

# Townsend Letter Review Index 2019-2021

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## A

*Accidental Blow Up in Medicine: Battle Plan for Your Life* by Simon Yu, MD  
(reviewer: John Parks Trowbridge, MD), Aug/Sep 2019;#433/434 p.79

## B

*Beyond the Label: 10 Steps to Improve Your Mental Health with Naturopathic Medicine* by Christina Bjorndal, ND  
(reviewer: Lachlan Crawford, ND), May 2019;#430 p.78  
*Bioregulatory Medicine* by Dickson Thom, DDS, ND; James Paul Maffitt Odell, OMD, ND, LAc; Geoffrey Drobot, NMD; Frank Pleus, MD, DDS; Jess Higgins Kelley, MNT  
(reviewer: none), Feb/Mar 2019;#427/428 p.83  
(reviewer: Heather Tallman Ruhm, MD), Apr 2019;#429 p.76  
*Bitten: The Secret History of Lyme Disease* by Kris Newby  
(reviewer: Jonathan Collin, MD), online, Feb/Mar 2020;#439/440 p.3+

## C

*Cancer and the New Biology of Water* by Thomas Cowan, MD  
(reviewer: none), Aug/Sep 2020;#445/446 p.77-8  
*Cancer, Incorporated* by Ralph W. Moss, PhD  
(reviewer: none), Jun 2020;#443 p.9  
*Cancer: The Journey from Diagnosis to Empowerment* by Paul Anderson, ND  
(reviewer: none), online, Aug/Sept 2021; p.28-31  
*The Contagion Myth - Why Viruses Are Not the Cause of Disease* by Thomas Cowan, MD, and Sally Fallon Morell  
(reviewer: Ira L. Goodman, MD), online, Apr 2021; #453 p.67-8  
*Curable: How an Unlikely Group of Radical Innovators Is Trying to Transform Our Health Care System* by Travis Christofferson  
(reviewer: none), Feb/Mar 2020;#439/440 p.74-5

## D

*Depression: The Mind-Body, Diet and Lifestyle Connection* by Ray Griffiths  
(reviewer: Dr. Nasha Winters), Jan 2020;#438 p.82  
*Diabetes Is Optional!* by Jacob Teitelbaum, MD  
(reviewer: none), Jan 2019;#426 p.35  
*Dirty Genes* by Ben Lynch  
(reviewer: Jule Klotter), Jan 2019;#426 p.78

## E

*The Energy Body: A Space Age Exploration of Consciousness, Life, and Reality* by Kenneth Smith  
(reviewer: John McMichael, PhD), Jul 2021; #456 p.80  
*Evidence-Based Clinical Chelation: A Textbook with Protocols for the Treatment of Chronic Metal Exposure* by E. Blaurock-Busch, PhD et al  
(reviewer: none), Oct 2020;#447 p.75

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## F

*Food-Associated Autoimmunities: When Food Breaks Your Immune System* by Aristo Vojdani, PhD, MSc, and Elroy Vojdani, MD  
(reviewer: Jonathan Collin, MD), Dec 2019;#437 p.86+  
*Food Forensics: The hidden toxins lurking in your food and how you can avoid them for lifelong health* by Mike Adams  
(reviewer: Craig Soderberg), Jun 2021; #455 p.69-71  
*Forbidden Health: Incurable Was Yesterday* (translated) by Andreas Ludwig Kalcker  
(reviewer: Owen R. Fonorow), Nov 2020;#448 p.75

## G

*GERD: A Manganese Nutritional Deficiency* by Alfred Zamm, MD  
(reviewer: Jonathan Collin, MD), online, Nov 2021; #460 p.2+

## H

*Hair Like a Fox: A Bioenergetic View of Pattern Hair Loss* by Danny Roddy  
(reviewer: Carol Petersen, RPh, CNP), Dec 2019;#437 p.69+  
*Harmal: The Genus Peganum* by Ephraim Lansky, Shifra Lansky, and Helena Paavilainen  
(reviewer: Jacob Schor, ND), Feb/Mar 2020;#439/440 p.76-7  
*Herbal Formularies for Health Professionals, Volume 4* by Jill Stansbury, ND  
(reviewer: none), Feb/Mar 2021; #451/452 p.65-6  
*The History of Professional Applied Kinesiology* by Scott Cuthbert, DC and Clive Lindley-Jones, DO  
(reviewer: none), online  
*The HPV Vaccine on Trial* by Mary Holland, JD; Kim Mack Rosenberg, JD; Eileen Iorio  
(reviewer: Jule Klotter), May 2019;#430 p.76-7

