



Recommended reading

Understanding Bioenergy and Kinesiology

“Healing Energies” by Stephen Paul Shepard. Dr Cordas using a pen name over 20 years ago wrote this book. This book describes the method of kinesiology used in this office. To obtain this book call 1-800-777-2665 or go to www.woodlandpublishing.com
Paperback, ISBN 0-913923-46-X, \$10.95

Life Energy: Using the meridians to unlock the hidden power of your emotions. John Diamond MD www.amazon.com \$10.36 Dr Diamond was one of my original teachers of these methods over 25 years ago.

Energy Medicine: The scientific basis James Oshman available at www.amazon.com \$39.95 Written by a scientist to show how the body creates electrical and magnetic phenomenon.

The Body Electric: Electromagnetism and the Foundation of Life. By Robert O. Becker MD \$10.47 Dr Becker is one of the pioneers in the scientific investigation of bioenergy.

Applied Kinesiology: A Training Manual and Reference Book of Basic Principles and practices by [Robert Frost](#), [George J. Goodheart](#). North Atlantic Books ISBN:1556433743 Hard to find. Try www.amazon.com or <http://www.aaabooksearch.com>. This is the preferred book to learn more detailed kinesiology. Our office combines several methods including this one.

Alternative book on Applied kinesiology is Touch for Health. Practical Guide to Natural Health Using Acupressure Touch and Massage to Improve Postural Balance and Reduce Physical and Mental Pain and Tension by John Thie DC. This is an old book and available used from links at amazon.com

Diet and Nutrition

The Metabolic Typing Diet: Customize your diet to your own unique body chemistry by William Linz Wollcott The best book of the right diet for you after have achieved the proper weight.

No-Grain Diet by Joseph Mercola. This describes the healthiest diet and the one used in our weight loss program. To obtain go to www.amazon.com \$17.47

For more information go to www.mercola.com or www.nograindiet.com.

Fibromyalgia and Chronic fatigue

Fibromyalgia and Chronic Myofascial Pain: A Survival Manual (2nd Edition)
by Devin J. Starlanyl
\$9.95 at www.amazon.com

From Fatigued to Fantastic: A Proven Program to Regain vibrant Health, Based on a New Scientific Study Showing Effective Treatment for Chronic Fatigue and fibromyalgia. By Jacob Teitelbaum MD
At www.endfatigue.com or www.amazon.com

Chelation Therapy

Chelation Therapy: The Complete Book of Chelation Therapy. By Morton Walker www.amazon.com \$10.95

Energy Psychology

Emotional Freedom: Techniques for dealing with emotional and physical distress. By Garry A. Flint, forward by Gary Craig \$9.85 at [ww. Amazon.com](http://www.amazon.com).

Tapping the healer Within: Using Thought-Field Therapy to Instantly Conquer Your Fears, Anxieties, and Emotional Distress - by Roger Callahan
\$10.95 at www.amazon.com