

Getting to Know Your Body Lecture Series Part 6: The Musculo-Skeletal System Resource Guide

Books

1. Pain Free. Introduction to the Egoscue Method. Pete Egoscue
2. Rheumatoid Arthritis: The Infection Connection. Katherine Poehlman
3. Alternative Treatments for Fibromyalgia and Chronic Fatigue Syndrome: Insights from Practitioners and Patients. Mari Skelly and Andrea Helm
4. Yin Yoga with Paul Grilley. Paul Grilley.
5. Combat Conditioning. Matt Furey.

Supplements and Remedies

1. Glucosamine Sulfate. Many brands on market. Jarrow, Source Naturals are two good ones.
2. VitalzymX. World Nutrition. Potent Anti-inflammatory Enzymes.
3. PH powder. Premier research labs. Coral Calcium with added Aloe Vera to enhance absorption.
4. Jatoba. Rainforest Nutrition. Most potent anti-fungal herb I've ever used in my practice. Very important for RA cases.
5. NDF and NDF plus. Bioray, Inc. Best oral heavy metal and chemical detoxification formula on the market.
6. Sacred Clay Detox Baths. Heart Balance Herbal Rejuvenation. Detox baths that reduce muscle pain and soreness. See www.pyroclay.com
7. New Chapter Multi- vitamin-mineral formula. New Chapter. Excellent health food-based multi that has well absorbed trace minerals for bone support. Found in health food stores and with practitioners.
8. Quantum Vitamin C. Premier Research Labs. Whole food Vitamin C needed for collagen repair.

Resources

1. www.allnaturalwater.com : compares water ionizers and purifiers
2. www.bioraynaturaldetox.com : best detox products on the market
3. www.pyroclay.com : Ashland company with great detox products: clay based.
4. www.egoscue.com The Egoscue Method is a unique and extremely effective program designed to treat musculoskeletal pain *without* drugs, surgery, or manipulation. Egoscue is a process which involves a series of stretches and gentle egoscuecises ("e-cises") designed specifically for each client.

Practitioners (Ashland, Oregon)

1. Matt Schulman, L.M.T. Massage, Yin-Yoga, Therapeutic Exercise. 541.227.3641
2. Full Circle Chiropractic Center. 1701 Siskiyou Suite #2. Michael and Georgia Young. 541.488.8868.
3. Cynde Gragert. Yoga instructor. 541.482.8132
4. People's Choice Community Acupuncture. Chad and Shanai Moyer. 541.482.1060