

Patient Reading Booklist

Available in the office for purchase from Springforth:

Title: Adrenal Fatigue: The 21st Century Stress Syndrome

Author: James L. Wilson, N.D., D.C., Ph.D.

Published By: Smart Publications 2001

Title: Free yourself from Chronic Pain and Sports Injuries: How Prolotherapy Can Help You Become Pain Free

Author: Donna Alderman, D.O.

Published By: Family Doctor Press 2008

Title: Stay Young & Sexy with Bio-Identical Hormone Replacement The Science Explained

Author: Jonathan V. Wright, MD and Lane Lenard, PhD

Published By: Smart Publications 2010

Title: Hypothyroidism Type 2: The Epidemic

Author: Mark Starr, M.D.

Published By: Mark Starr Trust 2010

Eat Well, Age Better

Author: Aileen Burford-Mason, PH.D.

Published By: Thomas Allen 2012

Recommended reading:

Nutrition:

Title: Grain Brain: The Surprising Truth About Wheat, Carbs, and Sugar - Your Brain's Silent Killers

Author: David Perlmutter, MD with Kristin Loberg

Published By: Little Brown and Company 2013

Title: The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease - and the Statin-Free Plan That Will

Author: Jonny Bowden, PhD, CNS and Stephen Sinatra, MD, FACC

Published By: Fair Winds Press 2012

Title: Cholesterol Clarity: What the HDL is Wrong with my Numbers

Author: Jimmy Moore with Eric C. Westman, MD

Published By: Victory Belt Publishing 2013

Title: Iodine - Why You Need It Why You Can't Live Without It 4th Edition
Author: David Brownstein, M.D.
Published By: Medical Alternatives Press 2009

Title: The Guide to a Gluten Free Diet 2nd Ed
Author: David Brownstein, M.D. and Sheryl Shenefelt, C.N.
Published By: Medical Alternatives Press 2009

Title: Nutrition and Physical Degeneration 6th Edition
Author: Weston A. Price, D.D.S.
Published By: Price-Pottenger Nutrition Foundation Inc. 2000

Title: The China Study
Author: T. Colin Campbell, PHD and Thomas M. Campbell II
Published By: BENBELLA BOOKS Dallas, Texas 2006

Title: Eat, Drink, and Be Healthy
Author: Walter C. Willett, M.D. with Patrick J. Skerrett
Published By: Free Press 2001

Title: Genetic Nutritioneering: How You Can Modify Inherited Traits and Live a Longer, Healthier Life
Author: Jeffrey S. Bland, PhD. with Sara H. Benum, M.A.
Published By: Library of Congress Cataloging-in-Publication Data 1999

Title: The Anti Inflammation Zone: Reversing the Silent Epidemic That's Destroying Our Health
Author: Dr. Barry Sears, M.D.
Published By: HarperCollins Publishers 2005

Title: Biochemical Individuality: The Key to Understanding What Shapes Your Health
Author: Roger J. Williams, Ph.D.
Published By: Biochemical Individuality 1956

Title: The Maker's Diet: The 40-day health experience that will change your life forever
Author: Jordan S. Rubin
Published By: Siloam A Strang Company 2004

Title: Please Don't Label My Child
Author: Scott M. Shannon, MD with Emily Heckman
Published By: Rodale Inc. 2007

Title: The UltraMind Solution
Author: Mark Hyman, M.D.
Published By: Scribnera Division of Simon & Schuster, Inc. 2009

Title: The Nutrition Solution: A Guide to Your Metabolic Type
Author: Harold J. Kristal, D.D.S. & James M. Haig, N.C.
Published By: North Atlantic Books 2002

Title: Why Stomach Acid is Good For You: Natural Relief from Heartburn, Indigestion, Reflux and GERD

Author: Jonathan Wright, MD and Lane Lenard, PhD
Published By: M. Evans 2001

Title: Your Hidden Food Allergies are Making You Fat
Author: Rudy Rivera, MD and Roger Davis Deutsch
Published By: Three Rivers Press 2002

