



Nature Care College

BOOKLIST

PROFESSIONAL CERTIFICATE OF HOLISTIC WELLNESS COACHING

Compulsory Textbooks

NOTE: If a subject from your course program is not listed in this document, then there is no compulsory textbook for the subject

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.

INTRODUCTION TO NUTRITION

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

Some suggested sources:

- 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/>
- In addition to the above *Understanding Nutrition* is also available via the publisher website: Cengage: <https://au.cengage.com/>
- And *Foods that Harm, Foods that Heal* via the [Readers Digest Shop](#)