

🌸 Appendix I: Resources 🌸

Here is a list of the books and websites I have found most helpful in our GAPS-AIP-SIBO-with-babies journey. This is by no means exhaustive, and depending on the section, they are listed either alphabetically or in the order I was introduced to them. I have a huge stack of books that I intend to read in the next couple of years – I’ll post recommendations on my website as time goes on. You can check out FullyAliveFamilies.com, if you are interested. The following resources are loosely categorized, but there is a lot of overlap so you may want to browse this whole section, and come back to it in times when what you’re trying just isn’t cutting it. Please note that I don’t necessarily agree with every single statement in every single resource but I have found them very formative and informative and I hope that you will, too. If you run across anything in these that you find disconcerting, please let me know so that I can update the resources list on my website if necessary. Happy reading, and may you find the answers that you are searching for!

If you live in the greater Washington D.C. area, I might be able to help connect you with local resources, so feel free to reach out to me via email. Please write “D.C. area resources” in the subject line and send to FullyAliveFamilies@proton.me.

GENERAL HEALTH

Dr. Josh Axe D.C., D.N.M., C.N.S., and Dr. David Jockers D.N.M., D.C., M.S.

Both of their respective websites, DrAxe.com and DrJockers.com, are very well-researched, with information on natural health. These are the first sites I check when I am trying to familiarize myself with a given health topic or to verify natural remedies that I’ve heard of. Which essential oils are good for this condition? What on earth is an MTHFR gene mutation and why does my PCP want to test for it? Is there any science behind going keto? These gentlemen are well equipped to answer your questions and they make the science very accessible.

**WellnessMama.com by Katie Wells and
Mommpotamus.com by Heather Dessinger**

Upbeat, well-researched, and designed for moms, these websites have recipes for everything from natural body care products to DIY laundry soap to delicious traditional (and often GAPS or AIP) foods. Both websites have lots of great natural pregnancy/ birth posts, parenting ideas, product reviews, and good deals on good products. They also get into the science of a lot of interesting topics. Katie was on AIP at one point and has Hashimoto's thyroiditis and has some helpful posts on those topics. Both Katie and Heather have several children and have overcome some severe gut and autoimmune issues and it is helpful to see that these issues can be survived and overcome by a determined family. In general, the older posts on these websites have more helpful information if you are dealing with food sensitivities.

Biodynamic Wellness

A wonderful group of practitioners run this practice in the San Diego area. They are committed to following the principles discovered by Weston A. Price and provide in-office as well as online consultations. They know when and where to order various types of testing such as is used for heavy metals and hormone imbalance and are an excellent resource for anyone on the GAPS diet. They host seminars and webinars. My friends who live in Southern California give rave reviews of their cooking classes. My in-person visit to Biodynamic Wellness when I was first married and so sick was my first positive experience with healthcare in years; they put me on the right track. Additionally, everyone I have interacted with there is cheerful, kind, peaceful, and eager to hear everything you have to say and help you to put the puzzle pieces together and educate you, not medicate you, to support your healing.

Their very helpful website, BiodynamicWellness.com, has directions and information about various therapies and traditional cooking methods from coffee enemas and nasal lavage to hot compresses, warming socks, and sourdough bread.

***Health for All of Life* by Reverend Dr. Jason M. Garwood**

This is the book that puts everything into perspective. Why do we want to be healthy anyways? This book addresses both the theological and the practical and is

appropriate for anyone who is trying to treat the body as a gift from God – not just people who are doing specific healing protocols. On top of spiritual guidance and encouragement, he gives guidance on some whole-food supplements, essential oils, fasting, cellular voltage, and a host of other important topics. Reverend Garwood also addresses some unpopular but important topics our society needs to grapple with, such as: taking responsibility for our own health, fighting for freedom in healthcare, and accepting Christ’s kingship, even over our own bodies (and babies). The resources he recommends are also invaluable.

I highly recommend reading the book, but as Reverend Garwood says in the introduction to his book, “the book is really just a giant sign meant to point you to the website,” where you will find postings from some of the most important names in natural medicine, including Dr. Axe, Del Bigtree, Ty and Charlene Bollinger, Dr. Jockers, and Kerri Rivera, author of *Healing the Symptoms Known as Autism* which was booted off of Amazon after being a #1 best seller. If you have questions about how to heal your family or about how our society got into this massive health crisis, this website, HealForAllofLife.com, has answers.

