

Sample Reading List



This list does not serve as the official reading list for any class cycle. The required list will be published no later than 6 weeks prior to the start of class.

SAMPLE REQUIRED READING *

* Preview links are affiliate links, the proceeds of which support our Jennifer Pecot Scholarship fund. Please remember any purchases you make from this list are for your personal use as these titles have not been confirmed as required reading for the current classroom cycle.

Title	Purchase Link
Introduction to the Human Body: The Essentials of Anatomy and Physiology (11 th ed) <i>by Gerald Tortora and Bryan H. Derrickson</i>	Amazon.com
Motivational Interviewing in Nutrition and Fitness <i>by Dawn Clifford and Laura Curtis</i>	Amazon.com
The PEACE Process (2020 Edition) <i>by Miriam Zacharias</i>	Amazon.com
Signs and Symptoms Analysis from a Functional Perspective <i>by Dicken Weatherby, N.D.</i>	Amazon.com
Salt, Fat, Acid, Heat: Mastering the Elements of Good Cooking <i>by Samin Nosrat</i>	Amazon.com
Fortify Your Life: Your Guide to Vitamins, Minerals, and More <i>by Tieraona Low Dog, M.D.</i>	Amazon.com
The Secret Life of Your Microbiome: Why Nature and Biodiversity are Essential to Health and Happiness <i>by Susan Prescott, M.D., Ph.D and Alan Logan, N.D.</i>	Amazon.com
An Everlasting Meal: Cooking with Economy and Grace <i>by Tamar Adler</i>	Amazon.com