

Books Advocating the Adventist Lifestyle

Books on Health Authored by Adventists

Books listed here are Adventist-authored, but may not reflect the NAD philosophy of health in every respect. An attempt was made to list as many current books in print as possible (and a few older ones), but there obviously will be omissions. Please send sample copies of books we omitted to NAD Health and Temperance Department, for possible inclusion in the next edition. (12501 Old Columbia Pike, Silver Spring, MD 20904)

Adventist authored books can usually be found at your local Adventist Book Center, or from TEACH Services, Inc., (800) 367-1844.

Andress, William, with Ghode, Winnie, *Grandma Whitney: Queen of the Mountain*. Brushton, NY:TEACH Services, Inc., 1996. (800) 367-1844

The incredible story of Hulda Crooks, and how following good health habits allowed her to climb major mountain peaks into her eighties. The book was published to celebrate her 100th birthday.

Barrett, Steve and Jarvis, William, Ph.D., *The Health Robbers*. New York, NY: McMillan, 1981, 1993.

A guide to understanding quackery. William Jarvis is a professor at Loma Linda University.

Cannon, Carol, *Never Good Enough*. Boise, ID: Pacific Press Publishing Association, 1993.

Growing up imperfect in a "perfect" family. How to break the cycle of codependence and addiction for the next generation.

Craig, Winston J., Ph.D., *Eating for Good Health*. Eau Claire, MI 49111: Golden Harvest Books, 1993.

Chairman of the Nutrition Department at Andrews University. Discusses many current dietary issues. A study guide is available.

Craig, Winston J., Ph.D., *Nutrition for the Nineties*. Eau Claire, MI 49111: Golden Harvest Books, 1992.

Discusses issues like the calcium craze, vitamin B₁₂ status of vegetarians, what our children are eating and safe water.

Crane, Milton G., M.D., *Preparation for Translation*. Brushton, NY: TEACH Services, Inc., 1988, 1992.

This book deals with a lot of intricate subjects besides our health message like vital lessons from the 1888 experience, God's true remedies, the secret of success, development of the "omega" of deception, the ministry of the spirit, perfection versus maturation and the nature of humanity (227 pages).

Dail, Clarence, M.D., and Thomas, Charles, Ph.D., *Hydrotherapy: Simple Treatments for Common Ailments*. Brushton, NY:TEACH Services, Inc., 1989.

This book describes how to use hydrotherapy in calming nerves and relaxing muscles, as well as relieving headaches, ulcers, insomnia, hemorrhoids, arthritis, hypertension, common cold, chest congestion and more. Dr. Charles Thomas was a former professor at Loma Linda University and is the founder and director of Desert Hot Springs Therapy Center.

Dawson, Ron, *Nature Bound*. Boise, ID: Pacific Press Publishing Association, 1985.

Pocket field guide—a handbook of wilderness appreciation and survival.

Diehl, Hans, Dr.H.Sc., M.P.H., *To Your Health*. Loma Linda, CA: Lifestyle Medical Institute, 1987.

Books Advocating the Adventist Lifestyle

How to eat more and live longer and better. The book features four diets that Diehl calls, The Monkey Diet, The Baseball Diet, The Horse Diet, and the 100-Year-Old Diet. Dr. Diehl has founded the Lifestyle Medicine Institute in Loma Linda, CA. (His books and videos are available by calling: (909) 825-1888.)

Diehl, Hans, *Reversing High Blood Pressure and Reversing Obesity Naturally* (small booklets). Available from Better Health (909) 825-1888 or TEACH Services, Inc.,

DeShay, Samuel, M.D., and DeShay, Bernice A., R.N., *Plus Fifteen. Here's Life Publishers, Inc.* (Now a part of Thomas Nelson: Nashville, TN) 1990.

This book offers a 15 day plan to lower blood pressure and cholesterol. Includes menus and recipes.

Ferrell, Vance, *Water Therapy Manual*. (Harvest Time Books???)

Foster, Vernon W., M.D., *Newstart*, Santa Barbara, CA: Woodbridge Press, 1988.

Excellent resource on Adventist lifestyle based on the Weimar Institute, NEWSTART Lifestyle program. (Also available in Spanish.)

Glassburn, Vicki, *Who Killed Candida?* Brushton, NY: TEACH Services, Inc., 1991.

How making simple lifestyle choices can actually stop the yeast support cycle.

Grahm, Rhonda, *Nowhere to Turn*. Boise, ID: Pacific Press Publishing Association, 1993.

A deeply moving story of self-discovery that offers hope to Christians enduring crises of faith and family.

Griffin, Vicki, Ph.D., *Calamity in a Cup*, Sure Word Productions, P.O. Box 38, Hot Springs, NC. 28743; (800) 453-8732. Also: *Dieting: Victory from the Jaws of Defeat*, and *Mooove Over Milk*.

Hansen, Richard A., *Get Well at Home*. Shiloh Medical Publications at RFD 1, Box 4035, Poland Spring, ME 04274, 1980, 1995.

This book helps family members to understand common symptoms, to learn to administer simple home remedies, and cooperate better with nature and its physicians in the treatment of common diseases. A very practical and useful book (464 pages).

Hamblin, Madlyn Lewis, and Haus, Cari, *Toxic Trends*. Boise, ID: Pacific Press Publishing Association, 1996.

Are these fatal delusions controlling your life? TV, video games, music, books, lack of sleep, caffeine dependency. How to overcome these toxic trends.

Hoover, Jerry, M.D., *Natural Medicine*, 1993. (Available from Jerry Hoover, Rt. 2, Box 451A Webster, FL 33597; (904) 568-1119.)

Natural remedies and the importance of a healthy lifestyle.

