Plant-Based Sports Nutrition: Expert Fueling Strategies for Training, Recovery, and Performance

2019, Enette Larson-Meyer, PhD, RDN, and Matt Ruscigno, MPH, RDN

The perfect course for sports nutritionists wanting to help their athletes move to a more plant-based, vegetarian, or vegan diet. The book has evidence-based research on the advantages of plant-based eating, while improving performance. The authors give practical ways to eat and avoid issues with training and competition.

#1940 Book, 344 pgs, paper $24
#1941 15 CE test only $12
#1942 27 CE test only $156
#1943 15 CE book & test $140
#1944 27 CE book & test $175

Intuitive Eating
Revolutionary Anti-Diet Approach

4th ed. 2020, Evelyn Tribole, MS, RDN, Elyse Resch, MS, RDN, FADA

Exciting new book and course! Worldwide credibility with over 1,020 Certified IE counselors. 46 CE hours self-study course includes (required): new book & online test, workbook (2017), audio CDs, and two new webinars by the authors—on IE, eating disorders & psychology. Course can be taken for just CE hours. “Certified” professionals also need three coaching sessions and a tele-training course for separate fees. Over 100 studies worldwide show the effectiveness of IE counseling. CDCES, CHES approved.

Additional product options & info available online.

#1890 Book, 400 pgs, paper $22
#1891 15 CE test only $123
#1892 27 CE test only $158
#1893 15 CE book & test $140
#1894 27 CE book & test $175

We are grateful for our frontline workers as we face this Covid-19 pandemic! We hope you stay safe and healthy!

Herbal Antivirals: Natural Remedies for Emerging & Resistant Viral Infections

2013, Stephen Harrod Buhner, international herbal expert

The resource to look up what your patients are taking! Global crises and pandemics are happening faster than we can develop medicines to fight them. One answer is to make the person’s immune system stronger and less receptive. Positive actions and risks of herbs are clearly identified.

#1950 Book, 416 pgs, paper $24
#1951 15 CE test only $116
#1952 25 CE test only $146
#1953 15 CE book & test $135
#1954 25 CE book & test $165

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Excludes Book Only and 10% Off Exclusives. One coupon use per person. One discount per order.
Skinny Liver - 2020: Prevent and Reverse Fatty Liver Disease
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. CDCES approved.

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 in our 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.

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. CDCES approved.

Rising Above Lyme Disease
2019, Dr. Julia Greenspan, ND
This is the fastest growing tickborne infection in U.S. CDC estimates 300,000 new cases per year. It can have neurological, cardiac, GI, pain, and psychological implications. The goal is to strengthen a person’s immune system to minimize damage and achieve remission. CHES approved.

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! CDCES approved.

Gastrointestinal Nutrition - 2020
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 Care, including anatomy, diagnostic methods, disease symptoms, and MNT. Best, most comprehensive book on nutrition and the gut we could find. CDCES approved.
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

#1690 Book, 352 pgs, paper $19
#1691 15 CE test only $126
#1692 25 CE test only $151

Herbal Formularies for Health Professionals, vol. 1: Digestion and Elimination
2018, Dr. Jill Standsbury, ND
Volume 1 covers herbs to help support and treat gastrointestinal and biliary conditions, liver, gallbladder, renal, urinary, and dermatologic conditions; herb suggestions, contraindications, doses, etc. Help clients that use herbs to do so safely and effectively.

#1860 Book, 352 pgs, hard $55
#1861 15 CE test only $85
#1862 25 CE test only $145

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

#1710 Book, 432 pgs, paper $23
#1711 15 CE test only $117
#1712 25 CE test only $137

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! CDCES approved.

#1250 Book, 409 pgs, paper $16
#1251 15 CE test only $124
#1252 25 CE test only $144

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. CDCES approved.

#430 Book, 329 pgs, paper $16
#431 15 CE test only $124
#432 25 CE test only $144

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.

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#432 25 CE test only $144

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**Type 2 Diabetes: CV and Related Complications and Evidence-Based Complementary Treatments**

2018, Dr. Robert Fried, MD and Dr. Richard Carlton, 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. CDCES, CHES approved.

- #1870 Book, 504 pgs, paper (retail $105) $95
- #1871 15 CE test only $115
- #1872 35 CE test only $180
- #1873 15 CE book & test $205
- #1874 35 CE book & test $270

**Always Hungry? - 2020: 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. CDCES approved.

- #1570 Manual w/ sessions, handouts, 206 pgs, spiral $85
- #1571 15 CE online test only $115
- #1572 15 CE Manual, handouts, online test $165
- #1573 Client sessions, handouts, download $59

**Medical Management of Type 1 Diabetes**


This new edition focuses on the latest molecular advances, new treatment methods, recent clinical trials, and the ADA’s Standards of Care. Key topics also include new insulins and protocols, advanced carbohydrate counting, and emphasis on continuing patient education. CDCES, CHES approved.

