

**ACEP & ANMA 2015 Partial Bibliography** for  
**Benefits of Energy Psychology & Naturopathy in the Treatment of Autoimmune Disorders**  
**By Anne Merkel**

The books listed below give extensive background for what I presented live at the **ACEP/ Association for Comprehensive Energy Psychology** and **ANMA/ American Naturopathic Medical Association 2015 Conferences**. The data supports basic knowledge of any practitioner wishing to work with the autoimmune audience. While some of these texts refer to the mind-emotion / body connection, others focus on other potential causes of or attributing factors in autoimmune. It is my hypothesis that all suggested "scientifically proven causes" correlate dramatically with underlying emotional factors... and that natural interventions are proving very effective in leading to rebalancing and cure.

Amen, Daniel G., M.D. (1998) **Change Your brain Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, and Impulsiveness**. New York, NY: Times Books/ Random House, Inc.

Amen, Daniel G., M.D. (2008) **Magnificent Mind at Any Age: Natural Ways to Unleash Your Brain's Maximum Potential – Treat Anxiety, Depression, Memory Problems, ADD, and Insomnia**. New York, NY: Harmony Books/ Random House, Inc.

Amen, Daniel G., M.D. (2012) **Use Your Brain to Change Your Age: Secrets to Look, Feel, and Think Younger Every Day**. New York, NY: Crown Publishing Group/ Random House, Inc.

American Autoimmune Related Diseases Association. (2015) "**Autoimmune Disease in Women; Autoimmunity: A Major Women's Health Issue**". Eastpointe, MI: <http://aarda.org> <https://www.aarda.org/autoimmune-information/autoimmune-disease-in-women>

Anderson, Warwick, and Ian R. Mackay. (2014) **Intolerant Bodies: A Short History of Autoimmunity**. Baltimore, MD: John Hopkins University Press.

Ballantyne, S., PhD. (2013) **The Paleo Approach: Reverse Autoimmune Disease and Heal Your Body**. USA: Victory Belt Publishing.

Blome, Gotz, MD. (1992) **Advanced Bach Flower Therapy: A Scientific Approach to Diagnosis and Treatment**. Rochester, Vermont: Healing Arts Press.

Blum, S., MD, MPH with Bender, M. (2013) **The Immune System Recovery Plan: A Doctor's 4-Step Program to Treat Autoimmune Disease**. New York, NY: Scribner Publishing.

Castro, Miranda, FSHom. (1997) ***Homeopathic Guide to Stress: Safe and Effective Natural Ways to Alleviate Physical and Emotional Stress.*** New York, NY: St. Martin's Griffin.

Challem, Jack. (2010) ***The Inflammation Syndrome: Your Nutrition Plan for Great Health, Weight Loss, and Pain-Free Living.*** Hoboken, NJ: John Wiley & Sons, Inc.

Chappell, Peter, FSHom. (1994) ***Emotional Healing with Homeopathy: A Self Help Manual.*** Rockport, MA: Element Publishers.

Chopra, Deepak, M.D. & Tanzi, Rudolf E., Ph.D. (2012) ***Super Brain: Unleashing the Explosive Power of Your Mind to Maximize Health, Happiness, and Spiritual Well-Being.*** NY, NY: Harmony Books.

Church, Dawson, PhD. (2007) ***The Genie in Your Genes: Epigenetic Medicine and the New Biology of Intention.*** Santa Rosa, CA: Elite Books.

Crook, William G., MD. (1986) ***The Yeast Connection – A Medical Breakthrough: If You Feel Sick All Over, This Book Could Change Your Life.*** Jackson, TN: Professional Books.

Edelson, S. B., MD & Mitchell, D. (2003). ***What Your Doctor May Not Tell You About Autoimmune Disorders; The Revolutionary Drug-free Treatments for Thyroid Disease, Lupus, MS, IBD, Chronic Fatigue, Rheumatoid Arthritis, and Other Diseases.*** New York, NY: Warner Books, Inc.

Eden, Donna, with Feinstein, D., PhD (2008) ***Energy Medicine: Balancing Your Body's Energies for Optimal Health, Joy, and Vitality.*** New York, NY: Penguin Group Publishers.