MicrobeFormulas.com by Dr. Jay Davidson and Dr. Todd Watts

If your family is struggling with chronic illness, this is the site for you. Dr. Davidson and Dr. Watts are functional medicine doctors, passionate about finding and addressing the root cause of illness and supporting the body and allowing it to heal itself. They have an excellent line of products, but my favorite part of their site is the learning resources. I have a much better appreciation for the extent to which toxins – like heavy metals, glyphosate, and medications – cause disease, and for the need to drink clean, hopefully distilled, water. They talk a lot about Lymes, mold, gut trouble, mental issues, and detoxing. MicrobeFormulas.com is an incredibly empowering site; these doctors are full of hope and help for those struggling with chronic illness.

PX Docs at PXDocs.com

A network of awesome chiropractors. If you need a chiropractor and don’t know where to start just put your location into the search bar and see if they have someone near you.

Tongue-Tied: How a Tiny String Under the Tongue Impacts Nursing, Speech, Feeding, and More, by Richard Baxter DMD, MS

Did you know that tongue-tie can cause lasting anxiety, ADHD, sleep disorders and gut problems? And that even adults can be helped by having the tie addressed surgically? This book is full of hope as Dr. Baxter and the team he writes with explains why tongue and lip ties are increasingly common, why they are so under-diagnosed, and why having an oral tie has such a negative impact on so many parts of life. Dr. Baxter not only explains the problems, but also discusses how to choose a provider to perform the release and what supportive therapies can help to get the mouth working properly. A must-read for anyone who has a history of nursing, speech, or sleep trouble, as well as for the parents of children with those issues. You don't necessarily have to choose to have a tie cut to help yourself or your children address tongue-tie, and you could choose to do nothing at all, but knowledge is power, and this book is full of information on the topic.

Weston A. Price Foundation

This non-profit organization was founded to spread the work of Dr. Weston A. Price, a dentist who discovered that nourishing/healthy, traditional food is the key to dental and whole-body health. WAPF accepts only private donations – nothing from “Big Pharma,” the government, or any of the various food industries. Their excellent publications and a large body of well-executed research are readily available for non-members and members alike. As a member, I automatically get a copy of their quarterly journal and yearly shopping guide as well as the option to get connected to the local chapter of the WAPF. The shopping guide is also available to non-members for a low price and is definitely worth having. It has saved me countless hours in researching which brands to buy. The WAPF is committed to respecting the way our Earth and our bodies are designed and, while it does not shun modern technology, it treats technology as a tool to be used with prudent caution and for a good purpose. You can learn more at WestonAPrice.org.

The Sunshine Principle by Melody Lyons

If you are looking for encouragement, look no further. Drawing heavily on Catholic writings and yet helpful for any Christian, this book can help you pick yourself up by your bootstraps and place you where you belong – in the hands of

our Lord. Melody is a homeschooling mom who lived for years with undiagnosed autoimmune issues and finally did a diet and lifestyle overhaul in order to be able to get out of bed every morning. If anyone knows how hard healing is or what it feels like to be labeled as a hypochondriac, Melody does. She shares freely about her own past experiences with demonic presences and how to avoid that awful situation – you may not know that many things our culture accepts without thinking, even traditional yoga(!), can open doors to demonic presences. Yikes! If you are skeptical, read *The Sunshine Principle* and consider Pilates. I was introduced to this book as I was about to submit my own manuscript for proofreading and my manuscript had to wait a few weeks so that I could finish the book and add this recommendation. I am a better servant of the Lord because of your book, Melody, you are so encouraging!

LYME RESOURCES

Healing from chronic Lyme takes determination and competent professional help. If you have Lyme, I recommend traveling to a reputable Lyme clinic – friends who have healed from chronic Lyme highly recommend the following: **LymeStop in Coeur d’Alene, ID** and **Envita in Scottsdale, AZ**.

