



## FURTHER READING

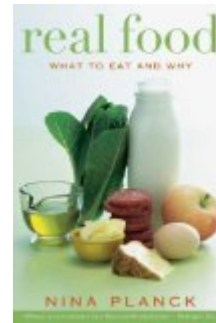
These are some of the books I used to research and write *Real Food Nutrition & Health*. A book's inclusion here does not necessarily mean that I unreservedly endorse it, but it does mean that I hope you'll dig deeper into the world of Real Food, Nutrition, & Health by enjoying these good books!

*(click on Titles to be directed to Amazon.com)*



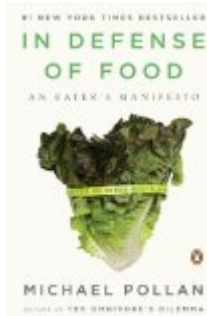
[Real Food For Mother & Baby](#) by Nina Planck. Published by Bloomsbury USA, 2009.

*An excellent, down-to-earth look at Real Food with a particular emphasis on how to eat to maximize fertility, enjoy your pregnancy, support breastfeeding, and ultimately start introducing your baby to solid, Real Foods in infancy.*



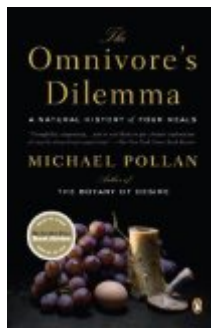
[Real Food: What To Eat & Why](#) by Nina Planck. Published by Bloomsbury USA, 2007.

*Nina Planck's answer to the age-old question: What Should I Eat? It's a great introduction to the concept of Real Food.*



[In Defense of Food](#) by Michael Pollan. Published by Penguin, 2009.

*Michael Pollan tackles the question: What Should I Eat? His answer? Eat food. Not too much. Mostly plants. He distinguishes Real Food from the “edible food-like substances” available today, talks about “nutritionism” and how it's gotten us where we are (obese and chronically sick), and gives a few choice food rules for picking Real Food.*



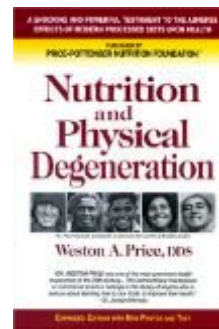
*The Omnivore's Dilemma: A Natural History of Four Meals* by Michael Pollan.  
Published by Penguin, 2007.

*Michael Pollan traces four meals from inception to table, each one representing a different mode of eating: Industrialized Food, Big Organic Food, Organic/Local Food, and Hunter/Gatherer Food. He takes you into concentrated animal feeding operations, grocery stores, a pasture-based farming operation, and the great outdoors with a unique, informative, and entertaining perspective.*



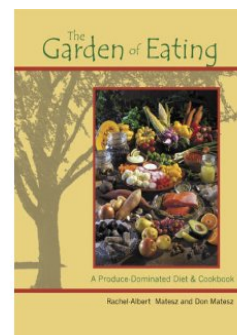
*The End of Food* by Paul Roberts. Published by Mariner Books, 2009.

*A unique investigation into the challenges facing global food production and distribution. It takes the American story of Michael Pollan's Omnivore's Dilemma and elevates it to the next level, daring to ask how our food production methods affect the global food supply.*



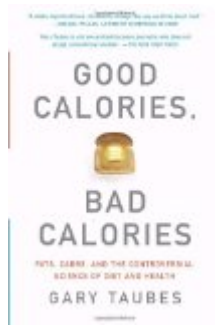
*Nutrition And Physical Degeneration* by Weston A. Price. Published by Price Pottenger Nutrition, 8<sup>th</sup> ed., 2008.

*The original tome written by dentist Weston A. Price based on his decade of travel around the globe as he studied the health, dietary habits, and composition of the food of dozens of traditional people groups.*



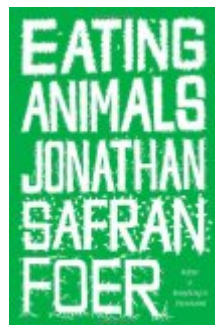
*The Garden of Eating: A Produce Dominated Diet & Cookbook* by Rachel Albert-Matesz. Published by Planetary Press, 2004.

