Type 2 Diabetes: CV and Related Complications and Evidence-Based Complementary Treatments
2018, Dr. Robert Fried, MD and Dr. Richard Carlson, MD
Diabetes meds lower glucose, but do not reduce inflammation! Annually, 29 million diagnosed with T2D; only 36% achieve good medical outcomes. Learn complementary interventions to help control complications: CV, kidney, vision, and peripheral nerve problems. CDE, CHES approved.

Samour & King’s Pediatric Nutrition in Clinical Care
5th 2019, Susan Konek, MA, RDN, and Patricia Becker, MS, RDN, CSP, CNSC and 54 contributors
20 years of excellence! New editors! Updates in all major areas of pediatric nutrition, including physical assessment, MNT interventions, burns, weight, integrative medicine, and genetic disorders. Resource for specialty exam reviews for RDNs and MDs. CDE approved.

Cannabis: A Clinician’s Guide
2018, Betty Wedman-St. Louis, PhD, RDN
Written for clinicians, this book helps you understand the endocannabinoid system in the body, plus efficacy, dosing, regulations. Includes use for neurological disorders, cancer, CV, liver function, mood disorders, and palliative care. Most recent research. CDE, CHES approved.

Nutrition Support for the Critically Ill Patient
2nd ed. 2015, Gail Cresci, PhD, RDN with 71 contributors

Integrative Geriatric Medicine
2017, Mikhail Kogan, MD and 67 contributors
Everyone over 50 years needs this book! Latest research on prevention/delay of chronic diseases, age degeneration, and biochemical changes. For practitioners in outpatient, nursing homes, and other settings. Therapies can be safer and more cost effective. CDE, CHES approved.

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**Integrative Environmental Medicine**
2017, Aly Cohen, MD and vom Saal, PhD, Weil Integrative Medicine Library
Covers breast milk, food additives, herbicides, pesticides, water, food containers, and radiofrequency. Research is showing exposure to everyday lives may increase risk for chronic diseases, asthma, autism, autoimmunity, type 2, cancers, etc. This book offers practical information to integrate into clinical, outpatient, or preventive care. CDE approved.

- #1730 Book, 299 pgs, paper $63
- #1731 15 CE test only $117
- #1732 25 CE test only $157
- #1733 15 CE book & test $175
- #1734 25 CE book & test $195

**Integrative Pediatrics: Art, Science & Clinical Application**
2017, Hilary McClafferty, MD, U of AZ, Foreword by Andrew Weil, MD
Many families use integrative therapies, making familiarity essential for clinicians working with pediatric patients, especially in chronic disease. This book covers evidence-based research in this expanding field for asthma, allergies, ADHD, autism, obesity, etc. CDE approved.

- #1780 Book, 448 pgs, paper (retail $73) $70
- #1781 15 CE test only $115
- #1782 30 CE test only $170

**Integrative Pediatrics: 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! CDE approved.

- #1700 Book, 1152 pgs, hard $93
- #1701 25 CE test only $147
- #1702 50 CE test only $267
- #1703 25 CE book & test $193
- #1704 50 CE book & test $355

**Gastrointestinal Nutrition**
2014, Laura Matarese, PhD, RDN, Gerard E. Mullin, MD, CNSP, 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.

- #1330 Book, 356 pgs, paper $54
- #1331 20 CE test only $140
- #1332 40 CE test only $185

**Skinny Liver: Prevent and Reverse**
2017, Kristin Kirkpatrick, MS, RDN and Ibrahim Hanouneh, MD
Excellent book! A silent health crisis is impacting 33% of Americans—nonalcoholic fatty liver disease. Written by an expert RDN at Cleveland Clinic Wellness and a hepatic physician, CDE approved.

- #1510 Book, 304 pgs, paper $16
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- #1512 21 CE test only $144
- #1513 10 CE book & test $125
- #1514 21 CE book & test $155

**Why We Sleep**
2017, Dr. Matthew Walker, PhD
Written by a neuroscientist and the Dir. of UC Berkeley’s Sleep and Neuroimaging Lab, the author explores the purpose of slumber and it’s little acknowledged or understood crucial functions as related to chronic disease, obesity, cancer, diabetes, Alzheimer’s, memory retention, etc. He explains research on how to get adequate sleep. CDE, CHES approved.

