

Below are a list of resources and clinicians I have found to be most experienced, effective and practical in helping you to improve your health.

Books Most Useful

The Bible. You'd be surprised.

Energy Medicine, Donna Eden. Tarcher/Putnam, 1998. It's a "how-to" book chock full of easy and fun exercises for energy balancing and enhancement. Donna does a great job of making our energy anatomy easy to understand. So if you are new to the topics of chakras, meridians, and the aura, this is a great primer.

The Mood Cure, Julia Ross. Viking, 2002. The four-step program to rebalancing your emotional chemistry and rediscover your natural sense of well-being is easy to follow. You don't necessarily have to use their line of supplements to achieve good results.

When Going Through Hell...Don't Stop, Douglas Bloch. Pallas Communications, 2000. If you are one of those people, like the author, who cannot tolerate antidepressants (or doesn't want to use them), this book is a must-read for a well-rounded approach to overcoming mild to severe depression. I love this book!

Flowers That Heal, Patricia Kaminski. Newleaf, 1998. Kaminski has written a rich introduction to the history, philosophy and use of flower essences. It's a great read for anyone who wants to learn more about the genesis of the modern use of flower essences for healing.

Instant Emotional Healing, Lambrou and Pratt. Broadway Books, 2000. Lots of books have been written on the topic of acupressure for emotional relief. I like this one because it is readable, useable and effective.