

All courses approved for RDNs, NDTRs, IFNAs, with selected courses for RNs, CDCESs and CHESs



Many years ago, I was introduced to the concept of Ready-Fire-Aim, as a way to manage your career and life. You don't have to make all the best decisions before you begin, the important things are to begin based upon calculated decisions, don't

stagnate, and evaluate and adjust along the way—be creative and learn. This concept is just as true today.

Our passion at Helm Publishing, a family business, is to provide nutrition-related continuing education that empowers, inspires, and grows the expertise of dietitians to improve the health of the public.

All our courses are approved by CDR. They are evidence-based, reasonably priced, and self-paced with an open-book format. Our topics cover a broad scope of practice with a deep dive into the topic, which studies show improves retention. **Visit our website for additional test options and titles.**

Exciting News:

- **Product Bundle: \$30 discount** when you buy any three online tests – just add to your cart!
- **Free Resources** are available on our website: monthly blog, free ethics course, and our newsletter with exclusive discounts.
- **Interviews:** With our book authors, entrepreneurs, and some of my entrepreneurial stories are on our new YouTube channel.
- **CDR changes:** We are in the process of transitioning from the Approved Provider to Prior Approval program, and course hours may change slightly, including quarter hour designations.

Thank you for your loyalty and encouragement over 52 years of entrepreneurial ventures!

Kathy King, RDN, LD, FAND

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SELF-STUDY
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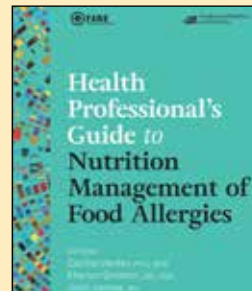
Self-Paced • Open-book Courses
Reasonable Cost • Evidence-Based

Nutrition Management of Food Allergies

2023, Venter, PhD, RDN, Groetch, MS, RDN, James, MD, & Sicherer, MD

Excellent resource written by food allergy experts, this book presents the physiology, diagnosis, treatment, and prevention of food allergies. It is comprehensive, evidence-based, and written in a detailed, clear format with numerous descriptive tables and figures. CDCES approved.

#2770 Book, 400 pgs, paper \$75
#2772 28.25 CE book & test \$240



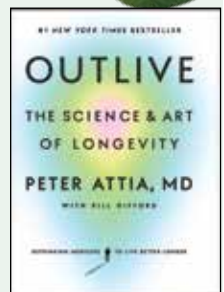
New Course!

Outlive: The Science & Art of Longevity

2023, Peter Attia, MD

Popular physician, Peter Attia, draws upon the latest science to deliver innovative nutritional, exercise, and mental health solutions for healthier aging. He exposes traditional medicine's delays in treatment for chronic diseases and use of drugs instead of the more effective lifestyle changes. CDCES, CHES approved.

#2760 Book, 496 pgs, hard \$25
#2762 25 CE book & test \$170



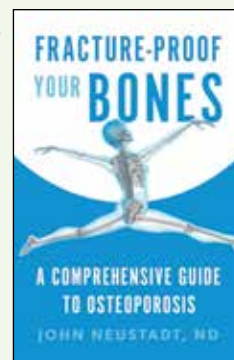
New Course!

Fracture-Proof Your Bones: A Comprehensive Guide to Osteoporosis

2022, Dr. John Neustadt, ND

People spend more hospital time for osteoporosis than for diabetes, heart attacks, and breast cancer combined. Bone density tests only predict <44% of people who will break a bone. Learn the lifestyle, nutrition, and exercise guidelines proven to protect bones. Evidence-based. CHES approved.

#2730 Book, 236 pgs, paper \$28
#2732 14 CE book & test \$140



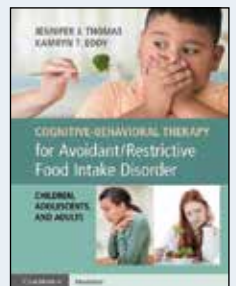
New Course!

CBT for Avoidance/Restrictive Food Intake Disorder

2019, JJ Thomas, PhD & K T Eddy, PhD

Avoidant restrictive food intake disorder (ARFID) describes children and adults who cannot meet their nutritional needs, typically because of sensory sensitivity, or apparent lack of interest in eating or food. CBT is supported by real-life examples and tools. CDCES, CHES approved.

#2740 Book, 194 pgs, paper \$49
#2742 11 CE book & test \$165



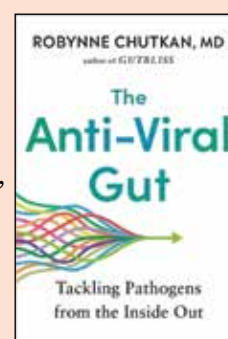
New Course!

