

READING LIST & COURSEWORK

Nutritional Therapy Practitioner
Training Program

Feb. 2018 — Nov. 2018



Nutritional
Therapy
Association

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REQUIRED READING

FAQs & Tips

READING & HOMEWORK LOAD

Students are required to read the texts on the following pages to complete the NTP program. Depending on the module and book in question, you may be asked to read some books from beginning to end, and only specific sections of others. You will then need to answer quiz questions related to the assigned passages, and write book reviews for some of the assigned texts.

We recommend that you budget 15-20 hours per week on average to complete the assigned reading, lectures, and homework. Apart from the exam review modules, all audio lectures are optional and should be downloaded for later reference. They are not listed in the assignments as they are not required. To give yourself a head start, we encourage you to begin the required reading as soon as the reading list is released 6 weeks before class (you do not need to wait until the course starts).

While the required reading is an important component of the program, please note that the video lectures and associated PDF slides form the core of the NTA's curriculum. The written midterm and final examinations will only test you on the content included in the videos and slides, not the required texts.

BOOK PRICING

Standard list prices for the required texts are shown below for your reference (\$550 total), but please note that actual prices are often much lower if you buy the books on Amazon (\$375 at the time of writing). Many titles can also be found at your local library. Note that all proceeds from Amazon affiliate links below go to the **Jennifer Pecot Scholarship Fund** that supports future students taking the program.

You can also take advantage of the Price-Pottenger Foundation book bundle (\$499), available at <http://ppnf.org>. Benefits include:

- One-year complementary membership to the Price-Pottenger Nutrition Foundation
- All required books in one shipment
- \$60 off standard list prices
- Fast, efficient service
- Free shipping

BOOK FORMATS

You may purchase whichever book formats best suit your learning style and budget, may it be:

- eBooks (e.g. Kindle, iBooks, EPUB, MOBI, etc.)
- Paperbacks
- Hardcover books
- Loose leaf books
- Audiobooks

REQUIRED READING

Required Reading List

NUTRITION AND PHYSICAL DEGENERATION

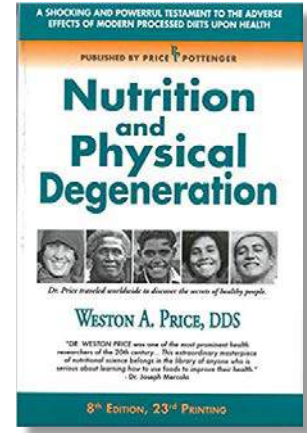
by Weston A. Price, DDS

The teachings of Dr. Weston A. Price, a highly-respected dentist and researcher, are firmly rooted in the DNA of the NTA's philosophy and curriculum. *Nutrition and Physical Degeneration* documents Price's epic work to unravel the relationship between diet and physical health, an investigation that led him to 14 countries over the course of 10 years.

In the end, he observed that the healthiest people tended to be those in rural areas eating traditional, time-honored, nutrient-dense diets, while the least healthy people tended to be those eating modern, nutrient-poor, processed foods. As cultures adopted highly processed foods like white flour, white sugar, and refined vegetable oils, ill health, tooth decay, poor bone development, and "diseases of civilization" surely followed.

While Price observed a great variety of health-promoting traditional diets around the world, he observed some key patterns repeated throughout:

- Use of animal products (to his great disappointment, Price was unable to find any truly healthy vegan societies)
- Four times more calcium and ten times more fat-soluble vitamins than in the modern Western diet
- Seeds, grains, and nuts were typically soaked, sprouted, fermented, or naturally leavened to minimize anti-nutrients
- Nearly equal amounts of omega-3 and omega-6 fatty acids



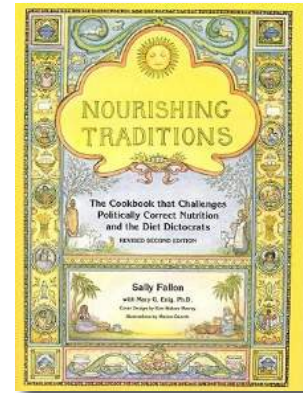
List Price	Formats	Amazon Link
\$27.95	Paperback	Buy on Amazon

REQUIRED READING

NOURISHING TRADITIONS: THE COOKBOOK THAT CHALLENGES POLITICALLY CORRECT NUTRITION AND THE DIET DICTOCRATS

by Sally Fallon

Nourishing Traditions simultaneously challenges the politically and economically motivated advice of the “diet dictocrats” while also offering modern families a guide to wise food choices and proper preparation techniques based on the time-honored wisdom of our ancestors. Contrary to common belief, Fallon shows that saturated fat and cholesterol are not only safe, but in fact required for optimal human health, reproduction, growth, proper function of the brain and nervous system, protection from disease, and sustainable energy levels. The book includes detailed overviews of all the essential nutrients needed for human life to flourish and a full-spectrum nutritional cookbook with a host of healthy and delicious recipes, including tips on how to remove anti-nutrients by soaking and sprouting grains, and the health benefits of bone broths and enzyme-rich lacto-fermented foods.

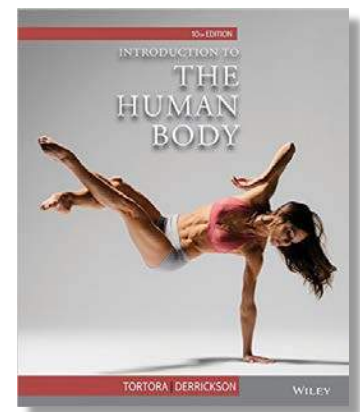


List Price	Formats	Amazon Link
\$27.00	Kindle, Paperback & Hardcover	Buy on Amazon

INTRODUCTION TO THE HUMAN BODY: THE ESSENTIALS OF ANATOMY AND PHYSIOLOGY (10TH ED)

by Gerald Tortora & Bryan H. Derrickson

Introduction to the Human Body has provided countless readers with a strong understanding of the structure and function of the human body. Now in its much-anticipated 10th edition, the book presents the latest information in the field combined with an effective blend of stunning art and clearly written concepts. It approaches the study of the human body system-by-system, beginning with a look at the integumentary system. Readers will also benefit from the popular features that are integrated throughout the pages, such as Focus on Wellness Essays, Common Disorders, Focus on Homeostasis, and Clinical Applications. These are powerful learning tools that help make important concepts easier to understand.



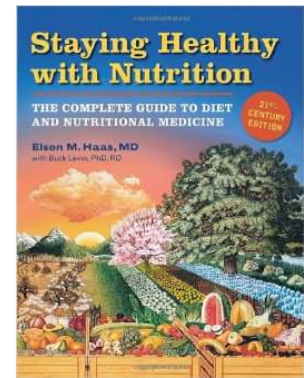
List Price	Formats	Amazon Link
\$150.00	Hardcover & Loose Leaf	Buy on Amazon

REQUIRED READING

STAYING HEALTHY WITH NUTRITION: THE COMPLETE GUIDE TO DIET AND NUTRITIONAL MEDICINE (21ST CENTURY EDITION)

by Elson M. Haas, MD & Buck Levin, RD, PhD

Staying Healthy with Nutrition combines decades of practical experience and scientific research into one detailed resource. The book is divided into four parts, with Part One covering the building blocks of nutrition (water, carbohydrates, proteins, fats and oils, vitamins, minerals, and other nutrients), Part Two evaluating various foods and diets, Part Three delving into how to build a healthy, natural diet, and Part Four sharing specific nutritional and lifestyle therapies appropriate for various common conditions and different stages of life.

