

# WOLF RINKE ASSOCIATES, INC.

## NUTRITION AND CLINICAL

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**C271 NEW EDITION 18 CPEUs \$144.95**  
**Effective Nutrition Education for Behavior Change, 4th Ed.**  
 R. AbuSabbha, PhD, RD (Manual, 166 pgs) Ideal for diabetes educators. Select intervention strategies for population subgroups; use effective communication skills; evaluate the appropriateness of computer-assisted instruction; write manuals and lesson plans and develop effective visual aids. **Share with a friend and Save! Additional Reporting Form \$50.00**  
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**NEW C270 26 CPEUs \$174.95**  
**The Ultimate Guide to Sugars & Sweeteners: Discover the Taste, Use, Nutrition, Science, and Lore of Everything from Agave Nectar to Xylitol**  
 A. Barclay, PhD, P. Sandall, and C. Shwartz-Slavin, MS, RD, CDE (Book, 279 pgs and study guide, 26 pgs.) Features more than 180 alphabetical entries, including the familiar (table sugar, honey), the controversial (aspartame, high-fructose corn syrup), the hyped (coconut sugar, monk fruit sweetener), and the unfamiliar (Chinese rock sugar, isomaltulose). **Share with a friend and Save! Additional Reporting Form \$50.00**  
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*An Introduction to the Code of Ethics for the Profession of Dietetics*

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**Approved by CDR RDs & DTRs Learning Need Codes:** 1000, 1050

**NEW C267 14 CPEUs \$129.95**  
**Chronic Kidney Disease and the Nutrition Care Process Pocket Guide** M. P. McCarthy, MPH, RD, CSR, LD; et. al. (Pocket guide, 149 pgs and study guide, 24 pgs.) The latest evidence-based guidelines and recommendations from the most authoritative sources on medical nutrition therapy (MNT) for chronic kidney disease (CKD). **Share with a friend and Save! Additional Reporting Form \$50.00**  
**Approved/Accepted by CDR, CBDM, NCBDE**  
**RDNs/RDs & NDTRs/DTRs Learning Need Codes:** 3000, 5000, 5340, 5390

**NEW C266 40 CPEUs \$239.95**  
**Becoming Vegan Comprehensive Edition: The Complete Reference to Plant-based Nutrition**  
 B. Davis, RD and V. Melina, MS, RD (Book, 611 pgs and study guide, 24 pgs.) An in-depth discussion of the health benefits of vegan diets. Explains protein and amino acid requirements; describes fats and essential fatty acids; investigates carbohydrate facts and fallacies; reveals the truth about wheat, gluten, and grains; pinpoints where to obtain calcium, iron, zinc and other minerals; and provides a detailed roadmap of how to attain optimal nutrition during pregnancy and lactation. **Share with a friend and Save! Additional Reporting Form \$50.00**  
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**RDNs/RDs & NDTRs/DTRs Learning Need Codes:** 2000, 4000, 4040, 4110

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**Nutrition for Pregnancy and Lactation, 5th Ed** C. Bareuther, RDN (Manual, 144 pgs) Learn the role nutrition plays in conception, pregnancy and lactation. **Share with a friend and Save! Additional Reporting Form \$30.00**  
**Approved by CDR, CBDM**  
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**NEW C268 16 CPEUs \$139.95**  
**Putting Your Patients on the Pump: Initiation and Maintenance Guidelines** K. M. Bolderman, RD, LDN, CDE (Book, 256 pgs and study guide, 26 pgs.) An ideal resource for health care professionals with expertise in diabetes care who wish to successfully start and maintain diabetes patients on insulin pump therapy. **Share with a friend and Save! Additional Reporting Form \$50.00**  
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**RDNs/RDs & NDTRs/DTRs Learning Need Codes:** 5000, 5190, 5450, 6000

*"Your company is very professional—from the people who answer your phone to how quickly the materials arrived."*

**Mary Sorrentino, RD**

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**Your Blood Never Lies: How to Read a Blood Test for a Longer, Healthier Life** J. B. LaValle, RPh, CCN (Book, 351 pgs and study guide, 24 pgs.) Explains typical lab reports so you can help patients understand the significance of each biological marker being measured. Recommends the most effective standard and complementary treatments for dealing with any problematic findings. **Share with a friend and Save! Additional Reporting Form \$50.00**  
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**NEW C264 22 CPEUs \$159.95**  
**Missing Microbes: How the Overuse of Antibiotics is Fueling Our Modern Plagues** M. J. Blaser, MD (Book, 275 pgs and study guide, 24 pgs.) Explores how the human microbiome is under assault from an overreliance on medical advances, including antibiotics and caesarian sections, which threatens the symbiotic relationship of bacterial and human cells, and may lead to severe health consequences. **Share with a friend and Save! Additional Reporting Form \$50.00**  
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<b>NEW</b>	<b>C263</b>	<b>20 CPEUs</b>	<b>\$149.95</b>
<b><i>Globesity: 10 Things You Didn't Know Were Making You Fat</i></b> C. Fleishman MS, RD (Book, 297 pgs and study guide, 24 pgs.) Explores 10 non-traditional factors which may be contributing to the world-wide obesity epidemic. Includes novel ideas to help your patients manage their weight and reduce related diseases.			
Share with a friend and Save! Additional Reporting Form			\$50.00
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RDNs/RDs & NDTRs/DTRs Learning Need Codes: 2000, 4000, 5000, 5370			

