



Nature Care College

BOOKLIST

Compulsory Textbooks

All textbooks are available via most online bookshops, unless (or in addition to) otherwise stated sources in the booklist.

Frequently used online bookshops include:

- **Booktopia:** <https://www.booktopia.com.au/>
- **The Nile:** <https://www.thenile.com.au/>
- **Amazon AU:** <https://www.amazon.com.au/>
- **Bookdepository:** <https://www.bookdepository.com/>

or try your friendly neighbourhood bookshop.

The compulsory texts and recommended readings are listed on the individual Unit of Study Outlines, which can be viewed on individual Moodle Courses.

NOTE: If your unit of study is not listed in this document, there is no set/compulsory textbook for the unit.

This list of compulsory textbooks is published on the Nature Care College website under “Booklist”.

Access via:

<http://www.naturecare.com.au>

Select:

**Student Centre
Student Forms**

Under General Forms find:

Booklist

or find it in the Administration Resources listed on your Moodle home page

Compulsory Text Books by Unit of Study A-Z

A...

ADVANCED AROMATHERAPY

Battaglia, S. (2004). *The Complete Guide to Aromatherapy* (2nd ed.). The Perfect Potion.

Available via Perfect Potion: www.perfectpotion.com.au

ANATOMY & PHYSIOLOGY

Body Structures/ Body Systems/ Integrative Anatomy & Physiology

Tortora, G. J., & Derrickson, B. H. (2019). *Principles of Anatomy and Physiology* (2nd Asia-Pacific ed.). Wiley.
\$159.95

Limited stock available via Nature Care College
(fill in [orderform](#) and email to library@naturecare.com.au)

Also available via the Publisher Web-shop (Wiley Direct): <https://www.wileydirect.com.au/>

(You will be able to use the 13th, 14th and 15th US editions. Please be aware that textbook references may vary slightly with earlier editions)

AROMATHERAPY ESSENTIALS

Battaglia, S. (2004). *The Complete Guide to Aromatherapy* (2nd ed.). The Perfect Potion.

Available via Perfect Potion: www.perfectpotion.com.au

AROMATHERAPY SKIN CARE & PRODUCTS

Battaglia, S. (2004). *The Complete Guide to Aromatherapy* (2nd ed.). The Perfect Potion.

Available via Perfect Potion: www.perfectpotion.com.au

ASTROLOGY 1

Parampara, P. C. (2000). *Star Lore - A Beginner's Guide to Astrology*. Self-Published.

Purchased directly from trainer Narelle McNamara

AYURVEDIC MEDICINE – AN INTRODUCTION

Matthews, S. (2016). *The Art of Balanced Living: The Right Diet and Lifestyle for Your Body Type*. Finch Publishing.

\$29.95

Purchased directly from trainer Shaun Matthews

B...

BACH FLOWER REMEDIES

Bach, E. (2005). *The essential writings of Dr. Edward Bach: The Twelve Healers and Heal Thyself*. Random House.

Barnard, J. (1979). *A Guide to the Bach Flower Remedies*. Essex, UK: C.W. Daniel.

Weeks, N. (1973). *The Medical Discoveries of Edward Bach*. Essex, UK: C.W. Daniel.

BODY CHEMISTRY A & B

Tortora, G. J., & Derrickson, B. H. (2019). *Principles of Anatomy and Physiology* (2nd Asia-Pacific ed.). Wiley.
\$159.95

Limited stock available via Nature Care College
(fill in [orderform](#) and email to library@naturecare.com.au)

Also available via the Publishers Webshop (Wiley Direct): <https://www.wileydirect.com.au/>

(You will be able to use the 13th, 14th and 15th US editions. Please be aware that textbook references may vary slightly with earlier editions)

BOTANY

Tan, E. (2013). *Botany of the Flowering Plants* (4th ed.). Eleanor Tan.

Available via <https://www.booksatstones.com.au/> **or email author directly** eleanor.d.tan@gmail.com
(EFT or Paypal only)

BUILDING YOUR SUCCESSFUL PRACTICE

Weir, M. (2016). *Law and Ethics in Complementary Medicine* (5th ed.). A&U Academic.

\$49.99

Limited stock available via Nature Care College
(fill in [orderform](#) and email to library@naturecare.com.au)

Medhurst, R. (2016). *The Business of Healing: A Guide to Practice Establishment and Practice Management for Non-Medical Healthcare Professionals* (3rd ed.). SA, Australia: Self published.

Available from the author: <http://www.adelaidehillsnaturopath.com.au>
Email: medhurstr@yahoo.com

C...

CLINICAL PRACTICE 1A & 1B

Weatherby D, Ferguson S. c2002. *Blood chemistry and CBC analysis; clinical laboratory testing from a functional perspective*. Bear Mountain Publishing, USA.

F...

FOUNDATIONS OF HOMOEOPATHY A, B & C

Boericke W. 1998. *Pocket Manual of Materia Medica and Repertory*, B Jain Publishers

or

Vemeulen F. 1997. *Concordant Materia Medica*, 2nd ed. Harlem: Emryss.

Schroyens Dr F. *Essential Synthesis or Repertorium Homoeopathicum Syntheticum*. 7th edition onwards

Hahnemann. S. *Organon of Medicine* - 5 & 6th ed. Translated by Dudgeon & Boericke (B. Jain)

Also available via Narayana Homeopathy: <http://www.narayana-verlag.com> or <https://aurumproject.org.au/store/> (second hand copies depending on availability)

FOUNDATIONS OF NUTRITION A & B

Whitney, E., Rolfes, S., Crowe, T., & Walsh, A. (2019). *Understanding Nutrition* (4th Australian and NZ ed.). Cengage Learning Australia.

