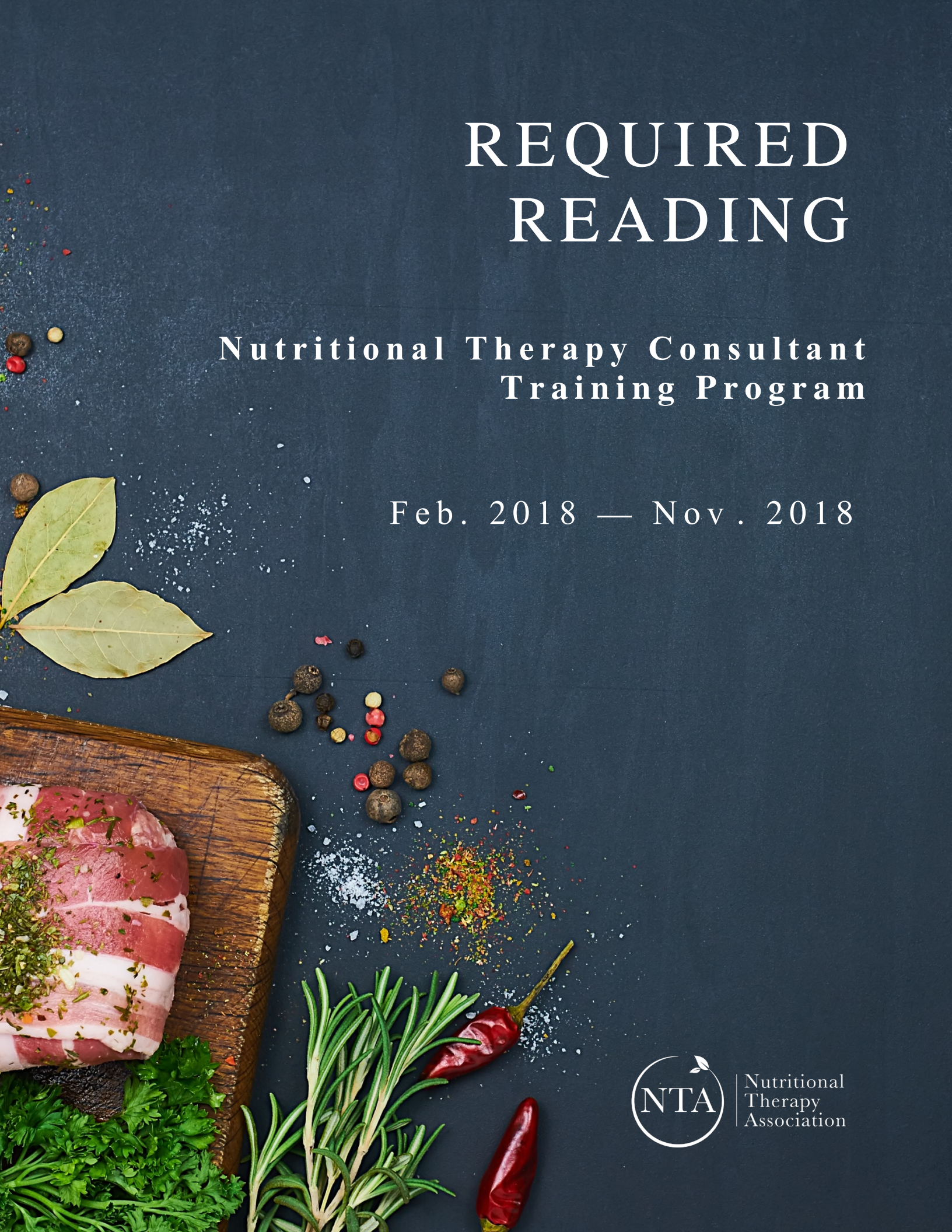


# REQUIRED READING

Nutritional Therapy Consultant  
Training Program

Feb. 2018 — Nov. 2018



Nutritional  
Therapy  
Association

# REQUIRED READING

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## FAQs & Tips

### READING & HOMEWORK LOAD

Students are required to read the texts on the following pages to complete the NTP program. Depending on the module and book in question, you may be asked to read some books from beginning to end, and only specific sections of others. You will then need to answer quiz questions related to the assigned passages, and write book reviews for some of the assigned texts.

