



**CANADIAN SCHOOL OF NATURAL NUTRITION
NATURAL NUTRITION PROGRAM BOOK LIST – Fall 2020**

CSNN Distance Education does not actively stock recommended resources, most material is available on Amazon or other sources.

RECOMMENDED RESOURCES		Retail* <small>(not including gst)</small>	Retail* <small>(with 5% gst)</small>
NN101A Fundamentals of Nutrition (Part 1)	<ul style="list-style-type: none"> • <i>Diet and Nutrition</i>, Rudolph Ballentine • <i>Fats that Heal, Fats that Kill</i>, Udo Erasmus 	<ul style="list-style-type: none"> • \$26.00 • \$30.95 	<ul style="list-style-type: none"> • \$27.30 • \$32.50
NN101B Fundamentals of Nutrition (Part 2)	<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 	<ul style="list-style-type: none"> • \$47.00 • \$35.00 • \$44.00 • \$260.00 	<ul style="list-style-type: none"> • \$49.35 • \$36.75 • \$46.20 • \$273.00
NN102 Anatomy & Physiology	<ul style="list-style-type: none"> • <i>Essentials of Human Anatomy & Physiology – 12th edition Colouring Workbook</i>, 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 	<ul style="list-style-type: none"> • \$95.00 • \$250.00 • \$47.00 	<ul style="list-style-type: none"> • \$99.75 • \$262.50 • \$49.35
NN103A Nutritional Symptomatology	<ul style="list-style-type: none"> • <i>A-Z Guide to Drug-Herb Vitamin Interactions – 2nd edition</i>, Alan R. Gaby, Steve Austin *Highly Recommended • <i>The Metabolic Typing Diet</i>, William L. Wolcott • <i>Prescription for Dietary Wellness – 2nd edition</i>, Phyllis A. Balch 	<ul style="list-style-type: none"> • \$27.95 • \$24.00 • \$33.00 	<ul style="list-style-type: none"> • \$29.35 • \$25.20 • \$34.65
NN105A&B Body-Mind-Spirit	<ul style="list-style-type: none"> • <i>Food and the Emotional Connection</i>, Kristina Sisu Order directly from Kristina: 1-250-588-8605 or kristinasisu@gmail.com (shipping extra) • <i>You Can Heal Your Life</i>, Louise Hay • <i>Food-Mood-Body Connection – 2nd edition</i>, Gary Null • <i>Nutrition & Mental Illness</i>, C. Pfeiffer • <i>Nourishing Wisdom</i>, Marc David 	<ul style="list-style-type: none"> • Order Direct • \$26.00 • \$24.95 • \$16.95 • \$20.00 	<ul style="list-style-type: none"> • Order Direct • \$27.30 • \$26.20 • \$17.80 • \$21.00
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 • <i>How to Make it as a Nutritional Consultant, A Guide to Marketing and Growing Your Consulting Business (Electronic Book)</i>, Penny Ormsbee <p>Order by email: pormsbee@ns.sympatico.ca</p>	<ul style="list-style-type: none"> • \$21.00 • \$16.50 • \$23.00 • \$119.75 • \$18.00 • Order Direct 	<ul style="list-style-type: none"> • \$22.05 • \$17.35 • \$24.15 • \$125.75 • \$18.90 • Order Direct
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 	<ul style="list-style-type: none"> • \$28.75 • \$24.85 	<ul style="list-style-type: none"> • \$30.20 • \$26.10
NN110A Lifecycle Nutrition - Pediatric	<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 • <i>Feed Me... I'm Hungry</i>, Irene Swedak, Sunita Mohan and Christine Sachse Order directly from Author: irene@wellnesswizards.net • <i>Toxic Trespass (DVD)</i> Order online from http://womenshealthyenvironments.ca/when-store/ • <i>The Resourceful Mother's Secrets to Healthy Kids</i>, Meredith Deasley Order from website: theresourcefulmother.com • <i>Hidden Dangers in Kids Meals</i> Resource website: responsibletechnology.org • <i>Nourishing Our Children (DVD or digital file)</i> Order from website: nourishingourchildren.org 	<ul style="list-style-type: none"> • \$24.00 • \$23.95 • \$23.00 • Order Direct • Order Direct • Order Direct • Order Direct • On Website • Order Direct 	<ul style="list-style-type: none"> • \$25.20 • \$25.15 • \$24.15 • Order Direct • Order Direct • Order Direct • Order Direct • On Website • Order Direct



**CANADIAN SCHOOL OF NATURAL NUTRITION
NATURAL NUTRITION PROGRAM BOOK LIST – Fall 2020**

CSNN Distance Education does not actively stock recommended resources, most material is available on Amazon or other sources.

RECOMMENDED RESOURCES continued...		Retail* <i>(not including gst)</i>	Retail* <i>(with 5% gst)</i>
NN110B Lifecycle Nutrition - Sports	<ul style="list-style-type: none"> • <i>The Maffetone Method: The Holistic, Low-Stress, No-Pain Way to Exceptional Fitness</i>, Dr. Phillip Maffetone 	<ul style="list-style-type: none"> • \$23.00 	<ul style="list-style-type: none"> • \$24.15
NN110C 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 	<ul style="list-style-type: none"> • \$25.95 • \$23.00 	<ul style="list-style-type: none"> • \$27.25 • \$24.15
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>Dir! The Movie (DVD)</i> Order from website: dirtthemovie.org • <i>An Inconvenient Truth: A Global Warning (DVD Documentary)</i>: Guggenheim, D., 2006) Order from website: amazon.ca • <i>Digging the City</i>, Rhona McAdam 	<ul style="list-style-type: none"> • \$17.50 • Order Direct • Order Direct • Order Direct • \$21.20 	<ul style="list-style-type: none"> • \$18.40 • Order Direct • Order Direct • Order Direct • \$22.25
NN112 Allergies	<ul style="list-style-type: none"> • <i>Is This Your Child</i>, D. Rapp 	<ul style="list-style-type: none"> • \$24.00 	<ul style="list-style-type: none"> • \$25.20
NN114 Nutritional Literature Research	<ul style="list-style-type: none"> • <i>Making Sense of Research – 2nd edition</i>, Martha Brown Menard (E-book only) Order from Amazon.ca 	<ul style="list-style-type: none"> • Order Online 	<ul style="list-style-type: none"> • Order Online
Other Resources	<ul style="list-style-type: none"> • <i>Taber's Cyclopedic Medical Dictionary – 23rd edition</i>, Donald Venes • <i>Free to Fly – 2nd edition</i>, Judit Rajhathy • <i>Diabetes & Hypoglycemia</i>, Michael Murray • <i>Eating Alive: Prevention Thru Good Digestion</i>, J. Matsen • <i>The Cortisol Connection – 2nd edition</i>, Shawn Talbott • <i>Ayurveda: The Science of Self-Healing – 2nd edition</i>, Dr. Vasant Lad • <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 	<ul style="list-style-type: none"> • \$100.00 • Order Direct • \$20.00 • \$24.95 • \$25.95 • \$14.95 • \$25.95 • Order Online • Order Direct 	<ul style="list-style-type: none"> • \$105.00 • Order Direct • \$21.00 • \$26.10 • \$27.25 • \$15.70 • \$27.25 • Order Online • Order Direct

Updated July 30, 2020

* CANADIAN SCHOOL OF NATURAL NUTRITION (CSNN) IS NOT RESPONSIBLE FOR ANY CHANGES IN THE SUGGESTED RETAIL PRICES.

NO REFUNDS OR EXCHANGES.