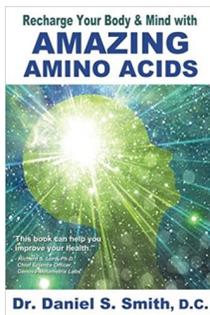


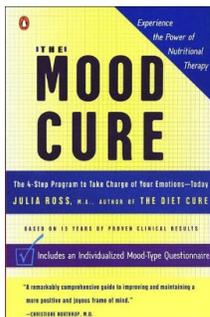
RECOMMENDED READING LIST



Recharge Your Body & Mind with Amazing Amino Acids

By Dr. Dan Smith, D.C.

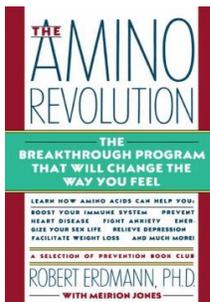
Amino acids are an often unheralded yet extraordinary nutritional approach to health, providing the synergy necessary for wellness and longevity. Now presented in a guide that everyone can understand, amino acids can finally be effectively integrated by one and all for optimum total health.



The Mood Cure

By Julia Ross, M.A.

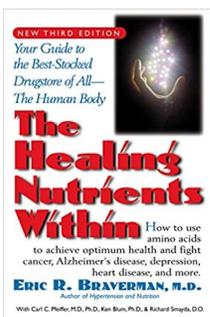
Beginning with the 4-part questionnaire to identify your mood type, it is a comprehensive natural approach that jump-starts your recovery with brain-fueling amino acids, plus a diet rich in good-mood foods such as protein, healthy fat, and certain key vegetables.



The Amino Revolution

By Robert Erdmann, Ph.D.

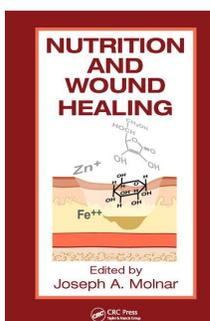
A step-by-step program of amino acid dietary supplementation that increases energy levels, simplifies weight loss, slows aging, eases pain, facilitates mental balance, and lessens depression and sexual problems.



The Healing Nutrients Within

By Eric R. Braverman, M.D.

Dr. Braverman discusses the amino acids found in the human body which have been shown to be potent healing substances and shows how to use them in a personal health management program.



Nutrition and Wound Healing

By Joseph A. Molnar M.D., Ph.D, FACS

Nutrition and Wound Healing describes the importance of several nutrients, both macronutrients and micronutrients, and their relation to the body's requirements when healing itself.