



BOOKLIST

PROFESSIONAL CERTIFICATE OF NATURAL REMEDIES

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

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.

Bach's *The Twelve Healers and Heal Thyself* can also be downloaded via the Bach Centre's free resources: <https://www.bachcentre.com/en/education/books-and-reading-lists/free-downloads/>

FOUNDATIONS OF NUTRITION A & B

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

HERBAL MANUFACTURING

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

Available from the following source:

1. Books@Stones: <https://www.booksatstones.com.au/>

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.

PRINCIPLES OF MICRONUTRIENTS A & B

Higdon, J. (2011). *An evidence-based approach to vitamins and minerals* (2nd ed). Thiems, Germany.

OR

Information can also be found via Linus Pauling Institute Micronutrient Information Centre: <https://lpi.oregonstate.edu/mic>

Some suggested sources for all textbooks unless otherwise stated above:

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

- In addition to the above sources, *Understanding Nutrition* is also available via the publisher website: **Cengage:** <https://au.cengage.com/>