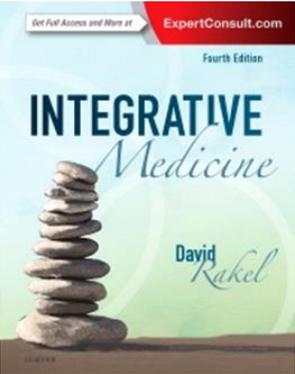
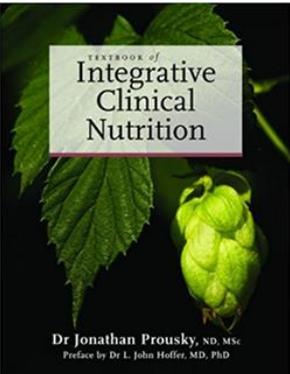
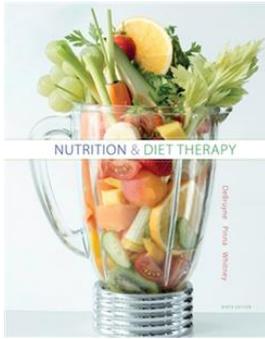


Recommended resources:

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|  | <p>‘Herbs and Natural Supplements; An Evidence-Based Guide’, 2-volume set, 4th edition (2015) Lesley Braun & Professor Marc Cohen This book provides a comprehensive, evidence-based review of herbal medicine, clinical nutrition and food as medicine. It includes discussion on patient safety and wellness, considerations in preoperative care, pregnancy and the treatment of cancer. Provides a list of herb, nutrient and drug interactions. <i>Publisher: Elsevier</i> <i>ISBN: 9780729553841</i> <i>e-book available</i></p> |
|  | <p>‘Integrative Medicine’, 4th edition (2017) Dr David Rakel Written by physicians who are experts in both traditional and integrative medicine, this highly regarded, evidence-based reference covers therapies such as botanicals, supplements, mind-body, lifestyle choices, nutrition, exercise, spirituality, and more. Integrative Medicine, 4th Edition uses a clinical, disease-oriented approach, offering practical guidance for reducing costs and improving patient care. Includes 13 brand-new chapters; personalized medicine, MTHFR mutation, food allergy and intolerance, the gut-immune influence on systemic inflammation and disease, chelation therapy, testosterone deficiency, adrenal fatigue, <i>Publisher: Elsevier</i> <i>ISBN: 9780323358682</i></p> |
|  | <p>‘Textbook of Integrative Clinical Nutrition’ (2013) Dr Jonathon Prousky Healthcare professionals will find this book to be practical as a clinical reference for evaluating patients from a nutritional perspective and for providing reliable treatment information. A comprehensive and authoritative text for the study of clinical nutrition. <i>Publisher: Canadian College of Naturopathic Medicine Press (CCNM) Press</i> <i>ISBN: 1897025459</i></p> |



'Nutrition and Diet Therapy', 9th edition (2015)

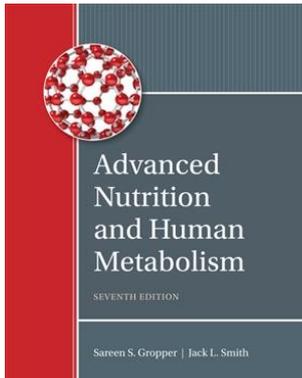
Linda Kelly DeBruyne, Kathryn Pinna & Eleanor Noss Whitney

This text is organized by diets rather than by organ systems or disease states. This text provides core nutrition concepts and up-to-date clinical content at a level that is accessible to the range of health care team members who are responsible for a client's nutrition needs. Provides basic facts and a wealth of practical information.

Publisher: Cengage Learning US

ISBN: 9781305110403

Also available as e-book



'Advanced Nutrition and Human Metabolism', 7th edition (2017)

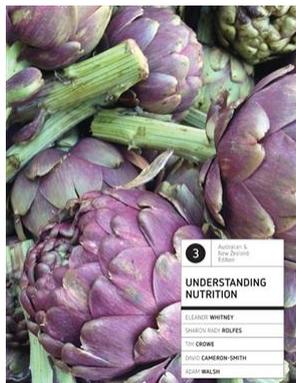
Sareen S. Gropper, Jack L. Smith & Timothy P. Carr

It gives students a solid understanding of digestion, absorption, and metabolism of fat, protein, and carbohydrates; examines the structures and functions of water-soluble and fat-soluble vitamins -- including their regulatory roles in metabolism; and provides information on vitamin and mineral food sources, recommended intakes, deficiency, and toxicity.

