Courses to Improve Cultural & Culinary Competencies

The Jemima Code:
Two Centuries of African American Cookbooks
2015, Toni Tipton-Martin
James Beard Award Winner! Exploring more than 150 rare and important black cookbooks, the author honors culture, culinary & nutritional history by those who nourished generations of Americans. Written by the first black food writer for a major newspaper.

It demonstrates how black cooks, chefs, and cookbook authors had to navigate negative stereotypes and overcome them to preserve their cultural legacy and identity. Denine Rogers, MS, RDN, LD, FAND, past chair of NOBIDAN

#2330 Book, 204 pgs, hard $40
#2331 15 CE test only $120
#2332 15 CE book & test $155

The Sioux Chef’s Indigenous Kitchen
2017, Sean Sherman
Sherman celebrates healthy locally sourced, native, wild caught, and seasonal foods—not European staples like wheat flour, dairy, and sugar.

More than just a cookbook, this is an act of reclamation of Native Americans’ history—and their future. NPR

#2300 Book, 256 pgs, hard $35
#2301 9 CE test only $115
#2302 9 CE book & test $145

Jubilee:
Recipes from Two Centuries of African American Cooking
2019, Toni Tipton-Martin
Winner of Julia Child & James Beard Awards! Recipes and stories, ingredients, techniques, and history, show the breadth of black cooking from slavery, home cooks, chef writers, entrepreneurs, and restaurateurs.

The author shows how African and African-American cooking historically influenced our national treasure cuisines. Denine Rogers, MS, RDN, LD, FAND, past chair of NOBIDAN

#2340 Book, 320 pgs, hard $35
#2341 13 CE test only $120
#2342 13 CE book & test $150

The Indian Vegan Kitchen—2022
2009, Madhu Gadia, MS, RD, CDCES
From author, video cooking instructor, and clinician, Madhu offers wonderful Indian recipes with cultural context, nutritional analysis, history, and serving suggestions.

I am a cookbook junkie. I have never used a cookbook more than this one. Tally, Amazon.com

#2320 Book, 240 pgs, paper $18
#2321 15 CE test only $127
#2322 15 CE book & test $140

Intuitive Eating
4th ed. 2020, Evelyn Tribole, MS, RDN & Elyse Resch, MS, RDN, FADA

Best Seller

We are proud to be the only authorized provider of The Original Intuitive Eating Certification. Our 46 CE course is Step 1, and covers all products for the course: book, online test, audiobook, workbook, & 2 webinars. NEW for people who just want to learn about Intuitive Eating, we offer just the book & test for 26 hours. Go to website for details. CDCEs, CHES approved.

#1960 Book, 400 pages, paper $16
#1961 46 CE Course: book, online test, audio CDs, workbook, & two recorded webinars $445
#1964 Webinars, two 1-hr each $70
#1965 26 CE book & Part A online test New! $195

The Rise: Black Cooks and the Soul of American Food
2020, Chef Marcus Samuelsson
Eater Best Cookbook of 2020!

Chef, author, TV star, Samuelsson celebrates contemporary black chefs and cuisines from Africa, Caribbean, and US. He shares stories, history, plus every day and celebration cooking.

(The Rise) profiles the next generation of black chefs and creators like Kwame Omuoche and Adrienne Cheatham shaping America’s culinary future. We cannot recommend this book highly enough.

#2310 Book, 336 pgs, hard $38
#2311 10 CE test only $112
#2312 10 CE book & test $145

New Course!

$10 OFF a purchase of $120+ until 2/28/2022 Coupon: HERBS
Excludes Book Only. One coupon use per person. One discount per order.
### Nutrigenetics: Applying the Science of Personal Nutrition
2016, Dr. Martin Kohlmeier, PhD

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### Clinic Wellness and a Hepatic Physician

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### Integrative Medical Nutrition Therapy
2020, D. Noland, MPH, RDN, CCN, J. Drisko, MD, L.Wagner, PhD, RDN

Latest nutrition wisdom in the integrative and functional practice of medicine. Each chapter is written by an expert in the field–69 contributors. 50 CE hr ONLINE courses! CDCES approved.

This textbook is what I’ve always needed and it FINALLY EXISTS... by far the most useful nutrition textbook I’ve ever had... R. Foroutan, Amazon 8/7/20

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Please order the 1123 page book directly from Amazon.

