

- WARRIORS READING LIST:** 'Go-Go' Cytopathology, Physiology and Treatment Bibliography- 2017 *must reads
- *SHAKE IT OFF NATURALLY- Berceci, D, PhD, TRE©-Trauma Release Exercise training to cure PTSD, 2016
 - *Induced After Death Communication-Botkin,A,PsyD, 90% effective EMDR cures of VN vets, 2005, <http://www.induced-adc.com/>
 - *THE EFT MANUAL- Church, Dawson, PhD, 2011, Energy Psychology Press Fulton, CA p365; www.EFTuniverse.com
 - *TAPPING IN-Parnell, Laurel, PhD, 2008, Sounds True Boulder,CO p290 and 2 CD guide, effective home trauma help
 - CELL TALK-Upledger, J, DO, OMM, 2003, www.northatlanticbooks.com, p487, tissues 'hold the trauma', C/S massage
 - *ACCIDENTAL CURE- Yu, Simon, MD, Col/MC/USAR, 2010, www.preventionandhealing.com,p458; Voll's EAV¶sites

Internet and video resources: ** = MUST SEE

- *BATTLETAP- Warrior Stress Reset Protocol; easy on line EFT tapping training: www.battletap.org
- ***Harvard Dept. of Cellular Biology: 'Inner Life of the Cell', 2006-medical student training audio/video with microtubulin formation and destruction and 'Mr.' Motor Protein 'walking on the microtubule path' at 3:00/8:00 minutes, a 'must see' https://www.youtube.com/watch?v=8_24UyJc-qw; microtubules are the PTSD cells' lesion.
- ***Levin, Peter, PhD: National Geographic's Polar Bear Recovery 1982: (shaking off trauma physiologically): <https://www.youtube.com/watch?v=eT4060GeodI>
- Hammeroff, Craddock TJA, Tuszynski JA,: Cytoskeletal Signaling: Is Memory Encoded in Microtubule Lattices by CaMKII Phosphorylation? PLoSComput Biol 8(3): e1002421. doi:10.1371/journal.pcbi.1002421
- BIOLOGY OF BELIEF-Lipton, Bruce, PhD: 'Computerized animation of cellular memory tower formation' in "What the Bleep Do We Know!? Seminar, Aug 12-14, 2005, Canada [20th Century Fox movie] ; <https://www.youtube.com/watch?v=82ShSNuru6c>
- ENERGY MEDICINE IN THERAPEUTICS AND HUMAN PERFORMANCE-Oschman PhD 2003, www.elsevierhealth.com, p345
- ***FOR CIVILIANS ONLY***-Kubrick, Stanley, 'FULL METAL JACKET', 1986, scene 14-15 [combat stress-flash back reaction-the 'Go-Go' response with 1000 yard eye stare, monotone voice, and muscle control dissociated from pre-frontal cortex].

Military References: WHEN WAR CAME HOME-Bannerman, Stacy, 2006, www.continuumbooks.com, p 228, Reservist's family story

- *INVISIBLE SCARS- Billings,B,PhD, COL/MSC/USA (34y)-Treatment of PTSD without using drugs that kill vets,p255
- *TOP DOG-Goodavage, M, 2014, Marine IED sniffing dog, purple heart, retired, glorious, www.penguin.com, p301
- **ON COMBAT-Grossman,D, LtCol/USA,2008, Physiological arousal/combat performance,ww.warriorscience.com,p402
- *ONCE A WARRIOR ALWAYS A WARRIOR-Hoge, C, MD, Col/MC/USA(ret), 2010, helpful, www.GlobePequot.com, p296
- *ON CALL IN HELL-Jadick,R,DO, CDR/MC/USN, 2007, record of the 2004 Fallujah fighting by a battalion surgeon, p275
- AMERICAN SNIPER- Kyle, C, USN Seal, 2012, www.HarperCollins.com, p378; & Eastwood, C, 'American Sniper', 2015 film
- Advanced Tactical Paramedic Protocols Handbook, 9th ed., U.S. Special Operations Command's, Breakaway Media LLC 2016 p 260
- *WHAT IT IS LIKE TO GO TO WAR- Marlantes, Karl, LT/USMC, 2011, from inside Viet Nam www.groveatlantic.com, p256
- *UNTIL TUESDAY-Montalván, Luis Carlos, Capt/USA,2011, his beautiful service dog *TUESDAY*, www.hyperion.com p252