



One of the requests we get all the time--in the store, or on the radio show--is for book recommendations.

We carry a wide selection of books at Willner Chemists. Not all of them are books I recommend. At times, I refuse to carry certain books. More often, we carry titles that broaden our selection and expand your choices, even though we may not be in total support of their content.

In this column, the first of a series, I will offer my opinions about many of the books we carry, and suggestions as to which ones you might find most helpful when building your own, personal reference library.

By way of disclaimer, let me make it clear that these are my personal opinions, and do not necessarily reflect those of others at the store.

To get started, I am going to talk about those books that can serve as general reference material. These are the kinds of books that should make up the basics of your reference library. Later, I will talk about books dealing with specific topics, i.e. weight loss, CoQ10, arthritis, etc. And, as I promised, I will also tell you which books I do not like as well.

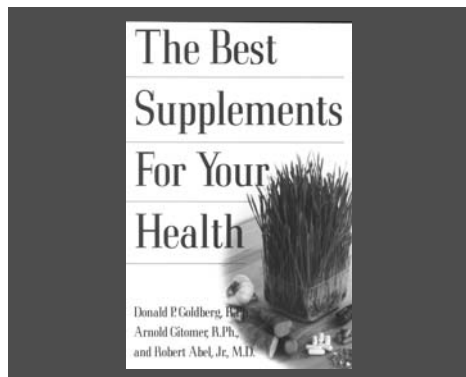
My favorite book, of course, has to be:

### **The Best Supplements for Your Health**

This book, of course, was written by myself and Arnie Gitomer, and is described in detail in other sections of this catalog. I will only say that there is a lot good, honest information in this book, with a touch of humor mixed in now and then. For more information, see page 193 of this catalog.

***The Best Supplements For Your Health***

Don Goldberg, RPh.; Arnie Gitomer, R.Ph.; Robert Able, Jr., MD  
Kensington Pub.; Order #41016  
Retail: \$16.00 Willner Price: \$11.20



Next on my recommendation list is selection of books by Dr. Michael Murray, often in association with Dr. Joseph Pizzorno. These books are informative, factual, relatively objective, and authoritative. If you are looking to create the nucleus of a comprehensive reference library, the following three books would be hard to beat:

### **The Encyclopedia of Natural Medicine**

### **The Encyclopedia of Nutritional Supplements**

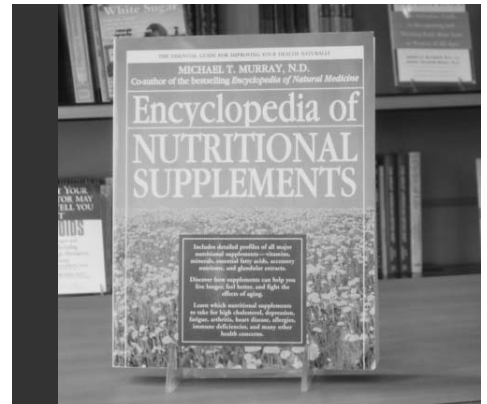
### **The Encyclopedia of Healing Foods**

One of the main differences between the Encyclopedia of Nutritional Supplements and the Encyclopedia of Natural Medicine is that the former is organized primarily by supplements, while the latter is organized by health condition. If you want to find detailed information about vitamins, minerals, essential fatty acids, glandular extracts, etc, you will find it in the Encyclopedia

of Nutritional Supplements. What is carnitine, gamma-oryzanol, lipoic acid, melatonin? You will find chapters on each of these nutrients. Do you want more information on Vitamins from C to K? This is where you will find it. Good information.

### **Encyclopedia of Nutritional Supplements**

Michael Murray, N.D.  
Prima Publishing; Code #27241  
Retail: \$22.95; Willner Price: \$18.36



The Encyclopedia of Natural Medicine approaches from the opposite angle, providing comprehensive chapters on more than 70 medical conditions--from arthritis to varicose veins, from cancer to heart disease. An excellent reference book.

