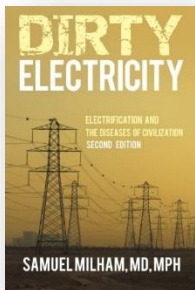


# RECOMMENDED READING

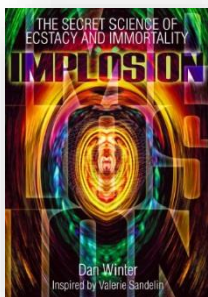
Here is a list of books we have found inspiring or helpful—or both, which is even better! This really isn't fair—there are so many great authors and so many great books. By listing these we run the risk of offending others or implying these are, somehow, better. Nope. We just took a quick look across our shelves and thought, "What would I want my friends to read?" That's all.

## DIRTY ELECTRICITY



Dirty Electricity tells the story of Dr. Samuel Milham, the scientist who first alerted the world about the frightening link between occupational exposure to electromagnetic fields and human disease. Milham takes readers through his early years and education, following the twisting path that led to his discovery that most of the twentieth century diseases of civilization, including cancer, cardiovascular disease, diabetes, and suicide, are caused by electromagnetic field exposure.

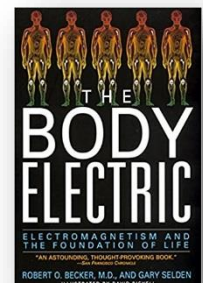
## IMPLOSION: SECRET SCIENCE OF ECSTASY AND IMMORTALITY



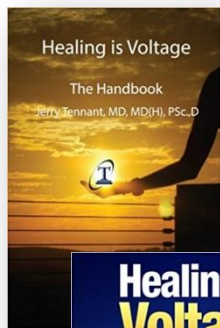
Science of Bliss and Ecstasy- with Spiritual Hygiene as Science  
Intro is for Young People Seeking Spiritual Experience  
Takes the serious science of what bliss is, and develops that into an earnest hygiene.  
First part of the book is focus on young people. Includes Sacred Geometry and Geometric Origin of Language

## THE BODY ELECTRIC

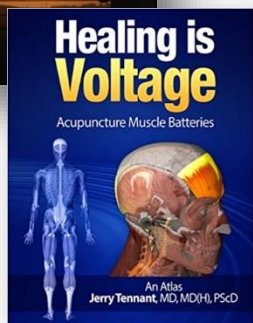
*The Body Electric* tells the fascinating story of our bioelectric selves. Robert O. Becker, a pioneer in the field of regeneration and its relationship to electrical currents in living things, challenges the established mechanistic understanding of the body. He found clues to the healing process in the long-discarded theory that *electricity* is vital to life. But as exciting as Becker's discoveries are, pointing to the day when human limbs, spinal cords, and organs may be regenerated after they have been damaged, equally fascinating is the story of Becker's struggle to do such original work. *The Body Electric* explores new pathways in our understanding of evolution, acupuncture, psychic phenomena, and healing.



## HEALING IS VOLTAGE



Every cell in the body is designed to run at -20 to -25 millivolts. To heal, we must make new cells. To make a new cell requires -50 millivolts. Chronic disease occurs when voltage drops below -20 and/or you cannot achieve -50 millivolts to make new cells. Thus chronic disease is always defined by having low voltage. This book tells you how to measure your voltage in each organ, how to correct it, and how to determine why your voltage dropped enough to allow you to get sick.

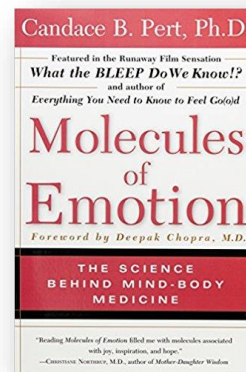


Cells in the body require voltage to work and to make new cells to replace worn out cells. Our muscles are rechargeable batteries that provide this voltage. Each organ has its own battery pack. Such battery packs are specific stacks of muscles. These muscle stacks are known as acupuncture meridians.

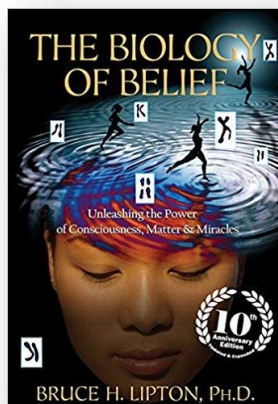
## MOLECULES OF EMOTION

Why do we feel the way we feel? How do our thoughts and emotions affect our health? Are our bodies and minds distinct from each other or do they function together as parts of an interconnected system?

