Read/Viewed/Tried:	
January 1, 1988	1 ***FIT OR FAT*** (1977) by Covert Bailey… *"Exercise builds muscle… Muscle burns fat… Less fat makes it easier to exercise… Repeat..."*
August 1, 1990	Used **Slim Fast** products to lose weight prior to marriage to Leah...
April 15, 2000	Dr. Mark Brooks (introduced me to ***SUGAR BUSTERS!*** and gave encouragement)
May 1, 2000	2 ***SUGAR BUSTERS*** (1998) by H. Leighton Steward… *"Refined, processed foods and starchy foods spike blood sugars, increase glucose storage as fat, an*
May 20, 2001	**Running/jogging** around Black Hills HS daily or every other day... Inspired by Lesley University group and coming 20-year reunion of Northglenn HS Class of
January 1, 2002	2A ***DR. ATKINS' NEW DIET REVOLUTION*** (1992, 1999, 2002) by Robert C. Atkins, M.D.... *"Promotes eating fats to create ketosis, requires carb counting/li*
April 1, 2002	**Running/jogging** to the north end of Sunset Drive West in University Place (every other day due to chafing/soreness)...
May 20, 2003	My wife, Leah (understanding, helpful, encouraging despite having been following high fat/low carb diets for previous 2-3 years)...
November 1, 2003	My former neighbors, The Foleys (gave me access to their unused **YMCA membership**, Nov. 2003 - March 2004)
December 1, 2003	Henry diligently reminded me, "No desserts, Daddy!"
January 1, 2004	Gary Clinton & the Saturday AM Men's Group @ UPPC… My Family (put up with my abstinence at the table and my absence in the evenings to go run and ex
March 1, 2004	New King Buffet in Tacoma & Main Chinese Buffet in Lacey (let me "eat my weight" in seafood & greens a few times a month)
June 1, 2004	***Super Size Me*** (2004) documentary film by/about Morgan Spurlock observing the effects of a 30-day McDonalds-only diet...
June 1, 2008	**Flood rebuild workout**... Down to a size 48-50" waist (for a while)...
August 20, 2013	"That Woman" (Krista from Snoqualmie) I met at DXL/Casual Male/Big & Tall in Tacoma w/ her incredible story & pictures of a very rapid 200-300# weight-loss
August 20, 2013	***Fat, Sick and Nearly Dead*** (2011) documentary film by/about Joe Cross, recommended by "That Woman" at DXL/Casual Male/Big & Tall...
October 20, 2013	***Forks Over Knives*** (2011) documentary film recommended by Carole Layton (a social studies colleague at Black Hills HS)...
March 1, 2014	Dr. Mark Brooks prescribed daily **testosterone** self-injections to boost my metabolism and help me lose weight...
March 18, 2016	50-minute visit w Dr. Mark F. Brooks… "2,800 cal./day... Walk 30 min. 3x/week… Cancel Rx for triglycerides… Aim for overall health, not physique… Use Medi
March 25, 2016	***Forks Over Knives*** (again)… watched with family @ home
April 10, 2016	***Fat, Sick and Nearly Dead II*** (2014) documentary film sequel...
