



Resource List for Continued Learning

Books:

1. [The Makers Diet by Jordan Rubin](#)
2. [Food Saved Me by Danielle Walker](#)
3. [Clean Gut by Alejandro Junger, M.D.](#)
4. [The Revelation Wellness by Alisa Keeton](#)
5. [Switch On Your Brain by Caroline Leaf](#)
6. [Fully Alive by Susie Larson](#)
7. [8 Keys for Mental Health Through Exercise by Christina Hibbert](#)
8. [Chubby Church by Jendayi Harris](#)
9. [Restoring Your Digestive Health by Jordan Rubin and Joseph Brasco](#)
10. [Anatomy of the Soul by Curt Thompson M.D.](#)
11. [Atomic Habits by James Clear](#)
12. [Voices of the Heart by Chip Dodd](#)
13. [The Rest of God by Mark Buchanan](#)
14. [The Ruthless Elimination of Hurry by John Mark Comer](#)
15. [What the Bible Says About Healthy Living by Rex Russel, M.D.](#)

Cookbooks: (these are all anti-inflammatory gut-healing cookbooks)

1. [Restorative Kitchen by Dr. Ashley Turner](#)
2. [Eat What You Love by Danielle Walker](#) (all of her cookbooks are recommended)
3. [The 4 Week Gut Health Plan](#)

Helpful Websites:

1. [Prep Dish](#) (a great resource for planning and prepping healthy meals)
2. [The Biblical Nutritionist](#)
3. [Dr. Josh Axe](#)
4. [Revelation Wellness](#)
5. [Faith & Health Connection](#)

Favorite Health Podcasts:

1. The Doctor's Pharmacy with Mark Hyman M.D. (disclaimer: this is not a Christain based podcast. I don't stand by everything he represents.)
2. The Revelation Wellness with Alisa Keeton
3. Be Organic with Kat and Landon, founders of Clean Juice
4. Wellness Mama with Katie Wells
5. The Real Raw You with Katie Duda
6. The Model Health Show with Shawn Stevenson (disclaimer: this is not a Christain based podcast. I don't stand by everything he represents.)
7. Rhythms for Life with Rebekah and Gabe Lyons