

## EXCERPT FROM *HOW HEALTHY IS YOUR DOCTOR?*

Updated 3/20/14

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### RESOURCES

In the first part of this section are books, videos, and Web sites I recommend that have been the most illuminating and helpful to me in gaining a broader understanding about why we doctors practice medicine the way we do, who and what else influences how we practice it, some of the forces that have caused our health in this country to decline, and what we can do about all this. Knowledge is power!

The rest are articles and other references that I've used in developing my book, *How Healthy Is Your Doctor?*, all of which would be relevant for anyone interested in achieving better health to read and/or explore. Thanks for your interest in learning more, and for taking your own next steps toward better health.

#### READ THESE FIRST!

Brownlee, Shannon. *Overtreated: Why Too Much Medicine Is Making Us Sicker and Poorer*. New York: Bloomsbury, 2007.

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Moss, Michael. *Salt Sugar Fat: How the Food Giants Hooked Us*. New York: Random House, 2013.

Petersen, Melody. *Our Daily Meds: How the Pharmaceutical Companies Transformed Themselves into Slick Marketing Machines and Hooked the Nation on Prescription Drugs*. New York: Sarah Crichton Books, 2008.

Pollan, Michael. *In Defense of Food: An Eater's Manifesto*. New York: Penguin Group, 2008.

Popper, Pamela, PhD, ND, Merzer, Glen, and Stroufe, Del. *Food Over Medicine: The Conversation That Could Save Your Life*. Dallas, TX: BenBella Books, 2013.

Saputo, Len, MD, with Byron Belitsos. *A Return to Healing: Radical Health Care Reform and the Future of Medicine*. San Rafael, CA: Origin Press, 2009.

Servan-Schreiber, David, MD, PhD. *Anticancer: A New Way of Life*. New York: Penguin Group, 2009.

Stone, Gene, ed. *Forks Over Knives: The Plant-Based Way to Health*. New York: The Experiment, LLC, 2011.

#### ALSO GREAT RESOURCES AND IMPORTANT READING

Angell, Marcia, MD. *The Truth about the Drug Companies: How They Deceive Us and What to Do About It*. New York: Random House, 2004.

Bartlett, Donald L. and James B. Steele. *Critical Condition: How Health Care in America Became Big Business—and Bad Medicine*. New York: Broadway Books, 2006.

Buettner, Dan. *The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest*. Washington, D.C.: The National Geographic Society, 2008.

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Davis, Devra, PhD, MPH *Disconnect: The Truth About Cell Phone Radiation, What the Industry Is Doing to Hide It, and How to Protect Your Family*. New York: Writers House, 2013.

Dossey, Larry, MD. *Reinventing Medicine*. New York: HarperCollins Publishing, 1999.

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Freedman, Rory and Kim Barnouin. *Skinny Bitch*. Philadelphia, PA: Running Press, 2005.

Gallwey, W. Timothy, Edward Hanzelik, MD, and John Horton, MD. *The Inner Game of Stress: Outsmart Life's Challenges and Fulfill Your Potential*. New York: Random House, 2009.

Gordon, James S., MD. *Manifesto for a New Medicine: Your Guide to Healing Partnerships and the Wise Use of Alternative Therapies*. Reading, MA: Perseus Books, 1996.

Guarneri, Mimi, MD. *The Heart Speaks: A Cardiologist Reveals the Secret Language of Healing*. New York: Simon and Schuster, 2006.

Hayford, Kelly. *If It's Not Food, Don't Eat It*. Boulder, CO: Delphic Corner Press, 2005.

Houston, Mark, MD, Barry Fox, PhD and Nadine Taylor, MS, RD. *What Your Doctor May Not Tell You about Hypertension: The Revolutionary Nutrition and Lifestyle Program to Help Fight High Blood Pressure*. New York: Warner Books, 2003.

Lanou, Amy, PhD and Michael Castleman. *Building Bone Vitality: A Revolutionary Diet Plan to Prevent Bone Loss and Reverse Osteoporosis*. New York: The McGraw-Hill Companies, Inc., 2009.

Nestle, Marion. *Food Politics: How the Food Industry Influences Nutrition and Health*. Berkeley, CA: University of California Press, 2007.

Null, Gary, PhD, et al. *Death by Medicine*. Mount Jackson, VA: Praktikos Books, 2010.

Ornish, Dean, MD. *Dr. Dean Ornish's Program for Reversing Heart Disease*. New York: Ballantine Books, 1996.

Pert, Candace B., PhD. *Molecules of Emotion: The Science Behind Mind-Body Medicine*. New York: Touchstone Books, 1997.

Pollan, Michael. *An Omnivore's Dilemma: A Natural History of Four Meals*. New York: Penguin Group, 2006.

Pollan, Michael. *Food Rules: An Eater's Manual*. New York: Penguin Group, 2009.

Popper, Pamela A., PhD, ND. *Solving America's Healthcare Crisis*. Worthington, OH: PB Industries, 2010.

Ray, Mitra, PhD. *From Here to Longevity*. Seattle, WA: Shining Star Publishing, 2002.

Robbins, John. *Healthy at 100: The Scientifically Proven Secrets of the World's Healthiest and Longest Lived Peoples*. New York: Ballantine Books, 2007.

Roizen, Michael F., MD, and Mehmet C. Oz, MD. *You, Staying Young: The Owner's Manual for Extending Your Warranty*. New York: Free Press, 2007.

Schlosser, Eric. *Fast Food Nation: The Dark Side of the All-American Meal*. New York: Houghton Mifflin Company, 2001.

