

## References

- Adrian, Al. "Boswellia Serrata, A Unique Ayurvedic Anti-Rheumatic," *Vitamin Research Product's Nutritional News*. Carson City, NV: Vitamin Research Products, Inc., May/June 1996.
- Amazing Medicine The Drug Companies Don't Want You To Discover*, Tempe, AZ: University Medical Research Publishers, 1993.
- American Health*; October 1996.
- American Journal of Clinical Nutrition*; 1979, Vol. 32; 1984, Vol. 39.
- American Journal of Medicine*; 1993, Vol. 94.
- American Journal of Natural Medicine*; 1995, Vol. 2, No. 1; 1997, Vol. 4, Nos. 4, 8.
- Annals of the Rheumatic Diseases*; 1993, Vol. 52.
- Anderson, J. and Deskins, B. *The Nutrition Bible*. New York, NY: William Morrow and Company Inc., 1995.
- Arvigo, R. and Balick, M. *Rainforest Remedies: One Hundred Healing Herbs of Belize*. Twin Lakes, WI: Lotus Press, 1993.
- Balch, J. and Balch, P. *Prescription for Nutritional Healing*. Garden City Park, NY: Avery Publishing Group Inc., 1990.
- Bensky, D. and Gamble, A. *Chinese Herbal Medicine Materia Medica*. Eastland Press, 1993.
- Bloomfield, H., Nordfors, M., and McWilliams, P. *Hypericum & Depression*. Los Angeles, CA: Prelude Press, 1996.
- Blue/Green Algae, Spirulina and Chlorella*. Pleasant Grove, UT: Woodland Publishing Inc., 1995.
- Bown, Deni. *Encyclopedia of Herbs & Their Uses*. New York, NY: Dorling Kindersley Inc., 1995.
- Bremnes, Lesley. *The Complete Book of Herbs*. New York, NY: Viking Studio Books, 1988.
- Bricklin, Mark. *The Practical Encyclopedia of Natural Healing*. Penguin USA, 1990.
- British Journal of Nutrition*; 1995, Vol. 73.
- British Medical Journal*; 1985, Vol. 291.
- Canty, L. and Baranowski, Z. *Colloidal Silver: The Antibiotic Alternative*. Carmichael, CA: The Colloid Research Foundation, 1994.
- Castleman, Michael, "Echinacea: Wonder Herb," *Medical Selfcare*.
- Challem, Jack J. *Spirulina*. New Canaan, CT: Keats Publishing Inc., 1981.
- Chavez, Mitchell. "Research Perspectives in Diabetes," Vol. 1, No. 7.
- Chevallier, Andrew. *The Encyclopedia of Medicinal Plants*. New York, NY: Dorling Kindersley Inc., 1996.
- The Choice*; Summer 1996, Vol. 23, No. 2.
- Clinical Therapeutics*; 1980, Vol. 3, No. 4.
- Craker, L. and Simon, J. (Eds.). *Herbs, Spices & Medicinal Plants*. Food Products Printers, 1996.
- Cowley, Geoffrey, "Melatonin," *Newsweek*, August 7, 1995.
- Current Medical Research and Opinion*; 1982, Vol. 8, No. 3.
- Donsbach, Kurt W. *Amino Acids*. Tulsa, OK: The Rockland Corp., 1994.
- Dunne, Lavon J. *Nutrition Almanac—3rd Edition*. New York, NY: McGraw-Hill Publishing Co., 1990.
- "Eleutherococcus: Strategy of Use and New Fundamental Data," *A Review of Studies 1958-1983*. Moscow, Russia: Medexport.
- Elkins, Rita. *Noni (Morinda citrifolia) Prize Herb of the South Pacific*. Pleasant Grove, UT: Woodland Publishing, 1996.
- Energy Times*; Vols. 2, No. 2; Vol. 7, Nos. 2, 4, 5, 8.
- Erikson, Janet. "Eating Prickly Pear Can Cut 'Bad' Cholesterol," *Arizona Daily Star*, Tucson, AZ: February 2, 1992.
- Farfield, Kent, "Red, Blue or Green.... Which Algae Is For You?"
- "Fatty Acids Fight Depression," *Natural Health*; May/June 1997.
- Feinstein, Alice, Ed. *Prevention's Healing With Vitamins*. Emmaus, PA: Rodale Press Inc., 1996.
- Foster, Steven, "Cat's Claw," *Health Foods Business*, June 1995.
- Frawley, D. and Lad, V. *The Yoga Of Herbs*. Twin Lakes, WI: Lotus Press, 1986.
- Fulder, Stephen J. "Sniffing Out The Truth About Garlic."
- Gastroenterology*; 1985, Vol. 88.
- Gerson, Scott. *Medicinal Plants*. The National Institute of Ayurvedic Medicine, 1997.
- Golan, Ralph. *Optimal Wellness*. New York, NY: Ballantine Books, 1995.
- Hadady, Letha. *Asian Health Secrets*. New York, NY: Crown Publishers Inc., 1996.
- Health Foods Business*, June 1995.
- Health News & Review*, Winter, 1995.
- Health Counselor*; Vol. 6, No. 3; Vol. 9, Nos. 2, 3.
- HerbalGram*; Vols. 21, 34, 36, 39, 40.
- Herbs For Health*, March 1996; September/October 1996; July/August 1997.
- Horne, Steven. *Ancient Herbs Modern Times*. Provo, UT: The Tree of Light Institute, 1996.
- Horne, Steven. *The Endocrine Symphony*. Provo, UT: The Tree of Light Institute, 1996.
- Human Psychopharmacology*; 1994, Vol. 9: 215-22.
- Indian Medical Journal*; 1974, Vol. 68.
- Iron Man Magazine*, January 1995.
- Jain, S. K. and DeFilippo, R. *Medicinal Plants of India*. References Publications, 1991.