Her pioneering research on how the chemicals inside our bodies form a dynamic information network, linking mind and body, is not only provocative, it is revolutionary. By establishing the biomolecular basis for our emotions and explaining these new scientific developments in a clear and accessible way, Pert empowers us to understand ourselves, our feelings, and the connection between our minds and our bodies -- body-minds -- in ways we could never possibly have imagined before.

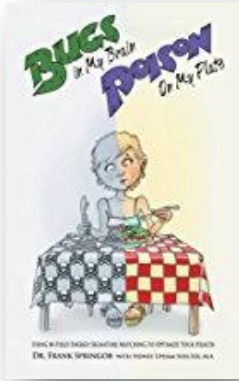


## THE BIOLOGY OF BELIEF



*The Biology of Belief* is a ground breaking work in the field of new biology. Former medical school professor and research scientist Bruce H. Lipton, Ph.D., presents his experiments, and those of other leading-edge scientists, which examine in great detail the mechanisms by which cells receive and process information. The implications of this research radically change our understanding of life, showing that genes and DNA do not control our biology; instead, DNA is controlled by signals from *outside* the cell, including the energetic messages emanating from our positive and negative thoughts. This profoundly hopeful synthesis of the latest and best research in cell biology and quantum physics has been hailed as a major breakthrough, showing that our bodies can be *changed* as we retrain our thinking.

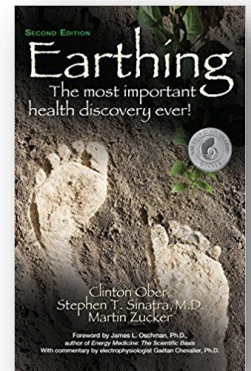
## BUGS IN MY BRAIN POISON ON MY PLATE



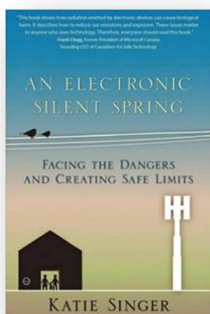
In America, the food supply has steadily degraded over the past 150 years. Commercial foods loaded with chemicals, high-fructose corn syrup, trans-fats, and GMOs have taken over the marketplace. Political interests and corporate greed have controlled our diet for decades, leading to an epidemic of degenerative health conditions. Now we can fight back! *Bugs in My Brain, Poison on My Plate* explains the problem and provides practical solutions for restoring and maintaining your health by using the Morphogenic Field Technique (MFT) to match the energy of your food to the energy field your body. The latest advancement in natural health care, MFT incorporates muscle response testing with energy healing and personalized nutritional protocols. Ideal for practitioners and patrons alike, this book reveals how to access the innate wisdom of the body to create sustainable, affordable, effective health solutions that will lead to a brighter future for us all.

## EARTHING

'Earthing' introduces readers to the landmark discovery that living in contact with the Earth's natural surface charge - being grounded - naturally discharges and prevents chronic inflammation in the body. This effect has massive health implications because of the well-established link between chronic inflammation and all chronic diseases, including the diseases of ageing and the ageing process itself.

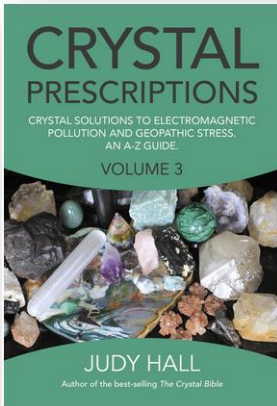


## AN ELECTRONIC SILENT SPRING: FACING THE DANGERS AND CREATING SAFE LIMITS



Over millions of years, living creatures have evolved in relation to the Earth's electromagnetic energy. Now, we're surrounded by human-made frequencies that challenge our health and survival. *An Electric Silent Spring* reports the effects of electrification and wireless devices on people, plants, bee colonies, and frogs around the globe. It presents solutions for people who want to reduce their exposure to electromagnetic radiation. This pioneering book is for anyone concerned about the health of the environment and the people and other creatures that inhabit it.

## CRYSTAL PRESCRIPTIONS

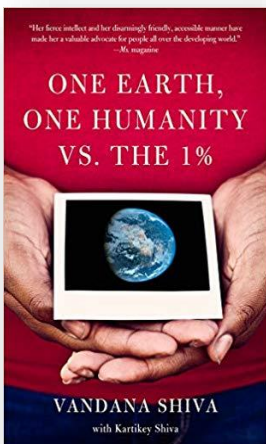
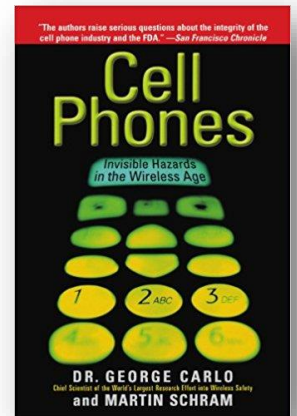


Judy lays out the dangers of EMFs very clearly. She quotes liberally from the research of Professor Denis Henshaw of Bristol University who has examined the question of how magnetic fields interact with the body generally and more specifically the effects of corona ions emitted from high voltage power lines.

