

We strive to keep our Booklist as up to date as possible. Check with our office before ordering the materials listed to verify whether or not any changes have been made to the course.

Undergraduate Courses	Course ID	Books/Video/Audio	ISBN/Website	Bookstore Cost
American Character	HUM200	Land of Desire: Merchants, Power and the Rise of a New American Culture (William Leach, First Vintage Books Edition, 1994)	9780679754114	\$19.95
		American Manhood: Transformations in Masculinity from the Revolution to the Modern Era (E. Anthony Rotundo, Basic Books, 1994)	9780465001699	\$33.99
		The Accidental Asian: Notes of a Native Speaker (Eric Liu First Vintage Books Edition, 1999)	9780375704864	\$14.99
		ETHOS: A Time for Change DVD (2012)	B006H370QC	\$12.00
Anatomy and Physiology 1	BIO230	Human Anatomy and Physiology, 11th Edition. (Pearson 2019)	9780134580999	\$299.20
Anatomy and Physiology 2	BIO231	Human Anatomy and Physiology, 11th Edition. (Pearson 2019)	9780134580999	\$299.20
Business Mathematics	MAT101	Contemporary Business Mathematics for Colleges 17th ed., Dietz and Southam (Cengage, 2016)	9781305506688	\$274.95
Child Development	CDV101	Understanding Child Development 10th ed., (Rosalind Charlesworth, Cengage Learning, 2016)	9781305501034	\$199.95
Clinical Nutrition	NUT402	Understanding Normal and Clinical Nutrition 10th ed., (Sharon Rady Rolfes, Kathryn Pinna & Ellie Whitney, Cengage Learning, 2014)	9781285458762	\$286.95
		Integrative Medicine 4th ed. (David Rakel, Elsevier, Saunders, 2017)	9780323358682	\$99.99
College Algebra 1	MAT210	Introductory and Intermediate Algebra through Applications 3rd ed., Akst and Bragg (Pearson E-Text, 2014) *Please note: purchasing a hardcopy textbook is optional but the ebook through MyMathLab is not optional.	Pearson link provided in Moodle	\$110.95
Community Nutrition	NUT222	Community Nutrition in Action: An Entrepreneurial Approach, 7th ed. (Cengage, 2017)	9781305637993	\$286.95
Contemporary Marketing Skills	BUS140	Essentials of Marketing 7th ed., Lamb, Hair & McDaniel (South-Western Cengage, 2012)	9780538478342	\$186.95

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Current Weight Management Theory and Application	NUT225	Nutrition, Exercise, and Behavior: An Integrated Approach to Weight Management, 3rd ed. Summerfield and Ellis (Wadsworth Cengage, 2016)	9780840069245	\$286.95
		Anti-Fat Nutrients, 4th ed. Clouatre (ReadHowYouWant, 2012)	9781458747808	\$24.99
Eating Disorders and Weight Management	NUT224	Treatment of Eating Disorders: Bridging the Research-practice Gap 1st ed., Maine, McGilley, and Bunnell (Academic Press, 2010)	9780128102077	\$112.00
		Distorted: How a Mother and Daughter Unraveled the Truth, the Lies, and the Realities of an Eating Disorder, Benson (Health Communications, Inc., 2008)	9780757305948	\$20.51
		Hope, Help & Healing for Eating Disorders, Jantz (WaterBrook Press, 2010)	9780307459497	\$14.99
		When Food is Food & Love is Love, Roth CD set	9781591793632	\$39.95
English Composition 1	ENG101	A Writer's Workshop: Crafting Paragraphs, Building Essays 3rd ed., Brannan (McGraw-Hill, 2010)	9780073385686	\$133.33
English Composition 2	ENG102	Literature: The Human Experience 11th ed., Abcarian, Klotz and Cohen (Boston: Bedford, 2014)	9781457650659	\$77.99
		The Curious Resarcher 8th ed., Ballenger (Pearson, 2015)	9780321992963	\$70.60
English: Reading Enhancement	ENG130	Reading Enhancement and Development 7th ed., Akinson and Longman (Cengage, 2003)	9780155062436	\$160.08
Environmental Challenges and Solutions	HEA201	Healthy Living in a Contaminated World: How to Prevent Toxic Chemicals from Undermining Your Health 3rd ed., Hoernschemeyer, PhD (CreateSpace Independent Publishing Platform, 2015)	9781514238103.00	\$15.00
		Toxic Free: How to Protect Your Health and Home From the Chemicals That are Making You Sick, Dadd (Tarcher, 2011)	9781585428700	\$13.81
		Clean, Green, & Lean: Get Rid of the Toxins That Make You Fat, Crinnion (John Wiley & Sons, Inc., 2010)	9780470409237	\$20.75
		Growing Green Babies, Sara Snow; DVD (March 24, 2009)	B001QWFTVG	\$7.69
Exercise Physiology	EXE320	Exercise Physiology: Integrating Theory and Application 2nd ed., Kraemer, Fleck, and Deschenes (Wolters Kluwer, 2016)	9781451193190	\$117.99
Food and Culture	SSC201	Food and Culture 7th Edition Sucher, Kittler, Nelms (Cengage 2016)	9781305628052	\$232.95

