REQUIRED TEXT BOOK LIST - Natural Nutrition Program
Included in Tuition

MODULE #1

NN101  Fundamentals of Nutrition
Staying Healthy with Nutrition, 21st century ed, by Elson Haas, M.D. (Pts 1&2)

NN101A  Symptomatology I
Staying Healthy with Nutrition, 21st century ed, by Elson Haas, M.D. (Pts 3&4)

NN102  Anatomy and Physiology
Essentials of Human Anatomy and Physiology, 11th ed., by Elaine Marieb

NN103  Symptomatology II
Symptomatology Handbook for C.S.N.N. Students, 14th. ed. D. Perrault, R.H.N.
Prescription For Dietary Wellness, by Phyllis Balch, CNC

MODULE #2

NN104  Preventive Nutrition
Eating Alive, by John Matsen, N.D.
The Cortisol Connection, 2nd. ed, Shawn Talbott

NN105A  Body-Mind-Spirit - Part One
New Optimum Nutrition For The Mind, by Patrick Holford

NN105B  Body-Mind-Spirit - Part Two
Anatomy of the Spirit, Carolyn Myss

NN106  Fundamentals of Business
Business Mastery, 5th ed. Cherle Sohnen-Moe

MODULE #3

NN107  Chemistry and Bio-Chemistry
Introduction to Chemistry For Biology Students, 9th. ed, by George Sackheim

NN108  Cellular Biology
Essentials of Human Anat. & Physiology, 11th. Ed., by Elaine Marieb (as NN102)

NN109  Pathology & Nutrition
Nutritional Pathology, 3rd edition, Updated by Brenda Lessard-Rhead, BSc, ND

NN110A  Lifecycle - Pediatric Nutrition
The Nourishing Traditions Book of Baby and Child Care by Sally Fallon Morell and Thomas S. Cowan

NN110B  Lifecycle - Sports Nutrition

NN110C  Lifecycle - Perspectives on Aging
Healthy at 100, John Robbins

MODULE #4

NN111  Eco-Nutrition
End of Food, by Thomas Pawlick

NN112  Allergies
Allergies, Disease in Disguise, by Bateson Koch, D.C., N.D.

NN113  Alternative/Comparative Diets
The Weight Battlefield, by Lisa Tsakos, RHN, RNCP
Food & Healing, by Anne Marie Colbin

NN114  Research
Nutritional Literature Research
No required text book

subject to change without notice

May/16