

## Some Ideas for Your Lending Library

These are just a sample of some of the books and videos you may want to purchase for your Lending Library. This fully customizable, Word Doc formatted list can be found on the PMA Members site ready to personalize for your office's own lending library.

### BOOKS

#### Children

- 1 Attention Difference Disorder: How to Turn Your ADHD Child or Teen's Differences into Strengths in 7 Simple Steps (6/7/2011)
- 2 How to Raise a Healthy Child in Spite of Your Doctor Robert S. Mendelsohn, MD
- 3 Naturally Healthy Babies and Children A Commonsense Guide to Herbal Remedies, Nutrition, and Health by Aviva Jill Romm and William Sears (Aug 6, 2003)
- 4 The Book Of Baby Massage Walker, Peter
- 5 The Crazy Makers: How the Food Industry Is Destroying Our Brains and Harming Our Children by Carol Simontacchi

#### Chiropractic

- 6 Textbook of Chiropractic Philosophy by Sinnott's
- 7 Chiropractic First Terry A. Rondberg
- 8 Chiropractic Speaks Out Chester A. Wilk, DC
- 9 Chiropractic, Health Promotion, and Wellness by Meridel I. Gatterman (Jan 25, 2007)
- 10 Chiropractic: A Philosophy for Alternative Health Care by Ian D. Coulter (Nov 15, 1999)
- 11 Fame and Fortune BJ Palmer 1955

#### Drugs

- 11 Before You Take that Pill: Why the Drug Industry May Be Bad for Your Health by J. Douglas Bremner (Feb 28, 2008)
- 12 Breaking the Antibiotic Habit: A Parent's Guide to Coughs, Colds, Ear Infections and Sore Throats by Paul Offit, MD
- 13 Generation Rx: How Prescription Drugs Are Altering American Lives, Minds, and Bodies by Greg Critser
- 14 Prescription Alternatives, Third Edition : Hundreds of Safe, Natural Prescription-Free Remedies to Restore and Maintain Your Health by Earl Mindells and Virginia Hopkins
- 15 Selling Sickness: How the World's Biggest Pharmaceutical Companies Are Turning Us All Into Patients by Ray Moynihan and Alan Cassels
- 16 The Truth About the Drug Companies: How They Deceive Us and What to Do About It by Marcia Angell

#### Fitness

- 17 Muscle Medicine: The Revolutionary Approach to Maintaining, Strengthening, and Repairing Your Muscles and Joints by Rob DeStefano, Joseph Hooper and Bryan Kelly (Sep 15, 2009)

#### Health

- 18 Body, Mind, and Sport: The Mind-Body Guide to Lifelong Health, Fitness, and Your Personal Best by John Douillard (Mar 13, 2001)
- 19 Creating Health: How to Wake Up the Body's Intelligence by Deepak Chopra (Sep 15, 1995)
- 20 Detoxify or Die by Sherry A. Rogers
- 21 Dissolving Illusions by Suzanne Humphries MD

- 22 [Fire Your Doctor! How to Be Independently Healthy](#) by Andrew W. Saul (Nov 5, 2005)
- 22 [Perfect Health: The Complete Mind/Body Guide, Revised and Updated Edition](#) by MD Deepak Chopra (Feb 20, 2001)
- 23 [Perfect Weight: The Complete Mind/Body Program for Achieving and Maintaining Your Ideal Weight \(Perfect Health Library\)](#) by Deepak Chopra (Mar 19, 1996)
- 24 [Reclaiming Our Health: Exploding the Medical Myth and Embracing the Sources of True Healing](#) by John Robbins
- 25 [Rising From the Dead](#) by Suzanne Humphreys, M.D.
- 26 [The Curse of Louis Pasteur](#) by Nancy Appleton, Ph.D.
- 27 [The Healthy Mind, Healthy Body Handbook](#) by David Sobel and Robert Ornstein (Jan 1996)
- 28 [The World's Greatest Drugstore](#) Koren, Tedd

### Immunizations

- 29 [How To Legally Avoid Unwanted Immunizations Of All Kinds \(Health News Letters\)](#) by Joseph Mercola (Jul 12, 2011) - Kindle eBook
- 30 [Make an Informed Vaccine Decision for the Health of Your Child: A Parent's Guide to Childhood Shots](#) by Mayer Eisenstein (Jun 1, 2010)
- 31 [The Vaccine Book: Making the Right Decision for Your Child](#) by Dr. Robert Sears, MD
- 32 [Vaccines: Are They Really Safe and Effective? -A Parent's Guide to Childhood Shots](#) by Neil Z Miller
- 33 [What Every Parent Should Know About Childhood Immunization](#) by Jamie Murphy and Carol White (Oct 1, 1993)

