



Nature Care College

BOOKLIST

PROFESSIONAL CERTIFICATE OF HOLISTIC WELLNESS 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.

INTRODUCTION TO NUTRITION

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

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/>
- In addition to the above *Understanding Nutrition* is also available via the publisher website: Cengage: <https://au.cengage.com/>
- And *Foods that Harm, Foods that Heal* via the [Readers Digest Shop](#)

Essential Oil Sample Kit - Optional sample kits for The Holistic Health Toolkit unit that include 1mL samples of each essential oil profiled in this course are available for purchase. If you do not have your own essential oil collection, these kits are really useful to bring your learning experience to life!



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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 _____