Here is how the publisher describes it:

*The perfect balance between the latest research and age-old wisdom, this completely revised and expanded second edition of the classic reference work arms you with the latest information on the extraordinary healing powers of natural medicine. Easy to understand, a pleasure to read, yet scientifically well researched and documented, this is your complete health adviser to the natural approach to over 70 diseases, from arthritis to varicose veins. In addition, this life-long reference offers important information on:*

*The four cornerstones of good health and how to achieve them*

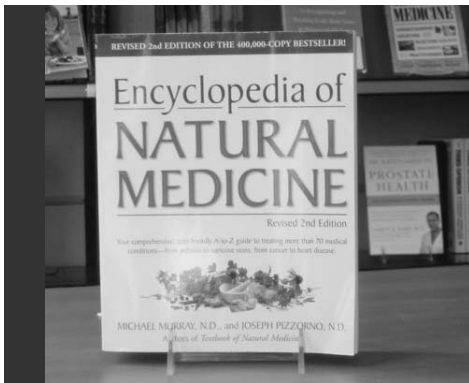
*How to enhance your body's key systems  
How to promote good health and increase longevity*

*Clear recommendations on diet, supplements, and herbal medicines for specific health conditions.*

*Authoritative and up to date, the Encyclopedia of Natural Medicine is the essential medical reference no home*

should be without.

**Encyclopedia of Natural Medicine**  
 Michael Murray, N.D. & J. Pizzorno, N.D.  
 Prima Publishing; Code #30127  
 Retail: \$24.95; Willner Price: \$19.96



The third book in the series, The Encyclopedia of Healing Foods, is in some ways the most remarkable of all. This combination of general and therapeutic information about various foods is truly unique.

The depth and breadth of information is fascinating, from rice to bitter melon. Health benefits, cooking and preparation tips, storage guidelines, nutritional content--it is all there. In many cases, more information than you thought you wanted to know.

General information is provided as well, from glycemic index to fiber, food additives to the difference between red wine, white wine and grape juice. It is just a fascinating book to read.

Here is what the publishers say about this book:

*...the most comprehensive and practical guide available to the nutritional benefits and medicinal properties of virtually everything edible.*

*As countless studies have affirmed, diet plays a major role in both provoking and preventing a wide range of diseases. But just what is a healthy diet? What does the body need to stay strong and get well? In The Encyclopedia of Healing Foods, Michael Murray, N.D., and Joseph Pizzorno, N.D., two of the world's foremost authorities on nutrition and wellness, draw on an abundant harvest of data to present the best guide available to healthy eating.*

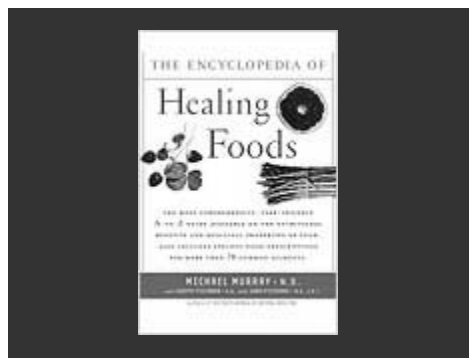
*Grounded in rigorous research, The Encyclopedia of Healing Foods offers health-conscious eaters scores of vital*

*facts at their fingertips. Throughout, Drs. Murray and Pizzorno make learning about proper nutrition fascinating, with historical tidbits and discoveries from the laboratory. And they make practicing it easy and enjoyable, with tips on selecting, storing, and preparing all kinds of healthful foods, plus quick, inventive, and delicious recipes. Sweeping in scope and rich in detail, this indispensable reference and inspiring guide has the immediately accessible, authoritative information anybody needs to make healthier food choices.*

