

Undergraduate Courses	Course ID	Books/Video/Audio	ISBN/Website	Cost
American Character	HUM200	<b>A People and a Nation: A History of the United States, 11th Edition</b> Kamensky, Sheriff, Blight, Chudacoff, Logevall, Bailey, and Norton (Cengage, 2019)	9781337402712	\$159.95
Anatomy and Physiology I	BIO230	<b>Human Anatomy &amp; Physiology, 11th Edition</b> Marieb and Hoehn (Pearson 2019)	9780134580999	\$250.66
Anatomy and Physiology II	BIO231	<b>Human Anatomy &amp; Physiology, 11th Edition</b> Marieb and Hoehn (Pearson 2019)	9780134580999	\$250.66
Business Mathematics	MAT101	<b>Contemporary Business Mathematics for Colleges, 17th Edition</b> Dietz and Southam (Cengage, 2016)	9781305506688	\$274.95
Child Development	CDV101	<b>Understanding Child Development, 10th Edition</b> Charlesworth (Cengage Learning, 2017)	9781305501034	\$199.95
Clinical Nutrition	NUT402	<b>Understanding Normal and Clinical Nutrition, 11th Edition</b> Rolfes, Pinna and Whitney (Cengage Learning, 2018)	9781337098069	\$249.95
		<b>Integrative Medicine, 4th Edition</b> Rakel (Elsevier, 2017)	9780323358682	\$99.99
College Algebra I	MAT210	<b>Introductory and Intermediate Algebra through Applications, 3rd Edition</b> Akst and Bragg (Pearson, 2014) <i>*Please note : purchasing a hardcopy textbook is optional but the purchase of Pearson access through MyLab™ Math is <u>not</u> optional.</i>	Link to purchase Pearson MyLab™ Math access provided in Moodle	\$136.99
Community Nutrition	NUT222	<b>Community Nutrition in Action: An Entrepreneurial Approach, 7th Edition</b> Boyle (Cengage Learning, 2017)	9781305637993	\$286.95
Contemporary Marketing Skills	BUS140	<b>Essentials of Marketing, 7th Edition</b> Lamb, Hair and McDaniel (South-Western Cengage Learning, 2012)	9780538478342	\$186.95
Critical Thinking	ENG130	<b>Research Skills: Analysing, Researching and Presenting, 1st edition</b> Moss (Tilde Publishing and Distribution, 2017)	9780734608208	\$56.13
		<b>Speed Reading for Beginners: Start Reading at a Shocking Pace Now</b> Burton (CreateSpace Independent Publishing Platform, 2014)	9781497538726	\$11.13
		<b>The Miniature Guide to Critical Thinking Concepts &amp; Tools, 7th edition</b> Paul and Elder (The Foundation for Critical Thinking, 2016)	9780985754402	\$11.99
Current Weight Management Theory and Application	NUT225	<b>Nutrition, Exercise, &amp; Behavior: An Integrated Approach to Weight Management, 3rd Edition</b> Summerfield and Ellis (Wadsworth Cengage Learning, 2016)	9781305258778	\$286.95
		<b>Anti-Fat Nutrients, 4th Edition</b> Cloutre with Karneges (Basic Health Publications, 2004)	9781458747808	\$24.99

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Eating Disorders and Weight Management	NUT224	<b>Treatment of Eating Disorders: Bridging the Research-Practice Gap, 1st Edition</b> Maine, McGilley and Bunnell (Academic Press, 2010)	9780128102077	\$112.00
		<b>Distorted: How a Mother and Daughter Unraveled the Truth, the Lies, and the Realities of an Eating Disorder</b> Benson (Health Communications, Inc., 2008)	9780757305948	\$24.00
		<b>Hope, Help &amp; Healing for Eating Disorders, Revised Expanded Edition</b> Jantz with McMurray (WaterBrook Press, 2010)	9780307459497	\$14.99
		<b>When Food is Food &amp; Love is Love, CD set</b> Roth (Sounds True, 2005)	9781591793632	\$69.95
English Composition I	ENG101	<b>College Writing Skills with Reading, 10th Edition</b> Langan and Albright (McGraw-Hill, 2019)	9781259680939	\$96.67