We recommend that you budget 15-20 hours per week on average to complete the assigned reading, lectures, and homework. To give yourself a head start, we encourage you to begin the required reading as soon as possible (you do not need to wait until the course starts).

While the required reading is an important component of the program, please note that the video lectures and associated PDF slides form the core of the NTA's curriculum. The written midterm and final examinations will only test you on the content included in the videos and slides, not the required texts.

### BOOK PRICING

Standard list prices for the required texts are shown below for your reference (\$560 total), but please note that actual prices are often much lower if you buy the books on Amazon (\$375 at the time of writing). Many titles can also be found at your local library. Note that all proceeds from Amazon affiliate links below go to the **Jennifer Pecot Scholarship Fund** that supports future students taking the program.

You can also take advantage of the Price-Pottenger Foundation book bundle (\$499), available at <http://ppnf.org>. Benefits include:

- One-year complementary membership to the Price-Pottenger Nutrition Foundation
- All required books in one shipment
- \$60 off standard list prices
- Fast, efficient service
- Free shipping

### BOOK FORMATS

You may purchase whichever book formats best suit your learning style and budget, may it be:

- eBooks (e.g. Kindle, iBooks, EPUB, MOBI, etc.)
- Paperbacks
- Hardcover books
- Loose leaf books
- Audiobooks

# REQUIRED READING

## Required Reading List

### NUTRITION AND PHYSICAL DEGENERATION

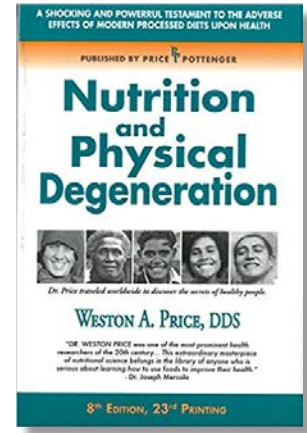
by Weston A. Price, DDS

The teachings of Dr. Weston A. Price, a highly-respected dentist and researcher, are firmly rooted in the DNA of the NTA's philosophy and curriculum. *Nutrition and Physical Degeneration* documents Price's epic work to unravel the relationship between diet and physical health, an investigation that led him to 14 countries over the course of 10 years.

In the end, he observed that the healthiest people tended to be those in rural areas eating traditional, time-honored, nutrient-dense diets, while the least healthy people tended to be those eating modern, nutrient-poor, processed foods. As cultures adopted highly processed foods like white flour, white sugar, and refined vegetable oils, ill health, tooth decay, poor bone development, and "diseases of civilization" surely followed.

While Price observed a great variety of health-promoting traditional diets around the world, he observed some key patterns repeated throughout:

- Use of animal products (to his great disappointment, Price was unable to find any truly healthy vegan societies)
- Four times more calcium and ten times more fat-soluble vitamins than in the modern Western diet
- Seeds, grains, and nuts were typically soaked, sprouted, fermented, or naturally leavened to minimize anti-nutrients
- Nearly equal amounts of omega-3 and omega-6 fatty acids



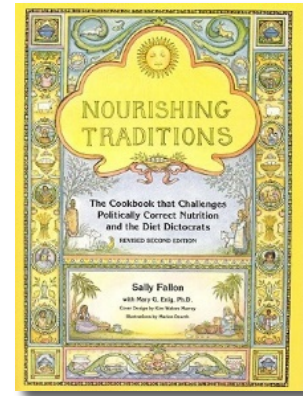
List Price	Formats	Amazon Link
\$27.95	Paperback	<a href="#">Buy on Amazon</a>

# REQUIRED READING

## NOURISHING TRADITIONS: THE COOKBOOK THAT CHALLENGES POLITICALLY CORRECT NUTRITION AND THE DIET DICTOCRATS

by Sally Fallon

*Nourishing Traditions* simultaneously challenges the politically and economically motivated advice of the “diet dictocrats” while also offering modern families a guide to wise food choices and proper preparation techniques based on the time honored wisdom of our ancestors. Contrary to common belief, Fallon shows that saturated fat and cholesterol are not only safe, but in fact required for optimal human health, reproduction, growth, proper function of the brain and nervous system, protection from disease, and sustainable energy levels. The book includes detailed overviews of all the essential nutrients needed for human life to flourish and a full-spectrum nutritional cookbook with a host of healthy and delicious recipes, including tips on how to remove anti-nutrients by soaking and sprouting grains, and the health benefits of bone broths and enzyme-rich lacto-fermented foods.

