



# Nature Care College

## BOOKLIST

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### CPE/SHORT COURSES

#### Compulsory Textbooks

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ALL SHORT COURSES LISTED IN ALPHABETICAL ORDER

**NOTE: If a unit of study 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/>

## A...

### **AYURVEDIC MEDICINE – AN INTRODUCTION**

Matthews, S. (2016). *The Art of Balanced Living: The Right Diet and Lifestyle for Your Body Type*. Finch Publishing.

Purchased directly from trainer Shaun Matthews

## B...

### **BACH FLOWER REMEDIES**

Bach, E. (2005). *The essential writings of Dr Bach: the twelve healers and heal thyself*. Random House.

#### **And**

Barnard, J. (1979). *A Guide to the Bach Flower Remedies*. C.W. Daniel, Essex, UK.

#### **And**

Weeks, N. (1973). *The Medical Discoveries of Edward Bach*. C.W. Daniel, Essex, UK.

### **BOTANY**

Tan, E. (2013). *Botany of the Flowering Plants* (4th ed.). Eleanor Tan.

#### **Available from the following sources:**

1. **Books@Stones:** <https://www.booksatstones.com.au/>
2. **Email the author directly:** [eleanor.d.tan@gmail.com](mailto:eleanor.d.tan@gmail.com) (EFT or Paypal only)

## F...

### **FOUNDATIONS OF HOMOEOPATHY A, B & C**

1. Phatak, S.R. *Materia Medica of Homeopathic Medicine*. B Jain Publishers.

**OR** Vermeulen F, 1997. *Concordant Materia Medica*. 2nd ed.

(**OR** any other homeopathic Materia Medica if the previous are hard to find)

#### **And**

2. Schroyens F. *Essential Synthesis*. Ed 9.1 (earlier editions acceptable)

**OR** *Repertorium Homoeopathicum Syntheticum*. 7<sup>th</sup> ed or later (these are becoming rarer)

For those who cannot access Synthesis in book style (or who would prefer a digital version) the Synthesis App can be accessed here: <https://www.radaropus.com/products/apps/synthesis-app>

#### **Additional sources:**

1. **Narayana Homeopathy:** <http://www.narayana-verlag.com>
2. **The Aurum Project:** <https://aurumproject.org.au/store/> (second hand copies depending on availability)

### **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.

Also available via the [Readers Digest Shop](#)

## H...

### **HERBAL MANUFACTURING**

Tan, E & Adams, J. (2012). *Herbal Manufacturing: how to make medicines from plants* (2nd ed). Eleanor Tan.

Available from the following sources:

1. **Books@Stones:** <https://www.booksatstones.com.au/>
2. **Email the author directly:** [eleanor.d.tan@gmail.com](mailto:eleanor.d.tan@gmail.com) (EFT or Paypal only)

### **HERBAL MEDICINE A – MATERIA MEDICA**

#### **Compulsory:**

Bartram, T. (1998 or reprints). *Bartram's encyclopedia of herbal medicine*. Little Brown, UK.

#### **Highly recommended:**

Griggs, B. (1997). *Green pharmacy: the history and evolution of western herbal medicine*, revised edition. Healing Arts Press, USA.

## I...

### **IRIDOLOGY FUNDAMENTALS & IRIDOLOGY FOR CLINICAL PRACTICE (Textbook)**

Conlon, L. (2017). *Iridology: a beginner's guide*. (Revised and expanded ed). Digi Image, Sydney.

Only available from the following source:

Directly from your lecturer Lis Conlon via <https://www.lisconlon.com/shop>  
Email: [lis@lisconlon.com](mailto:lis@lisconlon.com)

### **IRIDOLOGY FUNDAMENTALS & IRIDOLOGY FOR CLINICAL PRACTICE (Iridology Chart)**

Jensen, B. (2004). Iridology Chart. California: Bernard Jensen International. (Revisions by Ellen Tart-Jensen)

#### **Source:**

- 1. Directly from your lecturer Lis Conlon** via <https://www.lisconlon.com/shop>
- 2. Bernard Jensen International:** [UPDATED IRIDOLOGY DESK CHART w/Nutrition Chart on Back11 x 17 Laminated - Infinite Iris and Bernard Jensen International \(myinfiniteiris.com\)](#)

### **IRIDOLOGY FUNDAMENTALS & IRIDOLOGY FOR CLINICAL PRACTICE (Iriscope)**

Iriscope - 10x Magnification

#### **Sources:**

- 1. Directly from your lecturer Lis Conlon** via <https://www.lisconlon.com/shop>
- 2. Iridology World:** [http://iridology.nl/viewpage.php?page\\_id=5](http://iridology.nl/viewpage.php?page_id=5)  
5x, 10x, 15x and 20x magnifiers
- 3. Bernard Jensen International:** <https://myinfiniteiris.com/product-category/courses-and-learning-tools-for-iridology-nutrition/magnifying-lens-courses-and-learning-tools-for-iridology-nutrition/>  
10x magnifiers
- 4. Stanley Supply Services:** <https://www.jensentools.com/magna-lite-3002-10x-illuminated-hand-held-magnifier/p/534in012>  
10x magnifiers