

## BOOKLIST

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**Section 1 Compulsory Texts**

**Section 2 E- Learning**

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Text Books can be purchased from the

**Nature Care Library.**

**Located on Level 3  
178 Pacific Highway, St Leonards**

This list of compulsory texts is published on the Nature Care College website "Booklist"

**<http://www.naturecare.com.au>**

**Select: Student Centre**

**Student Forms**

**Under General Forms find:**

**Booklist**

**Or find it in the Administration Resources listed on the left hand column of your home page on Moodle.**

The compulsory texts and recommended readings are listed on the individual Unit of Study Outlines which can be viewed on individual Moodle Courses.

**NOTE: If your unit of study is not listed in this document, there is no set/compulsory textbook for the unit.**

### **Price guide:**

The prices are recommended retail; students then receive 10% discount off RRP on most compulsory texts

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# Section 1

## Compulsory Text Books by Unit of Study A-Z

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A...

### **ADVANCED AROMATHERAPY**

Battaglia, S. (2004). *The Complete Guide to Aromatherapy* (2nd ed.). The Perfect Potion.

\$69.95

### **ADVANCED COACHING SKILLS AND TOOLS**

Kimsey-House, H., Kimsey-House, K., & Sandahl, P. (n.d.). *Co-active coaching: Changing business, transforming lives*. Hachette UK.

(latest edition available)

RRP \$62.00

**Limited stock available or can be purchased from external suppliers**

### **ANATOMY & PHYSIOLOGY BODY STRUCTURES/BODY SYSTEMS/INTEGRATIVE ANATOMY & PHYSIOLOGY**

Tortora, G. J., & Derrickson, B. H. (2014). *Principles of Anatomy and Physiology* (14th ed.). Wiley.  
(Unbound document)

\$120.95

**Limited stock available. A copy can be ordered directly via**

<http://www.wileydirect.com.au/buy/principles-of-anatomy-and-physiology-14th-edition/>

### **AROMATHERAPY ESSENTIALS**

Battaglia, S. (2004). *The Complete Guide to Aromatherapy* (2nd ed.). The Perfect Potion.

\$69.95

### **AROMATHERAPY SKIN CARE & PRODUCTS**

Battaglia, S. (2004). *The Complete Guide to Aromatherapy* (2nd ed.). The Perfect Potion.

\$69.95

### **ASTROLOGY 1**

Parampara, P. C. (2000). *Star Lore - A Beginner's Guide to Astrology*. Self-Published.

**This can be purchased directly from trainer**

### **AYURVEDIC MEDICINE – AN INTRODUCTION**

Matthews, S. (2016). *The Art of Balanced Living: The Right Diet and Lifestyle for Your Body Type*. Finch Publishing.

\$29.95

**Purchased directly from the trainer Shaun Matthews**

## **B...**

### **BACH FLOWER REMEDIES**

Bach, E. (2005). *The essential writings of Dr. Edward Bach: The Twelve Healers and Heal Thyself*. Random House.

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

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

**These can be purchased from external suppliers on-line**

### **BIOMEDICAL SCIENCE**

Bettelheim, F. A., Brown, W. H., Campbell, M. K., Farrell, S. O., & Torres, O. (2016). *Introduction to General, Organic and Biochemistry* (11th ed.). Cengage Learning US.

(or later editions)

\$174.96

### **BOTANY**

Tan, E. (2013). *Botany of the Flowering Plants* (4th ed.). Eleanor Tan.

\$ 30.00

### **BUILDING YOUR COACHING SPECIALTY**

Kimsey-House, H., Kimsey-House, K., & Sandahl, P. (n.d.). *Co-active coaching: Changing business, transforming lives*. Hachette UK.

(latest edition available)

RRP \$62.00

**Limited stock available or can be purchased from external suppliers**

### **BUILDING YOUR SUCCESSFUL PRACTICE**

Weir, M. (2016). *Law and Ethics in Complementary Medicine* (5th ed.). A&U Academic.

\$49.99

## **C...**

### **CLINICAL SPORTS THERAPY**

McGillcuddy, M. (2011). *Massage for Sport Performance*. Human Kinetics.

\$35.95

## COACHING SUBJECTS

- CORE COACHING SKILLS
- COACHING IN PRACTICE 1 & 2
- CREATING AWARENESS & TRANSFORMATION
- ADVANCED COACHING SKILLS & TOOLS
- COACHING INTEGRATION
- MARKETING FOR COACHES

Kimsey-House, H., Kimsey-House, K., & Sandahl, P. (n.d.). *Co-active coaching: Changing business, transforming lives*. Hachette UK.

(latest edition available)

RRP \$62.00

**Limited stock available or can be purchased from external suppliers**

## **F...**

### FOOD AS MEDICINE

Murray, M. T. (2013). *The Complete Book of Juicing, Revised and Updated: Your Delicious Guide to Youthful Vitality*. USA: Clarkson Potter Publishers.

