



ELEMENTS  
*of*  
HEALTH

Acupuncture,  
Nutrition & Herbal Medicine

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## Nutrition Resources

### Websites:

[Westonaprice.org](http://Westonaprice.org)

[Eatwild.com](http://Eatwild.com)

[Realmilk.com](http://Realmilk.com)

[Localharvest.org](http://Localharvest.org)

[Biodynamics.com](http://Biodynamics.com)

[Seleneriverpress.com](http://Seleneriverpress.com) (good source for books on nutrition)

### Videos:

Food, Inc.

Sugar: "The bitter truth" on Youtube.com

Bought – The hidden story behind vaccines, big pharma & your food

### Books:

Nourishing Traditions – Sally Fallon

Empty Harvest – Mark Anderson & Dr. Bernard Jensen

Put Your Money Where Your Mouth Is – Stephanie Selene Anderson

Why Your Doctor Offers Nutritional Supplements – Stephanie Selene Anderson

Practical Paleo – Diane Sanfilippo