

Appendix D

Recommended Reading List

Cookbooks and Websites

The following books have been extremely helpful to me in my research and, while I don't necessarily agree with 100% of EVERYTHING in EACH book, I can recommend them for your consideration. Many are available in the library and bookstores, both Christian and secular. On the web, check out **half.com** for really excellent prices on used books, videos, etc. Also **bibliofind.com** and **abebooks.com**. Some of the most valuable books I picked up in used bookstores or the web for a fraction of their regular price!

Where these books are available through home businesses and ministries, I've provided the contact name, address and phone number. Please mention this book and my name when you contact these companies. Thank You!

Balch, James, MD & Balch, Phyllis, CNC. 2000. Prescription for Nutritional Healing. Avery Publishing Group, Inc., Garden City Park, NY.

Gregg, Sue. ANY of Sue's fabulous books! Can be purchased through Eating Better Cookbooks at www.suegregg.com or call 1-800-99-TASTE. Mention us and you'll receive a FREE recipe sampler. **Sue Gregg's cookbooks are a MUST HAVE for healthy eating.** Titles include: Main Dishes, Meals in Minutes, Lunches & Snacks, just to name a few. I can't recommend her "Better Than Breakfasts" cookbook highly enough. It's a nutrition course along with 100's of healthy, delicious recipes. I use it often. She now has available curricula that she has written--another "must have" for homeschoolers

Bell, Mary, 1994. The Complete Dehydration Cookbook. William Morrow & Company. Available at the library or through www.Amazon.com.

Bond, Jill. 1993. Dinner's In the Freezer, *More Mary and Less Martha, A Home Management System*. Order through her ministry at PO Box 12103, Fort Pierce, FL, 34979. Web site **www.megacooking.com**. She also has another book entitled Megacooking that is a sequel to DIF. If you or someone you know has an autistic child, ask for information on the Bond's ministry PREACCH - Parents Rearing and Educating Autistic Children in Christian Homes at **www.bondingplace.com**.

Bradford, Kathy. 1997. Cents & Cents-abilities, Fresh Ideas for Anyone Who Eats or Spends Money. Order from Kathy at 51 Michelangelo Court, Hockessin, DE 19707-2207, email davidbradford@juno.com. Price with postage \$20.95. *One of my favorites! This is the most user-friendly, real-world, practical home/saving/cooking books out there! Written by a homeschooling mom of three hungry boys, she shows how to REALLY save money and time on groceries. I love to read and reread this book for inspiration and refreshment.*

Frahm, David & Anne. 1993. Healthy Habits, 20 Simple Ways to Improve Your Health. www.healthquarters.org (amazon also carries this). They also publish two other outstanding books--A Cancer Battle Plan which I know from personal experience has saved lives and Reclaim Your Health. They also have a resource guide of physicians that treat with nutritional and alternative therapies.

Gerras, Charles, Editor. 1989. Rodale's Basic Natural Foods Cookbook. Fireside Press, ISBN 0671673386

Greene, Bert, The Grains Cookbook. 1988. Workman Publishing Co., Inc., 708 Broadway, New York, NY 10003. (out of print)

Heinerman, John, 1988. Heinerman's Encyclopedia of Fruits, Vegetables and Herbs. Parker Publishing Co, division of Simon & Schuster, West Nyack, NY 10995.

Holland, Beth, 2001. Bread for Life, Vols 1 & 2. Contact at P.O. Box 7922, Athens, GA 30604, 706-546-7214, breadforlife@mindspring.com, www.breadforlife.net.

Kloss, Jethro. Back to Eden. (First published in 1939 and republished by the family up through 1988) Back to Eden Books Publishing Co., Loma Linda, CA 92354.

Norris, P.E. 1959. Everything You Want to Know About Wheat Germ. Pyramid Communications, Inc., 919 Third Avenue, New York, NY 10022. (out of print)

McMillen, S.I.M., MD. 1984. None of These Diseases, *A physician testifies that health, happiness and longer life can be yours if you follow the teachings of the Bible*. Fleming H. Revell Co., Old Tappan, NJ.

Omartian, Stormie. 1984. Greater Health God's Way--Seven Steps to Health, Youthfulness and Vitality. Sparrow Press, Chatsworth, CA.

Rapp, Doris, MD. 1991. Is This Your Child? *Discovering and Treating Unrecognized Allergies*. William Morrow & Co., Inc., New York.

