SaltFatAcidHeat
2017, by Chef Samin Nosrat
New York Times Bestseller!
Named best culinary book 2017 by over 19 publications. Learn how to master just four simple elements to determine flavor, texture, and balance flavor to make delicious food. Fascinating!

America’s next great cooking teacher. Alice Waters, Chef
Dives into the four elements that make food taste great.
April Bloomfield, James Beard Award-winning chef

Integrative Medicine
4th ed. 2017, Dr. David Rakel, MD
plus over 140 expert physicians
This is the “Go-To integrative medicine resource” says Dr. Andrew Weil. Chapters cover the integrative and traditional treatments for major chronic diseases. 13 new chapters cover adrenal fatigue, MTHFR mutation, food intolerances, gut-immune influence on inflammation, and many more topics. Great reference for clinical RDNs!

This is a comprehensive reference that should be useful to medical physicians and other healthcare providers who are considering the use of nonpharmaceutical therapies for their patients. Charles Sawyer, BA, DC for Doody’s Review Service

CBD:
A Patient’s Guide to Medicinal Cannabis—Healing without the High
2017, Leonard Leinow and Juliana Birnbaum
Excellent resource! Leinow has 3 decades of experience growing and studying medical cannabis. Considering the growing interest in this plant and its medicinal properties, including as an alternative to opioids for pain, we need to educate ourselves.
The most comprehensive publication on the science and therapeutic use of cannabinoids yet produced. Jeffrey Anderson, MD

FAQs
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- Order $250+ for FREE shipping
- CHES courses listed under “Professions”
- FREE Ethics course with each purchase

The End of Alzheimer’s:
The First Program to Prevent & Reverse Cognitive Decline
2017, Dr. Dale Bredesen, MD, expert researcher in neurodegenerative diseases
Author’s research shows Alzheimer’s has three main sub-groups requiring different treatments based upon the biochemical processes driving the disease. For professionals working with aging patients. Captivating and hopeful!

Every citizen and medical professional interested in the brain and its health should read this seminal book. It should provide much of the basis for a true revolution in brain health medicine.
Michael Merzenich, PhD, winner of the Kavil Prize in Neuroscience

Visit our website for our blog, newsletter, & discounts.

$10 OFF a purchase of $120+ until 9/30/18  Coupon: HARVEST18
Excludes Book Only and 10% Off Online Exclusives. Only one discount per order.
**Skinny Liver: Prevent and Reverse Fatty Liver Disease**
2017, Kristin Kirkpatrick, MS, RD and Ibrahim Hanouneh, MD

Excellent book! A silent health crisis is impacting 33% of Americans—nonalcoholic fatty liver disease. Written by an expert RD at Cleveland Clinic Wellness and a hepatic physician.

**Online Prices**
#1510 Book, 304 pgs, hard $26
#1511 10 CE test only $99
#1512 21 CE test only $119
#1513 10 CE book & test $120
#1514 21 CE book & test $140
CDE approved

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**Why Isn’t My Brain Working?**
2013, Datis Kharrazian, DHSc., DC, MS, international speaker & private practitioner

Wonderful resource! Brain disorders affect millions of Americans—they happen to people of all ages. Learn to spot the symptoms: depression, poor focus, fatigue in response to many foods, or brain fog. Profoundly impact them with diet and lifestyle changes.

**Online Prices**
#1150 Book, 587 pgs, paper $24
#1151 20 CE test only $126
#1152 35 CE test only $151
#1153 20 CE book & test $141
#1154 35 CE book & test $170
CDE approved

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**Rigor Mortis:**
How Sloppy Science Creates Worthless Cures and Wastes Billions
2017, Richard Harris, Award-winning NPR science writer for 29 years

Very interesting and entertaining book! Important read for any health professional. Over 600 studies retracted annually due to inadequate oversight.

