



**CANADIAN SCHOOL OF NATURAL NUTRITION
NATURAL NUTRITION PROGRAM BOOK LIST – Fall 2021**

Recommended resources are available through Amazon, Chapters or other retailers.

RECOMMENDED RESOURCES	
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 • <i>The Encyclopedia of Healing Foods</i>, Michael Murray N. D. #2371 ISBN 978-0-7434-8052-9 <p>Health Management Books: 1-800-266-9555</p>
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
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
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>Prescription for Dietary Wellness – 2nd edition</i>, Phyllis A. Balch
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>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 – 5th 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>
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. Lavalle
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>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



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RECOMMENDED RESOURCES continued...	
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
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
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: dirthemovie.org • <i>An Inconvenient Truth: A Global Warning (DVD Documentary: Guggenheim, D., 2006)</i> Order from website: amazon.ca • <i>Digging the City</i>, Rhona McAdam
NN112 Allergies	<ul style="list-style-type: none"> •
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
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>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

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