

Referanser for Bailine Kostholdsveiledning:

- American Health Foundation Roundtable on Healthy Weight. American Journal of Clinical Nutrition, 1996;63(Supplement): side
- Bjørneboe GE Aa, Drevon CA, Norum KR. Mat & Medisin. Nordisk lærebok i generell & klinisk ernæring. Oslo: Universitetsforlaget, 1994: side 1-391. ISBN: 82-00-41195-8
- Blomhoff R. Vitamin A in health and disease. New York: Marcel Dekker Inc, 1994. Se side 1-677. ISBN 0-8247-9120-7
- VennerødAM (red.). Ernæring. I: Norsk legemiddelhandbøok for alle. . Oslo: forlag, 1994: 54-63. ISBN: 82-02-14677-1.
- Department of Health and Human Services. 3rd. ed. Washington DC: US Dept. of Agriculture. 1990. Bulletin no 232.
- Poleszynski DV, Mysterud I. Sukker – en snikende fare. Gyldendal Akademisk, Oslo 2005.
- Shiles & Goodhart. Human Nutrition, 1995 (ufullstendig referanse)
- Skårderud F. Sultekunstnerne. Kultur, kropp og kontroll. Oslo: Aschehoug, 1991
- Solvoll K, Lund-Larsen K, Søyland E, Sandstad B, Drevon CA. A quantitative food frequency questionnaire evaluated in a group of dermatological outpatients. Scand J Nutrition 1993; 37: 150-155.
- Søyland E, Drevon CA: The effect of very long-chain n-3 fatty acids on immune-related skin diseases. Eur J Clin Nutr. Invited review. 1993; 47: 381-8.
- Tverdal Å. Høyde, vekt og kroppsmasseindeks for menn og kvinner i alderen 40-42 år. Tidsskrift norsk lægeføren 1996;116: sider...
- Whitney EN, Rolfes SR. Understanding Nutrition. Minneapolis, USA: West Publishing Co., 1996.
- Åsstrand PO, Rodahl ?. Textbook of Work Physiology. New York: McGraw-Hill, 1986
- Atkins R. Dr. Atkins super energy diet. Sted: Crown Publishers, 1976.
- Barnard N. Food for Life: How the New Four Food Groups Can Save Your Life. Sted: Three Rivers Press, 1993.
- Cheraskin E mfl.. Diet and disease. Emmaus, PA: Rodale Books, 1975.
- Gittleman, Ann Louise. Your Body Knows Best. Pocket Books, 1996,1997.
- Hall, RH. Food for thought: The decline in nutrition. sted: Vintage Books, 1976.
- Kushi M. Healing Through Macroblotics. Tokyo, New York: Japan Publications, 1978.
- Martin W?., Katahn. The T Factor Diet. New York: Bantam Books, 1994.
- McCamy J, Presley J. Human Life Styling: Keeping Whole in the 20th Century. New York: Harper Collins Books, 1975.
- McDougall JA. The McDougall Program for maximum weight loss. Plurine, 1995.
- Lappe FM. Dietfor a Small Planet. New York: Ballantine, 1971.
- Null Getmfl. Body pollution. Sted: forlag, 1973.
- Ornish D. Dr. Dean Ornish's Program for reversing heart disease. New York: Random House, 1990.
- Pritikin N. Live Longer Now. New York: Bantam Books, 1974.
- Schmid RE. Native Nutrition: Eating According to Ancestral Wisdom. Rochester, VT. Healing Arts Press, 1987.
- Sears B. The Zone. Sted: Regan Books, 1995.
- Brennan RA, Balart LA. Sugar Busters: Cut Sugar to Trim Fat. New York: Ballantine Books, 1998.

