



Nature Care College

BOOKLIST

Section 1 Compulsory Texts

Section 2 E- Learning

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

Section 1

Compulsory Text Books by Unit of Study A-Z

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 and Whitworth L, *Co-Active Coaching: Changing Business Transforming Lives*, Nicholas Brealey Publishing, Boston and London. (latest edition available)

RRP \$62.00

Limited stock available or can be purchased from external suppliers

ANATOMY & PHYSIOLOGY BODY STRUCTURES/BODY SYSTEMS/1C

Tortora G. Derrickson B (2014) *Principles of Anatomy and Physiology* 14th Edition, John Wiley & Sons Inc
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/>

ANATOMY & PHYSIOLOGY 2A/2B/2C

Tortora G. Derrickson B (2014) *Principles of Anatomy and Physiology* 14th Edition, John Wiley & Sons Inc
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

ASANA (POSTURES) LEVEL 1

Iyengar, BKS. *Light on Yoga*, Harper Collins.

RRP \$27.99

Farhi, Donna, 2000 *Yoga Mind, Body & Spirit - A Return to Wholeness*, Newleaf.

This can be purchased from external suppliers

Swami Satyananda Saraswati (2002) *Asana Pranayama Mudra Bandha* (Bihar School of Yoga, India).

This can be purchased from external suppliers

ASTROLOGY 1

Parampara, Porteous C. 2000. *Star Lore - A Beginner's Guide to Astrology*. Self-published.

This can be purchased from directly from trainer

AYURVEDIC MEDICINE – AN INTRODUCTION

The art of balanced living - the right diet and lifestyle for your body-type, Dr. Shaun Matthews, Finch Publishing, Sydney, 2016.

\$29.95

Purchased directly from the trainer Shaun Matthews

B...

BACH FLOWER REMEDIES

Dr Edward Bach, 2005. *The Essential Writings of Dr Edward Bach*. Vermillion

Barnard JA, 1979. *Guide to the Bach Flower Remedies*. C.W. Daniel, Essex, England.

Weeks N, 1973. *Medical Discoveries of Edward Bach*,. C.W. Daniel, Essex, England.

These can be purchased from external suppliers on-line

BASIC MARKETING FOR COACHES

Kimsey-House H, Kimsey-House K, Sandahl P and Whitworth L, *Co-Active Coaching: Changing Business Transforming Lives*, Nicholas Brealey Publishing, Boston and London. (latest edition available)

RRP \$62.00

Limited stock available or can be purchased from external suppliers

BIOMEDICAL SCIENCE

Bettelheim. 2012. *Introduction to General Organic & Biochemistry*. 11th Edition. Cengage Learning – or later

\$174.96

BOTANY

Eleanor Tan - 4th Edition, *Botany of the Flowering Plants*

\$ 30.00

BUILDING YOUR COACHING SPECIALTY

Kimsey-House H, Kimsey-House K, Sandahl P and Whitworth L, *Co-Active Coaching: Changing Business Transforming Lives*, Nicholas Brealey Publishing, Boston and London. (latest edition available)

RRP \$62.00

Limited stock available or can be purchased from external suppliers

BUSINESS SKILLS for HEALTH CARE PRACTITIONERS

Allen & Unwin 2011 - 4th Edition *Ethics and Law in Complementary Medicine* - Michael Weir

\$49.95

C...

CLINICAL AROMATHERAPY

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

\$69.95

CLINICAL PRACTICE 1 (HOMOEPATHY)

Schroyens Dr F. *Essential Synthesis*

Hahnemann S. *Organon of Medicine*. 5th & 6th ed. (Dudgeon & Boericke). B.jain publishers

Vermeulen F. Concordant Materia Medica. Edition: 2. Harlem: Emryss; 1997
MIMS Companion, 2006 onwards

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

CLINICAL SPORTS THERAPY

McGillicuddy M., 2011. *Massage for Sport Performance (book/DVD package)*, Human Kinetics

\$35.95

COACHING PRESENCE

Kimsey-House H, Kimsey-House K, Sandahl P and Whitworth L, *Co-Active Coaching: Changing Business Transforming Lives*, Nicholas Brealey Publishing, Boston and London. (latest edition available)

RRP \$62.00

Limited stock available or can be purchased from external suppliers

CREATING AWARENESS AND TRANSFORMATION

Kimsey-House H, Kimsey-House K, Sandahl P and Whitworth L, *Co-Active Coaching: Changing Business Transforming Lives*, Nicholas Brealey Publishing, Boston and London. (latest edition available)

RRP \$62.00

Limited stock available or can be purchased from external suppliers

F...