April 21, 2016	***Cowspiracy: The Sustainability Secret*** (2014) documentary film… *"Animal agriculture is the largest contributor to ecologocal damage… It is the elephant in*
May 8, 2016	***That Sugar Film*** (2015) documentary film by/about Damon Gameau… *"Limit refined/added-sugar intake to 9 teaspoons (36 grams) per day…"*
May 12, 2016	***My Big Fat Body*** (2012) documentary film about the late comedian Frank Payne…
May 19, 2016	***Forks Over Knives*** (again)… w Lewis County Community Conversations @ United Methodist Church, Centralia
May 25, 2016	3 ***QUANTUM FITNESS*** (1984) by Dr. Irving Dardik & Dr. Denis Waitley (gift from Dr. Brooks)
June 1, 2016	***Vegucated*** (____) documentary film…
June 5, 2016	***In Defense of Food*** (2016) lecture/presentation by Michael Pollan…
June 16, 2016	4 ***EAT TO LIVE*** (2003) by Dr. Joel Fuhrman… *"Eat more nutrient dense, low-calorie foods…" "Salad is the main dish…" "Fruit is the desert…"*
June 17, 2016	***Sweet Revenge*** (2015) lecture/presentation by Dr. Robert Lustig
June 23, 2016	***Fed Up*** (2014) documentary film… *"Brings issues to light, but is disappointing in that the victims don't break free of their cycles of addiction…"*
June 26, 2016	5 ***RELEASING FAT*** (2003) by Dr. Ray Strand (from Brenda Snodgrass @ Dentistry NW in ~2012)
July 7, 2016	6 ***MY BEEF WITH MEAT*** (2013) by Rip Esselstyn… *"The 'need' to eat meat is a myth…"*
July 27, 2016	7 ***FOOD REVOLUTION*** (2001) by John Robbins… *"The food choices you make affect everyone on the planet…"*
July 31, 2016	8 ***FAST FOOD NATION*** (2001) by Eric Schlosser… *"If you really knew what was in that burger, those fries, that shake… you wouldn't want to eat it."*
August 6, 2016	9 ***FAT LAND*** (2003) by Greg Critser (predictable/takes the long way to making a point)
August 10, 2016	10 ***THE E2 DIET*** (2009) by Rip Esselstyn… *"Hard to argue with results of Texas firemen and a triathlete whose dad is Dr. Caldwell Esselstyn…"*
August 18, 2016	11 ***THE CHINA STUDY*** (book) by Dr. T. Colin Campbell… *"Food from animals is killing us…"*
September 20, 2016	12 ***THE OMNIVORE'S DILEMMA*** (2006) by Michael Pollan… *"Don't eat ignorantly… Learn where your food comes from… Appreciate it… Prepare it and c*
October 1, 2016	***Symphony of the Soil*** (2013) documentary film…
October 12, 2016	13 ***THE HEALTHIEST DIET ON THE PLANET*** (2016) by Dr. John McDougall… *"The best foods for you are the comfort foods civilzations were built on - who*
October 16, 2016	14 ***THE JUNGLE*** (1906) by Upton Sinclair… *"This entire industrialized agricultural system is just plain wrong and evil…" "We were not meant to be eating th*

October 24, 2016	15 ***PREVENT AND REVERSE HEART DISEASE*** (2007) by Dr. Caldwell Esselstyn… *"If you're serious about becoming heart-attack proof, you must cut out*
October 30, 2016	16 ***THE COMPLETE IDIOT'S GUIDE TO PLANT BASED NUTRITION*** (2011) by Julieanna Hever (an overview of all of the above)
November 18, 2016	17 ***DIET FOR A NEW AMERICA*** (1987 & 2012) by John Robbins *"One of those books you fear reading, because you know that, if/when you do, you will be*
November 19, 2016	18 ***FAT CHANCE*** (2012) by Dr. Robert Lustig… *"It's the toxic environment we live in… You must change your environment to change your health… Reduc*
December 1, 2016	***Food Chains*** (2014) documentary film…
December 5, 2016	19 ***WHOLE*** (2013) by Dr. T. Colin Campbell… *"Focus on whole foods, plant-based (WFPB) eating… Don't reduce focus to individual nutrients… Food & bo*