Judy's book also deals fairly and squarely with the issue of Geopathic Stress. She defines GS as "negative energies, also known as 'harmful earth rays' which emanate from the Earth and cause discomfort and ill health". Over 4000 years ago the Chinese recognized destructive earth vibrations that they called 'dragon lines' and warned against building houses on such stressful sites.

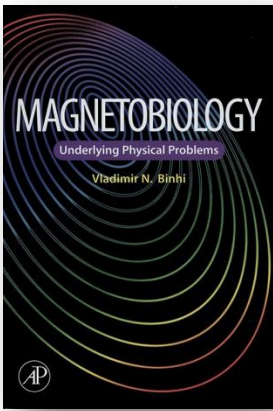
## CELL PHONES

Essential reading for the 100 million Americans currently using wireless phones, this thoroughly researched and documented cautionary work stands alongside of such classics as Silent Spring and The Coming Plague. With news reports proliferating of the possible connection between brain tumors and cell phone use, Dr. George Carlo was hired by the cell phone industry in 1993 to study the safety of its product. In 1999 funds for Dr. Carlo's research were not renewed, and the industry sought to discredit him. Undeterred, Carlo now brings his case to the public with a powerful assessment of the dangers posed by the microwave radiation from cell phone antennas—disruption of the functioning of pacemakers, penetration of the developing skulls of children, compromise to the blood-brain barrier, and, most startlingly, genetic damage that is a known diagnostic marker for cancer—as well as a presentation of safeguards that consumers can implement right now to protect their health. "...the authors raise serious questions about the integrity of the cell phone industry and the FDA."—San Francisco Chronicle



## ENVIRONMENT

In Oneness vs. the 1%, Vandana Shiva takes on the Billionaires Club of Gates, Buffett, Zuckerberg and other modern Mughals, whose blindness to the rights of people, and to the destructive impact of their construct of linear progress, have wrought havoc across the world. Their single-minded pursuit of profit has undemocratically enforced uniformity and monoculture, division and separation, monopolies and external control-over finance, food, energy, information, healthcare, and even relationships. Basing her analysis on explosive little-known facts, Shiva exposes the 1%'s model of philanthrocapitalism, which is about deploying unaccountable money to bypass democratic structures, derail diversity, and impose totalitarianism, so that people can reclaim their right to live free; think free; breathe free; eat free.



## EMFS EFFECTS ON LIVING ORGANISMS

People are immersed in electromagnetic fields from such sources as power lines, domestic appliances, mobile phones, and even electrical storms. All living beings sense electric fields, but the physical origins of the phenomenon are still unclear. Magnetobiology considers the effects of electromagnetic fields on living organisms. It provides a comprehensive review of relevant experimental data and theoretical concepts, and discusses all major modern hypotheses on the physical nature of magnetobiological effects. It also highlights some problems that have yet to be solved and points out new avenues for research. Why do some people feel unwell during a lightning storm? Why is there a correlation between the level of electromagnetic background and the incidence of cancer? Why do so many medical centers use electromagnetic exposures to treat a wide variety of disorders in humans? The international scientific community is extremely interested in a theory of magnetobiology and the answers to these and other questions, as evidenced by the growing number of research associations in the United States, Europe, and other parts of the world. The World Health Organization (WHO) has named electromagnetic contamination in occupational and residential areas as a stress factor for human beings. This book stands out among recent texts on magnetobiology because it draws on a strong foundation of empirical and theoretical evidence to explain the various effects of magnetic fields on the human body. It contains the first comprehensive collection of experimental data bearing physical information, frequency and amplitude/power spectra, and original research data on how electromagnetic fields interfere with ions and molecules inside the proteins of living organisms. Introduction is written so that it will be understandable to a wide scientific community regardless of their specialisation. First comprehensive collection of experimental data bearing physical information, frequency and amplitude/power spectra. Original theoretical research data on the interference of ions and molecules inside proteins. Appendix covers physical questions most relevant for magnetobiology. In particular there is an original exposition of the magnetic resonance basic principles.