

Finale (April 30, 2019) Reference List

- Toxicant Induced Loss of Tolerance** Layna Berman and Jeffrey Fawcett, PhD. <http://www.yourownhealthandfitness.org/Download/20160315.mp3>
- Life Extension Disease Prevention and Treatment** edited by Blake Gossard.
- Smart Medicine for Healthier Living** by Janet Zand, Allan Spreen, and James LaValle
- Wireless Technology Disrupts Your Biology** Martin Pall, PhD. <http://www.yourownhealthandfitness.org/Download/20181127.mp3>
- Wi-Fi is an important threat to human health** by Martin Pall, PhD. <http://www.yourownhealthandfitness.org/Download/Wi-FiThreat-2.pdf>
- 5G: Great risk for EU, U.S. and International Health! Compelling Evidence for Eight Distinct Types of Great Harm Caused by Electromagnetic Field (EMF) Exposures and the Mechanism that Causes Them** by Martin Pall, PhD. http://www.yourownhealthandfitness.org/Download/Pall_EU-EMF2018-6-11US3.pdf
- An Electronic Silent Spring** by Katie Singer.
- Green, Family, Home Funerals and Burial** Jerrigrace Lyons. <http://www.yourownhealthandfitness.org/Download/20110531.mp3>
- Sunlight and Heart Disease** Stephanie Seneff, PhD. <http://www.yourownhealthandfitness.org/Download/20170815.mp3>
- Cholesterol Sulfate and the Heart** by Stephanie Seneff, PhD. <https://www.westonaprice.org/health-topics/cholesterol-sulfate-deficiency-coronary-heart-disease/>
- Alzheimer's is a Metabolic Disease** Amy Berger, MS, CNS. <http://www.yourownhealthandfitness.org/Download/20170926.mp3>
- The Alzheimer's Antidote: Using a Low-Carb, High-Fat Diet to Fight Alzheimer's Disease, Memory Loss, and Cognitive Decline** by Amy Berger, MS, CNS.
- Medicare-for-all Isn't Enough** Jeffrey Fawcett. <http://www.yourownhealthandfitness.org/Download/20190423.mp3>
- Your Own Health And Fitness Library**. http://www.yourownhealthandfitness.org/?page_id=509