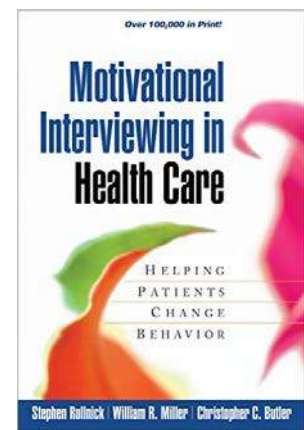


List Price	Formats	Amazon Link
\$39.99	Kindle, Paperback & Hardcover	Buy on Amazon

MOTIVATIONAL INTERVIEWING IN HEALTH CARE: HELPING PATIENTS CHANGE BEHAVIOR

by S. Rollnick, W. Miller & C. Butler

A major component of nutritional therapy is helping clients transition toward a more nutrient-dense, properly prepared diet. This involves a number of habit changes, and change can only happen when a client is ready and willing. *Motivational Interviewing in Health Care* provides a sound approach for eliciting behavior change by having clients identify their own goals, and providing them with the tools they need to achieve them. This is in stark contrast to the traditional authoritative approach used by most doctors, dietitians, etc. As Blaise Pascal said, “People are generally better persuaded by the reasons which they have themselves discovered than by those which come into the mind of others.”



List Price	Formats	Amazon Link
\$39.99	Kindle, Paperback & Hardcover	Buy on Amazon

REQUIRED READING

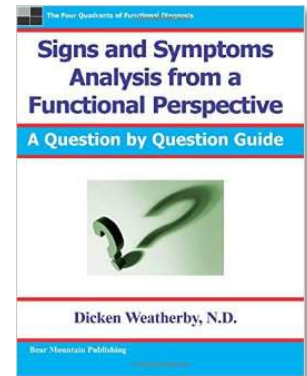
SIGNS AND SYMPTOMS ANALYSIS FROM A FUNCTIONAL PERSPECTIVE

by Dr. Dicken Weatherby

Signs and Symptoms Analysis from a Functional Perspective is one of the most powerful tools available to nutritional therapists.

Used hand in hand with the Nutritional Assessment Questionnaire (“NAQ”), a detailed questionnaire with over 300 key signs and symptoms, the book helps identify and prioritize specific weaknesses in various body systems and provides nutritional recommendations to bring the body back into balance.

Note: You will learn how to complete a NAQ and use the book during your Client-Practitioner Folder assignments.



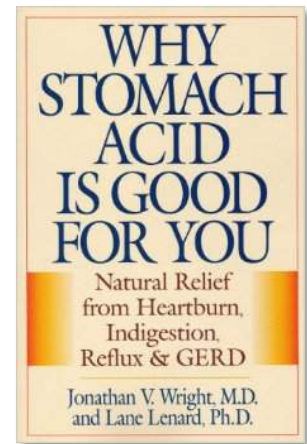
List Price	Formats	Amazon Link
\$65.00	Paperback	Buy on Amazon

WHY STOMACH ACID IS GOOD FOR YOU: NATURAL RELIEF FROM HEARTBURN, INDIGESTION, REFLUX AND GERD

by Jonathan V. Wright, MD & Lane Lenard, Ph.D.

Most people today believe that heartburn, indigestion, reflux, and GERD are caused by an excess of stomach acid (no doubt thanks to the marketing efforts of large pharmaceutical companies vying for a piece of this \$7 billion industry).

Why Stomach Acid Is Good for You argues that the vast majority of digestion woes are in fact caused by low stomach acid, and that while antacids may indeed relieve the symptoms of heartburn and reflux temporarily, they cause serious disorders in the long-term, including problems digesting proteins, problems absorbing key nutrients (vitamins, minerals, amino acids, etc.), depression, gut dysbiosis, stomach cancer, skin diseases, and more.



List Price	Formats	Amazon Link
\$15.95	Kindle & Paperback	Buy on Amazon

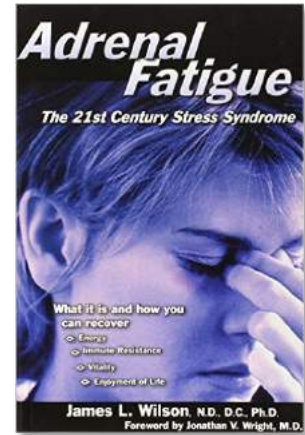
REQUIRED READING

ADRENAL FATIGUE: THE 21ST CENTURY STRESS SYNDROME

by James Wilson, ND, DC & Jonathan V. Wright

It is estimated that up to 80% of American adults are affected by adrenal fatigue (or “hypoadrenia”) during their lifetime, yet the condition is poorly understood and rarely diagnosed by mainstream health care practitioners.

In *Adrenal Fatigue: The 21st Century Stress Syndrome*, Dr. Wilson provides the information needed to identify and overcome this widespread, debilitating, but often subtle condition.



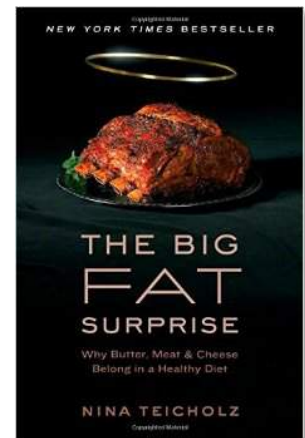
List Price	Formats	Amazon Link
\$16.95	Kindle & Paperback	Buy on Amazon

THE BIG FAT SURPRISE: WHY BUTTER, MEAT AND CHEESE BELONG IN A HEALTHY DIET

by Nina Teicholz

The Big Fat Surprise delves into one of the most controversial health topics of our day: the alleged link between dietary fat and disease. Through compelling narrative and extensive citations, investigative journalist Nina Teicholz leverages nine years of research to show how blatant cherry-picking of data, political interference, corporate greed, and wishful pseudoscience have led us to the all-too-common misguided belief that fat (especially saturated fat) and cholesterol cause heart disease and other chronic health problems. Far from causing us harm, Teicholz makes a strong case for the inclusion of fat and cholesterol rich foods in a healthy, balanced diet.

The book has received numerous awards and accolades, including New York Times bestseller, one of *The Economist's* Books of the Year 2014, one of *The Wall Street Journal's* Top Ten Best Nonfiction Books of 2014, *Kirkus Reviews* Best Nonfiction Books of 2014, *Forbes's* Most Memorable Healthcare Book of 2014, Best Food Book of 2014 by *Mother Jones*, and one of *Library Journal's* Best Books of 2014.



List Price	Formats	Amazon Link
\$17.00	Kindle, Hardcover, Paperback, Audio	Buy on Amazon

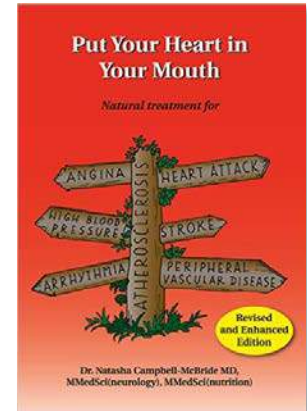
REQUIRED READING

PUT YOUR HEART IN YOUR MOUTH: NATURAL TREATMENT FOR ATHEROSCLEROSIS

by Dr. Natasha Campbell-McBride, MD

In *Put Your Heart in Your Mouth*, Dr. Natasha Campbell-McBride shows that contrary to popular belief, atherosclerosis is caused not by eating too much saturated fat or cholesterol, but rather by injuries to the endothelium wrought by inflammation, manmade chemicals, infectious microbes, abnormalities in gut flora, nutritional deficiencies, excess blood sugar, and metabolic syndrome. As Dr. Campbell-McBride shares in the book:

“When we have a high blood cholesterol level it means that the body is dealing with some damage. The last thing we should do is interfere with this process! When the damage has been dealt with, the blood cholesterol will naturally go down. If we have an ongoing disease in the body that constantly inflicts damage, then the blood cholesterol will be permanently high. So, when a doctor finds high cholesterol in a patient, what this doctor should do is to look for the reason. The doctor should ask, ‘What is damaging the body, so the liver has to produce all that cholesterol to deal with the damage?’ Unfortunately, instead of that, our doctors are trained to attack the cholesterol.”



