

Appendix II

Recommended Reading

Note

UK, USA and A denotes the following books are available in Great Britain, the United States and Australia.

General Health

- Acupuncture*, Dr Michael Nightingale (Vermilion). UK USA A
Alexander Technique, Chris Stevens (Vermilion).
Alternative Health Care for Women, Patsy Westcott (Thorsons).
Alternative Health Osteopathy, Stephen Sandler (Optima). UK USA A
Aromatherapy, Gill Martin (Vermilion). UK USA A
Aromatherapy for Women and Children, Jane Dye (C.W. Daniel). UK USA
Beauty Bible, The, J. Fairley and S. Stacey (Kyle Cathie).
Better Health Through Natural Healing, R. Trattler (Thorsons).
Bone Boosters – Natural Ways to Beat Osteoporosis, Diana Moran and Helen Franks (Boxtree). UK
Book of Massage, The (Ebury Press). UK
Candida Albicans, Gill Jacobs (Optima). UK USA A
Candida Albicans: Could Yeast Be Your Problem?, Leon Chaitow (Thorsons). UK USA A (Lothian Publishing Co.)
Candida – Diet Against It, Luc de Schepper (Foulsham).
Coming Off Tranquillizers, Shirley Trickett (Thorsons). UK USA A (Lothian Publishing Co.)
Conquering Cystitis, Dr Patrick Kingsley (Ebury Press). UK
Contraception – Your Questions Answered, 3rd edn, John Guillebaud (Churchill Livingstone).
Creating Kids Who Can, Jean Robb and Hilary Letts (Hodder & Stoughton).
Creating Kids Who Can Concentrate, Jean Robb and Hilary Letts (Hodder & Stoughton).
Creative Journal for Parents, The, Lucia Capacchione (Shambhala).
Diet and Arthritis, G. Darlington and Linda Gamlin (Vermilion).
Do-It-Yourself Shiatsu, W. Ohashi (Unwin Hyman). UK
Escape from Tranquillisers and Sleeping Pills, Larry Neild (Bloomsbury). UK A
Evening Primrose Oil, Judy Graham (Thorsons).
Fats that Heal, Fats that Kill, Udo Erasmus (Alive Books).
Feel Fabulous Forever, J. Fairley and S. Stacey (Kyle Cathie).
Fibromyalgia and Muscle Pain, Leon Chaitow (Thorsons).
Food Allergy and Intolerance, Jonathan Brostoff and Linda Gamlin (Bloomsbury). UK A
Food for Fitness, Amanda Bean (A&C Black).

- Food Irradiation: The Facts*, Tony Webb and Dr Tim Lang (Thorsons).
- Food Scandal, The*, Caroline Walker and Geoffrey Cannon (Century). UK A
- Getting Sober and Loving It*, Joan and Derek Taylor (Vermilion). UK A
- Guide to Herbal Remedies, A*, Mark Evans (C.W. Daniel). UK USA
- Holistic Approach to Cancer, The*, Ian C.B. Pearce (C.W. Daniel). UK USA
- Homoeopathy for the First Aider*, Dr Dorothy Shepherd (C.W. Daniel). UK USA
- Hyperactivity: What's the Alternative?*, Maggie Jones (Element Books).
- Hysterectomy – New Options and Advances*, Lorraine Dennerstein, Carl Wood and Ann Westmore, 2nd edition (Oxford University Press, Melbourne).
- Memory Power*, Ursula Markham (Vermilion). UK A
- Mental Health: the Nutrition Connection*, Patrick Holford (Piatkus).
- Migraine Handbook, The*, Jenny Lewis (Vermilion). UK
- Migraine Revolution, The – The New Drug-free Solution*, Dr John Mansfield (Thorsons). UK USA A (Lothian Publishing Co.)
- MSM The Natural Pain Relief*, Deborah Mitchell (Wholecare).
- Natural Hormone Health*, Arabella Melville (Thorsons). UK USA A
- Nutritional Health Bible, The*, Linda Lazarides (Thorsons).
- Nutritional Medicine*, Dr Stephen Davies and Dr Alan Stewart (Pan Books). UK A
- Optimal Wellness*, Ralph Golan (Ballantine Books).
- Osteoporosis*, Kathleen Mayes (Thorsons). UK
- Pain-free Periods*, Stella Weller (Thorsons). UK
- Pure, White and Deadly*, Professor John Yudkin (a book about sugar) (Viking). UK A
- Seed Handbook, The*, Lynne Franks (Thorsons).
- Simple Soybean and Your Health, The*, M. Messina, V. Messina and K. Setchell (Avery).
- Success in Exams, Triumph in Tests*, Jean Robb and Hilary Letts (Hodder & Stoughton).
- Tired All the Time*, Dr Alan Stewart (Vermilion). UK USA A
- Understanding Cystitis*, Angela Kilmartin (Arrow Books). UK A
- Well Woman's Self-help Book, The*, Nikki Bradford (Sidgwick and Jackson).
- Why I Can't Remember*, Pavel Yutsis and Lynda Toth (Avery).
- Women's Guide to Homeopathy, The*, Dr Andrew Lockie and Dr Nicola Geddes (Hamish Hamilton). UK

