



**Human Nutrition and Functional Medicine Required Textbook List  
Fall 24 - Summer 25**

**UWS Library Availability Explained:**

- **Unlimited e-book:** text can be accessed online at any time through the UWS library
- **Limited e-book:** small number of e-book copies available through the UWS library; these e-books may become temporarily unavailable if all copies are in use
- **Print only:** no e-book version available through the UWS library. Short-term check out (6 weeks max) available for print copy. Information on borrowing books from the library is [available here](#).

Options for purchasing textbooks are listed under the [Textbook FAQs](#)

Course Number	Course Name	Book Title	Author	ISBN	Utilized in Multiple Courses	UWS Library Availability
MSN6050	Foundations of Nutritional Biochemistry	Lippincott Illustrated Reviews: Biochemistry, 8th edition	Abali	978-1975155063	✓	Print only
MSN6102	Principles of Functional Medicine	No required text				
MSN6101	Evidence-Based Nutrition	Nutritional Medicine, 2nd or 3rd edition <a href="#">See purchasing information below</a>	Gaby	978-1532322099 978-0982885017	✓	Print only
MSN6105	Clinical Biochemistry and Laboratory Assessment	Lippincott Illustrated Reviews: Biochemistry, 8th edition	Abali	978-1975155063	✓	Print only
		Advanced Nutrition and Human Metabolism (6 <sup>th</sup> , 7 <sup>th</sup> , & 8 <sup>th</sup> editions all acceptable)	Gropper	978-1305627857	✓	Print only (all editions)
		Blood Chemistry and CBC Analysis	Weatherby	978-0976136712		Print only
MSN6204	Gastrointestinal Imbalances	No required text				
MSN6202	Sports Nutrition and Exercise Metabolism	Flexible Dieting: A Science-Based, Reality-Tested Method for Achieving and Maintaining Your Optimal Physique, Performance & Health	Aragon	978-1628601374		Limited e-book Print
		Advanced Sports Nutrition (3 <sup>rd</sup> ed.)	Benardot	978-1492593096		Print only
MSN6300	Detoxification and Biotransformation Pathways	Clinical Environmental Medicine	Crinnion and Pizzorno	978-0323480864		Limited e-book Print
MSN6302 MSN6303	Hormone & Neurotransmitter Regulation and Imbalances	No required text				



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College of Graduate Studies

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MSN6305	Whole Food Nutrition and Supplementation	No required text				
MSN7102	Oxidative / Reductive Dynamics and Energy Production	No required text				
MSN7106	Autoimmune Disease: Causes and Strategies	No required text				
MSN7115 MSN7116	Meal Planning in Health and Illness	Nutritional Medicine, 1 <sup>st</sup> , 2 <sup>nd</sup> or 3 <sup>rd</sup> edition <a href="#">See purchasing information below</a>	Gaby	978-0982885000 978-1532322099	✓	Print only
		Choose Your Foods: Food Lists for Diabetes, 5th edition	American Diabetes Association and the Academy of Nutrition and Dietetics	978-1580407380		None
MSN7201	Fundamentals of Mind-body Medicine and the Psychology of Well-Being	Full Catastrophe Living	Kabat-Zinn	978-0345536938		Limited e-book Print
MSN7208	Nutritional Epidemiology and Clinical Research	Clinical Epidemiology: The Essentials, 6 <sup>th</sup> edition	Fletcher	978-1975109554		Unlimited e-book
MSN7215 MSN7216	Cardiovascular Disease and Metabolic Imbalances	No required text				
MSN7300	Clinical Nutrition Through the Life Cycle	Life Cycle Nutrition: An Evidence-Based Approach (2nd ed.)	Edelstein	978-1284036671		None
MSN 7305	Capstone HNFМ	No required text				
MSN8100	Botanical Medicine	Principles and Practice of Phytotherapy (2nd edition)	Bone and Mills	978-0443069925		Unlimited e-book Print
MSN8125	Pharmacology and Drug-Nutrient Interactions	No required text				



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MSN8132	Nutrigenetics and Nutrigenomics	The Power of Genetics	Joffe	978-0578318097		Print
		Switched On: Embracing the Science of Nutrigenomic Medicine	Houghton	978-0645300901		Print
MSN8135	Psychology of Eating & Wellness	Mindful Eating (Revised Edition)	Bays	978-1611804652		Limited e-book Print
		The Mindful Diet	Wolever and Reardon	978-1782396666		Limited e-book Print
MSN8145	Plant-Based Nutrition	Becoming Vegan: Comprehensive Edition	Davis and Melina	978-1570672972		Unlimited e-book
		How Not to Die	Greger	978-1250066114		Print only
MSN8165	Nutrition Practice Strategies	StrengthsFinder 2.0	Rath	978-1595620156		Limited e-book Print
		Motivational Interviewing in Health Care (2nd edition)	Rollnick, Miller & Butler	978-1462550371		Unlimited e-book Print

[Nutritional Medicine, Gaby: Purchase Information](#)

- Textbook can be purchased at a discounted rate directly from the author, Dr. Gaby.
- E-book and hardcover versions are available
- The eBook is a searchable PDF with multiple hyperlinks for rapid navigation. The eBook can be downloaded to a maximum of 2 computers and 2 mobile devices (such as iPads, smart phones, and more recent versions of Kindle).
- Student prices are below the regular price. Discounted student prices are:
  - Hardcover: \$165 plus shipping
  - eBook: \$145 with no shipping charge
  - Combination (hardcover plus eBook): \$230 plus shipping.
 Shipping in the U.S. is \$18, shipping to Canada is \$62, and to other countries is \$92 to \$132.
- **To purchase:** Visit [www.doctorgaby.com](http://www.doctorgaby.com) and use the promo code minus 50 (there is a space between minus and 50) and note in your email to nutrition@doctorgaby.com that you are a UWS student in the HNFM program. You may also order by phone at 603-225-0134.
- If you purchased the first edition of Nutritional Medicine after November 1, 2016, you may purchase the second edition for \$75 by contacting Dr. Gaby.