



Nature Care College

BOOKLIST

ADVANCED DIPLOMA OF INTEGRATIVE NATURAL HEALTH

Compulsory Textbooks & Resources

NOTE: If a unit of study from your course is not listed in this document, then there is no compulsory textbook for the unit

Some suggested sources for all textbooks unless otherwise stated:

- **Booktopia:** <https://www.booktopia.com.au/>
- **The Nile:** <https://www.thenile.com.au/>
- **Amazon AU:** <https://www.amazon.com.au/>
- **Bookdepository:** <https://www.bookdepository.com/>

ANATOMY & PHYSIOLOGY

Body Structures/ Body Systems/ Integrative Anatomy & Physiology

AND

BODY CHEMISTRY A & B

Tortora, G. J., & Derrickson, B. H. (2019). *Principles of Anatomy and Physiology* (2nd Asia-Pacific ed.). Wiley.

Additional source to the ones mentioned above:

Wiley Direct (Publisher's web-shop): <https://www.wileydirect.com.au/>

BACH FLOWER REMEDIES

Bach, E. (2005). *The essential writings of Dr Bach: the twelve healers and heal thyself*. Random House.

And

Barnard, J. (1979). *A Guide to the Bach Flower Remedies*. C.W. Daniel, Essex, UK.

And

Weeks, N. (1973). *The Medical Discoveries of Edward Bach*. C.W. Daniel, Essex, UK.

BUILDING YOUR SUCCESSFUL PRACTICE

Weir, M. (2016). *Law and ethics in complementary medicine* (5th ed). A&U Academic.

And

Medhurst, R. (2016). *The business of healing: a guide to practice establishment and practice management for non-medical healthcare professionals* (3rd ed). Self published, SA, Australia.

Medhurst's *The Business of Healing* available from the following source:

Directly via the author: <http://www.adelaidehillsnaturopath.com.au>

Email: medhurstr@yahoo.com

CLINICAL PRACTICE 1A & 1B

AND

NATUROPATHIC DIAGNOSIS

Weatherby D, Ferguson S. c2002 (or reprints). *Blood chemistry and CBC analysis; clinical laboratory testing from a functional perspective*. Bear Mountain Publishing, USA.

FOUNDATIONS OF NUTRITION A & B

Whitney, E. et al. (2019). *Understanding nutrition* (4th Australian and NZ ed.). Cengage Learning, Australia.

Additional source to the ones mentioned above:

Cengage (Publisher's website): <https://au.cengage.com/>

HERBAL MEDICINE A, B & C – MATERIA MEDICA

Bartram, T. (1998 or reprints). *Bartram's encyclopedia of herbal medicine*. Little Brown, UK.

And

Griggs, B. (1997). *Green pharmacy: the history and evolution of western herbal medicine*, revised edition. Healing Arts Press, USA.

HERBAL THERAPEUTICS A & C

Braun, L. & Cohen, M. (2015). *Herbs and natural supplements: an evidence-based guide*, (4th ed). Elsevier.

And

Bone, K & Mills, S. (2013) *Principles and practice of phytotherapy* (2nd ed). Churchill, Livingston.

HERBAL THERAPEUTICS B

Trickey, R. (2011). *Women, Hormones and the Menstrual Cycle* (3rd ed.). Fairfield, VIC, Australia: Trickey Enterprises (Victoria) Pty Limited.

IRIDOLOGY 1A & 1B (Textbook)

Conlon, L. (2017). *Iridology: a beginner's guide*. (Revised and expanded ed). Digi Image, Sydney.

Available from the following source:

Directly from your lecturer Lis Conlon

Email: lis@lisconlon.com

IRIDOLOGY 1A & 1B (Iridology Chart)

Jensen, B. (2004). Iridology Chart. California: Bernard Jensen International. (Revisions by Ellen Tart-Jensen)

Source:

Bernard Jensen International: <https://myinfiniteiris.com/product/updated-iridology-desk-chart-w-nutrition-chart-on-back11-x-17-laminated/>

IRIDOLOGY 1A & 1B (Iriscope)

Iriscope - 10x Magnification

Sources:

1. Iridology World: http://iridology.nl/viewpage.php?page_id=5

5x, 10x, 15x and 20x magnifiers

2. Bernard Jensen International: <https://myinfiniteiris.com/product-category/courses-and-learning-tools-for-iridology-nutrition/magnifying-lens-courses-and-learning-tools-for-iridology-nutrition/>

10x magnifiers

3. Stanley Supply Services: <https://www.iensentools.com/magna-lite-3002-10x-illuminated-hand-held-magnifier/p/534in012>

10x magnifiers

NUTRITIONAL THERAPEUTICS A & B

Pizzorno, J.E. et al. (2015). *The clinician's handbook of natural medicine*, (3rd ed). Elsevier.

Additional source to the ones mentioned above:

Elsevier (Publishers website): <https://www.elsevier.com/en-au/books-and-journals>

PRINCIPLES OF MICRONUTRIENTS A & B

Higdon, J. (2011). *An evidence-based approach to vitamins and minerals* (2nd ed). Thieme, Germany.

(Information can also be found via Linus Pauling Institute Micronutrient Information Centre: <https://lpi.oregonstate.edu/mic>)

SYMPTOMATOLOGY, DIAGNOSIS & PATHOLOGY A, B & C

Grossman, S. et al. (2019). *Porth's pathophysiology: concepts of altered health states*, (10th ed.). Lippincott Williams and Wilkins, Philadelphia.

Additional sources to the ones mentioned above:

Wolters Kluwer (Publisher web-shop): <https://shop.lww.com/>