### Integrative Medicine – 2021
4th ed. 2017, Dr. David Rakel, MD plus over 140 expert physicians

This is the “Go-To integrative medicine resource” says Dr. Andrew Weil. Chapters cover the integrative and traditional treatments for major chronic diseases. 13 new chapters cover adrenal fatigue, MTHFR mutation, food intolerances, gut-immune influence on inflammation, and many more topics. Great reference for clinical RDNs! CDCES approved.

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### Gastrointestinal Nutrition – 2020
2014, Laura Matarese, PhD, RDN, Gerard E. Mullin, MD, CNSP, and Janice L. Raymond, MS, RDN, Editors

Fantastic resource with 41 authors! Covers everything an RDN needs to know about GI tract, including anatomy, diagnostic methods, disease symptoms, and MNT. Best, most comprehensive book on nutrition and the gut we could find. CDCES approved.

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### Mitochondria and the Future of Medicine – 2021
2018, Lee Know, ND

Very readable and attention-grabbing! Many chronic and degenerative diseases have their roots in dysfunctional mitochondria. Modern research shows nutrition can optimize mitochondria. Why at times do antioxidants do more harm than good? What’s the connection between heart disease and Alzheimer’s, or infertility and hearing loss?

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### Why We Sleep – 2022
2017, Dr. Matthew Walker, PhD

Written by a neuroscientist and the Dir. of UC Berkeley’s Sleep and Neuroimaging Lab, the author explores the purpose of slumber and its little acknowledged or understood crucial functions as related to chronic disease, obesity, cancer, diabetes, Alzheimer’s, memory retention, etc. He explains research on how to get adequate sleep. CDCES, CHES approved.

... provides knowledge and strategies to overcome the life-threatening risks associated with sleep-deprived society. Mark Rosekind, PhD, NASA Scientist

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### Nose Dive: A Field Guide to the World’s Smells
2020, Harold McGee, Food Writer

Perfect for foodies, those interested in the science of smells and taste of food and wines. Can you tell when a food is seasoned perfectly? Explore the smells around us from our keyboards to the delights of spice, floral, and cooking foods.

It's fascinating stuff... [McGee's] enthusiasm is contagious. Sam Kean, The New York Times

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<td>#2132</td>
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### Hormone Cure – 2021:
Reclaim Balance, Lose Weight, and Energize Naturally
2014, Sara Gottfried, MD, Harvard Med. School, GYN specialist

New York Times Bestseller! Use nutrition to rebalance hormones as a young woman and during menopause. Covers low thyroid or progesterone, high androgen or cortisol levels, PMS, ovarian cysts, and hot flashes. Excellent resource!

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To Order: Toll Free 877-560-6025 or Fax 940-497-2927 or www.helmpublishing.com
Promoting Biodiversity in Food Systems
2018, Irana Hawkins, PhD, RDN, 37 contributors
This course focuses on biodiversity’s crucial role in food systems, having adequate food supply for the future, and the fate of our planet.

Cannabis: A Clinician’s Guide
2018, Betty Wedman-St. Louis, PhD, RDN
Written for clinicians, this book helps you understand the endocannabinoid system in the body, plus efficacy, dosing, regulations. Includes use for neurological disorders, cancer, CV, liver function, mood disorders, and palliative care. Most recent research. CHES approved.

Herbal Antivirals: Natural Remedies for Emerging & Resistant Viral Infections
2013, Stephen Harrod Buhner, international herbal expert
The resource to look up what your patients are taking! Global crises and pandemics are happening faster than we can develop medicines to fight them. One answer is to make the person’s immune system stronger and less receptive. Positive actions and risks of herbs are clearly identified.

Gut Balance Revolution – 2021: Boost Your Metabolism, Restore Your Inner Ecology, and Lose Weight for Good!
2015, Gerard Mullin, MD, author of Inside Tract and Integrative GI
Popular author! Recent research shows human intestinal microbiota influences metabolism, appetite, hormones, inflammation, and insulin resistance. Losing weight is more than cutting calories. Learn how to lose weight for good! CDCES approved.

Integrative Gastroenterology
2nd ed. 2020, Gerard Mullin, MD & 51 contributors
Latest evidence-based research and therapies on GI issues in Dr. Well’s Integrative Medicine Series for health care practitioners. One in two American suffer from digestive problems. CDCES approved.

