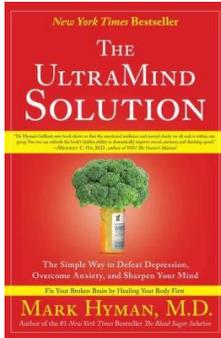


Optimal Health Spectrums **Book Club**

The best books to read as recommended by our providers:

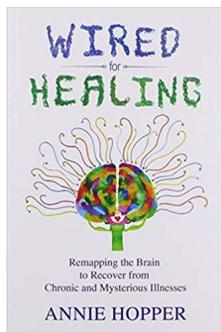
[The UltraMind Solution](#)



The Simple Way to Defeat Depression, Overcome Anxiety, and Sharpen Your Mind

In *The UltraMind Solution*, Dr. Mark Hyman explains that to fix your broken brain, you must heal your body first... Dr. Hyman shows us how to correct imbalances caused by nutritional deficiencies, allergens, infections, toxins, and stress, restoring our health and gaining an UltraMind—one that's highly focused, able to pay attention at will, has a strong memory, and leaves us feeling calm, confident, in control, and in good spirits.

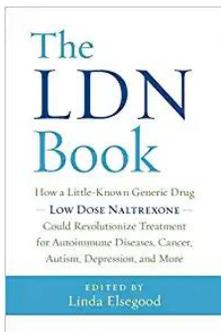
[Wired for Healing](#)



Remapping the Brain to Recover from Chronic and Mysterious Illnesses

Annie Hopper had exhausted the medical system and was still suffering from disabling symptoms of multiple chemical sensitivities, fibromyalgia and electric hypersensitivity syndrome. Hopper deduced that a toxic trauma had over-activated threat and protective mechanisms in her brain that were keeping her body stuck in a cycle of chronic illness and inflammation. In her ensuing search for healing, she created The Dynamic Neural Retraining System (DNRS) program - a drug-free, neuroplasticity-based approach to remap neural pathways in the limbic system.

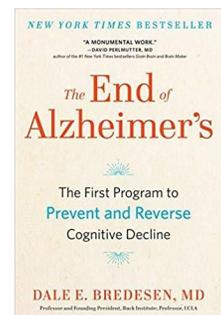
[The LDN Book](#)



How a Little-Known Generic Drug — Low Dose Naltrexone — Could Revolutionize Treatment for Autoimmune Diseases, Cancer, Autism, Depression, and More

Low Dose Naltrexone (LDN) holds the potential to help millions of people suffering from various autoimmune diseases and cancers, and even autism, chronic fatigue, and depression, find relief. Administered off-label in small daily doses (0.5 to 4.5 mg), this generic drug is extremely affordable and presents few known side effects.

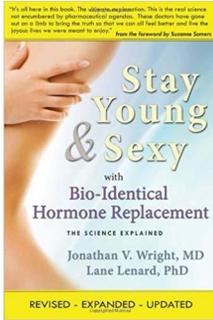
[The End of Alzheimers](#)



The First Program to Prevent and Reverse Cognitive Decline

Revealing that Alzheimer's Disease is not one condition, as it is currently treated, but three, *The End of Alzheimer's* outlines 36 metabolic factors (micronutrients, hormone levels, sleep) that can trigger "downsizing" in the brain. The protocol shows us how to rebalance these factors using lifestyle modifications like taking B12, eliminating gluten, or improving oral hygiene.

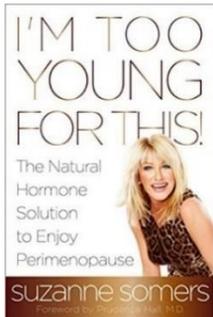
[Stay Young and Sexy with Bioidentical Hormones](#)



The Science Explained

Many women first learned the truth about HRT and BHRT from that first book; others later heard about it from TV celebrity Suzanne Somers, who described her personal experiences with a different version of BHRT in the first of a series of books. Authors Wright and Lenard have brought to light many examples of forgotten or ignored scientific studies combined with up-to-date clinical experience that provide solid support for the safety and benefits of BHRT.