English Composition II	ENG102	<b>Literature: The Human Experience - Reading and Writing, Shorter 11th edition</b> Abcarian, Klotz and Cohen (Bedford, 2014)	9781457650659	\$80.99
		<b>The Curious Researcher: A Guide to Writing Research Papers, 8th edition</b> Ballenger (Pearson, 2014)	9780321992963	\$143.99
Environmental Challenges and Solutions	HEA201	<b>Healthy Living in a Contaminated World: How to Prevent Toxic Chemicals from Undermining Your Health, 3rd edition</b> Hoernschemeyer, PhD (CreateSpace Independent Publishing Platform, 2015)	9781514238103	\$15.00
		<b>Toxic Free: How to Protect Your Health and Home From the Chemicals That are Making You Sick</b> Dadd (Tarcher, 2011)	9781585428700	\$15.95
		<b>Clean, Green, &amp; Lean: Get Rid of the Toxins That Make You Fat</b> Crinnion (John Wiley & Sons, Inc., 2010)	9780470409237	\$18.49
		<b>Growing Green Babies with eco-lifestyle expert Sara Snow, DVD</b> Davison (Gaiam, 2009)	B001QWFTVG	\$21.97
Exercise Physiology	EXE320	<b>Exercise Physiology: Integrating Theory and Application, 2nd edition</b> Kraemer, Fleck and Deschenes (Wolters Kluwer, 2016)	9781451193190	\$66.58
Food and Culture	SSC201	<b>Food &amp; Culture, 7th edition</b> Kittler, Sucher and Nelms (Cengage Learning, 2017)	9781305628052	\$199.95
		<b>Purchase of recipe ingredients are required for select assignments.</b>	Estimated price	\$100.00
Functional and Clinical Assessment I	HEA410	<b>Signs and Symptoms Analysis from a Functional Perspective: A Question by Question Guide, 2nd edition</b> Weatherby, N.D. (Bear Mountain Publishing, 2004)	9780976136729	\$60.20
Functional and Clinical Assessment II	HEA411	<b>Blood Chemistry and CBC Analysis: Clinical Laboratory Testing from a Functional Perspective</b> Weatherby and Ferguson (Bear Mountain Publishing, 2002)	9780976136712	\$65.00
General Chemistry	CHE101	<b>Chemistry for Today: General, Organic, and Biochemistry, 9th edition</b> Seager, Slabaugh and Hansen (Cengage Learning, 2018)	9781305960060	\$249.95

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Geriatric Nutrition	NUT403	<b>Nutrition for the Older Adult, 2nd edition</b> Bernstein and Munoz (Jones & Bartlett Learning, 2016)	9781284048933	\$83.08
		<b>Living to be 100: 16 Common Lifestyle Characteristics of the Oldest and Healthiest People in the World</b> Howard, PhD. (Biomed General, 2012)	9781893549180	\$19.90
		<b>Younger Brain, Sharper Mind: A 6-Step Plan for Preserving and Improving Memory and Attention at Any Age from America's Brain Doctor</b> Braverman (Rodale, 2011)	9781609619886	\$16.99
		<b>Never Grow Old! The Innovative, Easy to Follow Functional Aging Fitness Program that Increases Strength, Improves Balance and Decreases Pain</b> Ritchie, PhD. and Sipe, PhD. (Ruckus Publishing, 2013)	9781497584754	\$26.12
Health and Wellness	HEA301	<b>Health &amp; Wellness, 12th edition</b> Edlin and Golanty (Jones & Bartlett Learning, 2016)	9781284067293	\$182.88
Healthy Aging	NUT350	<b>Living to be 100: 16 Common Lifestyle Characteristics of the Oldest and Healthiest People in the World</b> Howard, PhD. (Biomed General, 2012)	9781893549180	\$13.83
		<b>Never Grow Old! The Innovative, Easy to Follow Functional Aging Fitness Program that Increases Strength, Improves Balance and Decreases Pain</b> Ritchie, PhD. and Sipe, PhD. (Ruckus Publishing, 2013)	9781497584754	\$12.99
