

Getting to Know Your Body Lecture Series: 2nd Lecture on Cardiovascular/Pulmonary System Resource Guide

Books

1. *Heart Disease and High Blood Pressure*, Dr. Michael Murray.
2. *Stop America's #1 Killer: Reversible Vitamin Deficiency Found to be Origin of ALL Coronary Heart Disease*. Thomas E. Levy, MD, JD
3. *The Amazing Way to Reverse Heart Disease Naturally*. Dr. Eric Braverman.
4. *How to Prevent or Even Reverse Heart Disease without Drugs or Surgery*. Dr. Robert D. Willix Jr.
5. *The Doctors Heart Cure*. Al Sears, MD.
6. *Natural Therapies for Emphysema and COPD*. Robert Green Jr., N.D.
7. *Nourishing Traditions*. Sally Fallon.
8. *Metabolic Typing Diet*. William Wolcott.
9. *Cell Phones: Invisible Hazards in the Wireless Age: An Insider's Alarming Discoveries*. Dr. George Carlo.

Supplements and Remedies

1. **DHLA, Quantum Vitamin C and CoQ10**. Antioxidants to protect against free radical damage. Premier Research Labs.
2. **VitalzymSEB**. Cardiovascular repair and regeneration formula. World Nutrition Inc.
3. **Lypo-Spheric Vitamin C and GSH**. Liposome (phospholipid) coated anti-oxidants and collagen repairing nutrients. LivOn Laboratories.
4. **Fish Oil**. Best sources. Nordic Naturals or Carlson Laboratories.
5. **NanoOmega 3**. Flax, Vegan DHA and Homocysteine reducing nutrients (B6, B12 and folic acid). BioPharma Scientific.
6. **NDF and NDF Plus**. Heavy Metal/Chemical detox formula. Bioray inc.

Resources

1. www.airpurifiers.com : resource for evaluating air purifiers.
2. www.naturalcures.com : resource for finding natural treatments and practitioners for numerous health conditions.
3. www.allnaturalwater.com : compares water ionizers and purifiers
4. www.bioraynaturaldetox.com : best detox products on the market
5. www.pyrocley.com : Ashland company with great detox products: clay based.

Practitioners

1. Colon Hydro-Therapy
 - a. Sarah West. Ashland Colon Hydro-therapy. 541.201.0500.
 - b. Tashina Wilkenson. Hidden Springs Wellness Center. Ashland, Oregon.541.488.8858.
2. Live Blood Cell Analysis. Jim Jordan. Create Vibrant Health Nutrition Clinic. Ashland, Oregon. 541.482.2250.