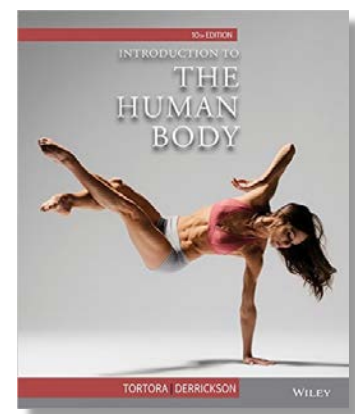


List Price	Formats	Amazon Link
\$27.00	Kindle, Paperback & Hardcover	<a href="#">Buy on Amazon</a>

## INTRODUCTION TO THE HUMAN BODY: THE ESSENTIALS OF ANATOMY AND PHYSIOLOGY (10<sup>TH</sup> ED)

by Gerald Tortora & Bryan H. Derrickson

*Introduction to the Human Body* has provided countless readers with a strong understanding of the structure and function of the human body. Now in its much-anticipated 10<sup>th</sup> edition, the book presents the latest information in the field combined with an effective blend of stunning art and clearly written concepts. It approaches the study of the human body system-by-system, beginning with a look at the integumentary system. Readers will also benefit from the popular features that are integrated throughout the pages, such as Focus on Wellness Essays, Common Disorders, Focus on Homeostasis, and Clinical Applications. These are powerful learning tools that help make important concepts easier to understand.



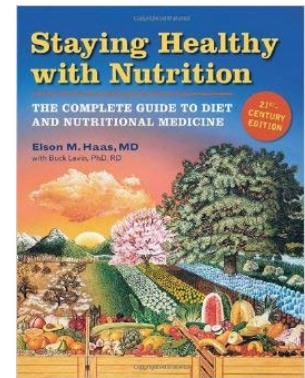
List Price	Formats	Amazon Link
\$150.00	Hardcover & Loose Leaf	<a href="#">Buy on Amazon</a>

# REQUIRED READING

## STAYING HEALTHY WITH NUTRITION: THE COMPLETE GUIDE TO DIET AND NUTRITIONAL MEDICINE (21ST CENTURY EDITION)

by Elson M. Haas, MD & Buck Levin, RD, PhD

*Staying Healthy with Nutrition* combines decades of practical experience and scientific research into one detailed resource. The book is divided into four parts, with Part One covering the building blocks of nutrition (water, carbohydrates, proteins, fats and oils, vitamins, minerals, and other nutrients), Part Two evaluating various foods and diets, Part Three delving into how to build a healthy, natural diet, and Part Four sharing specific nutritional and lifestyle therapies appropriate for various common conditions and different stages of life.

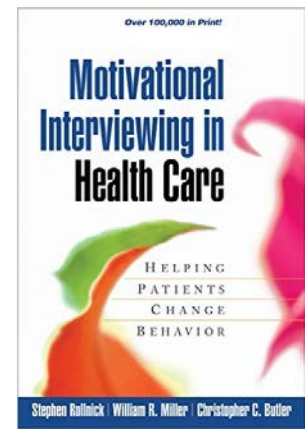


List Price	Formats	Amazon Link
\$39.99	Kindle, Paperback & Hardcover	<a href="#">Buy on Amazon</a>

## MOTIVATIONAL INTERVIEWING IN HEALTH CARE: HELPING PATIENTS CHANGE BEHAVIOR

by S. Rollnick, W. Miller & C. Butler

A major component of nutritional therapy is helping clients transition toward a more nutrient-dense, properly prepared diet. This involves a number of habit changes, and change can only happen when a client is ready and willing. *Motivational Interviewing in Health Care* provides a sound approach for eliciting behavior change by having clients identify their own goals, and providing them with the tools they need to achieve them. This is in stark contrast to the traditional authoritative approach used by most doctors, dietitians, etc. As Blaise Pascal said, “People are generally better persuaded by the reasons which they have themselves discovered than by those which come into the mind of others.”