***EFT & Beyond: Cutting Edge Techniques for Personal Transformation.*** (2009) Bruner, Pamela & Bullough, John, Editors. Saffron Waldon, UK: Energy Publications Ltd.

Feinstein, David, PhD; Eden, Donna; & Craig, Gary. (2005) ***The Promise of Energy Psychology: Revolutionary Tools for Dramatic Personal Change.*** New York, NY: Tarcher/Penguin.

Fife, Bruce, C.N., N.D. (2004) ***The Coconut Oil Miracle: Use nature's elixir to: lose weight -prevent heart disease, cancer, diabetes – strengthen the immune system – beautify skin and hair.*** New York, NY: Avery/ Penguin Group, Inc.

Frost, R. (2002) ***Applied Kinesiology: A Training Manual and Reference Book of Basic Principles and Practices.*** Berkeley, CA: North Atlantic Books.

Fuhrman, Joel, M.D. (2013) ***The Eat to Live Plan to Prevent and Reverse Diabetes.*** NY, NY: Harper One/ Harper Collins Publishers.

Gittleman, Ann Louise. (2014) ***Zapped: Why Your Cell Phone Shouldn't Be Your Alarm Clock and 1,268 Ways to Outsmart the Hazards of Electronic Pollution.*** New York, NY: Harper Collins Publishers.

Goldstein, Cathy, A.P.; Dterman, Kevin, D.C. (2010) **"The Body Can Not Heal If the Lymphatics are Plugged"**, *The 2010 NET Seminars EAGLES Presentations.* Carlsbad, CA: N.E.T. Inc. [www.NETmindbody.com](http://www.NETmindbody.com)

Graham, Linda. (2013) ***Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-Being.*** Novato, CA: New World Library.

Green, Debra. (2010) [www.RadiationPage.com](http://www.RadiationPage.com) **"Electromagnetic Frequencies (EMF) and Your Health"** via <http://YourEnergyMatters.com> .

Haas, Rue. (2012) **"Fibromyalgia: An Energy Imbalance"** – The Tapping Solution website. August 3, 2012. <http://www.thetappingsolution.com/eft-articles/fibromyalgia-an-energy-imbalance> [Her mention of the location of the spleen point is incorrect... the protocol is good for the chin point Central meridian, and including the under arm Spleen meridian is also potent for her intentions.]

Hay, Louise. (1984) ***Heal Your Body.*** Carlsbad, CA: Hay House.

Junger, A., MD (2013) ***Clean Gut: The Breakthrough Plan for Eliminating the Root Cause of Disease and Revolutionizing Your Health.*** New York, NY: HarperCollins Publishers, Inc.

Junger, Alejandro, M.D. with Amely Greeven. (2009) ***Clean: The Revolutionary Program to Restore the Body's Natural Ability to Heal Itself.*** New York, NY: Harper Collins.

Korn, Danna. (2010) ***Living Gluten-Free for Dummies.*** 2<sup>nd</sup> Edition. Hoboken, NJ: John Wiley & Sons Publishers.

Kudlas, Michael, D.C., M.A., M.Ed. (1998) **"Levels of Consciousness & Working Before Conception Some Precautions"**, *NET Gathering of the Eagles – 10<sup>th</sup> Anniversary.* Encinitas, CA: N.E.T., Inc.

Lahita, R.G., MD, PhD with Yalof I. (2004). ***Women & Autoimmune Disease: The Mysterious Ways Your Body Betrays Itself.*** New York, NY: HarperCollins Publishers, Inc.

Leary, Mark, Ph.D. (2012). ***Understanding the Mysteries of Human Behavior: Course Guidebook & Audio.*** Chantilly, VA: The Great Courses Publishers.

Lepore, D., ND. (1985). ***The Ultimate Healing System: The Illustrated Guide to Muscle Testing & Nutrition.*** New Jersey: Woodland Publishing, Inc.

Lipton, Bruce H., Ph.D. (2008) 2<sup>nd</sup> Edition. ***The Biology of Belief: Unleashing the Power of Consciousness, Matter & Miracles.*** Hay House Publishers: [www.hayhouse.com](http://www.hayhouse.com)

Mate', Gabor, MD. (2011) ***When the Body Says No: The Cost of Hidden Stress – Exploring the Stress-Disease Connection.*** Hoboken, NJ: John Wiley & Sons.

