

There are abbreviated materials - "Information Packets" - that are included in this list. This list represents only materials primarily on this topic. However, there are other materials that speak to this topic available in the library (i.e., brief "Articles," etc.). Contact ORPARC for additional materials.

Diet/Nutrition

Material Title: **Change Your Brain Change Your Life**
 Author: Daniel G Amen *Books* 1998 305 pages

Dr. Amen presents the case that many behavioral disorders formerly considered psychological actually have a biological basis. Through the lens of new brain imaging techniques, you can see what depression, anxiety, temper, impulsiveness and obsession look like in the brain. Dr. Amen gives practical suggestions for overcoming these problems and gives tools for optimizing the brain and improving life.

Material Title: **Special Diets for Special Kids**
 Author: Lisa Lewis *Books* 1998 239 pages

This book explains in an easy and readable manner, a complex yet intriguing intervention strategy for helping children and adults with autism. Drawing upon her own success with removing gluten and casein from her son's diet, she answers many questions parents and professionals might have about choosing a dietary intervention: Why a special diet? Are there tests to help me decide? Is there research to support this type of intervention?

Material Title: **Understanding Anorexia Nervosa* (see comment about Children's Materials on Index page)**
 Author: Debbie Stanley *Children's Books* 1999 89 pages

With true-to-life vignettes and a firm, reassuring tone, Stanley tells adolescent readers about the facts and myths surrounding this potentially life-threatening eating disorder. She describes anorexia's symptoms and causes, including pressure from peers, parents, and society as well as pent-up emotions and low self-esteem. Young readers can also explore healthy ways to take charge of their lives, and those who want to seek help will find practical resources for doing so.

Material Title: **Understanding Bulimia Nervosa* (see comment about Children's Materials on Index page)**
 Author: Debbie Stanley *Children's Books* 1999 115 pages

This book for adolescents, explains what bulimia is, how to recognize its symptoms, and why this serious problem is easily overlooked. Using the voices of young people who have struggled with bulimia, Stanley explores the roles pressure from peers, parents, and society -- as well as bottled up emotions and low self-esteem -- can play in developing bulimia. Practical suggestions help young readers learn to recognize and resist society's unrealistic expectations, develop a positive self-image, and evaluate their nutritional habits and fitness level accurately and honestly.

Material Title: **When Your Body Gets The Blues: The Clinically Proven Program for Women Who Feel Tired and Stressed and Eat Too Much**
 Author: Marie-Annette Brown *Books* 2002 191 pages

This book in four parts, "The Problem," "The Science behind the LEVITY Program," "How to Follow the LEVITY Program," and "Resources and References," recommends a therapeutic combination of sunlight, exercise, and vitamins. It claims to help women think clearly, sleep soundly, cope easily with stress, reduce anxiety and depression, and lose weight in eight weeks.

Material Title: **Why Can't I Eat That: Helping Kids Obey Medical Diets**
 Author: John & R. Sharon Taylor & Latta *Books* 1996 224 pages

This book helps parents and professionals with psychological and practical advice for getting kids to follow prescribed guidelines for weight control, diabetes, food allergies, digestive disorders, cancer, and hypoglycemia.

Material Title: **Why Can't My Child Behave?**
 Author: Jane Hersey *Books* 1996 380 pages

Written by a family physician, this book tackles child behavior (and misbehavior) through the perspective of diet and nutrition. It shows how certain foods and chemicals in foods affect your child's behavior and offers sound advice on creating a more wholesome diet, and thus a more balanced child. This book will show what you can do to help your child and yourself -- today!