

ANSWERS, BOOKS & INFORMATION

- Books
- Health Information
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While there are a myriad of classes and educational options available for personal growth all across southwest Michigan, sometimes sitting down quietly with a book that piques your interest can be very enlightening. You can spend quality one-on-one time with yourself, letting your mind explore a variety of holistic information for mental, spiritual and physical wellness.

Gloria Tiller at Kazoo Books sees a trend in the popularity of long-term lifestyle choices books instead of the latest fad diet books. On her list: A “from the inside out” guide to total body health, entitled “YOU: The Owner’s Manual.” Doctors Mehmet Oz and Michael Roizen describe each integral part of the body (including organs, bones, and immune system) in simple terms, while using vivid analogies. Tiller of Kazoo Books on West Main and on Parkview in Kalamazoo also sees as most popular the self-help style of books for consumers, analyzing the nutritional content of foods, including fats, salt, sugars, etc. She says books on organic foods and growing organic gardens are showing up more frequently on the “must read” lists, particularly for those concerned about the use of chemicals and pesticides.

Linda Sawall, of Sawall Health Food Products points to the “Prescription for Nutritional Healing” by James F. Balch, MD and Phyllis A. Balch, CNC as a customer

WHAT'S ON YOUR READING LIST?

favorite. Touted as a practical A-Z reference to using vitamins, minerals, herbs and food supplements, this book includes a guide to traditional remedies and therapies that can be used in conjunction with a nutritional program. “It’s a good primer for change and healthy living,” Sawall states. “It’s very well indexed, which makes it easy to find the information you need.”

At the Shamanic Vine on Burdick in Kalamazoo, Marie Sobanski has a variety of spiritual growth books for many paths. “Some of the most popular for inner healing are those written by Louise Hay and Doreen Virtue,” she notes. “Many of the Hay books, in particular are helpful for those who are just starting to experience spiritual growth or changing their philosophy of life.” The Hay House publications have been around for over two decades and continually gather new or merging authors under their collective umbrella.

Popping up on many web searches is Dr. Wayne Dyer’s latest offering, “Change Your Thoughts - Change Your Life: Living the Wisdom of the Tao.” These Dyer essays, an interpretation of the Tao Te Ching, are designed to be “one a day” reflections, containing advice and guidance that is balanced, moral, spiritual, and concerned with always working for the good. Dyer has been quoted as saying, “This is a book that will forever change the way you look at your life, and the result will be that you’ll live in a new world aligned with nature. Writing this book changed me forever, too. I now live in accord with the natural world and feel the greatest sense of peace I’ve ever experienced.”

If you need to delve into some consumer choice information or major medical databases, you have

many local options for your research, including:

Battle Creek Health System has research links available at:
<http://www.carepages.com/bchealth>
and
<http://www.bchealth.com/health/>

Borgess Health Library is open Mon.-Fri. 8:00am – 4:30pm, 269-226-7360 or visit
<http://www.borgess.com/?pId=555>

Bronson Health Sciences Library is open Mon.-Fri. 8:00am – 5:00pm, 269-341-7654 or visit
http://www.bronsonhealth.com/HealthInfo/health_info.jsp

Websites and phone #'s for several area libraries:

Battle Creek - 269-968-8166
willard.lib.mi.us

Kalamazoo - 269-342-9837 kpl.gov
Plainwell - 269-685-8024 ransomlibrary.org

South Haven - 269-637-2403 shmlibrary.org

Information on good nutrition and other family-centered advice is also available at the Michigan State University Extension website on Family and Consumer Sciences:
<http://web5.msue.msu.edu/fcs/>

When researching any medical, general health or mental health information resource, it is prudent for individuals to consult with their primary healthcare providers before embarking on a new wellness path.

SOURCES:

Kazoo books (269) 553-6506

Sawall Health Food Products (269) 343-3619

The Shamanic Vine (269) 552-9645