

Nutritional Therapist Course Book List

The School of Health

13 essential books to accompany the Nutritional Therapist Course.

Unit	Essential books	Recommended books
1	'Dangerous Grains' Braly and Hoggan 'The Great Cholesterol Con' Malcolm Kendrick	'Fat doesn't make you Fat' Khush Mark PhD 'Fat Chance' Dr. Robert Lustig 'Grain Brain' Dr. David Perlmutter 'Wheat Belly' Dr. William Davis
2	'Why Stomach Acid is Good for You' Jonathan Wright	'The Magnesium Miracle' Dr Caroline Dean ND 'Zinc and Other Micronutrients' Dr. Carl Pfeiffer 'Acid and Alkaline' Herman Aihara 'Transdermal Magnesium Therapy' Mark Sircus 'Iodine: why we need it and why you can't live without it' Dr.David Brownstein or 'Vitamin K2 and the Calcium Paradox' Kate Rheume-Bleue
3	'Your Body's many cries for Water' Dr. F. Batmanghelidj	'The Nutritional Health Handbook for Women' Dr. Marilyn Glennville 'The Paleo Diet' by Loren Cordain PhD or 'The Paleo Approach' Sarah Ballantyne 'Eat Right 4 Your Type' Peter D'Adamo 'Low Blood Sugar (hypoglycaemia)' Martin Budd 'Fat Chance' Dr. Robert Lustig
4	'The Complete guide to Allergy and Intolerance' Brostoff and Gamlin 'Why Stomach Acid is Good for You' Jonathan Wright 'Psychobiotic Revolution' Scott Anderson 'The Body Ecology Diet' Donna Gates	'The Allergy Handbook' Dr. Keith Mumby 'Candida Albicans' Leon Chaitow 'Grain Brain' Dr. David Perlmutter 'Wheat Belly' Dr. William Davis 'Breaking the Vicious Cycle' Elaine Gottschall 'The GAPS diet' Dr. Natasha Campbell-McBride 'Ayurveda, The Science of Self-Healing' Dr. Vasant Lad or 'The Book of Ayurveda' Judith Morrison
5	'Cellular Awakening' Barbara Wren	'Traditional Acupuncture: The Law of the Five Elements' Diane Connelly 'Nine Ways to Body Wisdom' Jennifer Harper
6	'H Factor' Holford and Braly 'Adrenal Fatigue' James Wilson 'The Great Cholesterol Con' Malcolm Kendrick 'Your Body's Many Cries for Water' Dr. F. Batmanghelidj	'Healing Psoriasis' John Pagano 'Your Thyroid and how to keep it Healthy' by Barry Durant Peatfield MD
7		'Nutritional balancing and Hair mineral analysis' Wilson
8	'The Compassionate Practitioner' Jane Wood	

Orders: The School does not keep stock of these books. Please look online to purchase. Essential books are required for the course, the recommended books are given for further reading and inspiration.