



Nature Care College

BOOKLIST

PROFESSIONAL CERTIFICATE IN FOOD & NUTRITION 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.

Some suggested sources:

- **The Nile:** <https://www.thenile.com.au/>
- **Amazon AU:** <https://www.amazon.com.au/>
- Try your local bookshop