



JOAN MARGARET, D.C.

Chiropractor & Applied Kinesiologist

6536 Telegraph Avenue, Suite A102, Oakland, CA 94609

(510) 658-9066 • Fax: (510) 658-9079

RESOURCES for Brain Health

General Health Advice, individualized healthcare

LABRYS HEALTH CARE CIRCLE

1. Joan Margaret, D.C.; (510) 658-9066
2. Laura Knoff, B.Sc., Nutrition Consultant, (510) 658-8967
3. Janis Irvin, (510) 289-7110

Read our bios and more at www.labryshealthcarecircle.com

BEMER

To rent or buy, go either to bemeramerica.com/labryshealthcarecircle (Joan), or bemeramerica.com/nourishinghealth (Janis). BEMER increases blood flow, immunity.

BOOKS

1. VEGGIEWOMAN'S GUIDE TO HEALTH, The Whole Food Guide to Overcoming IBS, by Laura Knoff
2. VEGGIEWOMAN'S GUIDE TO HEALTH, Gluten-Free, Dairy-Free, Sugar-Free Eating by Laura Knoff
3. USED BOOKS – www.powells.com and www.alibris.com

BRAIN GAMES

aarp.org/games

Bananagrams - tiles

fitbrains.com

Set – visual perception, cards

lumosity.com/brain-games

positscience.com/braingames

BUSINESS

SAVVY BOOKKEEPING – Ann Valliant, annv@b-sb.com. She is an OLOC member who knows all about the above brain games and more.

EMF SAFETY PRODUCTS

1. EARTHCALM – earthcalm.com
2. QLINK – clarus.com, ihealthproducts.com

NUTRITION/COOKING STRATEGIES

1. COCONUT OIL – tropicaltraditions.com
2. FISH OILS: GREEN PASTURES – www.greenpasture.org (402) 858-4818. Order the Blue Ice High-Vitamin Fermented Cod Liver Oil
3. SEAWEED: Locally gathered – Berkeley Farmers Market, from Andrew on Tuesday; Most health food stores or Asian markets
4. THREE STONE HEARTH – Foods in the Weston A. Price tradition that you order on line and pick up weekly at the Berkeley kitchen. www.threestonehearth.com



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5. **WATER PURIFICATION** – multipureco.com
6. **WESTON A. PRICE FOUNDATION** – westonaprice.org – dedicated to restoring nutrient-dense foods to the human diet.