**Online Prices**
#1590 Book, 288 pgs, hard $23
#1591 10 CE test only $97
#1592 22 CE test only $122
#1593 10 CE book & test $115
#1594 22 CE book & test $140

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**GMO Myths and Truths**
2015, C Robinson, MPphil, M Antoniou, PhD, J Fagan, PhD

Two authors are GMO researchers with over 50 years combined experience. They explore evidence-based research on the safety, regulation, yield potential, use of pesticides and herbicides. Are GM crops needed to feed the world?

“I found it of great value in my own efforts to better understand the GMO issues.”
Jane Goodall, PhD, DBE

**Online Prices**
#1410 Book, 150 pgs, paper $17
#1411 8 CE test only $88
#1412 17 CE book & test $113
#1413 8 CE book & test $100
#1414 17 CE book & test $125

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**The Thyroid Connection**
2017, Dr. Amy Myers, MD

NY Times Bestselling author! Deep insight into the physiology, hormonal, and medical implications of thyroid function and dysfunction—and how to return balance. Covers hyper- and hypothyroid conditions.

**Online Prices**
#1530 Book, 432 pgs, hard $27
#1531 15 CE test only $108
#1532 25 CE test only $128

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**Gastrointestinal Nutrition**
2014, Laura Matarese, PhD, RDN, Gerard E. Mullin, MD, CNBP, and Janice L. Raymond, MS, RDN, Editors

Fantastic resource with 41 authors! Covers everything an RDN needs to know about GI tract, including anatomy, diagnostic methods, disease symptoms, and MNT. Best, most comprehensive book on nutrition and the gut we could find.

**Online Prices**
#1330 Book, 356 pgs, paper $54
#1331 20 CE test only $130
#1332 40 CE book & test $224

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**Nutrition and Mental Health**
2013, Ruth Levyse-Wallace, PhD, RDN

Another very interesting book by Levyse-Wallace! Covers current research on addictions, aggression, depression, dementia, ASDs, and ADHD. Topics are as diverse as aging, brain physiology, eating studies, genetics, and psychology.

**Online Prices**
#1200 Book, 288 pgs, hard (retail $99.95) $89
#1201 15 CE test only $101
#1202 30 CE test only $175
#1203 15 CE book & test $185

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**The Complete Low-FODMAP Diet**
2013, Sue Shepard, PhD, RD and Peter Gibson, MD

Excellent book from Australian dietitian who created the low-FODMAP diet! World-renowned researcher on celiac and IBS. Covers physiology, determining triggers, and implementation of the low-FODMAP diet with menus and 180 pages of recipes.

**Online Prices**
#1210 Book, 276 pgs, paper $18
#1211 5 CE test only $57
#1212 10 CE test only $102
#1213 20 CE book & test $70
#1214 10 CE book & test $115

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**The Inflammation Syndrome**
2010, Jack Challem, medical writer, bestselling author of Syndrome X

An easy to understand explanation of inflammation, its biochemistry, and how it facilitates chronic diseases. Nutrition therapy is at the center of inflammation control and reversal. Highly referenced.

**Online Prices**
#750 Book, 260 pgs, paper $15
#751 25 CE test only $135
#752 15 CE test only $110
#753 25 CE book & test $145
#754 15 CE book & test $115
CDE approved

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**Cancer Fighting Diet: Diet Strategies to Help Weaken Cancer Cells & Improve Treatment Results**
2015, Dr. Johannes Coy

Exciting book! First written in German, this book is by the renowned cancer researcher who discovered TKT1L metabolism (how cancer uses glucose to grow). He explains why and how to change the diet to control cancer.

**Online Prices**
#1360 Book, 352 pgs, paper $24
#1361 15 CE test only $111
#1362 25 CE test only $126
#1363 15 CE book & test $130
#1364 25 CE book & test $145

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**Eating for Autism**
2009, Elizabeth Strickland, MS, RD, 29 years treating thousands of patients.