Hullquist, Gary, *Garlic—Nature's Perfect Prescription*. Brushton, NY: TEACH Services, Inc., 1995.

This bulb is a potential antibiotic, anticancer, antioxidant, anti-aging, and anti-inflammatory agent. It's worth considering.

Kime, Zane R., M.D., *Sunlight*. World Health Publications at Box 408, Penryn, CA 95663, 1980.

This book is excellently written for general reading and yet is in careful tune with the latest scientific literature in the field. Well-documented, it shows how sunlight is a healthful adjunct to any good physical fitness program (315 pages).

Kuzma, Jan W., Ph.D., and Kuzma, Kay, Ed.D., and Williams, DeWitt S., Ed.D., *Energized!: One-a-day devotionals for body, mind and soul*. Hagerstown, MD: Review and Herald Publishing Association, 1997.

365 devotionals on all aspects of the Adventist lifestyle written by over 165 health professionals and inspirational writers. (The 1998

adult devotional for the Seventh-day Adventist Church.)

Lau, Benjamin, M.D., Ph.D., *Garlic for Health*. Wilmot, WI: Lotus Light Publications, 1988.

Dr. Benjamin Lau, a professor at Loma Linda University, builds a strong case for the health benefits of garlic based on his research and the research of others.

Lee, Celeste, *Understanding the Body Organs*, Brushton, NY: TEACH Services, Inc., 1992.

Illustrated book on how the body organs function and relate to each other, and the benefits derived from following God's eight natural remedies.

Luks, Allan, with Payne, Peggy, *The Healing Power of Doing Good*. New York, NY: Fawcett-Columbine (A Ballentine Book), 1991.

This book reaffirms and explains that when we care for others we care for ourselves. There is a powerful positive link between helping others and the helper's physical, emotional, and spiritual well-being. Luks pinpoints how, and why altruism can alleviate such chronic conditions as hypertension, arthritis, depression, allergies, headaches, back pain, and multiple sclerosis, as well as strengthen immunity (330 pages).

Ludington, Aileen, M.D., and Hans Diehl, Dr.H.Sc., M.P.H., *Dynamic Living: How to Take Charge of Your Health*. Hagerstown, MD: Review and Herald Publishing Association, 1995.

Formerly entitled *Lifestyle Capsules*. 52 short nuggets that will help improve your health, one for each week. Better health in easy doses (204 pages). There is also a *Dynamic Living Workbook* (112 pages), (Available at ABC (800) 765-6955.)

Marsh Alice G., Stoia, Rose G., Christensen, Dorothy, Fagal, Sylvia M., *About Nutrition*. Hagerstown, MD: Review and Herald Publishing Association, 1986.

An easy to read manual prepared by the Seventh-day Adventist Dietetic Association (159 pages).

Marshall, David, *Is God Still In the Healing Business?*, Autumn House Limited at Alma Park, Grantham, Lincs., NG31 9SL England, 1994.

Dr. David Marshall has pastoral, teaching, and journalism experience. From 1979 to 1993 he edited *Family Life Magazine*. From his rich background he tackles difficult questions using the Bible and recent well documented case histories of healings and non-healings (128 pages).

Martin, Dale and Martin, Kathy, *Living Well: Eight Fundamental Principles for Developing a Healthy Lifestyle*. Brentwood, TN: Wolgemuth & Hyatt, Publishers, Inc., 1988.

An excellent book written for the non-professional on the benefits of following the eight natural remedies. Includes recipes. Even though this book is now out of print, it is well worth searching for at a used bookstore!

McLaughlin, Kate, *My Son, Beloved Stranger*. Boise, ID: Pacific Press Publishing Association, 1995.

Written from a mother's perspective and how she dealt with her son being homosexual. A real life drama that faces our church today.

Moor, Fred, *Hydrotherapy Manual*. Boise, ID: Pacific Press Publishing Association, 1964.

Treatment for a variety of ailments using proven simple home remedies.

Moore, Marvin, *Conquering the Dragon Within*. Boise, ID: Pacific Press Publishing Association, 1995.

Excellent advice drawing on the 12-Step program in overcoming sin and enslaving addictions that taunt us with our failures.

Moore, Raymond, Ph.D., and Dorothy, M.A., *Home Made Health*. Waco, TX: Word Books Publisher: 1986.

Raymond and Dorothy, known as the primary promoters for the rebirth of the home-school movement, build a strong case for Adventist health. This book is now available through The Moore Foundation, P.O. Box 1, Camas, WA 98607, (206) 835-2736.

Books Advocating the Adventist Lifestyle

Neil, Richard, M.D., *Stress: Taming the Tyrant*. Brushton, NY: TEACH Services Inc., 1994.

What stress is, how it affects the body, and how to manage it. Dr. Neil has his own health consulting organization called Rilenco Associates in the Loma Linda area and was a former professor of health promotions at Loma Linda University.

Nieman, David C. Dr.P.H., *The Adventist HealthStyle: Why it Works*. Hagerstown, MD: Review and Herald Publishing Association, 1992.

David Nieman, former professor at Loma Linda University, School of Public Health, gives an excellent overview of the Adventist lifestyle with research references. This is required reading (along with a specially prepared study guide) for the NAD Lifestyle Certification program.

Nolfi, Kristine, M.D., *Raw Food: Treatment of Cancer*. Brushton, NY: TEACH Services Inc., 1995.

A Denmark physician tells of her own cure from breast cancer and how she used raw foods to help herself and others (42 pages).

Peters, Warren, M.D., *Mystical Medicine*. Brushton, NY: TEACH Services, Inc. 1995.

A look at the connection between the physical, mental and spiritual aspects of our nature and more natural methods of treatments.

Potter, Russ L., *How to Live to A Healthy 100*. Siloam Springs, AR: Concerned Communications, 1996.