*Let The Encyclopedia of Healing Foods teach you how to:*

- design a safe diet
- use foods to stimulate the body's natural ability to rejuvenate and heal
- discover the role that fiber, enzymes, fatty acids, and other dietary components have in helping us live healthfully
- understand which food prescriptions will help you safely treat more than 70 specific ailments, including acne, Alzheimer's disease, immune system depression, insomnia, migraine headaches, PMS, and rheumatoid arthritis
- prepare foods safely in order to prevent illness and maximize health benefits
- select, store, and prepare all kinds of healthful foods

*Providing the best natural remedies for everyday aches and pains, as well as potent protection against serious diseases, The Encyclopedia of Healing Foods is a required daily health reference.*



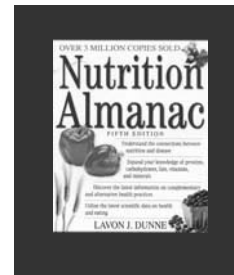
**Encyclopedia of Healing Foods**  
 Michael Murray, N.D. J. Pizzorno, N.D.  
 Atria Books; Code #50730  
 Retail: \$24.95; Willner Price: \$19.96

### Nutrition Almanac 5th ed

This is a good, general purpose reference book. It does not have the

depth of information that the previous books contain, but it does provide a very capable overview of all aspects of nutrition and related therapies.

It "offers reliable information on eating and supplementation with hundreds of handy charts and tables. The connections between nutrition and diseases are covered plus information on proteins, carbohydrates, fats, vitamins and minerals. Gives optimal supplementation dosages for individual needs. Fifth edition. 2001. 304 pages."



**Nutrition Almanac**  
 Lavon Dunne  
 McGraw Hill;  
 Code # 28229  
 Retail: \$19.95;  
 Willner Price:  
 \$15.96

### User's Guide to Nutritional Supplements

This is the last general reference book I am going to mention, and it is a good one. Here, for example, is a list of the chapters:

- Vitamins & Minerals
- Vitamin E
- Vitamin C
- Coenzyme Q10
- Calcium & Magnesium
- Chromium
- Glucosamine & Chondroitin
- St. John's Wort
- Ginkgo Biloba
- Saw Palmetto & Men's Health
- Nutrition for Women's Health
- Sports Nutrition Supplements

Each chapter discusses the properties and actions of the supplement, and then goes into detail on its therapeutic actions and benefits. In other words, each topic is covered in depth, but in an easy to read fashion.

Here is what the publisher says:

*Almost every week, medical studies and news reports tantalize people with the health benefits of vitamin, mineral, or herbal supplements. These concentrated nutrients can have a tremendous impact on health and well-being.*

*The User's Guide to Nutritional Supplements focuses on the most popular nutritional supplements, those that consistently attract the most attention—and are the ones most likely to benefit the majority of people. In describing the most popular nutritional supplements, this book explains how:*

- *Vitamin E can reduce the risk of heart disease—and the best types to take.*
- *Selenium can slash the chances of developing some types of cancer.*
- *Ginkgo can improve memory and recall.*
- *Chromium can help promote weight loss and lower the risk of diabetes.*
- *Glucosamine and chondroitin can prevent osteoarthritis.*
- *Calcium and magnesium work together to build strong bones.*
- *Coenzyme Q10 can boost your energy levels and strengthen your heart.*
- *Ginseng and other supplements boost your exercise stamina.*

*The book's twelve sections are literally books within a book, a compilation of the recently published first twelve volumes in the User's Guide series. The authors include such noted health experts as Hyla Cass, M.D., Nan Fuchs, Ph.D., Michael Janson, M.D., Victoria Toews, M.P.H., Laurel Vukovic, M.S.W., and many others. Jack Challen, the leading health writer known as *The Nutrition Reporter*®, is the book's editor and author of two sections and an all-new introduction.*

Those of you who listen to our radio show, or read my articles, know how I feel about the importance of magnesium in combination with calcium. So you can imagine my pleasure when this is what I read right at the beginning of the chapter on Calcium and Magnesium:

"Calcium. It's not just a miracle mineral for strong bones. Calcium helps your heart contract, lowers your blood pressure, and nourishes your nerves. In some people, it protects against colon cancer and reduces symptoms of PMS.

