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Getting to Know Your Body Lecture Series: 3rd Lecture The Endocrine System Resource Guide

Books

1. *Hormone Balance Made Simple*. Dr. John Lee.
2. *Adrenal Fatigue: The 21st Century Stress Syndrome*. James Wilson.
3. *Endocrine Disrupters*. Rajesh Naz
4. *Our Stolen Future*. Theo Colborn.
5. *Nourishing Traditions*. Sally Fallon.
6. *Metabolic Typing Diet*. William Wolcott.
7. *Cell Phones: Invisible Hazards in the Wireless Age: An Insider's Alarming Discoveries*. Dr. George Carlo.

Supplements and Remedies

1. B complex. Max Stress B complex. Premier Research Labs.
2. Coconut Oil. Garden of Life.
3. Adaptogen herbs. Many on the market. I use in my practice, Quantum Adrenal, Adaptogen and Thyroid Complex. Premier Research Labs.
4. Female Hormone balancing Herbs. Quantum Fem Balance. Premier Research Labs. Female Balance Formula. www.herbdoc.com
5. Fish Oil. Nordic Naturals or Carlson Laboratories.
6. Other EFA supplements include: Borage oil/Evening Primrose for GLA. Udo's Choice is top product.
7. Heavy Metal/Chemical detox formula. NDF and NDF Plus. Bioray inc. Zeomins from PRL.
8. Mineral supplements: many to choose from. New Chapter, Garden of Life. Life Enhancement Resources.
9. Coral Calcium. PH powder from PRL is my choice.
10. Vitamin C. Whole food forms: Truly Natural Vitamin C. Quantum Vitamin C. Also, Lyposperic C from LivON Labs.

Resources

1. www.drlwilson.com//articles/adrenal_burnout.htm
2. www.bioraynaturaldetox.com : best detox products on the market
3. www.pyroclay.com : Ashland company with great detox products: clay based.
4. www.waterwise.com. Distillers and shower filters.
5. www.coconutresearchcenter.com
6. <http://www.worldnutrition.info/Ketsumeisei.asp>