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\$22.95	Paperback	Buy on Amazon

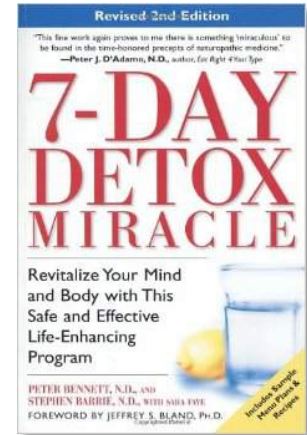
REQUIRED READING

7-DAY DETOX MIRACLE

by Peter Bennett, ND & Stephen Barrie, ND

The 7-Day Detox Miracle explains that the human body is equipped with natural, highly effective detoxification processes that—when functioning properly—can improve one’s resistance to disease, promote fat loss, improve energy levels and sleep quality, and reduce migraines and muscle pain.

You will learn specific foods that support liver detoxification (e.g. vegetables in the cabbage family, cold-water fish, fresh vegetables and fruits, garlic, nuts and seeds, onions, flaxseed oil, etc.) and strategies to improve bile flow and proper elimination.



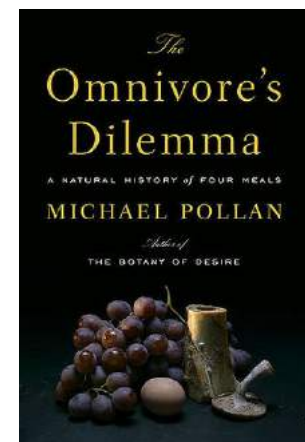
List Price	Formats	Amazon Link
\$19.99	Kindle & Paperback	Buy on Amazon

THE OMNIVORE’S DILEMMA: A NATURAL HISTORY OF FOUR MEALS

by Michael Pollan

In his award-winning book *The Omnivore’s Dilemma*, Michael Pollan argues that natural food chains (evolved over millions of years) are far healthier—not only for our bodies, but also for the planet and the economy—than the industrial food chains that have sprung up to replace them in the last century. As he threads a complex tale about four meals he either buys or forages for his family, Pollan illustrates the many downsides of modern farming and corn-based food and the many upsides of sustainable farming and properly raised animals. As Pollan argues in the book:

“The single greatest lesson the garden teaches is that our relationship to the planet need not be zero-sum, and that as long as the sun still shines and people still can plan and plant, think and do, we can, if we bother to try, find ways to provide for ourselves without diminishing the world.”



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\$18.00	Kindle, Paperback, Hardcover & Audio	Buy on Amazon

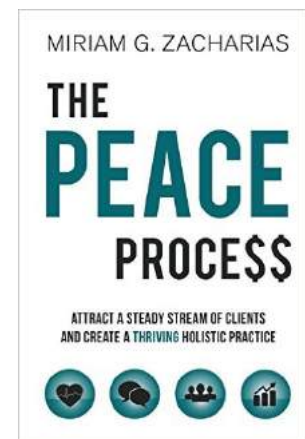
REQUIRED READING

THE PEACE PROCESS

by Miriam G. Zacharias

After spending two decades in corporate America, including managing a large sales and marketing division at Microsoft, personal tragedy spurred Miriam Zacharias to make a radical shift into the alternative health world. She began studying holistic nutrition in earnest, determined to transform lives using “food as medicine”. Though her health coaching practice grew quite successful, it pained her to see that many of her new friends in the holistic and integrative health world were struggling to market themselves effectively and bring in enough clients to make ends meet. She suddenly discovered her WHY: helping health professionals reach and heal more people and make money doing it, too. This goal led to *The PEACE Process*, a step-by-step guide to building a thriving practice. The book is divided into five parts:

- **Purpose** (defining your “why”)
- **Establish** (identifying your tribe and establishing yourself as an authority)
- **Attract** (how to draw your clients to you)
- **Connect** (how to build client trust)
- **Engage** (how to get your clients to take action)



List Price	Formats	Amazon Link
\$19.95	Kindle & Paperback	Buy on Amazon

HOW TO READ A PAPER: THE BASICS OF EVIDENCE-BASED MEDICINE

by Trisha Greenhalgh

The world of nutrition is sadly home to a great deal of flawed science, rampant confirmation bias, confusion between correlation and causation, and vested economic interests. A good NTP should always question claims and research findings, reviewing what a paper really says, not just how the researchers interpret the results in the abstract. *How to Read a Paper* provides the tools one needs to critically analyze clinical research and apply relevant findings in an evidence-based, client-centered approach.



List Price	Formats	Amazon Link
\$49.95	Kindle & Paperback	Buy on Amazon

COURSEWORK

In the following pages, you will find the module objectives, required lectures, required reading, and assignments for all 15 modules in the NTP course. Please note that some assignments may be amended during the course and we encourage you to always confirm assignments and due dates in the online learning system.

Mod 0: Course Overview

MODULE OBJECTIVES

- Learn to navigate Brightspace, the NTA’s online learning management system.
- Develop an understanding of the Nutritional Therapist Training Program and the role of Nutritional Therapy Practitioners.
- Be introduced to the Functional Evaluation assessment.

REQUIRED VIDEO LECTURES

Video Lecture	Length (hh:mm:ss)
00.01 – Introduction to Nutritional Therapy	00:51:55
00.02 – What is a Nutritional Therapist?	01:13:35
00.03 – The Functional Evaluation	00:56:36
00.04 – The Hallway of Life	00:18:36

ASSIGNMENTS

- Complete Brightspace tutorials
- Download *NTP Course Part 1* PDF slides

COURSEWORK

Mod 1: The Basics of Nutrition

MODULE OBJECTIVES

- Define nutrition.
- List the six classes of nutrients and explain the role of each within the body.
- Describe at least three major milestones that led to the “modern” diet.
- Describe Dr. Price’s and Dr. Pottenger’s contributions to nutritional research.
- Identify the recommended amounts of macronutrients in a daily diet, and give examples of healthy food options for each category.

REQUIRED VIDEO LECTURES

Video Lecture	Length (hh:mm:ss)
01.01 – The Basics of Nutrition	00:11:28
01.02 – Water	00:18:03
01.03 – Proteins	00:13:22
01.04 – Fats	00:35:43
01.05 – Carbohydrates	00:26:20
01.06 – Vitamins	01:15:25
01.07 – Minerals	00:21:21
01.08 – The Evolution of the Modern Diet	01:05:15
01.09 – Weston A. Price	00:30:52
01.10 – Francis Pottenger	00:36:21
01.11 – Guidelines for Proper Nutrition	01:16:47

REQUIRED READING

Text	Assigned Reading
Introduction to the Human Body	Chapter 20: Nutrition & Metabolism
Nourishing Traditions	Preface & pgs. 1-63
Staying Healthy With Nutrition	Introduction: pgs. 1-9; Chapter 1: Water – pgs. 13-27 Chapter 2: Carbohydrates – pgs. 28-39 ; Chapter 3: Proteins – pgs. 40-63 ; Chapter 4: Lipids-Fats & Oils – pgs. 64-75

ASSIGNMENTS

- Multiple choice quiz based on the required reading and PowerPoint slides
- Essay: How would you explain the purpose and implications of Dr. Pottenger’s famous cat study to a client?
- Book review on *Nourishing Traditions*

COURSEWORK

Mod 2: The Client Consultation Process

MODULE OBJECTIVES

- Describe the 5 key steps of the client consultation process.
- Conduct an Initial Interview with a client and document your findings on the appropriate forms.
- Evaluate a Nutritional Assessment Questionnaire (NAQ) manually and interpret the information as it relates to client concerns.
- Evaluate a Food Journal and make recommendations for beneficial dietary changes.

