

## UK Essential Reading List (2018-19)

TITLE	AUTHOR	ISBN	PRICE £
<b>Biomedicine</b>			
Ross and Wilson Anatomy & Physiology in Health and Illness (13 <sup>th</sup> ed) (release date 8.6.18)	Waugh, A. and Grant, A. (2018)	978-0702072765	£31.99
Ross and Wilson Anatomy & Physiology Colouring and Workbook (5 <sup>th</sup> ed) (release date 30.10.18) USEFUL BUT NOT ESSENTIAL	Waugh, A. and Grant, A. (2018)	978-0702073250	£19.99
Gould's Pathophysiology for the Health Professions** (6 <sup>th</sup> ed.)	Hubert, RJ. and VanMeter, KC. (2018)	978-0323414425	£80.99
Mosby's Dictionary of Medicine, Nursing & Health Professions** (10 <sup>th</sup> ed.) NOTE: The Merck Manual online is <u>FREE</u> and can be used as an alternative: <a href="http://www.merckmanuals.com/professional/index.html?searchTerms">http://www.merckmanuals.com/professional/index.html?searchTerms</a> (click on 'magnifying glass' search icon (top right) to open search box)	Mosby (2016)	978-0323222051	£29.99
CNM Referencing Guidelines for Students		Free on student website	-

**\*\* An older version of this book (at a lower cost) can be used for the subject.**

### Naturopathy Study

The Naturopathy Workbook (4 <sup>th</sup> ed)	Langley, S (2015)	CNM	£19/€25 or £23/€28 incl P&P
The Traditional Chinese Medicine Workbook	McGrath, H. (2007)	CNM	£19/€25 or £23/€28 incl P&P
Encyclopedia of Herbal Medicine	Chevallier, A. (2016)	978-0241229446	£22.95
Homeopathy for the First Aider	Shepherd, D. (2009)	978-0091934781	£2.99
Prescription for Nutritional Healing (5 <sup>th</sup> rev ed)	Balch, P. (2011)	978-1583334003	£20.00
Chinese Medicine: The Web That Has No Weaver (2 <sup>nd</sup> rev ed)	Kaptchuk, T. (2000)	978-0712602815	£18.99
The Therapeutic Relationship in Complementary Healthcare	Mitchell, A & Cormack, M. (1998)	978-0443053191	£27.99
Practical Iridology: Using Your Eyes to Pinpoint Your Health Risks and Your Particular Path to Wellbeing <i>Available direct from the sole UK distributor – <a href="mailto:iridology@thenaturalcentre.com">iridology@thenaturalcentre.com</a></i>	Jackson-Main, P. (2004)	978-1885653307	£25.00

### Naturopathic Principles

The Naturopathy Workbook (4 <sup>th</sup> ed)	Langley, S. (2015)	CNM	£19/€25 or £23/€28 incl P&P
The Philosophy of Natural Therapeutics	Lindlhar, H. (2016)	978-1333682187	£17.80
Tissue Salts for Healthy Living	Roberts, M. (2008)	978-1770077737	£7.99
Bach Flower Therapy: Theory and Practice	Scheffer, M. (2009)	978-0007333745	£11.99

## Nutrition Year 1

Introduction to Human Nutrition (2 <sup>nd</sup> ed)	Gibney, M, Lanham-New, SA, Cassidy, A & Vorster, HH. (2009)	978-1405168076	£50.99
Textbook of Natural Medicine (4 <sup>th</sup> ed)	Pizzorno, JE. & Murray, MT. (2012)	978-1437723335	£164.00
Staying Healthy with Nutrition: The Complete Guide to Diet and Nutritional Medicine – 21 <sup>st</sup> Century Edition	Haas, E. (2006)	978-1587611797	£30.00
Advanced Nutrition and Human Metabolism (7th ed)	Gropper, S, Smith J & Carr, T. (2017)	978-1305627857	£150
Skills for Success: Personal Development and Employability (3rd edition)	Cottrell, S. (2015)	978-1137426529	£16.99
How to Read a Paper: The Basics of Evidence-Based Medicine	Greenhalgh, T. (2006)	978-1118800966	£31.99
The Naturopathy Workbook (4 <sup>th</sup> ed)	Langley, S. (2015)	CNM	£19/€25 or £23/€28 incl P&P
British National Formulary (Volume 75, older versions are acceptable) FOR CLINIC USE	Joint Formulary Committee (2018)	978-0857113313	£57.50