The Anti-Viral Gut

2022, Robynne Chutkan, MD

A powerful guide to strengthen the gut-immune system with nutrition, fitness, sleep, stress reduction, breathwork, and meditation, plus the potent antiviral effects of nature. Learn how to help a person's body resist viruses like Covid and recover from infection. CDCES, CHES approved.

#2780 Book, 272 pgs, paper \$22
#2782 12.25 CE book & test \$130



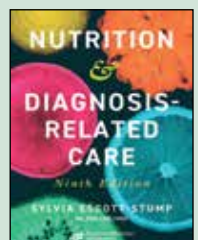
New Course!

Nutrition & Diagnosis-Related Care

9th ed. 2021, Sylvia Escott-Stump, MA, RDN, FAND

For over 35 years, Sylvia Escott-Stump's popular book has been the go-to clinical nutrition resource for practitioners wanting to update or refresh their knowledge. The book covers evidence-based therapies and practice guidance on 270 clinical conditions. CDCES approved.

#2510 Book, 1299 pgs, hard \$125
#2513 33.25 CE book & test \$310
#2514 58.25 CE book & test \$425



New Course!

\$10 OFF a purchase of \$120+ until 2/29/24 Coupon: FARMERS

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Clinical/Medical Nutrition Therapy

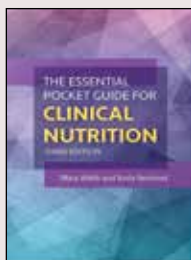


Pocket Guide for Clinical Nutrition

3rd ed. 2020, Width, MS, RDN & Reinhard, MS, RDN
#1 Amazon Bestseller. The authors use a consistent chapter format on disease process, treatment, and nutrition intervention, which makes finding relevant information easy. CDCES approved.

"I needed to review clinicals because I haven't worked in the clinic setting for a while...this is so useful." Alex 2021

#2690 Book, 538 pgs, spiral \$59
#2692 21.75 CE book & test \$195

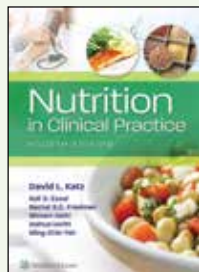


Nutrition in Clinical Practice

4th ed. 2022, David Katz, MD, & 61 contributors
(including 9 RDNs)

Excellent & popular resource! Nutrition therapies for practicing clinicians and RDNs—a must-have evidence-based resource to provide well-informed and effective care. Includes eBook edition. CDCES approved.

#2570 Book, 770 pgs, paper \$92
#2572 26.75 CE book & test \$230

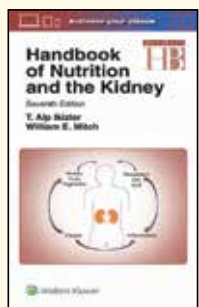


Handbook of Nutrition and the Kidney

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 \$70
#763 15 CE book & test \$180
#764 35 CE book & test \$255



AND Pocket Guide-Bariatric Surgery

3rd ed. 2021, Isom, PhD, RDN and Majumdar, MS, RDN & Weight Management DPG

Fully updated 3rd edition! Covers the newest research in metabolic and bariatric surgery. Includes new nutrition counseling and educational tools, reviews of more liberal diet progression, and new procedures like anastomosis, endoscopic therapies, and biliopancreatic diversion. Academy also offers 7 CPE hours. CDCES approved.

#2440 Book, 333 pgs, spiral \$40
#2442 21 CE book & test \$175



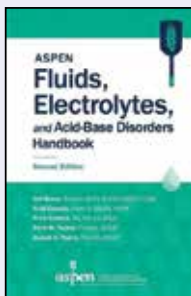
ASPEN Fluids, Electrolytes, and Acid-Base Disorders

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

Marketing collaboration with ASPEN! An outstanding deep dive into totally updated book with the latest in evidence-based research and clinical experience. Covers treatment for hemodynamic, cardiovascular, respiratory, and neurologic complications. CDCES approved.

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

#2220 Book, 328 pgs, spiral \$75
#2223 18 CE book & test \$215
#2224 30 CE book & test \$265



Oncology Nutrition for Clinical Practice

2nd ed. 2021, Oncology DPG

Excellent book! Updated with evidence- and experience-based clinical practice application. Covers carcinogenesis, treatment, plus MNT for specific cancers, and palliative care. Academy also gives 12.5 CPE hr.

#2350 Book, 690 pgs, paper \$100
#2353 18 CE book & test \$225
#2354 30 CE book & test \$275



Nutrition Management of Thyroid Disease

2020, Anziani, MS, RDN & 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. Academy also gives 8 CPE hr.

