



CANADIAN SCHOOL OF NATURAL NUTRITION
NATURAL NUTRITION RECOMMENDED RESOURCES – January 2018

RECOMMENDED RESOURCES	
NN101 Fundamentals of Nutrition	<ul style="list-style-type: none"> • <i>Diet and Nutrition</i>, Rudolph Ballentine • <i>Fats that Heal, Fats that Kill</i>, Udo Erasmus
NN101A Symptomatology I	<ul style="list-style-type: none"> • <i>Prescription for Nutritional Healing – 5th edition</i>, Balch & Balch • <i>Encyclopedia of Nutritional Supplements</i>, Michael Murray • <i>Encyclopedia of Natural Medicine – 3rd edition</i>, Michael Murray • <i>Perspectives in Nutrition – 9th edition</i>, Carol Byrd-Bredenner, Gaile Moe, Donna Beshgetoor
NN102 Anatomy & Physiology	<ul style="list-style-type: none"> • <i>Essentials of Human Anatomy & Physiology - 12th edition</i> Colouring Workbook, Elaine N. Marieb • <i>Essentials of Human Anatomy & Physiology SET (12th edition book, 12th edition colouring workbook + CD together)</i>, Elaine N. Marieb • <i>Prescription for Nutritional Healing – 5th edition</i>, Balch & Balch
NN103 Symptomatology II	<ul style="list-style-type: none"> • <i>A-Z Guide to Drug-Herb Vitamin Interactions – 2nd edition</i>, Alan R. Gaby, Steve Austin • <i>The Metabolic Typing Diet</i>, William L. Wolcott • <i>Nutrition Test for Better Health</i>, Dr. Cass Ingram
NN104 Preventive Nutrition	<ul style="list-style-type: none"> • <i>Free to Fly</i>, 2nd Edition, Judit Rajhathy • <i>The China Study</i>, 2nd Edition, Colin Campbell • <i>Diabetes & Hypoglycemia</i>, Michael Murray
NN105 Body-Mind-Spirit	<ul style="list-style-type: none"> • <i>Food and the Emotional Connection</i>, Kristina Sisu Order directly from author: or kristinasisu@gmail.com • <i>You Can Heal Your Life</i>, Louise Hay • <i>Food-Mood-Body Connection</i>, 2nd edition, Gary Null • <i>Nutrition & Mental Illness</i>, C. Pfeiffer • <i>Nourishing Wisdom</i>, Marc David
NN106 Fundamentals of Business	<ul style="list-style-type: none"> • <i>Feel the Fear and Do it Anyway</i>, Susan Jeffers, Ph.D • <i>How to Win Customers and Keep Them for Life</i>, Michael LeBoeuf • <i>A New Earth: Awakening to Your Life's Purpose</i>, Eckhart Tolle • <i>Business Plan, Business Reality – 4th edition</i>, James R. Skinner • <i>A Life at Work: The Joy of Discovering What You Were Born to Do</i>, Thomas Moore
NN109 Pathology & Nutrition	<ul style="list-style-type: none"> • <i>Health is Your Birth Right</i>, Ellen Tart-Jensen • <i>The Nutritional Cost of Drugs – 2nd Edition</i>, Ross Pelton and James B. Lavalley
NN110-A Lifecycle Nutrition - Pediatric Nutrition	<ul style="list-style-type: none"> • <i>Superimmunity for Kids</i>, Leo Galland • <i>Natural Baby, Healthy Child</i>, Murray Clarke • <i>Getting to Yum</i>, Karen Le Billon



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RECOMMENDED RESOURCES continued...	
NN110-B Lifecycle Nutrition - Sports Nutrition	<ul style="list-style-type: none"> • <i>The Maffetone Method: The Holistic, Low-Stress, No-Pain Way to Exceptional Fitness</i>, Dr. Phillip Maffetone
NN110-C Lifecycle Nutrition – Perspectives on Aging	<ul style="list-style-type: none"> • <i>The China Study, 2nd Edition</i>, Colin Campbell • <i>Aging Well</i>, George Vaillant
NN111 Eco-Nutrition	<ul style="list-style-type: none"> • <i>Animal, Vegetable, Miracle</i>, Barbara Kingsolver*** • <i>Toxic Trespass (DVD)</i> Order online from http://womenshealthyenvironments.ca/when-store/ • <i>Dirt! The Movie (DVD)</i> Order from website: dirtthemovie.org • <i>An Inconvenient Truth: A Global Warning (DVD Documentary: Guggenheim, D., 2006)</i> • <i>Digging the City</i>, Rhona McAdam
NN112 Allergies	<ul style="list-style-type: none"> • <i>Is This Your Child</i>, D. Rapp
NN113 Alternative Diets	<ul style="list-style-type: none"> • <i>Ayurveda: The Science of Self-Healing – 2nd edition</i>, Dr. Vasant Lad • <i>Nourishing Wisdom</i>, Marc David • <i>Enlightened Eating Cookbook</i>, Caroline Marie Dupont • <i>Enlightened Eating (DVD)</i>, Caroline Marie Dupont Order from Amazon.ca • <i>The Pantry Principle</i>, Mira Dessy
NN114 Nutritional Literature Research	<ul style="list-style-type: none"> • <i>Making Sense of Research, 2nd edition</i>, Martha Brown Menard mbmenard@crockerinstitute.org 434-960-6862 (South Carolina)
Other Resources	<ul style="list-style-type: none"> • <i>Taber's Cyclopedic Medical Dictionary, 23rd edition</i>, Donald Venes