

A selection of books on autoimmune diseases and scientific books that explain how your body works

These books have been suggested by one of our supporters who has birdshot. It is possible you may find some of the information they contain interesting and helpful to read. We provide this list to you in case it is of interest but we do not make any recommendation or endorsement about the contents of any of the books.

Auto Immune Diseases

The Official Patients' Sourcebook on Autoimmune Diseases – A revised and updated directory for the internet age. James N Parker MD and Philip M Parker PhD (American but excellent for those of you who want to do your own research and learn more about autoimmunity).

Living Well with Auto Immune Diseases. Mary J Shomon

Autoimmune Diseases and their Environmental Triggers. Elaine A Moore

What Your Doctors May Not Tell You About Auto Immune Diseases. Stephen B Edleson MD and Deborah Mitchell.

Scientific

These books explain how the body works, how cells communicate and how to use your own powers to trigger your body to respond in different ways.

The Psychobiology of Gene Expression, Neuroscience and neurogenesis in hypnosis and healing arts. Ernest L Rossi. Excellent book although slightly heavy going if you don't have a scientific background, but explains exactly why meditation and hypnosis works and how it changes the cell communications to heal your body.

The Brain that Changes Itself. Norman Doidge, MD. Another excellent book, easy to read, very powerful and explains how you can change the way your brain thinks.

Molecules of Emotion. Candace B Pert. A great book that explains scientifically, why you feel the way you do, why you get ill and what you can do about it.