

Q-100 Society Lecture (2/22/2013)

List of Books Researched for the Presentation of “Cancer, Cell Membrane, and the X Factors”

- ***The Emperor of All Maladies: A Biography of Cancer*** – Siddhartha Mukherjee, MD
- ***The Biology of Belief*** – Bruce H. Lipton, PhD
- ***The Longevity Project*** – Howard S. Friedman, PhD and Leslie R. Martin, PhD
- ***Blue Zones*** – Dan Buettner
- ***Love & Survival*** – Dean Ornish, MD
- ***Healing and The Mind*** – Bill Moyers
- ***Love, Medicine & Miracles*** – Bernie S. Siegel, MD
- ***Spontaneous Healing*** – Andrew Weil, MD
- ***The Scalpel and the Soul*** – Allan J. Hamilton, MD
- ***Steve Jobs*** – Walter Isaacson

Q-100 Society Mission Statement: *Living One Hundred Years Old with Quality of Life. No Medication. No Chronic Disease.*

Q-100 Society Three Principles (Steve’s Triad): Plant (Where is the veggie?). Physicalness (I could have a 5-K!). Purpose (I want my TLC.)