Food

- Allergy Diet, The*, Elizabeth Workman SRD, Dr John Hunter and Dr Virginia Alun Jones (Vermilion). UK USA
- Beat Sugar Craving*, Maryon Stewart (Vermilion). UK A
- Food Allergy and Intolerance*, Jonathan Brostoff and Linda Gamlin (Bloomsbury). UK A
- Food Intolerance Diet, The*, Elizabeth Workman SRD, Dr John Hunter and Dr Virginia Alun Jones (Martin Dunitz). UK USA
- Food Bible, The*, Judith Wills (Quadrille).
- Foods that Harm, Foods that Heal* (Reader's Digest).
- Foresight Index Number Decoder (Packet Additive Dictionary)* available from Foresight (address in Useful Addresses). UK
- New Foods Guide, The*, John Elkington and Julia Hailes (Gollancz).

- New Raw Energy, The*, Leslie and Susannah Kenton (Vermilion). UK A
(Doubleday Publishing Co.)
- New Why You Don't Need Meat, The*, Peter Cox (Bloomsbury). UK A
- Organic Consumer Guide/Food You Can Trust*, edited by David Mabey and Alan and Jackie Gear (Thorsons).
- Potatoes Not Prozac*, Kathleen Desmaisons (Simon & Schuster).
- Real Food Shop and Restaurant Guide, The*, Clive Johnstone (Ebury Press).
- Salt-free Diet Book, The*, Dr Graham McGregor (Martin Dunitz). UK USA
- Vitality Diet, The*, Maryon Stewart and Dr Alan Stewart (Optima) (WNAS Mail Order Service).

Stress

- Book of Massage, The*, Lucy Lidell (Ebury Press). UK
- Book of Yoga, The*, Sivananda Yoga Centre (Ebury Press). UK A
- Do-It-Yourself Shiatsu*, W. Ohashi (Unwin Hyman). UK
- Lyn Marshall's Instant Stress Cure*, Lyn Marshall (Vermilion). UK A
- Self-Help for Your Nerves*, Dr Clair Weekes (Angus and Robertson). UK USA
(Hawthorn Publishing Co.)
- Stress and Relaxation Self-help Techniques for Everyone*, Jane Madden (Vermilion). UK USA A
- Stress Wise*, Dr Terry Looker and Dr Olga Gregson (Headway). UK
- Tranquillisation: The Non-addictive Way*, Phyllis Speight (C.W. Daniel). UK USA

Recipe Books

- Candida Albicans Yeast-free Cook Book, The*, Pat Connolly and Associates of the Price Pottenger Nutrition Foundation (Keats). UK USA
- Cook Organic*, Gill Davies (Metro Books).
- Cooking Without*, Barbara Cousins (Thorsons).
- Dairy-free Cookbook*, Jane Zukin (Prima).
- Estrogen the Natural Way – Over 250 Easy and Delicious Recipes for Menopause*, Nina Shandler (Villard Books).
- Everyday Wheat Free and Gluten Free Cookbook, The*, Michelle Berriedale-Johnson (Grub Street).
- Gluten-free and Wheat-free Bumper Bake Book, The*, Rita Greer (Bunterbird Ltd). UK
- Gourmet Vegetarian Cooking*, Rose Elliot (Fontana). UK A
- Healthy Cooking*, from Tesco Stores. UK
- Raw Energy Recipes*, Leslie and Susannah Kenton (Vermilion).
- Reluctant Vegetarian Cook, The*, Simon Hope (Heinemann). UK
- Sensitive Gourmet, The*, Antoinette Savill (Thorsons).
- Single Vegan, The*, Leah Leneman (Thorsons).
- SuperJuice*, M. Van Straten (Mitchell Beazley).
- Wheat and Gluten Free Cookbook, The*, Joan Noble (Vermilion). UK A
- Whole Earth Cookbook*, Hilary Meth (Vermilion). UK

Drugs

- Forbidden Drugs – Understanding Drugs and How People Take Them*, Robson (Oxford University Press).
- What Do You Know About Drugs?*, Sanders and Myers (Gloucester Press).

Smoking

Easy Way to Stop Smoking, Allen Carr (Penguin).

How to Stop Smoking and Stay Stopped for Good, Gillian Riley (Vermilion). UK A

IBS

No More IBS!, Maryon Stewart and Dr Alan Stewart (Vermilion). UK A

Exercise and Relaxation

Alexander Technique, The, Wilfred Barlow (Inner Tradition).

Art of Swimming, The, Steven Shaw and A. D'Angour (Ashgrove).

Body Control the Pilates Way, Lynne Robinson and G. Thomas (Pan).

Diana Moran's 3 in 1 Workout video, Diana Moran.

Dynamic Yoga, Godfrey Devereux (Thorsons).

Pure Pilates, Michael King (Mitchell Beazley).

