

## List of Sources

Conquering Arthritis: What Doctors Don't Tell You Because They Don't Know

Barbara D. Allan

The Cleveland Clinic Guide to Arthritis

John D. Clough MD

The Arthritis Cure

Jason Theodosakis, Sheila Buff and Barry Fox

How to Eat Away Arthritis

Laurie M. Aesoph

Arthritis: What Exercises Work

DavaSobel and Arthur C. Clein

The New Arthritis Breakthrough

Henry Scammell

The Anti-Inflammation Diet and Recipe Book

N.D. Jessica K. Black

Alternative Medicine Definitive Guide to Arthritis

Ellen Kamhi and Eugene R. Zampieron

Yoga for Arthritis

Loren Fishman and Ellen Saltonstall

Too Young to Feel Old: The Arthritis Doctor's 28-Day Formula for Pain Free Living

Richard H. Blau and E.A. Tremblay

The New Arthritis Cure

Bruce Fife

The First Year: Rheumatoid Arthritis: An Essential Guide for the Newly Diagnosed

M.E.A. McNeil and Kenneth Sack MD

Preventing and Reversing Arthritis Naturally: The Untold Story

Raquel Martin and Karen J. Romano R.N., D.C.

The Inflammation Syndrome: The Complete Nutritional Program...

Jack Challem

The Arthritis Helpbook

RN Kate Lorig and James Fries

Arthritis: Fight it with the Blood Type Diet

Peter J. D'Adamo and Catherine Whitney

Strong Women and Men Beat Arthritis

Ph.D. Miriam E. Nelson, Kristin Baker, M.A., Lawrence Lindner and RonennRoubenoff

Living with Rheumatoid Arthritis

Tammi L. Shlotzhauer, James L. McGuire and Carol M. Ziminski

The Arthritis Handbook: Improve Your Health and Manage Pain of Osteoarthritis

Grant Cooper, M.D.

Arthritis for Dummies

Barry Fox, Nadine Taylor and JinoosYazdany

The Arthritis Cure Cookbook

Brenda Adderly

Rheumatoid Arthritis: The Infection Connection

Katherine M. Poehlmann

The Fit Arthritic

Alan Kelton

Arthritis Rx: A Cutting Edge Program for a Pain Free Life

Vijay Vad

Psoriatic Arthritis (The Facts)

Dafna D. Gladman and VinodChandran

Defeat Chronic Pain Now! Groundbreaking Strategies for Eliminating the Pain of...

Charles Argoff and Bradley S. Galer

Complete Idiot's Guide to Arthritis

Amye L. Leong MBA, FACP, FACR, Neal S. Birnbaum, MD and Karen M. Brees

There is a Cure for Arthritis  
PaavoAirola

The Bible Cure for Arthritis  
Donald Colbert

Flax Oil As a True Aid Against Arthritis Heart Infarction Cancer and Other Diseases  
Johanna Budwig

A Resilient Life: Learning to Thrive, not just survive with rheumatoid arthritis  
Kat Elton

Overcoming Arthritis  
David Brownstein

Arthritis and Common Sense  
Dale Alexander

Arthritis and Folk Medicine  
Deforest Clinton Jarvis

Pain-Free Arthritis: A 7-Step Plan for Feeling Better Again  
Harris H. McIlwain and Debra Fulghum Bruce

Arthritis Relief, Third Edition: Chinese Qigong for Healing and Prevention  
Jwinig-Ming Yang

The Essentials Arthritis Cookbook: Kitchen Basics for People with Arthritis...  
University of Alabama at Birmingham

Arthritis  
John Marcus Thompson

Our FAScinating Journey: keys to Brain Potential Along the Path of Prenatal Brain Injury  
JodeeKulp

TBI Hell: A Traumatic Brain Injury Really Sucks  
Geo Gosling

I am Brain Damaged: Memoirs of Return to Life After My Head Injury  
Lori Purdy Faitel

Normal Again: Redefining Life with Brain Injury  
Dennis Swiercinsky

Keep On Pushing: My Life with a Spinal Cord Injury  
Derek Hawkins

Genesis: A Portrait of Spinal Cord Injury  
Stephen Thompson

Surviving Head Trauma: A Guide to Recovery  
Written by a Traumatic Brain Injury Patient Terry Smith

Walk of the Centipede: A Story of One Man's Journey through Catastrophic Injury  
Jay Clark and Aura Sanchez Garfunkel

Journey to Well: Learning to Live after Spinal Cord Injury  
8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck...  
Esther Gokhale and Susan Adams

Healing Back Pain: The Mind-Body Connection  
John E. Sarno

Healing Back Pain Naturally: The Mind-Body Program Proven to Work  
Art Brownstein

Treat Your Back Without Surgery: The Best nonsurgical alternatives for Eliminating...  
M.D. Stephen Hochschuler and M.B.A. Bob Reznik

