

## **James A. Hasken, D.D.S – Lending Library Recommended Reading List**

"Refresh Life: Oral Health, The Missing Piece to Add Years to Your Life and Improve Your Overall Well Being"

By: Dr Dan Sindelar

"The 30-Day Heart Tune-Up: A Breakthrough Medical Plan to Prevent and Reverse Heart Disease"

By: Steven Manley, MD

"Ten Years Younger: The Amazing Ten-Week Plan to Look Better, Feel Better, and Turn Back the Clock"

By: Steven Manley, MD

"Prevent and Reverse Heart Disease: The Revolutionary, Scientifically-Proven, Nutritional-Based Cure"

By: Caldwell B Esselstyn, Jr, MD

"The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease- And the Statin-Free Plan That Will"

By: Jonny Bowden, PhD, and Stephen Sinatra, MD

"Brain Maker: The Power of Gut Microbes to Heal and Protect Your Brain- for Life"

By: David Perlmutter, MD and Kristin Loberg

" A Plant-Based Life: Your Complete Guide to Great Food, Radiant Health, Boundless Energy, and a Better Body"

By: Micaela Cook Karlsen

"Predictive Medicine"

By: E Cheraskin, MD, DMD and WM Ringsdorf, Jr, DMD

"Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes"

By: Bradley Bale, MD and Amy Doneen, ARNP

"Whole: Rethinking the Science of Nutrition"

By: T Colin Campbell, PhD and Howard Jacobson

"The China Study: The Most Comprehensive Study of Nutrition Ever Conducted"

By: T Colin Campbell, PhD and Thomas M Campbell II, MD

"The Deflame Diet: Deflame Your Diet, Body and Mind"

By: David R Seaman, DC, MS