



Nutritional Therapist Training Program Reading List & Assignments

Reading List

Required Reading

Title	Price*†
Introduction to the Human Body: The Essentials of Anatomy & Physiology 8 th Edition- Gerald Tortora	\$110.00
Nourishing Traditions-Sally Fallon	\$27.00
Complete Book of Food Counts-Corinne Netzer	\$7.99
Staying Healthy with Nutrition-Elson Hass, MD	\$39.99
Motivational Interviewing in Health Care-Rollnick, Miller & Butler	\$28.00
Signs and Symptoms Analysis from a Functional Perspective-Weatherby, ND	\$65.00
Nutrition and Physical Degeneration-Weston Price, DDS	\$27.95
Why Stomach Acid is Good For You- Jonathan Wright	\$15.95
Adrenal Fatigue: The 21 st Century Stress Syndrome-James Wilson, MD	\$14.95
Know Your Fats-Mary Enig, Ph.D	\$29.95
Your Body's Many Cries for Water-F. Batmanghelidji, MD	\$14.95
Put Your Heart In Your Mouth-Natasha Campbell-McBride, MD	\$12.95
Seven Day Detox Miracle-Peter Bennett, ND & Stephan Barrie, ND	\$17.95
Omnivores Dilemma-Michael Pollan	\$16.00
Total	\$428.63

Recommended Reading

Title	Price*†
Pottenger's Cats-Francis Pottenger, Jr., MD	\$9.95
Effect of Heat Processed Foods-Francis Pottenger Jr., MD	\$10.00
Pottenger's Prophecy-Gray Graham, BA, NTP	\$19.95
Healing with Whole Foods-Paul Pitchford	\$35.00
World's Healthiest Foods-George Matelijan	\$39.95
Why Some Like it Hot: Food, Genes and Cultural Diversity-Gary Nabhan	\$19.95
Dr. Jensen's Guide to Better Bowel Care- Bernard Jensen	\$15.95
Digestive Wellness-Elizabeth Lipsky	\$18.95
Dangerous Grains-James Braly, Ron Hogan & Jonathan Wright	\$14.95
Gut and Psychology Syndrome-Natasha Campbell-McBride	\$14.95
The Second Brain-Michael Gershon, MD	\$14.00
Life Without Bread-Christian Allen, Ph.d & Wolfgang Lutz, MD	\$16.95
Sugar Blues-William Dufty	\$6.99

Caffeine Blues- Stephen Cherniske	\$14.95
Primal Body-Primal Mind-Nora Gedgaudas, CNS, NTP	\$24.95
Protein Power-Michael Eades, MD	\$16.00
Eat Fat, Lose Fat-Mary Enig, Ph.D & Sally Fallon	\$15.00
Fats that Heal/Fats that Kill-Udo Erasmus	\$22.95
Water the Ultimate Cure-Steve Myerowitz	\$7.95
Body Type Diet-Elliot Abravanel, MD	\$18.00
Our Stolen Future-Theo Colborn, Diane Dumsnoski & John Peterson Meyers	\$16.00
Oxytocin Factor-Moberg, Francis & Uvnas-Moberg	\$34.95
The Pulse Test-Authur Coca	Out of Print
Homocysteine Revolution-Kilmer McCully, MD	\$16.95
Crazymakers-Carol Simontacchi	\$14.95
The Detox Book-Bruce Fife	\$20.00
The Fast Track Detox-Anne Louise Gittleman, PhD, CNS	\$12.95
Herb, Nutrient and Drug Interaction-Mitch Stargrove	\$92.95
The Nutrition Solution- Harold Kristal	\$18.95
Fast Food Nation-Eric Schlosser	\$14.95
Fat Flush Plan-Ann Louise Gittlemann	\$21.95
The Metabolic Typing Diet-William Wolcott & Trish Fahey	\$15.95
The Nutritional Cost of Drugs-Ross Pelton & James Lavalley	
Legal Guidelines for Unlicensed Practitioners-Dr. Lawrence Wilson	\$15.00
The Small Business Owner's Manual-Joe Kennedy	\$19.99
How to Open or Improve A Successful Alternative Health Care Practice-Theodore W. Robinson	\$29.95
How to Succeed as a Small Business Owner and Still Have a Life!-Bill Collier	\$17.95
Getting Things Done: The Art of Stress-Free Productivity-David Allen	\$16.00
Networking Magic-Rick Frishman and Jill Lublin	\$12.95
The Art of the Start: A Time-Tested, Battle-Hardened Guide for Anyone Starting Anything-Guy Kawaski	\$26.95