7 Steps to a Pain Free Life: How to Rapidly Relieve Back and Neck Pain  
Robin McKenzie and Craig Kubey

Overcoming Back and Neck Pain: A Proven Program for Recovery and Prevention  
Lisa Morrone

Treat Your Own Back  
Robin McKenzie

Fixing You: Back Pain  
Rick Olderman

Conquer Back and Neck Pain: Walk it off! A Spine Doctor's Proven Solutions for Finding Relief Without Pills or Surgery  
Mark D. Brown

The 7-Day Back Pain Cure: How Thousands of People Got Relief Without Doctors, Drugs, or Surgery  
Jesse Cannone

Framework for the Lower Back Revised and Updated 2nd Edition: A 6-Step Plan for a Healthy Lower Back  
Nicholas A. DiNubile MD and Bruce Scali

The Truth about Back Pain: A Revolutionary, Individualized Approach to Diagnosing and Healing Back Pain  
DC, Todd Sinett and DC, Sheldon Sinett

Cure Back Pain with Yoga  
Carol Ardman and Loren Fishman

Back Pain - A Movement Problem: A clinical approach incorporating relevant research and practice  
Josephine Key

Exercises for Back Pain: The Complete Reference Guide to Caring for Your Back through Fitness  
William Smith and Grant Cooper

Trigger Point Therapy for Low Back Pain: A Self-Treatment Workbook  
Sharon Sauer and Mary Blacalana

Back and Neck Pain  
Bill McCarberg, Steven Stanos and Yvonne D'Arcy

Cancer Pain: Assessment, Diagnosis and Management  
Dermot R. Fitzgibbon and John D. Loeser MD

Cancer Pain: Assessment and Management  
Eduardo D. Bruera and Russell K. Portenoy

The Complete Guide to Relieving Cancer Pain and Suffering  
Richard B. Pratt MD and Susan S. Lang

Cancer Pain: Pharmacological, Interventional and Palliative Care Approaches  
Oscar A. deLeonCasasola MD

Cancer Pain Management  
Michael Fisch and Allen Burton

Cancer Pain: From Molecules to Suffering  
Judith A. Paice, Rae F. Bell, Eija A. Kalso and Olaitan A. Soyannwo

Principles of Analgesic Use in the Treatment of Acute Pain and Cancer Pain  
American Pain Society

Cancer Related Bone Pain  
Andrew Davies

Opioids in Cancer Pain  
Mellar P. Davis, Paul A. Glare, Janet Hardy and Columba Quigley

Don't Waste the Pain: Learning to Grow Through Suffering  
David Lyons and Linda Lyons Richardson

Rehabilitation and Palliation of Cancer Patients  
Herrmann Delbruck

Fibromyalgia: A Practical Clinical Guide  
Dawn A. Marcus

The Concise Book of Trigger Points, Second Edition  
Simeon Niel-Asher

The Permanent Pain Cure: The Breakthrough Way to Heal Your Muscle and Joint Pain for Good  
Ming Chew and Stephanie Golden

A Complete Look at CFS and Fibromyalgia: The Syndromes of Fatigue and Body Pain  
James M. Lowrance

The Science of Occupational Health: Stress, Psychobiology and the New World of Work  
Ulf Lundberg and Cary L. Cooper

The 10 Best Questions for Living with Fibromyalgia: The Script You Need to Take Control of Your Health  
Dede Bonner and Dr. Patrick B Wood

God's Remedy: How to Really Recover from Fibromyalgia, Myofascial Pain Syndrome...  
Rodney Dean Gatti

Peripheral Neuropathy: When the Numbness, Weakness, and Pain Won't Stop  
Norman Latov

Medifocus Guidebook on: Peripheral Neuropathy  
Medifocus.com Inc. and Elliot Jacob Ph.D.

Diabetic Neuropathy  
Solomon Tesfaye and Andrew Boulton

Peripheral Neuropathies in Clinical Practice  
Steven Herskovitz, Stephen Scelsa and Herbert Schaumburg

High Risk Diabetic Foot: Treatment and Prevention  
Lawrence A. Lavery, Edgar J.G. Peters and Ruth L. Bush

Diabetic Neurology  
Douglas Zochodne

Management of Diabetes Mellitus: A Guide to the Pattern Approach, Sixth Edition  
Dr. Diana Guthrie, PhD and Dr. Richard Guthrie MD

The New Bible Cure for Diabetes  
Don Colbert

Peripheral Nerve and Muscle Disease  
Jeffrey A. Cohen, Justin Mowchun and Jon Grudem

The Numb Foot Book - How to Treat and Prevent Peripheral Neuropathy  
Dr. Alexander McLellan, Dr. Marc Spitz, April Jackson and Chris Gibson

