

Dr. Sakiliba Mines MD

Suggested Reading List

1. Eat Fat Lose Fat
Dr. Mary Enig and
Sally Fallon
2. Your Body's Many Cries for Water
F. Batmanghelidj, MD
3. Beating Cancer with Nutrition
Patrick Quillin, PhD, RD,
CNS
4. Detoxify or Die
Sherry A. Rogers, MD,
PhD
5. The Cholesterol Myths
Uffe Ravnskov, MD
6. The Second Brain
Michael D. Gershon, MD
7. Nourishing Traditions
Sally Fallon with Mary
G. Enig
8. Forty Something Forever
Harold and Arlene Brecher
9. Questions from the Heart
Terry Chappell, MD
10. Colon Health **
Norman W. Walker, D.Sc,
PhD
11. Fresh Fruit & Vegetable Juices
N.W. Walker D.Sc, PhD
12. End Your Addiction Now
Charles Gant M.D., PhD
Greg Lewis PhD