



**Booklist**  
**Nutritional Therapy – Year 3**

**Please order your books four weeks BEFORE the start of the course.**

**Essential / Student Copy**

Biesalski H K, Grimm P & Junkermann S (2006)	<b>The Pocket Atlas of Nutrition (1<sup>st</sup> ed)</b> London: Thieme	ISBN-13: 978-3131354815
British Medical Association (2009)	<b>British National Formulary 57</b> London: Pharmaceutical Press	ISBN-13: 978-0853698456
Gasgoigne S (2006)	<b>The prescribed drugs guide: A Holistic Approach</b> London: Jigme Press	ISBN-13: 978-0952218944
Geissler C & Powers H (2005)	<b>Human Nutrition (11<sup>th</sup> ed)</b> London: Churchill Livingstone	ISBN-13: 978-0443073564
Institute of Functional Medicine (IFM) (2006)	<b>The Textbook of Functional Medicine</b> USA: The Institute of Functional Medicine	* Students may order individual copies from IFM directly. However ICIM can bulk order books for students in order to obtain a discount on the price
Mitchell A & Cormack M (1998)	<b>The Therapeutic Relationship in Complementary Healthcare</b> London: Blackwell Publishing	ISBN-13: 978-0443053191
Pizzorno J & Murray M (2007)	<b>The Clinician's Handbook of Natural Medicine</b> USA: Elsevier	ISBN-13: 978-0443067235

**Recommended Reading / ICIM Library\***

\*ICIM holds an extensive library of books on Nutritional Therapy and related topics. Those listed below may be the most relevant to you at this stage of the course

Dawson (2006)	<b>Crash course in pharmacology (2<sup>nd</sup> ed)</b> London: Mosby	ISBN-13: 978-0723434160
Hendler SS (2008)	<b>The Physicians Desk Reference for Nutritional Supplements</b> USA: Thomson PDR	ISBN-13: 978-1563637100
Institute of Functional Medicine (IFM) (2008)	<b>Clinical Nutrition: A Functional Approach</b> USA: The Institute of Functional Medicine	* Students may order individual copies from IFM directly. However ICIM can bulk order books for students in order to obtain a discount on the price
Lord, R.S., Bralley J.A.,(2008)	<b>Laboratory evaluations for integrative and functional medicine (2nd ed.)</b> Georgia: Metamatrix Institute	ISBN-13: 978-0967394947
Merck (2006)	<b>The Merck Index</b> London: Merck Manuals	ISBN-13: 978-0911910001

Mosby (2008)	<b>Mosby's Dictionary of Medicine, Nursing and Health Professions</b> London: Mosby	ISBN-13: 978-0323049375
Murray M & Pizzorno J (2005)	<b>The Textbook of Natural Medicine</b> London: Churchill Livingstone	ISBN-13: 978-0443073007
Physicians Desk Reference (2008)	<b>Physicians Desk Reference for Herbal Medicines</b> USA: Thomson PDR	ISBN-13: 978-1563636783
Pitchford P (2002)	<b>Healing with Wholefoods</b> London: Random House	ISBN-13: 978-1556434303
Porter S (2008)	<b>First Steps in Research: A Pocketbook for Healthcare Students</b> London: Churchill Livingstone	ISBN-13: 978-0443103988
Rollnick S et al (1999)	<b>Health Behavior Change</b> USA: Churchill Livingstone	ISBN-13: 978-0443058509
Silvermann J et al (2005)	<b>Skills for Communicating with Patients (2nd ed.)</b> Oxon: Radcliffe Publishing Ltd	ISBN-13: 978-1857756401
Zimmermann M (2006)	<b>Burgenstein's Handbook of Nutrition (1<sup>st</sup> ed): Micronutrients in the Prevention and Therapy of Disease</b> London: Theime	ISBN-13: 978-1588900623

## Recommended Magazines

\* ICIM subscribe to CAM magazine and back copies are held in the ICIM library

<b>CAM magazine</b>	Target publishing	<a href="http://www.targetpublishing.com">www.targetpublishing.com</a>
<b>The Nutrition Practitioner</b>	CNELM	<a href="http://www.nutprac.com">www.nutprac.com</a>
<b>Naturally Good Health</b>	Target publishing	<a href="http://www.targetpublishing.com">www.targetpublishing.com</a>

## Related Publications

<b>The New Scientist</b>	<a href="http://www.thenewscientist.com">www.thenewscientist.com</a>
<b>The Ecologist</b>	<a href="http://www.theecologist.org">www.theecologist.org</a>

## Ordering Books

Amazon often has excellent deals on new and second hand textbooks so it is worth shopping around. Orchid Books in Ireland do a bundle deal for ICIM students. Visit [www.orchidbooks.org](http://www.orchidbooks.org) and login as ICIM (all uppercase) with password student (all lowercase). Click on College Bundles and select ICIM.