"But calcium doesn't work alone. Without enough magnesium, calcium can actually cause more harm than good. Calcium is better known than magnesium. But magnesium is so important to our health, and so lacking in our diets, that people who supplement with it often think they've found a miracle mineral. In many ways, they have.

"Magnesium is calcium's partner in

many body functions. Without enough magnesium, calcium can't get into your bones. It's simply not absorbed. And this unabsorbed calcium can lead to such health problems as arthritis and heart disease.

Although a great many supplements contain both calcium and magnesium, you may need more magnesium and less calcium than they contain--especially if you also eat a high-calcium, low-magnesium diet.

"A typical American diet tends to be high in calcium and low in magnesium. Most supplements contain more calcium than magnesium, as well. Calcium supplements are among the most widely taken of all nutrients. More people take extra calcium than even vitamin C! The result is that our mineral balance has become calcium heavy and magnesium deficient.

"Low magnesium can contribute to high blood pressure, premenstrual mood swings and anxiety, sore muscles, depression, headaches, diabetes, and more. You need plenty of magnesium for a healthy nervous system, for energy, and to build strong bones. When you increase your magnesium, all of these conditions improve. There's no doubt that getting enough calcium is extremely important. But getting adequate magnesium is often even more important.

"If you're taking a lot of calcium and not paying attention to magnesium, it's probably because that's the advice you've heard. It's information that's generally accepted as being accurate. However, the amount of calcium and magnesium you've been told to take is based on very old research. Newer studies indicate that we need less calcium and more magnesium than previously thought.

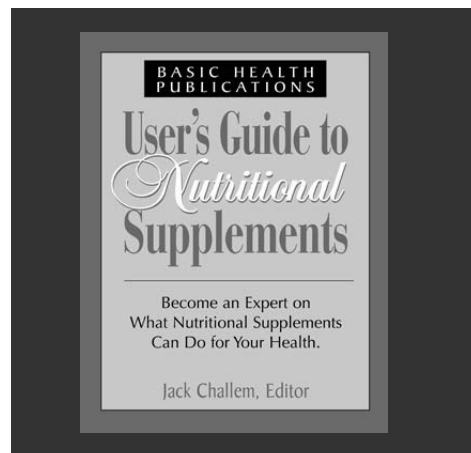
"This part of the *User's Guide to Nutritional Supplements* is designed to clear up the confusion about these two very important minerals and explain how they work together. It will answer your questions about the role of calcium and magnesium in various diseases and help you decide how much of each you need to get and stay healthy. . ."

### **User's Guide to Nutritional Supplements**

Jack Challen, Editor

Basic Health Publications

Retail: \$19.95; Willner Price: \$15.96



Now that we have discussed a number of general reference books, I am going to turn to books that deal with a specific health problem. We will start with cancer.

Cancer is both a controversial and frightening topic. We want desperately to prevent cancer, or reduce our risk. And if we, or a loved one are stricken with cancer, we are forced to make crucial decisions about treatment quickly, and often with little objective guidance.

There are no shortage of miracle cures and quack remedies on the shelves of stores and clinics, and no shortage of books that tout their benefit. I am not recommending books of this type. Instead, I am going to present a list of books that present a balanced, relatively objective overview of "natural" or "alternative" prevention and treatment of cancer.

### **Cancer Therapy: The Independent Consumer's Guide to Non-Toxic Treatment & Prevention**

**by Ralph W. Moss, Ph.D.**

This is a very comprehensive and challenging book, giving facts and evaluations of almost 100 "non-toxic or less-toxic treatments for cancer. The effectiveness and safety of all of these methods are rigorously documented through nearly 1,000 reference to the standard peer-reviewed

scientific literature. In this way it is demonstrated once and for all that non-toxic therapies, far from being 'quackery,' are in fact a most promising avenue for cancer research."