CBD – 2021: Guide to Medicinal Cannabis — Healing without the High
2017, Leonard Leinow and Juliana Birnbaum
Excellent resource! Leinow has 3 decades of experience growing and studying medical cannabis. Considering the growing interest in this plant and its medicinal properties, including as an alternative to opioids for pain, we need to educate ourselves. CHES approved.

Integrative Geriatric Medicine
2017, Mikhail Kogan, MD and 67 contributors
Everyone over 50 years needs this book! Latest research on prevention/ delay of chronic diseases, age degeneration, and biochemical changes. For practitioners in outpatient, nursing homes, and other settings. Therapies can be safer and more cost effective. CDCES, CHES approved.

Nutrition for the Older Adult
3rd ed. 2020, Melissa Bernstein, PhD, RDN, FAND & Nancy Munoz, DCN, MHA, RDN, FAND
Newest research and health guidelines for clinical conditions for older adults, and new case studies. Covers unique physiological changes and nutritional needs of the aging population. Great resource! CDCES approved.

Nutrition Care of the Older Adult – 2020:
Continuum of Care
Excellent! Published by Academy covers person-driven assessment and care in community and long term care settings, including normal and disease states, and regulatory compliance. AND offers 5 CPE course along with book purchase. CDCES approved.

To Order: Toll Free 877-560-6025 or Fax 940-497-2927 or www.helmpublishing.com
# Medical Management of Type 2 Diabetes

8th ed. 2020, Luigi Meneghini, MD, MBA, editor

New edition! This edition covers all research updates, oral medications, diet and lifestyle modifications, insulin regimens, and the latest clinical guidelines from ADA. CDCES, CHES approved.

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# Type 2 Diabetes: CV and Related Complications and Evidence-Based Complementary Treatments

2018, Dr. Robert Fried, MD and Dr. Richard Carlton, MD

Diabetes meds lower glucose, but do not reduce inflammation! Annually, 29 million diagnosed with T2D; only 36% achieve good medical outcomes. Learn complementary interventions to help control complications: CV, kidney, vision, and peripheral nerve problems. CDCES, CHES approved.

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<td>#1981</td>
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<td>#1982</td>
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<td>15 CE book &amp; test</td>
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<td>#1984</td>
<td>35 CE book &amp; test</td>
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# Advanced Medical Nutrition Therapy

2018, Kelly Kane, MS, RDN, Kathy Prelack, PhD, RDN

Complete resource for clinicians on review and update of acute-based MNT skills and knowledge. The authors cover clinical controversies and disagreements within clinical literature. New book has eBook download. CDCES approved.

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<td>#1984</td>
<td>28 CE book &amp; test</td>
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# Motivational Interviewing in Nutrition and Fitness – 2020

2015, Dawn Clifford, PhD, RDN, Laura Curtis, MS, RDN

MI presents proven counseling approaches and sample dialog for helping clients work through their barriers and resistance to change and maintain healthier habits. CDCES, CHES approved.

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<td>#3052</td>
<td>20 CE test only</td>
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# Always Hungry? – 2020: Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently

2016, David Ludwig, MD, PhD

Learn how to control hunger and reduce cellular fat deposition through diet and exercise changes. Proven results from author’s weight loss research at Harvard Medical School hospital. CDCES approved.

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<tr>
<td>#1573</td>
<td>Client sessions, handouts, download</td>
<td>$59</td>
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# Winning the War Within – 2020:

Nutrition Therapy for Clients with Eating Disorders

3rd ed. 2020, Eileen Stellefson Myers, MPH, RDN, CEDRD, FAND and Charlotte Caperton-Kilburn, MS, RDN, CSSD, FAND

Highly popular manual with instructional content, 16 pre-planned client sessions for groups or individuals and 71 pages of camera-ready patient education forms. NOW AVAILABLE: save development time and order just the Client Sessions and Handouts! CDCES approved.

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<td>#1570</td>
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<td>#1572</td>
<td>15 CE Manual, handouts, online test</td>
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# First Bite – 2020:

How We Learn to Eat

2015, Bee Wilson, BBC Radio’s Food Writer of the Year

Research on the earliest influences on why we love and hate the foods we do—and how to change them for better health. Important for counselors who want to affect their clients’ food choices. Fascinating facts! CDCES, CHES approved.

