

October Book Recommendations

In this video I talk about 3 book recommendations.

1. [Why Stomach Acid Is Good for You: Natural Relief from Heartburn, Indigestion, Reflux and GERD](#) by Jonathan Wright
2. [100 Days of Real Food: How We Did It, What We Learned, and 100 Easy, Wholesome Recipes Your Family Will Love](#) by Lisa Leake
3. [The World's Healthiest Foods: Essential Guide for the Healthiest Way of Eating](#) by George Mateljan