

Townsend Letter Book Review Index 2016

A

Alternative Therapies in Health and Medicine: The Gonzalez Protocol edited by Colin A. Ross, MD
(reviewer: Stephen Phipps, ND, PhD), #397/398 p.18

B

Beat the Heart Attack Gene by Bradley Bale, MD, and Amy Doneen, ARNP
(reviewer: Ira L. Goodman, MD), #395 p.87
BreakFree Medicine: A Systematic and Integrative Guide to Balancing Your Body by Sarah LoBisco, ND
(reviewer: Jenna Henderson, ND), #395 p.89

C

The Cure for Alcoholism by Roy Eskapa, PhD
(reviewer: Jonathan Collin, MD), #399 p.14

D

The Digital Doctor by Robert Wachter, MD
(reviewer: Elaine Zablocki), #390 p.28–9
Doctoring Data: How to Sort Out Medical Advice from Medical Nonsense by Malcolm Kendrick, MD
(reviewer: Ira L. Goodman, MD), #391/392 p.91

E

Eat to Beat Disease by Catherine J. Frompovitch
(reviewer: none), #399 p.1
The Exercise Cure by Jordan D. Metzl, MD
(reviewer: Jule Klotter), #394 p.94

F

The Fibro Fix: Get to the Root of Your Fibromyalgia and Start Reversing Your Chronic Pain and Fatigue in 21 Days by David M. Brady, ND
(reviewer: Todd LePine, MD), #397/398 p.87
Fortify Your Life by Tieraona Low Dog, MD
(reviewer: Jule Klotter), #395 p.30

H

Herbs and Nutrients for Neurological Disorders: Treatments for Alzheimer's, Parkinson's, Stroke, Multiple Sclerosis, Migraine, and Seizures by Sidney J. Kurn, MD, and Sheryl Shook, PhD
(reviewer: Katherine Duff), #399 p.96
How to Cure Diabetes! by Sherry A. Rogers, MD
(reviewer: Jule Klotter), #394 p.95
How to Overcome Pain: Natural Approaches to Dealing with Everything from Arthritis, Anxiety and Back Pain to Headaches, PMS, and IBS by Leon Chaitow
(reviewer: none), #400 p.99
Human Heart, Cosmic Heart by Thomas Cowan, MD
(reviewer: Nancy Faass, MSW, MPH), #401 p.91

I

Integrative Therapies for Depression: Redefining Models for Assessment, Treatment and Prevention edited by James M. Greenblatt, MD, and Kelly Brogan, MD
(reviewer: Ingrid Kohlstadt, MD, MPH), #399 p.97

L

Life Reimagined: The Science, Art, and Opportunity of Midlife by Barbara Bradley Hagerty
(reviewer: Elaine Zablocki), #395 p.25–6
Living Well with Chronic Illness: A Practical and Spiritual Guide by

Richard Cheu
(reviewer: Katherine Duff), #395 p.86

M

A Mind of Your Own: The Truth About Depression and How Women Can Heal Their Bodies to Reclaim Their Lives by Kelly Brogan, MD, with Kristin Loberg
(reviewer: Ira L. Goodman, MD), #396 p.95

N

Nourishing Broth by Sally Fallon Morell and Kaayla T. Daniel, PhD, CCN
(reviewer: Jule Klotter), #395 p.30
Nutrition Essentials for Mental Health: A Complete Guide to the Food-Mood Connection by Leslie Korn, PhD, MPH
(reviewer: Denis Marier, ND, MA), #399 p.95

P

The Power of Habit: Why We Do What We Do in Life and Business by Charles Duhigg
(reviewer: Jacob Schor, ND), #395 p.88+
The Probiotic Promise: Simple Steps to Heal Your Body from the Inside Out by Michelle Schoffro Cook, PhD, NDM
(reviewer: Katherine Duff), #390 p.76

S

Shantaram by Gregory Roberts
(reviewer: Jonathan Collin, MD), #390 p.1+
Stop Vision Loss Now! Prevent and Heal Cataracts, Glaucoma, Macular Degeneration, and Other Common Eye Disorders by Bruce Fife, ND
(reviewer: Katherine Duff), #393 p.68
Stories of Healing - A Family Doctor's Journal by Robert A. Anderson, MD
(reviewer: Jule Klotter), #391/392 p.92

V

Vaccination and Naturopathic Medicine: In Their Own Words edited by Sussanna Czeranko, ND
(reviewer: Thomas A. Kruzel, ND), **online**, #396 p.96
Vaxxed: From Cover-Up to Catastrophe (film) by Andrew Wakefield and Del Bigtree
(reviewer: Jim West), #395 p.90+

Y

Yum: Plant-Based Recipes for a Gluten Free Diet by Theresa Nicassio, PhD
(reviewer: Jonathan Collin, MD), #401 p.20+