



## BOOKLIST

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### CERTIFICATE IN WHOLEFOOD & PLANT-BASED NUTRITION

#### Compulsory Textbooks

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**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:

- [Readers Digest Shop](#)
- **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/>