#1990 Book, 245 pgs, paper \$70
#1993 15 CE book & test \$185
#1994 25 CE book & test \$215



I just completed 78 hours of CEUs using Helm Publishing. I learned a lot of new information that I will use both personally and professionally. I truly enjoyed reading the books and taking the tests. The testing format worked without a glitch! - A.C.

Intensive Diabetes Management

7th ed. 2021, David Steenkamp, MD

Now with ADA's newest standards of care! Book covers the newest evidence-based research in intensive diabetes patient care, which has been proven effective in controlling or delaying diabetes consequences, and is now the rule, instead of the exception in care. CDCES, CHES approved.

#2430 Book, 324 pgs, paper \$50
#2433 15 CE book & test \$165
#2434 26 CE book & test \$195



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.

#2120 Book, 184 pgs, paper \$54
#2123 15 CE book & test \$170
#2124 26 CE book & test \$195



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.

#1980 Book, 812 pgs, hard \$170
#1984 31 CE book & test \$325

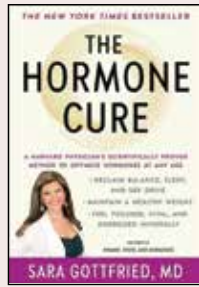


Hormone Cure: Reclaim Balance, Lose Weight, and Energize Naturally

2014, Sara Gottfried, MD

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!

- #1230 Book, 457 pgs, paper \$18
- #2283 15 CE book & test \$135
- #2284 26 CE book & test \$170

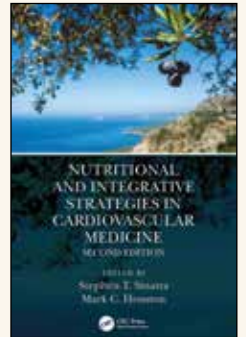


Nutritional & Integrative Strategies in CV Medicine

2nd ed. 2022, S. Sinatra, MD & M. Houston, MD

Exciting book! Learn evidence-based nutrition, integrative and lifestyle therapies in cardiovascular medicine. Despite aggressive pharmaceutical and surgical interventions, coronary artery disease is still the number #1 US killer. CDCES approved.

- #2590 Book, 414 pgs, paper \$57
- #2592 30 CE book & test \$205



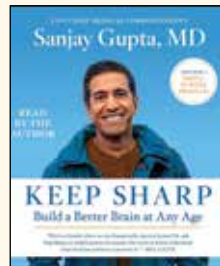
Keep Sharp: Build a Better Brain at Any Age

2021, Dr. Sanjay Gupta, MD

NY Times Best Seller! This course is a comprehensive review of the research regarding cognitive longevity. Gupta discusses protecting the brain from decline and providing resiliency if it has begun. CDCES, CHES approved.

Gupta is brilliant at busting myths, allaying fears, and giving us the solutions we need. Dean Ornish, MD, Founder, Preventive Medicine Research Institute

- #2530 Book, 336 pgs, paper \$15
- #2532 18 CE book & test \$145

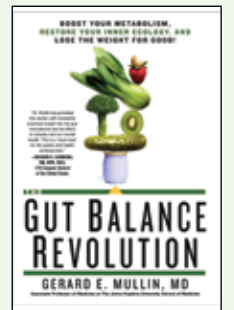


Gut Balance Revolution

2015, Gerard Mullin, MD, author of 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.

- #1250 Book, 409 pgs, paper \$16
- #2193 15 CE book & test \$135
- #2192 25 CE book & test \$165



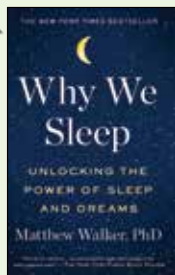
Why We Sleep

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 our sleep-deprived society. Mark Rosekind, PhD, NASA Scientist

- #2410 Book, 360 pgs, hard \$25
- #2413 15 CE book & test \$145
- #2414 23 CE book & test \$165

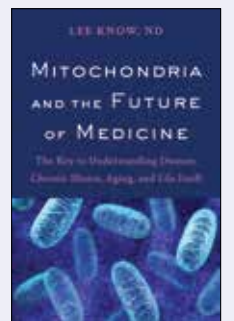


Mitochondria and the Future of Medicine

2018, Lee Know, ND

Very readable and attention-grabbing! Many chronic and degenerative diseases have their roots in dysfunctional mitochondria. 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?

- #1660 Book, 320 pgs, paper \$23
- #2213 15 CE book & test \$140
- #2214 25 CE book & test \$170

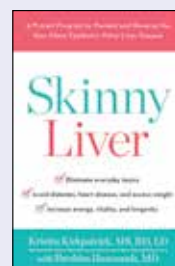


Skinny Liver: Prevent and Reverse Fatty Liver Disease

2017, Kristin Kirkpatrick, MS, RDN and Ibrahim Hanouneh, MD

Excellent book! A silent health crisis is impacting 33% of Americans—nonalcoholic fatty liver disease. Written by an expert RDN at Cleveland Clinic Wellness and a hepatic physician. CDCES approved.