The fascinating interview of 100 people who have lived to be 100 or are nearly there.

Paulien, Gunther, *Divine Philosophy and Science*. Brushton, NY: TEACH Services, Inc., 1995.

All the principles of the Bible and the Spirit of Prophecy are designed to allow us to function in perfect harmony with God Himself. This book discusses the methods and means of healthful living.

Rucker, Chris, and Hoffman, Jan, *The Seventh-day Diet*. New York, NY: Random House, 1991.

How the "healthiest people in America" (Adventists) live better, longer, slimmer—and how you can too. Highlights the Adventist lifestyle as a weight reduction program and gives sample recipes.

Schaefer, Richard A., *Legacy: Daring to Care*. Loma Linda, CA 92354 (P.O. Box 1500): Legacy Publishing Association, 1996.

The fascinating history behind Loma Linda University Medical Center and the Adventist health work.

Scharffenberg, John A., M.D., *Diet and Heart Disease*. Bakersfield, CA: Pacific Health Education Center, 1987.

This little 25-page booklet shows how you can reduce your risk of heart attack by 90 percent.

Scharffenberg, John A., M.D., *Dietary Fats and Cholesterol*. Bakersfield, CA: Pacific Health Education Center, 1990.

This book represents the position of the North American Division of Seventh-day Adventists Nutrition Council on dietary fats and cholesterol. It reviews the current scientific information and gives recommendations for the health improvement of Seventh-day Adventists.

Scharffenberg, John A., M.D., *Problems with Meat*. Santa Barbara, CA: Woodbridge Press Publishing Company, 1979.

Report of scientific studies indicating several health hazards associated with eating meat. Many graphs, charts, and references (110 pages).

Scharffenberg, John A., M.D., *Sweet Talk*. Siloam Springs, AR: Concerned Communications, 1978.

An authoritative, no nonsense discussion of sugar and its impact on total health (71 pages).

Stober, Iris Hayden, and Wecker, Berry, *The Church Health Educator*, New York, NY:McMillan Publishers, 1989.

This basic manual is designed to serve as a comprehensive guide for the educator especially

those at mission and church schools, community health projects and hospitals. It is very well illustrated and written in a clear and direct style which will assist those for whom English is a second language (265 pages).

Swarner, Julia, Dr.P.H., *Wellness—The Inside Story*. Boise, ID: Pacific Press Publishing Association, 1991.

Dr. Swarner, coordinator of clinical nutrition at Loma Linda University, shows how simple changes in your diet can dramatically lower your risk of disease. She makes sense of the cholesterol, fiber, and saturated/unsaturated fat frenzy.

Arlene Taylor, Ph.D., *Back to Basics: Timely Tips for Building Bona Fide Boundaries & Optimum Self-Esteem*. Brushton, NY: TEACH Services, Inc., 1994.

Dr. Arlene Taylor is a specialist on the function of the brain and how it relates to thoughts and behavior.

Taylor, Arlene, Ph.D., and Lawrence, Lorna, Ph.D., *Thresholds to Thriving: A Power Pack of Practical Prescriptions*. Napa, CA: Success Resources International, 1995.

Available from Realizations, Inc., P.O. Box 2554, Napa, CA 94558-0255; (707) 554-4981.

Factors contributing to problem behavior exhibited in adulthood related to incompleteness of developmental tasks in childhood. Twenty-four developmental tasks, that if not successfully completed can give problems in adulthood.

Taylor, Arlene, Ph.D., *Brainworks: Success Smarts Unlimited*, Napa, CA: Success Resources International, 1997. Available from Realizations, Inc., P.O. Box 2554, Napa, CA 94558-0255; (707) 554-4981.

Designed to present cutting-edge brain function education to help people manage their lives and their relationships more effectively. This manual is also used as the syllabus for the Brainworks Unlimited™ seminar and the Whole Brain Success Strategies Seminar.

Thompson, Walter C., M.D., *Managing Stress by the Power of God's Love*. Siloam Springs, AR: Creation Enterprises International, 1991; (800) 522-4234.

A self-study stress control program based on getting to know and believe in God. This is a part of the Power of God's Love series, all of which are a medical and biblical approach to the problem. Other books by Walter Thompson in this series are:

Freedom from Alcohol: Years of experience as a surgeon have given the author the convincing knowledge that this great evil of alcohol can and will only be defeated by the power of God's love.

Freedom from Smoking and Tobacco: Years of experience have supplied the background for this self-help manual written for people addicted to tobacco products, and other addicting substances.

Sexual Fulfillment: Discover the purest intent of God's gift of life to his earthly children as they experience sexual fulfillment by the power of God's love.

Weight Management: This manual seeks to integrate the experience of weight management with the experience of full restoration to the image of God.

Thrash, Agatha Moody, M.D., and Thrash, Calvin L., Jr., M.D., *The Animal Connection*. Seale, AL: New Lifestyle Books, 1983, (124 pages).

The Animal Connection is the culmination of a study extending over the past 20 years. It's 248 references to the ever growing scientific literature on the subject of the effects of animals and their diseases and animal products on the lives of humans presents a tiny but representative sampling of available material.

Thrash, Agatha, M.D., and Thrash, Calvin, M.D., *Prescription Charcoal*, Seale, AL: New Lifestyle Books, 1988, (108 pages).

This is the only book written on charcoal's medicinal properties by medical doctors.

Books Advocating the Adventist Lifestyle

Thrash, Agatha, M.D., and Thrash, Calvin, M.D., *Diabetes and the Hypoglycemic Syndrome*, Seale, AL: New Lifestyle Books, 1993 (214 pages).

A complete discussion of all known ways to treat these diseases and avoid their complications. A must for anyone who has diabetes in the family history.

