Ideas for Mark's Reading List . . . for the NEXT Fifty Years

Back yard and Small farming

The Self-Sufficient Life and How to Live It by John Seymour. Barnyard in Your Backyard: A Beginner's Guide to Raising Chickens, Ducks, Geese, Rabbits, Goats, Sheep, and Cattle edited by Gail Damerow. Keeping a Family Cow by JoAnn S. Grohman. Natural Goat Care by Pat Coleby. Anything at all by William Albrecht, Mark Purdy and Joel Salatin. Honorable mention: Hidden Nature: The Startling Insights of Victor Schauberger by Alick Bartholomew because it has so much on the possibilities of rehabilitating Mother Earth's water and ecosystems, including increasing soil fertility through Schauberger's plow and other means.

Food and Health

The Milk of Human Kindness Is Not Pasteurized by Wm. Campbell Douglass, M.D. Soil, Grass and Cancer by Andre Voisin. Dangerous Grains by James Braly, M.D., and Ron Hoggan M.A. Empty Harvest: Understanding the Link Between Our Food, Our Immunity and Our Planet, by Dr. Bernard Jensen and Mark Anderson, How Indians Use Wild Plants for Food, Medicine & Crafts (formerly titled *Uses of Plants by the Chippewa Indians,* based on a 1926 Smithsonian Publication) by Frances Densmore, Ten Essential Herbs by Lalitha Thomas

Diet

Life without Bread: How a Low Carbohydrate Diet Can Save Your Life by Christian B. Allan, PhD and Wolfgang Lutz, M.D. For the personal stories and articles, as well as some new "raw food recipes" check out The Recipe for Disease Free Living and The Primal Diet both by Aajonous Vondeplanitz. For a less adventurous but useful take, Real Food: What to Eat and Why by Nina Planck

The History/politics of Health and Food

Suppressed Inventions by Jonathan Eisen. Racketeering in Medicine by James Carter, Murder by Injection by Eustace Mullins. Politics in Healing by Dennis Haley. Stolen Harvest: The Highjacking of the Global Food Supply by Vandana Shiva. World Hunger: Twelve Myths by Francis Moore Lappe (sorry, but it's worth reading anyway), Joseph Collins and Peter Rosset. Fast Food Nation by Eric Schlosser. Death In The Air, Emerging Viruses, Healing Codes of the Biological Apocalypse, and DNA: Pirates of the Sacred Spiral – all by Leonard Horowitz.

How we got here, How we get out (including some shameless self-promotion)

The Two Faces of Money by yours truly (Geraldine Perry). Companion volumes include Bashed by the Bankers by Byron Dale, The Lost Science of Money by Stephen Zarlenga, and anything by Alexander Del Mar if you can find it