<b>NEW</b>	<b>C262</b>	<b>28 CPEUs</b>	<b>\$189.95</b>
<b><i>The Disease Delusion: Conquering the Causes of Chronic Illness for a Healthier, Longer, and Happier Life</i></b> Dr. J. S. Bland (Book, 407 pgs and study guide, 24 pgs.) Describes the reasons why patients suffer chronic diseases from asthma and diabetes to obesity, arthritis and cancer and other ailments, and offers achievable, science-based solutions that can alleviate these conditions and lead to a lifetime of wellness.			
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RDNs/RDs & NDTRs/DTRs Learning Need Codes: 2000, 3000, 4000, 4040			

<b>NEW</b>	<b>C261</b>	<b>28 CPEUs</b>	<b>\$189.95</b>
<b><i>Slim by Design: Mindless Eating Solutions For Everyday Life</i></b> B. Wansink, Ph.D. (Book, 312 pgs and study guide, 24 pgs.) Groundbreaking solutions for designing client's most common spaces so they can make positive changes in how they approach and manage their diets.			
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RDs & DTRs Learning Need Codes: 4000, 5000, 5370, 8030			

<b>NEW</b>	<b>C260</b>	<b>28 CPEUs</b>	<b>\$189.95</b>
<b><i>The Clinical Nutrition Manager's Handbook: Solutions for the Busy Professional Handbook</i></b> J. A. Grim, MPH, RD, LD and S. R. Roberts, MS, RD, LD, CNSC (Book, 271 pgs and study guide, 30 pgs.) Surveys best practices and offers practical tips and tools to help clinical nutrition managers succeed.			
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<b>C259</b>	<b>28 CPEUs</b>	<b>\$189.95</b>
<b><i>Hormonal Balance: How to Lose Weight by Understanding Your Hormones and Metabolism</i></b> S. Isaacs, MD, FACP, FACE		
(Book, 438 pgs and study guide, 25 pgs) 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.		
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<b>C257</b>	<b>20 CPEUs</b>	<b>\$149.95</b>
<b><i>Gluten Free, Hassel Free, 2nd Ed.</i></b> M. Brown, RDN, CDE		
(Book, 455 pgs and study guide, 23 pgs) Provides a wealth of practical solutions, strategies and shortcuts to help patients live gluten-free and eat their way back to health.		
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Approved by CDR, CBDM		
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<b>C255*</b>	<b>10 CPEUs</b>	<b>\$84.95</b>
<b><i>Type 2 Diabetes and Obesity, 3rd Ed</i></b> K. Chapman-Novakofski, RD, PhD (Manual, 94 pgs) Understand the pathology of obesity and type 2 diabetes and design strategies to prevent or treat them.		
Share with a friend and Save! Additional Reporting Form		\$30.00
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**Marne Stollenwerk, RD**

<b>C254</b>	<b>20 CPEUs</b>	<b>\$149.95</b>
<b><i>Blood Pressure Down: The 10-Step Plan to Lower Your Blood Pressure in 4 Weeks Without Prescription Drugs</i></b> 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 they can live a longer, heart-healthy life.		
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RDs & DTRs Learning Need Codes: 4000, 4040, 4060, 5000, 5160, 5260		

<b>C253</b>	<b>16 CPEUs</b>	<b>\$139.95</b>
<b><i>The Prediabetes Diet Plan: How to Reverse Prediabetes and Prevent Diabetes through Healthy Eating and Exercise</i></b> 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 to change their insulin levels and overall well-being.		
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<b>C252</b>	<b>16 CPEUs</b>	<b>REDUCED</b>	<del>\$139.95</del> <b>\$119.95</b>
<b><i>Younger Next Week: Your Ultimate Rx to Reverse the Clock, Boost Energy and Look and Feel Younger in 7 Days</i></b> E. Zied, MS, RDN, CDN			
(Book, 288 pgs and study guide, 26 pgs) Help patients jump-start weight loss, reduce stress, and improve sleep, so they can achieve a radiant appearance, boundless energy and supercharged health and well-being.			
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Approved by CDR, CBDM			
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<b>C250</b>	<b>22 CPEUs</b>	<b>REDUCED</b>	<del>\$154.95</del> <b>\$139.95</b>
<b><i>A Big Fat Crisis: The Hidden Forces Behind the Obesity Epidemic--And How We Can End It</i></b> D. Cohen, MD			
(Book, 262 pgs & study guide, 25 pgs) A major new work that will transform the conversation surrounding the modern weight crisis. Based on her own extensive research, as well as the latest insights from behavioral economics and cognitive science, Cohen reveals what drives the obesity epidemic and how to overcome it.			
Share with a friend and Save! Additional Reporting Form			\$50.00
Approved/Accepted by CDR, CBDM, NCBDE			
RDs & DTRs Learning Need Codes: 2000, 3040, 4000, 4010, 4020, 4030, 4040, 4080, 4090, 4100, 5160, 5200, 5260, 5350, 5370, 6010, 9020			

