

Additional Resources by Section

Section I. Mind-Body Connection

Enlighten up! Finding clarity, contentment, and resilience in a complicated world. Author: Beth Gibbs, Emerald Lake Press.

Mindfulness in Plain English. Author: Bhante Gunaratana. Wisdom Publications, 2011.

Nourishing Wisdom: A mind-body approach to nutrition and well-being. Author: Marc David. Bell Tower Press, 1991.

Prakriti: Your Ayurvedic constitution. Author: Dr. Robert E. Svoboda. Sadhana Publications, 1998.

The Healing: One woman's journey from poverty to inner riches. Author: Saeeda Hafiz. Parallax Press, 2018.

When the body says no: Understanding the stress-disease connection. Author: Gabor Mate, MD. John Wiley & Sons, Inc. 2003.

Section II. History of the American Diet

The weight of the nation (HBO Series)

<https://www.hbomax.com/series/urn:hbo:series:GXbn7pgURY7avMAEAAAiG>

Ingredients: who's your farmer? (Pivot Series) <http://www.ingredientsfilm.com>

Food, Inc. (Movie)

Section III. Your Two Brains

Institute for the Psychology of Eating <https://psychologyofeating.com>

The Center for Mindful Eating <https://www.thecenterformindfuleating.org>

Section IV. Tools to Increase Our Awareness for Eating Healthier

Weight Snap <https://weightsnap.com>

Fat Secret <https://www.fatsecret.com>

These web-based diet tracking tools and cell phone Apps help you create a food diary. The Apps allows you to keep notes about your meals, set goals and reminders and monitors your weight loss progress by tracking your BMI and other physical weight loss indicators.

Section V. What's the Best Diet on the Market Today?

Reading Food Labels

Center for science in the Public Interest <https://www.cspinet.org/>
Truth in Labeling <https://www.truthinlabeling.org/>
International Food Information Center (IFIC) <https://ific.org>
Food and Nutrition Information Center (USDA) <https://www.nal.usda.gov/fnic>

Section VI. Simple Steps for a Healthier Lifestyle

Encyclopedia of Natural Medicine: Your comprehensive, user-friendly A-to-Z guide to treating more than 70 medical conditions- from arthritis to varicose veins, from cancer to heart disease. Authors: Michael Murry, N.D., Joseph Pizzorno, N.D. Prima Publishing, 1998.

Resolved: 13 Resolutions for Life. Author: Orrin Woodward. Obstacles Press, 2011.

Staying Healthy with the Seasons. Author: Elson M. Haas, M.D. Celestial Arts, 1981.

Section VII. Kitchen Science Wisdom

Eat local and seasonal! Community Supported Agriculture. Local harvest maintains a nationwide directory of small farms, farmers markets and other local food sources.

<https://www.localharvest.org>

A course in weight loss: 21 spiritual lessons for surrendering your weight forever. Author: Marianne Williamson. 2012.

Afro-Vegan: Farm-fresh African, Caribbean, and Southern Flavors Remixed. Author: Bryant Terry. Ten Speed Press, 2014.

Food as Medicine: How to use diet, vitamins, juices, and herbs for a healthier, happier, and longer life. Author: Dharma Singh Khalsa, M.D. Aria Books, 2003.

Healing with Whole Foods: Oriental traditions and modern nutrition. Author: Paul Pitchford. North Atlantic Books., 1993.

How to Eat to Live: Volumes I & II. Author: Elijah Muhammad. Final Call Press.

Moosewood Cookbook Series. Author: Mollie Katzen. Ten Speed Press.

Nourishing Traditions: The cookbook that challenges politically correct nutrition and the diet dictocrats. Authors: Sally Fallon, Mary G. Enig, PhD. New Trends Publications, 1999.

One Bite at a Time: Nourishing recipes for cancer survivors and their friends. Authors: Rebecca Katz with Mat Edelson. Celestial Arts Press, 2004.

<https://www.rebeccakatz.com/>

Urban Pantry: Tips & recipes for a thrifty, sustainable, and seasonal kitchen. Author: Amy Pennington. Skiptone Press, 2010.

Women, Food and God. Author: Geneen Roth. 2011.

Section VIII. Exercise Mood and Food

Yoga Alliance <https://www.yogaalliance.org>

Light on Life: The yoga journey to wholeness, inner peace, and ultimate freedom. Author: B.K.S. Iyengar. Rodale Press, 2005.

Restorative Yoga for Ethnic and Race-Based Stress and Trauma. Author: Gail Parker, Ph.D. Singing Dragon Press, 2020.

Yes! Yoga has Curves. Author: Dana Smith. 2014.