MedlinePlus. (2015) **"Autoimmune Diseases"**, *MedlinePlus: Trusted Health Information for You.* <http://www.nlm.nih.gov/medlineplus/autoimmunediseases.html>

Meinig, G.E., DDS, FACD (2008) ***Root Canal Cover-Up: A Founder of the Association of Root Canal Specialists Discovers Evidence That Root Canals Damage Your Health – Learn What to Do.*** La Mesa, CA: Price-Pottenger Nutrition Foundation.

Merkel, Anne, Ph.D. (2015) ***Autoimmune Cases – Naturally! Treating Autoimmune Disorders Using Energy Psychology and Naturopathy.*** Mineral Bluff, GA: Ariela Group Publications. <http://is.gd/AnnesBooks>

Merkel, Anne, Ph.D. (2014) **"Classic EFT Set-Up Statement May Benefit Autoimmune Cases"** – The Tapping Solution Website. March 26, 2014. <http://www.thetappingsolution.com/eft-articles/classic-eft-set-up-statement-may-help-autoimmune-cases>

Merkel, Anne, Ph.D. (2014) **"Clearing Early Abuse Issues Causing Autoimmune Disorders "** – The Tapping Solution Website. March 26, 2014. <http://www.thetappingsolution.com/eft-articles/clearing-early-abuse-issues-causing-autoimmune-disorders>

Merkel, Anne, Ph.D. (2015) ***Conscious Development Guide for EFT Tapping Practitioners.*** Mineral Bluff, GA: Ariela Group Publications. <http://is.gd/AnnesBooks>

Merkel, Anne, Ph.D. (2015) ***EFT–Best Practices for Energy Management.*** Mineral Bluff, GA: Ariela Group Publications. <http://is.gd/AnnesBooks>

Merkel, Anne, Ph.D. (2013) **"Issues Underlying Autoimmune Disorders"** – The Tapping Solution Website. Sept. 12, 2013. <http://www.thetappingsolution.com/eft-articles/issues-underlying-autoimmune-disorders>

Merkel, Anne, Ph.D. (2015) **"Tapping for 'Surface Pain' of Autoimmune Disorders "** – The Tapping Solution Website. May 11, 2015. <http://www.thetappingsolution.com/eft-articles/tapping-for-surface-pain-of-autoimmune-disorders>

Merkel, Anne, Ph.D. (2013) **"Tapping the 'Heart Center' for Autoimmune Disorders "** – The Tapping Solution Website. Sept. 16, 2013. <http://www.thetappingsolution.com/eft-articles/tapping-the-heart-center-for-autoimmune-disorders>

Merkel, Anne, Ph.D. (2015) ***Transformative Coaching Guidebook for EFT & Energy Therapy Practitioners***. Mineral Bluff, GA: Ariela Group Publications.

<http://is.gd/AnnesBooks>

Nelson, Bradley, D.C. (2007) ***The Emotion Code: How to Release Your Trapped Emotions for Abundant Health, Love, and Happiness***. Mesquite, NV: Wellness Unmasked Publishing.

Ober, Clinton; Sinatra, Stephen T., M.D.; Zucker, Martin. (2010) ***Earthing: The most important health discovery ever?*** Laguna Beach, CA:; Basic Health Publications, Inc. [www.basichealthpub.com](http://www.basichealthpub.com)

Oelke, Jane, N.D., Ph.D. (2001) ***Natural Choices for Fibromyalgia: Discover Your Personal method for Pain Relief***. Stevensville, MI: Natural Choices, Inc.

[www.NaturalChoicesForYou.com](http://www.NaturalChoicesForYou.com)

Ortner, Nick. (2013) ***The Tapping Solution: A Revolutionary System for Stress-Free Living***. Carlsbad, CA: Hay House, Inc.

Oschman, James L., PhD. (2000) ***Energy Medicine: The Scientific Basis***. New York, NY: Churchill Livingstone.

Panos, Maesimund B., MD, and Jane Heimlich. (1980) ***Homeopathic Medicine at Home: Natural Remedies for Everyday Ailments and Minor Injuries***. New York, NY: Tarcher/Putnam Publishers of Penguin Putnam, Inc.