List Price	Formats	Amazon Link
\$39.99	Kindle, Paperback & Hardcover	<a href="#">Buy on Amazon</a>

# REQUIRED READING

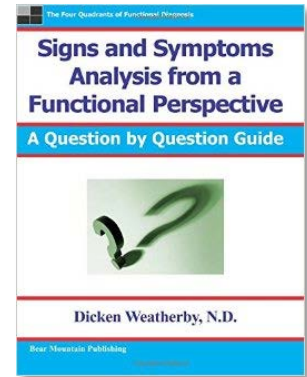
## SIGNS AND SYMPTOMS ANALYSIS FROM A FUNCTIONAL PERSPECTIVE

by Dr. Dicken Weatherby

*Signs and Symptoms Analysis from a Functional Perspective* is one of the most powerful tools available to nutritional therapists.

Used hand in hand with the Nutritional Assessment Questionnaire (“NAQ”), a detailed questionnaire with over 300 key signs and symptoms, the book helps identify and prioritize specific weaknesses in various body systems and provides nutritional recommendations to bring the body back into balance.

Note: You will learn how to complete a NAQ and use the book during your Client-Practitioner Folder assignments.



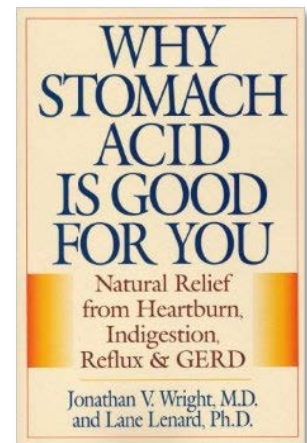
List Price	Formats	Amazon Link
\$65.00	Paperback	<a href="#">Buy on Amazon</a>

## WHY STOMACH ACID IS GOOD FOR YOU: NATURAL RELIEF FROM HEARTBURN, INDIGESTION, REFLUX AND GERD

by Jonathan V. Wright, MD & Lane Lenard, Ph.D.

Most people today believe that heartburn, indigestion, reflux, and GERD are caused by an excess of stomach acid (no doubt thanks to the marketing efforts of large pharmaceutical companies vying for a piece of this \$7 billion industry).

*Why Stomach Acid Is Good for You* argues that the vast majority of digestion woes are in fact caused by low stomach acid, and that while antacids may indeed relieve the symptoms of heartburn and reflux temporarily, they cause serious disorders in the long-term, including problems digesting proteins, problems absorbing key nutrients (vitamins, minerals, amino acids, etc.), depression, gut dysbiosis, stomach cancer, skin diseases, and more.



List Price	Formats	Amazon Link
\$15.95	Kindle & Paperback	<a href="#">Buy on Amazon</a>

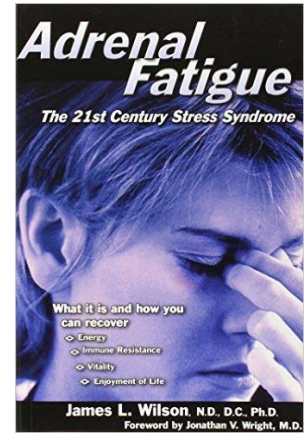
# REQUIRED READING

## ADRENAL FATIGUE: THE 21ST CENTURY STRESS SYNDROME

by James Wilson, ND, DC & Jonathan V. Wright

It is estimated that up to 80% of American adults are affected by adrenal fatigue (or “hypoadrenia”) during their lifetime, yet the condition is poorly understood and rarely diagnosed by mainstream health care practitioners.

In *Adrenal Fatigue: The 21st Century Stress Syndrome*, Dr. Wilson provides the information needed to identify and overcome this widespread, debilitating, but often subtle condition.



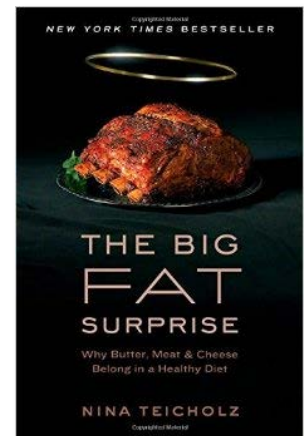
List Price	Formats	Amazon Link
\$16.95	Kindle & Paperback	<a href="#">Buy on Amazon</a>

## THE BIG FAT SURPRISE: WHY BUTTER, MEAT AND CHEESE BELONG IN A HEALTHY DIET

by Nina Teicholz

*The Big Fat Surprise* delves into one of the most controversial health topics of our day: the alleged link between dietary fat and disease. Through compelling narrative and extensive citations, investigative journalist Nina Teicholz leverages nine years of research to show how blatant cherry-picking of data, political interference, corporate greed, and wishful pseudoscience have led us to the all-too-common misguided belief that fat (especially saturated fat) and cholesterol cause heart disease and other chronic health problems. Far from causing us harm, Teicholz makes a strong case for the inclusion of fat and cholesterol rich foods in a healthy, balanced diet.

