

Sheet1

HEALTH BOOKS						
TITLE	DATE	AUTHOR	HC/ PB(J)	COND	COMMENT	
Brainfood Nutrition and Your Brain	1987	B Morgan MD, R Morgan	PB	vg		
The Complete Urban Farmer	1977	D Wickers	HC	vg	illustr.	
A Country Doctor's Common Sense Health Manual	1975	JF Hurdle MD	HC (J)	vg		
French Women Don't Get Fat		Mireille Guiliano	HC (J)	exc	classic, recipes, a must have	
Growing Old Disgracefully		The Hen Coup	PB	good		
How to stay young & live longer Guide to Anti-aging	2002	M. Lam MD, M Sulindro MD	PB	good	signed	
Protein Power		Michael Eades MD, Mary Eades MD	HC (J)	vg	Tells it like it is	
Stressed is Dessert Spelled Backwards	1999	BL Seaward	PB	vg signed		
Symptoms- The book that answers the questions	1990	I Rosenfeld MD	PB	vg		