Thrash, Agatha, M.D., Thrash, Calvin, M.D., and Austin, Phyllis, *Fatigue: Causes, Preventions*. Family Health Publications, 1989, (61 pages).

This book gives you all the information you need to treat fatigue.

Thrash, Agatha, M.D., Thrash, Calvin, M.D., and Austin, Phyllis, *Food Allergies Made Simple*. Family Health Publications, 1985, (79 pages).

What you can do to relieve and eliminate allergies.

Thrash, Agatha, M.D., and Thrash, Calvin, M.D., *Home Remedies: Hydrotherapy, Massage, Charcoal, and other Simple Treatments*. Seale, AL: Uchee Pines Institute, 1981.

A detailed book that provides practical information to equip you to use natural remedies to promote health. It tells you not only how to do the remedies, but also why they work.

Thrash, Agatha, M.D., Thrash, Calvin, M.D., and Austin, Phyllis, *Natural Remedies: A Manual: Vol. 1*. Family Health Publications, 1983, (171 pages).

A brief description of each disease and long lists of home remedies known to be effective in treating illnesses.

Thrash, Agatha, M.D., Thrash, Calvin, M.D., and Austin, Phyllis, *More Natural Remedies: Vol. 2*. Family Health Publications, 1985, (125 pages).

Thrash, Agatha, M.D., Thrash, Calvin, M.D., and Austin, Phyllis, *Natural Healthcare for a Child*. Family Health Publications, 1990. (255 pages).

How to intelligently care for your child's health and the treatment of diseases.

Thrash, Agatha Moody, M.D., and Thrash, Calvin L., Jr., M.D., *Nutrition for Vegetarians*. Seale, AL: Thrash Publications, 1982.

A complete nutritional guide written for the average reader desiring to be informed on the subject.

Booklets by Drs. Agatha and Calvin Thrash

- *Fertility, Contraception, Abortion* 1990, (23 pages).
- *Health Topics*, 1996, (58 pages).
- *Poison With a Capital C (Caffeine)*, 1991, (22 pages).
- *Prostate: A Monograph*, 1991, (16 pages).
- *Simple Home Remedies Instructor Booklet*, 1996, 31 pages).

(Note: All the books by Agatha and Calvin Thrash are available from NewLifestyle Books 30 Uchee Pines Road, Ste. 15. Seale, AL 36875-5702; (334) 855-4708; Fax (334) 855-3952: Orders only (800) 542-5695 or at your local ABC.)

Vartabedian, Dr. Roy E., and Matthews, Kathy, *Nutripoints*. San Francisco, CA: Harper Row Publishers, 1982.

A simple rating system that evaluates the relative nutritional value of foods and translates the results into a single number that guides you to optimal nutrition.

Walton, Lewis R. J.D., Walton, Jo Ellen, MD, and Scharffenberg, John A., MD, *How You Can Live Six Extra Years*. Santa Barbara, CA: Woodbridge Press Publishing Company, 1988.

Evidence from studies on Adventists is presented. The book has four sections: The evidence, diet, how to cook and how to eat, and in contact with nature, where seven of the natural remedies are presented.

Wehr, J. & M., *Protect Your Family Against AIDS*. Brushton, NY: TEACH Services, Inc., 1994.

The "Immune for Life" program is designed to make your immune system as strong as possible through proper nutrition, exercise and a positive attitude.

Weimar Institute, Reversing Diabetes Seminar Syllabus, Weimar, CA: Weimar Institute, 1996.

Loose-leaf workbook includes 159 pages of course outline and physician's lecture material for the two-day NEWSTART® seminar presented by Weimar physicians and associates.

Williams, Richard, Ed.D., *They Stole It, But You Must Return It*. Rochester, NY: Hema Publishing, 1986.

A manual for black families. This book looks at the black slavery experiences in America and how these experiences affect the family and the health status of African-Americans today (130 pages).

Wilson, Miriam J. Williams, R.N., *Help for Children: From Infancy to Adulthood*. Rocky River Publishers at P.O. Box 1679 Shepherdstown, WV 25443 (304) 876-2711, Updated periodically.

A national directory of hotlines, helplines, agencies, and other resources. A valuable resource for families and every person who works with children.

Wolfsen, Al, *Healing By God's Natural Methods*. Brushton, NY: TEACH Services, Inc., 1993.

In 1948 Al Wolfsen was at the point of death; the doctors gave him up. He found remedies in the Bible and nature. He has taught hundreds of sick people how to use simple nonpoisonous remedies.

Yeagley, Larry, *Heartache and Healing: Coming to terms with grief*. Hagerstown, MD: Review and Herald Publishing Association, 1995.

A pastor and former hospital chaplain, talks about how to deal with loss, whether by death or divorce. Understanding such issues as loneliness, anger, secondary loss, and chronic painmakers.

A Few Selected Adventist Authored Cookbooks (Mostly Vegan)

The following cookbooks were selected as possible books to use with cooking schools. They generally feature natural foods, no animal products, refined sugar and low fat.

Alderson, Leona, *Healthy Food Choices*. Brushton, NY: TEACH Services, Inc., 1994.

A compilation of some of the best recipes that have been used in vegetarian cooking classes over many, many years of time by an expert cook and nutrition teacher.

Beltz, Muriel, *Cooking with Natural Foods*. Brushton, NY: TEACH Services, Inc., 1978, and *Cooking with Natural Foods II*, Brushton, NY: TEACH Services, 1992. (Available from Black Hills Health and Education Center, HCR 89, Box 167, Hermosa, SD 57744; (605) 255-4789, 4101, or 9717.)

Ideal eating program for a preventive lifestyle, weight control and stress control.