\$24.95

**Limited stock available or can be purchased from external suppliers on-line**

*Foods that Harm, Foods that Heal: An A-Z Guide of what to Eat and what to Avoid for Optimum Health*. (2013). Reader's Digest (Australia) Pty Ltd.

(This is not a compulsory textbook)

**This can be purchased from Readers Digest - Code 0415007**

### FOUNDATIONS OF HOMOEOPATHY A, B & C

Boericke, W. (1998). *Pocket Manual of Homoeopathic Materia Medica & Repertory*. B. Jain publishers.

OR

Vermeulen, F. (1997). *Concordant Materia Medica* (2nd ed.). Emryss bv.

Schroyens, F. (2012). *The Essential Synthesis* (9.2 ed.). HB Publications.

Hahnemann, S. (1970). *The Organon of Medicine* (5th & 6th ed.). BJAIN.

**These can be purchased online via Amazon.com,  
Bookdepository.com and/or <http://www.narayana-verlag.com>**

### FOUNDATIONS OF NUTRITION A & B

Whitney, E., Rolfes, S., Crowe, T., Cameron-Smith, D., & Walsh, A. (2017). *Understanding Nutrition* (3rd ed.). Cengage Learning Australia.

\$149.95

## **FUNCTIONAL ANATOMY**

Tortora, G. J. (2005). *A Brief Atlas of the Skeleton, Surface Anatomy, and Selected Medical Images* (4th ed.). John Wiley & Sons Inc.

**These can be purchased from external suppliers on-line**

## **H...**

### **HERBAL MEDICINE 1 A, B & C – MATERIA MEDICA**

Bartram, T. (1998). *Bartram's Encyclopedia of Herbal Medicine*. London: Robinson.  
(or later editions)

**This can be purchased from external suppliers on-line**

Griggs, B. (1997). *Green Pharmacy: The History and Evolution of Western Herbal Medicine* (3rd ed.). Healing Arts Press.

\$42.95

**Limited stock available, can be purchased externally**

### **HERBAL MANUFACTURING**

Tan, E., & Adams, J. (2012). *Herbal Manufacturing: How to Make Medicines from Plants* (2nd ed.). Eleanor Tan.

\$33.50

### **HERBAL THERAPEUTICS 2 (GIT, REPRO, RESP)**

Braun, L., & Cohen, M. (2015). *Herbs and Natural Supplements: An Evidence-based Guide* (4th ed.). Elsevier.  
(2 Volume Pack)

\$99.00

Bone, K., & Mills, S. (2013). *Principles and Practice of Phytotherapy* (2nd ed.). Churchill Livingstone.

\$134.00

### **HERBAL THERAPEUTICS –REPRO**

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

\$130.00

### **HERBAL THERAPEUTICS 3**

Braun, L., & Cohen, M. (2015). *Herbs and Natural Supplements: An Evidence-based Guide* (4th ed.). Elsevier.  
(2 Volume Pack)

\$99.00

Bone, K., & Mills, S. (2013). *Principles and Practice of Phytotherapy* (2nd ed.). Churchill Livingstone.

\$134.00

I...

### **INTRODUCTION TO NUTRITION**

Whitney, E., Rolfes, S., Crowe, T., Cameron-Smith, D., & Walsh, A. (2017). *Understanding Nutrition* (3rd ed.). Cengage Learning Australia.

\$149.95

### **IRIDOLOGY 1A**

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

\$110.00

**Purchased directly from Lis Conlon**

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

\$14.50

Iriscope – 10x Magnification

\$39.95

**Can be purchased via the College Wellness Centre**

**External suppliers:**

**Iridology World**

[http://iridology.nl/viewpage.php?page\\_id=5](http://iridology.nl/viewpage.php?page_id=5)

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

**Bernard Jensen International**

[http://www.bernardjensen.com/MagnifyingLen](http://www.bernardjensen.com/MagnifyingLens_c_16.html)

[s\\_c\\_16.html](http://www.bernardjensen.com/MagnifyingLens_c_16.html)

**10x magnifiers**

**Stanley Supply Services**

[http://www.stanleysupplyservices.com/magnalit](http://www.stanleysupplyservices.com/magnalite-3002-10x-magnifier/p/119-539)

[e-3002-10x-magnifier/p/119-539](http://www.stanleysupplyservices.com/magnalite-3002-10x-magnifier/p/119-539)

**10x magnifiers**

**Stanley Supply Services**

[http://www.stanleysupplyservices.com/fowlerill](http://www.stanleysupplyservices.com/fowlerilluminated-magnifier/g/8514)

[uminated-magnifier/g/8514](http://www.stanleysupplyservices.com/fowlerilluminated-magnifier/g/8514)

**10x magnifiers**

## **IRIDOLOGY 1B**

Conlon, L. (2017). *Iridiology: a Beginner's Guide*. (Revised and expanded ed.). Sydney: Digi Image.

**Purchased directly from Lis Conlon**

## **M...**

### **MEDITATION 1 & 2**

Monaghan, P., & Viereck, E. G. (2011). *Meditation: the Complete Guide : Techniques from East and West to Calm the Mind, Heal the Body, and Enrich the Spirit* (Revised ed.). Novato, CA, United States: New World Library.

