



Nature's Answer to Cancer

Release your inner healing, naturally!



KIM DALZELL
Ph.D., R.D., L.D.
Author of "Challenge
Cancer and Win!"

Recommended Resources

For Health Care Professionals

Note to Health Care Professionals: The below referenced resources were instrumental in building part of my knowledge base of complementary nutrition and lifestyle practices. It is important to mention that while I did not completely embrace every concept or element presented within the various resources, I did use the information to provide substance to my presentations and sound critiques to my patients during counseling. I hope you will find these resources as enlightening as I did.

Healing with Whole Foods

This book taught me the basic principles of Chinese Medicine and nontraditional concepts of how to eat and prepare foods from an aesthetic and holistic healing point of view. I have had on numerous occasions the opportunity to discuss the use (and misuse) of micro-algae and the science of Oriental cooking methods with my patients and I wrote an article on season attunement which was published in Coping Magazine. Written by Paul Pitchford for North Atlantic Books, ISBN 0-938190-64-4.

The Natural Pharmacy

I was delighted to find this fully referenced natural healing book that offers integrative advice for the treatment of a myriad of ailments. Dosage information, side effects and interactions are presented for each therapy. Written by two of my personal favorites when it comes to practice-based, reliable medical health information: Alan Gaby, MD and Jonathan Wright, MD for Prima Health, ISBN 0-7615-1227-6.

Poisons in Your Food

Go to the dark side of America's food supply with this book. Well-documented information is presented about food additives, pesticides and other deliberate and accidental hidden ingredients in our food and water. What's nice about this book is that author and award-winning science writer Ruth Winter doesn't just warn you about what's wrong, but to her credit, offers you suggestions for keeping your food supply as safe as possible. This book helped me become more environmentally aware. Published by Crown, ISBN 0-517-57681-3.

Enzyme Nutrition

I have been able to provide significant help to many patients with digestive disturbances based on the principles of this book, but it offers far more value than that. Discover why the enzymes from whole foods play an important role in maintaining and rebuilding the health of our body. Written by Dr. Edward Howell for Avery, ISBN 0-89529-221-1.

Better Bones, Better Body

By far, this is one of my favorite women's health books because it is very well written and offers bone health options beyond the traditional estrogen and calcium! Authored by a medical anthropologist and certified nutritionist, Dr. Susan Brown offers a natural nutrition program for women who want to regenerate bone health. Published by Keats, ISBN 0-87983-700-4.



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The Detox Diet

Written by a true pioneer in complementary medicine before CAM was cool, Elson Haas, MD, offers a transformational look at how we can detoxify and cleanse our body to work more efficiently and heal more quickly. I referenced this book as a companion piece to my distance-learning course on cancer and nutrition. Published by Celestial Arts, ISBN 0-89087-814-5.

Fats that Heal, Fats that Kill

At first glance, I never thought I'd make it through a 456-page book solely written about fats and oils, but to my delight I found Professor Udo Erasmus' book to be the final piece that tied everything together for me regarding fat and cholesterol metabolism. There are plenty of molecular structures inside for you biochemistry buffs, too. Published by Alive Books, ISBN 0-92040-58-6.

Nutrition Action Health Letter

Kudos to the Center for Science in the Public Interest for putting together an unbiased and topical newsletter meant to inform, enlighten and entertain. CSPI accepts no government or industry funding, so what you read is fact. Of all of the health and nutrition newsletters published (and I've viewed them all, I believe) this one is worth the subscription fee of \$24.00 a year. Find out more at www.cspinet.org.

The Complete Guide to Public Speaking

Don't ever wing it and consider using less power point slides! After many years of experience and as a member of the prestigious National Speaker's Association, I know the value of effectively communicating to an audience. If you have the passion and commitment to educate the public, do yourself (and them!) a favor and pick up this book written by Jeff Davidson. It is the ultimate guide to the art of public speaking. Published by Wiley, ISBN 0-471-23607-1.

The Self-Publishing Manual

Two New York agents were interested in my book and a colleague of mine (who shall remain nameless) said, "Why let them have control of your words—self publish!" After searching for the perfect do-it-yourself book on publishing, I found Dan Poynter's book to be the most comprehensive and information-packed resource available. If you have a book inside of you, you'll appreciate how much time and frustration this book will save you. Published by Para Publishing (Poynter's company!), ISBN 1-56860-063-1.