BOOKS

*Beutler J. Flax for Life

101 recipes and tips featuring flax oil.

Budwig J. Flax oil as a true aid against arthritis, heart infarction, cancer and other diseases.

Erdmann R. Fats that can save your life

"A book that is expertly written in easily understood terms. From it you will gain a storehouse of knowledge of the almost incomprehensible healing ability of the essential fatty acids, found most abundantly in flaxseed oil. In 140 pages, Dr. Erdmann reveals what you need to know in attaining optimal health to last a lifetime. A highly recommended book for everyone interested in the critical role of fats and oils in health and disease."

Gittleman AL. Eat fat, lose weight

Gittleman shows which fats are fundamental to health, amount needed, and which ones help in weight loss. She establishes the importance of omega-3 food sources and supplements in promoting health. The book also features a seven-day eating plan.

Murray M & Beutler J. Understanding Fats and Oils

A brief review of the vital role of fats and oils in the diet with emphasis on essential fatty acids. Also explains health benefits of flaxseed oil, dietary recommendations, balancing fats, recognizing a deficiency of essential fatty acids, lowering cholesterol and blood pressure with essential fatty acids, and the dangers of hydrogenated and trans fatty acids.

* Rudin D & Felix C. Omega 3 oils

Ways to improve physical and mental health by correcting imbalances caused by omega-3 deficiencies. General and specific health benefits of omega-3s. The "Omega Program" is presented as a way to help bring diet and health into balance.

- * Simopoulos AP & Robinson J. *The Omega Diet* 1999. New York: Harper Collins. Simopoulos' homepage available at: http://www.teleport.com/~jor/
- * Stoll AL. The Omega-3 Connection: The groundbreaking omega-3 antidepression diet and brain program. 2001. New York, NY: Simon & Schuster.