Also available via the Publishers Website (Cengage): <https://cengage.com.au/booksellers>

FOOD AS MEDICINE

'Foods that harm foods that heal: An A-Z Guide of What to Eat and What to Avoid for Optimum Health'. Reader's Digest Australia Pty Ltd 2013

H...

HERBAL MEDICINE A, B & C – MATERIA MEDICA

Bartram, T, 1998, *Bartram's Encyclopedia of Herbal Medicine*, Robinson, London. (or later reprints)

Griggs, B, 1997, *Green Pharmacy: The History and Evolution of Western Herbal Medicine*, Healing Arts Press, USA.

HERBAL MANUFACTURING

Tan, E., & Adams, J. (2012). *Herbal Manufacturing: How to Make Medicines from Plants* (2nd ed.). Eleanor Tan.

Available via <https://www.booksatstones.com.au/> or email author directly eleanor.d.tan@gmail.com
(EFT or Paypal only)

HERBAL THERAPEUTICS A, B & C

1. Braun, L., & Cohen, M. (2015). *Herbs and Natural Supplements: An Evidence-based Guide* (4th ed.). Elsevier. (2 Volume Pack)

\$99.00

Limited stock available via Nature Care College
(fill in [orderform](#) and email to library@naturecare.com.au)

Bone, K., & Mills, S. (2013). *Principles and Practice of Phytotherapy* (2nd ed.). Churchill Livingstone.

\$134.00

Limited stock available via Nature Care College
(fill in [orderform](#) and email to library@naturecare.com.au)

I...

INTRODUCTION TO NUTRITION

Whitney, E., Rolfes, S., Crowe, T., & Walsh, A. (2019). *Understanding Nutrition* (4th Australian and NZ ed.). Cengage Learning Australia.

Also available via the Publishers Website (Cengage): <https://cengage.com.au/booksellers>

IRIDOLOGY 1A & 1B

Conlon, L. (2017). *Iridology: a Beginner's Guide*. (Revised and expanded ed.). Sydney: Digi Image.

Purchased directly from trainer Lis Conlon (lis@lisconlon.com)

Jensen, B. (2004). *Iridology Chart*. California: Bernard Jensen International. (Revisions by Ellen Tart-Jensen)

Bernard Jensen International: <https://myinfiniteiris.com/product/updated-iridology-desk-chart-w-nutrition-chart-on-back11-x-17-laminated/>

Iriscope – 10x Magnification

Iridology World http://iridology.nl/viewpage.php?page_id=5
5x, 10x, 15x and 20x magnifiers

Bernard Jensen International <https://myinfiniteiris.com/product-category/courses-and-learning-tools-for-iridology-nutrition/magnifying-lens-courses-and-learning-tools-for-iridology-nutrition/>
10x magnifiers

Stanley Supply Services <http://www.stanleysupplyservices.com/magnalite-3002-10x-magnifier/p/119-539>
10x magnifiers

M...

MEDITATION 1 & 2

Monaghan, P., & Viereck, E. G. (2011). *Meditation: the Complete Guide : Techniques from East and West to Calm the Mind, Heal the Body, and Enrich the Spirit* (Revised ed.). Novato, CA, United States: New World Library.

N...

NATUROPATHIC DIAGNOSIS

Weatherby D, Ferguson S. c2002. *Blood chemistry and CBC analysis; clinical laboratory testing from a functional perspective*. Bear Mountain Publishing, USA.

NUTRITIONAL THERAPEUTICS A & B

Pizzorno, J. E., Murray, M. T., & Joiner-Bey, H. (2015). *The Clinician's Handbook of Natural Medicine* (3rd ed.). Elsevier.

\$80.00

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P...

PHARMACOLOGY

Bryant, B., Knights, K., Darroch S, and Rowland A. 5th Edition (2018). *Pharmacology for Health Professionals*. Sydney: Mosby.

POSITIVE MENTAL HEALTH AND FLOURISHING

Compton, W & Hoffman, E (2019). *Positive psychology: the science of happiness and flourishing* (3rd ed.). SAGE Publications, US.

PRINCIPLES OF MICRONUTRIENTS A & B

Higdon, J., & Drake, V. J. (2011). *An Evidence-Based Approach to Vitamins and Minerals* (2nd ed.). Thieme.

(Information can also be found via Linus Pauling Institute Micronutrient Information Centre:

<https://lpi.oregonstate.edu/mic>)

R...

REMEDIAL MASSAGE

Casanelia, L., & Stelfox, D. (2009). *Foundations of Massage* (3rd ed.). Elsevier.

\$82.95

Limited stock available via Nature Care College

(fill in [orderform](#) and email to library@naturecare.com.au)

S...

SWEDISH MASSAGE

Casanelia, L., & Stelfox, D. (2009). *Foundations of Massage* (3rd ed.). Elsevier.

\$82.95

Limited stock available via Nature Care College

(fill in [orderform](#) and email to library@naturecare.com.au)

SYMPTOMATOLOGY, DIAGNOSIS & PATHOLOGY

Grossman, S., & Porth, C. M. (2019). *Porth's Pathophysiology : Concepts of Altered Health States* (10th ed). Philadelphia, United States: Lippincott Williams and Wilkins.

\$142.00

Limited stock available via Nature Care College

(fill in [orderform](#) and email to library@naturecare.com.au)

Also available via the Publishers (WebsiteWolters Kluwer): <https://shop.lww.com/>

T...

THE CHAKRA ENERGY SYSTEM

Myss, C. 1996. *Anatomy of the Spirit*. Bantam Books, South Australia.

THE SCIENCE OF ESSENTIAL OILS

Battaglia, S. (2004). *The Complete Guide to Aromatherapy* (2nd ed.). The Perfect Potion.

Available via Perfect Potion: www.perfectpotion.com.au