21 days and burn fat forever, the primal kitchen cookbook: eat like your life depends on it! and the new primal blueprint: Reprogram your jeans for effortless weight loss, vibrant health and boundless energy by Mark Sisson.

**Nutrition**

In defence of food, an eater's manifesto by Michael Pollan

The big fat surprise: why butter, meat and cheese belong in a healthy diet bye Nina Teicholz.

Deep nutrition: why your jeans need traditional food, by Catherine Shanahan, MD.

**Fasting**

The complete guide to fasting: a powerful new plan to blast fat an reignite your energy in just 21 days by Anne Louise Gittleman, PhD, CNS.

Mitochondria and the future of medicine: the key to understanding disease, chronic illness, ageing, and life itself by Lee Know, ND

**Heal your gut.**

The good gut: taking control of your weight, your mood, and your long term health by Justin and Erica Sonnenburg, PH. D’s

The microbiome solution: a radical knew way to heal your body from the inside out by Robynne Chutkan, MD

**clear infections.**

How can I get better?: An action plan for treating resistant Lyme and chronic disease and why can't I get better? Solving the mystery of Lyme and chronic disease by Richard Horowitz, MD.

**parasites.**

Accidental cure: extraordinary medicine four extraordinary patients by Simon Yu, MD

Guess what came to dinner?: Parasites and your health by Anne Louise Gittleman, PhD, CNS.

**Films**

Unacceptable levels: an important and informative film about the chemicals in our bodies, how they got there, and what we can do about it. [www.amazon.com/Unacceptable-Levels-Ralph-Nader?dp?BOOJDB4I4G](http://www.amazon.com/Unacceptable-Levels-Ralph-Nader?dp?BOOJDB4I4G)

**Hormones**

The hormone fix: burn fat naturally, boost energy, sleep better, and stop hot flashes, the key to green way by Anna Cabeca, DO, OBGYN, FACOG.

The hormone cure; reclaim balance, sleep and sex drive; lose weight; feel focused, vital, and energised naturally with the Gottfried protocol and younger: a breakthrough programme to reset your genes, reverse ageing, and turn back the clock 10 years by Sarah Gottfried, MD.