



Human Nutrition and Functional Medicine Textbook List Fall 23 - Summer 24

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	Required or Recommend	UWS Library Availability
MSN6050	Foundations of Nutritional Biochemistry	Lippincott Illustrated Reviews: Biochemistry, 8th edition	Abali	978-1975155063	Required*	Print only
MSN6102	Principles of Functional Medicine	No required text				
MSN6101	Evidence-Based Nutrition	Nutritional Medicine, 2nd or 3rd edition See purchasing information below	Gaby	978-1532322099 978-0982885017	Required*	Print only
MSN6105	Clinical Biochemistry and Laboratory Assessment	Lippincott Illustrated Reviews: Biochemistry, 8th edition	Abali	978-1975155063	Required*	Print only
		Advanced Nutrition and Human Metabolism (6 th , 7 th , & 8 th editions all acceptable)	Gropper	978-1305627857	Required*	Print only (all editions)
		Blood Chemistry and CBC Analysis	Weatherby	978-0976136712	Required	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	Required	Limited e-book Print
		Advanced Sports Nutrition (3 rd ed.)	Benardot	978-1492593096	Required	Print only
MSN6300	Detoxification and Biotransformation Pathways	Clinical Environmental Medicine	Crinnion and Pizzorno	978-0323480864	Required	Limited e-book Print
MSN6302 MSN6303	Hormone & Neurotransmitter Regulation and Imbalances	No required text				



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Course Number	Course Name	Book Title	Author	ISBN	Required or Recommended	UWS Library Availability
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, 1st or 2nd edition See purchasing information below	Gaby	978-0982885000 978-1532322099	Required*	Print only
		Choose Your Foods: Food Lists for Diabetes, 5th edition	American Diabetes Association and the Academy of Nutrition and Dietetics	978-1580407380	Required	None
MSN7201	Fundamentals of Mind-body Medicine and the Psychology of Well-Being	Full Catastrophe Living	Kabat-Zinn	978-0345536938	Required	Limited e-book Print
		Man's Search for Meaning	Frankl	978-0807014295	Required	Limited e-book Print
MSN7207 MSN7208	Nutritional Epidemiology and Clinical Research	No required text				
MSN7215 MSN7216	Cardiovascular Disease and Metabolic Imbalances	No required text				
MSN7300	Clinical Nutrition Through the Life Cycle	TBD				
MSN 7305	Capstone HNFM	No required text				
MSN8100	Botanical Medicine	Principles and Practice of Phytotherapy (2nd edition)	Bone and Mills	978-0443069925	Required	Unlimited e-book Print
MSN8125	Pharmacology and Drug-Nutrient Interactions	No required text				
MSN8132	Nutrigenetics and Nutrigenomics	No required text				
MSN8135	Psychology of Eating & Wellness	Mindful Eating (Revised Edition)	Bays	978-1611804652	Required	Limited e-book Print

Textbooks listed as Required with an * are required in multiple courses.

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		The Mindful Diet	Wolever and Reardon	978-1782396666	Required	Limited e-book Print
MSN8145	Plant-Based Nutrition	Becoming Vegan: Comprehensive Edition	Davis and Melina	978-1570672972	Required	Unlimited e-book
		How Not to Die	Greger	978-1250066114	Required	Print only
MSN8165	Nutrition Practice Strategies	StrengthsFinder 2.0	Rath	978-1595620156	Required	Limited e-book Print
		Motivational Interviewing in Health Care (2 nd edition)	Rollnick, Miller & Butler	978-1462550371	Required	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 \$50 below the regular price. Discounted student prices are:
 - Hardcover: \$145 plus shipping
 - eBook: \$145
 - Combination (hardcover plus eBook): \$235 (shipping included).
- **To purchase:** Visit 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.