Nutrition can affect a child’s behavior, sleep, learning, and focus, especially in a child with autism. For the pediatric RD or private practitioner: identify gut issues and nutrition treatments, learn the elimination diet and family-friendly approach.

**Online Prices**
#670 Book, 292 pgs, paper $18
#671 20 CE test only $122
#672 10 CE test only $97
#673 20 CE book & test $135
#674 10 CE book & test $110

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To Order: Call Toll Free 877-560-6025 or Fax 940-497-2927 or Online www.helmpublishing.com
### The Immune System Recovery Plan: To Treat Autoimmune Disease
2013, Susan Blum, MD, MPH, Prof. of Preventive Medicine at Mt. Sinai School of Med., NY
Very interesting and thorough discussion of how to strengthen a person’s immune system with special emphasis on reversing or treating autoimmune diseases. Dr. Bridget Klawitter, RD, PhD, FADA wrote the test and said the book was “fascinating.”

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### Missing Microbes: How the Overuse of Antibiotics is Fueling our Modern Plagues
2014, Martin Blaser, MD, Dir. Human Microbiome at NYU and advisor at NIH
Very good book by a respected researcher! Covers overuse of antibiotics, the human microbiome and how missing microbes affect nutrient absorption, immune function, and the risk for diabetes and obesity.

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### Building Bone Vitality: Prevent Bone Loss and Reverse Osteoporosis – Without Dairy Foods, Calcium, Estrogen, or Drugs
2009, Amy Joy Lanou, PhD, Michael Castileman
Gleaned from 1,200 research articles, authors give their insights on osteoporosis prevention. Our typical diet leads to a chronic state of metabolic acidosis that leaches calcium from bone. Curiously, the countries with the highest calcium intakes have the highest rates of osteoporosis.

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### An American Sickness: How Healthcare Became Big Business and How You Can Take It Back
2017, Elisabeth Rosenthal, MD, Harvard-trained and reporter for 22 years
NY Times #1 Bestseller! Must-read for all healthcare providers and Congress. It is time for a very serious discussion about how to change our entire dysfunctional U.S. healthcare system.

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### Geriatric Nutrition
4th ed. 2014, Ronni Chernoff, PhD, RD, FADA, FASPEN
Detailed and authoritative guide on nutrition in health as a person ages, management and prevention of chronic conditions, treatment of serious illness, pharmacology, the aging gut and skeleton, oral health and vitamin needs.

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### Nutrition Care of the Older Adult: Throughout Continuum of Care, 3rd ed.
2016, Kathleen Niedert, RDN, CSS, FADA, ed.
Excellent! Published by Academy covers person-driven assessment and care in community and long term care settings, including normal and disease states, and regulatory compliance. AND offers 5 CPE course along with book purchase.

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<td>#1470 Book, 400 pgs, paper</td>
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### Gut Balance Revolution: Boost Your Metabolism, Restore Your Inner Ecology, and Lose Weight for Good!
2015, Gerard Mullin, MD, author of Inside Tract and Integrative GI
Popular author! Recent research shows human intestinal microbiota influences metabolism, appetite, hormones, inflammation, and insulin resistance. Losing weight is more than cutting calories. Learn how to lose weight for good!

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### Gluten Freedom
Most popular speaker at FNCE! This is a myth-dispelling, comprehensive book on what we need to know about gluten, and the spectrum of disorders associated with it.

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### Gut and Psychology Syndrome (GAPS): Natural Treatment for Autism, Dyslexia, Depression, Schizophrenia
2010, Natasha Campbell-McBride, MD, MMedSci
Over 500,000 copies sold! This course was created due to popular demand from dietitians familiar with the author’s program. Learn how to heal a damaged digestive system. For any condition including adrenal dysfunction and how missing microbes affect nutrient absorption, immune function, and the risk for diabetes and obesity.