*Journal of the American College of Nutrition*, April 1995.  
*Journal of the American Medical Association*, Vol. 237.  
*Journal of Ethnopharmacology*, 1985, Vol. 14; 1986, Vol. 18.  
*Journal of Herbs, Spices & Medicinal Plants*, 1993; Vol. 1, No. 3.  
*Journal of Longevity Research*, 1995; Vol. 2  
*Journal of Nutrition*, 1992, Vol. 67.  
*Journal of Urology*, 1984, Vol. 131; 1989, Vol. 141. No. 6.  
 Kloss, Jethro. *Back To Eden*. Benedict Lust Publications, 1981.  
*The Lancet*, 1992, Vol. 340.  
 Laphick, J. M and Appleseth, C. *The Label Reader's Pocket Dictionary of Food Additives*. Minneapolis, MN: CHRONIMED Publishing, 1993.  
 Lee, William H. *Kelp, Dulse, and Other Sea Supplements*. New Canaan, CT: Keats Publishing Inc., 1983.  
 Lee, William H. and Rosenbaum, M. *Chlorella*. New Canaan, CT: Keats Publishing Inc., 1987.  
*Let's Live*, February 1995; Vol. 65, No. 7;  
 Lieberman, S. and Bruning, N. *The Real Vitamin & Mineral Book*. Garden City Park, NY: Avery Publishing Group Inc., 1990.  
 Lockie, A. and Geddes, N. *The Complete Guide to Homeopathy: The Principles and Practice of Treatment*. NY, NY: Dorling Kindersley Publishing, 1995.  
 Lu, Henry C. *Chinese Herbal Cures*. New York, NY: Sterling Publishing Co. Inc., 1994.  
 Lun, Shang Han. *Wellspring of Chinese Medicine*  
 Mabberley, D. J. *The Plant Book*. Cambridge University Press, 1987.  
 McCaleb, Rob. "Bilberry For Circulatory Health," *Better Nutrition for Today's Living*; June 1993.  
 Milam, L.J., "The Superfoods of the 90's," *Explore More*, No. 4, 1994.  
 Miller, Sue. "A Natural Mood Booster," *Newsweek*; May 5, 1997.  
 Mindell, Earl. *Earl Mindell's Herb Bible*. Fireside Publications, 1992.  
 Mindell, Earl. *Earl Mindell's Soy Miracle*. New York, NY: Simon & Schuster Inc., 1995.  
 Mowrey, Daniel B. *The Scientific Validation of Herbal Medicine*. New Canaan, CT: Keats Publishing Inc., 1986.  
 Murray, Michael T. *The Healing Power of Herbs*. Rocklin, CA: Prima Publishing, 1995.  
 Murray, Michael T., "Natural Alternatives to Cholesterol-Lowering Drugs," *Vital Communications*, Vol. 1, No. 1.  
 Murray, Michael T., "Nutritional Information on Ginkgo Biloba Extract."  
*NSP From A to Z*; Nature's Sunshine Products, December 1995.  
*New England Journal of Medicine*, 1991; Vol. 324, No. 22.  
*Nutrition Reporter*, 1995, Vol. 6, Nos. 5, 7, 8.  
 Nyerges, Christopher. "A Better Way To Heal," *Mother Earth News*, May, 1997, No. 161.  
 Ody, Penelope. *The Complete Medicinal Herbal*. New York, NY: Dorling Kindersley Inc., 1993.  
*Optimal Nutrition Review*; July 1989, Vol. 1, No. 1.  
*Options*, June 1995.  
 Passwater, Richard A. "Bioflavonoids, 'Vitamin P' and Inflammation," *Whole Foods*, September 1994.  
