

Recommended Reading

Books About Water Quality



The Fluoride Deception \$17

By Christopher Bryson

This exposé unearths the mystery of how and why this poisonous substance and environmental pollutant was added to our drinking water and toothpaste. Award-winning reporter Christopher Bryson, who had access to information previously unavailable to other writers, chronicles the abuses of power and the creation of government-sponsored propaganda that led to fluoride's widespread use. The book reveals how a secretive group of powerful industries collaborated with officials from the National Institute of Dental Research to put a positive spin on fluoride's image. (SC 374 pages)



Water: The Ultimate Cure \$7.95

By Steve Meyerowitz

Discover why your water drinking habits may be contributing to your health problems, and learn which type of water is right for you. Covers when and how much to drink, different types of filters and bottled waters. (SC 82 pages)



Don't Drink the Water \$11.95

By Lono Kahuna Kupua A'o

Second edition covers the types of contaminants in most public water supplies, the pros and cons of different types of filters, and what to look for when you buy a filter. (SC 97 pages)



Healthy Water (Booklet) \$4.95

By Martin Fox, PhD

This pamphlet is a condensed version of the book *Healthy Water for a Longer Life*, which is now out of print. Nutritionist Martin Fox provides evidence for the superiority of water that is rich in minerals. He also discusses the importance of hydration, why chlorine and fluoride are not safe, and how water can help prevent disease. (SC 28 pages)



Your Body's Many Cries for Water \$13.50

By Fereydoon Batmanghelidj, MD

Explains how chronic dehydration is a common cause of many illnesses, and how drinking the right quantity of water can resolve many of these problems. Revised second edition. (SC 186 pages)

Books About Alkalinity

The pH Miracle \$13.50

By Robert O. Young, PhD, and Shelley Redford Young



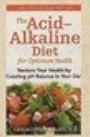
Ever since this book was featured on CBS' *Early Show*, it's been sweeping the country. The Youngs believe that pH balance is not only a health issue, but also the most important factor in weight loss—more important than calories, fat and cholesterol. They describe their program for restoring your body's pH balance, including what foods to eat, what to avoid and which supplements to take. Includes recipes. (SC 354 pages)



Alkalize or Die \$13.50

By Theodore Baroody, ND, DC

This book discusses the idea that acidosis is the primary cause of ill health and that our modern diet contributes dramatically to creating an acid state in the body. Dr. Baroody shows how to correct this, using diet as the principal method. Includes recipes. (SC 242 pages)



The Acid-Alkaline Diet \$11.50

By Christopher Vasey, ND

A detailed discussion of acidity vs. alkalinity. Describes the author's theory that some people are acidic even though their pH tests alkaline, and explains how to find out if you fall into this category. Includes sample menus. Revised 2nd edition. (SC 165 pages)

FOWL! Bird Flu: It's Not What You Really Think \$22.50



By Sheri Tenpenny, DO

Learn what the bird flu hype is really about! This book will change your perceptions of environmental policy, the pharmaceutical industry and the government's role in the dissemination of public health information. Its core premise: that dioxins and other chemicals are contributing to the toxic load in chickens, other birds and humans, making them more susceptible to bird flu and other viruses. FOWL! examines the possibility of mandatory vaccination and exposes how drug companies, chemical makers and agribusinesses are not separate industries but function more as sister enterprises, working together for mutual benefit, profit and power. (SC 295 pages)



Excitotoxins: The Taste That Kills \$16

By Russell L. Blaylock, MD

Learn how monosodium glutamate (MSG), aspartame (NutraSweet®) and similar substances can harm the brain and nervous system; and their relationship to neurodegenerative diseases such as Alzheimer's and Lou Gehrig's disease (ALS). (SC 265 pages)



Hormone Deception \$15.25

By D. Lindsey Berkson

An important work that discusses how everyday items, from foods to common household products, can disrupt your hormones. These toxins can scramble your DNA and cause infertility, endometriosis, fibroids, cancer and other problems. Must reading! (SC 431 pages)



Probiotics: Nature's Internal Healers \$11.50

By Natasha Trenev

The founder of probiotic company Natren (see page 27) documents the importance of friendly bacteria to overall health and the importance of taking probiotics. Your immune system cannot function at its best without probiotics. You will learn what friendly bacteria are, what they do and, most importantly, how to choose the most potent brands. (SC 250 pages)

Cell Phones: Invisible Hazards in the Wireless Age \$14.50



By George Carlo, PhD, and Martin Schram

The true story of the cellular phone industry's appointed scientist, Dr. George Carlo, and how he discovered the harmful effects of cell phones. He went public with this information and broke with the industry, which tried to discredit him. Includes excerpts from both Carlo's own research and other scientists' findings. (SC 297 pages)

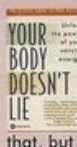
Public Exposure (DVD) \$24.95

Produced by Ecological Options Network and The Council on Wireless Technology Impacts



The first independent documentary on the dangers of cellular phones and cell towers, *Public Exposure* examines the science, economics and politics surrounding this controversial issue. Contains interviews with scientists on the risks of exposure and footage from conferences that tackled the issue. Also

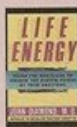
looks at how communities are fighting the proliferation of cell towers in their neighborhoods. (57 minutes)



Your Body Doesn't Lie \$5.99

By John Diamond, MD

When customers call us for information, the question they ask most often is, "How will I know if this product is right for me?" Kinesiology (also called muscle testing) is one way to answer that, but you can also do much more with the technique. John Diamond's first book on kinesiology explains how people can test each other for strong or weak responses to stimuli. You can test not only objects but also pictures, sounds and more! (PB 208 pages)



Life Energy \$10.95

By John Diamond, MD

An expanded guide to kinesiology. Learn how to use the method to answer questions, handle stress, deal with negative emotions, maintain good health and lead a more productive life. Includes case histories. (SC 252 pages)



Whole-Body Dentistry \$18

By Mark Breiner, DDS

The teeth are connected to the body in ways you may not realize. Whether it's mercury fillings, infections from root canals or cavitations from teeth extractions, all have a profound effect on the body. This book explains it all. (SC 234 pages)



The Mercury In Your Mouth \$13.50

By Lydia Bronte, PhD

Overview of research on this toxic material that is in so many mouths. Covers health problems that can be caused by mercury, how to safely replace your fillings with non-toxic material, and detoxification techniques. (SC 189 pages)



Flood Your Body With Oxygen \$25

By Ed McCabe

Learn about the importance of keeping your cells oxygenated. Covers different ways of increasing oxygen intake, including hydrogen peroxide, oxygenated water, breathing exercises and supplements. Extensive section on ozone therapies; discusses how oxygen therapy affects specific diseases. (SC 591 pages)



The Oxygen Prescription \$17.95

By Nathaniel Altman

Many scientists believe that disease is caused by a lack of oxygen at the cellular level. This follow-up to *Oxygen Healing Therapies* offers comprehensive, up-to-date documentation on the healing benefits of bio-oxidative therapies such as ozone and hydrogen peroxide. Includes information on how they work, what they can be used for and the latest scientific findings. Also discusses how to enhance the effectiveness of these treatments with diet, supplements and exercise. (SC 254 pages)

See individual product sections in the catalog for books on other topics such as water, light and color therapy, magnets, dowsing, acupuncture, EMFs and more. **Most of our books are discounted at 10 percent off suggested retail prices.**