Publisher: Cengage Learning US

ISBN: 9781305627857

Available as e-book



'Understanding Nutrition', 3rd edition

Eleanor Whitney, Sharon Rolfes, Dr Tim Crowe, Professor David Cameron-Smith & Adam Walsh

The text contains core nutrition topics, such as diet planning, macronutrients, vitamins and minerals, and follows with chapters on diet and health, fitness, life span nutrition and food safety. The leading text used in nutrition and dietetics courses in Australia and New Zealand.

Publisher: Cengage Learning Australia

ISBN: 9780170366670

Available as e-book

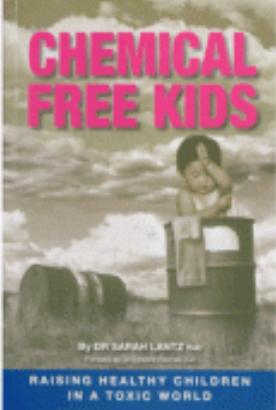
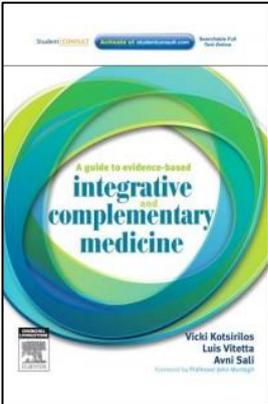
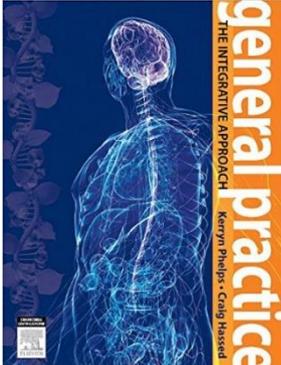


'Healthy Home Healthy Family', 3rd edition (due late 2017)

Nicole Bijlsma

A practical and informative book on Building Biology; the hazards and how these effect health.

NOTE: the 2nd edition of this book is currently out-of-print

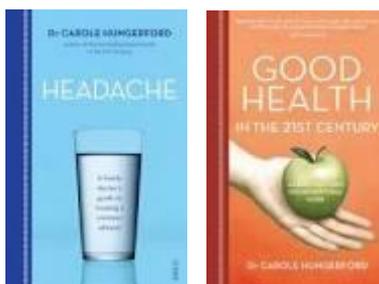
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|--|---|
|  | <p>‘Chemical Free Kids’ (2009) Dr Sarah Lantz This text discusses the multitude of synthetic chemicals available on the market and their impact on children and young people. <i>Publisher: Joshua Books</i> <i>ISBN: 0980547326</i></p> |
|  | <p>‘A guide to evidenced-based Integrative and Complementary Medicine’ (2011) Dr Vicki Kotsirilos, Dr Luis Vitetta & Professor Avni Sali This text presents non-pharmacologic treatments for common medical practice complaints - all supported by current scientific evidence. This book provides a resource in integrative and complementary medicine in Australia and suitable for General Practitioners, medical students, integrative clinicians and health practitioners. <i>Publisher: Elsevier</i> <i>ISBN: 9780729539081</i></p> |
|  | <p>‘General Practice: The Integrative Approach’ (2011) Dr Kerry Phelps and Dr Craig Hassed This textbook informs doctors of potential treatment and prevention options, as well as possible pitfalls, according to the growing integrative medicine evidence base. It covers the philosophy underpinning modern-day general practice, including primary and secondary prevention as well as acute and chronic disease management. <i>Publisher: Elsevier</i> <i>ISBN: 0729538044</i></p> |

Further reading and resources:

‘Thinking Nutrition’

<http://www.thinkingnutrition.com.au/>

This website is written by Dr Tim Crowe and provides credible, evidence-based nutrition messages in plain language. Information provided is always based on current evidence informed by peer-reviewed journal articles, government and peak health body guidelines, and medical experts.



‘Good Health in the 21st Century’ (2006) and ‘Headaches’ (2014) by Dr Carole Hungerford

