

Resources

(Click to see links for purchase and more info)

Cookbooks/Nutrition Books

[Conscious Eating by Gabriel Cousens, M.D. \(This is great if you are interested in learning more about raw food\)](#)

[Diet and Nutrition by Rudolph Ballentine, MD](#)

[DIY Bitters: Reviving the Forgotten Flavor - A Guide to Making Your Own Bitters for Bartenders, Cocktail Enthusiasts, Herbalists, and More by Guido Mase & Jovial King](#)

[Earth to Table by Jeff Crump & Bettina Schormann](#)

[Fermented Vegetables by Summer Bock \(creative recipes for fermenting vegetables\)](#)

[Fresh from the Vegetarian Slow Cooker \(for when you need to plan ahead & want comfort\) by Robin Robertson](#)

[Full Moon Feast \(seasonal cooking\) by Jessica Prentice](#)

[Healing with Whole Foods \(Asian Traditions and Modern Nutrition\) by Paul Pitchford](#)

[Mediterranean Paleo Cooking by Caitlin Weeks and Chef Nabil Bourmrar](#)

[Natural Solutions for Digestive Health by Dr. Jillian Sarno Teta and Jeannette L. Bessinger](#)

[Pure Vegan by Joseph Shuldiner](#)

[Sally Fallon Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats](#)

[Super Immunity by Joel Fuhrman](#)

[Superfood Juices Smoothies and Drinks by Jason Manheim and Leo Quijano II](#)

[The Conscious Cleanse by Jo Schaalman and Julie Pelaez](#)

[Thrive The Vegan Nutrition Guide](#)

[The Oh She Glows Cookbook](#)

[The Vermont Farm to table Cookbook](#)