FOOD FUNDAMENTALS

Murray M. *The complete book of juicing.*- Revised Three Rivers Press USA 2013

\$24.95

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

Stanton R. *Foods That Harm, Foods That Heal – An A-Z Guide of What to Eat and What to Avoid for Optimum Health*, Reader's Digest Australia Pty. Ltd 2013
(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 Materia Medica and repertory Boericke B Jain Publishers

OR

Vermeulen F. Concordant Materia Medica. Edition: 2. Harlem: Emryss; 1997

Schroyens Dr F. *Essential Synthesis*

Hahnemann. S. *Organon of Medicine* - 5 & 6th ed. Translated by Dudgeon & Boericke (B. Jain)

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

FOUNDATIONS OF NUTRITION A & B

Ellie Whitney, Sharon Rady Rolfes, Tim Crowe, David Cameron:Smith, Adam Walsh. 2012-*Understanding Nutrition: Australian and New Zealand edition*. 3rd Ed., Cengage Learning.

\$139.95

H...

HERBAL MEDICINE 1 A, B & C – MATERIA MEDICA

Bartram, T. 1998 or 2002. *Bartram's Encyclopaedia of Herbal Medicine*. Marlowe & Co

This can be purchased from external suppliers on-line

Griggs, B. 1997. *Green Pharmacy*. Healing Arts Press. USA.

\$42.95

Limited stock available, can be purchased externally

HERBAL MANUFACTURING

Adams J, Tan E. 2nd ed 2011. *Herbal Manufacturing, How to make medicines from Plants*

\$33.50

HERBAL THERAPEUTICS 2

Braun, L & Cohen M, 2014. *Herbs & Natural Supplements An evidence-based guide* 4th Edition, (2 Volume Pack) Churchill Livingstone

\$99.00

Mills, Simon & Bone, Kerry *Principles & Practices of Phytotherapy* 2nd Edition. Churchill Livingstone

\$129.95

HERBAL THERAPEUTICS –REPRO

Trickey, Ruth. *Women, Hormones and the Menstrual Cycle*, Trickey Enterprises (Victoria) Pty Ltd 2011. 3rd Edition

\$130.00

HERBAL THERAPEUTICS 3

Braun, L & Cohen M, 2004. *Herbs & Natural Supplements. An evidence-based guide*. 4th Edition (2 Volume Pack) Churchill Livingstone

\$99.00

Mills, Simon & Bone, 2013 Kerry *Principles & Practices of Phytotherapy* Churchill Livingstone 2013 2nd Edition

\$129.95

HOMOEOPATHIC PRINCIPLES AND PRACTICE

Schroyens, Dr F. *Essential Synthesis*

Hahnemann. S. *Organon of Medicine* - 5 & 6th ed. Translated by Dudgeon & Boericke (B. Jain)

Hahnemann, S. '*Materia medica Pura*' (2 Vol's) (B. Jain -Indian publication)

Hahnemann, S. *'The Chronic Diseases'* (2 Vol's) (B. Jain -Indian publication)

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

HOMOEOPATHIC THERAPEUTICS

Hahnemann S. *Organon of Medicine*. 5th and 6th Ed Translated by Dudgeon & Boericke (B. Jain)

Schroyens Dr F. *Essential Synthesis*

Compton-Burnett J. *Curability of Tumours*.

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

I...

INTRODUCTION TO NUTRITION

Ellie Whitney, Sharon Rady Rolfes, Tim Crowe, David Cameron: Smith, Adam Walsh. 2012.

Understanding Nutrition: Australian and New Zealand edition. 3rd Edition, Cengage Learning.

\$149.95

INTRODUCTION TO COUNSELLING

Geldard D, Geldard K. *Basic Personal Counselling* Pearson. (8th edition)

RRP \$72.95

Limited stock available or can be purchased from external suppliers

IRIDOLOGY 1A

Conlon L. *Iridology: A Beginner's Guide*. Revised and expanded edition. Sydney, Australia:

Digi-Image: 2015

\$110.00

Purchased directly from Lis Conlon

Iridology Chart – Developed by Bernard Jensen with Revisions by Ellen Tart-Jensen: California: Bernard Jensen International: 2004.

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

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/magnalite-3002-10x-magnifier/p/119-539>
10x magnifiers

Stanley Supply Services
<http://www.stanleysupplyservices.com/fowlerilluminated-magnifier/g/8514>
10x magnifiers

IRIDOLOGY 1B

Conlon L. Iridology: A Beginner's Guide. Revised and expanded edition. Sydney, Australia: Digi-Image: 2015

Purchased directly from Lis Conlon

M...

MEDITATION 1 & 2

Monaghan and Viereck, Revised edition *Meditation: The Complete Guide*. New World Library.

