

Sample Reading List

Nutritional Therapy Practitioner Program

**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**



Nutritional
Therapy
Association

SAMPLE READING LIST

CORE REQUIRED READING

Here is a sample of the core required reading texts used in the Nutritional Therapy Practitioner Program.

1. Introduction to the Human Body: The Essentials of Anatomy and Physiology (11th ed)
by *Gerald Tortora and Bryan H. Derrickson*

2. Motivational Interviewing in Nutrition and Fitness
by *Dawn Clifford and Laura Curtis*

3. The E-Myth Revisited: Why Most Small Businesses Don't Work and What to Do About It
by *Michael E. Gerber*

4. Signs and Symptoms Analysis from a Functional Perspective
by *Dicken Weatherby, N.D.*

5. Salt, Fat, Acid, Heat: Mastering the Elements of Good Cooking
by *Samin Nosrat*

6. Fortify Your Life: Your Guide to Vitamins, Minerals, and More
by *Tieraona Low Dog, M.D.*

7. An Everlasting Meal: Cooking with Economy and Grace
by *Tamar Adler*