- #1510 Book, 304 pgs, paper \$16
- #3043 10 CE book & test \$125
- #3044 19.25 CE book & test \$150

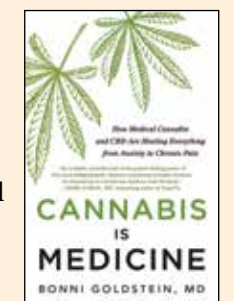


Cannabis is Medicine: Healing Everything from Anxiety to Chronic Pain

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
- #2363 15 CE book & test \$140
- #2364 28 CE book & test \$195



The Autoimmune Solution

2015, Amy Myers, MD

A scientifically proven plan for preventing and reversing the full spectrum of autoimmune diseases. Most people use medication to suppress their overactive immune systems, but there are natural, more effective ways!

- #1170 Book, paper \$15
- #2013 12 CE book & test \$125
- #2014 22 CE book & test \$150

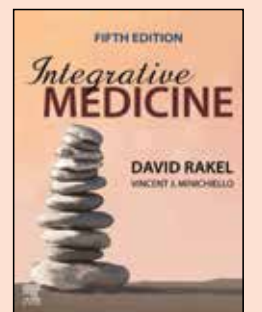


Integrative Medicine

5th ed. 2022, Dr. D. Rakel, MD

Sought after resource – new chapters on fatty liver, supporting immunity, tapering off opioids, and reducing polypharmacy. Includes SORT (Strength of Recommendation Taxonomy) to provide evidence-based ratings on the evidence and relative potential harm. CDCES approved.

- #2640 Book, 1152 pgs, hard \$99
- #2643 25 CE book & test \$250
- #2644 46.75 CE book & test \$385



Integrative Medicine & MNT

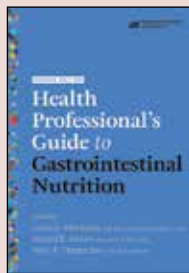


Gastrointestinal Nutrition

2nd ed. 2022, Matarese, PhD, RDN, Mullin, MD, & Raymond, MS, RDN

Excellent! This new edition addresses the etiology of specific GI disorders, risks and benefits of medical, nutritional, and surgical interventions. Plus treatment guidelines and emerging areas of research. Academy offers 12 CE. CDCES approved.

- #2670 Book, 356 pgs, paper \$70
- #2673 16.75 CE book & test \$185
- #2674 34 CE book & test \$260



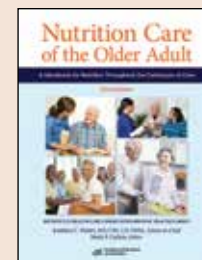
Nutrition Care of the Older Adult:

Continuum of Care

3rd ed. 2016, Kathleen Niedert, RDN, CSG, FADA, ed.

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.

- #1470 Book, 400 pgs, paper \$62
- #3033 20 CE book & test \$190
- #3034 32.25 CE book & test \$260



Integrative & Functional 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

- #2071 Part 1 30 CE Online test only Chap. 1-36 \$190
- #2072 Part 2 20 CE Online test only Chap. 37-60 \$145
- #2073 Both Parts 1 & 2, 50 CE Online tests \$330

Please order the 1121-page book directly from Amazon or its publisher.



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.

- #690 Book, 568 pgs, paper \$140
- #693 15 CE book & test \$255
- #694 35 CE book & test \$330

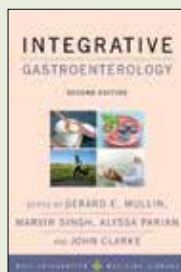


Integrative Gastroenterology

2nd ed. 2020, Gerard Mullin, MD & 51 contributors

Latest evidence-based research and therapies on GI issues in Dr. Weil's Integrative Medicine Series for health care practitioners. One in two American suffer from digestive problems. CDCES approved.

- #2020 Book, 688 pgs, paper \$90
- #2024 30 CE book & test \$255



Always Hungry?: 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.

- #1390 Book, 360 pgs, paper \$17
- #3023 9.25 CE book & test \$125
- #3024 20 CE book & test \$160

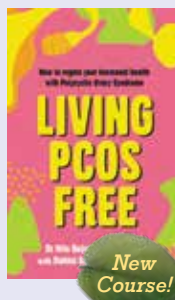


Living PCOS Free

2022, Nitu Bajekal, MD, UK OB-GYN & Rohini Bajekal, UK Nutritionist

Plant-based nutrition and lifestyle therapies for women with PCOS instead of keto. For practitioners looking for current plant-based, evidence-based research mixed with applied clinical experience, this is the course! CDCES approved.