- #100 Book, 280 pgs, paper $49
- #101 15 CE test only $121
- #102 30 CE test only $151
- #103 15 CE book & test $160
- #104 30 CE book & test $190

**Motivational Interviewing in Nutrition and Fitness - 2020**

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. CDCES, CHES approved.

“This book fills a void in the education of nutrition professionals.” Molly Kellogg, RDN, LCSW

- #1460 Book, 276 pgs, paper $30
- #1461 10 CE book & test $105
- #1462 20 CE book & test $130

**Winning the War Within: Nutrition Therapy for Clients with Eating Disorders**

3rd ed. 2017, Eileen Stellefson Myers, MPH, RDN, CEDRD, FAND and Charlotte Caperton-Kilburn, MS, RDN, CSSD, FAND

Highly popular manual with instructional content, 16 pre-planned client sessions for groups or individuals and 71 pages of camera-ready patient education forms. NOW AVAILABLE: save development time and order just the Client Sessions and Handouts! CDCES approved.

- #1570 Manual w/ sessions, handouts, 206 pgs, spiral $85
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- #1572 15 CE Manual, handouts, online test $165
- #1573 Client sessions, handouts, download $59

**Mindfulness & Acceptance for Treating Eating Disorders & 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. CDCES, CHES approved.

- #1600 Book, 256 pgs, paper $46
- #1601 10 CE book only $109
- #1602 18 CE book only $129

**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. CDCES approved.

- #090 Book, 700 pgs, paper (retail $118) $109
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Nancy Clark's Sports Nutrition Guidebook
6th ed. 2020, Nancy Clark, MS, RDN, CSSD
Over 750,000 copies sold! Popular U.S. Sports nutritionist, Nancy Clark, updated this book with the newest research for weekend and top athletes on timing meals, protein in vegetarian meals, organic foods, supplements, eating disorders, and building lean muscle while losing weight. New book edition counts as new course. CDCES, CHES approved.

#210 Book, 525 pages, paper $23 #213 25 CE book & test $165
#211 25 CE test only $147 #214 15 CE book & test $140
#212 15 CE test only $122

Peak: The New Science of Athletic Performance That is Revolutionizing Sports
2019, Dr. Marc Bubbs, ND, CISSN, CSCS
Latest evidence-based sports research on how to train and compete at an athlete's highest level, including the new science of recovery. Peak connects the importance of sleep, digestion, microbiome, and blood glucose metrics. CHES approved.

Peak is one of the most impressive and detailed books on applied sports science. Fergus Connolly, PhD, performance expert; author of Game Changer

#1810 Book, 384 pages, paper $23 #1813 25 CE book & test $140
#1811 15 CE test only $122 #1814 25 CE book & test $165
#1812 25 CE test only $147

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.

CDCES, CHES approved.

#1620 Book, 240 pages, paper $16 #1623 10 CE book & test $115
#1621 10 CE test only $104 #1624 20 CE book & test $145
#1622 20 CE test only $134

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.

New data from hundreds of studies with enhanced coverage of controversial topics. Includes interactive eBook. CDCES approved.

#1760 Book, 272 pgs, paper (retail $90) $80 #1763 15 CE book & test $190
#1761 15 CE test only $115 #1764 30 CE book & test $245
#1762 30 CE test only $170

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!

#1230 Book, 457 pgs, paper $18 #1233 15 CE book & test $130
#1231 15 CE test only $117 #1234 30 CE book & test $175
#1232 30 CE test only $162

To Order: Toll Free 877-560-6025 or Fax 940-497-2927 or www.helmpublishing.com
**How Not to Die - 2020:**

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. CDCES, CHES approved.

#3084  28 CE book & test $165
#3083  15 CE book & test $140
#3082  28 CE test only $155
#3081 15 CE test only  $130

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**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. CDCES approved.

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#761  15 CE test only $115  #764  35 CE book & test $235
#762  35 CE test only $180

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**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) $59  #1233  15 CE book & test $175
#1221  15 CE test only $121  #1224  30 CE book & test $210
#1222  30 CE test only $156

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**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, paper $15  #1613  15 CE book & test $130
#1611  15 CE test only $120  #1614  25 CE book & test $150
#1612  25 CE test only $140

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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. CDCES, CHES approved.

#150  Book, 244 pgs, paper (retail $46) $40  #153  15 CE book & test $145
#151  15 CE test only $120  #154  25 CE book & test $175
#152  25 CE test only $140

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**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!

#1179  Book, paper $15  #1173  15 CE book & test $135
#1171  15 CE test only $125  #1174  25 CE book & test $155
#1172  25 CE test only $145

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**Plucked: Chicken, Antibiotics, and How Big Business Changed the Way the World Eats**

2019, Maryn McKenna, science journalist

Chicken is America’s favorite meat. Through using antibiotics to fatten chickens in record time, however, the practice has created a human health threat with resistant bacteria worldwide. Read what nutrition professionals should tell consumers about how to support farmers and make healthier choices.

