

## Waikato CCIS Book list



**15 Natural Remedies for Migraine Headaches** J. S. Cohen

**Adrenal Fatigue for Dummies** Dr Richard Snyder & Wendy Jo Peterson

**An introduction to the Lightening Process**, Phil Parker

**Autoimmune, The cause and the cure** A. Brockley and K. Urdiales

**But I Love You** Cherry G - True story on Psychological abuse

**Chronic Fatigue Syndrome M.E.**, Symptoms, Diagnosis, Management Dr Rosamund Vallings Ed 1

**Chronic Fatigue Syndrome M.E.**, Symptoms, Diagnosis, Management Dr Rosamund Vallings Ed 2

**The pocket Guide to CFS/ME, Key tips to improved health** Dr Vallings

**Managing ME/CFS: A guide for Young people.** Dr Vallings

**Chronic Fatigue/ME-Support For family & friends**, E. Turp

**Chronic Fatigue Syndrome**, Campling

**Darwin's Mysterious Illness. A medical puzzle unsolved for 150 years.** R. Youngson

**Diagnosing & Treating Chronic Syndrome**, Dr Sarah Myhill

**Fibromyalgia and female sexuality**, Marline Emmal

**Fibromyalgia and Myofascial Pain Syndrome** A practical guide to getting on with your life, Dr Chris Jenner

**Fibromyalgia & Chronic Myofascial Pain, A Survival Manual** 2<sup>nd</sup> ed. D. Starlanyl & M. Copeland

**Fibromyalgia for Dummies**, R. Staud

**Fibromyalgia- simple relief through movement**, Stacie L. Bigelow

**FibroWHYalgia** S.Ingebretson

**From Fatigue to Fantastic**, Jacob Teitlebaum

**Healthy Eating for IBS**, Sophie Braimbridge

**Journey into Mindfulness** Patrizia Collard

**Living With Fibromyalgia**, Christine Craggs-Hinton (1<sup>st</sup> & 2<sup>nd</sup> ed)

**Lost Voices**, families living with ME

**Optimum Health the Paleo Way**, Claire Yates

**Parting the Fog** Sue Jones

**Power of Vitamin D**, Safraz Zaldi

**Recovery from CFS**, 50 personal storie, Alexander Barton

**Reviving the Broken Marionette**-treatments for CFS ME and FM, Maija Havisto

**Sacred Space ME/CFS Depression, Anxiety & Stress**, Elizabeth Bailey

**Sophie's Story**-My 20 year battle with IBS, Sophie Lee

**Stay Healthy** by supplying what's lacking in your diet, D. Coory

**Sustainable Medicine** by Dr Sarah Mayhill

**Take Charge of your Chronic Pain**, P. Abaci

**Taking Control of TMJ**, Robert Upgaard

**The CFIDS / Fibromyalgia Toolkit-A practical self-help guide**, Bruce Campbell

**The Chronic Fatigue Healing Diet** – Christine Craggs-Hamilton

**The Irritable Bowel Syndrome Solution**, Dr Stephen Wangen

**The State of ME** Nasim Jafry

**Understanding Irritable Bowel Syndrome**, Dr Kieran Moriarty

**Verity Reds Dairy. A story of surviving ME** M. Mann

**What Your Doctor Doesn't Know about FM**, L. Meilink and P. Rhodes

**Yoga for Fibromyalgia**, S. L. Crozter

**Your Symptoms are Real-What to do when your doctor says nothing is real**, B. Natelson

DVD's

Unrest by Jennifer Brea

Dr Lapp Speaking Tour on NZ 2017

Dr Vallings Talk 2018 – B12 & Invest In ME 2018 Research

Dr Vallings talk 2017 – Orthostatic Intolerance & Salt, & Invest in ME 2017 Research

Dr Vallings talk 2016 – Immune System & Invest in ME 2016 Research

Dr Vallings talk 2015 – Invest In ME 10<sup>th</sup> Annual Conference results

Dr Vallings talk 2014 – Latest research Dr Valling's

Dr Vallings Invest In ME conference 2012 / May 2013

Dr Valling's IACFS/ME Conference Nov 2011

Dr Vallings August 2010 talk

## Waikato CCIS Book list

Dr Vallings - Pain Management  
Kathy Rowe 2014 – Paediatrician  
Dr Nancy Klimas's Hamilton talk  
Relaxation for Pain Management CD