December 8, 2016	20 ***21-DAY WEIGHT LOSS KICKSTART*** (2011) by Dr. Neal Barnard… *"No need to count calories if you do 3 THINGS: 1) eliminate animal products, 2) avoi*
December 18, 2016	21 ***THE McDOUGALL PROGRAM*** (1990) by Dr. John A. McDougall… *"You cannot get fat - in fact, you cannot help but get healthy - by eating a starch-base*
December 27, 2016	22 ***THE END OF AVERAGE*** (2015) by Todd Rose… *"Averages are purely arbitrary - a manmade image/ideal - an 'idol'… It is falacy (and damaging) to com*
January 2, 2017	23 ***THE STARCH SOLUTION*** (2012) by Dr. John McDougall… *"Denying/limiting your starch intake leaves you hungry and unsatisfied… Don't sweat the sal*
January 13, 2017	24 ***EAT MORE, WEIGH LESS*** (1993) by Dr. Dean Ornish… *"It's the* ***kind*** *of food, not the amount… Loved recipes are still possibile w/ better ingredients (e*
January 17, 2017	25 ***DR. DEAN ORNISH'S PROGRAM FOR REVERSING HEART DISEASE*** (1990) by Dr. Dean Ornish… *"Not only a change in diet, but a change in lifestyl*
January 21, 2017	26 ***THE NEW PRITIKIN PROGRAM*** (1990) by Robert Pritikin… *"Occasional small portions of lean meat, non-fat dairy or egg white are okay (for B12)… Elin*
February 7, 2017	27 ***HEALTH POWER*** (2011) by Dr. Hans Diehl… *"Life - physical, emotional, spiritual - is so much better when we don't eat 'foods' that harm us…"*
February 12, 2017	28 ***CLEANSE YOUR ARTERIES AND SAVE YOUR LIFE*** (1988) by Dr. Edwin Flatto… *"Stop eating foods with cholesterol in them - foods from animals - yo*
February 26, 2017	29 ***BREAKING THE FOOD SEDUCTION*** (2003) by Dr. Neal Barnard… *"You can wean yourself off the animal products… None of it does you any good any*
March 1, 2017	***Dirt! The Movie*** (2009) documentary film…
March 5, 2017	***Peacable Kingdom*** (2015) documentary film…
March 9, 2017	30 ***THE POT AND HOW TO USE IT: THE MYSTERY AND ROMANCE OF THE RICE COOKER*** (2010) by Roger Ebert… *"A Pritikin convert, Ebert cooked f*
March 13, 2017	***PlantPure Nation*** (2015) documentary film by Thomas M. Campbell… *"Documents attempts at bringing evidence-based nutritional guidelines into state legisl*
April 6, 2017	31 ***DOMINION: The Power of Man, the Suffering of Animals, and the Call to Mercy*** (2002) by Matthew Scully… *"The title says it all… An important 21st*
April 6, 2017	32 ***FOODS THAT CAUSE YOU TO LOSE WEIGHT: The Negative Calorie Effect*** (1992) by Dr. Neal Barnard… "Easily summarizes everything one should
April 14, 2017	33 ***THE END OF DIETING*** (2014) by Dr. Joel Fuhrman… *"There's no need to go to extremes like fad diets do, if you just choose to eat nutritious, whole, plan*
April 21, 2017	34 ***THE CHEESE TRAP*** (2017) by Dr. Neal Barnard… *"Cheese is one of the worst foods - high fat, high cholesterol, high animal proteins, high sodium, adict*
April 23, 2017	35 ***THE POTATO HACK*** (2016) by Tim Steel, USAF Ret.… *"Potatoes are the answer, the cure, the re-boot, the staple, the perfect food, etc. for regaining he*
April 27, 2017	***Cowspiracy...*** (2014)… AGAIN!... *"This time I own it on DVD…"*
April 28, 2017	***What the Health*** (2017) *"The 'sequel' to* Cowspiracy *that will anger you over what the U.S. subsidises, pushes, protects, and inflicts on its own citizens and th*
May 1, 2017	36 ***THE McDOUGALL PROGRAM FOR MAXIMUM WEIGHT LOSS*** (1994) by Dr. John McDougall… "66-33% starch (whole grains/spuds/legumes), 33-66%