GUT AND DIET RESOURCES

***The Body Ecology Diet* by Donna Gates with Linda Schatz**

The book is worth reading if you are dealing with any gut issues. Gates offers a useful explanation of the general ideas behind cleansing, food combining, enemas, and the importance of not overeating. She also gives directions for making coconut water kefir and other good ferments. Although her descriptions are quite helpful, I also must offer a word of caution about Gates’ work. First, she promotes a very low-fat, extremely plant-heavy diet. Both ancient wisdom and modern science have proven these ideas to be detrimental to health for many people when used long-term. Secondly, she heavily pushes her own very expensive line of products, which I have never tried.

***Digestive Health with Real Food* by Aglaee Jacob**

Jacob explains SIBO and other food sensitivities in an easy-to-understand way. She also offers a myriad of practical tips and some recipes. This is a great book to help explain SIBO to friends and family. Hers is the only story I've heard of healing SIBO with diet only, it seems most people need either herbal or pharmaceutical support in addition to diet, but she surely explains the principles of the low-FODMAP diet well.

***The Gut and Psychology Syndrome* by Dr. Natasha Campbell-McBride**

The GAPS diet is an excellent starting place for anyone with gut, mental, or emotional health issues, especially autism or food sensitivities. This book is not an easy read, but I do recommend reading the whole book at least once if you are considering the GAPS diet. Besides a description of the purpose behind the GAPS diet, you will also find plenty of recipes to get you started. Once you have read the book, you can find a practitioner or read more at GAPS.me.

***The Paleo Approach* by Dr. Sarah Ballantyne**

The Paleo Approach is the indispensable book for anyone dealing with autoimmune issues. While it can be quite heady at times, Dr. Ballantyne does a great job making the science accessible. I personally found understanding the science behind the autoimmune protocol really helped my compliance, and therefore, my healing. Even if you don't ultimately choose to follow the protocol, knowledge is power and this book can do a lot to help you understand autoimmunity in general and therefore put together the puzzle pieces of your health issues. Ballantyne also has a website, ThePaleoMom.com, which can be helpful, but if you have autoimmune disease(s), the book is definitely the way to go and will help you to get much more out of the website.

SIBOinfo.com

This site is "The place for all things SIBO," as the welcome page states. Allison Siebecker is one of the leading SIBO experts in the nation. There are lots of helpful resources including studies, courses, an overview of various treatment options, and a list of low, medium, and high FODMAP foods.

SIBOSOS.com

Run by Shivan Sarna, this site offers resources and hosts virtual SIBO Summits with some excellent speakers. Shivan got her own chronic conditions and SIBO under control and is now sharing her own knowledge and experience with the world. Beside sharing her own journey, Sarna brings medical professionals and SIBO patients together to share their experience as well. My appreciation for the nuances of SIBO and a lot of troubleshooting help came from my attendance at her summits, which I found to be well worth their price.

AnxietyFoodSolution.com

Similar to SIBOSOS.com, but with a focus on anxiety/brain health, this website explains how gut health and psychology are so interconnected and could be helpful even to someone who isn't dealing with obvious mental health issues. I have learned a lot about the vagus nerve, which is important for both mood and gut health, from Trudy Scott and her speakers. Understanding more about the science of the gut/brain connection has definitely helped me not only in troubleshooting, but also to be more patient with my children during the long years when they were continually moody and sleepless.

COOKBOOKS

***The Flavor Bible* and *The Vegetarian Flavor Bible* by Karen Page**

I refer to my copy of *The Flavor Bible* a few times every week. You can look up any ingredient and have a whole list of ingredients that go nicely with it. The layout is wonderful when you are trying to adapt a recipe to fit your diet or figure out how to get your children (or yourself!) to like new and strange foods. *The Vegetarian Flavor Bible* includes ingredients that the original does not have.

***The Heal Your Gut Cookbook* by Hilary Boynton and Mary G. Brackett**

These two moms have created a gorgeous and inspiring cookbook that I wish I had when I started GAPS. Boynton has delicious recipes and lucidly explains the stages of the GAPS protocol. The recipes are not particularly SIBO or AIP friendly, but a worthy purchase even if you need to adapt recipes as they provide lots of

practical advice and inspiration for young families struggling with gut/auto-immune issues.