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Functional & Clinical Assessment 1	HEA410	Signs and Symptoms Analysis from a Functional Perspective: A Question by Question Guide 2nd ed. , Weatherby, ND (Bear Mountain Publishing, 2004)	9780976136729	\$53.62
Functional & Clinical Assessment 2	HEA411	Blood Chemistry and CBC Analysis , Weatherby (Bear Mountain Publishing, 2002)	9780976136712	\$65.00
General Chemistry	CHE101	Chemistry for Today: General, Organic, and Biochemistry 8th ed. , Seager and Slabaugh (Brooks Cole, 2014)	9781133602279	\$359.95
Geriatric Nutrition	NUT403	Nutrition for the Older Adult, 2nd ed. , Bernstein and Munoz (Jones & Bartlett, 2016)	9781284048933	\$164.95
		Living to be 100: 16 Common Lifestyle Characteristics of the Oldest and Healthiest People in the World , Howard, M. (Biomed General, 2012)	9781893549180	\$39.90
		Younger Brain, Sharper Mind: A 6-Step Plan for Preserving and Improving Memory and Attention at Any Age from America's Brain Doctor , Braverman, MD. (Rodale Inc., 2011)	9781609619886	\$9.85
		Never Grow Old! The Innovative, Easy to Follow Functional Aging Fitness Program that Increases Strength, Improves Balance and Decreases Pain , Ritchie, PhD, and Sipe, PhD. (Ruckus Publishing, 2013)	9781497584754	\$21.49
Health and Wellness	HEA301	Health and Wellness, 12th ed. , Edlin and Golanty (Jones & Bartlett, 2015)	9781284067293	\$182.88
Healthy Aging	NUT350	Living to be 100: 16 Common Lifestyle Characteristics of the Oldest and Healthiest People in the World , Howard, M. (Biomed General, 2012)	9781893549180	\$39.90
		Never Grow Old! The Innovative, Easy to Follow Functional Aging Fitness Program that Increases Strength, Improves Balance and Decreases Pain , Ritchie, PhD, and Sipe, PhD. (Ruckus Publishing, 2013)	9781497584754	\$18.00
		Sleep Soundly Every Night, Feel Fantastic Every Day , Rosenberg, DO. (Demos Medical Publishing, 2014)	9781936303724	\$15.70
		Essentials of Managing Stress , Seaward, PhD. (Jones and Bartlett Publishers, 2011)	9780763775056	\$121.75
		Younger Brain, Sharper Mind: A 6-Step Plan for Preserving and Improving Memory and Attention at Any Age from America's Brain Doctor , Braverman, MD. (Rodale Inc., 2011)	9781609619886	\$9.85
		Your Bones: How You Can Prevent Osteoporosis & Have Strong Bones for Life – Naturally , Pizzorno, MA, LMT, and Wright, MD. (Praktikos Books; 2013)	9781607660132	\$18.39
		Drug Muggers: Which Medications are Robbing Your Body of Essential Nutrients , Cohen, RPh. (Rodale Books; 2011)	9781605294162	\$21.81

