

| MEDIUM | TITLE | SUBTITLE | AUTHOR | DESCRIPTION | DATE |
|-----------|--|--|---|---|------|
| Audiotape | Irritable Bowel Syndrome (IBS) | Unlock the Power of Your Mind, to Help Your Body | | 3-tape Home Course in Hypnotherapy Processes Specially Produced for IBS Sufferers | |
| Book | Lick the Sugar Habit | | Appleton, Nancy, Ph.D. | Sugar addiction upsets your whole body chemistry. Now learn how to break the addiction. Includes questionnaires. | 1988 |
| Book | Dr. Atkins' New Diet Revolution | The Latest on the Safety and effectiveness of the Atkins approach | Atkins, Robert C., M.D. | Weight Loss, Weight Maintenance, Good Health and Disease Prevention Through the Atkins Nutritional Approach | 2002 |
| Book | Prescription for Nutritional Healing | A Practical A-Z Reference to Drug-Free Remedies Using Vitamins, Minerals, Herbs & Food Supplements | Balch, James F, M.D.; Balch, Phyllis A., C.N.C. | A comprehensive & up-to-date self-help approach to good health | 1997 |
| Book | Lyme Disease | The Cause, the Cure, the Controversy | Barbour, Alan G., M.D. | Is it Lyme disease, or isn't it? What's the best treatment? What's the best prevention? A leading expert tells you what you need to know. | 1996 |
| Book | Hypothyroidism | The Unsuspected Illness | Barnes, Broda O., M.D. | Low thyroid function--how it may be affecting your body, your emotions, your life | 1976 |
| Book | Solved: The Riddle of Heart Attacks | | Barnes, Broda O., M.D.; Barnes, Charlotte W., A.M. | | 1976 |
| Book | Running on Empty | Chronic Fatigue Immune Dysfunction Syndrome | Berne, Katrina H., PhD | ... the facts about CFIDS: how to know if you've got it, and what to do if you do. | 1992 |
| Book | Chronic Fatigue Syndrome, Fibromyalgia and Other Invisible Illnesses | The Comprehensive Guide | Berne, Katrina, Ph.D. | The latest research on causes, symptoms, diagnosis and treatment. Suggestions for meeting emotional challenges. | 2002 |
| Book | A Woman's Book of Life | The Biology, Psychology, and Spirituality of the Feminine Life Cycle | Borysenko, Joan, Ph.D. | The pioneering author of <i>Minding the Body, Mending the Mind</i> unlocks the biological driving force behind the psychology and spirituality of being female. | 1996 |
| Book | Healing Lyme | Natural Healing and Prevention of Lyme Borreliosis and Its Coinfections | Buhner, Stephen Harrod | Examines leading scientific research on Lyme infection, tests & treatments, and outlines herbal medicines & supplements that offer help for preventing & healing. | 2005 |
| Book | Lab 257 | The Disturbing Story of the Government's Secret Plum Island Germ Laboratory | Carroll, Michael Christopher | Investigative Report: Strictly off limits to the public, Plum Island is home to the deadliest germs that have ever roamed the earth. | 2004 |
| Book | Heart Myths | Common Fallacies About Prevention, Diagnosis, and Treatment | Charash, Bruce D., M.D. | | 1991 |
| Book | Quantum Healing | Exploring the Frontiers of Mind/Body Medicine | Chopra, Deepak, M.D. | Mind-Body Medicine | 1989 |
| Book | Ageless Body, Timeless Mind | The Quantum Alternative to Growing Old | Chopra, Deepak, M.D. | Body/Mind Medicine | 1993 |

| MEDIUM | TITLE | SUBTITLE | AUTHOR | DESCRIPTION | DATE |
|--------|--|---|---|--|------|
| Book | Nontoxic, Natural, & Earthwise | How to Protect Yourself and Your Family from Harmful Products and Live in Harmony with the Earth | Dadd, Debra Lynn | More than 400 inexpensive do-it-yourself formulas | 1990 |
