

Book Recommendations:

The Complete Guide to Fasting by Jason Fung: [link](#)

The Mayo Clinic Guide to Stress Free Living by Amit Sood: [link](#)

Lifespan by David Sinclair: [link](#)

Roar by Stacy Sims: [link](#)

Estrogen Matters by Carol Travis: [link](#)

The End of Alzheimer's by Dale Bredeesen: [link](#)

Dirty Genes by Ben Lynch: [link](#)

Grain Brain by David Perlmutter: [link](#)

Why We Sleep by Matthew Walker: [link](#)

What the Heck Should I Eat? By Mark Hyman: [link](#)

For clients: What the Heck Should I Cook? By Mark Hyman: [link](#)