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- #1721 10 CE test only $118
- #1722 20 CE test only $138
- #1723 10 CE book & test $190
- #1724 20 CE book & test $150

**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.

- #1530 Book, 432 pgs, hard $27
- #1531 15 CE test only $118
- #1532 25 CE test only $138
- #1533 15 CE book & test $140
- #1534 25 CE book & test $160

**Mitochondria and the Future of Medicine**
2018, Lee Know, ND
Very readable and attention-grabbing! Many chronic and degenerative diseases have their roots in dysfunctional mitochondria. Modern research shows nutrition can optimize mitochondria. Why at times do antioxidants do more harm than good? What’s the connection between heart disease and Alzheimer’s, or infertility and hearing loss?

When it comes to curing chronic disease and extending longevity, it’s not an understatement to say that the content of this book will be shaping the future of medicine. Ari Whitten, bestselling author

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CBD: 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. CHES approved.

The most comprehensive publication on the science and therapeutic use of cannabinoids yet produced. Jeffrey Anderson, MD
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#1673 15 CE book & test $149
#1674 25 CE book & test $160

#1675 15 CE book & test $124
#1676 25 CE book & test $144

Chronic Fatigue Syndrome and Myalgic Encephalitis
2018, Dr. Sarah Myhill
This thought-provoking book by British physician, is considered one of the best in explaining the essential role of mitochondria and nutrition in overcoming patterns of fatigue and brain fog, as well as inflammation, myalgic encephalitis.

Dr. Myhill specializes in CFS/ME and this book is an absolute treasure. LBB 2018
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#1712 25 CE test only $137

#1713 15 CE book & test $135
#1714 25 CE book & test $155

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 delay or promote aging. Lifestyle is a major determinant. CHES approved.

#1500 Book, 416 pgs, paper $16
#1501 15 CE test only $124
#1502 25 CE test only $144

#1503 15 CE book & test $125
#1504 25 CE book & test $155

The End of Alzheimer’s
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! CDE, CHES approved.

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
#1470 Book, 400 pgs, paper $62
#1471 20 CE test only $133
#1472 35 CE test only $213
#1473 20 CE book & test $190
#1474 35 CE book & test $270

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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#432 25 CE test only $144

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The best in explaining the essential role of mitochondria and nutrition in overcoming patterns of fatigue and brain fog, as well as inflammation, myalgic encephalitis.

Nutrition Care of the Older Adult:
Continuum of Care
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. CDE approved.

#1470 Book, 400 pgs, paper $62
#1471 20 CE test only $133
#1472 35 CE test only $213
#1473 20 CE book & test $190
#1474 35 CE book & test $270

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!

#1250 Book, 409 pgs, paper $16
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Intuitive Eating
3rd ed. 2012, Evelyn Tribole, MS, RD & Elyse Resch, MS, RD, FADA
Over 600 Certified IE Counselors worldwide! Popular 37-hour self-study course includes book, online test, workshop MP3 & audio CDs. Pass with 70%. Course can be taken for just CE hours. “Certified” professionals need 3 coaching sessions, NEW workbook, and a teletraining course for separate fees. CDE, CHES approved.
#173  25 CE test only $141
#170  Book, 191 pgs, paper $49
or outpatient counseling. CDE, CHES approved.
#174  25 CE book & test $180

Medical Management of Type 2 Diabetes
7th ed. 2012, Charles F. Burant, MD, PhD, Laura A. Young, MD, PhD, eds., American Diabetes Association
Totally updated health care professional guide. Comprehensive protocols for diagnosing and treating patients with type 2 diabetes. For inpatient or outpatient counseling. CDE, CHES approved.