### Inspiration

- 34 [Chicken Soup for the Chiropractic Soul](#) by Jack Canfield
- 35 [Love, Medicine & Miracles](#) by Siegel, MD
- 36 [Magical Beginnings, Enchanted Lives](#) by Deepak Chopra M.D., David Simon M.D., Deepak Chopra and David Simon (Mar 22, 2005)
- 37 [Reinventing the Body, Resurrecting the Soul: How to Create a New You](#) by Deepak Chopra (Oct 13, 2009) - Kindle eBook

### Marketing

- 38 [Selling the Invisible: A Field Guide to Modern Marketing](#) by Harry Beckwith
- 39 [The Customer Rules: The 39 Essential Rules for Delivering Sensational Service](#) by Lee Cockerell
- 40 [The Referral Engine](#) by John Jantsch
- 41 [The World's Best Known Marketing Secret Minor](#) by Ivan Misner

### Medicine

- 42 [Medicine, Monopolies, and Malice](#) by Chester A. Wilk
- 43 [Our Daily Meds](#) by Melody Peterson
- 44 [The Whistle Blower – Confessions of a Health Care Hitman](#) by Peter Rost, MD
- 45 [What Your Doctor Doesn't Know About Nutritional Medicine May Be Killing You](#) by Ray D. Strand

### Natural Healing

- 46 [The Natural Soap Book: Making Herbal and Vegetable-Based Soaps](#) by Susan Miller Cavitch (Jan 8, 1995)
- 47 [Whole Health Healing: The Budget-Friendly Natural Wellness Bible for All Ages](#) by Dr. Thomas Potisk (Apr 1, 2010)

## Nutrition and Diet

- 48 [365 Ways to Boost Your Metabolism: Everyday Tips to Achieve Your Maximum Fat-Burning Potential](#) by Rachel Laferriere (Dec 18, 2009)
- 49 [Empty Harvest](#) by Dr. Bernard Jensen and Mark Anderson.
- 50 [Excitotoxins: The Taste That Kills](#) by Russell L. Blaylock
- 51 [Fast Food Nation: The Dark Side of the All-American Meal](#) by Eric Schlosser (Jul 5, 2005)
- 52 [Fat Land: How Americans Became the Fattest People in the World](#) by Greg Critser
- 53 [Food Matters: A Guide to Conscious Eating with More Than 75 Recipes](#) by Mark Bittman (Dec 29, 2009)
- 54 [Get Healthy Through Detox and Fasting: How to revitalize your body in 28 days](#) by Don Colbert (Jul 5, 2006)
- 55 [Health and Nutrition Secrets That Can Save Your Life](#) by Russell L. Blaylock
- 56 [Jillian Michaels: Banish Fat, Boost Metabolism \(2009\)](#) Jillian Michaels (Actor), Andrea Ambandos (Director) | Rated: NR | Format: DVD by ACTOR JILLIAN MICHAELS (2009)
- 57 [Juicing for Life: A Guide to the Benefits of Fresh Fruit and Vegetable Juicing](#) by Cherie Calbom and Maureen B. Keane (Nov 1, 1991)
- 58 [Omega Rx Zone: The Miracle of the New High-Dose Fish Oil](#) by Barry Sears
- 59 [Please Mum, Don't Supersize Me](#) by Richard Marc and Joey Marc (Jan 29, 2008)
- 60 [Sugar Blues](#) by William F. Duffy (Mar 17, 1986)
- 61 [The Food Allergy Cure: A New Solution to Food Cravings, Obesity, Depression, Headaches, Arthritis, and Fatigue](#) by Ellen W. Cutler (Apr 22, 2003)
- 62 [The Healing Power of Fruits, Vegetables and Herbs: Medical Anthropologist reveals inexpensive home remedies using hundreds of common fruits, vegetables and herbs](#) by John Heinerman (Jul 15, 2011) - Kindle eBook
- 63 [The New Detox Diet: The Complete Guide for Lifelong Vitality With Recipes, Menus, and Detox Plans](#) by Elson Haas and Daniella Chace (Sep 1, 2004)
- 64 [The No-Grain Diet](#) by Joseph Mercola
- 65 [The Paleo Diet for Athletes: A Nutritional Formula for Peak Athletic](#) by Loren Cordain and Joe Friel
- 66 [The Paleo Diet: Lose Weight and Get Healthy by Eating the Food You Were Designed to Eat](#) by Loren Cordain
- 67 [The Schwarzbein Principle: The Truth About Losing Weight, Being Healthy, and Feeling Younger](#) by Diana Schwarzbein

