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CD-ROMS

All CD-ROMs listed below are written and presented by Merrily A. Kuhn, RN, PhD, ND, PhD.

Depression & Yeast Infections (Candida): The Gut-Brain Connection

Is there a connection between the gut-brain, psychiatric disorders and yeast infections? Absolutely! Bacterial colonization of the newborns gut occurs at a sensitive period of brain development and influences behavior and even expression of certain genes for life! Researchers are finding a relationship between gut bacteria and depression and when there is an over production of yeast in the gut it can be even more devastating. Excessive yeast (Candida) can breakdown the intestinal wall resulting in leaky gut syndrome. Toxins from the gut enter the vascular system and penetrate the brain, causing many health problems including depression.

This connection and much more is discussed including the prevention and management. **\$25.00**

Obesity: It may not be your fault

CDC data suggests that just about everyone is overweight (68%) and a significant proportion of the population is obese. Obesity now affects 17% of all children and adolescents in the US.

So, learn about over-weight and obesity and how our body can trick us to gain weight and to regain it after a weight loss. Learn about chemicals in our body that contribute to increased appetite and obesity and most important learn what we can do to counter the obesity epidemic in ourselves and our patients. **\$25.00**

Environmental Toxins

Do we live in a toxic environment? The answer is YES!

From the water we drink; the air we breathe; the food we eat; the preservatives, additives, plastic, Styrofoam, BPA; parabens we are exposed to; the creams, lotions and potions we put on our body; the products we clean with; the drugs we take; to the cell phone we talk on, we are constantly being exposed to toxins!

Learn how we can protect ourselves. **\$25.00**

What's In Our Food?

Are we eating healthy food today? The answer is NO! The foods on supermarket shelves have more health information on their labels today than ever before—but that only makes it more confusing to determine what to buy.

Eighty percent of our food today is genetically engineered. Is this affecting our health? We are constantly being

exposed to toxins. Let us explore our food supply: genetically modified foods, preservatives, colors and flavors, additives, artificial sweeteners, arsenic, heavy metals, titanium dioxide, coal tar, silicone and many more.

How does our food come to us? Are the containers our food is stored in plastic, Styrofoam, and BPA, safe?

Can we possibly protect ourselves and our families? What role do phytochemicals play? **\$25.00**

The A to Zzzzzzz for Optimal Sleep

Poor quality of sleep and daytime fatigue are one of the most common general health complaints in American adults. Practitioners frequently work with patients who report trouble sleeping. Dr. Kuhn reviews concepts of insomnia, sleep apnea and behavior modification to improve sleep utilizing the most current research. **\$25.00**

Thyroid Disease and Testing

A live program presents a review of anatomy and physiology of thyroid gland, and the etiology, symptoms and management of both hypo/hyper-thyroidism and Hashimoto's. Emphasis is on diagnostic tests: T4, free T4, TSH and the ramifications of high and low values. Several case studies are presented. **\$25.00**

Vitamins, Minerals and Supplements

Vitamins and minerals, do we need them and/or do we abuse them? Vitamins, minerals and supplements are discussed as to their action, use, toxicities, side effects and food sources. Learn how to achieve adequate intake-food or supplements. Learn how to choose good quality products and sort through the truthful and sometimes not-so-truthful information. All health care professions need to know this valuable information. **\$25.00**

**Additional programs are available,
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Cardiac Function and Testing	\$25.00
Fluid and Electrolyte Balance	\$25.00
Liver Function Testing	\$30.00
Oxygenation and Acid Base Balance.....	\$25.00
Scary Drug Interactions.....	\$25.00
Drug/Herb Interactions	\$25.00

MISCELLANEOUS

Critical Care Challenge 2nd Edition

Written by: *Dr. Merrily A. Kuhn, PhD, RN; Frances Stier, MSN, RNC, CCRN; Brenda Shelton, MS, RN, CCRN, OCN; Ellen Harvey, MN, RNC, CRN.*

Our **Critical Care Challenge Game** is a learning tool, which helps you to develop accurate responses to critical care situations, enhances learning of difficult case planning topics, and facilitates analytic reasoning and critical thinking. *400 Critical Care questions with answers and rationales.*
Original Price: \$27.00 **Special Price: \$10.00**

COMPLEMENTARY THERAPIES

Booklets

Complementary therapies are becoming more widely used. This series of programs provides information concerning the therapy, its history, purpose, procedure, side effects, and the training/education of the practitioner. In addition, current research is included as well as resources for further information.

Mind-Body-Energy Connection Therapies

Presents information to enhance health and prevent disease: describes techniques that connect the mind-body; use energy to heal the body; and reviews movement therapies to enhance energy. **\$10.00**

Food as Preventative Medicine

Presents information on phytochemicals found in foods and spices being studied for promotion of health and prevention of cancer. We are what we eat! **\$13.00**

Purchase both Complementary Therapy titles (at one time) for only \$20.00

QUICK POCKET SERIES

Quick Pocket Laboratory Reference

Merrily A. Kuhn, ND, PhD, RN, PhD

Bound booklet of several hundred lab tests. Identifies causes of high and low values. Ideal pocket guide. Easy to use and carry. **\$15.00**

Quick Pocket Laboratory Reference for Drug Effects

Merrily A. Kuhn, ND, PhD, RN, PhD

The Quick Pocket Laboratory Reference For Drug Effects is the compliment text to our popular guide, Quick Pocket Laboratory Reference. This reference features a brief

description and listing of the drugs that affect lab test results. The guide also includes a 55-page alphabetized Index of Drugs and the tests they affect. **\$15.00**