Title: The Paleo Diet

Author: Loren Cordain, PhD
Published By: John Wiley and Sons 2001

Title: The Eggplant Cancer Cure: A treatment for skin cancer

Author: Dr. Bill E. Cham, PhD
Published By: www.Smart-Publications.com 2007

Title: Vitamin D3 and Solar Power for Optimal Health

Author: Marc Sorenson, EdD.
Published By: Sorenson

Title: The Vitamin D Cure - 5 Steps to heal your pain and improve your mood

Author: James E. Dowd, MD
Published By: Wiley 2008

Title: Wheat Belly: Lose the wheat, lose the weight and find your path back to health

Author: William Davis, MD
Published By: Collins 2011

Title: Answers to Anorexia: A Breakthrough Nutritional Treatment That is Saving Lives

Author: James M. Greenblatt, MD
Published By: Sunrise River Press 2010

Title: Gut and Psychology Syndrome: Natural Treatment for Autism, ADD, ADHD, Dyslexia, Dyspraxia, Depression, Schizophrenia

Author: Natasha Campbell-McBride MD, MMed Sci(neurology), MMed Sci(nutrition)
Published By: Medinform Publishing 2010

Toxins:

Title: The Poison in Your Teeth: Mercury Amalgam (Silver) Filling...Hazardous to Your Health!

Author: Tom McGuire, DDS

Published By: The Dental Wellness Institute 2008

Title: Detoxify or Die

Author: Sherry A. Rogers, M.D.

Published By: Sand Key Company, Inc. 2002

Title: Detoxification and Healing: The Key to Optimal Health

Author: Sidney MacDonald Baker, M.D.

Published By: Library of Congress Cataloging-in-Publication Data 2004

Title: Root Canal Cover-Up

Author: George E. Meinig D.D.S., F.A.C.D.

Published By: Bion Publishing 1998

Title: Detoxify For Life: How Toxins are Robbing You of Your Health and What You Can Do About It

Author: Dr. John Cline, MD with Patrick Grant

Published By: MTH Publishing 2008

Title: Detox with Oral Chelation

Author: David Jay Brown and Garry Gordon, M.D.

Published By: www.Smart-Publications.com 2009

Title: Slow Death by Rubber Duck

Author: Rick Smith and Bruce Lourie

Published By: Knopf Canada 2009

Title: There's Lead in Your Lipstick

Author: Gillian Deacon

Published By: Penguin 2011

Title: Our Stolen Future: Are We Threatening Our Fertility, Intelligence, and Survival? A Scientific Detective Story.

Authors: Theo Colborn, Dianne Dumanoski and John Peterson-Myers

Published By: Penguin Group 1997

Medicine - General:

Title: The Vaccine Book: Making the Right Decision for Your Child

Author: Robert W. Sears, M.D., F.A.A.P.

Published By: Little, Brown and Company 2007

Title: Make and Informed Vaccine Decision - for the Health of Your Child
Author: Mayer Eisenstein, MD, JD, MPH
Published By: New Atlantean Press, Santa Fe, New Mexico

Title: Craniosacral Therapy
Author: John E. Upledger, D.O., F.A.A.O. & Jon D. Vredevoogd, M.F.A.
Published By: Eastland Press, Inc. 1983

Title: Manual of Neural Therapy According to Huneke
Author: Peter Dosch, MD and Mathias Dosch, MD
Published By: Georg Thieme Verlag 2007

Title: Neural Therapy: Applied Neurophysiology and Other Topics
Author: Robert F. Kidd, MD, CM
Published By: Custom Printers of Renfrew Ltd. 2005

Title: Forgive for Good: A PROVEN Prescription for Health and Happiness
Author: Dr. Fred Luskin
Published By: HarperCollins 2002

Title: Why Zebras Don't Get Ulcers: The Acclaimed Guide to Stress, Stress-Related Diseases, and Coping
Author: Robert M. Sapolsky
Published By: Owl Books 2004

Title: The Heartmath Solution
Author: Doc Childre and Howard Martin with Donna Beech
Published By: HarperCollins Publishers 1999

Title: Chronic Fatigue Syndrome and the Yeast Connection Illustrated
Author: William G. Crook, M.D.
Published By: Professional Books, Inc. 1992

Title: The Developing Mind: Toward a Neurobiology of Interpersonal Experience
Author: Daniel J. Siegel
Published By: The Guilford Press A Division of Guildford Publications, Inc. 1999