May 1, 2017	37 ***THE END OF OVEREATING*** (2009) by Dr. David A. Kessler… *"Here are my observations of people's addictive relationships with toxic foods in a toxic foo*
May 7, 2017	38 ***CHEW ON THIS*** (2006) by Eric Schlosser & Charles Wilson… *"Fast food has degraded the world's diet and spread violence that we consume all too che*
May 14, 2017	39 ***MAY ALL BE FED: DIET FOR A NEW WORLD*** (1992) by John Robbins… *"The chapter I thought I'd skip, was the most eye-opening, moving of all - the*
May 20, 2017	40 ***VOICES OF THE FOOD REVOLUTION*** (1992) by John Robbins & Ocean Robbins… *"A compilation of conversations and candid thoughts from several le*
May 27, 2017	41 ***IN DEFENSE OF FOOD: AN EATER'S MANIFESTO*** (2008) by Michael Pollan… *"Eat food (whole, not food-like substances)… Not too much (slowly, co*
June 4, 2017	42 ***THE McDOUGALL PLAN FOR SUPER HEALTH AND LIFE-LONG WEIGHT LOSS*** (1983) by Dr. John McDougall… *"Starches are needed to fill you up*
June 13, 2017	43 ***REVERSE DIABETES NOW, DR. NEAL BARNARD'S PLAN TO...*** (2007) by Dr. Neal Barnard… *"No animal products, no added oils/fats, and lots of fibe*
June 17, 2017	44 ***THE END OF DIABETES*** (2013) by Dr. Joel Fuhrman… *"Suffering from diabetes is completely unnecessary…"*
June 19, 2017	45 ***McDOUGALL'S MEDICINE: A CHALLENGING SECOND OPINION*** (1985) by Dr. John McDougall… *"Each chapter addresses a food-bourne illness and*
June 27, 2017	46 ***SLAUGHTERHOUSE*** (1997/2007) by Gail A. Eisnitz… *"It is impossible to consume uncontaminated meats coming from industrial agriculture… All are co*
July 9, 2017	47 ***THE NEW McDOUGALL COOKBOOK*** (1993) by Dr. John McDougall & Mary McDougall… "Spaghetti, potatoes, beans or rice. It's what's for dinner!... D
July 22, 2017	48 ***SUPER IMMUNITY*** (2011) by Dr. Joel Fuhrman… *"Similar to his other books' messages, but with particular emphasis on specific benefits of a plant-base*
July 25, 2017	49 ***THE PLEASURE TRAP*** (2003) by Douglas J. Lisle & Alan Goldhammer… *"Our environment short circuits/short cuts natural motives to live - get food, mi*
August 2, 2017	50 ***THE BLUE ZONES*** (2008/2012) by Dan Buettner… *"The healthiest people and communities on Earth do not do as Western, fast-food, pop culture says t*
September 3, 2017	51 ***EVERYBODY MATTERS*** (2015) by Bob Chapman & Raj Sisodia… *"We who run business must be in the business of making our people feel fulfilled… r*

September 17, 2017	52 ***101 BEST VEGAN FOODS*** (2012) by Carissa Kinyon Marilyn Pocius… *"very informative about a lot of foods… great photos… delicious looking recipies,*
October 3, 2017	53 ***PROTEINAHOLIC*** (2015) by Dr. Garth Davis… *"a compilation of research, experience, and stories from a bariatric surgeon who did a 180 in his own life*
November 5, 2017	54 ***SALT SUGAR FAT*** (2013) by Michael Moss… *"a must-read that explores how intentional food-engineering companies are about hooking us for our mon*
November 17, 2017	***Cowspiracy...*** (2014)… AGAIN!... *"This time it was for 'double feature' night at church (w/* What the Health*), but it turned into date night with just Leah and me*
November 18, 2017	55 ***POTATO: A HISTORY OF THE PROPITIOUS ESCULENT*** (2008) by John Reader… *"extremely detailed history of the potato's impact on human history*
December 3, 2017	***What the Health*** (2017)… AGAIN!... *"This time by myself… Later I gave copies of* Cowspiracy *and* What the Health *to the neighbors (with horses)..."*
