



## BOOKLIST

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### ADVANCED DIPLOMA OF INTEGRATIVE NUTRITIONAL THERAPEUTICS

#### Compulsory Textbooks & Resources

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**NOTE: If a unit of study from your course is not listed in this document, then there is no compulsory textbook for the unit**

Some suggested sources for all textbooks unless otherwise stated:

- **Booktopia:** <https://www.booktopia.com.au/>
- **The Nile:** <https://www.thenile.com.au/>
- **Amazon AU:** <https://www.amazon.com.au/>
- **Bookdepository:** <https://www.bookdepository.com/>

## **ANATOMY & PHYSIOLOGY**

### **Body Structures/ Body Systems/ Integrative Anatomy & Physiology**

**AND**

### **BODY CHEMISTRY A & B**

Tortora, G. J., & Derrickson, B. H. (2019). *Principles of Anatomy and Physiology* (2<sup>nd</sup> Asia-Pacific ed.). Wiley.

**Additional source to the ones mentioned above:**

**Wiley Direct** (Publisher's web-shop): <https://www.wileydirect.com.au/>

## **BUILDING YOUR SUCCESSFUL PRACTICE**

Weir, M. (2016). *Law and ethics in complementary medicine* (5th ed). A&U Academic.

**And**

Medhurst, R. (2016). *The business of healing: a guide to practice establishment and practice management for non-medical healthcare professionals* (3rd ed). Self published, SA, Australia.

**Medhurst's *The Business of Healing* available from the following source:**

**Directly via the author:** <http://www.adelaidehillsnaturopath.com.au>

**Email:** medhurstr@yahoo.com

## **CLINICAL PRACTICE 1A & 1B**

**AND**

### **NATUROPATHIC DIAGNOSIS**

Weatherby D, Ferguson S. c2002 (or reprints). *Blood chemistry and CBC analysis; clinical laboratory testing from a functional perspective*. Bear Mountain Publishing, USA.

## **FOOD AS MEDICINE**

*Foods that harm foods that heal: An A-Z guide of what to eat and what to avoid for optimum health*, c2013 or later, revised edition. Reader's Digest Australia Pty Ltd, Sydney.

**Additional source to the ones mentioned above:**

**Readers Digest Shop:** <https://readersdigest.innovations.com.au/>

**FOUNDATIONS OF NUTRITION A & B**

Whitney, E. et al. (2019). *Understanding nutrition* (4th Australian and NZ ed.). Cengage Learning, Australia.

**Additional source to the ones mentioned above:**

Cengage (Publisher's website): <https://au.cengage.com/>

**NUTRITIONAL THERAPEUTICS A & B**

Pizzorno, J.E. et al. (2015). *The clinician's handbook of natural medicine*, (3rd ed). Elsevier.

**Additional source to the ones mentioned above:**

Elsevier (Publishers website): <https://www.elsevier.com/en-au/books-and-journals>

**PRINCIPLES OF MICRONUTRIENTS A & B**

Higdon, J. (2011). *An evidence-based approach to vitamins and minerals* (2nd ed). Thieme, Germany.

(Information can also be found via Linus Pauling Institute Micronutrient Information Centre: <https://lpi.oregonstate.edu/mic>)

**SYMPTOMATOLOGY, DIAGNOSIS & PATHOLOGY A, B & C**

Grossman, S. et al. (2019). *Porth's pathophysiology: concepts of altered health states*, (10th ed.). Lippincott Williams and Wilkins, Philadelphia.

**Additional sources to the ones mentioned above:**

Wolters Kluwer (Publisher web-shop): <https://shop.lww.com/>