Books
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
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
8. “The Immune System Recovery Plan To Treat Autoimmune Disease” by Susan Blum, MD, MPH; 2013
10. “Digestive Wellness: Strengthen the Immune System and Prevent Disease Through Healthy Digestion” by Elizabeth Lipski, PhD, CCN; 2012
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=uZdJ7Ec9BI] 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

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

3. Dr. Axe’s 4 pictures of Leaky Gut (look at all of them, especially the 4th 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] & 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]; 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=76cccd004f2a4e8e8cfce24d4d1e4b2eae19edbf886e83af9d3aee9e09410eab]