#1770  Book, 400 pgs, paper $16  #1773  15 CE book & test $125
#1771  15 CE test only $114  #1774  25 CE book & test $155
#1772  25 CE test only $144

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**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

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**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

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#1652  25 CE test only $137
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Dear Colleagues:

Food deserts and insecurity are increasing due to COVID-19. We want to help, so we have been making monthly donations to Feeding America and local food banks to support those in need.

My best,
Kathy King, RDN, LD, FAND

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 #1 killer. Evidence-based nutrition and integrative therapies. CDCES, CHES approved.

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#1801  15 CE test only $115
#1802  30 CE test only $165
#1803  15 CE book & test $260
#1804  30 CE book & test $310

The Entrepreneurial Nutritionist
4th ed. 2010, Kathy King, RD, editor

Considered the groundbreaking and most influential resource in how to start and grow a business! Learn what RDs making over $100K profit/year do differently.

#010  Book, 352 pgs, paper (retail $78) $63
#011  15 CE test only $117
#012  25 CE test only $132
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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

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. CHES approved.

"An authoritative account of the distorted financial incentives that drive medical care in the U.S." The Washington Post

#1580  Book, 416 pgs, paper $18
#1581  15 CE test only $117
#1582  25 CE test only $137
#1583  15 CE book & test $130
#1584  25 CE book & test $150

Nutritional & Integrative Strategies in Cardiovascular Medicine
2015, Stephen Sinatra, MD, U. of Conn. and Mark Houston, MD

Best Seller

The Complete Low-FODMAP Diet
2013, Sue Shepard, PhD, RDN 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.

#1210  Book, 276 pgs, paper $18
#1211  5 CE test only $67
#1212  10 CE test only $112
#1213  5 CE book & test $80
#1214  10 CE book & test $125

Originals: How Non-Conformists Move the World
2017, Adam Grant, N.Y. Times Bestseller

An original thought-leader, Grant, addresses the challenge of improving the world by becoming an original, championing new ideas and values that go against the grain, fighting groupthink, and bucking outdated traditions.

“One of the most important and captivating books I have ever read, full of surprising and powerful ideas.” Sheryl Sandberg, COO of Facebook

#1630  Book, 336 pgs, paper $16
#1631  15 CE test only $112
#1632  25 CE test only $144
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Self-Study from the Convenience of Home
Self-Paced • Practical Titles
Reasonable Cost • Evidence-Based

Master Your Diabetes:
A Comprehensive, Integrative Approach for T1D and T2D
2017, Mona Morstein, ND, DHANP, Integrative diabetes practitioner
This course covers the scientific evidence, rationale and physiological basis of integrative therapy used along with conventional therapies. It explains the “eight essentials” of treatment prevention. CDCES, CHES approved.
The science presented is well researched and founded on sound evidence with claims supported by scholarly works… Library Journal
#1910 Book, 560 pgs, paper $27
#1911 15 CE test only $113
#1912 25 CE test only $143
#1913 15 CE book & test $125
#1914 25 CE book & test $165

The New Power Eating:
2019, Susan Kleiner, PhD, RDN
Great sports book on individualized muscle and strength building through nutrition, timing, supplements, and exercise.
Written by an internationally known researcher and expert on muscle building.
Dr. Kleiner showed me how to focus my food and fully fuel my body. I feel better, play better, and I know I’ll be able to stay in the game longer. Megan Rapinoe, Member of USA winning Women’s Soccer Team
#1920 Book, 328 pgs, paper $21
#1921 15 CE test only $119
#1922 25 CE test only $144
#1923 15 CE book & test $135
#1924 25 CE book & test $160

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. CHES approved.
#1820 Book, 324 pgs, paper (retail $80) $65
#1821 15 CE test only $115
#1822 25 CE test only $150
#1823 15 CE book & test $175
#1824 25 CE book & test $210

What Science Tells Us About Autism
2020, R.A. Bernier, PhD, G. Dawson, PhD, and J.T. Nigg, PhD
Written by three highly qualified autism research experts, and covering topics: possible causes of ASD, typical family issues, exercise, sleep, GI issues, feeding problems and proven therapies.
Excellent resource! CHES approved.
#1930 Book, 328 pgs, paper $16
#1931 15 CE test only $119
#1932 25 CE test only $144
#1933 15 CE book & test $130
#1934 25 CE book & test $155

Medical Management of Pregnancy Complicated by Diabetes
6th ed, 2019, ADA, Dr. Erika Werner, editor
Evidence-based diabetes protocols and clinical care that help produce healthy infants and mothers. Covers pre- and interpregnancy counseling, nutrition and glycemic management, and delivery, neonatal and postpartum issues and care. CDCES approved.
#1900 Book, paper, (retail $59.95) $49
#1901 15 CE test only $116
#1902 25 CE test only $146