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### The Telomere Effect: A Revolutionary Approach to Living Younger, Healthier, Longer
2017, Elizabeth Blackburn, PhD and Elissa Epel, PhD
NY Times Bestselling book by Nobel Prize winner! It’s fascinating science on how the ends of the chromosomes determine how fast our body cells decay or promote aging. Lifestyle is a major determinant.

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**Cultural Food Practices**

2013, Written by Diabetes Care & Education DPG

Very complete! With the incidence of diabetes growing and our demographics changing, health care practitioners need more cultural competence. This interesting book covers 15 different cultures.

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**Always Hungry? Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently**

2016, David Ludwig, MD, PhD

Learn how to control hunger and reduce cellular fat deposition through diet and exercise changes. Proven results from author’s weight loss research at Harvard Medical School hospital.

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**First Bite: How We Learn to Eat**

2015, Bee Wilson, BBC Radio’s Food Writer of the Year

Research on the earliest influences on why we love and hate the foods we do—and how to change them for better health. Important for counselors who want to affect their clients’ food choices. Fascinating facts!

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**Your Blood Never Lies: How to Read a Blood Test for a Longer, Healthier Life**

2013, James LaValle, RPh, CCN, nationally recognized clinical pharmacist

Written by a pharmacist with a nutrition background. Very easy to understand, frank, and concise. Explains why people should question even “normal” blood chemistries. Offers guidelines on how to improve lab scores—heavy on nutrition, botanicals, and lifestyle.

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**Hormone Cure: Reclaim Balance, Lose Weight, and Energize Naturally**

2014, Sara Gottfried, MD, Harvard School, GYN specialist

New York Times Bestseller! Use nutrition to rebalance hormones as a young woman and during menopause. Covers low thyroid or progesterone, high androgen or cortisol levels, PMS, ovarian cysts, and hot flashes. Excellent resource!

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Nutrition in Clinical Practice
3rd ed. 2015, David Katz, MD, Yale Univ. School of Med.
Acclaimed text written by physicians with nutrition expertise. Evidence-based nutrition therapy across the full expanse of health and disease. New data from hundreds of studies with enhanced coverage of controversial topics. Includes interactive eBook.

- #1180 Book, 730 pgs, paper $76
- #1181 15 CE test only $104

Power Eating
3rd ed. 2013, Susan Kleiner, PhD, RD, RDN, FAND, CNS, FISSN
Over 125,000 copies sold! The best way to achieve physical fitness and performance—safely, legally, and effectively. Updated supplement rating system and botanical guide. Reader-friendly and extensively referenced with evidence-based research.

- #1280 Book, 354 pgs, paper $20
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Nancy Clark’s Sports Nutrition Guidebook
5th ed. 2014, Nancy Clark, MS, RD
The #1 sports nutrition book! Over 550,000 copies sold. New discussion on over-hydration, nutrient timing, advice for athletes who have undergone bypass surgery, and new guidelines on energy drinks.

- #210 Book, 536 pgs, paper $20
- #211 15 CE book & test $110

100 Q & A about Sports Nutrition and Exercise
2011, Lilah Al-Masri, MS, RD, CSSD, Simon Bartlett, PhD, CSCS, ATC
Authors have 32 years of experience working with athletes, including at the U.S. Naval Academy, NASA, the Blue Angels and Navy Seals. Excellent resource for novices and world-class athletes.

- #200 Book, 256 pgs, paper $19
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Nutrient Timing for Peak Performance
2010, Heidi Skolnik, MS, CDN, FAND, Andrea Chernus, MS, RD, CDE
Latest research on consuming the right foods at the right times to maximize performance when training and in competition.

- #970 Book, 236 pgs, paper $17
- #971 15 CE book & test $113

Practical Applications in Sports Nutrition, 5th ed.
2017, Heather Fink, MS, RD, CSSD and Alan Mikesy, PhD, FACSM
Outstanding sports resource! Newest research in food for sports, timing, peaking, and motivating athletes. Includes access to the eBook, resources, and newest ACSM/AND position statement.