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Herbs and Body Systems	HER102	Holistic Herbal: A Safe and Practical Guide to Making and Using Herbal Remedies 4th ed. , Hoffmann (Thorsons, 2003)	9780007145416	\$51.40
		Human Body Systems: Structure, Function, and Environment 2nd ed. , Chiras (Jones & Bartlett Learning, 2013)	9781449647933	\$39.95
Human Biology	BIO210	Human Biology 8th ed. , Chiras (Jones and Bartlett, 2014)	9781284031812	\$245.95
Integrative Pathophysiology I	HEA450	Understanding Pathophysiology 5th ed. , Huether and McCance (Elsevier Mosby, 2012)	9780323078917	\$109.80
Integrative Pathophysiology II	HEA455	Understanding Pathophysiology 5th ed. , Huether and McCance (Elsevier Mosby, 2012)	9780323078917	\$109.80
Integrative Nutrition for Women	NUT300	Integrative Women's Health. Maizes and Low Dog (Oxford University Press, 2010)	9780195378818	\$54.90
Introduction to Complementary and Alternative Medicine	HEA302	Complementary & Alternative Therapies For Nursing Practice; 4th ed. , Fontaine (Pearson, 2015)	9780133346503	\$67.00
Introduction to Essential Oils	HER200	The Healing Intelligence of Essential Oils: The Science of Aromatherapy. Schnaubelt, K. (Healing Arts Press; 2011.)	9781594774256	\$48.00
		The Complete Book of Essential Oils & Aromatherapy. Worwood, V. (New World Library, 1991)	9780931432828	\$26.95
		Oil Ex Tech Home/Lab Microwave Essential Oil Extraction Kit http://oilextech.com/ (\$25 discount with code "teachhchs")		\$199.00
Introduction to Herbal Sciences	HER101	Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide 9th ed. , Gladstar (Storey Publishing, 2012)	9781612120058	\$14.95
		The Practice of Traditional Western Herbalism: Basic Doctrine, Energetics, and Classification. Wood (North Atlantic Books, 2004)	9781556435034	\$29.99
		The Tea Drinker's Handbook , Delmas, Barbaste and Minet (Abbeville Press, 2008)	9780789209887	\$16.54
		The Elements of Herbalism , Hoffman (Barnes & Noble, 1997)	9780760703083	\$4.98
Introduction to Microbiology	BIO325	Prescott's Microbiology, 10th ed. , Willey, Sherwood, and Woolverton (McGraw-Hill, 2016)	9781259281594	\$279.33
Introduction to Nutraceuticals	NUT302	Dietary Supplements 4th ed. , Mason (Pharmaceutical Press, 2012)	9780857110534	\$86.00
		The Health Professional's Guide to Dietary Supplements , Talbot and Hughes (Lippincott Williams and Wilkins, 2007)	9780781746724	\$12.00
Introduction to Traditional Chinese Herbalism	HER103	The Web that Has No Weaver: Understanding Chinese Herbal Medicine 2nd ed. , Kaptchuk (McGraw-Hill 2000)	9780809228409	\$29.95
		The Way of Chinese Herbs , Tierra (Pocket Books 1998)	9780671898694	\$30.95

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Macronutrients	NUT100	Understanding Normal and Clinical Nutrition 11th ed., Rolfes, Pinna & Whitney (Cengage, 2018)	9781337098069	\$249.95
		The World's Healthiest Foods: The Force for Change to Health-Promoting Foods and New Nutrient-Rich Cooking 2nd ed., Mateljan, G. (GMF Publishing, 2015)	9780976918516	\$39.95
Managing a Small Business	BUS142	Small Business Management 18th ed., Longenecker, Petty, Palich & Hoy (Cengage, 2016)	9781305405745	\$329.95
Medical Terminology	HEA101	Medical Language Accelerated 1st ed., Jones & Cavanagh (McGraw-Hill, 2016)	9781259620706	\$90.00
Micronutrients	NUT105	Understanding Normal and Clinical Nutrition 11th ed., Rolfes, Pinna & Whitney (Cengage, 2018)	9781337098069	\$249.95
		Encyclopedia of Natural Medicine 3rd ed., Murray, M. and Pizzorno, J. (Atria, 2012)	9781451663006	\$59.99
Nutrition Counseling Skills	NUT401	Nutrition Counseling and Education Skill Development 3rd ed., Bauer and Liou (Cengage, 2016)	9781305252486	\$286.95
Nutrition Therapy 1	NUT410	Krause's Food and the Nutrition Care Process 14th ed., Mahan, Escott-Stump, & Raymond (Elsevier, 2017)	9780323340755	\$137.60
		Textbook of Natural Medicine 4th ed., Pizzomo & Murray (Elsevier Churchill Livingstone, 2013)	9781437723335	\$252.00
Nutrition Therapy 2	NUT411	Krause's Food and the Nutrition Care Process 14th ed., Mahan, Escott-Stump, & Raymond (Elsevier, 2017)	9780323340755	\$137.60
		Textbook of Natural Medicine 4th ed., Pizzomo & Murray (Elsevier Churchill Livingstone, 2013)	9781437723335	\$252.00
Organic and Biochemistry	CHE201	Chemistry for Today: General, Organic, and Biochemistry 8th ed., Seager and Slabaugh (Brooks Cole, 2014)	9781133602279	\$359.95
Pathophysiology I	HEA401	Understanding Pathophysiology 6th ed., Huether and McCance (Elsevier Mosby, 2016)	9780323354097	\$109.80
Pathophysiology II	HEA402	Understanding Pathophysiology 6th ed., Huether and McCance (Elsevier Mosby, 2016)	9780323354097	\$109.80
Pregnancy, Pediatric and Adolescent Nutrition	NUT221	Nutrition Through the Life Cycle 6th ed., Brown (Cengage, 2016)	9781305628007	\$286.95
		Smart Medicine for a Healthier Child 2nd ed., Zand, Walton & Rountree (Avery, 2003)	9781583331392	\$26.11
Psychology	PSY101	Psych 5, 5th ed., (Cengage Learning, 2017)	9781305662704	\$75.00
Public Speaking	COM101	Essentials of Public Speaking 6th ed., Hamilton (Cengage, 2015)	9781285159454	\$74.95