REQUIRED VIDEO LECTURES

Video Lecture	Length (hh:mm:ss)
02.01 – Step 1: The Initial Interview	00:27:24
02.02 – Step 2: The NAQ and Food Journal	00:43:20
02.03 – Step 3: The Functional Evaluation	00:19:45
02.04 – Step 4: The Plan and Nutritional Recommendations	00:19:09
02.05 – Step 5: Follow Up Sessions	00:15:16
02.06 – Bonus Topic: Drugs and Nutrient Depletion	00:26:23

REQUIRED READING

Text	Assigned Reading
Signs and Symptoms	Part I & II – pgs. 4-49
Motivational Interviewing in Health Care	All
Staying Healthy with Nutrition	Chapter 10: Nutritional Habits – pgs. 386-411

ASSIGNMENTS

- Multiple choice quiz based on the required reading and PowerPoint slides
- Book review on *Motivational Interviewing*
- Essay: List two questions that you would ask to learn more about the nutritional status of your client and why.
- Build a Plate activity

COURSEWORK

Mod 3: Anatomy & Physiology

MODULE OBJECTIVES

- Define anatomy and physiology.
- Describe the six levels of structural organization within the body.
- Define pH and describe the scale used for pH.
- Describe the anatomical position.
- Define and apply the directional terms for anatomy.

REQUIRED VIDEO LECTURES

Video Lecture	Length (hh:mm:ss)
03.01 – Introduction to Anatomy and Physiology	00:07:41
03.02 – The Basics of Human Anatomy	00:23:22
03.03 – The Power of Hydrogen (pH)	00:07:23
03.04 – Anatomical Positioning	00:05:44

REQUIRED READING

Text	Assigned Reading
Introduction to the Human Body	Chapter 1: Organization of the Human Body Chapter 2: Introductory Chemistry Chapter 3: Cells
Nutrition and Physical Degeneration	Chapter 1 (read & review pictures for 1 Indigenous group of your choice)
Staying Healthy with Nutrition	Chapter 8: Foods – pgs. 294-355 Part 4 - Introduction: Infancy to Immortality – pgs. 551-555

ASSIGNMENTS

- Multiple choice quiz based on the required reading and PowerPoint slides
- Essay: On a cellular level, why is a low-fat (or “poor fat”) diet detrimental to health?

COURSEWORK

Mod 4: Digestion & Elimination

MODULE OBJECTIVES

- State the Big Ideas for Digestion.
- Describe the way digestion is supposed to work.
- Explain at least three things that can go wrong in the Digestive System.
- Locate and describe the test points for the Digestion Functional Evaluation.
- Perform the Functional Evaluation for Digestion.
- Describe how to prioritize test points used in the LNT process.
- Define the three possible reactions a client can have to a nutritional protocol.

REQUIRED VIDEO LECTURES

Video Lecture	Length (hh:mm:ss)
04.01 – Overview - Digestion	00:21:55
04.02 – Digestion - Proper Function	00:25:56
04.03 – Digestion - Dysfunction	01:26:12
04.04 – Testing Allergic Response	00:45:40
04.05 – Functional Evaluation - Digestion	00:56:30
04.06 – Functional Evaluation - LNT	00:03:03
04.07 – The Art of Touch	01:38:42

REQUIRED READING

Text	Assigned Reading
Introduction to the Human Body	Chapter 19: The Digestive System
Signs and Symptoms	Upper Gastrointestinal, Liver & Gallbladder, Small Intestines, and Large Intestines (pgs. 107-228)
Why Stomach Acid is Good For You	All
Staying Healthy with Nutrition	Chapter 7: Special Supplements – pgs. 269-274

ASSIGNMENTS

- Multiple choice quiz based on the required reading and PowerPoint slides
- Book review on *Why Stomach Acid is Good For You*
- Essay: Explain how undigested fats become an assault on the immune system.
- Client-Practitioner Folder #1 (turned in at the beginning of class on the first day of Workshop 1): Your Instructor will post specific due dates in Brightspace, the NTA's online learning system. Note that some instructors may request that you mail in your folders before the workshops or upload a digital version.

COURSEWORK

Mod 5: Blood Sugar Regulation

MODULE OBJECTIVES

- State the Big Ideas for Blood Sugar Regulation.
- Describe the interaction between the pancreas, liver, and adrenals when regulating blood sugar.
- Know the processes of Gluconeogenesis, Glycogenolysis, and Glycogenesis.
- Describe the key blood sugar hormones: Insulin, Glucagon, Cortisol, and Epinephrine.
- Describe Hypoglycemia, Insulin Resistance, and Type 1 and 2 Diabetes.
- Explain the damage caused to our bodies by glycation and the blood sugar impacts of a diet high in refined carbohydrates and low in fats and proteins.
- Describe how to evaluate a Sugar Burning Metabolizer vs. a Fat Burning Metabolizer.
- Locate and describe each test point for Blood Sugar Regulation.
- Perform the Functional Evaluation for Blood Sugar.

REQUIRED VIDEO LECTURES

Video Lecture	Length (hh:mm:ss)
05.01 – Introduction to Blood Sugar Regulation	00:21:39
05.02 – Blood Sugar Regulation - Normal Function	00:53:32
05.03 – Blood Sugar Regulation - Dysfunction Part 1	01:06:05
05.04 – Blood Sugar Regulation - Dysfunction Part 2	00:45:01
05.05 – Blood Sugar Regulation - Dietary Solutions	00:13:20
05.06 – Functional Evaluation - Blood Sugar Regulation	00:42:21

REQUIRED READING

Text	Assigned Reading
Introduction to the Human Body	Chapters 13: The Endocrine System
Signs and Symptoms	Blood Sugar Dysregulation – pgs. 275-286
Adrenal Fatigue: The 21 st Century Stress Syndrome	All
Staying Healthy with Nutrition	Chapter 5: B Vitamins – pgs. 109-126 Chapter 5: Other B Vitamins – pgs. 127-138 Chapter 6: Chromium – pgs. 177-180

ASSIGNMENTS

- Multiple choice quiz based on the required reading and PowerPoint slides
- Book review on *Adrenal Fatigue: The 21st Century Stress Syndrome*
- Essay: Explain why the popular misconception that “if you eat fat, you’ll get fat” has contributed to the obesity epidemic in America.
- Recipe 1: Prepare, serve & discuss a nutrient-dense recipe of your choice
- Community Project Proposal

COURSEWORK

Mod 6: Fatty Acid Balance

MODULE OBJECTIVES

- State the Big Ideas for Fatty Acids.
- Name the two fatty acids that are essential to the body.
- List 4 roles of fats in the body.
- Explain the impacts of a diet low in Omega-3 and Omega-6 fatty acids to the healing process.
- Identify the three primary cofactors you need to consider when balancing prostaglandin formation.
- Describe and perform the Functional Evaluation for Fatty Acid deficiency.

REQUIRED VIDEO LECTURES

Video Lecture	Length (hh:mm:ss)
06.01 – Introduction to Fatty Acids	00:53:53
06.02 – Fatty Acids - Normal Function	00:38:59
06.03 – Fatty Acids - Dysfunction	00:59:28
06.04 – Functional Evaluation - Fatty Acids	00:26:18
06.05 – Addendum 1 - “The Oiling of America” by Sally Fallon Morrell	01:44:49
06.06 – Addendum 2 - “Food As Medicine” by Jerry Brunetti	01:21:24

REQUIRED READING

Text	Assigned Reading
Introduction to the Human Body	Chapter 4: Tissues
Signs and Symptoms	Essential Fatty Acids: pgs. 265-274
The Big Fat Surprise	All
Staying Healthy with Nutrition	Chapter 5: Fat Soluble Vitamins – pgs. 92-108

ASSIGNMENTS

- Multiple choice quiz based on the required reading and PowerPoint slides
- Book review on *The Big Fat Surprise*
- Essay: Explain how anti-inflammatory drugs such as aspirin, NSAIDS, and steroids block normal prostaglandin function.