| Book | Solving the Puzzle of Mystery Syndromes | Are Your Amalgam Fillings the Missing Piece? | Davis, Mary | Dental Amalgam Mercury Syndrome (DAMS) | 2000 |
| Book | Healing Mind, Healthy Woman | Using the Mind-Body Connection to Manage Stress and Take Control of Your Life | Domar, Alice D., Ph.D.; Dreher, Henry | Mind-Body Medicine/Exercises for Women | 1996 |
| Book | The Alchemy of Illness | | Duff, Kat | Essays written by CFIDS (Chronic Fatigue Immune Disease Syndrome) sufferer | 1993 |
| Book | How to Fight Cancer & Win | Scientific guidelines and documented facts for the successful treatment and prevention of cancer and other related health problems. | Fischer, William L. | Stresses preventive approach: eating correctly, exercising. | 2000 |
| Book | Chronic Fatigue, Fibromyalgia & Environmental Illness | 26 Doctors Show You How They Reverse These Conditions with Clinically Proven Alternative Therapies. | Goldberg, Burton and the Editors of Alternative Medicine Digest | Goodbye to Muscle Pain; Regain Vitality; Peak Your Immune System; Climb Out of Your Depression; Shake off the Allergies, Stress, Yeast Infections, & Bad Digestion | 1998 |
| Book | Could It Be...Perimenopause? | | Goldstein, Steven R., M.D., and Ashner, Laurie | How Woman 35-50 can overcome Forgetfulness, Mood Swings, Insomnia, Weight Gain, Sexual Dysfunction, and other telltale signs of Hormonal Imbalance | 1998 |
| Book | Breaking the Vicious Cycle | Intestinal Health Through Diet | Gottschall, Elaine, M.Sc. | Diet for Crohn's Disease, Ulcerative Colitis, Diverticulitis, Celiac Disease, Cystic Fibrosis, and Chronic Diarrhea | 2004 |
| Book | It's All In Your Head | Diseases Caused by Silver-Mercury Fillings | Huggins, Hal A., DDS | Dental fillings are the primary source of mercury toxicity; Other sources of mercury can create problems; How nutrition affects recovery from mercury toxicity. | 1990 |
| Book | Osler's Web | Inside the Labyrinth of the Chronic Fatigue Syndrome Epidemic | Johnson, Hillary | Investigative Report: 1984-1994 rigid and haughty biomedical research establishment unwilling or unable to respond to CFS (Chronic Fatigue Syndrome) | 1996 |
| Book | Full Catastrophe Living | Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness | Kabat-Zinn, Jon, Ph.D. | The program of the stress reduction clinic at the U. of MA Medical Center | 1990 |
| Book | Wherever You Go There You Are | Mindfulness Meditation in Everyday Life | Kabat-Zinn, Jon, Ph.D. | | 1994 |
| Book | Living Nutrition's Favorite Alive Raw Food Recipes | | Klein, David--Editor | Raw Food Recipes | 2000 |
| Book | Coping with Lyme Disease- A Practical Guide to Dealing with -Copy #1 | Diagnosis and Treatment | Lang, Denise | The Bible for the thousands who contract Lyme Disease each year | 2004 |

| MEDIUM | TITLE | SUBTITLE | AUTHOR | DESCRIPTION | DATE |
|--------|---|--|--|--|------|
| Book | Coping with Lyme Disease- -Copy #2 | ditto | Lang, Denise | ditto | 2004 |
| Book | What Your Doctor May Not Tell You About Premenopause | Balance Your Hormones and Your Life From Thirty to Fifty | Lee, John R., M.D.; Hanley, Jesse, M.D.; Hopkins, Virginia | Natural progesterone for premenopausal problems | 1999 |
| Book | Immune Dysfunction | Winning My Battle Against Toxins, Illness & the Medical Establishment | Lopez, Judith | Memoir of reclaiming her life in the face of fatigue, unexplained aches and pains, chemical sensitivities, memory problems, depression, and feeling "sick all over." | 2001 |