## Nutrition Year 2

The Clinician's Handbook of Natural Medicine (3 <sup>rd</sup> edition) FOR CLINIC USE	Pizzorno, JE, Murray, M.T. & Joiner-Bey, H.(2015)	978-0702055140	£41.99
A-Z Guide to Drug-Herb-Vitamin Interactions (2 <sup>nd</sup> revised edition) FOR CLINIC USE	Gaby, A. (2006)	978-0307336644	£22.00
Biochemical Imbalances in Disease: A Practitioner's Handbook USEFUL BUT NOT ESSENTIAL	Nicolle, L. & Woodriff Berne, A. (2010)	978-1848190337	£45.00
Textbook of Natural Medicine (4 <sup>th</sup> ed)	Pizzorno, JE. & Murray, M.T. (2012)	978-1437723335	£164.00
Signs and Symptoms Analysis from a Functional Perspective (2 <sup>nd</sup> ed) FOR CLINIC USE	Weatherby, D. (2004)	978-0976136729	£45.00

### Herbal Medicine Year 1 (Specialist Training)

The Traditional Chinese Medicine Workbook	McGrath, H. (2007)	CNM	£19/€25 or £23/€28 incl P&P
Green Pharmacy: The History and Evolution of Western Herbal Medicine	Griggs, B. (1997)	978-0892817276	£17.99
The Herbal Medicine Maker's Handbook: A Home Manual	Green, J. (2000)	978-0895949905	£22.00
Planetary Herbology	Tierra, M. (1989)	978-0941524278	£18.99
Ayurvedic Medicine: The Principles of Traditional Practice	Pole, S. (2012)	978-1848191136	£45.00

### Herbal Medicine Year 2 (Specialist Training)

Herb Contraindications and Drug Interactions: Plus Herbal Adjuncts with Medicines (4 <sup>th</sup> ed)	Brinker, F. (2010)	978-1888483147	£44.17
British National Formulary (Volume 75)	Joint Formulary Committee (2018)	978-0857113313	£57.50
The Constituents of Medical Plants: An Introduction to the Chemistry and Therapeutics of Herbal Medicines	Pengelly, A. (2004)	978-0851998077	£19.95
The Modern Herbal Dispensary: A Medicine Making Guide	Easley, T. & Horne, S. (2016)	978-1623170790	£19.99
The Western Herbal Tradition: 2000 years of Medicinal Plant Knowledge	Tobyn, G, Denham, A. & Whitelegg, M. (2016)	978-1848193062	£35.00
Dispensing with Tradition: A Practitioner's Guide to using Indian and Western Herbs the Ayurvedic Way <i>Available from the author at <a href="http://annemcintyre.com/2015/03/dispensing-with-tradition-3/">http://annemcintyre.com/2015/03/dispensing-with-tradition-3/</a></i>	McIntyre, A & Boudin, M. (2012)	ASIN: B008VR7HFU	£33.95 incl P&P
Botanical Medicine; Herbs, Nutrition, Hormones & Medications <i>Available from the online shop at Pro Health <a href="https://prohealthsys.com/prohealth-products/textbooks/botanical-medicine/">https://prohealthsys.com/prohealth-products/textbooks/botanical-medicine/</a></i>	Marciano, M. & Vizniak, N. (2017)	978-0-9936191-1-3	\$39.97

### Herbal Medicine Year 3 (Specialist Training)

Pocket Guide to Clinical Examination (4th. ed.)	Epstein, O, Perkin, G. & Cookson, J. et al (2009)	978-0723434658	£24.99
Differential Diagnosis of Common Complaints (7th edition)	Symons, A.B. and Seller, R.H. (2017)	978-0323512329	£32.99
Medical Herbalism: The Science and Practice of Herbal Medicine: Principles and Practice	Hoffman, D. (2003)	978-0892817498	£52.00
Underwood's Pathology: A Clinical Approach (7 <sup>th</sup> edition)	Cross, S. (2018)	978-0702072123	£50.99
Principles and Practice of Phytotherapy: Modern Herbal Medicine (2 <sup>nd</sup> ed)	Bone, K & Mills, S (2013)	978-0443069925	£94.49
Herbal Medication – A Clinical and Dispensary Handbook <i>Available direct from the online shop at National Institute of Medical Herbalists <a href="https://www.nimh.org.uk/shop/">https://www.nimh.org.uk/shop/</a></i>	Priest, A.W. & Priest, L.R. (1982)	NIMH	Hardback £14 incl p&p Softback £12 incl p&p