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# Helping Your Child with Extreme Picky Eating – 2021

2015, Katja Rowell, MD and Jenny McGlothlin, MS, SLP

Written by a family doctor specializing in childhood feeding and a speech pathologist, they teach counselors how to help families assure a child’s healthy nutrition and growth, while ending mealtime anxiety and stress. CDCES, CHES approved.

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<td>#2091</td>
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# Master Your Diabetes:

A Comprehensive, Integrative Approach for T1D and T2D

2017, Mona Morstein, ND, DHANP, Integrative diabetes practitioner

This course covers the scientific evidence, rationale and physiological basis of integrative therapy used along with conventional therapies. It explains the “eight essentials” of treatment prevention. CDCES, CHES approved.

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To Order: Toll Free 877-560-6025 or Fax 940-497-2927 or www.helmpublishing.com
### MedEd101: Guide To Drug Food Interactions

2020, Eric Christianson, PharmD, BCGP, BCPS

Excellent resource full of clinical pearls! The book is a detailed guide on 500 of the most prescribed drugs and their influence on or by foods. Medications can contribute to nutritional deficiencies, and foods can alter the absorption of many drugs. CDCES approved.

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### ASPEN Fluids, Electrolytes, and Acid-Base Disorders

2nd ed. 2020, Bruno, Canada, et al.


This book is a clinician’s dream!!! I learned/re-learned so much that is applicable in my clinical setting. S.S., Neonatal Clinician, 2021

| #2100 | Book, 328 pgs, paper | $30 | #2101 | 15 CE test only | $126 | #2102 | 25 CE test only | $150 |

### Nancy Clark’s Sports Nutrition Guidebook

6th ed. 2020, Nancy Clark, MS, RDN, CSSD

Over 750,000 copies sold! Popular U.S. Sports nutritionist, Nancy Clark, updated this book with the newest research for weekend and top athletes on timing meals, protein in vegetarian meals, organic foods, supplements, eating disorders, and building lean muscle while losing weight. New book edition counts as new course. CDCES, CHES approved.

| #210 | Book, 525 pgs, paper | $23 | #211 | 25 CE book & test | $140 | #212 | 15 CE test only | $122 |

### Peak: The New Science of Athletic Performance

That is Revolutionizing Sports

2019, Dr. Marc Bubbs, ND, CISSN, CSCS

Latest evidence-based sports research on how to train and compete at an athlete’s highest level, including the new science of recovery. Peak connects the importance of sleep, digestion, microbiome, and blood glucose metrics. CHES approved.

| #1800 | Book, 384 pages, paper | $23 | #1801 | 15 CE test only | $122 | #1802 | 25 CE test only | $147 |

### Plant-Based Sports Nutrition:

Expert Fueling Strategies for Training, Recovery, and Performance

2019, Ennette Larson-Meyer, PhD, RDN, Matt Ruscigno, MPH, RDN

The perfect course for sports nutritionists wanting to help their athlete clients move to a more plant-based, vegetarian, or vegan diet. The book has evidence-based research on the advantages of plant-based eating, while improving performance. The authors give practical ways to eat and avoid issues with training and competition. CDCES, CHES approved.

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### Samour & King’s Pediatric Nutrition in Clinical Care

5th ed. 2019, Susan Konek, MA, RDN, and Patricia Becker, MS, RDN, CSP, CNSC and 54 contributors

23 years of excellence! New editors! Updates in all major areas of pediatric nutrition, including physical assessment, MNT interventions, burns, weight, integrative medicine, and genetic disorders. Resource for specialty exam reviews for RDNs and MDs. CDCES approved.

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### Nutrition in Clinical Practice – 2021

3rd ed. 2015, David Katz, MD, Yale Univ. School of Med.

Acclaimed text written by physicians with nutrition expertise. Evidence-based nutrition therapy across the full expanse of health and disease. New data from hundreds of studies with enhanced coverage of controversial topics. Includes interactive eBook. CDCES approved.

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### Nutrition Management of Thyroid Diseases

2020, Anziani, MS, RD, Celi, MD, MHSc

Exceptional resource! Chapters cover physiology, iodine, hypothyroidism and hyperthyroidism, risk reduction, weight disorders, exercise, nutrition interventions, thyroid cancer, and integrative therapies. CDCES approved.