***Ladled: Nourishing Soups for All Seasons* by Kimberly Harris**

A beautiful cookbook with lovely pictures and good instructions, *Ladled* is a delight for veteran cooks and beginners alike. This book is filled with inspiration for anyone on GAPS and stuck in a soup rut. It is not geared strictly for any particular diet, but it is full of healthy, tasty soups and the recipes are labeled to let you know what diets they comply with. Harris also offers tips on modifying recipes to suit given diets.

***Nourishing Traditions* by Sally Fallon Morell**

This unique cookbook is full of research articles and seldom-mentioned fun facts about food and health. It helped me to build the foundation to understand how to prepare foods in such a way that the body can truly benefit from them, rather than just “eating healthy.” This book is ideal for a family that is reasonably healthy and wants to stay that way or to help someone move from a “healing diet” phase to a “healthy and going to do what it takes to stay that way” lifestyle. Many of the recipes are allergen-free or can be easily adapted for an elimination diet. Possibly the best gem in this book is the homemade baby formula (with a dairy-free option). It is a very fun book to browse and makes a wonderful gift for those who want to start eating well.

***The Nourishing Traditions Cookbook for Children: Teaching Children to Cook the Nourishing Traditions Way* by Suzanne Gross and Sally Fallon Morell**

Designed with families and children in mind, this cookbook is packed with ideas to help get your children involved in the kitchen and cooking real food. Each recipe includes pictures of every ingredient and tool that is needed. Our family has a ton of fun making foods from this book together. This also makes a great gift for a family just diving into healthy eating.

***The Paleo Approach Cookbook* by Sarah Ballantyne**

This is a valuable resource for anyone on the autoimmune protocol. It includes lots of recipes and practical “extras” such as cooking tips, meal plans, and shopping guides.

***The Pesto Cookbook: 116 Recipes for Creative Herb Combinations and Dishes Bursting with Flavor* by Olwen Woodier**

This book revolutionized my cooking. Woodier is a fountain of wonderful tips and tastes and I have incorporated so many of her ideas into my previously unenlightened pesto making. I never would have thought to blend olives or capers into my pesto. Or thought that parsley, dill, and lemon could be so perfectly balanced and satisfying. My tongue is forever grateful.

***Wild Fermentation* by Sandor Elliz Katz**

You don't have to be the food/science geek that I am to love this book. This book brought me to a wonderful place of loving my ferments instead of resenting my body for needing them. It is full of excellent recipes, general principles, and interesting musings – some that really resonate with me and others that help me understand other perspectives. You can learn to make all kinds of cultured foods – from the usuals like sauerkraut, cheese, and kombucha, to more novel items like pumpkin seed kefir, hooch, and miso. Happy fermenting!

HERBS AND NATURAL MEDICINE

***Alchemy of Herbs: Transform Everyday Ingredients into Foods and Remedies that Heal* by Rosalee de la Forêt**

Alchemy of Herbs is an ideal resource for anyone who favors home remedies and who likes to understand the “why” behind them. My favorite part about this book is the emphasis on how to match herbs with people, rather than just with their symptoms/diseases. De la Forêt strongly opposes the “one size fits all” approach to health and herbalism. It is well-formatted and beautifully written so that it is both useful in a crisis and enjoyable to browse. She also includes dosing guidance and specific recipes (some very tasty, some very medicinal) on top of fun facts, nutritional information, and therapeutic uses. If I could only have one book about herbs, I would choose this one.

***The Beginners Guide to Edible Herbs: 26 Herbs Everyone Should Grow and Enjoy* by Charles W. G. Smith**

Smith offers a simple and helpful resource for those trying to expand their herb gardens. Smith deals with each herb separately and includes many fun recipes. I was already a veteran herb gardener when I found this book, but my garden and palate have expanded nicely as a result.

EdensGarden.com

After much searching for an essential oil company that has excellent oils, does not encourage over-use of essential oils, and doesn't promote any funny healing practices (like crystals or "energy" healing), an aromatherapist at our church introduced me to Edens Garden. The oils are of good price and good quality and I love that I can trust that they are ethically sourced. Honestly, I most especially appreciate that the owner has Christian values and I'm not left wondering if there were any un-Christian spiritual practices associated with producing my oils. There are lots of helpful posts about how to use the oils, which is why I list Edens Garden here as well as in *Appendix II*.

