

Barbara’s Healthy Living
Recommended Reading and Listening

Title	Author YouTuber
*15 Success Principles for Self-Realization, The	Sara Landon
Art and Science of Low Carbohydrate Living, The	Stephen Phinney MD, PhD, Jeff S. Volek, PhD RD
Big Fat Surprise, The	Nina Teicholz
Brain Energy	Christopher Palmer, MD
Cancer as a Metabolic Disease, An Overview of	Johannes Ruckermeier, based on the work Thomas Seyfried PhD
Carnivore Cure	Judy Cho, NTP
Carnivore Diet	Shawn Baker, MD
Carnivore in the Kitchen	Courtney Luna
Change Your Diet Change Your Mind	Georgia Ede, MD
Common Sense Labs	Ken Berry, MD
Data Companion	Sally K, Norton, MPH
Drop Acid	David Perlmutter, MD
End of Alzheimer’s, The	Dale Bredesen, MD
End Your Carb Confusion	Eric Westman MD
Forever Strong	Gabrielle Lyon, MD
Good Energy	Casey Means, MD
Great Plant Based Con	Jayne Buxton
How Not to Get Sick	Benjamin Bikman, PhD
How to Reverse Aging	Jon Harmon, DC
*The Illusion of Money	Kyle Cease
*Keto for Cancer	Miriam Kalamian, EdM, MS, CNS
*Letting Go	Sir David R.Hawkins MD, PhD
Lies My Doctor Told Me	Ken Berry, MD
Living Your Best Life	Robert Kiltz, MD
*Loving What Is	Byron Katie
Metabolical	Robert Lustig, MD
Patch Manual (LifeWave)	Jen O’Sullivan, ND
*Spiral of Remembering, The	Dawn E. Smith
Status Quo Thinking is Harming Your Health	Sarah Hallberg, DO, MS
Sugar Blues	William Duffy
Tiny Habits	BJ Fogg, PhD
Toxic Super Foods	Sally K. Norton, MPH
Two Meals a Day	Mark Sisson
Ultra-Processed People	Chris van Tulleken, PhD
UnBreakable	Kyle Zagrodzky, John Jaquish, PhD
*Unexpected	Jill Carnahan, MD
UnHoly Trinity	Daniel Trevor
What on Earth are We Doing to Our Health	Mark L. Fox
Why Vegans Have Smaller Brains and How Cows Reverse Climate Change	David Ellis, Alison Morgan, Anita Tagore
Why We Get Fat: and What to Do About It	Gary Taubes, Science Journalist
Why We Get Sick	Benjamin Bikman, PhD
	Anthony Chaffee, MD

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Helping Others Help Themselves to a Healthier, Happier, More Prosperous Life!
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