- #2580 Book, 360 pgs, paper \$26
- #2582 25 CE book & test \$175



First Bite: 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.

- #1430 Book, 320 pgs, paper \$16
- #3073 10 CE book & test \$115
- #3074 20 CE book & test \$150

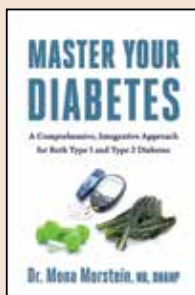


Master Your Diabetes: A Comprehensive, Integrative Approach for T1D and T2D

2017, Mona Morstein, ND, DHANP, Integrative diabetes

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.

- #1910 Book, 560 pgs, paper \$27
- #1913 15 CE book & test \$140
- #1914 25 CE book & test \$175

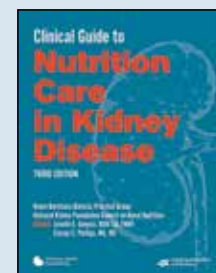


Nutrition Care in Kidney Disease

3rd ed. 2022, Renal DPG & NKF

Captivating resource for experienced and new renal dietitians, it covers the latest guidelines plus kidney stones, vegetarian and vegan diets, and the connection between the gut and kidney disease. Academy offers 10 CE. CDCES approved.

- #2660 Book, 503 pgs, paper \$79
- #2662 32.25 CE book & test \$265



I love the variety of topics that Helm offers. Every time I look at the catalog for a specific topics, I can find a course on it. – Erika S.

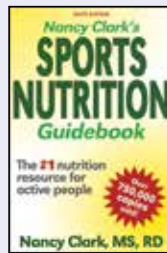


Nancy Clark's Sports Nutrition Guidebook

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. CDCES, CHES approved.

- #210 Book, 525 pages, paper \$23
- #213 25 CE book & test \$175
- #214 15 CE book & test \$140

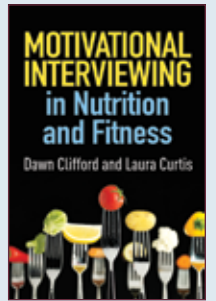


Motivational Interviewing in Nutrition and Fitness

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.

- #1460 Book, 276 pgs, paper \$30
- #3053 10 CE book & test \$130
- #3054 20 CE book & test \$160



Peak: The New Science of Athletic Performance

2019, 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. CHES approved.

- #1810 Book, 384 pages, hard \$23
- #1813 15 CE book & test \$140
- #1814 25 CE book & test \$175

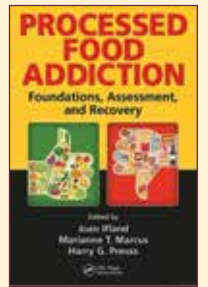


Processed Food Addiction

2020, Joan Iland, PhD, Mariann Marcus, PhD, and Harry Preuss, MD

Obesity and eating disorders often defy logic. Researchers share evidence-based research supporting the diagnosis of addiction and a deep-dive into how processed foods become addictive. Strategies on how to overcome cravings. CDCES approved.

- #2560 Book, 480 pgs, paper \$50
- #2562 27 CE book & test \$200



The New Power Eating: More Muscle. More Energy. Less Fat.

2019, Susan Kleiner, PhD, RDN

Great sports book on individualized muscle and strength building through nutrition, timing, supplements, and exercise. Written by an internationally known researcher and expert on muscle building.

Dr. Kleiner showed me how to focus my food and fully fuel my body.

Megan Rapinoe, Member of USA winning Women's Soccer Team

- #1920 Book, 328 pgs, paper \$21
- #1923 15 CE book & test \$135
- #1924 25 CE book & test \$160



Helping Your Child with Extreme Picky Eating

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.

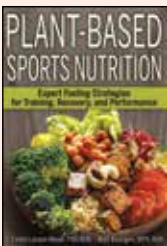
- #1620 Book, 240 pages, paper \$16
- #2093 5 CE book & test \$60
- #2094 15 CE book & test \$135



Plant-Based Sports Nutrition 2019, Enette 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. CDCES, CHES approved.

- #1940 Book, 344 pgs, paper \$24
- #1943 15 CE book & test \$140
- #1944 27 CE book & test \$170

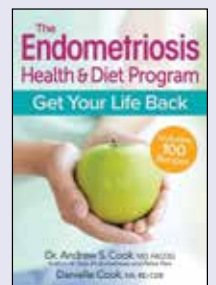


Endometriosis Health & Diet Program

2017, Dr. Andrew Cook, MD & Danielle Cook, MS, RDN

The book covers the physiology and contributing factors for developing endometriosis, plus a lifestyle plan to slow or halt the disease, and ends with a focus on food and reducing inflammation. Excellent book for nutrition counselors.