## Surgery

- 68 [Doctors Are More Harmful Than Germs: How Surgery Can Be Hazardous to Your Health - And What to Do About It](#) by Harvey Bigelsen M.D., John Parks Trowbridge M.D. and Lisa Haller (Mar 15, 2011)

## Symptoms and Syndromes

- 70 [Chronic Fatigue Syndrome: Your Natural Guide to Healing with Diet, Vitamins, Minerals, Herbs, Exercise, and Other Natural Methods](#) by Michael T. Murray (Jun 20, 1994)
- 71 [Conquering Arthritis: What Doctors Don't Tell You Because They Don't Know](#) by Barbara D. Allan (Jan 1, 2009)
- 72 [Inflammation Nation: The First Clinically Proven Eating Plan to End Our Nation's Secret Epidemic](#) by Floyd H. Chilton
- 73 [Natural Strategies For Cancer Patients](#) by Russell Blaylock M.D.

- 74 [No More Heartburn: Stop the Pain in 30 Days--Naturally!: The Safe, Effective Way to Prevent and Heal Chronic](#) by Sherry A Rogers
- 75 [The Anti-Inflammation Zone: Reversing the Silent Epidemic That's Destroying Our Health](#) by Barry Sears
- 76 [The High Blood Pressure Hoax](#) by Sherry A. Rogers
- 77 [What Your Doctor May Not Tell You About Menopause \(TM\): The Breakthrough Book on Natural Hormone Balance](#) by John R. Lee and Virginia Hopkins (Sep 1, 2004)
- 78 [What Your Doctor May Not Tell You About Menopause: The Breakthrough Book on Natural Progesterone](#) by John R. Lee and Virginia Hopkins (May 1, 1996)
- 79 [What Your Doctor May Not Tell You About\(TM\): Premenopause: Balance Your Hormones and Your Life from Thirty to Fifty \(What Your Doctor May Not Tell You About...\)](#) by John R. Lee, Jesse Hanley, Virginia Hopkins
- 80 [Winning the War Against Immune Disorders and Allergies: A Drug Free Cure for Allergies](#) by Ellen W. Cutler (Oct 13, 1998)

### Wellness

- 81 [Reclaiming the Fire: How Successful People Overcome Burnout](#) by Steven Berglas
- 82 [The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles](#): by Bruce H. Lipton

### Women's Health

- 83 [Natural Choices for Women's Health: How the Secrets of Natural and Chinese Medicine Can Create a Lifetime of Wellness](#) by Laurie Steelsmith (May 24, 2005)
- 84 [Strong Women Stay Young](#) by Nelson, Miriam

### DVD's

[Bought: The hidden story behind vaccines, big pharma and your food](#) From Jeff Hayes Films, a Bobby Sheehan Film. [Http://www.pmaworks.com/](http://www.pmaworks.com/)

[Burzynski: Cancer Is Serious Business](#)

[Doctored: The Monopolization Of Our Medical System](#) a Jeff Hays Film Production.

[Escape Fire:The Fight to Rescue American Healthcare](#) by Aisle C Productions and Our Time Project Food Inc.

[Genetically Modified Food – Panacea or poison – 2009](#)

[GMO OMG documentary on chemical food conspiracy](#)

[Jimmy's GM Food Fight - 2008](#)

[Killer at Large \(2009\) An overview of the politics, social effects and problems associated with the rising epidemic of American obesity.](#) Director: Steven Greenstreet

[King Corn - 2007](#)

[Money Driven Medicine: Understanding America's Healthcare Crisis](#) produced by Alex Gibney

[Processed People:The Antidote to American's Toxic Lifestyle.](#) A documentary

[Shots in the Dark: Silence on Vaccine](#)

[Sicko](#)

[The Business of Being Born](#): Ricki Lake and Abbey Epstein

[The World According to Monsanto - 2009](#)

[Vaxxed: Del Bigtree](#)

[War on Health - 2012](#)