

MODERN CONTEMPORARY BOOKS AND AUTHORS THAT FOLLOW THE NATURAL HYGIENE SYSTEM

Dr. Dean Ornish's Program for Reversing Heart Disease: The Only System Scientifically Proven to Reverse Heart Disease Without Drugs or Surgery

Dr. Dean Ornish is the first clinician to offer documented proof that heart disease can be halted, or even reversed, simply by changing your lifestyle. Based on his internationally acclaimed scientific study, which has now been ongoing for years, Dr. Ornish's program has yielded amazing results. Participants reduced or discontinued medications; their chest pain diminished or disappeared; they felt more energetic, happy, and calm; they lost weight while eating more; and blockages in coronary arteries were actually reduced.

In his breakthrough book, Dr. Ornish presents this and other dramatic evidence and guides you, step-by-step, through the extraordinary Opening Your Heart program, which is winning landmark approval from America's health insurers. The program takes you beyond the purely physical side of health care to include the psychological, emotional and spiritual aspects so vital to healing. This book represents the best modern medicine has to offer. It can inspire you to open your heart to a longer, better, happier life.

<http://www.amazon.com/Ornishes-Program-Reversing-Heart-Disease/dp/0804110387>

Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure

A powerful call for a paradigm shift in heart disease therapy.

Based on the groundbreaking results of a twenty-year nutritional study by Dr. Esselstyn, a preeminent researcher and clinician, this book illustrates that a plant-based, oil-free diet can not only prevent and stop the progression of heart disease but can also reverse its effects.

The proof lies in the incredible outcomes for patients who have followed Dr. Esselstyn's program, including a number of patients in his original study who had been told by their cardiologists that they had less than a year to live. Within months of starting the program, Dr. Esselstyn's patients began to improve dramatically, and twenty years later, they remain free of symptoms.

Complete with more than 150 delicious recipes, this book explains the science behind the simple plan that has drastically changed the lives of Dr. Esselstyn's patients forever. It will empower readers to take control of their heart health.

http://www.amazon.com/Prevent-Reverse-Heart-Disease-Nutrition-Based/dp/1583333002/ref=sr_1_1?s=books&ie=UTF8&qid=1345078516&sr=1-1&keywords=Esselstyn

The China Study: The Most Comprehensive Study of Nutrition Ever Conducted And the Startling Implications for Diet, Weight Loss, And Long-term Health

Referred to as the "Grand Prix of epidemiology" by *The New York Times*, this study examines more than 350 variables of health and nutrition with surveys from 6,500 adults in more than 2,500 counties across China and Taiwan, and conclusively demonstrates the link between nutrition and heart disease, diabetes, and cancer. While revealing that proper nutrition can have a dramatic effect on reducing and reversing these ailments as well as curbing obesity, this text calls into question the practices of many of the current dietary programs, such as the Atkins diet, that are widely popular in the West. The politics of nutrition and the impact of special interest groups in the creation and dissemination of public information are also discussed.

http://www.amazon.com/China-Study-Comprehensive-Nutrition-Implications/dp/1932100660/ref=sr_1_1?s=books&ie=UTF8&qid=1345078632&sr=1-1&keywords=colin+campbell

Fasting and Eating for Health: A Medical Doctor's Program for Conquering Disease

Precise diet and fasting programs to relieve headache, hypoglycemia, rheumatoid arthritis, asthma, heart disease, high blood pressure, diabetes, colitis, psoriasis, lupus, and uterine fibroids.

Using fasting to lose weight

How to start, what to expect, how to reintroduce food to maintain maximum benefits

How to work with a physician for longer fasts (more than 3 days)

http://www.amazon.com/Fasting-Eating-Health-Medical-Conquering/dp/031218719X/ref=sr_1_5?s=books&ie=UTF8&qid=1345078728&sr=1-5&keywords=fuhrman+joel

The McDougall Program: 12 Days to Dynamic Health

In this ground-breaking book, Dr. John McDougall, bestselling author and creator of the nationally renowned diet and exercise program at the St. Helena Hospital in Deer Park, California, introduces his remarkable twelve-day plan. Building on the idea that the traditional meat-rich American diet is hazardous to our health, Dr. McDougall has developed a medically sound, low-fat, starch-based diet that not only facilitates weight loss but also reverses serious illness, without drugs, and provides a broad range of dramatic and lasting health benefits. Step-by-step, he takes you through his revolutionary new program, providing:

- Over 130 easy-to-prepare recipes
- Delicious day-by-day menus
- Suggestions for healthful dining out

Plus a comprehensive listing of health problems from arthritis to ulcer disease, comparing the traditional, often drastic medical approach and **The McDougall Program's** nutritionally based alternative.

http://www.amazon.com/McDougall-Program-Dynamic-Health-Plume/dp/0452266394/ref=sr_1_10?s=books&ie=UTF8&qid=1345079431&sr=1-10&keywords=mcdougall+john

Anticancer, A New Way of Life

Anticancer has been a bestselling phenomenon since Viking first published it in fall 2008. Now, a new edition addresses current developments in cancer research and offers more tips on how people living with cancer can fight it and how healthy people can prevent it. The new edition of *Anticancer* includes:

- The latest research on anticancer foods, including new alternatives to sugar and cautions about some that are now on the market
- New information about how vitamin D strengthens the immune system
- Warnings about common food contaminants that have recently been proven to contribute to cancer progression
- A new chapter on mind-body approaches to stress reduction, with recent studies that show how our reactions to stress can interfere with natural defenses and how friendships can support healing in ways never before understood
- A groundbreaking study showing that lifestyle modification, as originally proposed in *Anticancer*, reduces mortality for breast cancer by an astounding 68 percent after completion of treatment
- New supporting evidence for the entire Anticancer program

http://www.amazon.com/Anticancer-New-Way-Life/dp/0670021644/ref=sr_1_1?s=books&ie=UTF8&qid=1345079679&sr=1-1&keywords=anticancer+a+new+way+of+life+by+dauid+servan-schreiber