*A favorite cookbook of mine, the first few chapters delve into the world of traditional food cultures, native nutrition, and more in a succinct and thoughtful justification for the author's grain-free and dairy-free diet.*



[Good Calories, Bad Calories](#) by Gary Taubes. Published by Anchor, 2008.

*Thoroughly researched, long, and possibly intimidating, this is THE book to read if you want to understand carbohydrates, fats, proteins, how they work, and what's good and bad about them.*



[Eating Animals](#) by Jonathan Safran Foer. Published by Little Brown and Company, 2009.

*Another look into industrial food production methods, this author doesn't mind arguing with fellow sustainable foodies in order to make his case for vegetarianism.*



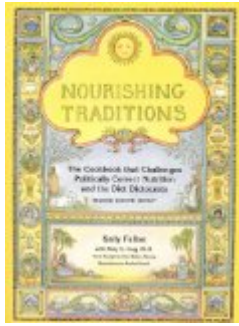
[The Vegetarian Myth: Food, Justice, & Sustainability](#) by Lierre Keith. Published by PM Press, 2009.

*One of the most well-written, compassionate, and thoughtful looks I've ever seen tackling the difficult subjects surrounding the morality of our food production methods and their consequences on personal health, the environment, and more.*



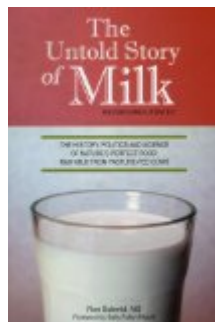
[The Primal Blueprint](#) by Mark Sisson. Published by Primal Nutrition, Inc., 2009.

*An intriguing and well-researched look at evolutionary nutrition, taking the work of Weston A. Price to the next level. The author is entertaining, straightforward, and highly motivational if you're looking to make lasting changes to your diet to embrace foods and lifestyle patterns more in sync with your paleolithic ancestors.*



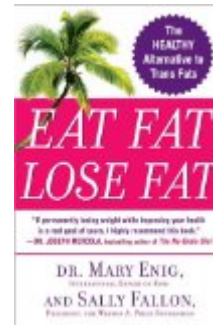
*Nourishing Traditions* by Sally Fallon.  
Published by NewTrends Publishing, 1999.

*The cookbook that started it all. Not only are the recipes and traditional food preparation methods outlined in the book quite worthwhile, the author's well-researched introductions offer a sort of nutritional primer unlike any other available in a cookbook today.*



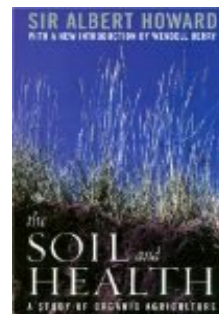
*The Untold Story of Milk* by Ron Schmid.  
Published by NewTrends Publishing, 2<sup>nd</sup> ed., 2009.

*The history of milk – from its role in the rise of civilization itself to the problems of industrial milk production which led to pasteurization to the contemporary politics surrounding milk production. Refers to the latest scientific research regarding the safety and health benefits of raw milk.*



*Eat Fat, Lose Fat* by Dr. Mary Enig and Sally Fallon. Published by Plume, 2006.

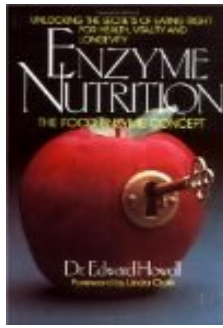
*An interesting look at the history of fat, a case for saturated fat, a diet that promises to boost your metabolism, and a cookbook all wrapped up in one nice package.*



*The Soil And Health: A Study of Organic Agriculture* by Sir Albert Howard, introduction by Wendell Berry. Published by The University Press of Kentucky, 2007.