Title: How Doctors Think
Author: Jerome Groopman, M.D.
Published By: First Mariner Books 2008

Title: Why Zebras Don't Get Ulcers: The Acclaimed Guide to Stress, Stress-Related Diseases, and Coping
Author: Robert M. Sapolsky
Published By: Owl Books 2004

Title: The Type II Diabetes Breakthrough
Author: Frank Shallenberger
Published By: Basic Health Publications 2006

Title: Bursting With Energy: The Breakthrough Method to Renew Youthful Energy and Restore Health
Author: Frank Shallenberger
Published By: Basic Health Publications 2007

Title: JFK's Secret Doctor: The Remarkable Life of Medical Pioneer and Legendary Rock Climber Hans Kraus
Author: Susan E. B. Schwartz
Published By: Skyhorse Publishing 2012

Lipitor - Thief of Memory: Statin Drugs and the Miguided War on Cholesterol
Author: Duane Graveline, M.D., M.P.H.
Published By: Duane Graveline, M.D., M.P.H. 2006

Title: The Statin Damage Crisis
Author: Duane Graveline M.D., M.P.H.
Published By: Duane Graveline M.D., M.P.H. Third Edition July 2012

Title: End Back Pain Forever: A Groundbreaking Approach to Eliminate Your Suffering
Author: Norman J. Marcus, M.D.
Published By: Atria Paperback 2012

Infection:

Title: Principles and Applications of Ozone Therapy
Author: Frank Shallenberger, MD, HMD, ABAAM
Published By: Basic Health 2011

Title: Insights in Lyme Disease Treatment
Author: Connie Strasheim
Published By: Biomed Publishing Group 2009

Title: Beyond Lyme Disease: Healing the Underlying Causes of Chronic Illness in People with Borreliosis and Co-Infections
Author: Connie Strasheim
Published By: Biomed Publishing Group 2012

Title: Lyme Disease and Rife Machines
Author: Bryan Rosner
Published By: www.lymebook.com 2004

Title: Transfer Factors and Immune System Health 2nd Edition
Author: Aaron White, PhD
Published By: BookSurge Publishing 2009

Title: The Lyme - Autism Connection
Author: Bryan Rosner with Tami Duncan
Published By: BioMed Publishing 2008

Title: Treatment of Chronic Lyme Disease - Fifty-One Case Reports and Essays in Their Regard
Author: Burton A. Waisbren SR., MD, FACP, FIDSA
Published By: BioMed Publishing Group (www.LymeBook.com)

Title: Insights into Lyme Disease Treatment
Author: Connie Stasheim
Published By: BioMed Publishing Group - www.LymeBook.com

Ending Denial: The Lyme Disease Epidemic, A Canadian Public Health Disaster
Editor: Helke Ferrie
Published By: KOS Publishing

Lab 257: The Disturbing Story of the Governments Secret Plum Island Germ Laboratory
Author: Michael Christopher Carroll
Published By: William Morrow (HarperCollins)

Surviving Mold: Life in the Era of Dangerous Buildings
Author: Ritchie C. Shoemaker, MD
Published By: Otter Bay Books

The Beginner's Guide to Lyme Disease - Diagnosis and Treatment Made Simple
Author: Nicola McFadzean, ND
Published By: BioMed Publishing Group 2012

Hormones:

Title: The Thyroid Solution: A Mind-Body Program for Beating Depression and Regaining Your Emotional and Physical Health
Author: Ridha Arem, M.D.
Published By: The Ballantine Publishing Group 1999

Title: Safe Uses of Cortisol: Second Edition
Author: William Jefferies, M.D., F.A.C.P.
Published By: Charles C Thomas Publisher, LDT. 1996

Title: Healing Fibroids: A Doctor's Guide to a Natural Cure
Author: Allan Warshowsky, M.D., and Elena Oumano
Published By: Fireside 2002

Title: Hypothyroidism: The Unsuspected Illness
Author: Broda O. Barnes, MD and Lawrence Galton
Published By: Harper and Row 1976

Title: Testosterone for Life: Recharge your vitality, sex drive, muscle mass & overall health
Author: Abraham Morgentaler, M.D. (Associate Clinical Professor Harvard Medical School)
Published By: McGraw-Hill 2009

