

LIBRARY BOOK LIST

Books by Dr. JAMES SCALA

The Arthritis Relief Diet: and

The New Arthritis Relief Diet:

Proven steps to stop inflammation, prevent joint damage, decrease medication and improve quality of life.

Arthritis: The successful plan for a pain-free life.

Eating Right for a Bad Gut:

The complete nutritional guide to Ileitis, Colitis, Crohn's Disease & Inflammatory Bowel Disease.

Eating for a Longer Life: Living longer, living better.

Prescription for Longevity: Eating right for a long life.

High Blood Pressure: Diet against it.

Natural Ways to Lower Blood Pressure.

Look Younger, Feel Better: Dr Jim Scala & Barbara Jacques

Others in the library:

Today's Herbal Health: Louise Tenney

Nutritional Herbology: Mark Pederson

Nutritional Herbology Vol.2: Mark Pederson

Your Personal Vitamin Profile: Dr. Michael Colgon

How to chart your individual vitamin and mineral formula.

The Vitamin Bible: Earl Mindell.

How the right vitamins & minerals can revolutionise your life

Also available soon -

A series of videos on DVD
presented by Dr. James Scala -

The Nature of Nutrition, in 6 parts including:

The Irreplaceable You - the role of nutrition in health

Our cells, Our Selves

Juggling the Macro Nutrients

Tuning the Human Engine, the Micro Nutrients

Nutritional Challenges throughout the life cycle

The Risk Factors.

This is a brilliantly presented analysis of the human life cycle, from conception to retirement, which although first produced in 1958, is still absolutely relevant today.

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All of the above publications are available on **free loan** and if you would like further information about their content or availability, please get in touch.

There are a number of other books from my collection already out on loan - if you have one that you have finished with I would welcome it back home, ready for another reader!