

Great Books For Patients

1. Unstuck - J. Gordon, M.D.
2. The Second Brain - M. Gershon, M.D.
3. From Fatigued to Fantastic - J. Teitelbaum, M.D.
4. Change Your Brain, Change Your Life -
D. Amen, M.D. (*Fabulous!*)
5. Feeling Good - D. Burns, M.D.

** If we don't figure out what is bothering us, we will not heal
fully heal the gut.*

Great Nutrition Books

- *Pediatrics: Common Problems in Pediatric Gastroenterology and Nutrition* - Snyder and Walker
- *For Diabetes: American Dietetic Association's Diabetic Guide*
- *For Digestion: ADA's Guide to Better Digestion: American Dietetic Association, Bonci.*
- *For the gut, recipes, and food shopping : Gut Insight, 2009, J. Hattner, R.D.*

**More lists on AGMD website and in lobby*