COURSEWORK

Mod 6R: Midterm Exam Review

MODULE OBJECTIVES

- Review big ideas and learning objectives for modules 1 through 6
- Prepare for the written and practical midterm exam

REQUIRED AUDIO LECTURES

Audio Lecture	Length (hh:mm:ss)
Midterm Review #1 (Part 1)	00:16:37
Midterm Review #1 (Part 2)	00:48:54
Midterm Review #2 (Part 1)	01:01:15
Midterm Review #2 (Part 2)	00:59:06
Midterm Review #1 (Part 1)	00:16:37
Midterm Review #1 (Part 2)	00:48:54

ASSIGNMENTS

- Client-Practitioner Folder #2 (completed with previous practice client and turned in at the beginning of class on the first day of Workshop 2): Your Instructor will post specific due dates in Brightspace, the NTA's online learning system. Note that some instructors may request that you mail in your folders before the workshops or upload a digital version.

COURSEWORK

Mod 7: Mineral Balance

MODULE OBJECTIVES

- State the Big Idea for Mineral Balance.
- List 4 roles of Minerals in the body.
- Describe the significance of bone remodeling in calcium homeostasis.
- List the 7 cofactors required for proper absorption and use of calcium within the body.
- Describe and perform the Functional Evaluation for Mineral Deficiencies.

REQUIRED VIDEO LECTURES

Video Lecture	Length (hh:mm:ss)
07.01 – Introduction to Mineral Balance	00:41:28
07.02 – Calcium Cofactors	00:53:33
07.03 – Functional Evaluation - Mineral Balance	00:25:29

REQUIRED READING

Text	Assigned Reading
Introduction to the Human Body	Chapter 6: The Skeletal System
Signs and Symptoms	Mineral Needs: pgs. 229-264
Staying Healthy With Nutrition	Chapter 6: Calcium – pgs. 154-161 Chapter 6: Magnesium – pgs. 162-166 Chapter 6: Iodine – pgs. 184-187 Chapter 6: Zinc – pgs. 208-215

ASSIGNMENTS

- Multiple choice quiz based on the required reading and PowerPoint slides
- Essay: Explain the relationship between bone and the pH levels in the blood.
- View Nutri-Q Tutorial

COURSEWORK

Mod 8: Hydration

MODULE OBJECTIVES

- State the Big Idea for Hydration.
- Understand the many important roles of water in the body.
- Know the early and mature signs of dehydration.
- State the formula for calculating appropriate daily intake of water.
- Name at least three diuretic beverages and explain how to stay hydrated if you drink a diuretic beverage.
- Describe and perform the Functional Evaluation for Hydration and the Kidneys.

REQUIRED VIDEO LECTURES

Video Lecture	Length (hh:mm:ss)
08.01 – Hydration	00:56:00
08.02 – Hydration - Solutions	00:27:03
08.03 – The Kidneys	00:10:05
08.04 – Functional Evaluation - Hydration	00:05:53
08.05 – Functional Evaluation - The Kidneys	00:04:33

REQUIRED READING

Text	Assigned Reading
Introduction to the Human Body	Chapter 22: Fluid, Electrolytes & Acid-Base Balance; Chapter 21: Urinary System
Signs and Symptoms	Kidney & Bladder: pgs. 433-441
Hydration Course Pack	All
Staying Healthy with Nutrition	Chapter 6: Potassium – pgs. 169-171 Chapter 6: Sodium – pgs. 171-174 Chapter 1: Water – pgs. 13-27

ASSIGNMENTS

- Multiple choice quiz based on the required reading and PowerPoint slides
- Book review on the *Hydration Course Pack*
- Essay: Explain why drinking distilled water may not be a good choice for some people.

COURSEWORK

Mod 9: The Endocrine System

MODULE OBJECTIVES

- List the 5 classes of lipid and water-soluble hormones and identify the components of each.
- State the Big Ideas for Endocrine Health.
- Describe how each of the Foundations support the Endocrine System.
- Describe how a chronic stress response degrades the Endocrine System.
- Describe and perform the Functional Evaluations for the Endocrine System.
- Describe two ways HRT or BHRT can exacerbate endocrine problems.

REQUIRED VIDEO LECTURES

Video Lecture	Length (hh:mm:ss)
NTP Course Part 2 Intro: 1 – The Consequences	00:10:17
NTP Course Part 2 Intro: 2 – Breast Tenderness	00:57:14
09.01 – Endocrine Issues Introduction	00:12:09
09.02 – Overview - The Endocrine System	00:49:47
09.03 – Endocrine Issues	00:50:24
09.04 – The Foundations and Endocrine Health	00:05:36
09.05 – Blood Sugar and The Endocrine System	00:19:31
09.06 – A Note on Bioidentical Hormone Replacement Therapy	00:04:42

REQUIRED READING

Text	Assigned Reading
Introduction to the Human Body	Chapter 13: The Endocrine System Chapter 23: Review Male/Female Reproductive Systems
Signs and Symptoms	Adrenal, Pituitary, Thyroid, Men Only & Women Only: pgs. 319-425
Staying Healthy With Nutrition	Chapter 15: Adolescence-Menopause – pgs. 562-581; Chapter 16: Sexual Vitality – pgs. 609-613; Chapter 17: Birth Control – pgs. 717-718; Premenstrual Syndrome – pgs. 719-724

ASSIGNMENTS

- Multiple choice quiz based on the required reading and PowerPoint slides
- Essay: Describe three ways chronic elevated cortisol disrupts Endocrine System balance.

COURSEWORK

Mod 10: Allergies & Immune System Weaknesses

MODULE OBJECTIVES

- State the Big Ideas for the Immune System.
- Name the 3 lines of defense involved in the Immune System.
- Name 2 types of responses involved in Adaptive/Acquired Immunity.
- Describe how each of the Foundations supports the Immune System.
- Differentiate between an “allergy” and a “sensitivity” or “intolerance”.
- List the 3 questions you need to address when clients have food intolerances.
- Differentiate between the three types of possible reactions to a new protocol.
- Summarize the five-step process for Coca’s Pulse Test.
- Describe and perform the Functional Evaluation for the Immune System.

REQUIRED VIDEO LECTURES

Video Lecture	Length (hh:mm:ss)
10.01 – Allergies & Immune Weakness	00:18:58
10.02 – Aerial Map of Immunity	01:22:45
10.03 – The Foundations and Immunity	00:14:15
10.04 – The Link Between Digestion and Immunity	00:12:56
10.05 – Allergies vs. Food Intolerances	00:10:57
10.06 – Coca’s Pulse Test	00:22:06
10.07 – Auto-Immunity	00:07:02
10.08 – Possible Reactions to Nutritional Therapy	00:07:27
10.09 – Module 10 Summary	00:06:33
10.10 – Functional Evaluation - Immune & Allergy	00:27:04

REQUIRED READING

Text	Assigned Reading
Introduction to the Human Body	Chapter 17: Lymphatic & Immune System
Signs and Symptoms	Immune System: pgs. 442-457
Staying Healthy With Nutrition	Chapter 16: Immune Enhancement – pgs. 633-640

ASSIGNMENTS

- Multiple choice quiz based on the required reading and PowerPoint slides
- Essay: Explain how an impaired digestive system can lead to an autoimmune disease.
- Recipe 2: Prepare, serve & discuss a nutrient-dense recipe of your choice

COURSEWORK

Mod 11: Cardiovascular Health

MODULE OBJECTIVES

- State the Big Ideas for Cardiovascular Health.
- Describe how each of the Foundations support the Cardiovascular System.
- List some underlying causes of high blood pressure.
- Distinguish between the “B-Type” and “G-Type” vitamin complexes and provide two characteristics of the type of person that would benefit from each.
- Explain the relationship between cardiovascular health and inflammation.
- Describe and perform the Functional Evaluation for the Cardiovascular System.

