

Undergraduate Courses	Course ID	Books/Video/Audio	ISBN/Website	Cost
American Character	HUM200	A People and a Nation: A History of the United States, 11th Edition Kamensky, Sheriff, Blight, Chudacoff, Logevall, Bailey, and Norton (Cengage, 2019)	9781337402712	\$175.95
Anatomy and Physiology I	BIO230	Human Anatomy & Physiology, 11th Edition Marieb and Hoehn (Pearson 2019)	9780134580999	\$250.66
Anatomy and Physiology II	BIO231	Human Anatomy & Physiology, 11th Edition Marieb and Hoehn (Pearson 2019)	9780134580999	\$250.66
Business Mathematics	MAT101	Contemporary Business Mathematics for Colleges, 17th Edition Dietz and Southam (Cengage, 2016)	9781305506688	\$301.95
Child Development	CDV101	Understanding Child Development, 10th Edition Charlesworth (Cengage Learning, 2017)	9781305501034	\$219.95
Clinical Nutrition	NUT402	Understanding Normal and Clinical Nutrition, 11th Edition Rolfes, Pinna, and Whitney (Cengage Learning, 2018)	9781337098069	\$274.95
		Integrative Medicine, 4th Edition Rakel (Elsevier, 2017)	9780323358682	\$99.99
College Algebra I	MAT210	Introductory and Intermediate Algebra through Applications, 3rd Edition 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	\$109.99
Community Nutrition	NUT222	Community Nutrition in Action: An Entrepreneurial Approach, 7th Edition Boyle (Cengage Learning, 2017)	9781305637993	\$315.95
Contemporary Marketing Skills	BUS140	Essentials of Marketing, 7th Edition Lamb, Hair, and McDaniel (South-Western Cengage Learning, 2012)	9781133457879	\$40.99
Critical Thinking	ENG130	Research Skills: Analysing, Researching and Presenting, 1st edition Moss (Tilde Publishing and Distribution, 2015)	9780734608208	\$29.95
		Speed Reading for Beginners: Start Reading at a Shocking Pace Now Burton (CreateSpace Independent Publishing Platform, 2014)	9781497538726	\$38.98
		The Miniature Guide to Critical Thinking Concepts & Tools, 7th edition Paul and Elder (The Foundation for Critical Thinking, 2016)	9780985754402	\$24.47
Current Weight Management Theory and Application	NUT225	Nutrition, Exercise, & Behavior: An Integrated Approach to Weight Management, 3rd Edition Summerfield and Ellis (Wadsworth Cengage Learning, 2016)	9781305258778	\$315.95
		Anti-Fat Nutrients, 4th Edition Cloutre with Karneges (Basic Health Publications, 2004)	9781591200475	\$27.95

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Eating Disorders and Weight Management	NUT224	Treatment of Eating Disorders: Bridging the Research-Practice Gap, 1st Edition Maine, McGilley, and Bunnell (Academic Press, 2016)	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	\$38.98
		Hope, Help & Healing for Eating Disorders, Revised Expanded Edition Jantz with McMurray (WaterBrook Press, 2010)	9780307459497	\$16.00
		When Food is Food & Love is Love, CD set Roth (Sounds True, 2005)	9781591793632	\$69.95
English Composition I	ENG101	College Writing Skills with Reading, 10th Edition Langan and Albright (McGraw-Hill, 2019)	9781259680939	\$86.40
English Composition II	ENG102	Literature: The Human Experience - Reading and Writing, Shorter 11th edition Abcarian, Klotz, and Cohen (Bedford, 2014)	9781457650659	\$110.00
		The Curious Researcher: A Guide to Writing Research Papers, 8th edition Ballenger (Pearson, 2014)	9780321992963	\$315.18
Environmental Challenges and Solutions	HEA201	Healthy Living in a Contaminated World: How to Prevent Toxic Chemicals from Undermining Your Health, 3rd edition Hoernschemeyer, PhD (CreateSpace Independent Publishing Platform, 2015)	9781514238103	\$15.00
		Toxic Free: How to Protect Your Health and Home From the Chemicals That are Making You Sick Dadd (Tarcher, 2011)	9781585428700	\$20.43
		Clean, Green, & Lean: Get Rid of the Toxins That Make You Fat Crinnion (John Wiley & Sons, Inc., 2010)	9780470409237	\$25.95
		Growing Green Babies with eco-lifestyle expert Sara Snow, DVD Davison (Gaiam, 2009)	B001QWFTVG	\$5.99
Exercise Physiology	EXE320	Exercise Physiology: Integrating Theory and Application, 2nd edition Kraemer, Fleck, and Deschenes (Wolters Kluwer, 2015)	9781451193190	\$119.99
Food and Culture	SSC201	Food & Culture, 7th edition Kittler, Sucher, and Nelms (Cengage Learning, 2017)	9781305628052	\$219.95
		Purchase of recipe ingredients are required for select assignments.	Estimated price	\$100.00
Functional and Clinical Assessment I	HEA410	Signs and Symptoms Analysis from a Functional Perspective: A Question by Question Guide, 2nd edition Weatherby, N.D. (Bear Mountain Publishing, 2004)	9780976136729	\$65.00
Functional and Clinical Assessment II	HEA411	Blood Chemistry and CBC Analysis: Clinical Laboratory Testing from a Functional Perspective Weatherby and Ferguson (Bear Mountain Publishing, 2002)	9780976136712	\$65.00
General Chemistry	CHE101	Chemistry for Today: General, Organic, and Biochemistry, 9th edition Seager, Slabaugh, and Hansen (Cengage Learning, 2018)	9781305960060	\$274.95

