

Specific Conditions

Arterial Disease: Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure, Caldwell Esselstyn MD, Penguin Group, 2007. (Paperback)

Diabetes: Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes without Drugs, Neal Barnard MD, Rodale Press, 2007. (Paperback)

Obesity: Calorie Density: How to Eat More, Weigh Less and Live Longer, Jeff Novick MS RD, DVD available at www.JeffNovick.com.

Cancer: The Cancer Survivor's Guide (purchase or free download) and Healthy Eating for Life: Food Choices for Cancer Prevention and Survival – Second Edition (free download); available at www.cancerproject.org.

Autoimmune Disorders: The Lupus Recovery Diet, Jill Harrington, Harbor Point Publishing, 2007. (Paperback).

Osteoporosis: Building Bone Vitality, Amy Joy Lanou & Michael Castleman, McGraw-Hill, 2009. (Paperback)

Psychology, Social Justice, and Animal Suffering:
Carnism: The Psychology of Eating Meat, Melanie Joy PhD Youtube: www.youtube.com/watch?v=7vWbV9FPo_Q

Environmental and Ethical Issues:
The Way We Eat, Why Our Food Choices Matter, Peter Singer & Jim Mason, Rodale Press, 2006.

Politics: Food Politics, Marion Nestle, University of California Press, 2007.

Cooking: The Sacramento area has four PCRM Food for Life instructors (Charlie and Chuck Bowman, Emily Webber and Linda Middlesworth). They are certified to teach classes on healthful eating for cancer and diabetes prevention and survival, weight management, and children.

References for informational purposes only.

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