Title: The Testosterone Syndrome: The Critical Factor for Energy, Health and Sexuality - Reversing the Male Menopause
Author: Eugene Shippen, MD and William Fryer
Published By: M Evans 1998 and 2007

Pain / Prolotherapy:

Title: Prolo Your Pain Away!
Author: Ross A. Hauser, M.D with Marion A. Hauser, M.S., R.D., and Kurt Pottinger
Published By: Beulah Land Press 1998

Title: Prolo Your Headaches & Neck Pain Away!
Author: Ross A. Hauser M.D. and Marion A. Hauser, M.S., R.D.
Published By: Beulah Land Press 2000

Title: Power Over Pain: How to Get the Pain Control You Need
Author: Eric M. Chevlen, M.D. and Wesley J. Smith
Published By: International Task Force 2002

Title: Complementary and Integrative Medicine in Pain Management
Author: Michael I. Weintraub, MD, FACP, FAAN and Ravinder Mamtani, MBBS, MD, FACPM and Marc S. Micozzi, MD, PhD Editors
Published By: Springer Publishing Company New York 2008

Title: Fundamentals of Musculoskeletal Pain
Author: Thomas Graven-Nielsen, Lars Arendt-Nielsen, and Siegfried Mense
Published By: LASP Press 2008

Title: From Fatigued to Fantastic: A Manual For Moving Beyond Chronic Fatigued & Fibromyalgia
Author: Jacob Tietelbaum, MD
Published By: Avery Publishing Group 1996

Energy Medicine:

Title: Disconnect: The Truth About Cell Phone Radiation, What the Industry is Doing to Hide It and How to Protect Your Family

Author: Devra Davis

Publisher: The Penguin Group 2010

Title: The Biology of Belief: Unleashing the Power of Consciousness, Matter & Miracles

Author: Bruce H. Lipton, Ph.D.

Published By: Hayhouse Inc. 2005/2008

Title: Color Medicine

Author: Charles Klotsche

Published By: Light Technology Publishing 1992

Title: The Body Electric: Electromagnetism and the Foundation of Life

Author: Robert O. Becker, M.D., and Gary Selden

Published By: New York: Morrow 1985

Title: Energy Medicine: The Scientific Basis

Author: James L. Oschman

Published By: Churchill Livingstone 2000

Title: Dr. Fulford's Touch of Life: The Healing Power of the Natural Life Force

Author: Robert C. Fulford, D.O. with Gene Stone

Published By: Pocket Books, a division of Simon & Schuster Inc. 1996

Title: Why People Don't Heal and How They Can

Author: Caroline Myss, PH.D.

Published By: Three Rivers Press, New York, New York 1997

Title: Light Medicine of the Future

Author: Jacob Liberman, O.D., PhD.

Published By: Library of Congress Cataloging-in-Publication Data 1991

Title: Dogs That Know When Their Owners Are Coming Home: And Other Unexplained Powers of Animals

Author: Rupert Sheldrake

Published By: Three River Press 1999

Title: The Secret Life of Water

Author: Masaru Emoto

Published By: Atria Books 2005

Title: The Hidden Messages in Water
Author: Masaru Emoto
Published By: Atria Books 2001

Title: The True Power of Water
Author: Masaru Emoto
Published By: Atria Books 2003

Title: Your Body Doesn't Lie
Author: John Diamond, M.D.
Published By: Grand Central Publishing 1979

Title: Beyond Pills Knives and Needles: Relieve Pain and Inflammation with 21st
Century Quantum Bases Technology
Author: Charles J. Crosby, DO, MD(H)
Published By: www.tenscam.com 2010

Title: The Miracle of Water
Author: Masaru Emoto
Published By: Atria Paperback - Simon and Schuster, Inc. 2007

Title: Messages from Water and the Universe
Author: Masaru Emoto
Published By: Hayhouse - www.hayhouse.com 2010

Title: Love Thyself: The Messages from Water III
Author: Masaru Emoto
Published By: Hayhouse - www.hayhouse.com 2004

Title: The Secret of Water: For the Children of the World
Author: Masaru Emoto
Published By: Atria Books - Simon and Schuster, Inc. 2006