 Passwater, R. A. *Supernutrition: Megavitamin Revolution*. New York, NY: Dial Press, 1975.  
 Passwater, R. and Kandaswami, C. *Pycnogenol: The Super "Protector" Nutrient*. New Canaan, CT: Keats Publishing Inc., 1994.  
 Pedersen, Mark. *Nutritional Herbology*. Warsaw, IN: Wendell E. Whitman Company, 1994.  
*Pharmacological Research Communications*; 1978, Vol. 10, No. 6.  
 Phillips, Bill. *1996 Supplement Review*. Golden, CO: Mile High Publishing Inc, 1995.  
*Phytomedicine*; 1995, Vol. 2, No. 2.  
 Pitchford, Paul. *Healing With Whole Foods*. Berkeley, CA: North Atlantic Books, 1993.  
 Pizzorno, J. E., Murray, M. T., Barrie, S. A. (Eds.). *A Textbook of Natural Medicine*. Bastyr University Publications, 1994.  
 Reid, Daniel. *A Handbook of Chinese Healing Herbs*. Boston, MA: Shambhala Publications Inc., 1995.  
 Rowell, Don, "What Acidophilus Does."  
 Sahelian, Ray. *DHEA: A Practical Guide*. Garden City Park, NY: Avery Publishing Group, 1996.  
 Salaman, Maureen. *Foods That Heal*. Menlo Park, CaA: Stafford Publishing, 1989.  
 Segelman, Alvin B. Orlando National Convention, June 1996.  
 Shanbhag, Vivek, "Gymnema Sylvestre."  
 Sies, H. and Wendel, A. *Functions of Glutathione*. New York, NY: Springer-Verlag, 1978.  
 Steinberg, Philip. "Uncaria tomentosa (Cat's Claw): A Wondrous Herb from the Peruvian Rainforest," *Townsend Letter*, No. 130, May, 1994.  
 "Suma." Austin, TX: The Raintree Group Inc, 1996.  
 Svoboda, Robert E. *Ayurveda: Life, Health & Longevity*. Penguin Books, 1992.  
 Tenney, Louise. *The Encyclopedia of Natural Remedies*. Pleasant Grove, UT: Woodland Publishing Inc., 1995.  
 Thrash, A. and Thrash, C. *Charcoal*. Seale, AL: New Lifestyle Books, 1988.  
 Tiwari, Maya. *Ayurveda Secrets of Healing*. Lotus Light, 1995.

*Townsend Letter For Doctors*, July 1993.

Urdang, L. and Swallow, H. H. (Eds.). *Mosby's Medical & Nursing Dictionary*. St. Louis, MO: The C. V. Mosby Company, 1983.

Verma, Vinod. *Ayurveda: A Way of Life*. Nicholas Hays, 1995.

Walker, Morton, "DHEA: The Mother of All Hormones," *Health Foods Business*, October 1994.

Walker, Morton, "Phytochemicals in Soybeans," *Nutritional Medicine*, 1995.

Wallach, J. D. and Lan, M. *Rare Earths: Forbidden Cures*. Bonita, CA: Double Happiness Publishing Co., 1994.

Weiner, M. and Weiner, J. *Herbs That Heal: Prescription For Herbal Healing*. Mill Valley, CA: Quantum Books, 1994.

Whitaker, Julian. *Dr. Whitaker's Guide To Natural Healing*. Prima Publications, 1996.

Whitaker, Julian. *Health & Healing*, 1995, Vol. 5, No. 8.

Worwood, Valerie Ann. *The Complete Book of Essential Oils & Aromatherapy*. San Rafael, CA: New World Library, 1991.