Weil, Andrew, MD. *Healthy Aging: A Lifelong Guide to Your Well-Being*. New York: Anchor Books, 2005.

Welch, H. Gilbert, MD, MPH, et al. *Overdiagnosed: Making People Sick in the Pursuit of Health*. Boston, MA: Beacon Press, 2011.

#### EXTRA CREDIT/EXTRA TOPICS

Agus, David B. *The End of Illness*. New York: Free Press, 2011.

Chopra, Deepak. *Quantum Healing: Exploring the Frontiers of Mind/Body Medicine*. New York: Bantam Books, 1990.

Colbert, Don, MD. *Eat This and Live!* Lake Mary, Florida: Strang Communications Book Group, 2009.

Davis, Devra, PhD, MPH. *The Secret History of the War on Cancer*. New York: Basic Books, 2007.

Dorfman, Kelly. *Cure Your Child with Food: The Hidden Connection Between Food and Childhood Ailments*. New York: Workman Publishing Co., Inc., 2013.

Dossey, Larry, MD. *Healing Beyond the Body: Medicine and the Infinite Reach of the Mind*. Boston, MA: Shambhala Publications, 2001.

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Novey, Donald W., MD. *Clinician's Complete Reference to Complementary and Alternative Medicine*. St. Louis, MO: Mosby, Inc., 2000.

Rinpoche, Chogyi N. and David Shlim, MD. *Medicine and Compassion: A Tibetan Lama's Guidance for Caregivers*. Somerville, MA: Wisdom Publications, Inc., 2006.

Selhub, Eva M., MD and Alan C. Logan, ND. *Your Brain on Nature: The Science of Nature's Influence on Your Health, Happiness, and Vitality*. Ontario, Canada: John Wiley and Sons, 2012.

Siegel, Bernie S. *Love, Medicine and Miracles: Lessons Learned about Self-Healing from a Surgeon's Experience with Exceptional Patients*. New York: HarperCollins Books, 1990.

## MOVIES/VIDEOS

*Escape Fire: The Fight to Rescue American Healthcare* (2012)

*Forks Over Knives* (2011)

*Food, Inc.* (2009)

*Processed People: The Documentary* (2009)

*Fast Food Nation* (2006)

*Super Size Me* (2004)

## WEB SITES

[www.wellnessforum.com](http://www.wellnessforum.com) (health and nutrition resources, research and information)

[www.forksoverknives.com](http://www.forksoverknives.com) (information and resources about this pivotal documentary)

[www.nealbarnard.org](http://www.nealbarnard.org) (physician health and nutrition author and expert)

[www.drmcDougall.com](http://www.drmcDougall.com) (physician health and nutrition author and expert)

[www.lifestylemedicine.org](http://www.lifestylemedicine.org) (American College of Lifestyle Medicine)

[www.cancerdecisions.com](http://www.cancerdecisions.com) (Ralph Moss, PhD, science writer, cancer treatment consultant)

[www.beatcancer.org](http://www.beatcancer.org) (Center for Advancement in Cancer Education)

[www.pcrm.org](http://www.pcrm.org) (Physicians Committee for Responsible Medicine)

[www.doctorsaputo.com](http://www.doctorsaputo.com) (author, speaker, and founder of the Health Medicine Forum)

[www.areturtohealing.com](http://www.areturtohealing.com) (information and resources relevant to this important book)

[www.juiceplus.com](http://www.juiceplus.com) (whole food concentrate research and information)

[www.ewg.org](http://www.ewg.org) (Environmental Working Group)

[www.ehtrust.org](http://www.ehtrust.org) (Environmental Health Trust, founded by Devra Davis, PhD, MPH)  
[www.go4life.nia.nih.gov](http://www.go4life.nia.nih.gov) (National Institute on Aging at the National Institutes of Health)  
[www.cdc.gov/obesity/data/trends.html](http://www.cdc.gov/obesity/data/trends.html) (obesity trends graphs)  
[www.sleepfoundation.org](http://www.sleepfoundation.org) (information, guidelines, and tips on this important topic)  
[www.massgeneral.org/bhi](http://www.massgeneral.org/bhi) (Benson-Henry Institute for Mind-Body Medicine)  
[www.processedpeople.com](http://www.processedpeople.com) (movie-associated links and information)  
[www.drmitraray.com](http://www.drmitraray.com) (prevention author and plant-based whole food advocate)  
[www.nccam.nih.gov](http://www.nccam.nih.gov) (National Center for Complementary and Alternative Medicine)  
[www.nih.gov](http://www.nih.gov) (National Institutes of Health)  
[www.drweil.com](http://www.drweil.com) (integrative medicine pioneer, wellness and prevention expert)  
[www.integrativepractitioners.com](http://www.integrativepractitioners.com) (online community for integrative health-care professionals)  
[www.drhyman.com](http://www.drhyman.com) (functional medicine practitioner, author, prevention activist)  
[www.holisticmedicine.org](http://www.holisticmedicine.org) (American Holistic Medical Association)  
[www.functionalmedicine.org](http://www.functionalmedicine.org) (The Institute for Functional Medicine)  
[www.wddty.com](http://www.wddty.com) (What Doctors Don't Tell You; a provocative viewpoint)  
[www.my.clevelandclinic.org](http://www.my.clevelandclinic.org) (general medical and health information)  
[www.webmd.com](http://www.webmd.com) (general medical and health information)

#### SELECTED ARTICLES

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Bedell, Susanna E. et al. "Words That Harm, Words That Heal." *Archives of Internal Medicine* (July 12, 2004) 164(13): 1365-1368.  
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