

Dr. Tori Hudson, ND's Recommended Reading

Title	Author
100 Natural Remedies for Your Child	Skowron
8 Weeks to Optimal Health	Weil
8 Weeks to Vibrant Health	Cass
A Cookbook for All Seasons	Haas & Manzolini
A Natural Guide to Pregnancy & Postpartum Health	Raffelock
ADHD Alternatives	Romm
Adrenal Fatigue	Wilson
Allergy Recipes	Pelton
Allergy Self-Help Cookbook	Jones
Alternative Health Care for Women	Westcott
Alternatives in Cancer Therapy	Pelton
Beat Sugar Addiction NOW!	Teitelbaum
Beating Cancer with Nutrition	Quillin
Before The Change	Gittleman
Beyond the Birth	Nason
Breast Cancer: Beyond Convention	Tagliaferri, Cohen & Tripathy
Breast Cancer Companion	MacDonald & Jennings
Breast Health	Wren
Cancer Therapy Independent Guide	Moss
Cancer: 50 Essential Things to Do...	Anderson
Changing Bodies, Changing Lives	Bell
China Study	Campbell
Choices in Healing	Lerner
Clean	Greeven & Junger
Combat Syndrome X, Y & Z	Holt
Complete Food Allergy Cookbook	Gioannini
Complete Natural Medicine Guide to Breast Cancer	Kaur
Controlling Cholesterol the Natural Way	Cooper
Cracking the Metabolic Code	Lavalle
Definitive Guide to Cancer	Alschuler/Gazella
Definitive Guide to Thriving After Cancer	Alschuler
Diabetes & Hypoglycemia: Your Natural Guide to Healing...	Murray
Diabetes Improvement Program	Quillin
Diabetes: the New Integrative Approach	Hammerly
Dr. Susan Love's Breast Book	Love
Eating for IBS: 175...Recipes	Van Vorous
Encyclopedia of Healing Foods	Murray

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Encyclopedia of Natural Healing/Children & Infants	Bove
Encyclopedia of Natural Medicine	Murray
Encyclopedia of Nutritional Supplements	Murray
Everyday Cooking with Dr. Dean Ornish	Ornish
Fats That Heal Fats That Kill	Erasmus
Fibroid Tumors & Endometriosis	Lark
Food Allergies and Food Intolerance	Brostoff & Gamlin
For Yourself	Barbach
From Fatigued to Fantastic!	Teitelbaum
Grain Brain	Loberg & Perlmutter
Grief...(Pocket Guide)	Massey
Having Faith: An Ecologist's Journey to Motherhood	Steingraber
Healing Depression	Bongiorno
Healing Power of Herbs	Murray
Herb Contraindications & Drug Interactions	Brinker
Herbal Prescriptions for Health	Brown
Herbs for Hepatitis C & the Liver	Buhner
Homeopathic Medicine for Women	Smith
Homeopathy for Menopause	MacEoin
How to Prevent & Treat Cancer w/Natural Medicine	Murray
How to Prevent and Treat Diabetes w/ Natural Medicine	Murray
Hysterectomy: Woman to Woman	Barber
Idiot Guide to Thyroid Disease	Christianson
Inflammation Syndrome	Challem
Integrative Pediatrics	Culbert & Olness
Integrative Women's Health	Low Dog & Maizes
Life Is Your Best Medicine: A Woman's Guide to Health, Healing, and Wholeness at Every Age	Low Dog
Low Carb Cooking with Stevia	Kirkland
Mastering the Zone	Sears
Menopause	Schoenbeck
Mood Cure	Ross
Mother-Daughter Wisdom	Northrup
Natural Alternative to Prozac	Murray
Natural Alternatives to HRT Cookbook	Glenville
Natural Compounds in Cancer Therapy	Boik
Natural Highs: Supplements, Nutrition...	Cass

Dr. Tori Hudson, ND's Recommended Reading

Title	Author
Natural Solutions to Infertility	Glenville
Naturally Healthy Babies & Children	Romm
New Detox Diet	Haas
New Soy Cookbook	Sass
Nutritional Influences on Illness	Werbach
PCOS: The Hidden Epidemic	Thatcher
PCOS: A Woman's Guide to Dealing w/PCOS	Harris & Carey
Patient's Guide to Homeopathic Medicine	Ullman/Reichenberg-Ullman
Polycystic Ovary Syndrome, The Hidden Epidemic	Thatcher
Pregnancy, Childbirth & the Newborn	Simkin & Bolding
Questioning Chemotherapy	Moss
Raising Baby Green	Greene
Reversing Fibromyalgia	Elrod
Simply Vegan	Wasserman
Stay Young & Sexy w/ Bio-Identical HRT	Wright/Lenard
Story of the Human Body	Lieberman
Stretching	Anderson
Strong Women & Men Beat Arthritis	Nelson
Strong Women Eat Well	Nelson
Strong Women Stay Slim	Nelson
Strong Women Stay Young	Nelson
Strong Women, Strong Bones	Nelson
Taking Charge of Your Fertility (10 th Edition)	Weschler
The Anti-Inflammation Diet & Recipe Book	Black
The Anti-Inflammatory Diet	Gallo
The Black Women's Health Book	White
The Complete Vegetarian Kitchen	Sass
The Hormone of Desire	Rako
The Infertility Cure	Lewis
The Inflammation Syndrome	Challem
The Mind-Body Fertility Connection	Schwartz
The Mood Cure	Ross
The Natural Way to Better Babies	Naish & Roberts
The New Becoming Vegetarian	Melina & Davis
The New Menopause Book	Tagliaferri, Cohen, Tripathy
The Nursing Mother's Companion (6 th Edition)	Huggins
The Wisdom of Menopause	Northrup

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Thyroid Balance	Rothfeld
Thyroid Power	Shames
Thyroid Solution	Arem
Ultimate Diabetes Cookbook	Gelles
Ultimate Low-Carb Diet Cookbook	Rodnitziky
Ultimate Weight Solution Food Guide	McGraw
Ultra Low-Carb Cookbook	Rodnitziky
Vegan World Fusion Cuisine	Reinfeld & Rinaldi
What You Must Know About Bioidentical HRT	Hawkins
When Things Fall Apart	Chodron
Wise Woman Herbal for the Child Bearing Year	Weed
Women's Bodies, Women's Wisdom	Northrup
Women's Cancers – How to Prevent Them, How to Treat Them, How to Beat Them	McGinn & Haylock
Women's Encyclopedia of Natural Medicine	Hudson
Women's Guide to Regaining Bladder Control	Rovner & Wein
Women's Herbs, Women's Health	Hobbs & Keville