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Geriatric Nutrition	NUT403	Nutrition for the Older Adult, 2nd edition Bernstein and Munoz (Jones & Bartlett Learning, 2016)	9781284048933	\$183.95
		Living to be 100: 16 Common Lifestyle Characteristics of the Oldest and Healthiest People in the World Howard, PhD. (Biomed General, 2012)	9781893549180	\$55.00
		Younger Brain, Sharper Mind: A 6-Step Plan for Preserving and Improving Memory and Attention at Any Age from America's Brain Doctor Braverman (Rodale, 2011)	9781609619886	\$34.49
		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	\$24.27
Health and Wellness	HEA301	Health & Wellness, 12th edition Edlin and Golanty (Jones & Bartlett Learning, 2016)	9781284067293	\$182.95
Healthy Aging	NUT350	Living to be 100: 16 Common Lifestyle Characteristics of the Oldest and Healthiest People in the World Howard, PhD. (Biomed General, 2012)	9781893549180	\$55.00
		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	\$24.27
		Sleep Soundly Every Night, Feel Fantastic Every Day Rosenberg (Demos Medical Publishing, 2014)	9781936303724	\$16.95
		Essentials of Managing Stress, 2nd edition Seaward (Jones and Bartlett Publishers, 2011)	9780763775056	\$151.95
		Younger Brain, Sharper Mind: A 6-Step Plan for Preserving and Improving Memory and Attention at Any Age from America's Brain Doctor Braverman (Rodale, 2011)	9781609619886	\$34.49
		Your Bones: How You Can Prevent Osteoporosis & Have Strong Bones for Life – Naturally Pizzorno, MA, LMT and Wright, MD. (Praktikos Books, 2013)	9781607660132	\$31.12
		Drug Muggers: Which Medications are Robbing Your Body of Essential Nutrients and Natural Ways to Restore Them Cohen, RPh. (Rodale, 2011)	9781605294162	\$29.41
Herbs and Body Systems	HER102	Holistic Herbal: A Safe and Practical Guide to Making and Using Herbal Remedies, 4th edition Hoffmann (Thorsons, 2003)	9780007145416	\$48.95
		Human Body Systems: Structure, Function, and Environment, 2nd edition Chiras (Jones & Bartlett Learning, 2013)	9781284184914	\$21.95
Human Biology	BIO210	Human Biology, 16th edition Mader and Windelspecht (McGraw Hill, 2020) **Connect Access Required (Bundles are optional)	9781260482720	\$94.50
Integrative Pathophysiology I	HEA450	Understanding Pathophysiology, 5th edition Huether and McCance (Elsevier Mosby, 2012)	9780323078917	\$122.00
Integrative Pathophysiology II	HEA455	Understanding Pathophysiology, 5th edition Huether and McCance (Elsevier Mosby, 2012)	9780323078917	\$122.00