The book has received numerous awards and accolades, including New York Times bestseller, one of *The Economist's* Books of the Year 2014, one of *The Wall Street Journal's* Top Ten Best Nonfiction Books of 2014, *Kirkus Reviews* Best Nonfiction Books of 2014, *Forbes's* Most Memorable Healthcare Book of 2014, Best Food Book of 2014 by *Mother Jones*, and one of *Library Journal's* Best Books of 2014.



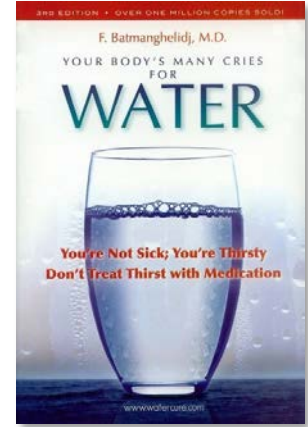
List Price	Formats	Amazon Link
\$17.00	Kindle, Hardcover, Paperback, Audio	<a href="#">Buy on Amazon</a>

# REQUIRED READING

## YOUR BODY'S MANY CRIES FOR WATER

by F. Batmanghelidj, MD

In *Your Body's Many Cries for Water*, Dr. F. Batmanghelidj argues that chronic dehydration is a key factor in many chronic diseases and ailments. He explains on a cellular level why it is critical to consume adequate quantities of water, minerals, and mineral rich salt, and details both early and mature signs of dehydration.



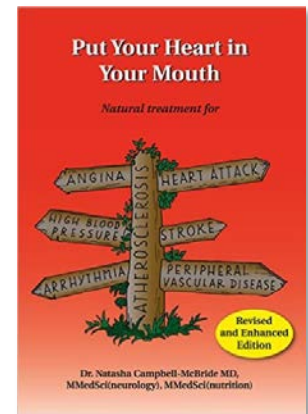
List Price	Formats	Amazon Link
\$14.95	Paperback	<a href="#">Buy on Amazon</a>

## PUT YOUR HEART IN YOUR MOUTH: NATURAL TREATMENT FOR ATHEROSCLEROSIS

by Dr. Natasha Campbell-McBride, MD

In *Put Your Heart in Your Mouth*, Dr. Natasha Campbell-McBride shows that contrary to popular belief, atherosclerosis is caused not by eating too much saturated fat or cholesterol, but rather by injuries to the endothelium wrought by inflammation, manmade chemicals, infectious microbes, abnormalities in gut flora, nutritional deficiencies, excess blood sugar, and metabolic syndrome. As Dr. Campbell-McBride shares in the book:

*“When we have a high blood cholesterol level it means that the body is dealing with some damage. The last thing we should do is interfere with this process! When the damage has been dealt with, the blood cholesterol will naturally go down. If we have an ongoing disease in the body that constantly inflicts damage, then the blood cholesterol will be permanently high. So, when a doctor finds high cholesterol in a patient, what this doctor should do is to look for the reason. The doctor should ask, ‘What is damaging the body, so the liver has to produce all that cholesterol to deal with the damage?’ Unfortunately, instead of that, our doctors are trained to attack the cholesterol.”*



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\$22.95	Paperback	<a href="#">Buy on Amazon</a>



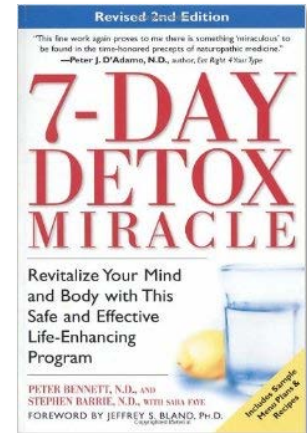
# REQUIRED READING

## 7-DAY DETOX MIRACLE

by Peter Bennett, ND & Stephen Barrie, ND

*The 7-Day Detox Miracle* explains that the human body is equipped with natural, highly effective detoxification processes that—when functioning properly—can improve one’s resistance to disease, promote fat loss, improve energy levels and sleep quality, and reduce migraines and muscle pain.