December 28, 2017	56 ***HOW NOT TO DIE*** (2015) by Dr. Michael Greger… *"Entertainingly presents all the research that shows the benefits of a WFPB lifestyle, including halting*
January 8, 2018	57 ***THE PRITIKIN PROGRAM FOR DIET & EXERCISE*** (1979) by **Nathan Pritikin**… *"Decades ahead of its time… Lays the groundwork for WFPB professi*
February 11, 2018	58 ***VEGANIST*** (2011) by Kathy Freston… *"A plant-based lifestyle improves your life, your health, others' (and animals') lives, the economy, the life of the pla*
February 18, 2018	59 ***TO YOUR HEALTH*** (1978) by Dr. Hans Diehl… *"An easy-to-read nutritional guide that pays reverence to God and to Nathan Pritikin... (It even publishes*
February 20, 2018	60 ***DYNAMIC LIVING: HOW TO TAKE CHARGE OF YOUR HEALTH*** (1991, 1995, 2001) by Dr. Hans Diehl… *"An excellent summary of what matters and*
February 21, 2018	61 ***THE WORDS OF ST. FRANCIS*** (1982) by James Meyer… *"As all creatures (animals) are my brothers and sisters, why would I want to kill and eat any of*
March 12, 2018	62 ***THE LOW-CARB FRAUD*** (2014) by Dr. T. Colin Campbell… *"A comprehensive, systematic and academic analysis of the 'low-carb' phenomenon perpet*
April 5, 2018	***Eating You Alive*** (2017) at the Regal Cinemas, Lacey, WA @ 7PM w Leah… *"Two and a half hours of well presented science, data, history and testimonials*
April 2, 2018	63 ***TAKE CHARGE OF YOUR HEALTH*** (2001) by Dr. Aileen Ludington and Dr. Hans Diehl… *"Collection of short stories and testimonials of patients who re*
April 15, 2018	64 ***MEATONOMICS*** (2013) by David Robinson Simon… *"A thorough tour of why animal products have become damagingly promoted and what can be done*
April 29, 2018	65 ***THE PALEO DIET*** (2002) by Loren Cordain, Ph.D.… *"AYCE 'lean' meats & non-starchy fruits/veggies; NO dairy, legumes, grains & processed foods... (a*
May 12, 2018	66 ***THE LEAN*** (2012) by Kathy Freston... *"30 changes the reader can incorportate over a period of 30 days to help the reader 'lean' toward a healthier life..."*
June 28, 2018	67 ***THE PRITIKIN WEIGHT LOSS BREAKTHROUGH*** (1998) by Robert Pritikin... *"Our suvival instinct draws us to calorie-dense foods that were once scarce*
July 14, 2018	68 ***THE BLUE ZONES SOLUTION*** (2015) by Dan Buettner… *"What if lifestyle practices/principles from Blue Zone areas were implemented in communities*
July 16, 2018	69 ***MAD COWBOY*** (1998) by Howard Lyman… *"Autobiographical account of life in industrial agri-business, its impact, and life since then as an advocate of*
August 6, 2018	70 ***PRITIKIN: THE MAN WHO HEALED AMERICA'S HEART*** (1988) by Tom Monte w/ Ilene Pritikin... *"An engrossing, engaging biography of the man who t*
August 10, 2018	71 ***THE WHOLE FOODS DIET: THE LIFESAVING PLAN FOR HEALTH AND LONGEVITY*** (2017) by John Mackey, Dr. Alona Pulde & Dr. Matthew Lederm
August 26, 2018	72 ***THE RICE DIET SOLUTION*** (2006) by Kitty Gurkin Rosati, M.S., R.D., L.D.N., & Robert Rosati, M.D.... *"Calorie-restrictive, mostly plant-/starch-based diet*
September 10, 2018	73 ***WHY WE LOVE DOGS EAT PIGS AND WEAR COWS*** (2010) by Melanie Joy, Ph.D.... *"an eye-opening read that challenges our beliefs and traditions re*
September 22, 2018	74 ***DIET FOR RUNNERS*** (1985) by **Nathan Pritikin**... *"Mr. Pritikin addresses why athletes (runners) die suddenly of heart disease... (Short answer: It's thei*
November 23, 2018	75 ***FAST FOOD GENOCIDE*** (2017) by Joel Fuhrman, M.D.... *"We are a generation of food addicts, hooked on harmful, toxic, processed, refined, food-like s*