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Integrative Nutrition for Women	NUT300	Integrative Women's Health, 2nd edition Maizes, MD. and Low Dog, MD. (Oxford University Press, Inc., 2015)	9780190214791	\$111.00
Introduction to Complementary and Alternative Medicine	HEA302	Complementary & Alternative Therapies For Nursing Practice, 5th edition Fontaine (Pearson, 2019)	9780134754062	\$66.65
Introduction to Essential Oils	HER200	The Healing Intelligence of Essential Oils: The Science of Aromatherapy Schnaubelt, PhD. (Healing Arts Press, 2011)	9781594774256	\$19.95
		The Complete Book of Essential Oils & Aromatherapy, 25th Anniversary Edition Revised and Expanded Worwood (New World Library, 2016)	9781577311393	\$26.95
		EssenEx® 100E (Economy) Essential Oil Extraction Kit OilExTech - Oil Extraction Technologies	Contact the office at 865-524-8079 ext. 1003	\$199.00
		Purchase of herbs and/or plant material are required for select assignments.	Estimated price	\$20.00
Introduction to Herbal Sciences	HER101	Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide Gladstar (Storey Publishing, 2012)	9781612120058	\$14.95
		The Practice of Traditional Western Herbalism: Basic Doctrine, Energetics, and Classification Wood (North Atlantic Books, 2004)	9781556435034	\$18.95
		The Tea Drinker's Handbook Delmas, Minet, and Barbaste (Abbeville Press, 2008)	9780789209887	\$29.95
		The Elements of Herbalism Hoffman (Barnes & Noble, 1990)	9780760703083	\$26.46
		Purchase of herbs and/or other recipe ingredients are required for select assignments.	Estimated price	\$80.00
Introduction to Microbiology	BIO325	Prescott's Microbiology, 11th edition Willey, Sandman, and Woolverton (McGraw-Hill, 2020) **Connect Access Required (Bundles are optional)	9781260297683	\$99.75
Introduction to Nutraceuticals	NUT302	Dietary Supplements, 4th edition Mason (Pharmaceutical Press, 2012)	9780853698838	\$86.00
		The Health Professional's Guide to Dietary Supplements Talbot and Hughes (Lippincott Williams & Wilkins, 2007)	9780781746724	\$77.75
Introduction to Traditional Chinese Herbalism	HER103	The Web that Has No Weaver: Understanding Chinese Herbal Medicine, 2nd edition Kaptchuk (McGraw-Hill, 2000)	9780809228409	\$26.35
		The Way of Chinese Herbs Tierra (Pocket Books, 1998)	9780671898694	\$41.34
		The Tea Drinker's Handbook Delmas, Minet, and Barbaste (Abbeville Press, 2008)	9780789209887	\$29.95
		Purchase of herbs and/or other recipe ingredients are required for select assignments.	Estimated price	\$60.00

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Macronutrients	NUT100	Understanding Normal and Clinical Nutrition, 12th Edition Rolfes, Pinna, and Whitney (Cengage Learning, 2021)	9780357368107	\$315.95
		The Encyclopedia of Healing Foods Murray, Pizzorno, and Pizzorno (Atria Books, 2005)	9780743480529	\$30.00
Managing a Small Business	BUS142	Small Business Management: Launching and Growing Entrepreneurial Ventures, 18th edition Longenecker, Petty, Palich, and Hoy (Cengage Learning, 2017)	9781305405745	\$274.95
Medical Terminology	HEA101	Medical Language Accelerated, 2nd edition Jones and Cavanagh (McGraw-Hill, 2021)	9781260471618	\$105.12
Micronutrients	NUT105	Understanding Normal and Clinical Nutrition, 12th Edition Rolfes, Pinna, and Whitney (Cengage Learning, 2021)	9780357368107	\$315.95
		The Encyclopedia of Natural Medicine, 3rd edition Murray and Pizzorno (Atria Paperback, 2012)	9781451663006	\$32.50
Nutrition Counseling Skills	NUT401	Nutrition Counseling and Education Skill Development, 4th edition Bauer, Liou, and Sokolik (Cengage Learning, 2021)	9780357367667	\$315.95
Nutrition Therapy I	NUT410	Krause and Mahan's Food & The Nutrition Care Process, 15th edition Raymond and Morrow (Elsevier, 2021)	9780323636551	\$186.99
		Textbook of Natural Medicine, 5th edition, Vol. 1-2 Pizzomo and Murray (Churchill Livingstone, 2020)	9780323523424	\$248.90
Nutrition Therapy II	NUT411	Krause and Mahan's Food & The Nutrition Care Process, 15th edition Raymond and Morrow (Elsevier, 2021)	9780323636551	\$186.99
		Textbook of Natural Medicine, 5th edition, Vol. 1-2 Pizzomo and Murray (Churchill Livingstone, 2020)	9780323523424	\$248.90
Organic and Biochemistry	CHE201	Chemistry for Today: General, Organic, and Biochemistry, 9th edition Seager, Slabaugh, and Hansen (Cengage Learning, 2018)	9781305960060	\$274.95
Pathophysiology I	HEA401	Understanding Pathophysiology, 6th edition Huether and McCance (Elsevier, 2017)	9780323354097	\$122.00
Pathophysiology II	HEA402	Understanding Pathophysiology, 6th edition Huether and McCance (Elsevier, 2017)	9780323354097	\$122.00
Pregnancy, Pediatric, and Adolescent Nutrition	NUT221	Nutrition Through the Life Cycle, 6th edition Brown (Cengage Learning, 2017)	9781305628007	\$219.95
		Smart Medicine for a Healthier Child, 2nd edition Zand, Rountree, and Walton (Avery, 2003)	9781583331392	\$59.11
Psychology	PSY101	Psych⁵: Introductory Psychology, 5th edition Rathus (Cengage Learning, 2018)	9780357688632	\$40.99
Public Speaking	COM101	Essentials of Public Speaking, 6th edition Hamilton (Cengage Learning, 2015)	9781285159454	\$81.95