- #2680 Book, 288 pgs, paper \$23
- #2682 20 CE book & test \$155

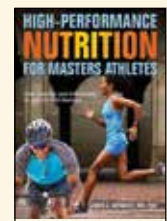


High-Performance Nutrition for Masters Athletes

2021, Lauren Antonucci, RDN, CSSD, CDCES

As the body ages, a person's needs change regarding fitness, physical abilities, and nutrition. This book is for casual and serious athletes and the professionals who help them prepare for everyday walks, as well as more advanced training, competition, recovery, & chronic diseases. CHES approved.

- #2460 Book, 256 pgs, paper \$27
- #2462 25 CE book & test \$170



Thank you for your excellent self-study courses! I have used your company for many years and greatly appreciate your professionalism, prompt response, willingness to help.

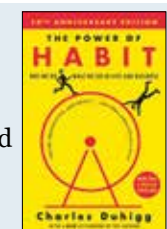
— Amy M.

The Power of Habit

2014, Charles Duhigg, NY Times Journalist

This book explores why habits—healthy and otherwise—exist and how to change them. Excellent resource for counselors and leaders. CDCES and CHES approved.

- #2620 Book, 416 pgs, paper \$16
- #2622 10.75 CE book & test \$105

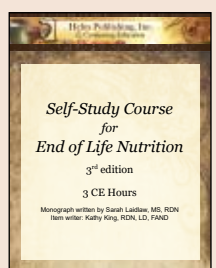


End of Life Nutrition

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 \$49



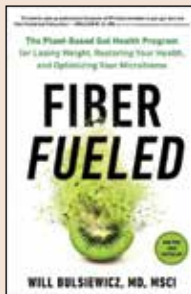


Fiber Fueled: The Plant-Based Gut Health Program

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.

- #2260 Book, 400 pgs, hard \$25
- #2263 15 CE book & test \$140
- #2264 25 CE book & test \$170

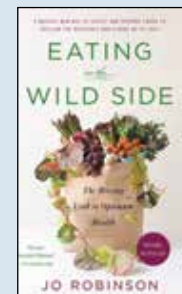


Eating on the Wild Side

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
- #2063 15 CE book & test \$135
- #2064 25 CE book & test \$165

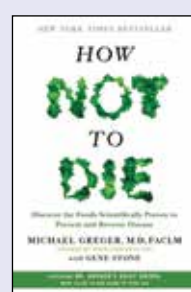


How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease

2015, Michael Greger, MD, NutritionFacts.org

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.

- #1370 Book, 576 pgs, hard \$22
- #3083 15 CE book & test \$145
- #3084 28 CE book & test \$180



SaltFatAcidHeat

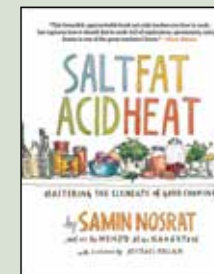
2017, Samin Nosrat, Chef

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
- #2233 15 CE book & test \$135
- #2234 23 CE book & test \$160

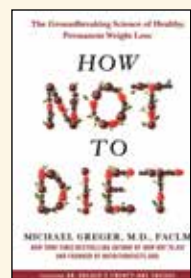


How Not To Diet

2019, 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 microbiome. CDCES, CHES approved.

- #1890 Book, 608 pgs, paper \$22
- #1893 15 CE book & test \$140
- #1894 27 CE book & test \$180



Fertility: Why Microbes, Weight, and Nutrition Matter

2022, Clare Fleishman, MS, RDN

A comprehensive review of hundreds of evidence-based studies on fertility for both men and women, and how to improve it through nutrition and lifestyle choices. Captivating book for counselors.

- #2630 Book, 338 pgs, paper \$18
- #2632 15.75 CE book & test \$135



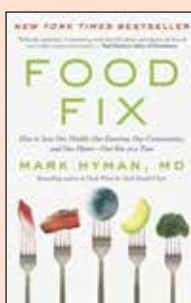
Food Fix

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.

Few issues are as important as the food the world grows, transports, wastes, and consumes...This is a powerful call to arms. Kelly Brownell, PhD, Dir.

- #2050 Book, 400 pgs, paper \$24
- #2053 13 CE book & test \$135
- #2054 19.25 CE book & test \$155



Real Food for Pregnancy

2018, Lily Nichols, RDN, CDCES

Popular book! For practitioners looking for the most current prenatal evidence-based research mixed with applied clinical experience this is the course! Over 930 citations to explain and back up guidelines. CDCES, CHES approved.