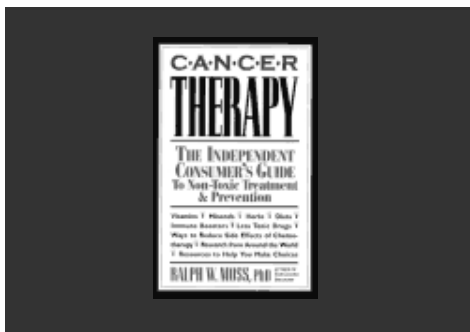
This has always been one of my favorite books.

**Cancer Therapy: The Independent Consumer's Guide to Non-Toxic Treatment & Prevention**

Ralph W. Moss, Ph.D.

Equinox Press

Retail: \$19.95; Willner Price: \$15.96



Another book that I like from Dr. Moss is *Herbs Against Cancer*.

**Herbs Against Cancer: History & Controversy by Ralph Moss, Ph.D.**

This book was published about six years after the previous book and, obviously, deals primarily with herbal cancer treatments.

I like Dr. Moss's books and newsletter because he employs a healthy skepticism when evaluating these products. The chapter in this book on Noni Juice, is a good example.

He begins the chapter on Noni with a description of the material, and its background, including some of the early research that was done on various animals with cancer. At first glance, all of the results seem promising, he reports, but, early on, Dr. Moss begins to sound a note of caution:

"This is encouraging, even exciting. But several caveats need to be emphatically stated. First, most of these studies were conducted with alcohol extracts of noni, not plain juice. Additionally, the compound was injected into the peritoneal cavities of the animals, whereas humans

take this as a drink. The dosage was many times what human patients would take."

This is just the start, and as he continues to examine the evidence cited in support of noni's efficacy, you will find his analysis increasingly revealing, and for some, disturbing. He devotes seven pages to an objective analysis of the noni situation, and before any of you turn to noni for its supposed therapeutic value, I suggest you read this first.

At any rate, this is thought-provoking and valuable, giving you a perspective that you may be unable to develop on your own. I think it deserves a place on the book shelf of anyone who wants factual information about herbal cancer therapies.

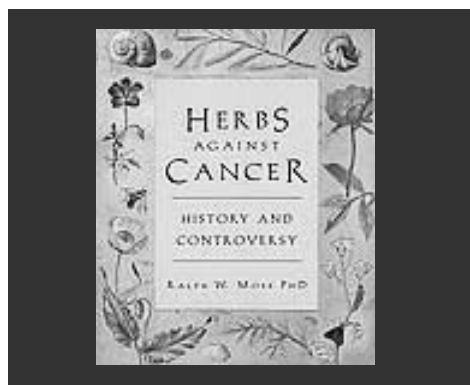
You will find chapters on Hoxsey, Essiac, Hulda Clark, Ukrain, Cat's Claw, Carnivora, Aloe Vera, Vitae Elixir, HANSI, etc.

**Herbs Against Cancer**

Ralph Moss, Ph.D.

Equinox Press; Code #33027

Retail: \$16.95; Willner Price: \$13.56



The final book by Dr. Moss, on cancer, that I am going to mention is a small book with the title *Antioxidants Against Cancer*.

**Antioxidants Against Cancer by Ralph Moss, Ph.D.**

I think this book is worth including because it directly addresses questions that are very troubling to many physicians and patients, i.e. "Should cancer patients take antioxidants during conventional treatments such as surgery, radiation, and chemotherapy?"

Dr. Moss points out that "some doctors fear that supplements could

cancel the effects of their toxic treatments. This was the basis of a 1999 polemic by a naturopath, Dan Labriola, and oncologist Robert Livingston in the journal *Oncology*."