February 15, 2019	76 ***FORKS OVER KNIVES - THE HOW TO COMPANION TO THE FEATURE DOCUMENTARY...*** (2011) edited by Gene Stone... *"A great recap and summ*
March 28, 2019	77 ***THE VEGAN STARTER KIT*** (2018) by Neal Barnard, M.D.... *"Brief, focussed, encouraging book about all the good things that happen to you, when you*
April 3, 2019	78 ***THE SECRETS TO ULTIMATE WEIGHT LOSS*** (2018) by Chef AJ (w/ Glen Merzer)... ***"Eat to the left of the red line..."*** *"Explains concept of food dens*
May 14, 2019	80 ***FOOD OVER MEDICINE*** (2013) by Dr. Pamela A. Popper & Glen Merzer... *"An interview/conversation that explores WFPB lifestyle and its potential bene*
May 19, 2019	81 ***SILENT SPRING*** (1962) by Rachel Carson... *"The book that informed the public about the industrial chemical assault on the environment and sparked th*
June 30, 2019	82 ***UNDO IT*** (2018) by Dean Ornish, M.D. & Anne Ornish... *"A compilation and summary of Dr. Ornish and others' findings on everything one can do to take*
July 2, 2019	83 ***THE HEALTH PROMOTING COOKBOOK*** (1997) by Alan Goldhamer, D.C.... *"Cuts to the chase about why these recipes will correct, restore, maintain a*
July 3, 2019	84 ***BRAVO! - HEALTH-PROMOTING MEALS FROM THE TRUE NORTH KITCHEN*** (2012) by Ramses Bravo... *"Clever recipies that combine whole-food i*
July 4, 2019	85 ***VEGANIZE IT!*** (2017) by Robin Robertson... *"Many recipies include oils, but the author admits they are not necessary... Nice thoughts on the history and*
July 5, 2019	86 ***QUANTUM WELLNESS*** and ***THE QUANTUM WELLNESS CLEANSE*** (2008 & 2009) by Kathy Freston... *"A gentle nudging of ideas to implement chang*
July 18, 2019	87 ***THE SOUTH BEACH DIET*** (2003) by Arthur Agatston, M.D. *"Claims rapid initial weightloss... Warns against processed, starchy foods that raise blood su*
July 26, 2019	88 ***DR. ATKINS' NEW DIET REVOLUTION*** (1992, 1999, 2002) by Robert C. Atkins, M.D.... *"Criticizes low-fat diets (that aren't low-fat enough), promotes eat*
July 27, 2019	89 ***THE HIGH ROAD TO HEALTH: A VEGETARIAN COOKBOOK*** (1990) by Lindsay Wagner & Ariane Spade... *"Really a vegan cookbook with very informa*
August 7, 2019	90 ***WHEAT BELLY*** (2011) aka ***LOSE THE WHEAT, LOSE THE WEIGHT*** **(**2012) by William C. Davis, M.D.... *"(borrowing from McDougall, 2014) Ignores s*
August 12, 2019	91 ***KALE AND COFFEE*** (2015) by Kevin Gianni... *"Ex-vegan nutrition blogger searches for balance of WHAT to eat and HOW MUCH, exploring fringe ideas,*
August 18, 2019	92 ***LIVE LONGER NOW*** (1974) by and Jon N. Leonard, Jack L. Hofer and **Nathan Pritikin**... *"A book actually written by 11 scientific/medical contibutors... E*
August 21, 2019	93 ***PRESTO: HOW I MADE OVER 100 POUNDS DISAPPEAR AND OTHER MAGICAL TALES*** (2016) by Jillette Penn... *"Engaging and entertaining, but w*

August 24, 2019	94 ***WALKING WITH PEETY: THE DOG WHO SAVED MY LIFE*** (2017) by Eric O'Grey... *"Deeply touching example of how a person can turn their life around*
August 26, 2019	95 ***THE VOLUMETRICS WEIGHT CONTROL PLAN*** (2000) by Barbara Rolls, Ph.D. & Robert A. Barnett... *"**Aim for mostly foods w/ an E.D. (energy dens***
September 2, 2019	96 ***FINDING ULTRA*** (2013) by Rich Roll... "A very honest, sensitive and grueling biographical journey of a privileged young man who lost his way and found
September 7, 2019	97 ***THE DIY SPUD FIT CHALLENGE: A HOW-TO GUIDE TO TACKLING FOOD ADDICTION WITH THE HUMBLE SPUD*** (2017) by Andrew Taylor...
