

(6)

## Resources

### Web Sources

Information on CAM Medicine:  
National Center for Complementary and Alternative Medicine  
At: [www.nccam.nih.gov](http://www.nccam.nih.gov)

Information on Naturopathic Nutrition:  
Elaine Newkirk  
At: [www.makeripples.com](http://www.makeripples.com)

### Book Resources

Information on Naturopathic Nutrition  
Enzymes The Key to Health  
By: Howard F. Loomis, Jr. D.C. F.I.A.C.A.

Prescription for Nutritional healing  
By: James and Phyllis Balch

Your Health, Your Choice  
By: Ted Morter

Healing with Whole Foods  
Paul Pitchford

In Defense of Food  
Omnivores Dilemma  
Food Rules  
By: Michael Pollan

### Local Resources:

#### Naturopathic nutrition & Herbal Supplements:

Mustard Seed Nutrition  
233 Belmont Street  
Waymart, PA 18472

Natures Grace  
947 Main Street  
Honesdale, PA 18431

Natural Health Inc.  
614 Main Street  
Honesdale, Pa 18431

#### Organic and Natural Foods

Mustard Seed Market  
233 Belmont Street  
Waymart, PA 18472

Natures Grace  
947 Main Street  
Honesdale, PA 18431

JoRobs Naturals  
1128 Texas Palmyra Hwy  
Honesdale, Pa 18431