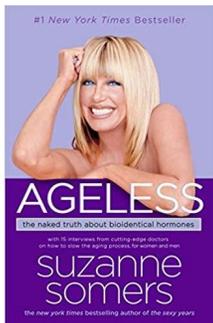
[I'm Too Young for this!](#)



The Natural Hormone Solution to Enjoy Perimenopause

If you're in your thirties or forties, your body is changing, and so are your moods, sleep, health, and weight. Tired of being at the mercy of your hormones? Armed with the knowledge in this book, you don't have to be. Perimenopause can be enjoyable if you know what to do.

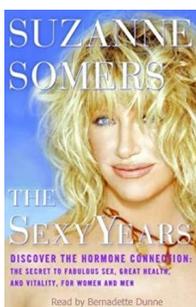
[Ageless](#)



The Naked Truth About Bioidentical Hormones

What if you could really feel better as you get older, or age without illness? What could be better than having your doctor tell you that you have the bones of a twenty-year-old, or the heart of a thirty-year-old? Follow the advice in Ageless, and you'll discover your own internal fountain of youth!

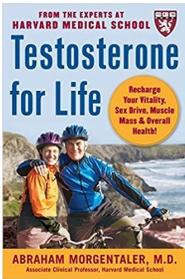
[The Sexy Years](#)



The Secret to Fabulous Sex, Great Health, and Vitality, for Women and Men

Middle age doesn't have to be about hot flashes, irritable tempers, and no sex drive. Rigorously researched and engagingly written, Suzanne Somers' The Sexy Years is women's indispensable guide to life after 50. Making the case that the key to happiness lies in the replacement of lost hormones, Somers shares some of the benefits she had first-handly experienced as a result: increased energy levels, improved sex drive, better weight management, and much more.

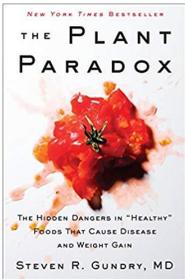
[Testosterone for Life](#)



Recharge Your Vitality, Sex Drive, Muscle Mass, and Overall Health

Better sex. Increased vitality. More muscle. Improved health. Greater mental agility. These are just a few of the life-enhancing benefits that men with low levels of testosterone can experience when they increase their testosterone level.

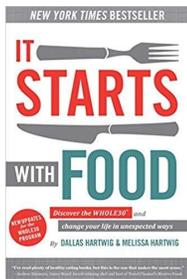
[The Plant Paradox](#)



The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain

Author Dr. Gundry has successfully treated tens of thousands of patients suffering from autoimmune disorders, diabetes, leaky gut syndrome, heart disease, and neurodegenerative diseases with a protocol that detoxes the cells, repairs the gut, and nourishes the body. Now, in *The Plant Paradox*, he shares this clinically proven program with readers around the world.

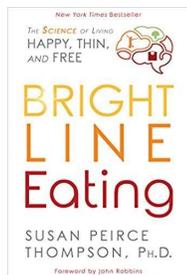
[It Starts with Food](#)



Discover the Whole30 and Change Your Life in Unexpected Ways

[The] Whole30 program has quietly led tens of thousands of people to weight loss, enhanced quality of life, and a healthier relationship with food—accompanied by stunning improvements in sleep, energy levels, mood, and self-esteem. More significant, many people have reported the “magical” elimination of a variety of symptoms, diseases, and conditions in just 30 days.

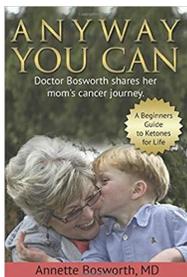
[Bright Line Eating](#)



The Science of Living Happy, Thin & Free

Rooted in cutting-edge neuroscience, psychology, and biology, *Bright Line Eating* explains why people who are desperate to lose weight fail again and again: it's because the brain blocks weight loss. *Bright Line Eating* (BLE) is a simple approach designed to reverse that process.

