

# Recommended Reading

## Institute of Women's Health & Integrative Medicine

Title	Author
<i>8 Weeks to Optimal Health</i>	Weil
<i>8 Weeks to Vibrant Health</i>	Cass
<i>A Cookbook for All Seasons</i>	Haas & Manzolini
<i>ADHD Alternatives</i>	Romm
<i>Allergy Recipes</i>	Pelton
<i>Allergy Self-Help Cookbook</i>	Jones
<i>Alternative Health Care for Women</i>	Westcott
<i>Alternatives in Cancer Therapy</i>	Pelton
<i>Beating Cancer with Nutrition</i>	Quillin
<i>Before The Change</i>	Gittleman
<i>Breast Cancer Prevention &amp; Recovery Diet</i>	Arnot
<i>Breast Cancer: Beyond Convention</i>	Tagliaferri, Cohen & Tripathy
<i>Breast Cancer: What You Should Know (But May Not Be Told) About Prevention, Diagnosis, and Treatment</i>	Hitchcock & Austin
<i>Breast Health</i>	Wren
<i>Breezing Through Change: Managing Menopause Naturally</i>	Brown & Walker
<i>Cancer Therapy Independent Guide</i>	Moss
<i>Cancer: 50 Essential Things to Do...</i>	Anderson
<i>Changing Bodies, Changing Lives</i>	Bell
<i>Choices in Healing</i>	Lerner
<i>Combat Syndrome X, Y &amp; Z</i>	Holt
<i>Complete Food Allergy Cookbook</i>	Gioannini
<i>Complete Natural Medicine Guide to Breast Cancer</i>	Kaur
<i>Controlling Cholesterol the Natural Way</i>	Cooper
<i>Diabetes &amp; Hypoglycemia: Your Natural Guide to Healing...</i>	Murray
<i>Diabetes Improvement Program</i>	Quillin
<i>Diabetes: the New Integrative Approach</i>	Hammerly
<i>Dr. Susan Love's Menopause &amp; Hormone Book</i>	Love
<i>Eating for IBS: 175...Recipes</i>	Van Vorous
<i>Encyclopedia of Healing Foods</i>	Murray
<i>Encyclopedia of Natural Medicine</i>	Murray
<i>Encyclopedia of Nutritional Supplements</i>	Murray
<i>Everyday Cooking with Dr. Dean Ornish</i>	Ornish
<i>Fats That Heal Fats That Kill</i>	Erasmus

<i>Fibroid Tumors &amp; Endometriosis</i>	Lark
<i>Food Allergies and Food Intolerance</i>	Brostoff & Gamlin
<i>For Yourself</i>	Barbach
<i>Get off the Menopause Roller coaster</i>	Lieberman
<i>Grief...(Pocket Guide)</i>	Massey
<i>Having Faith: An Ecologist's Journey to Motherhood</i>	Steingraber
<i>Healing Power of Herbs</i>	Murray
<i>Healing Power of Soy</i>	Rinzler
<i>Herb Contraindications &amp; Drug Interactions</i>	Brinker
<i>Herbs for Hepatitis C &amp; the Liver</i>	Buhner
<i>Homeopathic Medicine for Women</i>	Smith
<i>Homeopathy for Menopause</i>	MacEoin
<i>How to Prevent &amp; Treat Cancer w/Natural Medicine</i>	Murray
<i>How to Prevent and Treat Diabetes w/ Natural Medicine</i>	Murray
<i>Hysterectomy: Woman to Woman</i>	Barber
<i>Low Carb Cooking with Stevia</i>	Kirkland
<i>Menopause</i>	Schoenbeck
<i>Menopause Naturally</i>	Greenwood
<i>Menopause: How You Can Benefit From Diet, Vitamins...</i>	Murray
<i>Natural Alternative to Prozac</i>	Murray
<i>Natural Alternatives to HRT Cookbook</i>	Glenville
<i>Natural Compounds in Cancer Therapy</i>	Boik
<i>Natural Hormone Replacement</i>	Wright
<i>Natural Highs: Supplements, Nutrition...</i>	Cass
<i>New Detox Diet</i>	Haas
<i>New Soy Cookbook</i>	Sass
<i>Nutritional Influences on Illness</i>	Werbach
<i>PCOS: A Woman's Guide to Dealing w/Polycystic Ovary Syndrome</i>	Harris & Carey
<i>Polycystic Ovary Syndrome, The Hidden Epidemic</i>	Thatcher
<i>Preventing and Reversing of Osteoporosis</i>	Gaby
<i>Reversing Fibromyalgia</i>	Elrod
<i>Simply Vegan</i>	Wasserman
<i>Stretching</i>	Anderson
<i>Strong Women &amp; Men Beat Arthritis</i>	Nelson
<i>Strong Women Eat Well</i>	Nelson
<i>Strong Women Stay Slim</i>	Nelson
<i>Strong Women Stay Young</i>	Nelson
<i>Strong Women, Strong Bones</i>	Nelson
<i>The Black Women's Health Book</i>	White
<i>The Complete Vegetarian Kitchen</i>	Sass

09/14/2006

Last printed 9/14/2006 5:16 PM

<i>The Hormone of Desire</i>	Rako
<i>The Inflammation Syndrome</i>	Challem
<i>The Joy of Soy: 75 Delicious...</i>	Jacobi
<i>The Mood Cure</i>	Ross
<i>The New Becoming Vegetarian</i>	Melina & Davis
<i>The New Menopause Book</i>	Tagliaferri, Cohen, Tripathy
<i>The Pause</i>	Barbach
<i>The Ultimate Diabetes Cookbook</i>	Gelles
<i>The Wisdom of Menopause</i>	Northrup
<i>Thyroid Balance</i>	Rothfeld
<i>Thyroid Power</i>	Shames
<i>Thyroid Solution</i>	Arem
<i>Ultimate Low-Carb Diet Cookbook</i>	Rodnitziky
<i>Ultimate Weight Solution Food Guide</i>	McGraw
<i>Vegan World Fusion Cuisine</i>	Reinfeld & Rinaldi
<i>When Things Fall Apart</i>	Chodron
<i>Women's Bodies, Women's Wisdom</i>	Northrup
<i>Women's Cancers – How to Prevent Them, How to Treat Them, How to Beat Them</i>	McGinn & Haylock
<i>Women's Encyclopedia of Natural Medicine</i>	Hudson
<i>Women's Health in Complementary &amp; Integrative Medicine</i>	Low Dog
<i>Women's Health Update Volume I</i>	Hudson (Available from A Woman's Time)
<i>Women's Health Update Volume II</i>	Hudson (Available from A Woman's Time)
<i>Women's Health Update Volume III</i>	Hudson (Available from A Woman's Time)
<i>Women's Herbs, Women's Health</i>	Hobbs & Keville

Completely new to reading and feeling overwhelmed? Check out the [/lit/ starter kit](#). Or maybe you'd like to start with the Greeks? Alternatively if you're looking to get into poetry, you can start [here](#). A general collection of recommended reading charts can be found [here](#) and [here](#). Charts for specific authors can be found [here](#).