REQUIRED VIDEO LECTURES

Video Lecture	Length (hh:mm:ss)
11.01 – Introduction to Cardiovascular Health	00:16:28
11.02 – Overview - The Cardiovascular System	00:08:31
11.03 – The Foundations and Cardiovascular Health	01:06:39
11.04 – Cardiovascular Issues - Hypertension	00:40:20
11.05 – Cardiovascular Issues - Vascular Disease	00:55:14
11.06 – Cardiovascular Issues - Two Types of Heart Disease	00:23:19
11.07 – Cardiovascular Solutions	00:04:45
11.08 – Functional Evaluation - Cardiovascular	00:11:10

REQUIRED READING

Text	Assigned Reading
Introduction to the Human Body	Chapter 14: Cardiovascular System – Blood Chapter 15: Cardiovascular System – Heart Chapter 16: Cardiovascular System – Blood Vessels & Circulation
Signs and Symptoms	Cardiovascular: pgs. 426-432
Staying Healthy With Nutrition	Chapter 3: Carnitine – pg. 55; Chapter 3: Taurine – pg. 56-57; Chapter 16: Cardiovascular Disease Prevention – pgs. 651-667 ¹
Put Your Heart in Your Mouth	All

ASSIGNMENTS

- Multiple choice quiz based on the required reading and PowerPoint slides
- Book review on *Put Your Heart in Your Mouth*
- Essay: Explain the common relationship between a low-fat diet and the increased production of insulin.

¹ Disregard the book's outdated claims about cholesterol causing heart disease and the recommendations to avoid foods high in cholesterol or saturated fat.

COURSEWORK

Mod 12: Nutritional Detoxification

MODULE OBJECTIVES

- State the Big Ideas for Detoxification.
- Describe how each of the Foundations support Detoxification.
- Identify the four-step approach Nutritional Therapy Practitioners can use for detoxification.
- Describe and perform the Balance Test and the Point Test.

REQUIRED VIDEO LECTURES

Video Lecture	Length (hh:mm:ss)
12.01 – Module 12 Overview	00:05:12
12.02 – The Systems of Detoxification	00:34:31
12.03 – Nutritional Detoxification	00:22:57
12.04 – The Foundations and Detoxification	00:25:24
12.05 – Detoxification - General Programs	00:15:40
12.06 – Functional Evaluation - Detoxification	00:05:27
12.07 – Functional Evaluation - Clinical Demonstration	00:34:16

REQUIRED READING

Text	Assigned Reading
7-Day Detox Miracle	All
Staying Healthy With Nutrition	Chapter 18: Detoxification & Cleansing Programs – pgs. 741-782

ASSIGNMENTS

- Multiple choice quiz based on the required reading and PowerPoint slides
- Book review on *7-Day Detox Miracle*
- Essay: Explain why it is vital to address proper digestion and elimination *before* initiating a detoxification protocol
- Recipe 3: Prepare, serve & discuss a nutrient-dense recipe of your choice

COURSEWORK

Mod 12R: Final Exam Review

MODULE OBJECTIVES

- Review big ideas and learning objectives for modules 1 through 12
- Prepare for the written and practical final exam

REQUIRED AUDIO LECTURES

Audio Lecture	Length (hh:mm:ss)
Final Exam #1 (Part 1)	01:15:46
Final Exam #1 (Part 2)	01:31:06
Final Exam #2 (Part 1)	01:42:32
Final Exam #2 (Part 2)	00:51:42
Final Exam #1 (Part 1)	01:15:46
Final Exam #1 (Part 2)	01:31:06

ASSIGNMENTS

- Review the *Final Exam Study Guide* PDF
- Review the *Student Functional Evaluation Exam Guide Mods 1-12* PDF
- Client-Practitioner Folder #3 (completed with the previous practice client and turned in at the beginning of class on the first day of Workshop 3)
- Client-Practitioner Folder #4 (completed with a new practice client and turned in at the beginning of class on the first day of Workshop 3): Your Instructor will post specific due dates in Brightspace, the NTA's online learning system. Note that some instructors may request that you mail in your folders before the workshops or upload a digital version.

COURSEWORK

Mod 13: Applied Nutritional Therapy

MODULE OBJECTIVES

- Understand the “Foundational” approach to addressing joint issues
- Understand the “Foundational” approach to addressing weight loss
- Understand the “Foundational” approach to addressing mental health issues

REQUIRED VIDEO LECTURES

Video Lecture	Length (hh:mm:ss)
13.01 – Joint Health	00:37:37
13.02 – The Foundations and Joint Health	00:19:13
13.03 – Weight Loss	00:09:18
13.04 – The Foundations and Weight Loss	00:28:13
13.05 – Bonus Topic - Metabolic Typing	00:35:15
13.06 – Mental Health	01:05:51
13.07 – The Foundations and Mental Health	00:09:26
13.08 – The Powerful Impact of Food on Epigenetics	01:50:00

REQUIRED READING

Text	Assigned Reading
The Omnivore’s Dilemma	All
Staying Healthy With Nutrition	Chapter 17: Weight Loss – pgs. 684-695; Weight Gain – pgs. 695-698; Mental Health - Depression, Anxiety, and Attention-Deficit/Hyperactivity Disorder – pgs. 727-739

ASSIGNMENTS

- Multiple choice quiz based on the required reading and PowerPoint slides
- Book review on *The Omnivore's Dilemma*
- Essay: Explain why adequate digestion is key to maintaining optimal mental wellness.
- Community Project Report

COURSEWORK

Mod 14: Business Basics

MODULE OBJECTIVES

- Equip yourself with the tools, tips, and confidence you need to start or expand your practice
- Understand the basic tasks required to start and operate a successful business
- Optimize your business through effective marketing and efficient practice management

REQUIRED AUDIO LECTURES

Audio Lecture	Length (hh:mm:ss)
Business Basics (Part 1)	00:59:23
Business Basics (Part 2)	01:58:47

REQUIRED READING

Text	Assigned Reading
The PEACE Process	All

ASSIGNMENTS

- Book review on *The PEACE Process*
- Essay: Describe how you see yourself using your NTP training in the next year. Where/how do you expect to practice? Will you have a specialty? Who will you seek as clients?
- Complete the *NTP Business Success Checklist*

COURSEWORK

Mod 15: Beyond the Foundations

MODULE OBJECTIVES

- Learning how to read scientific papers and review research.
- Understanding how to apply nutritional therapy in sports nutrition
- Understanding the critical importance of Vitamin D & how best to obtain it
- Understanding the relationship between nutrition and fertility
- Understanding the role of probiotics and enzymes
- Understanding the basics of popular diets

REQUIRED AUDIO LECTURES

Audio Lecture	Length (hh:mm:ss)
Vitamin D (Part 1)	00:51:24
Vitamin D (Part 2)	00:41:53
Sports Nutrition (Part 1)	01:01:42
Sports Nutrition (Part 2)	00:54:29
Fertility (Part 1)	00:55:54
Fertility (Part 2)	00:25:49
Probiotics & Enzymes (Part 1)	00:56:09
Probiotics & Enzymes (Part 2)	00:48:29
Popular Diets (Part 1)	00:47:38
Popular Diets (Part 2)	00:51:58
Popular Diets (Part 3)	00:28:09

REQUIRED READING

Text	Assigned Reading
How to Read a Paper	All
Reviewing Research (PDF)	All
Introduction to Botanical Medicine (PDF)	All

ASSIGNMENTS

- Multiple choice quiz based on the required reading
- Book review on *How to Read a Paper*

RECOMMENDED RESOURCES

Recommended Books, Sites & Apps

The following resources are *recommendations* only, and absolutely NOT required to complete the NTP program. During the course, prioritize completing the required texts above first, turning to these resources only if you get significantly ahead in your studies, are struggling to understand a given concept, or are looking to continue your education after graduation.