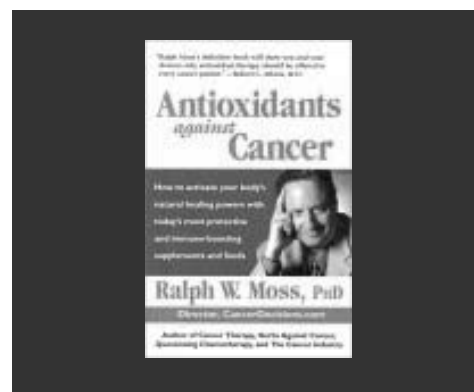
Dr. Moss does not agree with this. "The actual data (which I present throughout this book) overwhelmingly contradicts the idea that antioxidants cancel the effects of toxic treatments. Quite the opposite: almost every experiment on the topic supports the idea that there is synergy, that is, increased benefits when antioxidants and toxic treatments are used together."

**Antioxidants Against Cancer**

Ralph Moss, Ph.D.

Equinox Press; Code # 37434

Retail: \$9.95; Willner Price: \$7.96



**Herbal Medicine, Healing & Cancer by Donald Yance, Jr.**

This book is comprehensive, informative and encompasses more than just an evaluation of various natural therapies. One thing is that it provides separate chapters dealing with specific types of cancer, such as breast cancer and prostate cancer. It also touches on spiritual, lifestyle and food components. According to the publisher:

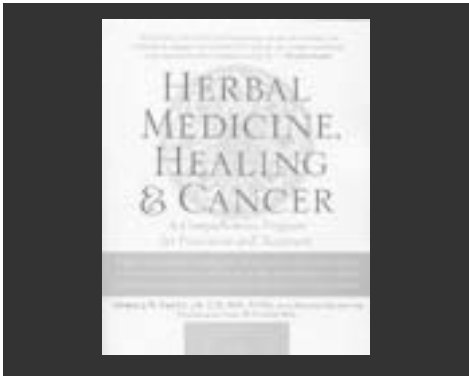
*In this book Yance presents detailed information that shows how a proper diet, vitamins and other micronutrients, when combined with herbs, can help create the right conditions for maximum healing. Includes insight about tonic herbs, immune-enhancing and anticarcinogenic herbs, herbs to boost vitality and herbal treatments to ease the common side effects of cancer therapies.*

### **Herbal Medicine, Healing & Cancer**

Donald R. Yance, Jr., C.N., M.H., A.H.G.

Keats Publishin: Code #34838

Retail: \$21.95; Willner Price: \$17.56



The last book on cancer that I am going to present to you is by Dr. Michael Murray. This is another book that is very comprehensive in its scope. That does not mean that it is superficial in any way. To the contrary, it provides a very comprehensive examination of all aspect of cancer, from prevention to treatment, general to specific.

### **How to Prevent and Treat Cancer with Natural Medicine by Dr. Michael Murray**

*Cancer is a dreaded disease for good reason. The biggest, perhaps, is that most of us have watched helplessly as this disease has robbed the body, mind, and spirit of someone close to us.*

*Despite dedicating significant resources in the battle against cancer, conventional medicine alone has failed. Granted, there have been some tremendous advances, but for the most part we are losing the war on cancer. One of the key reasons is that conventional medicine has long ignored the greatest healer of all - nature.*

*How to Prevent and Treat Cancer with Natural Medicine is a valuable resource that provides not only the latest information on dietary and supplementation strategies to prevent cancer, but also the critical guidance that the cancer patient desperately needs in winning their battle. Whether you want to prevent, treat, or deal with the side effects of conventional cancer care, Dr. Murray and his coauthors offer a*

*comprehensive program of dietary measures and the proper use of vitamins, minerals, herbs, and other*

*natural measures.*

*You need this book because if you don't follow the guidelines we present your cancer risk will be at least three times greater than if you do follow our recommendations. And if you have a family history of cancer it is even that much more important to follow the guidance we present because your cancer risk is higher. Simply stated, we provide a clear path to changing the environment within your body so that it will not support the growth of cancer. We provide a simple test to find out your relative risk for cancer and if you have cancer we can help you provide the support you need to help you fight the disease or deal with the side effects as well as enhance the effectiveness of conventional cancer treatments like surgery, chemotherapy, and radiation. How to Prevent and Treat Cancer with Natural Medicine provides a practical, focused program will carefully detail how natural medicines can:*

