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# RESOURCES

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## **Health Foods, Supplements & Herbs**

The Health Concern [www.healthconcern.com](http://www.healthconcern.com)

28 W. Susquehanna Ave., Towson, MD 21204, 410-828-4015

The Natural Market (in Timonium shopping center across from fairground)

2149 York Rd., Timonium, MD 21093, 410-560-3133 [www.thenaturalmkt.com](http://www.thenaturalmkt.com)

Trader Joe's [www.traderjoes.com](http://www.traderjoes.com)

1 E Joppa Rd, Towson, MD 21286, 410-296-9851

1809 Reisterstown Rd, Pikesville, MD 21208, 410-484-8373

Whole Foods [www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)

1330 Smith Ave, Baltimore, Maryland 21209, 410-532-6700

1001 Fleet St, Baltimore, Maryland 21202, 410-528-1640

The Vitamin Shoppe [www.vitaminshoppe.com](http://www.vitaminshoppe.com)

1313 York Road, Lutherville, MD 21093, 410-821-1611

9404 Reisterstown Rd, Owings Mills, MD 21117, 443-394-8787

## **Recommended Reading**

*The New Optimum Nutrition Bible* by Patrick Holford

*Prescription for Nutritional Healing, 4th Edition* by Phyllis A. Balch

*Staying Healthy With Nutrition, 21st Century Edition: The Complete Guide to Diet & Nutritional Medicine*  
by Elson M. Haas and Buck Levin

*Enzymes & Enzyme Therapy* by Anthony J. Cichoke

*The Antioxidant Miracle* by Lester Packer & Carol Colman

*Physician's Desk Reference (PDR) for Herbal Medicines, 4th Edition* by Joerg Gruenwald (Editor),  
Thomas Brendler (Editor), Christof Jaenicke (Editor)

*Conscious Eating* by Gabriel Cousens (vegetarian / vegan focus)

## **Websites**

[www.localharvest.org](http://www.localharvest.org) Find locally-grown organic food, farmers' markets, family farms, and other sources of sustainably grown food in your area, where you can buy produce, grass-fed meats, etc.

[www.eatwellguide.org](http://www.eatwellguide.org) Find healthy farms, restaurants, markets and organizations by zip code.

[www.naturessunshine.com](http://www.naturessunshine.com) Nature's Sunshine is a company that sells quality herbal, vitamin, mineral and nutritional supplements. You will need to become a member to purchase from this site; if you'd like to join, I can give you a sponsor number. It costs \$40 a year but the entire amount is applied to your order (i.e. you pay \$40 a year to belong and also get \$40 a year in "free" products).

**Ask me!** Feel free to email me with any questions or concerns: [christinarutheiser@mbsmed.com](mailto:christinarutheiser@mbsmed.com)