

The Most Critical/Key Nutrition/Health Books You Must Own & Study

These are the best of the best easy to assimilate books on the topic. There are some other great books, but this group will best serve the purpose of helping to restore and maintain your health and physical well-being. They also correctly approach the topic of environmental healing.

There will naturally be overlapping topics between the books. That will serve to reinforce the importance of some very important topics and principles. You will find only a very few points of disagreement between them, which helps to underscore the validity of what's presented in them collectively.

I recommend that you should read them in the order presented.

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| 1 | The Dirt Cure | Maya Shetreat-Kline, MD | On Audible |
| 2 | Metabolical | Robert Lustig, MD Also him on YouTube | On Audible |
| 3 | The Big Fat Surprise | Nina Teicholz | On Audible |
| 4 | Sacred Cow | Diana Rogers, RS & Robb Wolf | On Audible |
| 5 | Nourishing Traditions | Sally Fallon | On Audible |
| 6 | Omnivore's Dilemma | Michael Pollan | On Audible |
| 7 | Wheat Belly Total Health | William Davis, MD | On Audible |
| 8 | Super Gut | William Davis, MD | On Audible |
| 9 | Folks, This Ain't Normal | Joel Salatin | On Audible |
| 10 | Excitotoxins | Russell L. Blaylock, MD (out of print, Find used) | On Audible |
| 11 | The Salt Fix | James DiNicolantonio, Dr of Pharmacy | On Audible |
| 12 | The Great Plant-Based Con | Jayne Buxton | On Audible |
| 13 | Grain by Grain | Bob Quinn & Liz Carlisle | On Audible |