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Sports Nutrition	NUT220	Essentials of Sports Nutrition and Supplements , Antonia, Kalman, Stout, Greenwood, Willoughby, and Haff (Humana Press, 2008)	9781588296115	\$179.99
Statistics	MAT200	Essentials of Statistics, 5th ed , Triola (Pearson, 2014)* *Please note: purchasing a hardcopy textbook is optional but the ebook through MyStatLab is not optional.	Pearson link provided in Moodle	\$177.80
Stress Management in Integrative Health	HEA300	Stress Management for Life: A Research-Based Experiential Approach 4th ed. , Oplin, M. and Hesson, M. (Wadsworth Cengage, 2016)	9781305120594	\$129.95
Survey of English Lit	ENG201	The Norton Anthology of English Literature Vol 1. 9th ed. , Greenblatt (WW Norton, 2012)	9780393912470	\$34.50
Understanding Nutrition 1	NUT101	Understanding Normal and Clinical Nutrition 11th ed. , Rolfes, Pinna & Whiney (Cengage, 2018)	9781337098069	\$249.95
		The Encyclopedia of Natural Medicine , 3rd ed., Murray and Pizzorno (Atria Books, 2012)	9781451663006	\$25.00
		Hungry for Change DVD (2012) Available on Hulu	B008MIYKR6	\$9.99
		Got The Facts on Milk DVD (2011)	B005GX3HJM	\$24.07
		Food Choices DVD (2016) Available on Netflix	B01LTHKX9A	\$14.99
Understanding Nutrition 2	NUT201	Understanding Normal and Clinical Nutrition 11th ed. , Rolfes, Pinna & Whiney (Cengage, 2018)	9781337098069	\$249.95
		Prescription Alternatives 4th ed. , Mindell and Hopkins (McGraw Hill, 2009) – Chapters 10-16; 20, 23	9780071600316	\$16.85
		Sports Nutrition for Endurance Athletes 3rd ed. , Ryan (VeloPress, 2012) – Chapter 1-5, 7	9781934030820	\$17.34
Vegetarian Nutrition	NUT102	The Dietitian's Guide to Vegetarian Diets: Issues and Applications 3rd ed. , Mangels, Messina, and Messina (Jones & Bartlett Learning, 2011)	9780763779764	\$203.95
		The Food Revolution: How Your Diet Can Help Save Your Life and Our World Revised 10th ed. , Robbins (Conari Press, 2011)	9781573244879	\$21.95

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Vitamins and Minerals	NUT301	An Evidence-Based Approach to Vitamins and Minerals 2nd ed. Higdon (Thieme, 2011)	9783131324528	\$69.99
		The Real Vitamin and Mineral Book 4th ed., Lieberman (Avery Trade, 2007)	9781583332740	\$17.00
		The Benefits of Nutritional Supplements 4th ed., Dickinson (Council for Responsible Nutrition, 2012)	-	N/A
		Disease, Wellness & Nutrition: Making a Case for Dietary Supplements Audio Wave Sound File (Huntington College of Health Sciences)	-	N/A
Women's Special Health Concerns	NUT223	New Dimensions in Women's Health 6th ed., Alexander, LaRosa, Bader, Garfield, and Alexander (Jones & Bartlett, 2013)	9781449698133	\$167.95
		Women's Encyclopedia of Natural Medicine 2nd ed., Hudson (McGraw-Hill, 2008)	9780071464734	\$26.00
		Healthy Aging: A Lifelong Guide to Your Well-Being, Weil (Anchor Books, 2007)	9780307277541	\$16.95