Bannister R. Autonomic Failure. Oxford: Oxford University Press, 1992.
 Low P. Clinical Autonomic Disorders. Sted: Little, Brown and Co., 1993.
 Valentine T, Valentine C. Medicines missing link: Metabolic Typing and your personal food plan. Rochester VT: Thorson's Publishers, 1987.
 Watson G. Nutrition and Your Mind. Harper and Row, 1972.
 Wiley R. BioBalance. Life Sciences Press, 1989.
 Williams R. Biochemical Individuality. New York: Wiley and Sons, 1956
 Williams R. Nutrition Against Disease. Sted: Pitman Publishing, 1971.
 Williams R. Nutritton in a Nutthell. Sted: Doubleday, 1962.
 Williams R. Physicians Handbook of Nutritional Science. Sted: Thomas, 1977.
 Williams R. ?? Physicians handbook of ortkomlecular medicine. New Canaan, CT: Keats Publishing, 19....?
 Wolcott WL. The Metabolic Typing Diet. Sted: Doubleday, 2000
 Bannister R. Autonomic Failure. Oxford: Oxford University Press, 1992.
 Hockmann, C. Essentials of Autonomic Function. C. Thomas, 1987.
 Kelley, William D. One Answer to Cancer. Kelley Foundation, 1969. .
 The Metabolic Types. Kelley Foundation, 1976.
 Low, P. Clinical Autonomic Disorders. Little, Brown and Co., 1993.
 Watson, George, Ph.D. Nutrition and Your Mind. Harper and Row, 1972.
 Wiley, Rudolph. BioBalance. Life Sciences Press, 1989.
 Williams, Roger. Biockemical Individuality. New York: Wiley and Sons, 1956,
 New Canaan, Connecticut: Keats Publishing, 1998.
 Nutritian Against Disease. Pitman Publishing, 197 1.
 Nutrition In A Nutshelt. Doubleday, 1962.
 Physicians Handbook of Orthomolecular Medicine.
 Abravanel, Elliot. Body Type Diet. Bantam, 1983.
 Aihara, Herman. Acid & Alkaline. Macroblotic Foundation, 1971.
 Bieler, Henry. Food Is Your Best Medicine. Random House, 1966.
 Cohen, Jordan J., and jerome P. Kassirer. Acid1Base. Little, Brown and Co., 1982.
 Frawley, David. Ayurvedic Healing. Passage Press, 1989.
 The Yoga of Herbs. Lotus Press, 1986.
 Hills, A. Gorman..Acid Base Balance. Williams and Wilkins Co., 1973.
 Kaptchuk, Ted. The Web That Has No Weaver. Congdon & Weed, 1983.
 Lad, Vasant. AyurVeaa. Lotus Press, 1985.
 Lesser, Michael. Nutrition and Vitamin Therapy. Grove Press, Inc. 1980.
 McMurr'ay, WC. Essentials of Human Metabolism. Harper & Row, 1977.
 Shils, Maurice. Modern Nutrition In Health And Disease. Lea & Febiger, 1994.
 Vithoulkas, George, and William A. Tiller. The Science of Homeopathy. Grove Press, 1980.
 Watts, David. Clinical Application of Tissue Mineral Analysis. T.E.I., 1995.
 D'Adamo, James. One Mans Food. Richard Marek Publishers, 1980.
 The DAdamo Diet. McGraw Hill, 1989.
 D'Adamo, Peter. Eat Right 4 Your Type. G.P. Putnam's Sons, 1996.
 Dries, jan. The Complete Book of Food Combining : A New Approach to Healtby Eating. Element, 1998.
 Podell, Richard N. and Proctor, William. The G Index Diet: The Missing Link That Makes Permanent Weight Loss Possible. Warner Books, 1994.
 Power, Laura, Ph.D., "Dietary Lectins: Food Allergles and Blood-Type Specificiety,"
 Refinetti, Roberto. Circadian Physiology. CRC Pr., 1999.
 Sears, Barry. The Zone. Regan Books, 1995.

Widmaier, Eric R, Ph.D. Why Geese Don't Get Obese and We Do, WH. Freeman & Company, 1998.

Golub, Edward S. The Limits of Medicine: How Science Shapes Our Hope for the Cure. New York: Random House, 1994.

Hyman, J.W, The Light Book. New York: Ballantine Books, 1991.

Rhodes, Philip. An Outline History of Medicine. London: Butterworths, 1985.

Rogers, Sherry, M.D. Wellness Against All Odds. Prestige Publishers, 1994.

Root Bernstein, Robert. Rethinking AIDS. New York: The Free Press, 1993.

Tate, Nicholas. The Sick Building Syndrome: How Indoor Pollution Is Poisoning Your Life and What You Can Do. New Horizon Press, 1994.

Upledger, J.E. Your Inner Physician and You: Cranial Sacral Therapy. Berkeley, CA: North Atlantic Books, 1992.

Anderson, Mark and Jensen, Bernard. Empty Harvest: Understanding the Link Between Our Food, Our Immunity And Our Planet, Avery Publishing Group, 1993.

Gibbs, Gary, Dr. The Food That Would Last Forever. Avery Publishing Group, 1993.

Howell, Edward. Enzyme Nutrition. Wayne, Nj: Avery Publishing

Wiley, Rudolph. BloBalance. Life Sciences Press, 1999