ITP Diet and Lifestyle Resource List

Associations and Organizations

Institute for Integrative Nutrition, 120 West 41 Street, 2nd Floor, New York, NY 10036, 212-730-5433, www.integrativenutrition.com

Natural Gourmet Cookery School/ Natural Gourmet Institute for Food and Health, 48 W. 21st Street, 2nd floor, New York, NY 10010, 212-645-5170 – www.naturalgourmetinstitute.com

The Kushi Institute. P.O. Box 7, Becket, MA 01223, 413-623-5741 - www.kushiinstitute.org

The International Center for Reiki Training, 21421 Hilltop Street, Unit #28, Southfield, MI 48034, 800-332-8112 - www.reiki.org

The Center of Being, Inc, PO Box 883, Woodstock, NY 12498, 845-657-7220 - www.centerofbeing.com

American Association of Naturopathic Physicians - www.naturopathic.org

American Herbalists Guild - www.americanherbalistsguild.com

American Holistic Health Association - www.ahha.org

Academy of Integrative Health & Medicine (AIHM) – www.aihm.org

American Qigong Association – http://qi.org

Ayurvedic Institute - www.ayurveda.com


Institute for Traditional Medicine - www.itmonline.org

Physicians Committee for Responsible Medicine, 5100 Wisconsin Avenue, Suite 404, Washington, DC 20016, 202-686-2210 - www.pcrm.org

Government Resources

- National Center for Complementary and Alternative Medicine - www.nccam.nih.gov/
- White House Commission on Complementary and Alternative Medicine Policy - www.whccamp.hhs.gov/finalreport.html
Food Allergy Testing

- Better Control of Health (formerly York Nutritional Laboratories, Inc.), Miami, FL 33020, 786-953-4945 - www.bettercontrolofhealth.com
- Immuno Laboratories, 1620 West Oakland Park Blvd., Fort Lauderdale, Florida 33311, 1-800 231-9197 – www.immunoLabs.com

Other Web Sites

- PDSA Survey of Non-Traditional Treatments in ITP – OLD www.pdsa.org/about-itp/surveys/non-traditional-treatments.html
- Organic Consumers Association - www.organicconsumers.org
- USDA Dietary Guidelines for Americans 2015 - www.health.gov/dietaryguidelines and
- Healing Foods Pyramid, University of Michigan Integrative Medicine - www.med.umich.edu/umim/foodpyramid/about.html

Macrobiotic information and recipes

- www.christinacooks.com
- http://www.macrobiotics.co.uk/links.htm
- www.macroamerica.com/
- www.healingcuisine.com
- NEW https://www.macrobioticworld.com/?page_id=26

Cook Books

Fresh from a Vegetarian Kitchen, Meredith McCarty; Cooking the Whole Foods Way, Christina Pirello; The Natural Gourmet, Annemarie Colbin; The Self-Healing Cookbook, Christina Turner; Hip Chick’s Guide to Macrobiotics, Jessica Porter

Reference Books

The Book of Macrobiotics, Michio Kushi; Recovery from Cancer, Elaine Nussbaum; Interview with an Angel, Stevan Thayer and Linda Sue Nathanson, Ph.D; Essential Reiki: A Complete Guide to An Ancient Healing Art, Diane Stein; Coping with Prednisone, Eugenia Zukerman and Julie Ingelfinger, MD; True Food: Seasonal, Sustainable, Simple, Pure, Andrew Weil, MD; The Encyclopedia of Natural Medicine, Michael Murry, N.D. and Joseph Pizzorno, N.D.; Perfect Health: The Complete Mind/Body Guide, Deepak Chopra, M.D.; Eat Right 4 Your Type, Dr. Peter J. D'Adamo; Food and Healing, Annemarie Colbin; Anatomy of the Spirit: The Seven Stages of Power and Healing, Caroline Myss; Healing Words: The Power of Prayer and the Practice of Medicine, Larry Dossey, M.D.; Peace, Love and Healing, Bernie S. Siegel, M.D.; Magical Mind, Magical Body, Deepak Chopra, M.D.; Forgiveness: The Greatest Healer of All, Gerald G. Jampolsky, M.D.; You Can Heal Your Life, Louise L. Hay; Energy Medicine, Donna Eden