



BOOKLIST

CPE/SHORT COURSES

Compulsory Textbooks

NOTE: If a unit of study 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/>

Essential Oil Sample Kits - Optional sample kits that include 1mL samples of each essential oil profiled in the following units are available for purchase.

- Advanced Aromatherapy
- Aromatherapy Essentials
- The Holistic Health Toolkit

If you do not have your own essential oil collection, these kits are really useful to bring your learning experience to life!

An Order Form for these can be found at the end of this Booklist.

A...

ADVANCED AROMATHERAPY

Battaglia, S. (2004). *The complete guide to aromatherapy* (2nd ed). The Perfect Potion, Australia.

NOTE: Please do not purchase the 3rd edition of this title (published in 3 large volumes).
The 2nd edition covers all topics needed for the above units.

Source: Perfect Potion: [online shop](#) or from one of their physical shop [locations](#)

ANATOMY & PHYSIOLOGY

Body Structures/ Body Systems/ Integrative Anatomy & Physiology

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

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

AROMATHERAPY ESSENTIALS

Battaglia, S. (2004). *The complete guide to aromatherapy* (2nd ed). The Perfect Potion, Australia.

NOTE: Please do not purchase the 3rd edition of this title (published in 3 large volumes).
The 2nd edition covers all topics needed for the above units.

Source: Perfect Potion: [online shop](#) or from one of their physical shop [locations](#)

AYURVEDIC MEDICINE – AN INTRODUCTION

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

Purchased directly from trainer Shaun Matthews

B...

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.

BODY CHEMISTRY A & B

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

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

BOTANY

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

Available from the following sources:

1. **Books@Stones:** <https://www.booksatstones.com.au/>
2. **Email the author directly:** eleanor.d.tan@gmail.com (EFT or Paypal only)

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

C...

CLINICAL PRACTICE 1A & 1B

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

F...

FOUNDATIONS OF HOMOEOPATHY A, B & C

Boericke W. 1998. *Pocket Manual of Materia Medica and Repertory*. B Jain Publishers.

Or

Vermeulen F, 1997. *Concordant Materia Medica*. 2nd ed.

And

Schroyens F. *Essential Synthesis or Repertorium Homoeopathicum Syntheticum*. 7th ed or later

And

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

Additional sources to the ones mentioned above:

1. **Narayana Homeopathy:** <http://www.narayana-verlag.com>
2. **The Aurum Project:** <https://aurumproject.org.au/store/> (second hand copies depending on availability)

FOUNDATIONS OF NUTRITION A & B

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

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

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.

Also available via the [Readers Digest Shop](#)

H...

HERBAL MANUFACTURING

Tan, E & Adams, J. (2012). *Herbal Manufacturing: how to make medicines from plants* (2nd ed). Eleanor Tan.

Available from the following sources:

1. **Books@Stones:** <https://www.booksatstones.com.au/>
2. **Email the author directly:** eleanor.d.tan@gmail.com (EFT or Paypal only)

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, B & 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.

HOMOEOPATHIC THERAPEUTICS

Boericke W. 1998. *Pocket Manual of Materia Medica and Repertory*. B Jain Publishers.

Or

Vermeulen F, 1997. *Concordant Materia Medica*. 2nd ed.

And

Schroyens F. *Essential Synthesis or Repertorium Homoeopathicum Syntheticum*. 7th ed or later

And

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

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1. **Narayana Homeopathy:** <http://www.narayana-verlag.com>
2. **The Aurum Project:** <https://aurumproject.org.au/store/> (second hand copies depending on availability)

I...

INTRODUCTION TO NUTRITION

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

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

IRIDOLOGY 1A & 1B (Textbook)

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

Available 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.jensentools.com/magna-lite-3002-10x-illuminated-hand-held-magnifier/p/534in012>

10x magnifiers

N...

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.

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>

P...

PHARMACOLOGY

Bryant, B., Knights, K., Darroch S, and Rowland A. (2018). *Pharmacology for Health Professionals*, (5th ed). Mosby, Sydney.

POSITIVE INTERVENTIONS AND CLIENT GOALS

Compton, W & Hoffman, E (2019). *Positive psychology: the science of happiness and flourishing* (2nd ed. or later). SAGE Publications, US.

POSITIVE MENTAL HEALTH AND FLOURISHING

Compton, W & Hoffman, E (2019). *Positive psychology: the science of happiness and flourishing* (2nd ed. or later). SAGE Publications, US.

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>)

S...

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.

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

T...

THE CHAKRA ENERGY SYSTEM

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



Nature Care College

SAMPLE KIT ORDER FORM

Please tick which sample kit you would like to purchase:

- Aromatherapy Essentials Sample Kit – \$35.00**
18 x 1mL Essential Oils
- Advanced Aromatherapy Sample Kit –\$30.00**
12 x 1mL Essential Oils
- The Holistic Health Toolkit – \$40.00**
7 x 1mL Essential Oils, 1 x 10mL Rescue Remedy, 1 x Loose Leaf Tea Sample & Tea Infuser

Personal Details

Title (Mr, Mrs, Miss / Ms: _____

Given Names: _____

Surname: _____

Nature Care Student Number: _____

Phone Number: _____

Postal Address:

Suburb: _____

State: _____

Post Code: _____

Payment Options

Please charge my credit card: Visa Mastercard

Card Number:

Expiry date

Postage: Standard Post - \$8.95

Express Post - \$11.95

CCV

TOTAL PAYMENT \$ _____

Cardholder Name (print): _____

Cardholder Signature _____