- *Significantly reduce your risk for cancer.*
  - *Effectively change the internal environment to prevent cancer formation.*
  - *Improve the detoxification of harmful cancer causing chemicals before they have the chance to do their damage.*
  - *Protect against chemotherapy or radiation therapy causing cancer in the future.*
  - *Bolster the cancer patient's immune system.*
  - *Eliminate or dramatically reduce the common side effects of chemotherapy.*
- *Slow down cancer growth with natural compounds that are selectively toxic to tumor cells.*
  - *Lower the risk for recurrent tumors.*
- *Significantly increase the chances for partial or complete remission--a cure. The program given is not based upon theory. It is based upon our real-life experience working with cancer patients. The authors have treated thousands of cancer patients successfully with the program detailed in How to Prevent and Treat Cancer with Natural Medicine. This experience has helped us learn firsthand what works and what does not. The book contains a massive amount of useful, practical information organized in an extremely "reader friendly" format. If you want to prevent cancer or if you have cancer, then you have got to get this book!!*

It is interesting, by the way, to take a step backwards and examine the role of prevention when looking at the risk of cancer. It would be a mis-

take to think we can with certainty pinpoint one or another specific lifestyle, diet or supplement change that would have a guaranteed and quantifiable effect on reducing our risk of cancer. Not only does genetic and biochemical individuality enter into the equation, but it is difficult to assess isolated factors in the midst of the multitude of environmental stresses we face constantly.

But if we look as these individual facts, and incorporate them into our lifestyles as much as possible, it is hard to imagine that we are not making a significant impact. Here is a partial list of some of the "factors that decrease risk" thar are presented in the opening chapters of Dr. Murrays book on cancer:

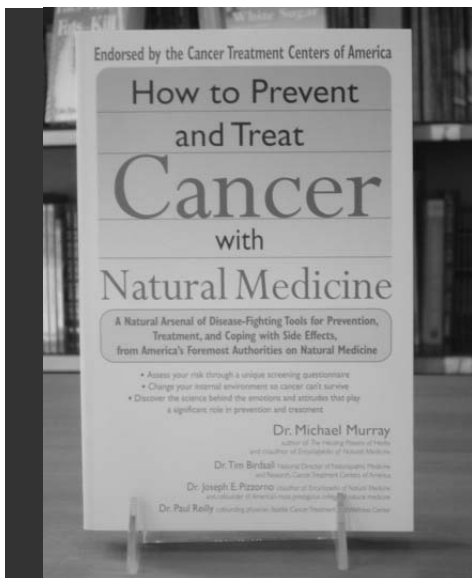
- **Taking a multivitamin with folate.** Women who took multivitamin supplements containing folic acid for more than 15 years were 75% less likely to develop colon cancer than women who did not use supplements. Women who took a multivitamin that contained folic acid between 5 and 14 years were about 20% less likely to develop cancer.
- **Selenium Supplements (200 mcg/day).** Selenium supplementation is associated with reductions in incidence of all cancers, expecially lung, colorectal, and prostate cancer, and is associated with a 50% decreased risk of mortality from cancer.
- **Zinc Supplements.** Zinc supplementation reduced relative risk of prostate cancer to 0.55.
- **Fish consumption,** at least three times a week. During 30 years of follow-up, men who ate no fish had a 2- to 3-fold higher frequency of prostate cancer than did those who ate moderate or high amounts. Similar results have been seen in other cancers.
- **Vitamin E supplements (400 IU/day).** Consumption of vitamin E showed a reduction in the rate of prostate cancer by 32%. After 12 years of follow-up, bladder cancer risk was reduced by 30%.
- **Green tea consumption.** A decreased recurrence of breast cancer was observed with consumption of at least 3 cups of green tea daily. Green tea drinking decreased risk to

0.52 for stomach cancer. Consumption of 10 cups per day decreased incidence of all cancers to 0.55. However, this level produces caffeine side effects.