ANATOMY & PHYSIOLOGY

- [Anatomy & Physiology videos](#) by CrashCourse
- [Human Anatomy & Physiology videos](#) by Khan Academy
- [Clinical Anatomy Made Ridiculously Simple](#) by Stephen Goldberg, MD & Hugue Ouellette, MD
- [The Anatomy Coloring Book](#) by Wynn Kapit & Lawrence M. Elson
- [Essential Anatomy 5](#), an interactive 3-D anatomy app on iOS, macOS, Android & Windows

NUTRITION

- [Eat Naked: Unprocessed, Unpolluted, and Undressed Eating for a Healthier, Sexier You](#) by Margaret Floyd, NTP
- [Eat the Yolks: Discover Paleo, Fight Food Lies, and Reclaim Your Health](#) by Liz Wolfe, NTP
- [Nutrition Essentials for Mental Health: A Complete Guide to the Food-Mood Connection](#) by Leslie Korn, PhD
- [Healing With Whole Foods: Asian Traditions and Modern Nutrition](#) by Paul Pitchford
- [World's Healthiest Foods: The Force For Change To Health-Promoting Foods and New Nutrient-Rich Cooking \(2nd Edition\)](#) by George Matelijan
- [The Micronutrient Miracle: The 28-Day Plan to Lose Weight, Increase Your Energy, and Reverse Disease](#) by Mira & Jayson Calton
- [The Encyclopedia of Healing Foods](#) by Michael Murray, ND

FOOD SHOPPING & SOURCING

- [Rich Food Poor Food: The Ultimate Grocery Purchasing System](#) by Mira & Jayson Calton
- [The Pantry Principle: How to Read the Label and Understand What's Really in Your Food](#) by Mira Dessy, NE
- [Gardening When It Counts: Growing Food in Hard Times](#) by Steve Solomon
- [Folks, This Ain't Normal: A Farmer's Advice for Happier Hens, Healthier People, and a Better World](#) by Joel Salatin
- [Death by Food Pyramid: How Shoddy Science, Sketchy Politics and Shady Special Interests Have Ruined Our Health](#) by Denise Minger
- [Fast Food Nation: The Dark Side of the All-American Meal](#) by Eric Schlosser
- [Food Inc.: A Participant Guide: How Industrial Food is Making Us Sicker, Fatter, and Poorer-And What You Can Do About It](#)
- [The Crazy Makers: How the Food Industry Is Destroying Our Brains and Harming Our Children](#) by Carol Simontacchi

RECOMMENDED RESOURCES

COOKING

- [The Good Mood Kitchen: Simple Recipes and Nutrition Tips for Emotional Balance](#) by Leslie Korn, PhD
- [Digestive Health with REAL Food: The Cookbook](#) by Aglaée Jacob, MS, RD
- [Practical Paleo: A Customized Approach to Health and a Whole-Foods Lifestyle](#) by Diane Sanfilippo
- [The Autoimmune Paleo Cookbook: An Allergen-Free Approach to Managing Chronic Illness](#) by Mickey Trescott, NTP
- [The Paleo Approach Cookbook: A Detailed Guide to Heal Your Body and Nourish Your Soul](#) by Sarah Ballantyne, PhD
- [Paleo Takeout: Restaurant Favorites Without the Junk](#) by Russ Crandall
- [The Healing Kitchen: 175+ Quick & Easy Paleo Recipes to Help You Thrive](#) by Alaena Haber & Sarah Ballantyne, PhD
- [The Heal Your Gut Cookbook: Nutrient-Dense Recipes for Intestinal Health Using the GAPS Diet](#) by Hilary Boynton & Mary G. Brackett
- [All-American Paleo Table: Classic Homestyle Cooking from a Grain-Free Perspective](#) by Caroline Potter, NTP
- [Fresh & Fermented: 85 Delicious Ways to Make Fermented Carrots, Kraut, and Kimchi Part of Every Meal](#) by Julie O'Brien, NTP & Richard J. Climenhage
- [The Nourished Kitchen: Farm-to-Table Recipes for the Traditional Foods Lifestyle Featuring Bone Broths, Fermented Vegetables, Grass-Fed Meats, Wholesome Fats, Raw Dairy, and Kombuchas](#) by Jennifer McGruther
- [Fearless Broths and Soups: Ditch the Boxes and Cans with 60 Simple Recipes for Real People on Real Budgets](#) by Craig Fear, NTP

EPIGENETICS & BIOINDIVIDUALITY

- [Pottenger's Cats: A Study in Nutrition \(2nd Edition\)](#) by Francis M. Pottenger, Jr., MD
- [Pottenger's Prophecy: How Food Resets Genes for Wellness or Illness](#) by Gray Graham, NTP
- [Deep Nutrition: Why Your Genes Need Traditional Food](#) by Kate Shanahan, MD
- [The Primal Blueprint: Reprogram Your Genes for Effortless Weight Loss, Vibrant Health, and Boundless Energy](#) by Mark Sisson
- [The Primal Connection: Follow Your Genetic Blueprint to Health and Happiness](#) by Mark Sisson
- [The Paleo Cure: Eat Right for Your Genes, Body Type, and Personal Health Needs](#) by Chris Kresser, M.S., L.Ac
- [Why Some Like it Hot: Food, Genes, and Cultural Diversity](#) by Gary Nabhan
- [Our Stolen Future: Are We Threatening Our Fertility, Intelligence, and Survival](#) by Theo Colborn, Diane Dumsnoski & John Peterson Meyers

DIGESTION & MICROBIOME

- [Gut Health](#) by Chris Kresser (free eBook)
- [Heartburn/GERD](#) by Chris Kresser (free eBook)
- [Digestive Health with REAL Food: A Practical Guide to an Anti-Inflammatory, Nutrient Dense Diet for IBS & Other Digestive Issues](#) by Aglaée Jacob, MS, RD

RECOMMENDED RESOURCES

- [Digestive Wellness: Strengthen the Immune System and Prevent Disease Through Healthy Digestion \(4th Edition\)](#) by Elizabeth Lipsky, PhD, CCN, CNS, CHN, LDN, CFM
- [Brain Maker: The Power of Gut Microbes to Heal and Protect Your Brain—for Life](#) by David Perlmutter, MD
- [Gut and Psychology Syndrome: Natural Treatment for Autism, Dyspraxia, A.D.D., Dyslexia, A.D.H.D., Depression, Schizophrenia](#) by Natasha Campbell-McBride, MD
- [Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health](#) by William Davis, MD
- [Dangerous Grains: Why Gluten Cereal Grains May Be Hazardous To Your Health](#) by James Braly, Ron Hogan & Jonathan Wright
- [The Second Brain: A Groundbreaking New Understanding of Nervous Disorders of the Stomach and Intestine](#) by Michael Gershon, MD
- [Dr. Jensen's Guide to Better Bowel Care](#) by Dr. Bernard Jensen
- [The Digestion Sessions](#) video interview series by Sean Croxton

FATTY ACIDS & CHOLESTEROL

- [Primal Fat Burner: Live Longer, Slow Aging, Super-Power Your Brain, and Save Your Life with a High-Fat, Low-Carb Paleo Diet](#) by Nora Gedgudas
- [Cholesterol Clarity: What the HDL is Wrong with my Numbers?](#) by Jimmy Moore & Eric C. Westman
- [Eat Fat, Lose Fat: The Healthy Alternative to Trans Fats](#) by Mary Enig, PhD & Sally Fallon
- [Fats That Heal, Fats That Kill: The Complete Guide to Fats, Oils, Cholesterol and Human Health](#) by Udo Erasmus

BLOOD SUGAR REGULATION

- [Why We Get Fat: And What to Do About It](#) by Gary Taubes
- [Primal Body, Primal Mind: Beyond the Paleo Diet for Total Health and a Longer Life](#) by Nora Gedgudas, CNS, NTP
- [Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar—Your Brain's Silent Killers](#) by David Perlmutter, MD
- [Sugar Blues](#) by William Dufty
- [Protein Power: The High-Protein/Low Carbohydrate Way to Lose Weight, Feel Fit, and Boost Your Health](#) by Michael Eades, MD

ADRENALS

- [Rethinking Fatigue: What Your Adrenals Are Really Telling You And What You Can Do About It](#) by Nora Gedgudas
- [The Adrenal Reset Diet: Strategically Cycle Carbs and Proteins to Lose Weight, Balance Hormones, and Move from Stressed to Thriving](#) by Alan Christianson, NMD
- [Caffeine Blues: Wake Up to the Hidden Dangers of America's #1 Drug](#) by Stephen Cherniske