September 16, 2019	***The Game Changers*** (2018) at the Regal Cinemas, Lacey, WA @ 7PM w Leah… *"Presents myriad accounts of the benefits experienced by athletes when th*
November 11, 2019	98 ***POTATO*** (1999) by Larry Zuckerman... *"Eye-opening accounts of dietary lifestyles among rich & poor in centuries since potato's introduction to Western c*
November 16, 2019	99 ***THE MULTIPLE SCLEROSIS DIET BOOK*** (1972/revised 1987) by Roy L. Swank, M.D., Ph.D & Barbara Brewer Dugan... *"Summarizes decades of resear*
December 25, 2019	100 ***DR. McDOUGALL'S DIGESTIVE TUNE-UP*** (2006 / 2008) by John A. McDougall, M.D.... *"A fantastic voyage through the digestive system - from sphinc*
January 1, 2020	101 ***THE PRITIKIN PERMANENT WEIGHT LOSS MANUAL*** (1981) by **Nathan Pritikin**... *"A concise, but thorough overview of the history of obesity in Amer*
January 5, 2020	102 ***THE PRITIKIN PRINCIPLE: The Calorie Density Solution*** (2000) by Robert Pritikin... *"Boils down all dietary guidelines (and "mis-guidelines") to princip*
March 23, 2020	103 ***HOW NOT TO DIET*** (2019) by Michael Greger, M.D.... *"THE diet book of all diet books... It presents the science, the research, the history behind all die*
May 31, 2020	104 ***FOODS THAT FIGHT PAIN*** (2008, 1998) by Neal Barnard, M.D.… *"A nice overview of what illnesses, discomforts, and diseases can be remedied by …*
June 22, 2020	105 ***THE ALZHEIMER'S SOLUTION: A Breakthrough Program to PREVENT AND REVERSE THE SYMPTOMS OF COGNITIVE DECLINE at Every Age***
June 27, 2021	106 ***THE OFFICIAL PRITIKIN GUIDE to RESTAURANT EATING*** (1984) by **Nathan Pritikin and Ilene Pritikin**... *"A practical summary of the Pritikin lifestyl*
July 5, 2021	107 ***HOOKED: Food, Free Will, and How the Food Giants Exploit Our Addictions*** (2021) by Michael Moss… *"Wow! If consumers only knew the half of w*
July 14, 2021	108 ***THE PRITIKIN PROMISE: 28 DAYS TO A LONGER, HEALTHIER LIFE*** (1983) by **Nathan Pritikin**... "Another great read by the man who saved Americ
August 15, 2021	109 ***BREASTS: THE OWNER'S MANUAL*** (2018) by Dr. Kristi Funk… *"Read this one because I'd sent the same book to my cousin's niece, Tiffany, who wa*
	__ ***SKINNY BITCH / SKINNY BASTARD*** (2005 / 2009) by Rory Freedman and Kim Barnouin...

d increase insulin demand..."											
'82...											
miting, restricts/omits starchy staple foods, appealing fad diet for overweight (not obese) persons..."											
ercise)											
after cutting wheat (gluten) from her diet (c. August 2013)…											
terranean Diet as initial guide…"											
the room…"											
ook it yourself…"											
ole-food/whole-grain starches…"											
his stuff…"											

animal foods, oils, and refined foods…"										
forever changed…"										
e the sugar… Increase the fiber…"										
dy work 'wholistically' in symphony…"										
d oils, 3) go low-glycemic-index…"										
d diet with vegetables and fruits…"										
pare individuals to averages…"										
t & sugar to make things palatable..."										
g. ***vegetable broth*** *in place of oil)…"*										
e to reduce stress, interact, move more..."										
inate oils as much as possible..."										
ur body already makes all it needs…"										
way…"										
or himself at work, much like I do…"										
ation…"										
Century companion to The Jungle*..."*										
do to lose weight w/o starving…"										
t-based foods…"										
ive (casomorphins), cruel to animals…"										
alth, getting off a weight plateau..."										
e world…"										
grn/yel. veg., no flour, no oils, exercise*..."*										
d environment…"										
aply and ignorantly…"										
chapter on baby formula and breast feeding…"										
eaders/pioneers…"										
mmunally)… Mostly plants (minimal meat)…"										
without making you fat and sick…"										
r… Aim for < 1 calorie/gram foods…"										
how dietary change can halt/reverse it…"										
ntaminated to some degree..." (p.180-181)										
o we 'love' oil enough to drink it?"										
