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.

This book is a must read for those wanting to understand how to bridge the best of Western, Eastern, and natural approaches. Dr. Richard Horowitz, MD, Lyme expert

#1880 Book, 256 pgs, paper $21
#1881 15 CE test only $124
#1882 25 CE test only $149
#1883 15 CE book & test $140
#1884 25 CE book & test $165

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 $115
#1862 25 CE test only $145
#1863 15 CE book & test $165
#1864 25 CE book & test $195

Nutrition for the Older Adult
3rd ed. 2020, Melissa Bernstein, PhD, RDN, FAND & Nancy Munoz, DCN, MHA, RDN, FAND
Newest research and health guidelines for clinical conditions for older adults, and new case studies. Covers unique physiological changes and nutritional needs of the aging population.

Great resource! CDE approved.

#690 Book, 568 pgs, paper [retail $151.95] $130
#691 15 CE test only $131
#692 35 CE test only $174
#693 15 CE book & test $240
#694 35 CE book & test $300

Nutrition for the Older Adult
6th 2020, Nancy Clark, MS, RDN, CSSD
Over 75,000 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. CHES approved.

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

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
#1811 15 CE test only $122
#1812 25 CE test only $147
#1813 15 CE book & test $140
#1814 25 CE book & test $165

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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 in our everyday lives may increase risk for chronic diseases, asthma, autism, autoimmune, type 2, cancers, etc. This book offers practical information to integrate into clinical, outpatient, or preventive care. CDE approved.
#1730 Book, 239 pgs, paper $63
#1731 15 CE test only $117
#1732 25 CE test only $137
#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
#1783 15 CE book & test $180
#1784 30 CE book & test ($78/CE hr) $225

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, paper ($79/CE hr) $80
#1841 15 CE test only $115
#1842 32 CE test only $180
#1843 15 CE book & test $190
#1844 32 CE book & test ($79/CE hr) $255

Skinny Liver:
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. CDE approved.
#1510 Book, 304 pgs, paper $16
#1511 10 CE test only $114
#1512 21 CE test only $144
#1513 10 CE book & test $125
#1514 21 CE book & test $155

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! CDE approved.
#1700 Book, 1152 pgs, hard $93
#1701 25 CE test only $197
#1702 50 CE test only $267
#1703 25 CE book & test $235
#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 book & test $130
#1332 40 CE book & test $185
#1333 20 CE book & test $189
#1334 40 CE book & test $234

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
#1660 Book, 272 pgs, paper $73
#1661 15 CE test only $117
#1662 25 CE test only $137
#1663 15 CE book & test $125
#1664 25 CE book & test $155

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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 #1713 15 CE book & test $135
#1711 15 CE test only $117 #1714 25 CE book & test $155
#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!

#1250 Book, 409 pgs, paper $16 #1253 15 CE book & test $135
#1251 15 CE test only $124 #1254 25 CE book & test $155
#1252 25 CE test only $144

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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.
#3088 Book, 368 pgs, paper $14
#3089 CE Book, online test $32
#3090 New Workbook, test only available online $24

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. CDE, CHES approved.

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.

To Order: Toll Free 877-560-6025 or Fax 940-497-2927 or www.helmpublishing.com
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 pages, paper $10
#131 Monograph, 40 pages online $28
#132 6 CE book, test & monograph $68
#133 6 CE online test only $45

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. CHES approved.

#1230 Book, 240 pages, paper $16
#1231 10 CE test only $104
#1232 20 CE test only $134
#1233 10 CE book & test $115
#1234 20 CE book & test $145

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 pages, paper $18
#1231 15 CE test only $117
#1232 30 CE test only $162

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! CHES approved.

#1430 Book, 320 pages, paper $16
#1431 10 CE test only $104
#1432 20 CE test only $134
#1433 10 CE book & test $115
#1434 20 CE book & test $145

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 pages, paper $19
#1681 15 CE test only $121
#1682 25 CE test only $141

Nutrition Support for the Critically Ill Patient

2015, Gail Cresci, PhD, RDN with 71 contributors


#1790 Book, 705 pages, hard (retail $160) $135
#1791 15 CE test only $1 15
#1792 30 CE test only $170
#1793 15 CE book & test $115
#1794 30 CE book & test ($9.80/CE hr) $295

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 pages, paper $75
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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 pages, paper (retail $89) $80
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#1753 15 CE book & test $190
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#1752 30 CE test only $170

#1753 15 CE book & test $190
#1754 30 CE book & test ($8.10/CE hr) $245
**Food & MNT**

**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 $15
- #1372 28 CE test only $16
- #1373 15 CE book & test $140
- #1374 28 CE book & test $165

**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!

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

- #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

**Oncology Nutrition for Clinical Practice**
2018, Oncology DPG contributors: Leser, MS, RDN, CSO, 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.

- #1700 Book, 272 pgs, paper (retail $90) $80
- #1701 15 CE test only $115
- #1702 30 CE test only $170

**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 $121
- #762 30 CE test only $180

**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
- #1221 15 CE test only $121
- #1222 30 CE test only $156

**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
- #1611 15 CE test only $120
- #1612 25 CE test only $140

**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 (retail $46) $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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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. CDE, CHES approved.

#1870 Book, 504 pgs, paper (retail $100) $90
#1871 15 CE test only $115
#1872 35 CE test only $180
#1873 15 CE book & test $200
#1874 35 CE book & test ($7.57/CE hr) $265

Plucked: Chicken, Antibiotics 
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. CHES approved.

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

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.

#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 ($8.40/CE hr) $210

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
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#1802 30 CE test only $165
#1803 15 CE book & test $240
#1804 30 CE book & test ($9.60/CE hr) $290

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.

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