

# Resource Centre List

Updated October 2004



## Vegetarian Cookbooks

<b>TITLE</b>	<b>AUTHOR</b>
(Almost) No Fat Cookbook, The	Bryanna Clark Grogan
All Natural Allergy Cookbook, The: Dairy-Free, Gluten-Free	Jeanne Marie Martin
American Vegetarian Cookbook, The: From the Fit for Life Kitchen	Marilyn Diamond
Bean Book, The	Elliot
Best 125 Meatless Pasta Dishes, The	Mindy Toomay and Susann Geiskopf-Hadler
Burgers 'n Fries 'n Cinnamon Buns	Bobbie Hinman
Cooking with Seitan	Barbara and Leonard Jacobs
Cooking with the Micheff Sisters	Johnson, Sanner and Walsh
Country Life Kitchen	Diana J. Fleming
Cuisine végétarienne française	Jean Conil with Fay Franklin
For the Love of Food	Jeanne Marie Martin
Friendly Foods	Brother Ron Pickarski, O.F.M.
From Grits to Gourmet	Tawlia and Lilah Chickalo
Gloria's Glorious Muffins	Gloria Ambrosia
Great Whole Grain Breads	
Hearty Vegetarian Soups and Stews	Jeanne Marie Martin
Home For The Holidays: Festive Baking with Whole Grains	Ken Haedrich
Laurel's Kitchen	Laurel Robertson, Carol Flinders, and Bronwen Godfrey
Lean And Luscious And Meatless	Bobbie Hinman and Millie Snyder
Macrobiotic Cancer Prevention Cookbook, The	Aveline Kushi with Wendy Esko
Moosewood Cookbook	Mollie Katzen
New Vegetarian Epicure, The	Anna Thomas
Nutritional Yeast Cookbook, The	Joanne Stepaniak
Raw Gourmet, The	Nomi Shannon
Recipes for a Small Planet	Ellen Buchman Ewald
Soy City Foods Vegetarian Cookbook	Soy City Foods
Vegan Delights	Jeanne Marie Martin
Vegetarian Baby & Child	Petra Jackson
Vegetarian Lunch Basket, The	Linda Haynes

## Alternative Medicine

TITLE	AUTHOR
Alternative Medicine	The Burton Goldberg Group
Bircher-Benner Nutrition Plan For Liver and Gallbladder Problems	Bircher-Benner Clinic
Breathe Again Naturally	Bernard Jensen, Ph.D., C.N.
Cure For All Diseases, The	Hulda Regehr Clark, Ph. D., N.D.
Eating Alive: Prevention Thru Good Digestion	Dr. Jonn Matsen N.D.
Fats That Heal Fats That Kill	Udo Erasmus
Healing Teas	Marie Nadine Antol
Healing Yourself During Pregnancy	Joy Gardner
Healthy Vegetarian, The	x
Honey, Garlic and Vinegar Home Remedies and Recipes	Dr. Patrick Quillin
How to Improve Your Eyesight Without Using Glasses or Contact Lenses	Peter B. Jones
How to Raise a Healthy Child... In Spite of Your Doctor	Robert S. Mendelsohn, M.D.
Hygienic Care of Children, The	Herbert m. Shelton
Improving Your Child's Behavior Chemistry	Lendon H. Smith
La prévention, Sainte Hildegarde: Une médecine tombée du ciel!	Daniel Maurin
Little-Known Ways to Improve Your Health	The Hume Group, Inc.
Manifesto for a New Medicine	James S. Gordon, M.D.
Mucusless-Diet Healing System	Prof. Arnold Ehret
Natural Woman, Natural Menopause	x
Nutrition Plan for High Blood-Pressure Problems	Bircher-Benner Clinic
Power Behind Your Eyes, The	Robert-Michael Kaplan
Prescription for Dietary Wellness	Phyllis A. Balch, CNC and James F. Balch, MD
Prescription for Nutritional Healing	James F. Balch, M.D. and Phyllis A. Balch, C.N.C.
Reclaiming Our Health	John Robbins
Smart Medicine For a Healthier Child	Janet Zand, Lac, OMD, Rachel Walton, RN, and Bob Rountree, MD
Startling New Facts About Osteoporosis	Betty Kamen, PhD
Natural Care Quick Check	Natural Health Resources Inc.
The Chiropractor's Health Book	Dr. Leonard McGill
The Swiss Guide to Phytotherapeutic Medicines	Dr.h.c. A. Vogel
One's Food is Another's Poison	David W. Rowland
Digestion: Inner Pathway to Health	David W. Rowland