### Acupuncture Year 1 (Specialist Training)

A Manual of Acupuncture (2 <sup>nd</sup> ed) <i>Suitable formats for class: app for tablet or smartphone, box of flashcards or book</i>	Deadman, P, Baker, K & Khafaji, M. (2007)	978-0951054659	£80.00
The Foundations of Chinese Medicine: A Comprehensive Text (3rd ed)	Maciocia, G. (2015)	978-0702052163	£115.00
Research Made Easy in Complementary & Alternative Medicine	Kane, M. (2014)	978-0443070334	£23.99
The Traditional Chinese Medicine Workbook	McGrath, H. (2007)	CNM	£19/€25 or £23/€28 incl P&P
BACc Code of Safe Practice <i>Available to download from BACc website: <a href="https://www.acupuncture.org.uk/public-content/effective-practice/bacc-professional-codes.html">https://www.acupuncture.org.uk/public-content/effective-practice/bacc-professional-codes.html</a></i>	British Acupuncture Council (2016)	BAAC	N/A

### Acupuncture Year 2 (Specialist Training)

Chinese Acupuncture and Moxibustion (3rd ed)	Cheng, X. (2010)	978-7119059945	£41.95
A Manual of Acupuncture (2 <sup>nd</sup> ed) <i>Suitable formats for class: app for tablet or smartphone, box of flashcards or book</i>	Deadman, P, Baker, K & Khafaji, M. (2007)	978-0951054659	£80.00
The Practice of Chinese Medicine: The Treatment of Diseases with Acupuncture and Chinese Herbs (2 <sup>nd</sup> ed)	Maciocia, G. (2007)	978-0443074905	£110.00
Acupuncture: A Comprehensive Text	Chen Chui, H, O'Connor, J & Bensky, D. (1981)	978-0939616008	£58.00
The Traditional Chinese Medicine Workbook	McGrath, H. (2007)	CNM	£19/€25 or £23/€28 incl P&P
BACc Code of Safe Practice <i>Available to download from BACc website: <a href="https://www.acupuncture.org.uk/public-content/effective-practice/bacc-professional-codes.html">https://www.acupuncture.org.uk/public-content/effective-practice/bacc-professional-codes.html</a></i>	British Acupuncture Council (2016)	BAAC	N/A
The Good Research Guide: for small-scale social research	Denscombe, M. (2017)	978-0335226863	£25.99
How to Read a Paper: The Basics of Evidence-Based Medicine	Greenhalgh, T. (2006)	978-1118800966	£31.99

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Chinese Acupuncture and Moxibustion (3rd ed)	Cheng, X. (2010)	978-7119059945	£41.95
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How to Read a Paper: The Basics of Evidence-Based Medicine	Greenhalgh, T. (2006)	978-1118800966	£31.99
British National Formulary (Volume 75)	Joint Formulary Committee (2018)	978-0857113313	£57.50
Doing Qualitative Research; a Practical Handbook (5 <sup>th</sup> edition)	Silverman, D. (2017)	978-1526441614	£32.99

## Natural Chef

The Encyclopaedia of Healing Foods	Murray, M, Pizzorno, J.E. & Pizzorno, L. (2008)	978-0749909710	£25.00
McGee on Food and Cooking: An Encyclopedia of Kitchen Science, History and Culture	McGee, H. (2004)	978-0340831496	£39.99
The Flavor Bible: The Essential Guide to Culinary Creativity	Page, K. & Dornenburg, A. (2008)	978-0316118408	£35.00
Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats (2 <sup>nd</sup> rev edition)	Fallon, S. (2009)	978-0967089737	£19.99
The Art of Fermentation: An In-depth Exploration of Essential Concepts and Processes from Around the World.	Katz, SE. (2012)	978-1603582865	£30.00

## Vegan Natural Chef

The Encyclopaedia of Healing Foods	Murray, M, Pizzorno, J.E. & Pizzorno, L. (2008)	978-0749909710	£25.00
McGee on Food and Cooking: An Encyclopedia of Kitchen Science, History and Culture	McGee, H. (2004)	978-0340831496	£39.99
The Vegetarian Flavor Bible: The Essential Guide to Culinary Creativity	Page, K. (2014)	978-0316244183	£31.44
The Gentle Chef Cookbook: Vegan Cuisine for the Ethical Gourmet	Conroy, S M (2012)	978-1479399895	£11.70
Vegan Street Food: Foodie travels from India to Indonesia	Kearney, J. (2015)	978-1849756501	£16.99
V is for Vegan	Rodgers, K. (2015)	978-1849495035	£20.00

### All Are Essential Books (students must have)

It is not necessary to buy all the books at once – consult your Director of Studies for advice.

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Books can be purchased from:

**The Book Depository:** <http://www.bookdepository.com>. Free delivery.

**Amazon:** <http://www.amazon.co.uk>.

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