HYDRATION

- [Water: The Ultimate Cure](#) by Steve Myerowitz

RECOMMENDED RESOURCES

- [Salt Your Way to Health](#) by David Brownstein, MD

ENDOCRINE SYSTEM

- [The Hormone Cure: Reclaim Balance, Sleep and Sex Drive; Lose Weight; Feel Focused, Vital, and Energized Naturally with the Gottfried Protocol](#) by Dr. Sara Gottfried
- [The Thyroid Sessions](#) video series by Sean Croxton
- [The Oxytocin Factor: Tapping The Hormone of Calm, Love & Healing](#) by Kerstin Uvnäs Moberg and Kerstin Uvnäs-Moberg
- [Dr. Abravanel's Body Type Diet and Lifetime Nutrition Plan](#) by Elliot Abravanel, MD

IMMUNE SYSTEM

- [The Wahls Protocol: A Radical New Way to Treat All Chronic Autoimmune Conditions Using Paleo Principles](#) by Terry Wahls, MD
- [The Paleo Approach: Reverse Autoimmune Disease and Heal Your Body](#) by Sarah Ballantyne
- [The Autoimmune Solution: Prevent and Reverse the Full Spectrum of Inflammatory Symptoms and Diseases](#) by Amy Myers
- [Why Do I Still Have Thyroid Symptoms? when My Lab Tests Are Normal: a Revolutionary Breakthrough in Understanding Hashimoto's Disease and Hypothyroidism](#) by Datis Kharrazian, DHSc, DC, MS
- [Hashimoto's Thyroiditis: Lifestyle Interventions for Finding and Treating the Root Cause](#) by Izabella Wentz, Pharm.D., FASCP
- [Immune System](#) video series by CrashCourse
- [The Pulse Test](#) by Arthur F. Coca

CARDIOVASCULAR SYSTEM

- [The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan That Will](#) by Jonny Bowden, PhD, CNS & Stephen Sinatra, MD
- [The Homocysteine Revolution: A Bold New Approach to the Prevention of Heart Disease](#) by Kilmer McCully, MD
- [The Diet-Heart Myth](#) by Chris Kresser (free eBook)

DETOXIFICATION

- [Whole Detox: A 21-Day Personalized Program to Break Through Barriers in Every Area of Your Life](#) by Dr. Deanna Minich
- [The Detox Book: How to Detoxify Your Body to Improve Your Health, Stop Disease and Reverse Aging](#) by Dr. Bruce Fife
- [The Fast Track Detox Diet](#) by Anne Louise Gittleman, PhD, CNS
- [Ten Days to Optimal Health](#) by Kristina Amelong

HERBOLOGY

- [A Modern Herbal](#) (Volumes 1 & 2) by Maud Grieve
- [Holistic Herbal: Complete Illustrated Guide](#) by David Hoffman
- [Nutritional Herbiology: A Reference Guide to Herbs](#) by Mark Pedersen

RECOMMENDED RESOURCES

DRUG INTERACTIONS

- [MyTavin.com: Calculate Your Needs](#)
- [The Side Effects Bible: The Dietary Solution to Unwanted Side Effects of Common Medications](#) by Dr. Frederic Vagnini
- [Drug Muggers: Which Medications are Robbing Your Body of Essential Nutrients—And Natural Ways to Restore Them](#) by Suzy Cohen, RPh
- [The Essential Herb-Drug-Vitamin Interaction Guide: The Safe Way to Use Medications and Supplements Together](#) by Dr. George T. Grossberg & Barry Fox
- [The Pharmaceutical Myth: Letting Food be Your Medicine is the Answer for Health](#) by Gerald Roliz, CNC
- [The Nutritional Cost Of Drugs: A Guide To Maintaining Good Nutrition While Using Prescription And Over-The-Counter Drugs](#) by Ross Pelton & James Lavalle
- [Herb, Nutrient, and Drug Interactions: Clinical Implications and Therapeutic Strategies](#) by Mitch Stargrove

SLEEP, RELAXATION & MEDITATION

- [Lights Out: Sleep, Sugar, and Survival](#) by T. S. Wiley
- [Go To Bed: 14 Easy Steps to Healthier Sleep](#) by Sarah Ballantyne, PhD (online course)
- [Calm.com](#) & [Headspace](#) (meditation smartphone apps)
- [The Primal Connection: Follow Your Genetic Blueprint to Health and Happiness](#) by Mark Sisson (see “Honoring the Sun” chapter)
- [8 Tips for Beating Insomnia and Improving Your Sleep](#) by Chris Kresser (blog post)

MOVEMENT

- [Move Your DNA: Restore Your Health Through Natural Movement](#) by Katy Bowman
- [Fit Soul, Fit Body: 9 Keys to a Healthier, Happier You](#) by Mark Allen & Brant Secunda
- [Paleo Fitness: A Primal Training and Nutrition Program to Get Lean, Strong and Healthy](#) by Darryl Edwards
- [Becoming a Supple Leopard 2nd Edition: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance](#) by Dr. Kelly Starrett

PSYCHOLOGY & HABIT FORMATION

- [Better Than Before: What I Learned About Making and Breaking Habits—to Sleep More, Quit Sugar, Procrastinate Less, and Generally Build a Happier Life](#) by Gretchen Rubin
- [The Four Tendencies: The Indispensable Personality Profiles That Reveal How to Make Your Life Better \(and Other People’s Lives Better, Too\)](#) by Gretchen Rubin
- [The Power of Habit: Why We Do What We Do in Life and Business](#) by Charles Duhigg
- [Transform Your Habits: The Science of How to Stick to Good Habits and Break Bad Ones](#) by James Clear (free eBook)
- [Thinking Fast and Slow](#) by Daniel Kahneman

RECOMMENDED RESOURCES

BUSINESS & PRODUCTIVITY

- [The Holistic Entrepreneurs Association](#) (free e-newsletter, resources, tools, and tips from Jessica Pantermuehl, NTP, awarded 2016 “NTA Rookie of the Year”)
- [Fizzle: Honest Online Business Training & The Community That Won’t Let You Quit](#) (an online video training & forum for entrepreneurs)
- [The Fizzle Show: A Podcast for Creative Entrepreneurs & Honest Business Builders](#) (a free podcast with Corbett Barr, Chase Reeves, and Steph Crowder)
- [Courage + Clarity: What Does it Really Take to Make a Living Doing the Work You Love?](#) (a free podcast by Fizzle’s Steph Crowder)
- [The Fire Starter Sessions: A Soulful + Practical Guide to Creating Success on Your Own Terms](#) by Danielle LaPorte
- [altMBA](#), an online course created by Seth Godin for “people who want to create change and lead”
- [Tribes: We Need You to Lead Us](#) by Seth Godin
- [The \\$100 Startup: Reinvent the Way You Make a Living, Do What You Love, and Create a New Future](#) by Chris Guillebeau
- [Legal Guidelines for Unlicensed Practitioners](#) by Dr. Lawrence Wilson
- [The Small Business Owner’s Manual](#) by Joe Kennedy
- [How to Open or Improve a Successful Alternative Health Care Practice](#) by Theodore W. Robinson
- [How to Succeed as a Small Business Owner... and Still Have a Life!](#) by Bill Collier
- [Getting Things Done: The Art of Stress-Free Productivity](#) by David Allen
- [Networking Magic](#) by Rick Frishman & Jill Lublin
- [The Art of the Start: A Time-Tested, Battle-Hardened Guide for Anyone Starting Anything](#) by Guy Kawasaki

RESEARCH

- [How to Read and Understand Scientific Research](#) by Chris Kresser (blog post)
- [The Craft of Research](#) by Wayne Booth, Gregory Colomb & Joseph Williams
- [Summing Up: The Science of Reviewing Research](#) by Richard Ligh
- [How to Lie with Statistics](#) by Darrell Huff