***The Encyclopedia of Herbal Medicine* by Andrew Chevallier, FNIMH**

While not quite as easy-to-use as *Alchemy of Herbs*, this is a well-formatted and informative shelf reference. What stood out for me as especially useful about this reference book is Chevallier's illustrated directions for making and using infusions, tinctures, syrups etc.

WolfCreekRanchOrganics.com

I stumbled across this website while researching diatomaceous earth as a parasite treatment for Fiona. It is full of natural alternatives for human, pet, and garden health. Their eclectic library covers a host of helpful topics including colostrum, organic gardening, and pain management as well as many specific pet concerns. Diatomaceous earth and many other helpful products can be purchased directly from Wolf Creek.

Rooted-nutrition.com

By Master Herbalist Joshua Boughton. Josh is committed to truth, to

empowering people with knowledge and to providing high quality whole-food supplements and foods. His blog is excellent and empowering, full of practical, applicable knowledge about our bodies and how to support and heal them and how to support healthy child-bearing. His online store is full of products that are good for our bodies and have been produced in a way that is respectful of the earth and of everyone in the supply chain. He does his homework. For example: I was shocked to learn that Nestle, the bottom of the barrel of unethical companies, owns not only Jason's beloved Haagen Dazs, but also a couple of used-to-be-favorite supplement companies! (Pure Encapsulations and Garden of Life.) Ugh! But he also provides me with better options. Thank you, Josh, for doing this research so that our money goes to the right places! May your commitment to integrity spread!

PARENTING RESOURCES

***The Baby Book: Everything You Need to Know About Your Baby from Birth to Age Two* by William Sears, MD, Martha Sears, RN, Robert Sears, MD, and James Sears, MD**

Full of sound parenting advice, *The Baby Book* has helped me to “tune-in” with my little ones and better understand what might be wrong and what did or did not help. The book definitely has a more western/conventional approach to health than I do, and many of the things you can find in my book contradict what you'll find in *The Baby Book*, and yet, I found myself re-reading sections as the mother of a five-year-old. It is written from the perspective of excellent Western medical professionals who are also parents and who love truth and children intensely. The chapter *Parenting the Fussy or Colicky Baby* was my salvation when Seamus was a newborn. This book gave me the confidence I needed as a new mom.

***Infant Potty Training: A Gentle and Primeval Method Adapted to Modern Living* by Laura Boucke**

This book really opened my eyes to how much babies can communicate and control. Thanks to Boucke's prescribed method, Fiona was completely out of diapers by 15 months and Maeve seems to be following in her footsteps. Being aware of Fiona's bladder habits also helped us realize that the ibuprofen we gave her had

caused kidney problems. This is an interesting read, even if you are not planning on trying this potty training method.

The No Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night
by Elizabeth Pantley

With babies, gut trouble causes sleep trouble! Pantley has a whole series of “No Cry Sleep” books and the two I have read are similar and helpful. She has written out a comprehensive program as well as lots of great tips, which can be used with or without embracing her overall approach.

Parenting with Grace by Gregory Popcak

Written specifically for Catholics, but accessible to all Christians, this book applies John Paul II’s “theology of the body” to parenting in both academic and practical terms. One of the most enlightening books I have ever read. It has helped me to have the gumption to muscle through the (countless!) sleepless nights.

Raising Your Spirited Child: A Guide for Parents Whose Child is More Intense, Sensitive, Perceptive, Persistent, Energetic by Mary Sheedy Kurcinka

Do you have a child who has walked to the beat of a different drum since he was an infant, or maybe even since you were pregnant? Do you feel like most days your shirt says, “I have no clue how to parent – please give me advice or glare at me as I walk through the grocery store with my screaming child.” Let me introduce you to Mary Sheedy Kurcinka. She has helped me to not only love and appreciate my “spirited child,” but also helped me to help everyone else love and appreciate him, too. With her insights, I’ve figured out how to navigate the treacherous pastures of shepherding a little sheep who has very different needs than most of the flock. And not only to navigate, but also to love and appreciate that little sheep in all of his (extreme) uniqueness. If you resonate with my experience, I recommend that you begin reading it immediately; it is a game changer. And know that I am praying for you!

