

NUTRITION INFORMATION & ORGANIC FOOD WEBSITES

WEB PAGES – for General Information

General Links www.geocities.com/Yosemite/1140/supplies.html
Organic and Natural News www.organicandnaturalnews.com/guide/cat13.html
American Long Distance Hiking Association- http://www.aldhawest.org/Gazette/V8_1_FoodLinks.lasp
Discover Wellness Center- http://www.discoverwellnesscenter.com/cons_rec_reading.php
Beginner Plan: Protein- http://www.mercola.com/nutritionplan/beginner_proteins.htm
Dr. Lindsey.com- www.askdrilindsey.com
www.genesistoday.com
www.DrBob4Health.com
Organic vs. Commercial Food http://www.rawfoodlife.com/Articles_Research/Organic_vs_commercial
www.rawfoodlife.com/organic_food.htm
www.ATDOnline.org
www.OrganicAuthority.com

ORGANIC FOODS

Henry's at The Barn Fins & Chops www.henrysatthebarn.com
Diamond Organics www.DiamondOrganics.com
The Web of Life Natural Foods Market www.WebOfLifeWestlake.com
Wax Orchards www.WaxOrchards.com
Whole Foods Market www.wholefoodsmarket
Allergy Free Kosher foods www.missroben.com
Gluten Free www.glutensolutions.com
Skin Care www.pamelasproducts.com
Whole Grains www.holgrain.com
Whole Food www.ebfarm.com
Gluten Free www.glutenfreegrocery.com
Feingold Diet www.feingold.org
Gluten Free www.GlutenFreeMall.com
Whole Food www.heintzmanfarms.com
Good Food www.healthfromthesun.com
Omega Nutrition www.omeganutrition.com
The Grain & Salt Company www.celticseasalt.com
United Foods www.unfi.com
Walton Feed Company www.waltonfeed.com
Wilderness Dining.com www.wildernessdining.com
Enertia Trail Foods www.trailfoods.com
Just Tomatoes, etc! www.justtomatoes.com
Blackbird Food Company www.blackbirdfood.com
Fantastic Foods www.fantasticfoods.com
Great Eastern Sun www.great-eastern-sun.com
Loma Linda Market www.lomalindamarket.com
Pack-Lite Foods <http://www.packlitefoods.com/index.html>
Internet Grocer www.internet-grocer.com
Adventure Foods www.adventurefoods.com
LDP Camping Foods www.ldpcampingfoods.com
Caribou Cry Outdoors www.cariboucry.com
Cache Lake www.cachelake.com
Sister's Farm www.sistersfarm.com
Mama's EZ Foods www.ezfoods.net

Chaumont www.jfchaumont.com/frame.htm
Lumen Foods/Heartline Products www.lumenfds.com
Custom Dried Foods www.customdriedfoods.com
Expedition Foods www.expeditionfoods.com
Living Tree Community www.livingtreecommunity.com
Vegetarian Journal Hiking Foods www.vrg.org/journal/vj2001may/maybackpack.htm
Harvest Foods www.harvestfoods.com
Taste Adventures www.tasteadventure.com
Oregon Spice www.oregonspice.com
Whole Foods Market <http://www.wholefoodsmarket.com/stores/columbus/index.html>
The Pharmacy (Grocery and Deli) www.wholefoodpharmacy.com
American Nutrition www.americannutrition.com
Organic Authority www.OrganicAuthority.com
Get Gardening www.ahs.org
Barilla Plus www.barillaus.com
Spectrum Natural www.spectrumorganics.com
Nutrition Now www.nutritionnow.com
Bobs Red Mill www.bobsredmill.com/bs
Santa Cruz Organic www.eatwild.com
Mara Natha Organic www.eatwild.com
Whole Foods http://www.nal.usdagov/fnic/cgibin/nut_search.pl and <http://www.ars-grin.gov/duke/>

HEALTH AND NUTRITION

Alternative Medicine www.AlternativeMedicine.com
The Center for Science in the Public Interest www.cspinet.org
Doctors of Chiropractic www.ChiroWeb.com
Health Answers www.HealthAnswers.com
Prescription 2000 www.Prescription2000.com
www.MotherNature.com
Standard Process Organic Whole-Food Supplements www.StandardProcess.com
www.homeopathic.org
www.cdc.gov/nip
www.909shot.com
www.vaers.org
www.drugabuse.gov

Health Alert (newsletter 831-372-2103)
Nutritional Microscopy (American Biologics 619-429-8200)
Discover Wellness Center http://www.discoverwellnesscenter.com/cons_rex_reading.php
Well Call- <https://www.wellcall.com>
Health Questionnaire (Dr. Lindsey www.askdrilindsey.com)
The Right Garlic for Optimal Health (Ask The Doctor www.ATDonline.org)
Organic Authority www.OrganicAuthority.com
Arise & Shine www.ariseandshine.com (intestinal cleansing)
Nutrition Now www.nutritionnow.co

BOOKS

Super Foods by Steven Pratt, M.D. and Kathy Matthews
HarperCollins Publishers, Copyright 2004

HarperCollins Publishers
10 East 53rd Street

New York, NY 10022

ISBN-10: 0-06-053568-7

If It's Not Food...Don't Eat It! By Kelly Hayford C.N.C.
Delphic Corner Press, Copyright April, 2005

Delphic Corner Press
P.O. box 17394
Boulder, Co 80308-0394

Order Fulfillment: 303-926-1123

ISBN: 0-9765668-0-x

MAGAZINES

Body & Soul

NEWS LETTERS

Taste for Life
Wellness Advisor

Maps

Maps.com

ADDRESS & PHONE NUMBERS

Whole Foods Market
3670 W. Dublin-Granville Road
Columbus, Ohio 43235
614-760-5556

Henry's At the Barn Fins & Chops
Olde Avon Village
36840 Detroit Road
Avon, OH 44011
440-934-6675

The Farmacy
28 W. Stimson Ave.
Athens, OH 45701
740-593-7007

American Nutrition
1639 Brice Road
Reynoldsburg, OH 43068
614-860-7834

RECIPES

Organic Authority www.OrganicAuthority.com
www.DrBob4Health.com