## I

*Immunotherapy: The Battle Within* (film) by Ralph W. Moss et al  
(reviewer: none), online, Aug/Sep 2020;#445/446 p.9  
*The Invisible Rainbow* by Arthur Firstenberg  
(reviewer: Jule Klotter), Nov 2021; #460 p.12+  
*It's All in Your Mouth: Biological Dentistry and the Surprising Impact of Oral Health on Whole Body Wellness* by Dominik Nischwitz, DDS, ND  
(reviewer: none), Jan 2021; #450 p.70-1  
*I Used to Have Cancer: How I Found My Own Way Back to Health* by James Templeton  
(reviewer: Dwight L. McKee, MD), Aug/Sep 2019;#433/434 p.77

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## L

*The LDN Book, Volume 2: The Latest Research on How Low Dose Naltrexone Could Revolutionize Treatment for PTSD, PAIN, IBD, Lyme Disease, Dermatologic Condition, and More* edited by Linda Elsegood

(reviewer: none), online, Apr 2021; #453 p.65–6

*Lost Connections: Uncovering the Real Causes of Depression and the Unexpected Solutions* by Johann Hari

(reviewer: Jule Klotter), Oct 2020; #447 p.74

## M

*The Maverick MD - Dr. Nicholas Gonzalez and His Fight for a New Cancer Treatment* by Mary Swande

(reviewer: none), Dec 2020; #449 p.67–9

*Metabolic Flexibility* by Bonnie Nedrow, ND

(reviewer: Elaine Zablocki), Oct 2020; #447 p.24–5

*Metabolic Therapies in Orthopedics* edited by Ingrid Kohlstadt, MD, MPH and Kenneth Cintron, MD

(reviewer: none), Apr 2019; #429 p.77

## N

*n of 1: One man's Harvard-documented remission of incurable cancer using only natural methods* by Glenn Sabin with Dawn Lemanne, MD, MPH

(reviewer: Jonathan Collin, MD), Aug/Sep 2019; #433/434 p.78

## P

*The Power of Fasting* by Denis Wilson, MD

(reviewer: none), Aug/Sep 2020; #445/446 p.79–80

*The Power of Honest Medicine: LDN, an Inexpensive Alternative to the Costly, Toxic Medications Doctors Prescribe for Autoimmune and Other Diseases* by Julia Schopick with Don Schwartz, PhD

(reviewer: Burt Berkson, MD, MS, PhD), online, Jun 2019; #431 p.76

*Priced Out: The Economic and Ethical Costs of American Health Care* by Uwe Reinhardt

(reviewer: Elaine Zablocki), Jul 2020; #444 p.11–12

## S

*Secret Livestock of Survival: How to Raise the Very Best Choices for Retreat and Homestead Livestock* by Rick Austin

(reviewer: Craig Soderberg), Aug/Sep 2020; #445/446 p.75–6

*Surviving a Flu Epidemic: The Naturopathic Approach* by Dr. Heather Herington

(reviewer: none), May 2020; #442 p.94

*Surviving a Viral Pandemic: Through the Lens of a Naturopathic Medical Doctor* by Heather Herington, NMD

(reviewer: Atousa Mahdavi), Jan 2021; #450 p.73

## T

*Textbook of Naturopathic Oncology* by Gurdev Parmar, ND, FABNO; Tina Kaczor, ND (ed)

(reviewer: Jacob Schor, ND), Jul 2020; #444 p.16–18

*Toxic: Heal Your Body from Mold Toxicity, Lyme Disease, Multiple Chemical Sensitivities, and Chronic Environmental Illness* by Neil Nathan, MD

(reviewer: Katherine Duff), Oct 2019; #435 p.80–1

*Toxic Legacy* by Stephanie Seneff, PhD

(reviewer: none), Nov 2021; #460 p.73–5

*The Transformation: Discovering Wholeness and Healing After Trauma* by James S. Gordon, MD

(reviewer: Elaine Zablocki), Feb/Mar 2020; #439/440 p.19–20

*The Truth About COVID-19: Exposing the Great Reset, Lockdowns, Vaccine Passports, and the New Normal* by Joseph Mercola, DO, and Ronnie Cummins

(reviewer: none), May 2021; #454 p.70–3

*Tuning the Human Biofield* by Eileen Day McKusick

(reviewer: Jim Cross, ND), Feb/Mar 2019; #427/428 p.82

## V

*Vaccines, Autoimmunity, and the Changing Nature of Childhood Illness* by Thomas Cowan, MD

(reviewer: none), Jan 2019; #426 p.76–7

*Vaxxed II: The People's Truth* a film by Brian Burrowes and Tobias Tommey

(reviewer: Jule Klotter), Jul 2020; #444 p.78–9

## W

*What's Making Our Children Sick? How Industrial Food Is Causing an Epidemic of Chronic Illness, and What Parents (and Doctors) Can Do About It* by Michelle Perro, MD, and Vincanne Adams, PhD

(reviewer: Katherine Duff), Apr 2019; #429 p.76–7

*The Whole Brain* by Raphael Kellman, MD

(reviewer: Jonathan Collin, MD), online, Oct 2021; #459 p.2+