

RESOURCES

London Farmers Markets

[Www.lfm.org.uk](http://www.lfm.org.uk)

Growing Communities - Only sells organic produce

[Www.growingcommunities.org](http://www.growingcommunities.org)

SUPERFOODS

Green Pastures Blue Ice Royal Butter Oil/Fermented Cod Liver Oil Blend

Platinum - Sell some of the highest quality superfoods on the planet, that's why LHN became a distributor (you can only buy these products through a distributor) website: [Www.Platinumuk.biz/mikeimlach](http://www.Platinumuk.biz/mikeimlach)

Books

Nutrition And Physical Degeneration - Weston A. Price

Nourishing Traditions - Sally Fallon

How To Eat, Move And Be Healthy - Paul Chek

The Green Foods Bible – The Green Foods Bible

GAPS Gut And Psychology Syndrome - Dr Natasha Campbell McBride

The Power Of Now - Eckhart Tolle

A New Earth - Eckhart Tolle

The Last Hours Of Ancient Sunlight - Tom Hartmann

The Biology Of Belief - Dr Bruce Lipton

The last Hours of Ancient Sunlight – Thom Hartmann