Russell, Rex M.D. What the Bible Says About Healthy Living. Available through www.christianbook.com. **IF YOU CAN READ ONLY ONE EXTRA BOOK, THIS IS THE ONE!**

Salaman, Maureen. 1989. Foods That Heal. Statford Publishing, 1259 El Camino Real, Suite 1500, Menlo Park, CA 94025, 415-854-9355.

Swan, Karey. 1996. Hearth & Home, Recipes for Life. Loyal Publishing, Inc., P.O. Box 1892, Sisters, OR 97759. *This is a WONDERFUL homey, helpful cookbook! Karey Swan literally makes everything from scratch! Dozens of wonderful recipes along with insightful anecdotes throughout. A delightful read whether or not you even cook!*

Townsley, Cheryl. 1994. Food Smart! *Eat Your Way to Better Health*. Pinion Press, PO Box 35007, Colorado Springs, CO 80935. You can order this and other outstanding health books directly from the Townsley's through their ministry Lifestyle for Health. Contact them at Lifestyle for Health, 6520 S. Broadway, Littleton, CO 80121, 303-794-4477

Townsley, Cheryl. 1994. Lifestyle for Health Cookbook, *Smart Cooking for Busy People*. Lifestyle for Health Publishing, 6520 S. Broadway, Littleton, CO 80121.

Tyler, Lorraine D. 1984. The Natural Nine, *Cooking with Whole Grains*. Magic Mill, Salt Lake City, UT (out of print).

Websites:

Here are some other websites worth checking out. As with the books, I can't endorse everything on every one of them (opinions on various machines, for instance, may vary due to personal preferences and needs), however, each one has good info. I'm not interested in petty bickering over things that are not of eternal consequence and I doubt these folks are either. Pray and use discernment as to what the Lord has for you and glean the info that applies to your situation and family. Please do let the folks know where you learned about them.

Also, I am BRAND NEW to the world of blogging, so expect to be adding a HUGE number of wonderful blogging sites as I learn of them—so keep posted!

www.healthquarters.org (mentioned above under Frahm, Dave and Ann). If you know someone facing cancer or some other life-threatening illness, this is an excellent site to check out.

www.urbanhomemaker.com. Excellent selection of books and kitchen resources. Her catalog is very informative as well.

www.breadbeckers.com. This is Brad and Sue Becker's website. EXCELLENT ARTICLES! Sue has a video set out for about \$20 that is worth 20 times that, in my opinion. If you read Dr. Russell's What the Bible Says About Healthy Living and watch Sue's video's you will be SO equipped! I plan to use those two resources (plus my book, Grains of Truth) for each of my daughter's high school home education and health classes.

www.suegregg.com. Always wonderful, healthy and yummy recipes. I have such respect for this lady. She has used her gifts and talents in God's Kingdom in so many ways. Excellent info and links.

www.naturallyhealthy.org. Loads of good info! Keith & Shonda Parker have done a wonderful service for the Christian community by providing balanced, biblical information on health issues. Shonda specifically address the concerns of pregnant and nursing women. Excellent stuff!

www.realsalt.com. This is the salt I use in my cooking--with minerals intact. Milled in Utah, it is wonderful stuff and also recommended by Sue Gregg.

www.joyfullivingforyou.com. Owned by Bill & Kristy Bell who live in Texas with their 10 children! They carry Bosch equipment and lots of great information.

www.realfoodliving.com hosted by Vickilynn Haycroft. Amazing lady who has used God's principles of nutrition to fight a very difficult battle with Lupus and cancer. Her website is full of valuable information,

product reviews (she sells nothing, so is able to be truly dispassionate and objective) and encouragement. Be sure to visit.

www.grainy.net. THIS is an interesting site/product. This gentleman (whom I've met) has patented a process which blends assorted grains, beans, garden vegetables, soy products, protein, fruit and various herbs and makes them into seasonings so that you can literally sprinkle your vitamins over your food. Can you imagine? Season your food and get your vitamins at the same time! I've tried them and found them to be tasty -- and I absolutely LOVE the concept. His products include: Fiber seasoning, vegetable seasoning, soy & protein seasoning, fruit seasoning, nutritional sea salt, nutritional pepper and vitamin plus seasoning. For a free sample, call him at 1-888-464-3439 or check out the website.