Recommended Reading for Patients

* [The Body’s Many Cries for Water](https://amzn.to/3Qaadbj)
* [Back to the Basics of Human Health by Mary Frost](https://amzn.to/3xziSwZ)
* [The Great Cholesterol Myth by Johnny Bowden](https://amzn.to/3xfJUIi)
* [The Great Cholesterol Con by Malcom Kendrick](https://amzn.to/3mw7pYu)
* [The 150 Healthiest Foods on Earth by Johnny Bowden](https://amzn.to/3HcfBqA)
* [Salt Your Way to Health by Dr. David Brownstein](https://amzn.to/3NDjNlE)
* [The Vagus Nerve Gut Brain Connection by Wendy Hayden](https://amzn.to/3Ny1k9Z)
* [Undoctored by William Davis, MD](https://amzn.to/3H4h2qN)
* [The Case Against Sugar by Gary Taubes](https://amzn.to/3tlF1fK)
* [Wheat Belly by William Davis, MD](https://amzn.to/3tqBs81)
* [Grain Brain by David Perlmutter](https://amzn.to/3xdXQSZ)
* [Nutrition and Physical Degeneration by Weston A Price](https://amzn.to/3mrT0wD)
* [The Pathology of Dental Infections by Weston A. Price](https://amzn.to/3tpf5j3)
* [Nourishing Traditions by Sally Fallon](https://amzn.to/3mrHQrC)
* [Eat Fat, Lose Fat by Sally Fallon and Mary Enig](https://amzn.to/394wvdX)