You will learn specific foods that support liver detoxification (e.g. vegetables in the cabbage family, cold-water fish, fresh vegetables and fruits, garlic, nuts and seeds, onions, flaxseed oil, etc.) and strategies to improve bile flow and proper elimination.



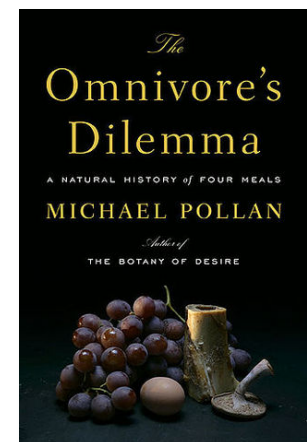
List Price	Formats	Amazon Link
\$19.99	Kindle & Paperback	<a href="#">Buy on Amazon</a>

## THE OMNIVORE’S DILEMMA: A NATURAL HISTORY OF FOUR MEALS

by Michael Pollan

In his award winning book *The Omnivore’s Dilemma*, Michael Pollan argues that natural food chains (evolved over millions of years) are far healthier—not only for our bodies, but also for the planet and the economy—than the industrial food chains that have sprung up to replace them in the last century. As he threads a complex tale about four meals he either buys or forages for his family, Pollan illustrates the many downsides of modern farming and corn-based food and the many upsides of sustainable farming and properly raised animals. As Pollan argues in the book:

*“The single greatest lesson the garden teaches is that our relationship to the planet need not be zero-sum, and that as long as the sun still shines and people still can plan and plant, think and do, we can, if we bother to try, find ways to provide for ourselves without diminishing the world.”*



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\$18.00	Kindle, Paperback, Hardcover & Audio	<a href="#">Buy on Amazon</a>

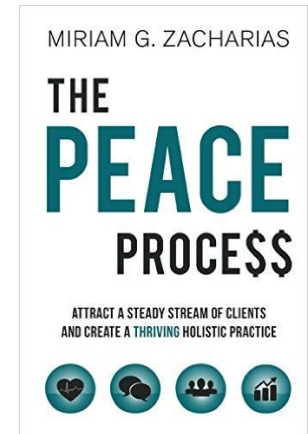
# REQUIRED READING

## THE PEACE PROCESS

by Miriam G. Zacharias

After spending two decades in corporate America, including managing a large sales and marketing division at Microsoft, personal tragedy spurred Miriam Zacharias to make a radical shift into the alternative health world. She began studying holistic nutrition in earnest, determined to transform lives using “food as medicine”. Though her health coaching practice grew quite successful, it pained her to see that many of her new friends in the holistic and integrative health world were struggling to market themselves effectively and bring in enough clients to make ends meet. She suddenly discovered her WHY: helping health professionals reach and heal more people and make money doing it, too. This goal led to *The PEACE Process*, a step-by-step guide to building a thriving practice. The book is divided into five parts:

- **Purpose** (defining your “why”)
- **Establish** (identifying your tribe and establishing yourself as an authority)
- **Attract** (how to draw your clients to you)
- **Connect** (how to build client trust)
- **Engage** (how to get your clients to take action)

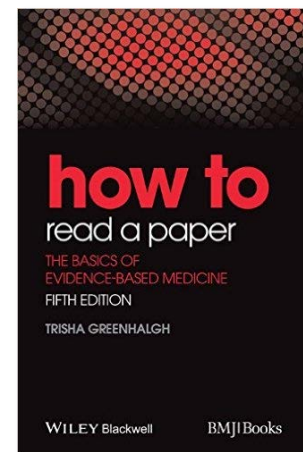


List Price	Formats	Amazon Link
\$19.95	Kindle & Paperback	<a href="#">Buy on Amazon</a>

## HOW TO READ A PAPER: THE BASICS OF EVIDENCE-BASED MEDICINE

by Trisha Greenhalgh

The world of nutrition is sadly home to a great deal of flawed science, rampant confirmation bias, confusion between correlation and causation, and vested economic interests. A good NTP should always question claims and research findings, reviewing what a paper really says, not just how the researchers interpret the results in the abstract. *How to Read a Paper* provides the tools one needs to critically analyze clinical research and apply relevant findings in an evidence-based, client-centered approach.



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\$49.95	Kindle & Paperback	<a href="#">Buy on Amazon</a>