| Book | Stricken: Voices From the Hidden Epidemic of Chronic Fatigue Syndrome | | Munson, Peggy; Editor | Learn from Sufferers--in their own words-- what it means to live with chronic fatigue syndrome | 2000 |
| Book | Chronic Fatigue Syndrome | How You Can Benefit from Diet, Vitamins, Minerals, Herbs, Exercise & Other Natural Methods | Murray, Michael T., N.D. | Part of the Getting Well Naturally series | 1994 |
| Book | Total Wellness | Discover the Body's Healing Systems and How They Can Work for You! | Pizzorno, Joseph, N.D. | The only guide you need to keep yourself and your family healthy | 1998 |
| Book | Kitchen Table Wisdom | Stories that Heal | Remen, Rachel Naomi, M.D. | Mind-Body Health | 1996 |
| Book | The Bitter Truth About Artificial Sweeteners | | Remington, Dennis W., M.D.; Higa, Barbara W., R.D. | | 1987 |
| Book | The Mood Cure | The 4-Step Program to Take Charge of Your Emotions--Today | Ross, Julia, M.A. | A comprehensive guide to breakthrough nutritional solutions to negative emotional states. | 2002 |
| Book | Healing Back Pain | The Mind-Body Connection | Sarno, John E., M.D. | Without drugs, without surgery, without exercise, back pain can be stopped forever ...painful conditions are rooted in our unexpressed emotions... shows how to cure physical disorders without drugs, therapy, or surgery. | 1996 |
| Book | The Mindbody Prescription | Healing the Body, Healing the Pain | Sarno, John E.I, M.D. | | 1998 |
| Book | Enter the Zone | Avoid the Dangers of Bad Carbohydrates; Balance Your Hormone and Insulin Levels | Sears, Barry, Ph.D. | A Dietary Road Map to Lose Weight Permanently, Reset Your Genetic Code, Prevent Disease, Achieve Maximum Physical Performance, Enhance Mental Productivity | 1995 |
| Book | Feeling Fat, Fuzzy, or Frazzled? | | Shames, R, M.D., & Shames, K, | | 2006 |
| Book | Chronic Fatigue Syndrome | The Hidden Epidemic | Siegel, Bernie S., M.D. | A comprehensive program aimed at strengthening the immune system. | 1990 |
| Book | The Night-Side | Chronic Fatigue Syndrome and the Illness Experience | Skloot, Floyd | Memoir of illness experience. | 1996 |
| Book | Renewal--Copy #1 | Learn How to Rejuvenate Your Cells, Turn Back the Clock, and... | Smith, Timothy J., M.D. | Reverse Heart Disease, Reduce Cancer Risk, Feel More Energetic, Boost Your Brainpower, Extend Your Lifespan | 1998 |

| MEDIUM | TITLE | SUBTITLE | AUTHOR | DESCRIPTION | DATE |
|------------|---|--|--|--|-----------|
| Book | Renewal--Copy #2 | Learn How to Rejuvenate Your Cells, Turn Back the Clock, and... | Smith, Timothy J., M.D. | Reverse Heart Disease, Reduce Cancer Risk, Feel More Energetic, Boost Your Brainpower, Extend Your Lifespan | 1998 |
| Book | What Your Doctor May NOT Tell You About Fibromyalgia--Copy #1 | The Revolutionary Treatment That Can Reverse the Disease | St. Amand, R. Paul, M.D.; Marek, Claudia Craig | Using guaifenesin to reverse fibromyalgia | 1999 |
| Book | What Your Doctor May NOT Tell You About Fibromyalgia--Copy #2 | The Revolutionary Treatment That Can Reverse the Disease | St. Amand, R. Paul, M.D.; Marek, Claudia Craig | Using guaifenesin to reverse fibromyalgia | 1999 |
| Book | Fibromyalgia & Chronic Myofascial Pain | A Survival Manual/Second Edition | Starlanyl, Devin; Copeland, Mary Ellen | | 2001 |