Brackett, Neva, *Best Gourmet Recipes from the Chefs at the Five Loaves Deli and Bakery*. For a copy write Health Services, Washington Conference of SDA, 20015 Bothell-Everett Highway, Bothell, WA 98012; (206) 833-4092. 1996. (\$17.95) For a look at the book see their web page, www.tagnet.org/fiveloaves.

The Five Loaves Deli and Bakery (a health education center in downtown Seattle) makes 25 different kinds of bread every day, and has outstanding vegan recipes. 170 pages of delicious vegan/low fat recipes.

Bray-Eubanks, Eunice, *The New Beginning and Original Vegetarian Gourmet Cookbook*. Huntingdon, TN: Del Boatright, 1992.

Burnett, Reggi, *Adam's Table*. Brushton, NY: TEACH Services, Inc., 1994.

Originated from Adam's Table Restaurant in Albuquerque, NM. A true vegetarian cookbook.

Country Life Natural Foods Nutrition Seminar Cookbook, Brushton, NY: TEACH Services, Inc., 1984.

This cookbook was originally designed to be used as a reference book in local community vegetarian cooking schools. General health principles and wholesome vegetarian recipes.

Books Advocating the Adventist Lifestyle

Eakins, Paula A., MS, *Vegetarian Cooking Made E-Z*. Chicago, Illinois: National Center for Nutrition and Dietetics, 1994.

Ferguson, Klacena, *Live, Unfired Foods*, (Pub?)

Fuller, Lucy, *Whole Foods for Whole People*. Brushton, NY: TEACH Services, Inc., 1994.

Learn an exciting new way to cook with whole foods.

Hoffman, Trudie, *Non Oil—No Fat Vegetarian Cookbook*. Professional Press Publishing Company at 13115 Hunts Terrace, Valley Center, CA, 92082, (619) 749-1134/749-1135, 1983.

Mrs. Hoffman believes that fats should be taken in the form which nature presents them enclosed in cells in such vegetable foods as oatmeal, nuts, and some fruits. Fats are wholesome and nutritious elements of food. But when separated from the other elements and taken in a free state they become unwholesome. Her cookbook does not recommend the use of any free fat (143 pages).

Hoover, LaVonne, *A Taste of Nature Cookbook and Nutritional Guide*, 1992. (Available from LaVonne Hoover, Rt. 2, Box 451A Webster, FL 33597; (904) 568-1119.)

These recipes are free from meat, dairy, refined fat and sugar.

Hullquist, Eriann, *Incredible Edibles Cookbook*. Brushton, NY: TEACH Services, Inc., 1992.

A four week planner with great tasting vegetarian recipes.

Hullquist, Eriann, *Nutrition Workshop Guide*, 2nd edition. Brushton, NY: TEACH Services, Inc., 1996.

Nutritional recipes as well as helpful nutritional tips for special situations, such as road trips. Designed to give out at cooking schools.

Hullquist, Eriann, *Oak Glen Apple Sampler Cookbook*. Brushton, NY: TEACH Services, Inc., 1991.

An apple a day is what you'll have with these delicious recipes. Included is all the health benefits from apples.

Hurd, Frank, D.C., M.D., and Rosalie, B.S., *Ten Talents Cookbook: Vegetarian Natural Food Cookbook and Health Manual*, is available in English and Spanish for \$21.95. Order from Dr. Frank and Rosalie Hurd, Rt. 1, Box 86-A Country Side Lane, Chisholm, MN 55719; (500) 442-4425.

Excellent recipes, but some of the nutritional information presented, such as the combination of certain foods, is not accepted by most nutritionists.

King, Penny, *Taste and See*. Family Health Publications, 1992. (Available from TEACH Services (800) 367-1844.)

Totally vegetarian and allergy free recipes. This book won a 1989 award from *Vegetarian Times Magazine*.

Knutsen, Lorrie, *Quick-n-Easy Natural Recipes*. Brushton, NY: TEACH Services, Inc., 1993.

Every recipe has five or fewer ingredients and most take only minutes to prepare! Simple, natural ideas.

Lawson, Gloria, *Caring Kitchens Recipes*. Brushton, NY: TEACH Services, Inc., 1989.

Best selection of recipes featuring whole grains, vegetarian, dairy free cookery.

Living Springs, *Nature's Banquet*. Brushton, NY: TEACH Services, Inc., 1996.

Vegetarian cooking as an art and a science.

Lynch, Marcella, *Cooking by the Book*, Accompanies the *Cooking by the Book* video series and features wholesome, nutritious food with simple recipes based on the nutrition principles of Scripture.

Books Advocating the Adventist Lifestyle

Nelson, Ethel, *375 Meatless Recipes*, Brushton, NY: TEACH Services, Inc. 1974.

Continues to be a popular guide for nutritious cooking.

Nowack, Joanne Chitwood., *An Adventure in Cooking*. Brushton, NY: TEACH Services, Inc., 1995.

Step-by-step art of vegetarian cookery. Especially compiled to teach young people.

Peters, Betty-Ann, *Returning Back to Eden*. Brushton, NY: TEACH Services, Inc., 1994.

Makes vegetarian cooking easy and fun. These recipes have been taste tested by the world-wide travelers that have come to Back to Eden Restaurant and Bakery in Minocqua, Wisconsin.

Peterson, Joycelyn M., M.P.H., R.D., L.D., *The Joy of Living: Vegetarian Cuisine*. Dimensions in Food and Nutrition, Inc., P.O. Box 73, Burtonsville, MD 20866, (301-854-0853), 1996.

Zesty, delectable recipes and superbly-balanced, non-dairy menus for today's new lifestyle.

Pickle, Julieane, *100% Vegetarian*. (Pub?)

Pastors wife prepares easy, delicious 100 % vegetarian recipes.

