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**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.

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**Nutrition Management of Thyroid Diseases**

2020, Anziani, MS, RD, Celi, MD, MHS

Exceptional resource! Chapters cover physiology, iodine, hypothyroidism and hyperthyroidism, risk reduction, weight disorders, exercise, nutrition interventions, thyroid cancer, and integrative therapies. CDCES approved.

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**Food Fix 2020**

Mark Hyman, MD

An interesting look at our food and agricultural systems in the US—and how they influence chronic disease. What we eat has tremendous implications. CHES approved.

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**Clinical Environmental Medicine**

2019, Walter Crinnion, ND, Joseph Pizzorno, ND

This course covers evidence-based research showing the interconnectedness of chemicals in our environment, our food supply, and growing disease risk. J of Ped estimates 180+ toxic chemicals in newborn blood. CDCES, CHES approved.

<table>
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**Integrative Gastroenterology, 2nd ed.**

2020, Gerard Mullin, MD & 51 contributors

Latest evidence-based research and therapies on GI issues in Dr. Weil’s Integrative Medicine Series for health care practitioners. One in two American suffer from digestive problems. CDCES approved.

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Integrative and Functional Nutrition & GI

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 its 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. CDCES, CHES approved. ... provides knowledge and strategies to overcome the life-threatening risks associated with our sleep-deprived society. Mark Rosekind, PhD, NASA Scientist

Gastrointestinal Nutrition - 2020
2014, Laura Maresate, 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. CDCES approved.

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.

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?

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.

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!
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.

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.

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.

Herbal Antibiotics
2nd ed 2012, Stephen Harrod Buhner, International Herbal Expert
Antibiotic-resistant infections are on the rise. Buhner explains the roots of resistance, explores herbal treatments, and profiles of 30 effective herbs, noting properties, dosages, and potential side effects.

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.

Nutrition Care of the Older Adult - 2020: 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. CDCES approved.

To Order: Toll Free 877-560-6025 or Fax 940-497-2927 or www.helmpublishing.com
**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 25 CE book & test $270  

**Intensive Diabetes - 2020**
Totally updated! All patients with diabetes can improve their glycemic control and overall health through intensive diabetes management. This book gives the details! CDCES, CHES approved.

#500 Book, 196 pgs, paper $49  
#5001 15 CE test only $121  
#5002 25 CE test only $141  
#5003 15 CE book & test $155  
#5004 25 CE book & test $180

**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.

Helpful to physicians, health professionals and patients. Great tool to manage T1DM. EC 2017

#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.

#1450 Book, 276 pgs, paper $30  
#3051 10 CE book & test $105  
#3052 20 CE book & test $130

**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.

#1390 Book, 360 pgs, paper $17  
#3021 10 CE book & test $113  
#3022 20 CE book & test $138

**Winning the War Within – 2020:** Nutrition Therapy for Clients with Eating Disorders
3rd ed. 2020, 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  
#1571 15 CE online test only $115  
#1572 15 CE Manual, handouts, online test $195  
#1573 Client sessions, handouts, download $59

NEW OPTION!

**First Bite - 2020:** 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! CDCES, CHES approved.

#1430 Book, 320 pgs, paper $16  
#3071 10 CE test only $104  
#3072 20 CE test only $134

**Helping Your Child with Extreme Picky Eating – 2021**
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  
#2091 15 CE test only $49  
#2092 15 CE book & test $124

**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.

#1910 Book, 560 pgs, paper $27  
#1911 15 CE test only $113  
#1912 25 CE test only $143

To Order: Toll Free 877-560-6025 or Fax 940-497-2927 or www.helmpublishing.com
### 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 foods, organic foods, supplements, eating disorders, and building lean muscle while losing weight. New book edition counts as new course. CDCES, CHES approved.

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### 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.

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

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.

| #1920 | Book, 328 pgs, paper | $21 | #1920 | 15 CE book & test | $135 |
| #1921 | 15 CE test only | $119 | #1921 | 25 CE book & test | $119 |
| #1922 | 25 CE test only | $144 | #1922 | 15 CE book & test | $144 |

### Plant-Based Sports Nutrition: Expert Fueling Strategies for Training, Recovery, and Performance
2019, Enette Larson-Meyer, PhD, RDN, Matt Ruscigno, MPH, RDN

The perfect course for sports nutritionists wanting to help their athlete clients 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 | #1940 | 15 CE book & test | $140 |
| #1941 | 15 CE test only | $121 | #1941 | 25 CE book & test | $121 |
| #1942 | 27 CE test only | $156 | #1942 | 15 CE book & test | $156 |

### Samour & King’s Pediatric Nutrition in Clinical Care
5th 2019, Susan Konek, MA, RDN, and Patricia Becker, MS, RDN, CSP, CNSC and 54 contributors

22 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 | #090 | 15 CE book & test | $225 |
| #091 | 15 CE test only | $121 | #091 | 32 CE book & test | $275 |
| #092 | 32 CE test only | $171 | #092 | 15 CE book & test | $171 |

### 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.

| #1000 | Book, paper, (retail $50) | $49 | #1000 | 15 CE book & test | $160 |
| #1001 | 15 CE test only | $116 | #1001 | 25 CE book & test | $116 |
| #1002 | 25 CE test only | $146 | #1002 | 15 CE book & test | $146 |

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To Order: Toll Free 877-560-6025 or Fax 940-497-2927 or www.helmpublishing.com
How Not to Diet - 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.
#1370 Book, 576 pgs, paper $15
#3081 15 CE test only $155
#3082 28 CE test only $155
#3083 15 CE book & test $140
#3084 28 CE book & test $165

Eating on the Wild Side – 2021
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
#2061 15 CE test only $114
#2062 25 CE test only $144
#2063 15 CE book & test $125
#2064 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

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.
#760 Book, 360 pgs, paper (retail $67) $60 #763 15 CE book & test $170
#761 15 CE test only $115 #764 35 CE book & test $235

How Not To Diet: Groundbreaking Science of Healthy, Permanent Weight Loss
2019, Dr. Michael Greger, MD
The author, founder of NutritionFacts.org, condenses 5,000 of the most important evidence-based studies on the optimal components of successful remedies of obesity. They include: plant-based eating, calorie density, the insulin index, and microbiome. CDCES, CHES approved.
#1890 Book, 608 pgs, paper (retail $67) $59 #1893 15 CE book & test $140
#1891 15 CE test only $123 #1894 27 CE book & test $175
#1892 27 CE test only $158

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 #1223 15 CE book & test $175
#1221 15 CE test only $121 #1224 30 CE book & test $210
#1222 30 CE test only $156

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

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 #1173 15 CE book & test $125
#1171 15 CE test only $125 #1174 25 CE book & test $155
#1172 25 CE test only $145

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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FREE 1 CE hr Ethics course download from website

Advanced Medical Nutrition Therapy
2018, Kelly Kane, MS, RDN, Kathy Prelack, PhD, RDN
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2020, D. Noland, MPH, RDN, CCN, J. Drisko, MD, L. Wagner, PhD, RDN
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