Pease, Roger W., Jr., Editor. (2006) ***Merriam-Webster's Medical Dictionary***. Springfield, MA: Merriam-Webster, Inc.

Pert, Candace B., Ph.D. (1997) ***Molecules of Emotion: The Science Behind Mind-Body Medicine***. New York, NY: Scribner.

Porges, S.W. (2007). "The Polyvagal Perspective." ***Biological Psychology***, 74, 116-143.

Porges, Stephen W., PhD. (2011) ***The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication, and Self-regulation*** (Norton Series on Interpersonal Neurobiology). New York: NY/ Norton & Co., Inc.

Porges, S.W. (2003). "The Polyvagal Theory: phylogenetic contributions to social behavior." ***Physiology and Behavior***, 79, 503-513.

Ryce, Michael, ND. (1997) ***Why is This Happening to Me... Again?!... and What You Can Do About It!*** Theodosia, Missouri: dr. michael ryce, [whyagain@kcmo.com](mailto:whyagain@kcmo.com) .

Shames, R., MD & Shames, K., PhD, RN & Shames, G.G., LAc (2011) ***Thyroid Mind Power: The Proven Cure for Hormone-Related Depression, Anxiety, and Memory Loss***. New York, NY: Rodale, Inc.

Shealy, C. Norman, MD, PhD. (2011) ***Energy Medicine: Practical Applications and Scientific Proof***. Virginia Beach, VA: ARE Press.

Shomon, M. J. (2002). ***Living Well With Autoimmune Disease: What Your Doctor Doesn't Tell You... That You Need To Know***. New York, NY: HarperCollins Publishers, Inc.

Sodi, Carla M. (2015) **"PART 1: The Bond Between Autoimmune Diseases and Highly Sensitive Persons"** – The Tapping Solution Website. April 13, 2015.  
<http://www.thetappingsolution.com/eft-articles/category/carla-m-sodi>

Sodi, Carla M. (2015) **"PART 2: The Hidden Link Between Highly Sensitive People and Autoimmune Disorders"** – The Tapping Solution Website. April 20, 2015.  
<http://www.thetappingsolution.com/eft-articles/category/carla-m-sodi/>

Taylor, Jill Bolte, Ph.D. (2006) ***My Stroke of Insight: A Brain Scientist's Personal Journey***. New York, NY: Viking Press.

Thie, John, DC, and Matthew Thie, M.Ed. (2007) ***Touch for Health – A Practical Guide to Natural Health with Acupressure Touch***. The Complete Edition. Camarillo, CA: DeVorss Publications. <http://www.touchforhealth.us/>

Toney, T. (2010). ***Get Clean Go Green EcoDiet: The Secrets of an Alkaline Environment***. USA: New Earth Publishers.

Van Der Kolk, Bessel. (2014) ***The Body Keeps the Score: Brain, Mind, & Body in the Healing of Trauma***. New York, NY: Viking Penguin Group.

Velasquez-Manoff, Moises. (2012) ***An Epidemic of Absence: A New Way of Understanding Allergies and Autoimmune Diseases***. New York, NY: Scribner.

Wahls, T., MD (2014). ***The Wahls Protocol: How I Beat Progressive MS Using Paleo Principles and Functional Medicine***. New York, NY: Penguin Group Publishers.

Walker, Scott, D.C. (1994) ***NET Remedies Practitioner's Support Manual***. Encinitas, CA: N.E.T., Inc. [www.NETmindbody.com](http://www.NETmindbody.com)

Walker, Scott, D.C. (1996) ***NET Results: An Established Format for Those Difficult Cases Which Need In-depth Care***. Encinitas, CA: N.E.T., Inc.  
[www.NETmindbody.com](http://www.NETmindbody.com)

Wauters, Ambika. (2007) ***The Homeopathy Bible***. New York, NY: Sterling Publishing, Inc.

Wilson, J.L., ND, DC, PhD. (2011) ***Adrenal Fatigue: The 21<sup>st</sup> Century Stress Syndrome – What it is and how you can recover***. Petaluma, CA: Smart Publications.