Smart Martha’s Catholic Guide for Busy Moms by Tami Kiser.

Kiser is full of great ideas about how to run a busy household without losing your brain, and it’s not just for Catholics! As a “Type A” person, I benefit from her

gentle reminders that baths and meals and other “tasks” that I must facilitate are opportunities to be present to the most important people in my life. I have used and adapted many of her tips and tricks. She writes specifically for Catholics, but her joyful, giving, Christ-centered approach to being a mom could help fill the spiritual gas tank and practical tool box of any Christian mommy.

***Montessori from the Start: The Child at Home from Birth to Age Three* by Paula Polk Lillard and Lynn Lillard Jenson**

This is a fairly intense and academic Montessori book. A lot of the ideas have worked wonderfully for our family; a lot of them didn’t at all, but I have read and re-read many parts of the book and it has empowered me to help my little ones develop all of their different faculties from eyesight to self-control to focus.

The Montessori method excludes the reading of fiction to small children but I think fiction is essential to the development of the child’s imagination and ability to understand stories. My family has delighted in hours spent with *Peter Rabbit*, *Bartholomew Cubbins*, *Curious George*, *The Rainbow Fish*, and *Madeline*. I do insist that all of our books have pleasant art work (I have shamelessly thrown away books that don’t); I want them to love beauty and create beautiful things and seek the God of beauty. I absorbed this mindset from my mom, but if you want to read more about it, check out the work of Charlotte Mason, a British educator from the 1800s. I am also picky about word choice and characters – my children don’t repeat the mistakes of the book characters, maybe because we point them out and discuss them, but they do pick up the lexicon from what we read and try to emulate the characters who are portrayed in a positive light. I threw away a book on CD once because the boy chosen to read the hero’s part had a remarkably bratty voice and my children picked it up! Yikes!

RESOURCES FOR THE SOUL

***Chiara Corbella Petrillo: Witness to Joy* by Simone Triosi**

Warning: I read much of this book with tears streaming down my face. It is the true and recent story of a young Italian couple who experience two challenging

pregnancies and bury two newborns within a couple years of getting married. Eventually, they have a healthy pregnancy, only to discover that Chiara, the mother, has a large aggressive tumor. She opts for minimal treatment in order to protect her unborn child and this allows the cancer to get enough of a foothold to ultimately overcome her body. But with Christ, nothing could overcome her love for her husband and children or her great joy and hope in the Lord. When people have suggested I choose the easy path instead of doing what I know my children need, I can feel Chiara cheering me on from Heaven.

***The Hiding Place* by Corrie Ten-Boom**

I re-read this book during the darkest days of Fiona's gut troubles and it gave me a good dose of holy gumption and of hope. It is an autobiographical book written by a woman who was sent to the Nazi death camps because her family was caught harboring Jews. It is a great reminder to me to be faithful in the small things (like getting up to help the baby again and again and again) so that I will be prepared to be faithful in great things. It also has helped me to understand that "man does not live by bread alone but by every word that comes forth from the mouth of God." (Deut 8:3) The fact that women like Corrie exist makes me proud to be a human, a Christian, and a woman.

The Holy Bible

This book needs no endorsement from me. If you are really in the trenches with a colicky baby, perhaps someone could post some notes with scripture quotes on your bathroom mirror or some other frequented place. The psalms are my favorites!