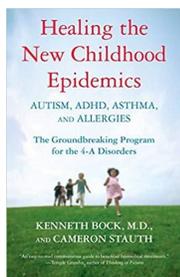
[Any Way You Can](#)



Doctor Bosworth Shares Her Mom's Cancer Journey: A BEGINNER'S GUIDE TO KETONES FOR LIFE

Dr Bosworth shares her ‘accidental’ discovery of ketosis and its wide array of health benefits as she supplemented her mom’s chemotherapy with ketones. Her story of courage, faith, and tenacity helps young and old achieve better physical, mental, and emotional health through ketosis.

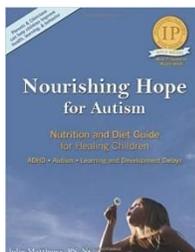
[Healing the New Childhood Epidemics](#)



Autism, ADHD, Asthma, and Allergies: The Groundbreaking Program for the 4-A Disorders

Autism is an epidemic: It has spiked 1,500 percent in the last twenty years. ADHD, asthma and allergies have also skyrocketed over the same time period. One of these conditions now strikes one in every three children in America. But there is hope.

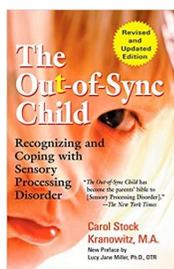
[Nourishing Hope for Autism](#)



Nutrition and Diet Guide for Healing Our Children

Julie Matthews, widely respected autism nutritionist, provides intense research and extensive clinical nutrition experience in this comprehensive guide. Readers are given practical steps for dietary intervention and a roadmap for getting started, evolving, and customizing the varied approaches.

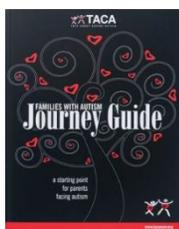
[The Out of Sync Child](#)



Recognizing and Coping with Sensory Processing Disorder

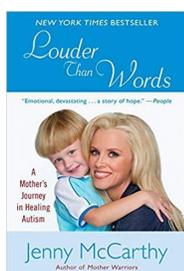
Sensory Processing Disorder is a common but frequently misdiagnosed problem in which the central nervous system misinterprets messages from the senses. The Out-of-Sync Child offers comprehensive, clear information for parents and professionals--and a drug-free treatment approach for children.

[TACA Journey book](#)



TACA's Autism Journey Guide is free thanks to American Legion Child Welfare Foundation. This guide is written based on the experiences of TACA families, professionals, and contains best practices and alternative ideas for treating autism both medically and via traditional therapies.

[Louder than Words](#)

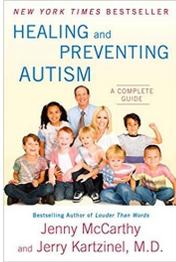


A Mother's Journey in Healing Autism

One morning Jenny McCarthy was having a cup of coffee when she sensed something was wrong. She ran into her two-year-old son Evan's room and found him having a seizure. Doctor after doctor misdiagnosed Evan until, after many harrowing, life-threatening episodes, one good doctor discovered that Evan is autistic.

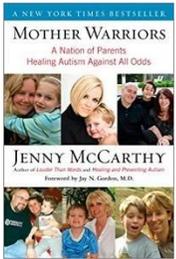
Healing and Preventing Autism: A Complete Guide

For



any child with challenges, early intervention is essential and parents need a plan that they can implement right away. Jenny McCarthy, one of the country's leading autism advocates, has teamed up with top autism specialist Jerry Kartzinel, M.D., to offer a prescriptive guide to the healing therapies and treatments that have turned the lives of so many children around.

Mother Warriors



A Nation of Parents Healing Autism Against All Odds

Jenny expands her message to share recovery stories from parents across the country. *Mother Warriors*, shows how each parent fought to find her own child's perfect "remedy of interventions" and teaches parents how to navigate safely through the many autism therapies. Along the way, Jenny shares her own journey as an autism advocate and mother as well as the progress of her son, Evan. Emotional and genuinely practical, *Mother Warriors* will inspire a generation of parents with hope.

You may have seen Dr. Lynne Mielke, MD mentioned in the new book *How to End the Autism Epidemic* by J.B. Handley