- #1550 Book, 520 pgs, paper $115
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A Good Death: A Couple’s Journey
Laura Schmidt and Joe Pizzarello
End of Life and Palliative Nutrition Care
2016, monograph, Sarah Laidlaw, MS, RD
Excellent Reviews! This important topic is now available in home study! Read the book as a case study on end of life and the monograph for detailed palliative and end of life nutrition therapy for a patient and his caregivers. Monograph and test ONLINE only.

- #130 Book, 133 pgs, paper $10
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Helping Your Child with Extreme Picky Eating
2015, Katja Rowell, MD and Jenny McGlothlin, MS,SLP
Written by a family doctor specializing in childhood feeding and a speech pathologist, they teach counselors how to help families assure a child’s healthy nutrition and growth, while ending mealtime anxiety and stress.

- #1600 Book, 256 pgs, paper $46
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- #1602 18 CE test only $119
- #1603 10 CE book & test $140
- #1604 18 CE book & test $160

Mindfulness & Acceptance for Treating Eating Disorder & Weight Concerns: Evidence-Based Interventions
2016, A. Haynos, PhD, E. Forman, PhD, M Butryn, PhD, J. Lillis, PhD
Proven effective interventions using mindfulness and acceptance for treating clients with disordered eating, body image, and weight. Research shows that traditional treatments are not always effective.

- #1610 Book, 272 pgs, hard $23
- #1611 15 CE test only $107
- #1612 25 CE test only $127
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The Salt Fix:
Why the Experts Got It All Wrong
2017, Dr. James DiNicolaantonio
Evidence-based, well researched, and a game changer. Author is a respected cardiovascular research scientist, Pharm.D. at St. Luke’sMid America Heart Inst. As nutritionists, we need to look at the research from the beginning of the low salt recommendation and reevaluate what we tell people.

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What You Must Know About Dialysis
2013, Rich Snyder, DO, Board Certified in Internal Medicine and Nephrology
Covers the science behind how the various types of dialysis work, treatment options facing people with renal failure, needed foods, fluid, dietary changes, medication options, and strategies to help patients thrive on hemodialysis or peritoneal dialysis. Thorough and interesting!

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**2015, Amy Myers, MD**  
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**2008, Michael Pollan**  
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## Mindless Eating: Why We Eat More Than We Think

**2010, Brian Wansink, PhD, Cornell Univ. researcher in the psychology of eating**  
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| #411 20 CE test only | $125 |
| #412 10 CE test only | $95 |
| #413 20 CE book & test | $135 |
| #414 10 CE book & test | $105 |

## Techniques of Healthy Cooking

**4th ed. 2013, Culinary Institute of America**  
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## Eating on the Wild Side

**2014, Jo Robinson, health writer, food activist**  
Did you know that cooked carrots have twice the beta-carotene of raw ones, or tearing romaine lettuce the day before you eat it doubles its antioxidants? One of the best books on fruits and vegetables that you will ever read!

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## How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease

**2015, Michael Greger, MD, is the physician behind the popular www.NutritionFacts.org website.**  
Top requested book by RDs for new course! Thoroughly researched content on the plant-based diet supported by practical evidence-based information on how to eat to be healthy.

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## Food Allergies & Intolerances

**2013, Janice Vickerstaff Joneja, PhD, RDN**  
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| #1220 Book, 477 pgs, paper (retail $62) | $59 |
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**2013**  
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**2015, Brian Wansink, PhD**  
From the author of Mindless Eating and director of the Cornell Food and Brand Lab. Now that we know how people eat mindlessly and overconsume snacks and meals, the author gives us practical solutions on how to change our food environments and food availability to eat better.

| #1350 Book, 312 pgs, hard | $25 |
| #1351 10 CE test only | $98 |

## Farmacology: Total Health from the Ground Up

**2013, Daphne Miller, MD**  
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