


Books Referenced In This Webinar

The Acid Watcher Diet: A 28-day Reflux Prevention and Healing Program.
Always Hungry?
The Bloated Belly Whisperer.
*The Case Against Sugar*
*Clean Enough*
The Complete Book of Ketones: A Practical Guide to Ketogenic Diets and Ketone Supplements
*Complete Ketogenic Diet*
The DASH Diet Mediterranean Solution: The Best Eating Plan To Control Your Weight and Improve Your Health for Life
Diet for a Changing Climate: Food for Thought
Diet for the MIND: The Latest Science on What To Eat To Prevent Alzheimer's and Cognitive Decline—From the Creator of the MIND Diet
Dressing on the Side (and Other Diet Myths Debunked ): 11 Science -Based Ways to Eat More, Stress Less, and Feel Great about Your Body
*Eat Fat, Get Thin*
*Eat What You Love* series
Food Fight: GMOs and the Future of the American Diet
*F*ck It Diet
*Healthiest Diet on the Planet*
Keto Diet: Your 30-Day Plan to Lose Weight, Balance Hormones, and Reverse Disease by Axe
*The Keto Diet* by Vogel
*Keto Reset Diet*
The Mindspan Diet: Reduce Alzheimer’s Risk, Minimize Memory Loss, and Keep Your Brain Young
*Natalie Jill’s 7 Day Jump Start*
*Naughty Diet*- The Reducetarian Solution: How the Surprisingly Simple Act of Reducing the Amount of Meat in Your Diet Can Transform Your Health and the Planet
*Seagan Eating*
Secrets from the Eating Lab: The Science of Weight Loss, the Myth of Willpower, and Why You Should Never Diet Again
*Should I Scoop Out My Bagel?*
*Simply Keto*
The 2-Step Low-FODMAP Eating Plan: How to Build a Custom Diet that Relieves the Symptoms of IBS, Lactose Intolerance, and Gluten Sensitivity

The Vegiterranean Diet: The New and Improved Mediterranean Eating Plan—With Deliciously Satisfying Vegan Recipes for Optimal Health

Zero Sugar Diet: The 14-Day Plan To Flatten Your Belly, Crush Cravings, and Help Keep You Lean for Life