- Garlic consumption. Garlic consumption reduces colorectal cancer risk to 0.69 and stomach cancer risk to 0.53.

- Wine consumption. Drinkers of 1 - 13 glasses of wine per week had a relative risk of 0.78 compared with nondrinkers of wine.

And at the same time, Dr. Murray reports that men who consumed 21 to 41 drinks per week or more than 41 drinks per week had relative risks of 1.23 and 1.57, respectively. Those who drank beer had a relative risk of 1.09 and 1.36, respectively. For spirits, the risk was 1.21 and 1.46, respectively. Excessive alcohol poses a relative risk of 1.28 for colon cancer. Consumption of more than 20 g/day of alcohol (approximately 10 drinks per week) led to a relative risk



of breast cancer of 1.23. One to 3 drinks per week, on average, did not increase the risk of breast cancer in this study.

Moderation, and common sense, is the key.

### **How to Prevent and Treat Cancer with Natural Medicine**

Dr. Michael Murray, et al

Riverhead Books; Code #41036

Retail: \$16.00; Willner Price: \$12.80

You will notice that I have not provided any negative reviews. You may

have noticed that in my listing of general reference books, one of the more popular books, the one by James Balch, M.D., was not mentioned.

Previous versions of this book were called *Prescription for Nutritional Healing*. The current version is *Prescription for Natural Cures*.

### **Prescription for Natural Cures James Balch, M.D.**

While there is certainly a lot of good information in this book, I have always felt that there is a lot of misinformation, and misleading information, as well. For this reason, I have never been comfortable recommending it, without a word of caution.

I picked up the current edition, and randomly selected a few sections. Here are some examples of what I found:

- In the section on hemorrhoids, "Super Prescription #5" is "Flaxseed Oil." They say "take 1 to 2 tablespoons daily. Flaxseed oil improves regularity and reduces straining. It also contains essential fatty acids that promote tissue healing."

Flaxseed oil improves regularity? I don't think so. Did they mean to say "flaxseed," "flaxseed meal," or high fiber/high lignan flax seed oil? There is a big difference, and I think it is very misleading to tell readers that "flax seed oil" will "reduce straining" during a bowel movement.

And, by the way, if we want to suggest a source of "essential fatty acids" that would "promote tissue healing" in a person with hemorrhoids or bowel inflammation, I wonder if there would be much more support for a fish oil or omega-3 rich oil, based on the research, than flax seed oil.

Again, there is a great deal of information in this book, much of it valuable. It certainly can be a worthy starting point, but use a little caution. In the section of Psoriasis, for example, the first supplement recommendation is "Hydrochloric Acid, one to three capsules with each meal."

Now, I assume they meant to say "Betaine Hydrochloride," which can serve as a source of hydrochloride

acid, rather than "hydrochloric acid." I shudder to think of some poor patient attempting to swallow capsules filled with hydrochloric acid.

### **Prescription for Natural Cures**

James Balch, MD & Mark Stengler, N.D.

Wiley; Code # 44761

Retail: \$24.95; Willner Price: \$19.96

Finally, a few suggestions for those of you who want information on the side effects of drugs, and the way that drugs, nutrients and supplements can interact.

### **The Side Effects Bible by Dr. Fred Vagnini**

First, we have a service available through Willner Chemists--either in the store, set up on a separate self-serve computer kiosk, or through a link on our web site. The link is to HealthNotes®, and they have a very factual and comprehensive cross reference of drug-nutrient interactions.

Another option is the new book by one of our radio colleagues, Dr. Fred Vagnini.

This book is primarily targeted towards showing how certain drugs can cause nutrient depletion. With help from this book, you can counter some of the side effects associated with over 300 common drugs.

### **The Side Effects Bible**

Frederic Bagnini, M.D. & Barry Fox,, Ph.D.

Broadway Books; Code #50217

Retail: \$16.95; Willner Price: \$13.56