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### End of Life Nutrition

3rd ed. 2021, Sarah Laidlaw, MS, RDN

Insightful, updated monograph on nutrition intervention in the hospice, long-term care, and home settings. Discussion is on ethics, culture, emotional support, patient’s last wishes, palliative care, and what to expect as a person dies. Online only. Monograph can be downloaded and printed. CDCES approved.

| #2040 | 3 CE monograph 27 pgs & test | $39 |
Food & MNT

How Not to Die – 2020: Discover the Foods Scientifically Proven to Prevent and Reverse Disease
2015, Michael Greger, MD, behind popular NutritionFacts.org website
Top requested book by RDs for new course! Thoroughly researched content on the plant-based diet supported by practical evidence-based information on how to eat to be healthy. CDCES, CHES approved.

- #3084  28 CE book & test $165
- #3083  15 CE book & test $140
- #3082  28 CE test only $155
- #3081 15 CE test only  $130

How Not To Diet: Groundbreaking Science of Healthy, Permanent Weight Loss
2019, Dr. Michael Greger, MD
The author, founder of NutritionFacts.org, condenses 5,000 of the most important evidence-based studies on the optimal components of successful remedies of obesity. They include: plant-based eating, calorie density, the insulin index, and evidence-based studies on the optimal components of successful remedies of obesity. They include: plant-based eating, calorie density, the insulin index, and evidence-based studies on the optimal components of successful remedies of obesity. They include: plant-based eating, calorie density, the insulin index, and

- #2260 Book, 400 pgs, hard (retail $27) $20
- #2263 15 CE book & test $135
- #2261 15 CE test only $120
- #2264 25 CE book & test $160

Fiber Fueled: The Plant-Based Gut Health Program
2020, Will Bulsiewicz, MD, MSCI
New York Times Bestseller! This book is thought provoking and fresh. It covers the newest evidence-based research that challenges popular keto and paleo diets and their research findings. CDCES, CHES approved.

- #764  35 CE book & test  $235
- #763  15 CE book & test $140
- #762 15 CE test only $115
- #761 Book, 360 pgs, paper (retail $67) $60

Food Fix
2020, Mark Hyman, MD
An interesting look at our food and agricultural systems in the US—and how they influence chronic disease. What we eat has tremendous implications. CHES approved.

- #2054  20 CE book & test $150
- #2053 12 CE book & test $116
- #2052 20 CE test only $131
- #2051  12 CE test only $116

Eating on the Wild Side – 2021
2014, Jo Robinson, health writer, food activist
One of the best researched books on phytonutrients in fruits and vegetables that you will ever read! Did you know that cooked carrots have twice the beta-carotene of raw ones, or tearing romaine lettuce the day before you eat it doubles its antioxidants? CHES approved.

- #140  Book, 408 pgs, paper $16
- #2061  15 CE test only $114
- #2062 25 CE test only $144
- #2053  15 CE book & test $125
- #2064 25 CE book & test $155

SaltFatAcidHeat – 2021
2017, Chef Samin Nosrat
New York Times Bestseller! Named best culinary book 2017 by over 19 publications. Learn how to master just four simple elements to determine flavor, texture, and balance flavor to make delicious food. Fascinating!

America’s next great cooking teacher. Alice Waters, Chef
Dives into the four elements that make food taste great. April Bloomfield, James Beard Award-winning chef

- #1650 Book, 480 pgs, hard $28
- #2231 15 CE test only $112
- #2232 23 CE test only $132
- #2233 15 CE book & test $135
- #2234 23 CE book & test $155

Handbook of Nutrition and the Kidney
7th ed. 2017, Alp Ikizler, MD and William Mitch, MD and 48 contributors
In-depth research and nutrition therapies for patients with chronic kidney disease, hemodialysis, peritoneal, and kidney transplants. We have carried this book since the 5th ed.–very popular with the experienced practitioner. Purchase has eBook download. CDCES approved.

- #760 Book, 360 pgs, paper (retail $67) $60
- #763 15 CE book & test $170
- #762 35 CE test only $180
- #761 15 CE test only $115

Food Allergies & Intolerances – 2021
2013, Janice Vickerstaff Joneja, PhD, RDN
Best book on this topic! Covers how to determine the offending foods, manage reactions; explore intolerances to chemicals and dyes in foods, pediatric food allergies, and emerging areas of research. CDCES, CHES approved.

