

NATUROPATH/NATURAL MEDICINE PROGRAM - Books and Supplies required

HERBAL MEDICINE DEPARTMENT

1. Herbs of Grace Author, Farida Sharan. This book offers herbal medicine formulary, iris analysis profiles, details for utilizing applied natural therapeutics, natural medicine theory, and some backstory of an international Traditional Naturopath. This book also stands in for IRIS CONSTITUTION STUDIES, and is used during our studies of this assessment method.
2. THE NEW HOLISTIC HERBAL Author, David Hoffman, any edition. Body systems classification, a materia medica, and simple guides to medicine making
3. Back to Eden Author Jethro Kloss A classic Traditional naturopath guide , offering insights into classical naturopath practices and historical practices.
4. Field guide to Northeastern and North Central Wildflowers, Peterson, any edition. Make certain you order this exact title and not make the mistake of ordering a field guide to “medicinal herbs”.
5. Childhood Diseases Author Dr. John Christopher Misleadingly titled, given that it is a very good herbal medicine guide book, with the advantage of covering children’s care.
6. In the foundational herbal medicine first year segment, we will give a list of “Recommended Books”- curated for guidance, but not “required” .

FOOD MEDICINE DEPARTMENT

1. The New Whole Foods Encyclopedia Author Rebecca Wood (2010 print date unless there is an updated version after this writing) . Guide to a lot of food facts including unusual foods and offering ways to explain whole foods to clients who are new to the idea.
2. Real Food by Nina Planck
3. Deep Nutrition by Dr. Catherine Shanahan, MD - an exploration of theories about how regional foods may influence genetics , health and other factors.
4. Laurels Kitchen - a classic in the vegetarian realm, with nutritional information, preparation information, and in general an illuminating guide to help clients take steps towards cleaner eating
5. May add or recommend another- will likely have students research and choose.

NATURAL MEDICINE/NATURAL THERAPEUTICS

1. Creatures of Water Author RJ Nikola, LMT
2. . Items: Castor Oil, Hot water bottle, bodywork table linens: 3 SETS OF TWIN LINENS, a light blanket, a pillow, 2 hand towels, 3 pillow cases, and 2 wash cloths
3. A bodywork/massage table, estimated to be around 150-175 , amazon shopping.

4. A small led flashlight, and a 12-15X “loupe” to see iris under magnification
5. **NOT REQUIRED** – but some students have wanted one- Iris Camera, around 250\$ /amazon
6. Students are initially supported in apothecary and medicine making pathways, and are required to set up a simple one of their own at home or if they have an office. So this would require some few sizes of canning jars, shelving, lids, labeling supplies, and medicine making supplies such as they will learn, plus a foundational collection of herbs.

NATUROPATHIC PHYSICAL MEDICINE

1. “ A Massage Therapists Guide to Pathology” Author Ruth Werner, latest edition - every naturopath should be aware of these basic pathologies and have this as reference, so don’t let the title bog it down- it is written by an LMT and the material is relevant to other healing arts professionals.
2. APPLIED ANATOMY & PHYSIOLOGY for manual therapists (Archer, latest edition)
3. THE EDUCATED HEART Author Nina McIntosh . get her older versions (newer versions are derived from another author, the earlier versions are helpful. Boundaries, Ethics, Therapeutic presence development.
4. **NOT REQUIRED** – but you might like to have it- “The Compassionate Practitioner” by Jane Wood

ENERGY MEDICINE AND MISC

Accepting your Power to Heal- Krieger

Health Building- Dr. Randolph Stone

A Basic Polarity Handbook- this is “in house “ and we should be able to give it free/digital

Energy Medicine book for research as by student choice

Notes: Please leave mental and financial “space” for a few other suggestions we may wish to require of our students for an optimal educational experience. There are currently no specific books on the pillar of movement, but it is obvious that many books, from yoga, to stretching, to “Energy Exercises” (from Polarity field), have covered the benefits of movement over the years.