***Students enrolled in the Nutritional Therapist Training Program receive 10% off all books purchased through NTA. Visit www.nutritionaltherapy.com/ntt.htm for ordering information.**

†Prices subject to change without notice. Updates will be made periodically to the reading list.

Other Good Resources

Title	Price*†
Endocrine Interpretation of Chapman's Reflexes	\$18.00
Confessions of a Medical Heretic-Robert Medelsohn, MD	\$16.95
The Body Ecology Diet-Donna Gates	\$24.95
PDR for Nutritional Supplements	\$59.95
PDR Nurse's Drug Handbook	\$39.95
Nutritional Influences on Illness-Melvyn Werbach, MD	\$44.95

* Visit www.nutritionaltherapy.com/ntt.htm for ordering information.

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Additional Costs: †

Required Books	\$428.63
Required Workshop Tools	\$55-\$115
Supplement Test Kit	\$45-\$125

Reading Assignments

Module 1: The Basics of Nutrition

Required	Pages
Introduction to the Human Body: The Essentials of Anatomy & Physiology	Chapter 20- <i>Nutrition & Metabolism</i>
Nourishing Traditions	Preface & Pgs 1-63
Staying Healthy with Nutrition	Introduction-Pgs 1-9 Chapter 1: <i>Water</i> -Pgs 13-27 Chapter 2: <i>Carbohydrates</i> -Pgs 28-39 Chapter 3: <i>Proteins</i> -Pgs 40-63 Chapter 4: <i>Lipids-Fats & Oils</i> -Pgs 64-75
Required Reference	Pages
Complete Book of Food Counts-Corinne Netzer	n/a
Recommended	Pages
Staying Healthy with Nutrition	Chapter 5: <i>Vitamins</i> -Pgs 83-147 (92-147 Reference Only) Chapter 6: <i>Minerals</i> -Pgs 148-248 (154-247 Reference Only)
Pottenger's Cats	All
Effect of Heat Processed Foods	All
Healing with Whole Foods	Reference
World's Healthiest Foods	Reference

Module 2: The Client Consultation Process

Required	Pages
Signs and Symptoms Analysis from a Functional Perspective	Manual analysis of the NAQ & Breakdown of the section of the NAQ Part I & II: Pages 1-49
Motivational Interviewing in Health Care	All
Staying Healthy with Nutrition	Chapter 10: <i>Nutritional Habits</i> -Pgs 386-411
Recommended	Pages
Staying Healthy with Nutrition	Futureward: <i>88 Survival Suggestions</i> -Pgs 783-790 Chapter 12: <i>Components of a Healthy Diet</i> -

	Pgs 491-506 Chapter 14: <i>Seasonal Menu Plans & Recipes</i> -Pgs 520-549
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Module 3: Introduction to Anatomy & Physiology

Required	Pages
Introduction to the Human Body: The Essentials of Anatomy & Physiology	Chapters 1- <i>Organization of the Human Body</i> , 2- <i>Introductory Chemistry</i> & 3- <i>Cells</i>
Nutrition and Physical Degeneration	Chapter 1, 1 Indigenous Group & Pictures
Staying Healthy with Nutrition	Chapter 8: <i>Foods</i> -Pgs 294-355 Introduction: <i>Infancy to Immortality</i> -Pgs 551-555
Recommended	Pages
Staying Healthy with Nutrition	Chapter 15: <i>Life Stage Programs</i> -Pgs 556-587 (Optional)
Why Some Like it Hot	All