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**Joanna VanRhee, RD**

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**C249\*** **18 CPEUs** **\$154.95**  
**Medical Nutrition Therapy for Diabetes Mellitus, 7th Ed.**  
 M. Franz, MS, RD, LD, CDE (**Manual**, 144 pgs) Have a major impact on medical and clinical outcomes and help patients with diabetes achieve dramatic improvements in the quality of life.  
**Share** with a friend and **Save!** Additional Reporting Form **\$50.00**  
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**C246\*** **9 CPEUs** **\$89.95**  
**Symptomatic Management of Lupus and Autoimmune Diseases**  
 C. Sileo, MS, RDN (**Manual**, 107 pgs) Background information on Systemic Lupus Erythematosus (SLE); outlines traditional medications used for its symptomatic management; and presents complementary alternative treatments which provide symptomatic relief.  
**Share** with a friend and **Save!** Additional Reporting Form **\$30.00**  
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*"What a wonderful resource! My first experience at this type of CE credits and a rewarding, worthwhile one!"*

**Virginia Somers Mueller, RD**

**C245** **28 CPEUs** **\$169.95**  
**Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity, and Disease** R. Lustig, MD (**Book**, 320 pgs and **study guide**, 38 pgs) 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.  
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**C244** **30 CPEUs** **\$179.95**  
**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 they have longer athletic careers, consistently improve in their sport, and reduce the risks for chronic diseases.  
**Share** with a friend and **Save!** Additional Reporting Form **\$50.00**  
**Approved by CDR, CBDM**  
**RDs & DTRs Learning Need Codes:** 2000, 2070, 2090, 2100, 2110, 3000, 3020, 3030, 3040, 3070, 3100, 4030, 4060, 4110, 4160, 4170, 4180, 4190, 5000, 5130, 5200, 5230, 5280, 6000, 6020

**C243\*** **12 CPEUs** **\$104.95**  
**Nutrition for Infants & Young Children, 5th Ed** C. Bareuther, RDN  
**Manual** (145 pgs) Care for infants and young children more effectively. Evaluate their growth and development; calculate their nutrient requirements; plan, recommend and implement feeding programs and assess nutritional status.  
**Share** with a friend and **Save!** Additional Reporting Form **\$30.00**  
**Approved by CDR, CBDM**  
**RDs & DTRs Learning Need Codes:** 3000, 3010, 3020, 3030, 3040, 3090, 3100, 4000, 4040, 4050, 4110, 4120, 4150, 5000, 5070, 5180, 5190, 5200, 5250, 5280, 5290, 5370, 5420, 5440

**C241** **22 CPEUs** **\$164.95**  
**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 farm-raised 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.  
**Share** with a friend and **Save!** Additional Reporting Form **\$50.00**  
**Approved by CDR, CBDM**  
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**C240** **17 CPEUs** **\$139.95**  
**Understanding Your Food Allergies & Intolerances**  
 W. Sheffler, MD, PhD, Q. Yuan, MD, PhD, K. Asp  
 (**Book**, 245 pgs and **study guide**, 32 pgs) Learn about food allergies and sensitivities so that you can help your patients live a healthier life.  
**Share** with a friend and **Save!** Additional Reporting Form **\$50.00**  
**Approved CDR, CBDM**  
**RDs & DTRs Learning Need Codes:** 2000, 2010, 2020, 2030, 2080, 2090, 3000, 3100, 4000, 4040, 4110, 4120, 4130, 4140, 4150, 4190, 5000, 5110, 5120, 5220

**C239** **20 CPEUs** **\$149.95**  
**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 popular media.  
**Share** with a friend and **Save!** Additional Reporting Form **\$50.00**  
**Approved/Accepted by CDR, CBDM, NCBDE**  
**RDs & DTRs Learning Need Codes:** 2000, 2020, 2070, 2110, 3000, 3005, 3020, 3030, 3040, 4000, 4030, 4040, 4070, 4130, 4140, 4150, 4180, 5000, 5125, 5260, 5280, 5370