Motivational Interviewing in Nutrition and Fitness
2015, Dawn Clifford, PhD, RDN, Laura Curtis, MS, RDN
MI presents proven counseling approaches and sample dialog for helping clients work through their barriers and resistance to change and maintain healthier habits. CDE, CHES approved.
#1570  Manual w/ sessions, handouts, 206 pgs, spiral $85
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#1572 15 CE Manual, handouts, online test $195
#1573 Client sessions, handouts, download $69

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. CDE approved.
#1390 Book, 360 pgs, hard $28
#1391 10 CE test only $102
#1392 20 CE test only $127

Medical Management of Type 1 Diabetes
Totally updated! All patients with diabetes can improve their glycemic control and overall health through intensive diabetes management. This book gives the details! CDE, CHES approved.
#190 Book, 280 pgs, paper $49
#191 15 CE test only $121
#192 30 CE test only $151
#193 15 CE book & test $160
#194 30 CE book & test $190

Hormonal Balance: How to Lose Weight
3rd ed. 2012, Scott Isaacs, MD, FACP, FACE
This book first pioneered the idea that hormones play a key role in weight loss and control. Author uses a “how-to” approach on balancing hormones backed by research on the gut, brain, and body fat. CDE approved.
#470 Book, 438 pgs, paper $18
#471 15 CE test only $122
#472 25 CE test only $142

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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. To get CE credit, you need the book, monograph, & online test.
#130 Book, 133 pgs, paper $10
#131 Monograph, 40 pages online $28
#132 6 CE book, book & monograph $68

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 $114
#1182 25 CE test only $134

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.
#1160 Book, 351 pgs, paper $16
#1161 15 CE test only $124
#1162 25 CE test only $144

The Athlete's Guide to Sports Supplements
2013, Kimberly Mueller, MS, RDN, CSSD and Josh Hingst, MS, RDN, CSCS
Thorough & up-to-date! Authors describe 120 of today’s most popular supplements: what it is, how it works, potential performance benefits, research studies and outcomes, dosage recommendations, and possible health concerns. Great sports resource!
This book is a must read for any person involved in general nutrition or strength and conditioning...it provides plenty of scientific evidence to back up the authors’ points. JC 2013
#1680 Book, 304 pgs, paper $19
#1681 15 CE test only $121
#1682 25 CE test only $141
#1683 15 CE book & test $135
#1684 25 CE book & test $155

Hormone Cure:
Reclaim Balance, Lose Weight, and Energize Naturally
2014, Sara Gottfried, MD, Harvard Med. 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! CDE approved.
#1230 Book, 457 pgs, paper $18
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How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease
2015, Michael Greger, MD, behind popular 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. CHES approved.

- #1370 Book, 576 pgs, paper $15
- #1371 15 CE test only $130
- #1372 25 CE test only $160
- #1373 15 CE book & test $140
- #1374 28 CE book & test $165

Food Allergies & Intolerances
2013, Janice Vickerstaff Joneja, PhD, RDN
Best book on this topic! Covers how to determine the offending foods, manage reactions; explore intolerances to chemicals and dyes in foods, pediatric food allergies, and emerging areas of research.

- #1220 Book, 477 pgs, paper (retail $62) $39
- #1221 15 CE test only $121
- #1222 30 CE test only $156

Beer: Tap Into the Art and Science of Brewing
3rd ed. 2009, Charles Bamforth, Chair, Dept. of Food Science, U. of CA Davis
Written by one of the world’s leading brewing authorities, book is hailed by American Brewer, "by a wide margin the best reference available." Readers will understand the history, art, and science of brewing. Recommended by Dir. of Colorado State Univ.’s Fermentation Science program.

- #1740 Book, 239 pgs, hard $29
- #1741 15 CE test only $121
- #1742 25 CE test only $141

Eating on the Wild Side
2014, Jo Robinson, health writer, food activist
One of the best researched books on phytonutrients in fruits and vegetables that you will ever read! 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? CHES approved.

- #140 Book, 408 pgs, paper $16
- #141 15 CE test only $114
- #142 25 CE test only $144
- #143 15 CE book & test $125
- #144 25 CE book & test $155

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!

- #1650 Book, 480 pgs, hard $33
- #1651 15 CE test only $117
- #1652 25 CE test only $137
- #1653 15 CE book & test $145
- #1654 25 CE book & test $165

The Salt Fix: Why the Experts Got It All Wrong
2017, Dr. James DiNicolantonio
Evidence-based, well researched, and a game changer. Author is a respected cardiovascular research scientist, Pharm.D. at St. Luke’s Mid 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. CHES approved.