Diabetic Retinopathy  
Elia Duh

Neurology Secrets  
Loren A. Rolak MD

Peripheral Receptor Targets for Analgesia: Novel Approaches to Pain Management  
Brian E. Cairns

Medifocus Guidebook on: Diabetic Foot Ulcers  
Medifocus.com and Elliot Jacob PhD

USMLE Step 2 Secrets

Theodore X. O'Connell MD and Adam Brochert MD

Head, Face and Neck Pain Science, Evaluation and Management: An Interdisciplinary Approach

Noshir Mehta, George E. Maloney, Dharendra S. Bana and Steven J. Scrivani

The Fatigue Prescription: Four Steps to Renewing Your Energy, Health and Life

Linda Hawes Clever and MD Dean Ornish

Are You Tired or Wired?: Your Proven 30-Day Program for Overcoming Adrenal Fatigue and Feeling Fantastic Again

Marcelle Pick

Fighting Fatigue in Multiple Sclerosis: Practical Ways to Create New Habits and Increase Your Energy

Nancy A. Lowenstein

No More Fatigue: Why You're So Tired and What You Can Do About It

Jack Challem

Treating and Beating Fibromyalgia and Chronic Fatigue Syndrome: A Step-by-step Program Proven to Help You Get Well

Rodger H. Murphree

Beat Stress and Fatigue: The Drug-Free Guide to De-Stressing and Raising Your Energy Levels

Patrick Holford

Integrative Therapies for Fibromyalgia, Chronic Fatigue Syndrome and Myofascial Pain: The Mind-Body Connection

Celeste Cooper, RN and Jeffrey Miller, Ph.D.

Hope and Help for Chronic Fatigue Syndrome and Fibromyalgia (Second Edition)

Russell Howe, Alan Logan and Alison Bested

Food that Helps Win the Battle Against Fibromyalgia: Ease Everyday Pain and Fight Fatigue

Deidre Rawlings

What Your Doctor Doesn't Know About Fibromyalgia: Why Doctors Can't or Won't Treat Chronic Pain

Linda Meilink and MD Patrick Rhoades

The Complete Idiot's Guide to Fibromyalgia, 2nd Edition

Lynne Matallana and Ph.D. Laurence A. Bradley



Exercises for Fibromyalgia: The Complete Exercise Guide for Managing and Lessening Fibromyalgia Symptoms  
William Smith

The Fibromyalgia Cookbook: More than 140 Easy Delicious Recipes to Fight Chronic Fatigue  
Shelley Ann Smith

Fibromyalgia Controversy  
Michael C. Hall

100 Questions and Answers About Fibromyalgia  
Sharon Ostalecki and Martin S. Tamler

Overcome Your Fibromyalgia  
Cherie Stechly

FibroWHYalgia: Why Rebuilding the Ten Root Causes of Chronic Illness Restores Chronic Wellness  
Susan E. Ingebretson

The Complete Guide to Healing Fibromyalgia  
Deborah Mitchell

Living with Fibromyalgia n/3 - Beat this debilitating condition  
Christine Craggs-Hinton

Understanding and Conquering Fibromyalgia  
J.G. Schnellmann

Fibromyalgia  
MD Daniel Clauw and MD Daniel Wallace

Coping with Chronic Illness: \*Neck and Back Pain \*Migrains \*Arthritis \*Fibromyalgia...  
H. Norman Wright and Lynn Ellis

Help My Body is Killing Me: Solving the Connections of Autoimmune Disease to Thyroid Problems, Fibro...  
Dr. Kevin Connors

Fixing You: Neck Pain & Headaches  
Rick Olderman

Trigger Point Therapy for Headaches & Migraines: Your Self-Treatment Workbook for Pain Relief  
Valerie DeLaune

The Migraine Brain: Your Breakthrough Guide to Fewer Headaches, Better Health  
Carolyn Bernstein and Elaine McArdle

Overcoming Headaches and Migraines: Clinically Proven Cure for Chronic Pain  
Lisa Morrone

The Woman's Migraine Toolkit: Managing Your Headaches from Puberty to Menopause  
Dawn A. Marcus and Philip Bain

Jefferson Headache Manual  
William B. Young, Stephen D. Siberstein, Stephanie J. Nahas and Michael J. Marmura

The Headache Cure  
Joseph Kandell and David Sudderth

The TMJ Healing Plan: Ten Steps to Relieving Headaches, Neck Pain and Jaw Disorders  
Cynthia Peterson

Medifocus Guidebook on: Cluster Headache  
Medifocus.com Inc and Elliot Jacob PhD

Chocolate & Vicodin: My Quest for Relief from the Headache that Wouldn't Go Away  
Jennette Fulda

Heal Your Back: Your Complete Prescription for Preventing, Treating and Eliminating Back Pain  
David G. Borestein

Take Back Your Back: Everything You Need to Know to Effectively Reverse and Manage Back Pain  
Beth B. Murison