		<b>Sleep Soundly Every Night, Feel Fantastic Every Day</b> Rosenberg (Demos Medical Publishing, 2014)	9781936303724	\$13.99
		<b>Essentials of Managing Stress, 2nd edition</b> Seaward (Jones and Bartlett Publishers, 2011)	9780763775056	\$88.84
		<b>Younger Brain, Sharper Mind: A 6-Step Plan for Preserving and Improving Memory and Attention at Any Age from America's Brain Doctor</b> Braverman (Rodale, 2011)	9781609619886	\$21.99
		<b>Your Bones: How You Can Prevent Osteoporosis &amp; Have Strong Bones for Life – Naturally</b> Pizzorno, MA, LMT and Wright, MD. (Praktikos Books, 2013)	9781607660132	\$10.99
		<b>Drug Muggers: Which Medications are Robbing Your Body of Essential Nutrients and Natural Ways to Restore Them</b> Cohen, RPh. (Rodale, 2011)	9781605294162	\$21.28
Herbs and Body Systems	HER102	<b>Holistic Herbal: A Safe and Practical Guide to Making and Using Herbal Remedies, 4th edition</b> Hoffmann (Thorsons, 2003)	9780007145416	<a href="#">\$6.99</a>
		<b>Human Body Systems: Structure, Function, and Environment, 2nd edition</b> Chiras (Jones & Bartlett Learning, 2013)	9781449647933	\$94.20
Human Biology	BIO210	<b>Human Biology, 8th edition</b> Chiras (Jones & Bartlett Learning, 2014)	9781284030891	\$183.95
Integrative Pathophysiology I	HEA450	<b>Understanding Pathophysiology, 5th edition</b> Huether and McCance (Elsevier Mosby, 2012)	9780323078917	\$131.00
Integrative Pathophysiology II	HEA455	<b>Understanding Pathophysiology, 5th edition</b> Huether and McCance (Elsevier Mosby, 2012)	9780323078918	\$132.00

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Integrative Nutrition for Women	NUT300	<b>Integrative Women's Health, 2nd edition</b> Maizes, MD. and Low Dog, MD. (Oxford University Press, Inc., 2015)	9780190214791	\$80.00
Introduction to Complementary and Alternative Medicine	HEA302	<b>Complementary &amp; Alternative Therapies For Nursing Practice, 4th edition</b> Fontaine (Pearson, 2015)	9780133346503	\$63.99
Introduction to Essential Oils	HER200	<b>The Healing Intelligence of Essential Oils: The Science of Aromatherapy</b> Schnaubelt, PhD. (Healing Arts Press, 2011)	9781594774256	\$42.73
		<b>The Complete Book of Essential Oils &amp; Aromatherapy, 25th Anniversary Edition Revised and Expanded</b> Worwood (New World Library, 2016)	9781577311393	\$17.97
		<b>EssenEx® 100E (Economy) Essential Oil Extraction Kit</b> OilExTech - Oil Extraction Technologies, <a href="https://oilextech.com">https://oilextech.com</a> (\$25 off with discount code - <i>teachhchs</i> )		<a href="#">\$199.00</a>
		<b>Purchase of herbs and/or plant material are required for select assignments.</b>	Estimated price	\$20.00
Introduction to Herbal Sciences	HER101	<b>Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide</b> Gladstar (Storey Publishing, 2012)	9781612120058	\$15.95
		<b>The Practice of Traditional Western Herbalism: Basic Doctrine, Energetics, and Classification</b> Wood (North Atlantic Books, 2004)	9781556435034	\$25.99
		<b>The Tea Drinker's Handbook</b> Delmas, Minet and Barbaste (Abbeville Press, 2008)	9780789209887	\$29.95
		<b>The Elements of Herbalism</b> Hoffman (Barnes & Noble, 1997)	9780760703083	\$16.99
		<b>Purchase of herbs and/or other recipe ingredients are required for select assignments.</b>	Estimated price	\$80.00