Purchase both Quick Pocket guides as a set and the cost per book is \$12.50 (total \$25.00)

BOOKS

The End of Alzheimer's

Dr. Dale Bredeesen

In this paradigm shifting book, Dr. Bredeesen offers real hope to anyone looking to prevent and even reverse Alzheimer's Disease and cognitive decline. Revealing that AD is not one condition, as it is currently treated, but three, The End of Alzheimer's outlines 36 metabolic factors (micronutrients, hormone levels, sleep) that can trigger "downsizing" in the brain. The protocol shows us how to rebalance these factors using lifestyle modifications like taking B12, eliminating gluten, or improving oral hygiene. **\$25.00**

The Autoimmune Fix: How to Stop the Hidden Autoimmune Damage That Keeps You Sick, Fat, and Tired Before It Turns Into Disease

by Tom O'Bryan

Millions of people suffer from autoimmunity whether they know it or not. The root cause of most weight gain, brain and mood problems, and fatigue, autoimmunity can take years—or even decades—for symptoms and a clear diagnosis to arise. Through years of research, Dr. Tom O'Bryan has discovered that autoimmunity is actually a spectrum, and many people experiencing general malaise are already on it.

The good news is that many autoimmune conditions can be reversed through a targeted protocol designed to heal the autoimmune system, 70 percent of which is located in the gut. The Autoimmune Fix provides a practical and much-needed guide to navigating these increasingly common conditions to help you feel better and develop a plan that works for you. **\$25.00**

The Hot Detox Plan: Cleanse Your Body and Heal Your Gut with Warming, Anti-inflammatory Foods

by Julie Daniluk RHN

Spark Your Digestion, Safely Cleanse Your Body, and Speed Healing. This book unifies soothing cooking techniques,

scientific rigor, and Eastern food wisdom to create a revolutionary breakthrough in how you can fire up your digestive power and cleanse and heal your body. You'll discover how . . . •warming your food and drink can dramatically increase the digestibility of a meal and the absorption of vital nutrients •chopping or blending foods such as broccoli can make them more detoxifying •cooking and dressing your vegetables with oil makes their phytonutrients more bioavailable •using culinary herbs in your cooking can kill yeast and negative bacteria that may be the cause of bloating and indigestion. Learn much more about food **\$28.00** (paperback)

10-day Detox Diet

Dr. Mark Hyman

Dr. Hyman explains how to: activate your natural ability to burn fat—especially belly fat; reduce inflammation; reprogram your metabolism; shut off your fat-storing genes; de-bug your digestive system; create effortless appetite control; and soothe the stress to shed the pounds. With practical tools designed to achieve optimum wellness, including meal plans, recipes, and shopping lists, as well as step-by-step, easy-to-follow advice on green living, supplements, medication, exercise, and more. **\$26.00**

How Not to Die

Dr. Michael Greger

Discover the Foods Scientifically Proven to Prevent and Reverse Disease. **\$28.00**

Food Forensics: The Hidden Toxins Lurking in Your Food and How You Can Avoid Them for Lifelong Health

by Mike Adams

Now, in Food Forensics, Adams meticulously tests groceries, fast foods, dietary supplements, spices, and protein powders for heavy metals and toxic elements that could be jeopardizing your health.

To conduct this extensive research, Adams built a state-of-the-art laboratory with cutting-edge scientific instruments. Publishing results of metal concentrations for more than 800 different foods, Food Forensics is doing the job the FDA refuses to do: testing off-the-shelf foods and sharing the findings so the public can make informed decisions about what they consume or avoid.

This book will forever change your view of food safety, regulation, and manufacturing. When you know what's really in your food, you can start making changes to protect yourself against serious diseases like cancer, all while maximizing your natural immune defenses against infection and disease. **\$16.00** (paperback)

The Grain Brain Cookbook

Dr. David Perlmutter

The Grain Brain Cookbook presents more than 150 gluten-free delectable recipes to keep your brain vibrant and your body fit, all while dramatically reducing your risk for - and treating - Alzheimer's, depression, ADHD, and epilepsy, as well as relieving everyday conditions like headaches, insomnia, and forgetfulness. **\$27.00**

Food: What the Heck Can I Eat

Dr. Mark Hyman

Dr. Hyman looks at every food group and explains what we've gotten wrong, revealing which foods nurture our health and which pose a threat. He also explains food's crucial role in functional medicine and how food systems and policies affect our environmental and personal health. **\$26.00**

Eat Fat Get Thin

Dr. Mark Hyman

Many of us have long been told that fat makes us fat, contributes to heart disease, and generally erodes our health. Now a growing body of research is debunking our fat-phobia, revealing the immense health and weight-loss benefits of a high-fat diet rich in eggs, nuts, oils, avocados, and other delicious super-foods. Learn about a new weight-loss and healthy living program based on the latest science and explains how to EAT FAT, GET THIN, and achieve optimum wellness along the way. **\$26.00**

The Eat Fat, Get Thin Cookbook

Book by Mark Hyman

Hyman believes that the key to losing weight and achieving ultimate health is to eat more fat, not less. He shares gluten-free recipes that support this lifestyle, yet will satisfy even the pickiest eaters in your family. **\$28.00**

MULTI MEDIA HOME STUDY PROGRAMS

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