More Links & Books:

The Medicines Womans Roots -  

Understanding Acid-Akaline / Body pH –  
http://www.youtube.com/watch?v=hpoAtwVyzZI

Common causes of fatigue and exhaustion –  

Nourishing our children (Weston Price?) -  
http://www.nourishingourchildren.org/Home.html

Links to Local Food and CSA’s-  
http://www.nativeofferings.com/

http://www.localharvest.org/


http://www.healthfreedomusa.org/?p=599

http://www.earthpledge.org/f2t/ (farm to table project)

http://www.teacupfarm.com/benefits.html

http://www.realmilk.com/where4.html#ny

Books-

The Biology of Belief  Bruce Lipton
Wheat Belly  William Davis, MD
The Healthy Home  Wentz & Wentz
Why Zebras don’t get Ulcers  Saposky
Eating in the Raw  Carol Alt
Organic Annies Green Gourmet Cookbook Vol 1 Fresh Tastes for Breakfast  Ann Miller-Cohen
Food Rules  Michael Pollan
Animal Vegetable Miracle  Barbara Kingsolver
Building Bone Vitality  Amy Joy Lanov & Michael Castleman
Simple Food for the Good Life  Helen Nearing
The Tao of Health, Sex, and Longevity
Minerals for the Genetic Code  Charles Walters
The No-Grain Diet  Dr. Joseph Mercola
Recommended Reading & Viewing List....in no particular order

Books:

- In Defense of Food: An Eater's Manifesto - Michael Pollan
- Everything I Want To Do Is Illegal: War Stories From the Local Food Front - Joel Salatin
- Food Politics: How the Food Industry Influences Nutrition and Health - Marion Nestle
- Closing the Food Gap: Resetting the Table in the Land of Plenty – Mark Winne
- Animal, Vegetable, Miracle: A Year of Food Life – Barbara Kingsolver
- Slow Food Nation's Come to the Table: The Slow Food Way of Living – Alice Waters
- Fast Food Nation: The Dark Side of the All-American Meal – Eric Schlosser
- Stuffed and Starved: The Hidden Battle for the World Food System – Raj Patel
- The Omnivore's Dilemma – Michael Pollan
- Chew On This: Everything You Don't Want to Know About Fast Food – Eric Schlosser
- Harvest For Hope: A Guide to Mindful Eating – Jane Goodall
- What's In Your Milk – Samuel S. Epstein MD
- Food Inc. A Participants Guide: How Industrial Food is Making us Sicker, Fatter and Poorer- And What We Can Do About It – Karl Weber
- Stirring It Up – Gary Hirschberg
- Coming Home to Eat – Gary Paul Nabhan
- Hope's Edge – Frances Moore Lappe and Anna Lappe
- Plenty or the 100 Mile Diet – Alisa Smith and J.B. MacGinnon
- Farm to Table Cookbook – Ivy Manning and Gregor Torrence
- Food Not Lawns – Heather Coburn Flores
- The Urban Homesteader – Kelly Coyne and Erik Knutzen
- Nourishing Traditions – Sally Fallon
- Diet for a Poisoned Planet – David Steinman
- Great Garden Companions – Sally Jean Cunningham
- Feeding the Whole Family – Annemarie Colbin and Cynthia Lair
- The Untold Story of Milk – Ron Schmid

Periodicals:

- Edible Buffalo
- Acres USA
- Mother Earth News
- Mary Janes Farm
- Urban Farm

DVDs:

- Food, Inc. – DVD release November 3rd
- Fresh
- The Future of Food
- Food Matters
- Super Size Me
- King Kom

Websites:

- www.sustainabletable.com
- www.responsibletechnology.org
- www.eatwellguide.org
- www.foodandwaterwatch.org
- www.slowfoodusa.org
- www.truefoodnow.org
- www.foodincmovie.com
- www.ewg.org (Environmental Working Group)
- www.farmsanctuary.com
- www.localharvest.com
- www.nwei.org (Northwest Earth Institute)
- www.mercola.com
- www.westonaprice.org