Introduction to Microbiology	BIO325	<b>Prescott's Microbiology, 9th edition</b> Willey, Sandman, and Woolverton (McGraw-Hill, 2014)	9780073402406	\$279.33
Introduction to Nutraceuticals	NUT302	<b>Dietary Supplements, 4th edition</b> Mason (Pharmaceutical Press, 2012)	9780853698838	<a href="#">\$86.00</a>
		<b>The Health Professional's Guide to Dietary Supplements</b> Talbot and Hughes (Lippincott Williams & Wilkins, 2007)	9780781746724	\$93.07
Introduction to Traditional Chinese Herbalism	HER103	<b>The Web that Has No Weaver: Understanding Chinese Herbal Medicine, 2nd edition</b> Kaptchuk (McGraw-Hill, 2000)	9780809228409	\$24.48
		<b>The Way of Chinese Herbs</b> Tierra (Pocket Books, 1998)	9780671898694	\$22.90
		<b>The Tea Drinker's Handbook</b> Delmas, Minet and Barbaste (Abbeville Press, 2008)	9780789209887	\$18.01
		<b>Purchase of herbs and/or other recipe ingredients are required for select assignments.</b>	Estimated price	\$60.00

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Macronutrients	NUT100	<b>Understanding Normal and Clinical Nutrition, 11th Edition</b> Rolfes, Pinna and Whitney (Cengage Learning, 2018)	9781337098069	\$249.95
		<b>The World's Healthiest Foods: Optimize your Health and Health-Promoting Superfoods and Nutrient-Rich Cooking, 2nd edition</b> Mateljan (George Mateljan Foundation, 2015)	9780976918516	\$84.98
Managing a Small Business	BUS142	<b>Small Business Management: Launching and Growing Entrepreneurial Ventures, 18th edition</b> Longenecker, Petty, Palich and Hoy (Cengage Learning, 2017)	9781305405745	\$79.00
Medical Terminology	HEA101	<b>Medical Language Accelerated, 1st edition</b> Jones and Cavanagh (McGraw-Hill, 2016)	9781259620706	\$90.00
Micronutrients	NUT105	<b>Understanding Normal and Clinical Nutrition, 11th Edition</b> Rolfes, Pinna and Whitney (Cengage Learning, 2018)	9781337098069	\$249.95
		<b>The Encyclopedia of Natural Medicine, 3rd edition</b> Murray and Pizzorno (Atria Paperback, 2012)	9781451663006	\$79.04
Nutrition Counseling Skills	NUT401	<b>Nutrition Counseling and Education Skill Development, 3rd edition</b> Bauer, Liou and Sokolik (Cengage Learning, 2016)	9781305252486	\$119.99
Nutrition Therapy I	NUT410	<b>Krause's Food &amp; The Nutrition Care Process, 14th edition</b> Mahan and Raymond (Elsevier, 2017)	9780323340755	\$172.00
		<b>Textbook of Natural Medicine, 4th edition</b> Pizzomo and Murray (Elsevier Churchill Livingstone, 2013)	9781437723335	\$252.00
Nutrition Therapy II	NUT411	<b>Krause's Food &amp; The Nutrition Care Process, 14th edition</b> Mahan and Raymond (Elsevier, 2017)	9780323340755	\$172.00
		<b>Textbook of Natural Medicine, 4th edition</b> Pizzomo and Murray (Elsevier Churchill Livingstone, 2013)	9781437723335	\$252.00
Organic and Biochemistry	CHE201	<b>Chemistry for Today: General, Organic, and Biochemistry, 9th edition</b> Seager, Slabaugh and Hansen (Cengage Learning, 2018)	9781305960060	\$249.95
Pathophysiology I	HEA401	<b>Understanding Pathophysiology, 6th edition</b> Huether and McCance (Elsevier, 2017)	9780323354097	\$105.00
Pathophysiology II	HEA402	<b>Understanding Pathophysiology, 6th edition</b> Huether and McCance (Elsevier, 2017)	9780323354097	\$105.00
Pregnancy, Pediatric and Adolescent Nutrition	NUT221	<b>Nutrition Through the Life Cycle, 6th edition</b> Brown (Cengage Learning, 2017)	9781305628007	\$199.95
		<b>Smart Medicine for a Healthier Child, 2nd edition</b> Zand, Rountree, and Walton (Avery, 2003)	9781583331392	\$30.00