Module 4: Digestion & Elimination

Required	Pages
Introduction to the Human Body: The Essentials of Anatomy & Physiology	Chapter 19- <i>The Digestive System</i>
Signs and Symptoms Analysis from a Functional Perspective	Upper Gastrointestinal, Liver & Gallbladder, Small Intestines, Large Intestines: Pgs 107-228
Why Stomach Acid is Good For You	All
Staying Healthy with Nutrition	Chapter 7: <i>Special Supplements</i> -Pgs 269-274
Recommended	Pages
Dr. Jensen's Guide to Better Bowel Care	All
The Second Brain	All
Digestive Wellness	All
Dangerous Grains	All

Module 5: Blood Sugar Regulation

Required	Pages
Introduction to the Human Body: The Essentials of Anatomy & Physiology	Chapters 13- <i>The Endocrine System</i>
Signs and Symptoms Analysis from a Functional Perspective	Blood Sugar Dysregulation Pgs 275-286
Adrenal Fatigue: The 21 st Century Stress Syndrome	All
Staying Healthy with Nutrition	Chapter 5: <i>B Vitamins</i> -Pgs 109-126 Chapter 5: <i>Other B Vitamins</i> -Pgs 127-138 Chapter 6: <i>Chromium</i> -Pgs 177-180
Recommended	Pages
Staying Healthy with Nutrition	Chapter 16: <i>Antistress</i> -Pgs 597-603 Chapter 16: <i>Executives & Healthy Travel</i> -Pgs 620-624
Sugar Blues	All
Caffeine Blues	All
Protein Power	All
Life Without Bread	All
Primal Body-Primal Mind	All

Module 6: Fatty Acids

Required	Pages
Introduction to the Human Body: The Essentials of Anatomy & Physiology	Chapter 4- <i>Tissues</i>
Signs and Symptoms Analysis from a Functional Perspective	Essential Fatty Acids: Pgs 265-274
Know Your Fats	Pgs 1-112
Staying Healthy with Nutrition	Chapter 5: <i>Fat Soluble Vitamins</i> -Pgs 92-108 Review: Chapter 4: <i>Lipids-Fats & Oils</i> -Pgs 64-75
Recommended	Pages
Fats That Heal/Fats That Kill	All
Eat Fat, Loose Fat	Pgs 1-103

Module 7: Mineral Balance

Required	Pages
Introduction to the Human Body: The Essentials of Anatomy & Physiology	Chapter 6- <i>The Skeletal System</i>
Signs and Symptoms Analysis from a Functional Perspective	Mineral Needs: Pgs 229-264
Staying Healthy with Nutrition	Chapter 6: <i>Calcium</i> -Pgs 154-161 Chapter 6: <i>Magnesium</i> -Pgs 162-166 Chapter 6: <i>Iodine</i> -Pgs 184-187 Chapter 6: <i>Zinc</i> -Pgs 208-215

Module 8: Hydration

Required	Pages
Introduction to the Human Body: The Essentials of Anatomy & Physiology	Chapters 22- <i>Fluid, Electrolyte and Acid-Base Balance</i> & 21- <i>Urinary System</i>
Signs and Symptoms Analysis from a Functional Perspective	Kidney & Bladder: Pgs 433-441
Your Body's Many Cries for Water	All
Staying Healthy with Nutrition	Chapter 6: <i>Potassium</i> -Pgs 169-171 Chapter 6: <i>Sodium</i> -Pgs 171-174 Chapter 1: <i>Water</i> -Pgs 13-27
Recommended	Pages
Water the Ultimate Cure	All