Rachor, JoAnn, *Of These Ye May Freely Eat: A Vegetarian Cookbook*. Sunfield, MI: Family Health Publications, 1990.

This cholesterol free vegetarian cookbook packs in over 250 recipes. JoAnn Rachor uses basic natural foods which yield maximum nutrition without a sacrifice.

Tadej, Lorine, *Absolutely Vegetarian*. Brushton, NY: TEACH Services, Inc., 1984.

A cookbook based on the NEWSTART concepts and statements from the Spirit of Prophecy (160 pages).

Thomas-Peters, Cheryl, D.T.R., *Choices*, Hagerstown, MD: Review and Herald Publishing Association, 1994.

This book was a best seller in 1996.

Thomas-Peters, Cheryl, D.T.R., *Fabulous Food for Family and Friends*. Hagerstown, MD: Review and Herald Publishing Association, 1990.

Thomas-Peters, Cheryl, D.T.R., *Quick and Easy Cooking*. Hagerstown, MD: Review and Herald Publishing Association, 1988.

Thrash, Agatha, M.D., *Eat For Strength; A Vegetarian Cookbook*. NewLifestyle Books, 30 Uchee Pines Road, Ste 15, Seale, AL 36875-5702; (334) 855-4708, Fax (334) 855-3952. Orders only (800) 542-5695. 1978.

Oil-free, sugar-free, dairy-free.

Victor, Steve, *Light-hearted Vegetarian Cookbook*. Boise, ID: Pacific Press Publishing Association, 1988.

Fun, field tested recipes that will give you great tips on avoiding fats, sugar, salt, cholesterol and heart trouble.

Vierra, *Vegetarian Cooking School Cookbook*. Brushton, NY: TEACH Services, Inc., 1994.

This unique cookbook contains over 170 of the tastiest vegetarian recipes as well as many facts and charts supporting why it is wise to avoid eating animal foods.

Weimar Institute, *NEWSTART® Lifestyle Cookbook*, 1997. (Available from Weimar Institute (800) 525-9192.)

260 vegan recipes, plus helpful information on menu planning, food preservation, feeding infants, and more.

Weimar Institute, *Recipes from the Weimar Kitchen*. Boise, ID: Graphic House, Inc. 1992. (Available from Weimar Institute (800) 525-9192.)

Recipes using natural foods that contain no cholesterol, fat or sugar.

Weimar Institute, Weimar Country Cafeteria Food Service Recipes. (Available from Weimar Institute (800) 525-9192.)

These recipes are served at Weimar Institute, and includes quantities for institution use and in-home use.

Note: The Adventist Heritage Library at Andrews University has a complete list of books on health authored by Adventists. This can be accessed by Internet in two ways:

- Telnet library.libr.andrews.edu (then go to Jewel)

Select L for limited.

Select W for where.

Select A for Adventist Heritage Center

- Internet: <http://www.andrews.edu/library>

Ellen G. White Books on Health

White, Ellen G., *A Call to Medical Evangelism and Health Education*. Nashville, TN: Southern Publishing Association., 1954.*

White, Ellen G., *Adventures in Adventist Living*. (Compiled by Leo R. Van Dolson with a study guide after each lesson.) Leominster, MA: Eucey Press, 1987. (Distributed by Boston Van Ministry, GMF, Box 1600, Boston, MA 02205.)

White, Ellen G., *Better Living for Your Home: The Book of Health and Happiness*. Harvestime Books, 1988.

White, Ellen G., *Counsels on Diet and Foods*. Hagerstown, MD: Review and Herald Publishing Association, 1938.

White, Ellen G., *Counsels on Health*, Boise: ID: Pacific Press Publishing Association, 1951.

White, Ellen G. *Healthful Living*, (a compilation) Brushton, NY: TEACH Services, Inc., 1994.

White, Ellen G., *Medical Ministry*. Boise, ID: Pacific Press Publishing Association, 1963.

White, Ellen G., *The Ministry of Healing*. Boise, ID: Pacific Press Publishing Association, 1909.

White, Ellen G., *Mind, Character, and Personality*, (Vol. 1 & 2), Hagerstown, MD: Review and Herald Publishing Association, 1977.

White, Ellen G., *Place of Herbs in Rational Therapy*, (Compiled by D. E. Robinson, secretary to Ellen White.) Brushton, NY: TEACH Services, Inc. (800) 367-1844.

White, Ellen G., *Temperance*. Boise, ID: Pacific Press Publishing Association, 1949.

White: Ellen G., *Welfare Ministry*. Hagerstown, MD: Review and Herald Publishing Association, (1952)

White, Ellen G., and White, James, *Christian Temperance and Bible Hygiene*, 1890. (Reprinted by Northwestern Publishing Association, P.O. Box 20234, Sacramento, CA 95820.)

* Out of print, but likely available at Adventist College libraries or from a used Adventist book source such as:

Leaves of Autumn (520) 474-3654

John Segar (800) 732-2664 (used SDA books)

Recommended Non-Adventist Books on Health

Appleton, Nancy, PhD, *Lick the Sugar Habit*. Garden City Park, NY: Avery Publishing Group, Inc., 1988.

We are a nation of sugarholics, slaves and victims of sugar consuming on the average of more than 130 pounds of sugar and sweeteners a year. Dr. Appleton shows how sugar upsets the body chemistry and devastates the immune system leading to a host of diseases (162 pages).

Charles R. Attwood, MD, *Dr. Attwood's Low-Fat Prescription for Kids: A pediatrician's program of preventive nutrition*. New York, NY: Viking Penquin, 1995.

You would think Dr. Attwood was following Ellen White's counsel on nutrition as he makes a strong case for a plant-based diet for children. He shows how food choices in childhood result in adult disease.