Psychology	PSY101	<b>Psych<sup>5</sup>: Introductory Psychology, 5th edition</b> Rathus (Cengage Learning, 2018)	9781305662704	\$75.00
Public Speaking	COM101	<b>Essentials of Public Speaking, 6th edition</b> Hamilton (Cengage Learning, 2015)	9781285159454	\$74.95

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Sports Nutrition	NUT220	<b>Essentials of Sports Nutrition and Supplements</b> ISSN (Humana Press, 2008)	9781588296115	\$112.13
Statistics	MAT200	<b>Essentials of Statistics, 6th edition</b> Triola (Pearson, 2019) *Please note: purchasing a hardcopy textbook is optional but the purchase of Pearson access through MyLab™ Statistics is <u>not</u> optional.	Link to purchase Pearson MyLab™ Statistics access provided	\$114.99
Stress Management in Integrative Health	HEA300	<b>Stress Management for Life: A Research-Based Experiential Approach, 4th edition</b> Oplin and Hesson (Cengage Learning, 2016)	9781305120594	\$129.95
Understanding Nutrition I	NUT101	<b>Understanding Normal and Clinical Nutrition, 11th Edition</b> Rolfes, Pinna and Whitney (Cengage Learning, 2018)	9781337098069	\$249.95
		<b>The Encyclopedia of Natural Medicine, 3rd edition</b> Murray and Pizzorno (Atria Paperback, 2012)	9781451663006	\$79.04
		<b>Hungry for Change, DVD</b> Colquhoun, Bosch and Ledesma (Docurama, 2012) *Available on Hulu and Amazon Prime Video	B008MIYKR6	\$19.99
		<b>Got The Facts on Milk, DVD</b> Lane (Unleashed Productions, 2011) *Available on Unleashed Productions and Amazon Prime Video	B00GZ0NST4	<a href="#">\$17.25</a>
		<b>Food Choices, DVD</b> Siewierski (Gravitas Ventures, 2016) *Available on Amazon Prime Video	B01LTHKX9A	\$14.99
Understanding Nutrition II	NUT201	<b>Understanding Normal and Clinical Nutrition, 11th Edition</b> Rolfes, Pinna and Whitney (Cengage Learning, 2018)	9781337098069	\$249.95
		<b>Prescription Alternatives: Hundreds of Safe, Natural, Prescription-Free Remedies to Restore and Maintain your Health, 4th edition</b> Mindell and Hopkins (McGraw Hill, 2009)	9780071600316	\$25.00
		<b>Sports Nutrition for Endurance Athletes, 3rd edition</b> Ryan (VeloPress, 2012)	9781934030820	\$49.19
Vegetarian Nutrition	NUT102	<b>The Dietitian's Guide to Vegetarian Diets: Issues and Applications 3rd edition</b> Mangels, Messina and Messina (Jones & Bartlett Learning, 2011)	9780763779764	\$227.95
		<b>The Food Revolution: How Your Diet Can Help Save Your Life and Our World Revised, 10th anniversary edition</b> Robbins (Conari Press, 2011)	9781573244879	\$13.79
		<b>Purchase of recipe ingredients are required for select assignments.</b>	Estimated price	\$50.00
Vitamins and Minerals	NUT301	<b>An Evidence-Based Approach to Vitamins and Minerals, 2nd edition</b> Higdon (Thieme, 2011)	9783131324528	\$74.99
		<b>The Real Vitamin and Mineral Book, 4<sup>th</sup> edition</b> Lieberman and Bruning (Avery, 2007)	9781583332740	\$17.00

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Women's Special Health Concerns	NUT223	<b>New Dimensions in Women's Health 7th edition</b> Alexander, LaRosa, Bader, Garfield and Alexander (Jones & Bartlett Learning, 2017)	9781284088434	\$192.95
		<b>Women's Encyclopedia of Natural Medicine, revised and updated edition</b> Hudson (McGraw-Hill, 2008)	9780071464734	\$25.00
		<b>Healthy Aging: A Lifelong Guide to Your Well-Being</b> Weil (Anchor Books, 2007)	9780307277541	\$16.95