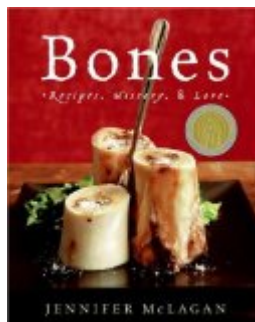
*A 60 year old critique of industrial agriculture that's as relevant today as it was so long ago. The author explores the connection between fertile soil and the health of nations and people. A truly fascinating read.*





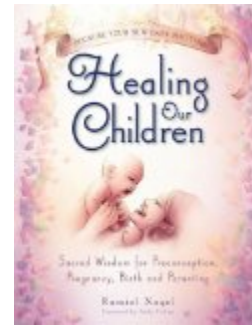
[Enzyme Nutrition](#) by Dr. Edward Howell.  
Published by Avery Publishing Group, 1995.

*A classic in the study of food enzymes and their impact on our health, this book by a pioneer in the field laid the groundwork for future generations of researchers as he established that enzymes truly are essential nutrients, and how they affect health, digestion, and disease in the individual.*



[Bones: Recipes, History, and Lore](#) by Jennifer McLagan. Published by William Morrow Cookbooks, 2005.

*Not just a cookbook. It's a compilation of folklore, literary quotes, and historic facts that demonstrate the culinary significance of bones across cultures from ancient times to today. It's an ode to marrow, gnawing on lamb chops, and the flavor and nutritional benefits associated with eating and cooking with bones.*



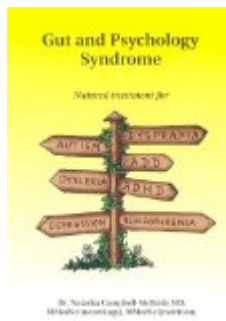
[Healing Our Children](#) by Ramiel Nagel.  
Published by Golden Child Publishing, 2008.

*There is a natural way to reduce your risk of birth defects by 1602%, miscarriage by 640%, premature births by 315% and reverse infertility in 78.4% of the cases. This book tells you how. Beware: while there's a lot of substance to this book, there's also a lot of post-modern spiritualism.*



[Wild Fermentation: The Flavor, Nutrition, & Craft of Live-Culture Foods](#) by Sandor Ellix-Katz. Published by Chelsea Green Publishing, 2003.

*Everything you ever wanted to know about fermenting foods and beverages using wild cultures, told with an entertaining voice.*



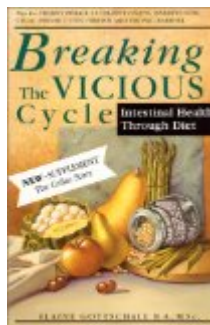
*The Gut & Psychology Syndrome* by Dr. Natasha Campbell-McBride. Published by Medinform Publishing, 2004.

*The best book out there outlining the connection between your intestines and your neurological health. The recovery diet prescribed in this book has become known as “The GAPS Diet.”*



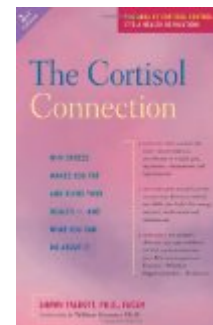
*Adrenal Fatigue: The 21<sup>st</sup> Century Stress Syndrome* by James L. Wilson. Published by Smart Publications, 2002.

*Everything you need to know about adrenal fatigue & how to treat it with diet and lifestyle changes.*



*Breaking The Vicious Cycle: Intestinal Health Through Diet* by Elaine Gloria Gotschall. Published by Kirkton Press, 1994.

*A look at what's become known as the “Specific Carbohydrate Diet,” this seminal volume has led thousands to experience the health & healing of their digestive systems.*



*The Cortisol Connection: Why Stress Makes You Fat And Ruins Your Health* by Dr. Shawn Talbott. Published by Hunter House, 2007.

*An interesting and scientific look at the adrenals, more specifically the hormone cortisol and it's intricate interactions within our bodies.*