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## **Organic Grower's School 2016 -- List of Resources for "Inflammation, Food & Health"**

### **Books**

1. "Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition & the Diet Dictocrats" by Sally Fallon; 2001
2. "Collagen Myths & Misconceptions: The secrets to beautiful skin, strong bones, and more" by Marita Schauch, ND; 2015; excellent discussion about collagen, ligaments, tendons, cartilage, bones, skin, hair, nails & nutrients needed
3. "Curcumin: The 21<sup>st</sup> Century Cure" by Jan McBarron, MD, ND; 2012
4. "Brain Maker: The Power of Gut Microbes to Heal and Protect Your Brain—for Life" by David Perlmutter, MD; 2015
5. "Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar--Your Brain's Silent Killers" by David Perlmutter, MD; 2013
6. "The UltraMind Solution: The Simple Ways to Defeat Depression, Overcome Anxiety, and Sharpen Your Mind" by Mark Hyman, MD; 2009; includes 19 self-assessments about many aspects of a person's health
7. "The Anti-Inflammation Diet and Recipe Book, Second Edition: Protect Yourself and Your Family from Heart Disease, Arthritis, Diabetes, Allergies, —and More" by Jessica K. Black ND; 2015
8. "The Immune System Recovery Plan To Treat Autoimmune Disease" by Susan Blum, MD, MPH; 2013
9. "The Definitive Guide to Thriving After Cancer: Integrative Plan to Reduce the Risk of Recurrence" by Lise Alschuler, ND; 2013
10. "Digestive Wellness: Strengthen the Immune System and Prevent Disease Through Healthy Digestion" by Elizabeth Lipski, PhD, CCN; 2012
11. "Altered Genes, Twisted Truth: How the Venture to Genetically Engineer Our Food Has Subverted Science, Corrupted Government, and Systematically Deceived the Public" by Steven M. Drucker; 2015
12. "GMO Myths and Truths: A citizen's guide to the evidence on the safety and efficacy of genetically modified crops and foods" by Claire Robinson, MPhil, Michael Antoniou, PhD, & John Fagan, PhD; 2015

### **Websites**

1. 9 Warning Signs of Leaky Gut (aka intestinal permeability) -- <https://my.draxe.com/hlg-9-signs-you-have-leaky-gut> 7 minutes

## 2. Benefits of Bone Broths & how to make them

a. In Dr. Gelman's Kitchen #23 <https://www.youtube.com/watch?v=WLgmc4IRLxo> 8 minutes

b. Dr. Mercola and Dr. Daniel Discuss Bone Broth

<https://www.youtube.com/watch?v=8QP4EXGaDrQ> 15 minutes

c. Best Bone Broth Recipe For Healing Leaky Gut

<https://www.youtube.com/watch?v=uZdJ7Ecl9BI> 10 minutes

3. Dr Axe's top 10 supplements to health leaky gut -- <http://draxe.com/leaky-gut-supplements/>

## Miscellaneous

1. Directions to test your urine pH with pH paper – Hydrion roll with pH range of 5.5-8.0; available at Nature's Vitamins & Herbs (formerly Nature's Compounding Pharmacy on Biltmore Avenue just north of Biltmore village), Amazon, & at [www.MicroEssentialLab.com](http://www.MicroEssentialLab.com)

2. Chris Karr's diagram of acid & alkaline forming foods & beverages in color –

<http://www.mindbodygreen.com/0-5165/Alkaline-Acidic-Foods-Chart-The-pH-Spectrum.html>

3. Dr. Axe's 4 pictures of Leaky Gut (look at all of them, especially the 4<sup>th</sup> one –

<http://draxe.com/4-steps-to-heal-leaky-gut-and-autoimmune-disease/>

4. Toxins & our health; Log on to Environmental Working Group -- [www.ewg.org](http://www.ewg.org) & browse; then watch this 22 minutes youtube -- <http://www.ewg.org/news/videos/10-americans>; also check out EWG's "Skin Deep Database" about cosmetics; EWG's Shopper's Guide to "Pesticides in Produce"; and more

5. More on toxins from Dr. Walter Crinnion (speaker at the "Medicines from the Earth" in Black Mountain); go to [www.DrCrinnion.com](http://www.DrCrinnion.com): scroll down the recent posts on the right hand side. Read "[Lead – The changing faces of lead-induced health problems.](#)" (think Flint, Michigan) & "[Organic Foods Really Are Better](#)"

6. Getting into the deeper causes of inflammation

a. Genetically modified foods – "Jeffery Smith say no to GMO"

<https://www.youtube.com/watch?v=vouGHKUPWM8>; he has many other longer Youtubes for your education & listening pleasure

b. Sayer Ji discusses – "Macro Implications of Your Microbiome"; listen carefully b/c this is very new & very essential to all aspects of a healthy body & brain --

[http://microbiomemedicinesummit.com/reg-thank-you/?inf\\_contact\\_key=76cccd004f2a4e8e8cfce24d4d1e4b2eae19edbf886e83af9d3aec9e09410ea6](http://microbiomemedicinesummit.com/reg-thank-you/?inf_contact_key=76cccd004f2a4e8e8cfce24d4d1e4b2eae19edbf886e83af9d3aec9e09410ea6)