| Book | Bring Me the Rhinoceros | And Other Zen Koans to Bring You Joy | Tarrant, John | The goal of the Zen koan is a profound change of heart; with it comes a freedom of mind and an awareness of the joy and kindness underlying daily life. | 2004 |
| Book | From Fatigued to Fantastic | A Guide to Overcoming Severe Chronic Fatigue, Poor Sleep, Achiness, "Brain Fog," Increased Thirst, Bowel Disorders, Recurrent Infections, & Exhaustion | Teitelbaum, Jacob, M.D. | A manual for moving beyond chronic fatigue & fibromyalgia | 1996 |
| Book | Everything You Need to Know About Lyme Disease and Other Tick-Borne Disorders | Revised & Updated | Vanderhoof-Forschner, Karen | Written by Co-founder of The Lyme Disease Foundation | 2003 |
| Book | A Dose of Sanity | Mind, Medicine, and Misdiagnosis | Walker III, Sydney, M.D. | A psychiatrist explains why it's <i>NOT</i> all in your head--might be a medical condition such as hyperthyroidism, Lyme disease, or even poor nutrition | 1996 |
| Book | Doctor's Manual for Wilson's Syndrome | | Wilson, Denis, M.D. | Illustrated manual on diagnosing Wilson's syndrome (thyroid condition) and treatment | 1997 |
| | CD/.pdf file: Lyme Disease--Copy #1 | | | Includes CA State Senate Info Hearing on Lyme | 2/25/2004 |
| | CD/.pdf file: Lyme Disease--Copy #2 | | | Includes CA State Senate Info Hearing on Lyme | 2/25/2004 |
| | CD/.pdf file: Lyme Disease--Copy #3 | | | Includes CA State Senate Info Hearing on Lyme | 2/25/2004 |
| | CD/.pdf file: Lyme Disease--Copy #4 | | | Includes CA State Senate Info Hearing on Lyme | 2/25/2004 |
| Periodical | Journal of Chronic Fatigue Syndrome; Vol 11, Number 1 | Multidisciplinary Innovations in Research, Theory & Clinical Practice | De Meileir, Kenny, M.D.; McGregor, Neil, M.D.Sc.; Co-Editors | Myalgic Encephalomyelitis/Chronic Fatigue Syndrome: Clinical Working Case Definition, Diagnostic & Treatment Protocols | 2003 |
| Periodical | Townsend Letter for Doctors & Patients | The Examiner of Medical Alternatives | | Article on "Alleviating Inflammation"--A Root Cause of Disease" | |
| Reference | B Medical Terminology | A Programmed Text | Smith, GL; Davis, PE; Dennerll, JT | | 1988 |

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|-----------|---|--|--------------------------------|-------------|-------------------------|
| Videotape | Lyme Disease | | Anderson, Wayne, N.D., P.A. | TCN Meeting | 5/10/2003 |
| Videotape | Neurotoxins--Lyme, Mold, etc.--Copy #1 | | Anderson, Wayne, N.D., P.A. | TCN Meeting | 8/6/2005 |
| Videotape | Neurotoxins--Lyme, Mold, etc.--Copy #2 | | Anderson, Wayne, N.D., P.A. | TCN Meeting | 8/6/2005 |
| Videotape | Managing Fatigue--Copy #1 | | Bateman, Lucinda, M.D. | TCN Meeting | 7/1/2006 |
| Videotape | Managing Fatigue--Copy #2 | | Bateman, Lucinda, M.D. | TCN Meeting | 7/1/2006 |
| Videotape | Managing Fatigue--Copy #3 | | Bateman, Lucinda, M.D. | TCN Meeting | 7/1/2006 |
| Videotape | Neurologic Chiropractic-- Copy #1 | | Bernd, Matt, D.C. | TCN Meeting | 11/5/2005 |
| Videotape | Neurologic Chiropractic-- Copy #2 | | Bernd, Matt, D.C. | TCN Meeting | 11/5/2005 |
| Videotape | Qigong--Copy #1 | Chinese Health Practice to Strengthen People with Chronic Neuroimmune Illness | Dietze, Olaf, HHP, CMT | TCN Meeting | 4/2/2005 |
| Videotape | Qigong--Copy #2 | Chinese Health Practice to Strengthen People with Chronic Neuroimmune Illness | Dietze, Olaf, HHP, CMT | TCN Meeting | 4/2/2005 |
