

**CANADIAN SCHOOL OF NATURAL NUTRITION**  
379 Blvd. Alexandre-Taché, Gatineau, QC J9A 1M4  
1-800-328-743 819-775-2766 Fax 819-775-5078  
**REQUIRED TEXT BOOK LIST- Natural Nutrition Program**  
**Included in Tuition**

**MODULE #1**

**NN101A Fundamentals of Nutrition I**  
Staying Healthy with Nutrition, 21<sup>st</sup> century  
ed, by Elson Haas, M.D. (Pts 1&2)

**NN101B Fundamentals of Nutrition II**  
Staying Healthy with Nutrition, 21<sup>st</sup> century  
ed, by Elson Haas, M.D. (Pts 3&4)

**NN102 Anatomy and Physiology**  
Essentials of Human Anatomy and  
Physiology, 12th ed., by Elaine Marieb

**NN103A Nutritional Symptomatology**  
Guide to Nutritional Symptomatology, 1st  
ed., Published by CSNN.

**MODULE #2**

**NN103B Motivational Interviewing Skills**  
Motivational Interviewing in Health Care, by  
Stephen Rollick, William R. Miller &  
Christopher C. Butler.

**NN104A Hormone Health**  
The Hormone Cure., by Sara Gottfried M.D.

**NN105A Body-Mind-Spirit - Part One**  
Nutrition Essentials for Mental Health., by  
Leslie Korn.

**NN105B Body-Mind-Spirit - Part Two**  
Cultivating Wholeness, 2<sup>nd</sup> ed., by Caroline  
Marie Dupont

**NN106 Fundamentals of Business**  
Business Mastery, 5<sup>th</sup> ed. Cherle  
Sohnen-Moe

**MODULE #3**

**NN107A Biochemistry & Epigenetics**  
No Required Textbook.

**NN109 Pathology & Nutrition**  
Nutritional Pathology, 3<sup>rd</sup> 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**  
Complete Guide To Sports Nut'n, 8<sup>th</sup> ed.,  
Anita Bean

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

**MODULE #4**

**NN111 Eco-Nutrition**  
End of Food, by Thomas Pawlick

**NN112 Allergies**  
The Allergy Solution., by Leo Galland, M.D.

**NN114 Research**  
Nutritional Literature Research  
No required text book

**NN115 Intro to the Practical Use of Herbs**  
The Good Living Guide to Natural and  
Herbal Remedies., by Katolen Yardley  
MNIMH.