Module 9: Endocrine Issues

Required	Pages
Introduction to the Human Body: The Essentials of Anatomy & Physiology	Chapter 13- <i>The Endocrine System</i> review <i>Male/Female Reproductive Systems</i>
Signs and Symptoms Analysis from a Functional Perspective	Adrenal, Pituitary, Thyroid, Men Only & Women Only: Pgs. 319-425
Staying Healthy with Nutrition	Chapter 15: <i>Adolescence-Menopause</i> -Pgs 562-581 Chapter 16: <i>Sexual Vitality</i> -Pgs 609-613 Chapter 17: <i>Birth Control</i> -Pgs 717-718 Chapter 17: <i>Premenstrual Syndrome</i> -Pgs 719-724

Recommended	Pages
Staying Healthy with Nutrition	Chapter 7: <i>Glandulars</i> -Pgs 277-279
Body Type Diet	All
Our Stolen Future	All
Oxytocin Factor	All

Module 10: Allergies & Immune Weaknesses

Required	Pages
Introduction to the Human Body: The Essentials of Anatomy & Physiology	Chapter 17- <i>Lymphatic & Immune System</i>
Signs and Symptoms Analysis from a Functional Perspective	Immune System: Pgs 442-457
Staying Healthy with Nutrition	Chapter 16: <i>Immune Enhancement</i> -Pgs 633-640
Recommended	Pages
Staying Healthy with Nutrition	Chapter 17: <i>Yeast Syndrome</i> -Pgs 698-704 Chapter 17: <i>Allergies</i> -Pgs 704-717
The Pulse Test	All

Module 11: Cardiovascular Weakness

Required	Pages
Introduction to the Human Body: The Essentials of Anatomy & Physiology	Chapters 14- <i>Cardiovascular System: Blood & 15-Cardio: Heart, & 16-Cardio: Blood Vessels & Circulation</i>
Signs and Symptoms Analysis from a Functional Perspective	Cardiovascular: Pgs 426-432
Put Your Heart In Your Mouth	All
Staying Healthy with Nutrition	Chapter 3: <i>Carnitine</i> -Pg 55 Chapter 3: <i>Taurine</i> -Pg 56-57 Chapter 16: <i>Cardiovascular Disease Prevention</i> -Pgs 651-667 (Disregard approach to cholesterol and foods to avoid)
Recommended	Pages
Homocysteine Revolution	All

Module 12: Nutritional Detoxification

Required	Pages
Seven Day Detox Miracle	All
Staying Healthy with Nutrition	Chapter 18: <i>Detoxification & Cleansing Programs</i> -Pgs 741-782
Recommended	Pages
Introduction to the Human Body: The Essentials of Anatomy & Physiology	Chapters 5- <i>Integumentary System</i> & 18- <i>Respiratory System</i>
Crazymakers	All
The Detox Book	All

Module 13: Other Considerations

Required	Pages
Staying Healthy with Nutrition	Chapter 17: <i>Weight Loss</i> -Pgs 684-695 Chapter 17: <i>Weight Gain</i> -Pgs 695-698 Chapter 17: <i>Mental Health: Depression, Anxiety, and Attention-Deficit/Hyperactivity Disorder</i> -Pgs 727-739
Omnivores Dilemma	All
Required Reference	Pages
The Nutritional Cost of Drugs	n/a
Recommended	Pages
Fat Flush Plan	All
Metabolic Typing Diet	All
The Nutrition Solution	All
Herb, Nutrient and Drug Interaction	Reference
Fast Food Nation	All

Bonus Topic: Business Basics

Required	Pages
N/A	
Recommended	Pages
Legal Guidelines for Unlicensed Practitioners	All
The Small Business Owner's Manual-Joe Kennedy	All

How to Open or Improve A Successful Alternative Health Care Practice-Theodore W. Robinson	All
How to Succeed as a Small Business Owner and Still Have a Life!-Bill Collier	All
Getting Things Done: The Art of Stress-Free Productivity-David Allen	All
Networking Magic-Rick Frishman and Jill Lublin	All
The Art of the Start: A Time-Tested, Battle-Hardened Guide for Anyone Starting Anything-Guy Kawasaki	All