- #2050 Book, 400 pgs, hard $24
- #2053 12 CE book & test $135
- #2051 12 CE test only $116
- #2054 20 CE book & test $150

Cultural Food Practices
2013, Written by Diabetes Care & Education DPG
Very complete! With the incidence of diabetes growing and our demographics changing, health care practitioners need more cultural competence. This interesting book covers 15 different cultures. CDCES, CHES approved.

- #150 Book, 244 pgs, paper (retail $46) $40
- #151 15 CE test only $120
- #152 25 CE test only $140

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Dear Colleagues:

Our gratitude goes out to all educators and health care providers who have been navigating these past crazy couple years.

In health,

Kathy King, RDN, LD, FAND


2017, Elisabeth Rosenthal, MD, Harvard-trained and reporter for 22 years

Must-read for all healthcare providers and Congress. It is time for a very serious discussion about how to change our entire dysfunctional U.S. healthcare system. CHES approved.

An authoritative account of the distorted financial incentives that drive medical care in the U.S.

The Washington Post

#1580 Book, 416 pgs, paper $18
#2081 5 CE test only $62
#2082 14 CE test only $122
#2083 5 CE book & test $75
#2084 14 CE book & test $135

Dichotomy of Leadership

2019, Jocko Willink and Leif Babin

Written by #1 New York Times bestselling authors of Extreme Ownership, this book discusses the balance of when to lead, when to follow; when to aggressively maneuver and when to pause and let things develop; when to detach and let the team run and when to micromanage. CDCES, CHES approved.

I’ve never read a book that reveals the truths of leadership in such detail and rawness. P.R., CEO, Origin Maine

#2150 Book, 320 pgs, paper $23
#2151 7 CE test only $57
#2152 7 CE book & test $75

New Rules of Marketing & PR

7th ed. 2020, David Meerman Scott

Over 400,000 copies sold in 29 languages! Updated with new information on content marketing, podcasting, social media, artificial intelligence, live video, and newsjacking to reach buyers directly. Popular course! CDCES, CHES approved.

Excellent look at the basics of new-millennial marketing… Publishers Weekly

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Oncology Nutrition for Clinical Practice
2nd ed. 2021, Oncology DPG

- #2350 Book, 690 pgs, paper $90
- #2351 18 CE test only $130
- #2352 30 CE book & test $180
- #2353 18 CE book & test $215
- #2354 30 CE book & test $265

Cannabis is Medicine: Healing Everything from Anxiety to Chronic Pain
2020, Bonni Goldstein, MD
The endocannabinoid system is one of the most essential regulatory systems in the body. The author is a well-respected clinician with over a decade of cannabis clinical experience.

- #2360 Book, 368 pgs, paper $20
- #2361 15 CE test only $125
- #2362 28 CE book & test $180
- #2363 15 CE book & test $140
- #2364 28 CE book & test $195

The Third Plate: Field Notes on the Future of Food
2015, Dan Barber, Chef
Easily compared to Pollan’s The Omnivore’s Dilemma. Chef Barber studies the soil, land, sea, and seed to see how best to promote, grow, and eat a diet that is in harmony with the earth—sustainable production.

- #2390 Book, 496 pgs, paper $10
- #2391 20 CE test only $141
- #2392 20 CE book & test $155

Histamine Intolerance
2017, Dr. Janice Joneja, PhD, RD
Sufferers often have a hard time getting diagnosed and finding treatment. This book is designed to help identify the condition and implement strategies (mostly nutritional) to manage it.

- #2380 Book, 151 pgs, paper $29
- #2381 11 CE test only $116
- #2382 11 CE book & test $140

Motivational Interviewing for Leaders in the Helping Professions
2020, Marshall, MA, LMFT and Sogaard Nielsen, PhD
Learn how to transform conversations about change, address performance, or create new procedures. Written for leaders or aspiring leaders in health care and social services. CDCES, CHES approved.

- #2370 Book, 250 pgs, paper $30
- #2371 15 CE test only $125
- #2372 15 CE book & test $150

Vegan For Life: Healthy on a Plant-Based Diet
2nd ed. 2020, Jack Norris, RD and Virginia Messina, MPH, RD
An essential reference on going vegan, for the pregnant vegan mom, or nutrition counselor who wants the most current vegan guidelines for clients. Charts help identify best food sources of most at risk nutrients.

- #2400 Book, 352 pgs, paper $17
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