

## ***HEALTH / NUTRITION books and magazines***

Robert Crayhon, M.S. *Nutrition Made Simple, A Comprehensive Guide to the Latest Findings In Optimal Nutrition*. M. Evans and Company, Inc. 1996.

Andrew L. Stoll, M.D. *The Omega-3 Connection*. Simon & Schuster, New York, 2002.

Maggie Greenwood-Robinson, Ph.D. *Good food vs. Bad food*. Berkley books, New York, 2007.

Carol Simontacchi, *The Crazy Makers, How the Food Industry Is Destroying Our Brains and Harming Our Children*. Tarcher / Putnam Books, New York, 2000.

Nancy I. Morse BSc CNPA, *Attention-Deficit Disorder. Natural Alternatives to Drug Therapy*. The alive natural health guides.

*Nutrition Action Health Letter*, monthly newsletter Published by Center for Science in the Public Interest.

*Mayo Clinic Health letter*, monthly newsletter