Bailey, Covert, *Fit or Fat?* Boston, MA: Houghton Mifflin Company, 1978.

Bailey shows you how to design your own aerobic plan to get thin and stay fit, and have fun doing it.

Barnard, Neal D., MD, *The Power of Your Plate*. Summertown, TN: Book Publishing Company, 1990.

Dr. Barnard is President of the Physicians' Committee for Responsible Medicine, a nationwide group of physicians that advocate vegetarianism. In this book he interviews 17 experts and lets them tell you how to eat well for better health. Some of the experts are William Castelli, Director of the Framingham Heart Study; Michael DeBakey, famous heart surgeon; Dennis Burkitt, leading authority on fiber; Carol Tucker Foreman, former Assistant Secretary of Agriculture; John McDougall, physician and medical lecturer (240 pages).

Berman, Louis, *Vegetarianism and Jewish Tradition*. New York, NY: Ktav, 1981.

A comprehensive review of connections between Judaism and vegetarianism.

Bradley, Doc, *Let the Mocking Bird Sing Herbal Praise from the Old Barn*, Brushton, NY: TEACH Services, Inc., 1996.

Scientific documentation showing that prayer, herbs and diet work to combat disease and medical conditions in both man and animals.

Bricklin, Mark, and Spilner, Maggie. *Walking for Health*. Emmaus, PA: Rodale Press, 1992.

A practical encyclopedia of the importance of walking. It's practical, delightful, down to earth and has a road guide. Mark Bricklin is the editor and Maggie Spilner is the walking editor of *Prevention Magazine* (274 pages).

Cooper, Kenneth H., MD, *Antioxidant Revolution*. Nashville, TN: Thomas Nelson, Inc., 1994.

Delay the signs of aging and reduce the risk of cancer and heart disease with this powerful new prevention program.

Cooper, Kenneth H., MD, *It's Better to Believe*. Nashville, TN: Thomas Nelson, Inc., 1995.

The famous father of aerobics shows the relationship between faith and fitness and pinpoints the relationship between spiritual faith and physical health and shows why belief can lead to better health and fitness (248 pages).

Dominguez, Richard H., MD, *The Gift of Health*. Elgin, IL: David C. Cook Publishing Company, 1987.

Doctor Dominguez, a Christian physician from Chicago, believes that the Bible talks significantly about health practices which can extend our lives. He attempts to answer some of the hard questions that Christians ask about why a good God allows Christians to get sick (177 pages).

Draper, Harry L., *Haunted Memories, Healing the Pain of Childhood Abuse*. Grand Rapids, MI: Flemming H. Revell, 1996.

Harry L. Draper is a licensed marriage and family therapist and is the survivor of child abuse. He offers suggestions on how parents can protect their children from child abuse. Incest and sexual abuse are not popular subjects and most people don't want to talk about them, but Draper talks about them frankly and puts them in a Christian context (280 pages).

Ferguson, Tom, MD, *The No-Nag, No-Guilt, Do-It-Your-Own-Way Guide to Quitting Smoking*. New York, NY: Ballantine Books, 1987.

Dr. Ferguson asked 200 health concerned smokers what kind of information they would find most useful in taking control of their habit and he developed this respectful non-blaming way that leaves the final decision up to each individual smoker. He gives dozens of strategies, tools, and techniques that will help a smoker quit.

Studies show that the more strategies you combine the more likely you are to become a permanent nonsmoker. A wonderful thought provoking book and guide for people who want to stop smoking.

Frahm, David and Frahm, Anne, *Healthy Habits: 20 Simple Ways To Improve Your Health*. Pinon Press (P.O. Box 35007, Colorado Springs, CO, 80935), 1993.

The authors use a number of Adventist authors as references, and their healthy habits definitely promote the Adventist lifestyle.

Franken, Darrell, *Healing Through Stress Management*, Holland, MI: Wellness Publications, 1985.

Combines scientific research with fundamental Christian beliefs and perspectives. The twenty chapters of this book could help you launch a healing ministry in your church. Each chapter begins with a Bible verse or series of verses and then a self diagnostic test to help the reader evaluate the level of stress in the area discussed in the chapter (383 pages).

Fuhrman, Joel, MD, *Fasting and Eating for Health*. St. Martin's Press: New York, NY, 1995.

Dr. Fuhrman discusses how therapeutic fasting accelerates the healing process and allows the body to recover from serious disease in a dramatically short period of time. He has used fasting successfully to eliminate lupus and arthritis, remove chronic skin conditions, heal the digestive tracts, and quickly eliminate cardio-vascular diseases such as high blood-pressure and angina.

Lappe, Frances Moore, *Diet for a Small Planet*. New York, NY: Ballentine Books, 1982, 1991.

Convincingly shows the wastefulness of a meat-centered diet and that sufficient protein can be obtained from non-flesh foods.

Larson, Gaylen, with Marita Littauer, *Too Much is Never Enough*. Boise, ID: Pacific Press Publishing Association, 1992.

Helps the reader discover if he/she has addictive tendencies and shows the way to recovery.

Malkmus, Reverend George H., Dye, Michael, *God's Way to Ultimate Health*. Destiny Image Publishers, Inc. at PO Box 310, Shippensburg, PA 17257-0310; (800) 722-6774. 1995.

Urges Christians to return to God's original plan for nourishing the human body. Tries to show what the Bible says about diet and how it is supported by scientific knowledge and real life testimonials, many from his Hallelujah Acres Farm in Tennessee (270 pages).

Malkmus, Reverend George H., *Why Christians Get Sick*. Destiny Image Publishers, Inc. At PO Box 310, Shippensburg, PA 17257-0310; (800) 722-6774. 1989.