Real Food...should find its way into every medical school and prenatal clinic. Mark Cucuzzella, MD, FAAFP, Professor West Virginia University School of Medicine

- #2500 Book, 346 pgs, paper \$29
- #2502 15 CE book & test \$145



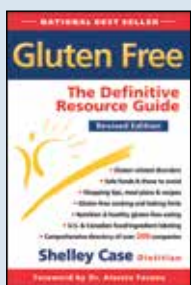
Gluten Free: The Definitive Resource Guide

2022, Shelley Case, RDN

This book is a must-have for any health practitioner working with patients with celiac disease or gluten-sensitivity. It contains evidence-based research and gluten-free resources. CDCES, CHES approved.

This book is absolutely outstanding — one of the best resources on the gluten-free diet I have ever read for completeness of information! Dr. Carlo Catassi, MD, Ctr. for Celiac, Boston, MA

- #2550 Book, 350 pgs, paper \$29
- #2552 20.75 CE book & test \$155

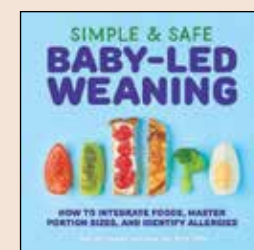


Simple and Safe Baby-Led Weaning

2020, Malina Malkani, MS, RDN, CDN

Current evidence-based research on BLW and the 26 favorite natural solid foods to start with, how to keep food safe, foods to prohibit because of choking risk, and how to navigate, recognize, and prevent food allergies or sensitivities.

- #2600 Book, 144 pgs, paper \$15
- #2602 9.75 CE book & test \$90



Other Interesting Titles

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.

#2110 Book, 307 pgs, paper \$32
 #2113 15 CE book & test \$150
 #2114 25 CE book & test \$175

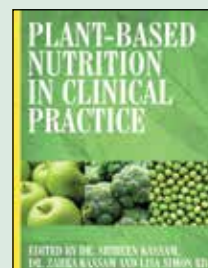


Plant-Based Nutrition in Clinical Practice

2022, UK Physicians & RD

Evidence-based guide to the uses and benefits of a plant-based diet. Based upon the UK's first university-based course on plant-based clinical nutrition, taking a holistic and systems-based approach. CDCES approved.

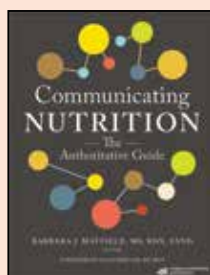
#2650 Book, 245 pgs, paper \$60
 #2652 25 CE book & test \$205



Communicating Nutrition

2020, Barbara Mayfield, MS, RDN, FAND, editor, and 58 contributing authors

Practitioners at all levels of experience will find communication pearls to succeed in this book covering social media, online marketing, media interviews, videos, publishing, speaking, negotiating, addressing misinformation and much more. Academy offers additional 14 CPE hours. CHES approved.



While it might seem like some people have a natural knack for communicating, no one starts out a communications expert. Ellie Krieger, MS, RDN, Award-winning Cookbook author, TV Personality

#2490 Book, 699 pgs, paper \$87
 #2492 26.75 CE book & test \$225

Life Time: Your Body Clock

2022, Russell Foster, PhD

Intriguing book explores studies on the best times to sleep, eat, avoid obesity, take medications, and work. He explains how and why night-shift and too busy lives take their mental and physical tolls. CDCES & CHES approved.

#2710 Book, 480 pgs, hard \$26
 #2712 21 CE book & test \$155



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 An American Sickness
 CBD

Cannabis: A Clinician's Guide
 Complementary & Integrative
 Psychiatry

The Complete Low-FODMAP Diet
 The Dichotomy of Leadership
 Entrepreneurial Nutritionist, 4th ed.

Herbal Formularies
 Histamine Intolerance
 Indian Vegan Kitchen
 Integrative Geriatrics
 Jemima Code
 Jubilee

Living with Parkinson's

Lymphedema
 Managing Medical Trauma
 MI for Adolescents & Young Adults

Nose Dive
 Nutrigenetics
 Pediatric Nutrition in Clinical Care
 Pocket Guide-Children w/ Special
 Needs

Pregnancy Complicated by Diabetes
 Promoting Biodiversity in Food
 The Dichotomy of Leadership

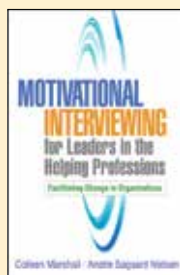
The Rise
 The Sioux Chef
 The Third Plate
 Type 1 Diabetes
 Vegan for Life

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
 #2372 15 CE book & test \$145



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- ★ 70%+ correct to pass online

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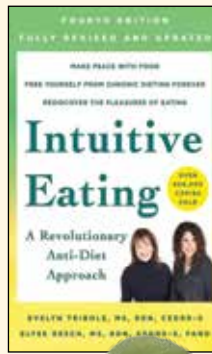
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Intuitive Eating

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

Exclusive Authorized
Provider of The Original
Intuitive Eating
Certification! Our 46 CE
course Step 1, 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.