\$26.95

Limited stock available

N...

NATUROPATHIC DIAGNOSIS

Weatherby D. and Ferguson S. 2004. *Blood chemistry and CBC analysis; clinical laboratory testing from a functional perspective*.

This can be purchased from external suppliers on-line

NUTRITIONAL THERAPEUTICS

Pizzorno JE, Murray MT, Joiner-Bey H. *The Clinician's Handbook of Natural Medicine 3rd edition 2016*

\$77.00

P...

PHARMACOGNOSY

Ganora L. 2009 *Herbal Constituents – Foundations of Phytochemistry* ISBN 9780615273860

\$45.00

PHARMACOLOGY

Bryant, B., Knights, K. and Salerno E, 4th Edition. *Pharmacology for Health Professionals*. Sydney: Mosby.

\$135.00

PRINCIPLES OF MICRONUTRIENTS

Higdon, J. 2011 or 2012. *An evidence based approach to vitamins and minerals*. Thieme International OR Updated online version available from: <http://lpi.oregonstate.edu>

\$90.00

R...

REMEDIAL MASSAGE 1

Tughtan, C, Tughtan V & Stelfox D. 2004. *Foundation of Massage 3rd ed.* Churchill Livingstone. ISBN 9780443067235

\$109.95

REMEDIAL MASSAGE 2

Tughtan, C, Tughtan V & Stelfox D. 2004. *Foundation of Massage 3rd ed.* Churchill Livingstone. ISBN 9780443067235

\$109.95

S...

THE SCIENCE OF ESSENTIAL OILS

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

\$69.95

SPORTS NUTRITION

Burke L, and Deakin V., 2015. *Clinical Sports Nutrition, 5th ed.* McGraw Hill Education

This can be purchased from external suppliers

SUBTLE ANATOMY 2

Myss, C. 1996. *Anatomy of the Spirit*. Bantam Books. South Australia

This can be purchased from external suppliers on-line

SWEDISH MASSAGE

Tughtan, C, Tughtan V & Stelfox D. 2004. *Foundation of Massage 3rd Edition*. Churchill Livingstone.

\$100.00

SYMPTOMATOLOGY, DIAGNOSIS & PATHOLOGY 1

Porth C, Matfin G. 2009. *Pathophysiology - Concepts of Altered Health States. 8th Edition*. Lippincott, Philadelphia, USA. ISBN 9781608314898

\$135.00

SYMPTOMATOLOGY, DIAGNOSIS & PATHOLOGY 2

Porth C, Matfin G. 2009 *Pathophysiology - Concepts of Altered Health States. 8th Edition* Lippincott, Philadelphia, USA. ISBN 9781608314898

\$135.00

T...

THE COACHING RELATIONSHIP

Kimsey-House H, Kimsey-House K, Sandahl P and Whitworth L, *Co-Active Coaching: Changing Business Transforming Lives*, Nicholas Brealey Publishing, Boston and London. (latest edition available)

RRP \$62.00

Limited stock available or can be purchased from external suppliers

COACHING IN PRACTICE 1 THE TRANSFORMATIONAL PROCESS

Kimsey-House H, Kimsey-House K, Sandahl P and Whitworth L, *Co-Active Coaching: Changing Business Transforming Lives*, Nicholas Brealey Publishing, Boston and London. (latest edition available)

RRP \$62.00

Limited stock available or can be purchased from external suppliers

TRANSFORMATION IN THE WORKPLACE

Kimsey-House H, Kimsey-House K, Sandahl P and Whitworth L, *Co-Active Coaching: Changing Business Transforming Lives*, Nicholas Brealey Publishing, Boston and London. (latest edition available)

RRP \$62.00

Limited stock available or can be purchased from external suppliers

TRANSPERSONAL COACHING IN PRACTICE

Kimsey-House H, Kimsey-House K, Sandahl P and Whitworth L, *Co-Active Coaching: Changing Business Transforming Lives*, Nicholas Brealey Publishing, Boston and London. (latest edition available)

RRP \$62.00

Limited stock available or can be purchased from external suppliers

TRANSPERSONAL COACHING INTEGRATION

Kimsey-House H, Kimsey-House K, Sandahl P and Whitworth L, *Co-Active Coaching: Changing Business Transforming Lives*, Nicholas Brealey Publishing, Boston and London. (latest edition available)

RRP \$62.00

Limited stock available or can be purchased from external suppliers

Y...

YOGIC PHYSIOLOGY

Swami Satyananda Saraswati (2002) *Asana Pranayama Mudra Bandha* (Bihar School of Yoga, India).

This can be purchased from external suppliers

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.