

## Recommended reading list

### COMPULSORY REFERENCES:

**PRINCIPLES OF ANATOMY & PHYSIOLOGY** by Gerard J Tortora & Sandra Grabowski  
ISBN0-673-99355-8

**GASTROINTESTINAL PHYSIOLOGY** by Kim E Barret ISBN 978-0-07-177401-7

**INTEGRATIVE HEALTHCARE AND APPLIED NUTRITION MAGAZINE (IHCAN)**

<http://www.cam-mag.com/>

**THE SUBJECTS OF THE BOOKS WHICH ARE MARKED IN BOLD ARE COMPULSORY READING**

BOOK	AUTHOR	PRICE
<b>TOO YOUNG TO GROW OLD *</b>	<b>ANNE-LISE MILLER</b>	<b>£ 15.00</b>
<b>10% HUMAN</b>	<b>ALANNA COLLEN</b>	<b>£ 20.00</b>
<b>FAT FOR FUEL</b>	<b>DR JOSEPH MERCOLA</b>	<b>£ 14.91</b>
<b>OPTIMUM NUTRITION BIBLE *</b>	<b>PATRICK HOLFORD</b>	<b>£ 15.00</b>
<b>WHOLISTIC HERBAL</b>	<b>DAVID HOFFMAN</b>	<b>£ 13.99</b>
THE COMPLETE GUIDE TO FASTING	DR JASON FUNG	£ 15.72
THE CANCER WHISPERER: Finding courage, direction and the unlikely gifts of cancer	SOPHIE SABBAGE	£ 6.99
NATURAL ALTERNATIVES TO OVER THE COUNTER PRESCRIPTION DRUGS	MICHAEL MURRAY	£ 13.50
PRACTICAL IRRIDODOLOGY	PETER JACKSON MAIN	£ 40.00
REFLEXOLOGY HANDBOOK A COMPLETE GUIDE	LAURA NORMAN	£ 16.99
JOB'S BODY - A Hand book for Bodyworkers	DEANE JUHAN	£ 26.00
BETTER HEALTH THROUGH NATURAL HEALING	ROSS TRATTLER	£ 8.99
HEALING WITH WATER KNEIPP HYDROTHERAPY AT HOME	GISELLE ROEDER	£ 8.95
Dr JENSEN GUIDE TO BETTER BOWEL CARE	Dr BERNARD JENSEN	£ 13.99
THE ALKALINE CURE	DR STEPHENAN DOMENIG	£ 12.99
THE ENCYCLOPAEDIA OF HEALING FOODS	Dr MICHAEL MURRAY	£ 20.00
PRINCIPLES OF ANATOMY AND PHYSIOLOGY	G.J. TORTORA	£10.00
HUMAN BIOLOGY	MIKE BOYLES	£24.00
INTEGRATIVE HEALTHCARE AND APPLIED NUTRITION Monthly magazine	Ihcam-mag.com Target Publishing <a href="https://www.targetpublishing.com/magazines/">https://www.targetpublishing.com/magazines/</a>	

**Available from Amazon**