d/nutritarian lifestyle…										
imize pain/stress, keep as much as possible…"										
do…"										
ot a family business but a business family…"										

but ***very heavy on the <u>added</u> oils/fats*** *…"*										
efore prescribing WFPB to his patients…"										
y with little/no regard for our health…"										
…"										
from the Andes to NASA…"										
or reversing over a dozen diseases…"										
onals who followed in his footsteps…"										
et… Start with a little a time, if you must…"										
Pritikin's amazing autopsy report.)"										
ow the body is meant to run on 'foods as grown'…"										
them?"										
ated by meat, dairy and advertising industries…"										
from the professionals as well as the 'patients'…"										
gained their health via lifestyle changes…"										
politically, legally, economically to change…"										
n unsustainable, unkind diet rich in animal protein, fat, cholesterol, IGF1, etc.)..."										
, but now exist in overabundance..."										
with poor health? What would happen?"										
a plant-based lifestyle..."										
ook complete reponsibility for his own health..."										
an... *"A concise intro/overview of WFPB eating..."*										
based Dr. Walter Kempner's work at Duke U. (c.1939)..."										
garding animals, cruelty and lifestyle (i.e. diet)..."										
fatty, cholesterol-ridden Western diets.)"										
ubstances designed to make us crave more..."										
ary of the film with recipes, instructions and extras..."										
lial back the animal stuff and increase the plants..."										
ity and pulls no punches on the topic of food addiction..."										
fits to self, family, community, country and Earth..."										
environmental movement... Difficult, disturbing, depressing, important..."										
charge of their own health without meds or surgery..."										
nd promote your best health, and the recipies are simple..."										
gredients w/o salt, oil or sugar (SOS)..."										
application of the word 'meat' also..."										
es in lifestyle that will benefit body, mind and spirit..."										
gar (and 'make you fat')... Encourages fats, oils & butter for satiety..."										
ing 'rich/luxurious' foods (that are unsustainable), requires carb counting, restricts/omits historically/nutritionally significant staple foods, and provides an appealing/doable fad di										
tive/persuasive chapters about health, humane and environmental benefits..."										
ience about low-carb diets, exaggerates truth about inflammation, and makes false associations - uses celiac disease to demonize all carbs for all people..."										
extremes, fads and reductionisms... Nods to Campbell, McDougall, Buetner, Barnard, Goldhammer, Klaper, Hyman, Asprey, etc. and others... Conclusion: know self, detox, re										
ye-opening descriptions of what goes on in the body with metabolic diseases... Astonishing knowledge of causes of degenerative diseases 45 years ago..."										
ith a 'hard R' rating for language and content... Penn goes WFPB to beat obesity-induced hypertension (220+) and avoid gastric bypass surgery..."										

/ when they've hit rock bottom and make/accept a few key changes to their environment/routine..."											
***sity) of less than 1.5 calories per gram** ... Profoundly simple concept explained, but with a complicated eating plan offered by the authors..."*											
it again (discovering along the way, the power of plants tofuel his body instead of alcohol and processed food)..."											
ey switched to a whole-food-plant-based lifestyle... Shoots major holes in the link between masculinity and eating meat..."											
ulture... Humbling to learn of the simplicity of meals and limited food choices that existed for our ancestors..."											
ch pointing to the power of a plant-strong diet slowing/halting/reversing effects of MS when diagnosed as early as possible... Much like the Pritikin diet..."											
er to sphincter - that makes total, eye-opening sense..."											
ica, its cause, the fad diets, the cure and how to apply it..."											
le of calorie (energy) density... Regardless of macronutrient content, processed foods are often concentrated calorie bombs..."											
s, diet fads, techniques, tweaks, myths, etc. The author is biased toward WFPB, but for good reason - it's the best..."											
"											
(2017) by Dean & Ayesha Sherzai, M.D.… *"Encouraging and uplifting information about a very frightening disease..."*											
e (and the research it is based on) applied to restaurant patronizing if and/or when necessary..."											
what goes into the processed foods we eat, we'd stop giving them our money and get our health back ..."											
a's heart... Particularly astonishing are the chapters on runners/athletes who died of heart disease while seemingly fit...											
s undergoing surgery and treatment for breast cancer this year… A very friendly, comforting and informative read…"											

et for overweight (not obese) persons..."		
tox, and repeat..."		