- #1610 Book, 272 pgs, hard $23
- #1611 15 CE test only $117
- #1612 25 CE test only $137

The Secret Life of Fat: The Science Behind the Body’s Least Understood Organ
2017, Sylvia Tara, PhD
Learn about the prevention and treatment of obesity! Interesting research reveals why weight loss is so difficult. Fat’s true identity: an endocrine organ that is critical to our health, and even affects brain size. Explore the unexpected ways viruses, hormones, sleep, and genetics impact fat.

- #1480 Book, 235 pgs, paper $16
- #1481 10 CE test only $104
- #1482 20 CE test only $134

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. CDE, CHES approved.

- #150 Book, 244 pgs, paper $40
- #151 15 CE test only $120
- #152 25 CE test only $140

The Autoimmune Solution
2015, Amy Myers, MD
A scientifically proven plan for preventing and reversing the full spectrum of autoimmune diseases. Most people use medication to suppress their overactive immune systems, but there are natural, more effective ways!

- #1170 Book, paper $15
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Oncology Nutrition for Clinical Practice
2018, Oncology DPG
contributors: Leser, MS, RDN, CSO, LD, Ledesma, MS, RDN, CSO, Bergerson, MS, RDN and Trujillo, MS, RDN and 34 others
Excellent book for dietitians working in the oncology setting! MNT for over 12 types of cancer. Resource for estimating energy needs, role of nutrition in prevention and recovery from cancer, and interactions between therapies and nutrients.

#1760 Book, 272 pgs, paper (retail $90) $80
#1761 15 CE test only $110
#1762 30 CE test only $170
#1763 15 CE book & test $190
#1764 30 CE book & test ($8.10/CE hr) $245

ACSM’s Exercise Management for Persons with Chronic Diseases and Disabilities
4th ed. Geoffrey Moore, MD, FACSM, Larry Durstine, PhD, FACSM, and Patricia Painter, PhD, FACSM
Designed to bring medical, exercise, and other professionals together to improve patients’ health and function with chronic diseases or disabilities. Case studies and evidence-informed guidelines. For sports dietitians and rehab settings. CHES approved.

#1750 Book, 416 pgs, paper (retail $89) $80
#1751 15 CE test only $115
#1752 30 CE test only $170
#1753 15 CE book & test $190
#1754 30 CE book & test ($8.10/CE hr) $245

New Course!

Nutritional & Integrative Strategies in Cardiovascular Medicine
2015, Stephen Sinatra, MD, U. of Conn. and Mark Houston, MD, Vanderbilt
Know anyone with heart disease or Lyme? You need this exciting book! Despite aggressive pharmaceutical and surgical interventions, coronary artery disease (CAD) is still the number #1 killer. Evidence-based nutrition and integrative therapies. CDE, CHES approved.

#1800 Book, 436 pgs, hard (retail $155) $130
#1801 15 CE test only $115
#1802 30 CE test only $165
#1803 15 CE book & test $240
#1804 30 CE book & test ($9.60/CE hr) $290

New Course!

Integrative Pain Management
2017, Robert Bonakdar, MD, FAAFP, Andrew Sukiennik, MD
Pain often accompanies acute and chronic diseases; it can affect quality of life and ability to make good lifestyle and nutrition choices. Health professionals need to be familiar with pain physiology, treatments, motivational interviewing, and collaborative treatments. CDE, CHES approved.

#1840 Book, 928 pgs, hard (retail $155) $130
#1841 15 CE test only $115
#1842 30 CE test only $180
#1843 15 CE book & test $190
#1844 30 CE book & test ($9.60/CE hr) $255

New Course!

Handbook of Nutrition and the Kidney
7th ed. 2017, Alp Ikizler, MD and William Mitch, MD and 48 contributors
In-depth research and nutrition therapies for patients with chronic kidney disease, hemodialysis, peritoneal, and kidney transplants. We have carried this book since the 5th ed.—very popular with the experienced practitioner. Purchase has eBook download. CDE approved.

#760 Book, 416 pgs, paper (retail $67) $60
#761 15 CE test only $115
#762 35 CE test only $180
#763 15 CE book & test $170
#764 35 CE book & test ($6.70/CE hr) $235

New Course!