

Recommended Reading by Dr. J

Again, do not believe everything you read, or hear. Verify the information yourself here!

The Magic of Cholesterol Numbers: A step away from the cholesterol-lowering drugs By Dr. Sergey A. Dzugan, M.D., PhD, and Konstantine S. Dzugan

Malignant Medical Myths: Why Medical Treatment Causes 200,000 Deaths in the USA Each Year by Joel M. Kauffman, Ph.D.

Any book written by David Perlmutter M.D.

Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health by William Davis, M.D.

Lessons Learned... Through No Words At All by Kimberly Kelsoe Hawkins

Protein Power: The High-Protein/Low Carbohydrate Way to Lose Weight, Feel Fit, and Boost Your Health-in Just Weeks! By Michael R. Fades, M.D. & Mary Dan Fades, M.D.

Primal Body, Primal Mind: Beyond Paleo for Total Health and a Longer Life by Nora T. Gedgudas and Nora Gedgudas

Any book written by Dr. Royal Lee DDS

Any book written by Gabor Mate

Testosterone for Life: Recharge Your Vitality, Sex Drive, Muscle Mass, and Overall Health by Abraham Morgentaler, M.D.

Maximize Your Vitality & Potency for Men Over 40 by Lenard Lane M.D. and Jonathan V. Wright Ph.D.

Iodine: Why We Need It, Why You Can't Live Without It by David Brownstein

The Slow Burn Fitness Revolution: The Slow Motion Exercise That Will Change Your Body in 30 Minutes a Week by Fredrick Hahn M.D., Michael R. Eades M.D., & Mary Dan Eades M.D.

The Inflammation-Free Diet Plan: The scientific way to lose weight, banish pain, and prevent disease, and slow aging By Monica Reinagel

The Telomere Effect: A Revolutionary Approach to Living Younger, Healthier, Longer by Elizabeth Blackburn Ph.D., & Elissa Epel Ph.D.

Nutrition and Physical Degeneration by Weston A. Price DDS.

Good Calories, Bad Calories: Fats, Carbs, and the Controversial Science of Diet and Health by Gary Taubes

Why We Get Fat: And What to Do About It by Gary Tabues

A New Breed of Doctor by Alan H. Nittler M.D.