Best
Seller

- | | | |
|-------|--|-------|
| #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 | \$195 |



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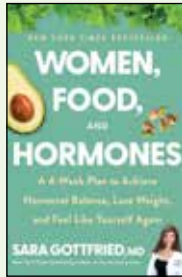
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Women, Food & Hormones:

A Plan to Achieve Hormonal Balance,
Lose Weight

2021, Sara Gottfried, MD

This book covers evidence-
based research that challenges
popular keto diets used for
men. Women's bodies are
unique, and many current
guidelines don't recognize that
enough—on weight gain, waist
gain, reduced testosterone, etc.
CDCES, CHES approved.



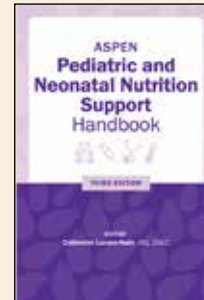
Best
Seller

- | | | |
|-------|----------------------|-------|
| #2470 | Book, 336 pgs, paper | \$19 |
| #2472 | 18 CE book & test | \$140 |

ASPEN Pediatric and Neonatal Nutrition Support

3rd ed. 2024, Catherine
Larson-Nath, MD, CNSC

Excellent resource, written by
pediatric nutrition support
experts, it is a comprehensive,
quick reference on caring
for neonates, infants, children, and
adolescents receiving parenteral and
enteral nutrition. It includes age-
specific nutrition for over 18 disease-
specific conditions. CDCES approved.



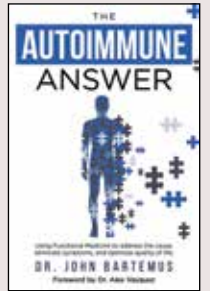
New
Course!

#2800 Due for release 2/1/24. Check our website for details.

The Autoimmune Answer

2020, Dr. John Bartemus, DC

Autoimmune diseases are
now more common than
cancer in the US. This
course covers more than
eight of the most common
autoimmunities and how to
control symptoms naturally.
Evidence-based. CDCES,
CHES approved.



*This book shines light into the way of thinking
that is required to create health and to change
chronic illness rather than just treating symptoms
through medication.* Russell Hulbert, DC

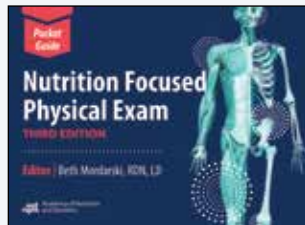
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| #2720 | Book, 270 pgs, paper | \$19 |
| #2722 | 12.75 CE book & test | \$125 |

New
Course!

Nutrition-Focused Physical Exam

3rd ed. 2021, Beth Mordarski, RDN, LD

Essential tool for
malnutrition and
micronutrient
assessment,
documentation,
and coding.
Updated images
of micronutrient
deficiencies, degrees
of fat and muscle wasting, and laboratory
assays for vitamin and mineral status. CDCES
approved.



Best
Seller

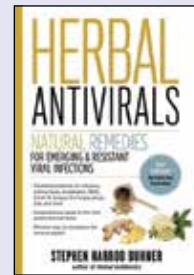
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| #2610 | Book, 68 pgs, spiral | \$30 |
| #2612 | 7 CE book & test | \$75 |

Herbal Antivirals:

Natural Remedies for
Emerging & Resistant Viral
Infections

2nd ed. 2021, Stephen Harrod
Buhner

A very interesting book on
natural healing! Viruses
are mutating and becoming
resistant to antiviral pharmaceuticals.
Pandemics like Covid-19 are happening faster
than we can develop medicines to fight them.
New content on Covid and immunity herbs.
CHES approved.



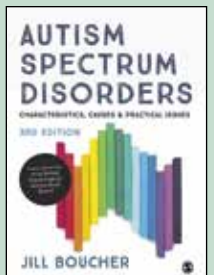
New
Course!

- | | | |
|-------|----------------------|-------|
| #2750 | Book, 480 pgs, paper | \$20 |
| #2752 | 24.75 CE book & test | \$170 |

Autism Spectrum Disorders

3rd ed. 2023, Jill Boucher, PhD

Written by an academic psychologist, this
book covers historical roots,
methods of assessment, causes,
interventions and education.
Emphasis is placed on practical
information and the most
recent research on the autistic
spectrum. CDCES, CHES
approved.



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