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28 CPEUs

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Hormonal Balance: How to Lose Weight by Understanding Your Hormones and Metabolism S. Isaacs, MD, FACP, FACE (Book, 438 pgs and study guide, 25 pgs) This easy-to-read CPE program explains how to reverse symptoms of hormonal imbalance through diet changes and other remedies, and discusses how to deal with everything from weight loss to diabetes by recognizing and remedying hormonal problems. Included is new research regarding "hungry hormones"-including fat, gut, and brain hormones—as well as an easy-to-teach diet and lifestyle program.

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C257 NEW EDITION 20 CPEUs

\$149.95

Gluten Free, Hassel Free, 2nd Ed. M. Brown, RDN, CDE (Book, 455 pgs and study guide, 23pgs) Provides a wealth of practical solutions, strategies and shortcuts to help patients live gluten-free and eat their way back to health. Share with a friend and Save! Additional Reporting Form

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C254 20 CPEUs

Blood Pressure Down: The 10-Step Plan to Lower Your Blood Pressure in 4 Weeks Without Prescription Drugs J. Brill, PhD, RD, LDN (Book, 338 pgs & study guide, 25 pgs) Help patients lower their blood pressure without the potential dangers and side effects of prescription medications, so that they can live a longer, heart-healthy life.

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RDs & DTRs Learning Need Codes: 4000, 4040, 4060, 5000, 5160, 5260

16 CPEUs

The Prediabetes Diet Plan: How to Reverse Prediabetes and Prevent Diabetes through Healthy Eating and Exercise

H. Wright, MEd, RDN (Book, 245 pgs and study guide, 26 pgs) A practical guide to managing and reversing prediabetes through diet and exercise which has been proven more effective than medication. Help patients make healthier choices that can effect real change on their insulin levels and overall

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A Big Fat Crisis: The Hidden Forces Behind the Obesity Epidemic--And How We Can End It D. Cohen, MD

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18 CPEUs \$154.95

Medical Nutrition Therapy for Diabetes Mellitus, 7th Ed.

M. Franz, MS, RD, LD, CDE (Manual, 144 pgs) Written by a renowned diabetes educator. Enables you to have a major impact on medical and clinical outcomes and help patients with diabetes achieve dramatic improvements in the quality of life. \$50.00

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Understanding Your Food Allergies & Intolerances

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C. Sileo, MS, RDN (Manual, 107 pgs) Provides background information on Systemic Lupus Erythematosus (SLE); outlines traditional medications used for its symptomatic management; and presents complementary alternative treatments which provide symptomatic relief.

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W. Sheffler, MD, PhD, Q. Yuan, MD, PhD, K. Asp

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(Book, 245 pgs and study guide, 32 pgs) Discover and deal with food allergies and sensitivities so that you can help your patients live a healthier life. Share with a friend and Save! Additional Reporting Form

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20 CPEUs

Why Calories Count: From Science to Politics M. Nestle & M.

Nesheim (Book, 304 pgs and study guide, 36 pgs) Help clients interpret

food labels, evaluate diet claims, and understand evidence as presented in

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3030, 3040, 4000, 4030, 4040, 4070, 4130, 4140, 4150, 4180, 5000, 5125, 5260,

C245 28 CPEUs

Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity, and Disease R. Lustig, MD (Book, 320 pgs and study guide, 38 pgs) Ground breaking book documents the science and politics that have led to the pandemic of obesity and disease, and proves that "a calorie is not a calorie." Readjust patient's key hormones to regulate their hunger, reward and stress, so they can lose weight permanently and recover their health. Share with a friend and Save! Additional Reporting Form

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14 CPEUs

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C238* Nutrition and Cardiovascular Disease, 2nd Ed K. Chapman-Novakofski, PhD, RD, LD & S. Gould, PhD, RDN (Manual, 134 pgs) Learn and apply preventative and medical nutrition therapy for cardiovascular diseases. Share with a friend and Save! Additional Reporting Form

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C244 30 CPEUs Advanced Sports Nutrition: Fine-Tune Your Food and Fluid Intake

for Optimal Training and Performance, 2nd Ed

D. Benardot, PhD, DHC, RDN, LD, FACSM

(Book, 424 pgs and study guide, 41 pgs) Help clients stay healthy while competing at top levels so that they have longer athletic careers, consistently improve in their sport, and reduce the risks for chronic diseases.

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12 CPEUs \$104.95

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K. Mogensen, MS, RDN, LDN, CNSC & M. Robinson, MD, CNSP

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C235*

5370

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18 CPEUs

L. L. Frank, PhD, MPH, RDN, CD (Manual, 158 pgs) Provides information

and skills needed to develop competencies in medical nutrition therapy

(MNT) for the bariatric surgical patient, including recognition and man-

agement of micronutrient deficiencies associated with bariatric surgery.

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Nutritional Management of Bariatric Surgery Patients

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Nutrition for Infants & Young Children, 5th Ed C. Bareuther, RDN

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22 CPEUs

Best Things You Can Eat D. Grotto, RDN, LDN (Book, 314 pgs and study guide, 25 pgs) Is an orange or a guava the best source of vitamin C? Is farmraised or wild salmon higher in omega-3 fats? If you want to know what foods to turn to when your patients need more fiber or which foods can alleviate an upset stomach, this book has the answers.

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5240, 5260, 5300, 5340, 5370, 5390, 5400, 5410

C231*

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C229

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The Smarter Science of Slim J. Bailor

(Book, 388 pgs and study guide, 38 pgs) What causes the body to burn fat? we find all sorts of confusing claims. Since we know how our body works, can't science tell us the answer? As it turns out, science already has. Endorsed by Harvard Medical School, numerous universities and experts.

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14 CPEUs

Inspiring and Supporting Behavior Change: A Food and Nutrition Professional's Counseling Guide A. Constance MA, RD, CDE and C. Sauter MS, RD, CDE (Book, 142 pgs, and study guide, 35 pgs) Inspire and motivate your patients to take actions to improve their health and the quality of their life.

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6010, 6020, 6030, 6040, 6050, 6060, 6070, 6080, 7120

C226*

8 CPEUs

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Irritable Bowel Syndrome: Fodmaps, Fat, Fiber and Flora K. Scarlata, RDN, LDN (Manual, 85 pgs) Will enable you to help clients manage IBS symptoms.

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5200, 5220, 8090

16 CPEUs

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B. Lulinski, MS, RDN Practical manual (182 pgs) to help you teach adolescents how to fuel their bodies. Topics include sexual maturation, assessing the teen, fueling for sports, dealing with eating disorders and other risky behaviors.

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C220 20 CPEUs REDUCED

The PCOS Diet Plan: A Natural Approach to Health for Women with Polycystic Ovary Syndrome H. Wright, M.Ed, RD

(Book, 246 pgs and study guide, 34 pgs) A wealth of practical information and support for you and your clients.

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30 CPEUs

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C217 24 CPEUs

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The Stubborn Fat Fix: The Essential Guide to High Fiber, Low Carbohydrate, Whole Food Diets V. Berkowitz, MS, RD, CDN, CDE (Book, 275 pgs and study guide, 34 pgs) Counsel clients who have chosen

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4180, 5000, 5090, 5160, 5190, 5230, 5240, 5260, 5370, 5420, 5460, 6010

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8 CPEUs REDUCED \$84.95 \$64.95 Medical Nutrition Therapy for Gestational Diabetes Mellitus

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C205 26 CPEUs \$155.95

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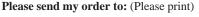
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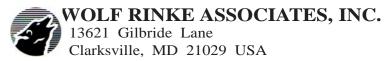
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