

More Links & Books:

The Medicines Womans Roots -

<http://bearmedicineherbals.com/nettle-seeds-as-adrenal-adaptogen-an-update.html>

Understanding Acid-Alkaline / Body pH –

<http://www.youtube.com/watch?v=hpoAtwVyzZI>

Common causes of fatigue and exhaustion –

<http://www.vrp.com/stress/thyroid-and-adrenal-malfunction-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.nal.usda.gov/afsic/pubs/csa/csa.shtml>

<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 Annie's 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* – Barabara 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 Korn

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