## Nutrition

<i>TITLE</i>	<i>AUTHOR</i>
Become Younger	Dr. N.W. Walker, D.Sc.
Becoming Vegan	Vesanto Melina, R.D. and Brenda Davis, R.D.
Becoming Vegetarian	Vesanto Melina, R.D., Brenda Davis, R.D., and Victoria Harrison, R.D.
Becoming Vegetarian (Revised and Updated)	Vesanto Melina, R.D. and Brenda Davis, R.D.
Childhood Illness and the Allergy Connection	Zoltan P. Rona, M.D.
Diet for a Small Planet	Frances Moore Lappé
Don't Drink Your Milk	Frank A. Oski, M.D.
Dr. Berger's Immune Power Diet	Stuart M. Berger, MD
Enhanced Health and Herbal Formulas	Nicky Fitzgerald
Everything You Always Wanted to Know About Nutrition	David Reuben, M.D.
Fats, Oils and Cholesterol	Carlson Wade
Fit For Life II	Harvey and Marilyn Diamond
Food alone is Not Enough	David W. Rowland
Food for Life	Neal Bernard, M.D.
Food Revolution, The	John Robbins
How to Keep Slim Healthy and Young with Juice Fasting	Paavo O. Airola, ND, PhD
Joy of Juice Fasting, The	Klaus Kaufmann
La pratique des combinaisons alimentaires	Laurette Boivin
Macrobiotic Way, The	Michio Kushi
Parasites, The Enemy Within	Hanna Kroeger, MsD
The Nutritional Bypass: Reverse Atherosclerosis Without Surgery	David W. Rowland
Vegetarian Baby	Sharon Yntema Sharon Yntema
Vegetarian Pregnancy	Sharon Yntema
Vitamin Bible For Your Kids	Earl Mindell
Vitamins, Minerals, Amino Acids and other Nutritional Supplements	William H. Lee, R.P.H., Ph.D.
Why Do Vegetarians Eat Like That?	David A. Gabbe

## Other

<i>TITLE</i>	<i>AUTHOR</i>
A Shot in the Dark: Why the P in the DPT Vaccination May Be Hazardous to Your Child's Health	Harris L. Coulter and Barbara Leo Fisher
Clean & Green	Annie Berthold-Bond
Complete Book of Vegetables, The	Tjerk Buishand, Harm P. Houwing, and Kees Jansen
CREATION Health: Secrets for Feeling Fit and Living Long	Des Cummings, Jr., Ph. D. with Monica P. Reed, M.D.
Fluoridation and Truth Decay	Gladys Caldwell and Philip E. Zanfagna, M.D.
Food First: Beyond the Myth of Scarcity	Frances Moore Lappé and Joseph Collins
Meat Market: Animals, Ethics and Money	Erik Marcus
The Canadian Celiac Association Handbook: 3 <sup>rd</sup> Edition	The Canadian Celiac Association
Vaccination, Social Violence, and Criminality	Harris L. Coulter
You and Your Health: Volume One	Harold Shryock, M.A., M.D., and Mervyn G. Hardinge, M.D., Dr.P.H., Ph.D.
You and Your Health: Volume Three	Harold Shryock, M.A., M.D., and Mervyn G. Hardinge, M.D., Dr.P.H., Ph.D.
You and Your Health: Volume Two	Harold Shryock, M.A., M.D., and Mervyn G. Hardinge, M.D., Dr.P.H., Ph.D.

## Videos

<i>TITLE</i>	<i>AUTHOR</i>
A Diet for All Reasons	Michael Klaper, M.D.
A Diet for All Reasons (Copy)	Michael Klaper, M.D.
Diet for a New America	John Robbins
Free Me (CD)	PETA
Friendly Foods, Cooking Technique Video	Brother Ron Pickarski, O.F.M.
Meet Your Meat (DVD)	PETA
Nutrition (Recorded from TV)	Gary Null
Recreational Reflexology	Pacific Institute of Reflexology