Written by a Baptist minister who was diagnosed with cancer and whose mother died from cancer. When he began to study the Bible he found out that the reasons Christians got sick was that they didn't follow the counsel of the Bible (140 pages).

Martin, Dr. Grant, *When Good Things Become Addictions: Gaining Freedom From Our Compulsions*. New York, NY: Victor Books, 1990.

Offers hope, encouragement, and steps to freedom from addictions, all from a sound biblical foundation.

Mason, Jim, and Singer, Peter, *Animal Factories*. New York, NY: Crown Publishers, Inc., 1980.

The mass production of animals for food and how it affects the lives of consumers, farmers, and the animals themselves.

McDougall, John A., MD, and McDougall, Mary A. *The McDougall Plan*. New Century Publishers, Inc. at 220 Old New Brunswick Road, Piscataway, NJ 08854, 1983.

Although John is not an Adventist, he practices at St. Helena Hospital and appears on *Lifestyle Magazine* on a regular basis. His nutrition plan is close to that of Adventists, with a few minor exceptions.

Books Advocating the Adventist Lifestyle

McMillan, S.I., MD, *None of These Diseases*. Old Tappan, NJ: Flemming H. Revell, Company; 1963, 1984.

This classic, which has sold well over a million copies, goes back to the Bible to show the extraordinary medical benefits that are hidden in God's word. The latest edition has been updated by David E. Stern, MD, the grandson of Dr. McMillan (224 pages). A classic!

Messina, Mark, PhD, and Messina, Virginia, RD, *The Simple Soybean and Your Health*. Garden City Park, NY: Avery Publishing Group, 1994.

How soyfoods can lower your cholesterol and reduce your risk of heart disease and cancer. Mark speaks at many Adventist conventions about his research on soy.

Murray, Michael T., ND, *The Healing Power of Foods*. Rocklin, CA: Prima Publishing; 1993.

This easy to read handbook explains the components of a healthful diet and the health promoting properties that specific foods possess. Murray includes sections on designing a healthful diet, avoiding food allergies, and achieving ideal body weight the natural way. The book has extensive sections of specific food prescriptions for common health problems.

Myers, Casey, *Walking*. New York, NY: Random House, 1992.

Exercise walking is now the number one exercise in the United States and growing each year. Casey Myers has conducted hundreds of lectures and walking clinics throughout the United States (313 pages).

Ornish, Dr. Dean, *Reversing Heart Disease*. New York, NY: Random House, 1990.

The only system scientifically proven to reverse heart disease without drugs or surgery. Dr. Ornish's program promotes a lifestyle very similar to the Adventist lifestyle.

Oski, Frank A., M.D., *Don't Drink Your Milk!* Brushton, NY: TEACH Services, 1983.

New frightening medical facts about the world's most overrated nutrient. Dr. Oski is the

Director, Department of Pediatrics, Johns Hopkins University School of Medicine and physician-in-chief, the Johns Hopkins Children's Center.

Rifkin, Jeremy, *Beyond Beef: The Rise and Fall of the Cattle Culture*. New York, NY: Dutton/Penguin, 1992.

With penetrating insight, good scholarship, and deep compassion, Rifkin shows the historical, social, and economic forces that have led to America's beef addiction.

Robbins, John, *Diet for a New America*. Stillpoint Publishing at Box 640, Walepole, NH 03608, (800) 847-4014, 1987.

A must for your library. One of the best books giving scientific reasons to be a vegetarian. Written by the son of the Baskin and Robbins Ice Cream fame. Very well researched but easy to read with lots of graphs and charts and information (423 pages). Excellent!

Rosen, Steven, *Food for the Spirit-Vegetarianism and the World Religions*. New York, NY: Bala Books, 1986.

Shows connections between the major world religions and vegetarianism.

Schell, Orville, *Modern Meat*. New York, NY: Vintage Books; 1985.

Detailed discussion about problems related to the production of meat.

Schwartz, Richard H., Ph.D., *Judaism and Vegetarianism*. Micah Publications at 255 Humphrey Street, Marblehead, MA 01945, 1988.

This is a classic work of reference that will assist and guide all those who love Judaism and others seeking after truth so that they may follow in the footsteps of the many Orthodox Jewish leaders (including several chief rabbis) by discontinuing the obsolete practice of flesh eating (204 pages).

Books Advocating the Adventist Lifestyle

Scott, Sharon, *Peer Pressure Reversal: An Adult Guide to Developing a Responsible Child*. Amherst, MA: Human Resource Development Press, 1985.

Shows parents how to help their children withstand negative peer pressure, but be popular.

Scott, Sharon, *How to Say No and Keep Your Friends: Peer Pressure Reversal*. Amherst, MA: Human Resources Development Press, 1986.

Helps pre-teens and teenagers deal with negative peer pressure.

Spickard, Anderson, MD, *Dying for a Drink*. Waco, TX: Word Books, 1985.

Provides clinical information and the Christian perspective for dealing with alcoholism and addictions (211 pages).

Virkler, Mark and Patti, *Go Natural!*. Destiny Image Publishers, Inc. At P.O. Box 310, Shippensburg, PA 17257-0310; (800) 722-6714. 19 .

Shows the wealth of information in the Bible on health and longevity and how modern science confirms it (300 pages).

Wilson, Mary and Lagerborg, Mary Beth, *Once A Month Cooking*. Colorado Springs, CO: Focus on the Family:, 1986, 1992.

An easy plan to prepare two weeks or a whole month of delicious main meal dishes at a time. By using this method you'll save time in the kitchen, spend less on food and always have nutritious ready to cook and serve meals on hand (160 pages).

Yntema, Sharon, *Vegetarian Baby*. Ithaca, NY: McBooks Press, 1991.

Gives you the confidence you need to bring up your child on a meatless diet.