FERTILITY MONITORING RESOURCES

Couple to Couple League

This organization has couples teaching other couples the sympto-thermal method of natural family planning. This method is quite effective for achieving or avoiding pregnancy, but does not have the health monitoring benefits of the Creighton method. It is, however, very affordable and a great way to meet other Christian families. CCLL.org

Creighton Model Fertility Care

The Creighton Model is the best popular fertility awareness model in terms of monitoring and diagnosing fertility issues (PCOS, infertility, repeated miscarriage), but it has a steeper learning curve and requires more attention than other methods of natural family planning. One big benefit to using Creighton is that they have doctors throughout the country who are trained in treating both male and female infertility. They are very committed to respecting the human body, so out of respect for both woman and (potential) baby, they do not prescribe “The Pill” or other contraceptive hormones, but rather, find out and correct the underlying issue. I use Creighton charting and chart my basal body temperature, which I find is the best way for me to identify ovulation. CreightonModel.com

FEMM

This is a newer model of fertility awareness. It is fairly similar to Creighton but less intense, requires less training, and can be followed on a very handy app. FEMMhealth.org

PREGNANCY AND BREASTFEEDING

The Breastfeeding Mother’s Guide to Making More Milk by Diana West, IBCLC, and Lisa Marasco, M.A. IBCLC and

Ina May’s Guide to Breastfeeding by Ina May Gaskin

If all expectant mothers read one or both of these books, breastfeeding would again be the norm. Both books are positive and upbeat without downplaying the challenges that often come with breastfeeding. The explanations of how to pinpoint and overcome various issues are so helpful, even for a veteran nursing mom. I gained a wealth of knowledge after reading these two books, although I had already read several breastfeeding books and countless breastfeeding blogs and even nursed two babies.

Gentle Birth, Gentle Mothering: A Doctor’s Guide to Natural Childbirth and Gentle Early Parenting Choices by Sarah J. Buckley, MD.

Dr. Buckley writes extensively about the nervous system and the science of

the birth, explaining well how much better a woman's body can work if she is in a safe, calm, comfortable place. She also talks a lot about the unspoken dangers of standard procedures such as ultrasounds and quick cord clamping as well as sharing her own experiences birthing and breastfeeding four children. Although she does not seem to be Christian, her explanations of the incredible intricacies of pregnancy and childbirth are for me, as a believer, further proof of a Creator.

***Ina May's Guide to Childbirth* by Ina May Gaskin**

Indispensable for anyone interested in natural birth, this book begins with page after page of women's natural birth stories. They aren't sugar-coated, but they let us know that yes! our bodies can do this and this is more-or-less what to expect. She goes on to explain the science of why natural childbirth is generally both safer and easier than the standard hospital birth.

The Pregnancy Environmental Hotline

This confidential and free hotline answers questions about the safety of various medications, drugs, and exposures during pregnancy. 617-787-4957.

Avivaromm.com

This is a great place to double-check natural remedies and ensure they are safe during pregnancy.

Project Rachel

A wonderful resource for anyone looking for healing after an abortion, whether recent or far in the past. This is a Christian organization that is very respectful of personal beliefs and happy to help people of any faith or none at all. They staff and serve men and women alike, and are famously non-judgmental, compassionate, and are committed to privacy. If you are struggling to move forward after having had an abortion, Project Rachel can help you to allow God to embrace you with His mercy. Project Rachel is additionally a good place to check out if you are trying to console and help friend who regrets having an abortion.

VACCINE INFORMATION

***Dissolving Illusions: Disease, Vaccines, and the Forgotten History* by Suzanne Humphries, MD, and Roman Bystrianyuk**

This book debunks the myth that vaccines are generally safe or that they have eradicated disease. The authors rely heavily on publications, letters, and memoirs to show that not only have vaccines always been unsafe in various ways, they are also fairly ineffective, and have very often been produced and administered unethically. The primary importance of sanitation in the prevention and control of disease outbreaks is made obvious. The extensive documentation and wide variety of sources in this book are wonderful if you are a skeptic or trying to convince a skeptic. My hat is off to you, Dr. Humphries and Mr. Bystrianyuk.

***Thimerosal: Let the Science Speak* by Robert F Kennedy**

Written from a pro-vaccine perspective, this well-researched book not only raises the red flag about mercury-containing thimerosal in vaccines, it also calls for more research about vaccine safety in general and for better transparency and testing in the vaccine industry. A fairly easy-read; Kennedy makes the statistics understandable to the average American.

***Vaccination: A Catholic Perspective* by Pamela Acker, M.S.**

In my humble opinion, Acker's work *should* be called *Vaccination: A Human Perspective*. In this easy-to-read, well documented, and short work, Acker tackles the history, science, and ethics of vaccination. Available at KolbeCenter.org.