| Videotape | Dr. Moses Goldberg | | Goldberg, Moses, | TCN Meeting | 10/11/2003 |
| Videotape | Dr. Eric Gordon | | Gordon, Eric, M.D. | TCN Meeting | 10/1/2000 |
| Videotape | Testing--Copy #1 | | Gordon, Eric, M.D. | TCN Meeting | 11/8/2003 |
| Videotape | Testing--Copy #2 | | Gordon, Eric, M.D. | TCN Meeting | 11/8/2003 |
| Videotape | Testing--Copy #3 | | Gordon, Eric, M.D. | TCN Meeting | 11/8/2003 |
| Videotape | Multiple Aspects of Treating Chronic Neuroimmune Diseases | | Gordon, Eric, M.D. | TCN Meeting | 11/6/2004 |
| Videotape | Dr. Eric Gordon | | Gordon, Eric, M.D. | TCN Meeting | 2/9/2002 & 11/9/2002 |
| Videotape | | | Grund, Tim, D.C. | TCN Meeting | 4/10/2004 |
| Videotape | Social Security Return to Work Program | | Johnson, Kathleen | TCN Meeting | 7/10/2004 |
| Videotape | Dr. Lois Johnson | | Johnson, Lois, M.D. | TCN Meeting | 3/20/2004 |
| Videotape | One Clinician's Approach to CNDs--Copy #1 | | Johnson, Lois, M.D. | TCN Meeting | 5/7/2005 |
| Videotape | One Clinician's Approach to CNDs--Copy #2 | | Johnson, Lois, M.D. | TCN Meeting | 5/7/2005 |

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| Videotape | Lyme Disease--Copy #1 | The "Emerging" Threat is Already Here and Thriving in California | Panel @ TCN Meeting | Keith, Ron (Marin-Sonoma Mosquito & Vector Control Dist.); Mervine, Phyllis, CALDA; Barkley, Marylynn, Ph.D., M.D.; Anderson, Wayne, N.D. | 8/14/2004 |
| Videotape | Lyme Disease--Copy #2 | The "Emerging" Threat is Already Here and Thriving in California | ditto | ditto | 8/14/2004 |
| Videotape | Lung Worms | | Klapow, Larry | TCN Meeting | 5/15/2004 |
| Videotape | Nutrition and Aromatherapy | | Martel, Sarah | TCN Meeting | 2/5/2005 |
| Videotape | Social Security | | McCaskell, Dan | TCN Meeting | 8/9/2003 |
| Videotape | SSD Application & Reviews | | McCaskell, Dan | TCN Meeting | 9/11/2004 |
| Videotape | Hypnosis--Copy #1 | | Quigley, David | TCN Meeting | 10/7/2006 |
| Videotape | Hypnosis--Copy #2 | | Quigley, David | TCN Meeting | 10/7/2006 |
| Videotape | 2 Hour Q & A | | Smith, Timothy J., M.D. | TCN Meeting | 10/1/2005 |
| Videotape | Movement and Exercise--Copy #1 | | Soares, Todd, P.T. | TCN Meeting | 3/5/2005 |
| Videotape | Movement and Exercise--Copy #2 | | Soares, Todd, P.T. | TCN Meeting | 3/5/2005 |
| Videotape | Ange Stephens/Therapist--Copy #1 | | Stephens, Ange--Therapist | TCN Meeting | 6/14/2003 & 9/3/2005 |
| Videotape | Ange Stephens/Therapist--Copy #2 | | Stephens, Ange--Therapist | TCN Meeting | 6/14/2003 & 9/3/2005 |
| Videotape | Sleep | | Sundahl, Jerry | TCN Meeting | 10/2/2004 |
| Videotape | Japanese Acupuncture--Copy #1 | A Path to Healing | Turetsky, Todd, LAC | TCN Meeting | 7/2/2005 |
| Videotape | Japanese Acupuncture--Copy #2 | A Path to Healing | Turetsky, Todd, LAC | TCN Meeting | 7/2/2005 |
| Videotape | Dr. Terri Turner--Copy #1 | | Turner, Terri, D.O. | TCN Meeting | 11/4/2006 |
| Videotape | Dr. Terri Turner--Copy #2 | | Turner, Terri, D.O. | TCN Meeting | 11/4/2006 |
| Videotape | Dr. Terri Turner--Copy #3 | | Turner, Terri, D.O. | TCN Meeting | 11/4/2006 |
| Videotape | Dr. Terri Turner--Copy #4 | | Turner, Terri, D.O. | TCN Meeting | 11/4/2006 |
| Videotape | Visualization | | Wagner, Andrew, M.D. | TCN Meeting | 1/10/2004 |
| Videotape | Redwood Health Library | Research | Weaver, Eric | TCN Meeting | 6/12/2004 |
| Videotape | Allergies | | Zafis, Cindy, D.C. | TCN Meeting | 9/13/2003 |