YMCA Guide to Exercise to Music, Rodney Cullum and Lesley Mowbray (available from YMCA, see Useful Addresses).

The Y's Way to Physical Fitness, Clayton R. Myers and Lawrence A. Golding (available from YMCA, see Useful Addresses).

PMS

Beat PMS Cookbook, Maryon Stewart and Sarah Tooley (Vermilion). UK A

No More PMS!, Maryon Stewart (Vermilion). UK A

Menopause

Cruising Through the Menopause, Maryon Stewart (Vermilion). UK A

Pregnancy and Baby Books

Breast Book, The, Miriam Stoppard (Dorling Kindersley).

Breast Is Best, Drs Penny and Andrew Stanway (Pan Books).

Breastfeeding Your Baby, Sheila Kitzinger (Dorling Kindersley).

Child Is Born, Lennart Nilsson (Doubleday). UK USA A

Complete Book of Massage, The, Clare Maxwell-Hudson (Dorling Kindersley). UK

Complete Book of Relaxation Techniques, The, Jenny Sutcliffe (Headline). UK

Easy Exercises for Pregnancy, Janet Balaskas (Frances Lincoln).

Green Babies, Penny Stanway (Century). UK USA

Healthy Parents, Healthy Baby, Maryon Stewart (Headline). UK A

National Childbirth Trust Book of Breast-feeding, The, Mary Smale (Vermilion). UK USA A

National Childbirth Trust Book of Pregnancy, Birth and Parenthood, The, Sheila Kitzinger (Oxford University Press). UK USA

Natural Fertility Awareness, John and Lucie Davidson (C.W. Daniel). UK USA

New Pregnancy and Childbirth, Sheila Kitzinger (Penguin Books).

Planning for a Healthy Baby, Belinda Barnes and Suzanne Gail Bradley (Foresight) (Vermilion). UK

Preparation for Pregnancy, S. Bradley and N. Bennet (Argyll Publishing).

Preparing for Birth with Yoga, Janet Balaskas (Element Books).

Your Choices for Pregnancy and Childbirth, Helen Lewison (Ebury Press). UK USA

Women's Health

Breast Cancer Prevention and Recovery Diet, The, Suzannah Olivier (Michael Joseph).

- Cruising Through the Menopause*, Maryon Stewart (Vermilion).
Endometriosis – A Key to Healing Through Nutrition, Dian Shepperson Mills and Michael Vernon (Element Books).
Natural Treatment of Fibroid Tumours and Endometriosis – Effective Natural Solutions for Relieving Heavy Bleeding, Cramps and Infertility that Accompany these Common Female Problems, Susan M. Lark MDE (Keats).
Natural Way, The – Infertility, Belinda Whitworth (Element Books).
No More PMS!, Maryon Stewart (Vermilion).
The Phyto Factor, Maryon Stewart (Vermilion).
Preventing and Reversing Osteoporosis, Alan Gaby (Prima).
Woman's Guide to Dealing with Polycystic Ovary Syndrome, A, Collette Harris with Dr Adam Carey (Thorsons).
Women, Hormones and the Menstrual Cycle, Ruth Trickey (Allen & Unwin).

Allergies

- Asthma – The Complete Guide*, Johnathon Brostoff and Linda Gamlin (Bloomsbury).
Complete Guide to Food Allergy and Intolerance, The, Prof Johnathon Brostoff and Linda Gamlin (Bloomsbury).

Digestive Health

- Candida Albicans*, Leon Chaitow (Inner Traditions).
Digestive Wellness, Elizabeth Lipski (Keats).
No More IBS!, Maryon Stewart and Dr Alan Stewart (Vermilion).
Overcoming Candida, Xandria Williams (Element Books).
Superbug, Geoffrey Cannon (Virgin).

Complementary Therapies

- Creative Journal, The – The Art of Finding Yourself*, Lucia Capacchione (Newcastle Publishing).
Family Guide to Homeopathy, The, Andrew Lockie (Hamish Hamilton).
Mind Magic, Betty Shine (Corgi).
Mind Power into the 21st Century, John Kehoe (Zoetic Inc. Publishing).
Qi Gong for Beginners, Stanley Wilson (Rudra Press).
Power of Your Other Hand, The, Lucia Capacchione (Newcastle Publishing).
Power of Your Subconscious Mind, The, Dr Joseph Murphy (Pocket Books).
Practical Reiki, Mari Hall (Thorsons).
Recovery of Your Inner Child, Lucia Capacchione (Fireside).
Visioning – Ten Steps to Designing the Life of Your Dreams, Lucia Capacchione (Putnam Publishing).
You Can Heal Your Life, Louise L. Hay (Eden Grove Editions).

Herbs

- Complete Woman's Herbal*, Anne McIntyre (Gaia Books).
Kava, Chris Kilham (Park Street Press).
Kitchen Pharmacy, Rose Elliot and C. Paoli (Orion).
New Green Pharmacy, Barbara Griggs (Vermilion).
New Herb Relief, The, Earl Mindell (Fireside Books).
St John's Wort, Norman Rosenthal (Thorsons).