



Nature Care College

BOOKLIST

PROFESSIONAL CERTIFICATE IN FOOD & NUTRITION COACHING

Compulsory Textbooks

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

FOOD AS MEDICINE

Foods that harm foods that heal: An A-Z guide of what to eat and what to avoid for optimum health, c2013 or later, revised edition. Reader's Digest Australia Pty Ltd, Sydney.

Some suggested sources:

- **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/>
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- *Foods that Harm, Foods that Heal* via the [Readers Digest Shop](#)