Water Crystal Healing: Music and Images to Restore Your Well-Being
Author: Masaru Emoto
Published By: Atria Books - Simon and Schuster, Inc 2006

Oxygen Therapies:

Title: The Oxygen Prescription: The Miracle of Oxidative Therapies
Author: Nathaniel Altman
Published By: Healing Arts Press, 2007

Title: Hydrogen Peroxide: Medical Miracle
Author: William Campbell Douglass II, MD
Published By: Rhino Publishing 2003

Title: Flood Your Body with Oxygen - Therapy for Our Polluted World
Author: Ed McCabe
Published By: Energy Publications 2010

Adrenal fatigue, also called 'burnout' is the greatest epidemic of Western society, next to insulin resistance. But how does it occur? Adrenal fatigue may occur when we are chronically exposed to stress. What Happens In A Stress Situation? Our stress reaction was developed in prehistoric times, when we were subjected to real dangers. In *Adrenal Fatigue: The 21st Century Stress Syndrome*, Dr. Wilson explains not only how stress affects your health but what you can do to un-fatigue your adrenals, protect your health and become more stress hardy. *Adrenal Fatigue - The 21st Century Stress Syndrome*. £11.95. Be the first to review this product. Availability: In stock. Brand: Books. The original and most comprehensive self-help book on how stress affects your health. Find out how stress affects your body and what you can do to recover and protect your health in this comprehensive self-help book. Start by marking "Adrenal Fatigue: The 21st Century Stress Syndrome" as Want to Read: Want to Read saving| Want to Read. Under certain circumstances, stress can fatigue your adrenals. It is estimated that most North Americans experience some form of stress-related adrenal fatigue at some time. Although many people realize that stress is a problem in their lives, few understand the actual physical ways stress acts on the body and mind through the adrenal glands " or more importantly, what to do about it. Unfortunately, even most doctors still do not recognize the common health picture produced by adrenal fatigue. This leaves a lot of people suffering without anywhere to turn for help. That's where Adrenal Fa...

Adrenal Fatigue is a condition in which the adrenals, due to chronic over stimulation, begin to fail and produce lower levels of cortisol even when stimulated by higher levels of ACTH (as in an ACTH stimulation test.) Wilson makes a very strong case that adrenal fatigue is an increasingly prevalent yet unrecognized response to the hyper-stress characteristic of the 21st century. Stressors – physical, emotional, psychological, environmental, and infectious – all contribute to adrenal fatigue. The adrenals respond to all types of stress in the same way. And the load is cumulative – if many small Start by marking – Adrenal Fatigue: The 21st Century Stress Syndrome – as Want to Read: Want to Read saving; Want to Read. Under certain circumstances, stress can fatigue your adrenals. It is estimated that most North Americans experience some form of stress-related adrenal fatigue at some time. Although many people realize that stress is a problem in their lives, few understand the actual physical ways stress acts on the body and mind through the adrenal glands – or more importantly, what to do about it. Unfortunately, even most doctors still do not recognize the common health picture produced by adrenal fatigue. This leaves a lot of people suffering without anywhere to turn for help. That's where Adrenal Fa... . Safe Work in the 21st Century: Education and Training Needs for the Next Decade's Occupational Safety 21st Century Skills Leadership and Learning in the 21st Century. 107 Pages 2012 3.25 MB 4,230 Downloads. , critical thinking, creativity) as 21st Century skills 21st Century Skills Leadership and L The Business of the 21st Century. 18 Pages 2010 2.03 MB 69,166 Downloads. Trump T. Kiyosaki. With John Fleming and Kim Kiyosaki The Business of the 21st Century Best Practices in State and Regional Innovation Initiatives: Competing in the 21st Century. in State and Regional Innovation Initiatives: Competing in the 21st Century is not to do an empirical Mindset: The New Psychology of Success. 147 Pages 2010 1.06 MB 519,899 Downloads. Adrenal fatigue, also called 'burnout' is the greatest epidemic of Western society, next to insulin resistance. But how does it occur? Adrenal fatigue may occur when we are chronically exposed to stress. What Happens In A Stress Situation? Our stress reaction was developed in prehistoric times, when we were subjected to real dangers.