**C238\*** **14 CPEUs** **\$119.95**  
**Nutrition and Cardiovascular Disease, 2nd Ed** K. Chapman-Novakofski, PhD, RD, LD & S. Gould, PhD, RDN (**Manual**, 134 pgs) Apply preventative and medical nutrition therapy for cardiovascular diseases.  
**Share** with a friend and **Save!** Additional Reporting Form **\$30.00**  
**Approved by CDR, CBDM**  
**RDs & DTRs Learning Need Codes:** 3000, 3010, 3020, 3080, 3090, 4000, 4030, 4040, 4060, 4090, 5000, 5090, 5160, 5260

**C236\*** **12 CPEUs** **\$104.95**  
**Nutritional Support in the Care of the Critically Ill Adult**  
 K. Mogensen, MS, RDN, LDN, CNSC & M. Robinson, MD, CNSP  
 (**Manual**, 103 pgs) Valuable information and tools to provide appropriate nutritional support for critically ill patients.  
**Share** with a friend and **Save!** Additional Reporting Form **\$30.00**  
**Approved by CDR, CBDM**  
**RDs & DTRs Learning Need Codes:** 3000, 5000, 5010, 5170, 5390, 5400, 5410, 5440

**C235\*** **18 CPEUs** **\$144.95**  
**Nutritional Management of Bariatric Surgery Patients**  
 L. L. Frank, PhD, MPH, RDN, CD (**Manual**, 158 pgs) Develop competencies in medical nutrition therapy (MNT) for the bariatric surgical patient, including recognition and management of micronutrient deficiencies associated with bariatric surgery.  
**Share** with a friend and **Save!** Additional Reporting Form **\$50.00**  
**Approved/Accepted by CDR, CBDM, NCBDE**  
**RDs & DTRs Learning Need Codes:** 2000, 2070, 2090, 3000, 3005, 5000, 5125, 5370



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**C234** 8 CPEUs **REDUCED** \$84.95 \$54.95  
**Omega-3 Handbook: A Ready Reference Guide for Health Professionals** G. Vannice, MS, RDN (Book, 107 pgs and study guide, 30 pgs)  
 Comprehensive explanations, valuable reference tables to help clients make informed choices and select the best products for their health needs.  
 Share with a friend and Save! Additional Reporting Form \$30.00  
 Approved by CDR, CBDM  
 RDs & DTRs Learning Need Codes: 2000, 2070, 2090, 3100, 4000, 4040, 4110, 4130, 5000, 5160, 5420, 6020

**C232\*** 16 CPEUs \$129.95  
**Renal Vascular Resistance and Diabetes, 2nd Ed** V. Juturu, PhD (Manual, 178 pgs) Apply concepts associated with renal vascular resistance and diabetes.  
 Share with a friend and Save! Additional Reporting Form \$50.00  
 Approved/Accepted by CDR, CBDM, NCBDE  
 RDs & DTRs Learning Need Codes: 2050, 3005, 5000, 5010, 5090, 5160, 5190, 5240, 5260, 5300, 5340, 5370, 5390, 5400, 5410

**C231\*** 18 CPEUs \$144.95  
**Geriatric Nutrition: Guidelines for Working with Older Adults, 4th Ed** K. Chapman-Novakofski, RDN, LD, PhD (Manual, 169 pgs)  
 Everything you need to know from nutrient requirements with changes in age to the prevention and treatment of chronic diseases. A must-have manual if you are working with older adults.  
 Share with a friend and Save! Additional Reporting Form \$50.00  
 Approved by CDR, CBDM  
 RDs & DTRs Learning Need Codes: 2000, 2070, 2090, 2110, 3000, 3020, 3060, 3070, 3080, 4000, 4030, 4040, 4170, 4180, 4190, 5000, 5100, 5130, 5150, 5160, 5190, 5210, 5400

**C227** 14 CPEUs \$109.95  
**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.  
 Share with a friend and Save! Additional Reporting Form \$50.00  
 Approved/Accepted by CDR, CBDM, NCBDE  
 RDs & DTRs Learning Need Codes: 1000, 1020, 1040, 1090, 1130, 1140, 6000, 6010, 6020, 6030, 6040, 6050, 6060, 6070, 6080, 7120

**C226\*** 8 CPEUs \$84.95  
**Irritable Bowel Syndrome: Fodmaps, Fat, Fiber and Flora** K. Scarlata, RDN, LDN (Manual, 85 pgs) Help clients manage IBS symptoms.  
 Share with a friend and Save! Additional Reporting Form \$30.00  
 Approved by CDR, CBDM  
 RDs & DTRs Learning Need Codes: 3000, 3100, 4000, 4170, 4180, 5000, 5110, 5200, 5220, 8090

**C224\*** 16 CPEUs \$119.95  
**Eating Challenges During the Adolescent Years, 3rd Ed.** 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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