\$26.95

**Limited stock available**

## **N...**

### **NATUROPATHIC DIAGNOSIS**

Weatherby, D., & Ferguson, S. (2004). *Blood Chemistry and CBC Analysis*. United Kingdom: Weatherby & Associates, LLC.

**This can be purchased from external suppliers on-line**

### **NUTRITIONAL THERAPEUTICS**

Pizzorno, J. E., Murray, M. T., & Joiner-Bey, H. (2015). *The Clinician's Handbook of Natural Medicine* (3rd ed.). Elsevier.

\$80.00

## **P...**

### **PHARMACOGNOSY**

Ganora, L. (2009). *Herbal Constituents – Foundations of Phytochemistry* (1st ed.). Lisa Ganora.

\$45.00

### **PHARMACOLOGY**

Bryant, B., & Knights, K. (2015). *Pharmacology for Health Professionals* (4th ed.). Sydney: Elsevier Australia.

\$135.00

### **PRINCIPLES OF NUTRIENTS**

Higdon, J., & Drake, V. J. (2011). *An Evidence-Based Approach to Vitamins and Minerals* (2nd ed.). Thieme.

\$90.00

## R...

### **REMEDIAL MASSAGE**

Casanelia, L., & Stelfox, D. (2009). *Foundations of Massage* (3rd ed.). Elsevier.

\$109.95

## S...

### **SUBTLE ANATOMY ENERGY SYSTEMS**

Harper, J. (2000). *Nine Ways to Body Wisdom* (New ed.). London, United Kingdom: HarperCollins Publishers.

**This can be purchased from external suppliers**

### **SUBTLE ANATOMY CHAKRAS**

Myss, C. (1997). *Anatomy Of The Spirit*. London, United Kingdom: Transworld Publishers Ltd.

**This can be purchased from external suppliers on-line**

### **SWEDISH MASSAGE**

Casanelia, L., & Stelfox, D. (2009). *Foundations of Massage* (3rd ed.). Elsevier.  
*(Complimentary upon commencement of course)*

\$109.95

### **SYMPTOMATOLOGY, DIAGNOSIS & PATHOLOGY 1**

Grossman, S., & Porth, C. M. (2013). *Porth's Pathophysiology : Concepts of Altered Health States* (9th ed.). Philadelphia, United States: Lippincott Williams and Wilkins.

\$142.00

### **SYMPTOMATOLOGY, DIAGNOSIS & PATHOLOGY 2**

Grossman, S., & Porth, C. M. (2013). *Porth's Pathophysiology : Concepts of Altered Health States* (9th ed.). Philadelphia, United States: Lippincott Williams and Wilkins.

\$142.00

## T...

### **THE SCIENCE OF ESSENTIAL OILS**

Battaglia, S. (2004). *The Complete Guide to Aromatherapy* (2nd ed.). The Perfect Potion.

\$69.95





## Section 2 – E- Learning

### Nature Care College is On-Line

Moodle is an open source Learning Management System (LMS) designed to support e-learning. The word “Moodle” is an acronym for Modular Object Oriented Dynamic Learning Environment.

### ***Pedagogy***

Moodle supports active learning rather than just passive learning and improves student engagement by allowing students to be co-contributors and knowledge builders.

Moodle was chosen because of its ease of use, flexibility and adaptability to meet the needs of learning and teaching that are important for Nature Care College.

### ***How will Moodle help me?***

Moodle will give you a simple clear view of learning activities and resources and enable you to access information whenever you require. Through this portal you will be able to receive all your learning materials and resources, submit assignments, take quizzes and tests online, do activities and see all your grades. It will also provide you with an enriched on-line class room learning experience for both on campus and distance learning students.

There will be a forum, where you can communicate with your trainer and classmates on aspects of the course and material.

The Moodle portal will be accessed via the college website with each student using her/his email address as their log-in and password. Passwords can be changed/re-set on line.

### ***What do I need to know before using Moodle?***

As an NCC student you will need to have a Windows or Mac computer with access to the internet. Moodle works well with different operating systems, but the latest version of Windows or Mac OSX are recommended.

Use a broadband connection (256 Kbit/sec or faster) through USB wireless modem, ADSL, T1/T2, fibre optic or cable.

Dial-up access will be significantly slower, and we do not recommend it for using Moodle.

The recommended browsers are:

- Google Chrome 22 or later (recommended for optimal compatibility)

Note that add-ons and toolbars can affect any browser’s performance.

The following will need to be enabled

- Cookies
- Popups (in both internet browser and security software)
- Javascript

Also it is recommended that you are using the latest version of Adobe Flash Player and Adobe Acrobat Reader.

You need to have some basic web browsing and computer skills, including how to attach, upload and download a file.

It really does not take a great deal of skill or computer knowledge to use Moodle and we will supply you with an instruction manual and links to YouTube support media.

Since Moodle is an online learning management system you will need to be online to access the information. Of course there will be activities that you can do offline, so you will not be in front of the computer for the whole time.