



*Weight Loss and Natural Hormone Balancing Clinic*  
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[www.UtahNaturalSolutions.com](http://www.UtahNaturalSolutions.com)

## RECOMMENDED READING LIST

### **Weight Loss, Nutritional Medicine, and Heart Health**

- ❑ *Healthy for Life—Developing Healthy Lifestyles*, by Ray Strand, M.D.
- ❑ *NO More Heart Disease, How Nitric Oxide Can Prevent – Even Reverse – Heart Disease and Strokes*, by Dr. Louis J. Ignarro - Nobel Laureate in Medicine, National Bestseller
- ❑ *Preventing Diabetes*, by Ray D. Strand, M.D.
- ❑ *The Omega-3 Connection*, by Andrew L. Stoll, M.D.
- ❑ *What Your Doctor Doesn't Know About Nutritional Medicine May Be Killing You*, by Ray D Strand, M.D.
- ❑ *Coronary Heart Disease--FAD, FABLE or FACT--*by cardiologist Gerald R. J. Lewis, M.D.

### **Hormone Issues for Women**

- ❑ *Are Your Hormones Making You Sick?* By Dr. Eldred B. Taylor, M.D. and Ava Bell-Taylor, M.D.
- ❑ *A Woman's Guide to Natural Hormones*, by Christine Conrad
- ❑ *Once a Month, Understanding and Treating PMS*, by Katharina Dalton, M.D.
- ❑ *A Cooperative Method of Natural Birth Control*, by Margaret Nofziger
- ❑ *What Your Doctor May Not Tell You About Pre-menopause—Balance Your Hormones and Your Life From Thirty to Fifty*, by John R. Lee, M.D. and Jesse Hanley, M.D.
- ❑ *What Your Doctor May Not Tell You About Menopause*, by John R. Lee, M.D.
- ❑ *You've Hit Menopause...Now What? 3 Simple Steps to Restoring Hormone Balance*, by George Gillson MD, PhD.
  - **Breast Cancer**
    - *What Your Doctor May Not Tell You About BREAST CANCER--How Hormone Balance Can Help Save Your Life*, by John R. Lee, M.D. and David Zava, Ph.D.
  - **Thyroid Problems**
    - *The Thyroid Solution*, by endocrinologist Dr. Ridha Arem, M.D.

### **Prostate Health & Testosterone Replacement for Men**

- ❑ *Hormone Balance for Men, What Your Doctor May Not Tell You About Prostate Health and Natural Hormone Supplementation*, by John R. Lee, M.D.
- ❑ *Maximize Your Vitality, For Men over 40*, by Jonathan V. Wright, M.D.
- ❑ *The Testosterone Syndrome*, by Eugene Shippen, M.D. & William Fryer

### **Fatigue & Stress**

- ❑ *Adrenal Fatigue, The 21st Century Stress Syndrome*, by James L. Wilson, N.D., PhD.
- ❑ *Why Zebras Don't Get Ulcers*, by Robert M. Sapolsky

*Feel More Like Yourself Again!*