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# FOOD & HEALING RESOURCES

## Linda Roderigues, ND

### Books:

Brigitte Mars, Rawsome, Basic Health Publications 2004 (has a chapter Encyclopedia of Raw Foods with nutrient and therapeutic uses as well as a chapter on Nutrients and Food Sources)

Dr. Bernard Jensen, Foods That Heal, Avery/Penguin Putnam, Inc 1993 (lists foods and therapeutic value; has a chart by systems with nutrients, foods and herbs needed)

Ann Marie Colburn, Food and Healing, Ballantine Books 1996 (food combining, health supportive eating style)

Michael T Murray, ND, The Complete Book of Juicing, Prima Publishing, Rocklin, CA 1998 covers the profound health benefits of “anutrients” (includes enzymes, chlorophyll and phytochemicals); over 100 pages of health benefits of various fruits & vegetables.

Michael T Murray, ND, The Healing Power of Foods, Prima Publishing 1993 (has a chapter on food for specific diseases, has chapters on healing power of specific foods)

Michael T Murray, ND, The Encyclopedia of Healing Foods, Atria Books 2005

N.W. Walker, D Sci, Fresh Vegetable and Fruit Juices, Norwalk Press 1970 (lists health benefits of specific vegetables and juice formulas for healing specific diseases).

### Websites:

[Grinningplanet.com/2004/12-28/rainbow-diet-food-color-article.htm](http://Grinningplanet.com/2004/12-28/rainbow-diet-food-color-article.htm)

[Prevention.com](http://Prevention.com)

[Dr-lorraine-day.com](http://Dr-lorraine-day.com) (MD healing her own cancer with food & lifestyle)

[Cancure.org/hippocrates\\_health\\_institute.htm](http://Cancure.org/hippocrates_health_institute.htm) (healing cancer with food & lifestyle)

[Crazysexycancer.com/](http://Crazysexycancer.com/) (one woman’s healing experience with inoperable cancer using diet/faith)

[Rawfor30days.com](http://Rawfor30days.com) (movie on healing diabetes in 30 days; 2 DVD set on raw food lifestyle)

[Goneraw.com](http://Goneraw.com) (forum for raw foodists with recipes & topics)