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Sports Nutrition	NUT220	Essentials of Sports Nutrition and Supplements ISSN (Humana Press, 2008)	9781588296115	\$97.62
Statistics	MAT200	Essentials of Statistics, 6th edition Triola (Pearson, 2019) <i>*Please note: purchasing a hardcopy textbook is optional but the purchase of Pearson access through MyLab™ Statistics is <u>not</u> optional.</i>	Link to purchase Pearson MyLab™ Statistics access provided in Moodle	\$119.99
Stress Management in Integrative Health	HEA300	Stress Management for Life: A Research-Based Experiential Approach, 4th edition Oplin and Hesson (Cengage Learning, 2016)	9781305120594	\$131.95
Understanding Nutrition I	NUT101	Understanding Normal and Clinical Nutrition, 12th Edition Rolfes, Pinna, and Whitney (Cengage Learning, 2021)	9780357368107	\$315.95
		The Encyclopedia of Natural Medicine, 3rd edition Murray and Pizzorno (Atria Paperback, 2012)	9781451663006	\$32.50
		Hungry for Change, DVD Colquhoun, Bosch, and Ledesma (Docurama, 2012) <i>*Available on Amazon Prime Video in some locations</i>	B008MIYKR6	\$34.99
		Got The Facts on Milk, DVD Lane (Unleashed Productions, 2011) <i>*Available on Unleashed Productions and Amazon Prime Video</i>	B00GZ0NST4	\$3.99
		Food Choices, DVD Siewierski (Gravitas Ventures, 2016) <i>*Available on Amazon Prime Video</i>	B01LTHKX9A	\$16.99
Understanding Nutrition II	NUT201	Understanding Normal and Clinical Nutrition, 12th Edition Rolfes, Pinna, and Whitney (Cengage Learning, 2021)	9780357368107	\$315.95
		Prescription Alternatives: Hundreds of Safe, Natural, Prescription-Free Remedies to Restore and Maintain your Health, 4th edition Mindell and Hopkins (McGraw Hill, 2009)	9780071600316	\$31.03
		Sports Nutrition for Endurance Athletes, 3rd edition Ryan (VeloPress, 2012)	9781934030820	\$42.71
Vegetarian Nutrition	NUT102	The Dietitian's Guide to Vegetarian Diets: Issues and Applications 3rd edition Mangels, Messina, and Messina (Jones & Bartlett Learning, 2011)	9780763779764	\$227.95
		The Food Revolution: How Your Diet Can Help Save Your Life and Our World Revised, 10th anniversary edition Robbins (Conari Press, 2011)	9781573244879	\$30.15
		Purchase of recipe ingredients are required for select assignments.	Estimated price	\$50.00
Vitamins and Minerals	NUT301	An Evidence-Based Approach to Vitamins and Minerals, 2nd edition Higdon (Thieme, 2011)	9783131324528	\$74.99
		The Real Vitamin and Mineral Book, 4th edition Lieberman and Bruning (Avery, 2007)	9781583332740	\$17.00

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Women's Special Health Concerns	NUT223	New Dimensions in Women's Health, 8th edition Alexander, LaRosa, Bader, Garfield, and Alexander (Jones & Bartlett Learning, 2021)	9781284178418	\$129.95
		Women's Encyclopedia of Natural Medicine, revised and updated edition Hudson (McGraw-Hill, 2008)	9780071464734	\$28.00
		Healthy Aging: A Lifelong Guide to Your Well-Being Weil (Anchor Books, 2007)	9780307277541	\$20.00