

Good reads and listens before coming on the Nutritional Therapy course

Here is a list of suggested books and podcasts to explore before and during the Nutritional Therapy course. The presence of books or podcasts on this list doesn't necessarily mean we agree with everything in them, but it is useful to explore a range of views and approaches.

Feinman, Richard David - Nutrition in crisis

Jacka, Professor Felice - Brain changer : how diet can save your mental health

Hyman, Mark - WTF should I eat? the no-nonsense guide to achieving optimal weight and lifelong health [2018]

Hyman, Mark - Eat fat get thin : why the fat we eat is the key to sustained weight loss and vibrant health [2016]

Brogan, Kelly - A mind of your own : the truth about depression and how women can heal their bodies to reclaim their lives [2016]

Enders, Giulia - Gut : the inside story of our body's most underrated organ [2018]

Pollan, Michael - Food rules: an eater's manual

Pollan, Michael - In defence of food: the myth of nutrition and the pleasures of eating

Lawrence, Felicity - Eat your heart out: why the food business is bad for the planet and your health

Lawrence – Felicity - Not on the label : what really goes into the food on your plate (Revised edition)

Blythman, Joanna - Swallow this: serving up the food industry's darkest secrets

Spector, Tim - The diet myth: the real science behind what we eat

Wilson, Bee and Lee, Annabel - First bite: how we learn to eat

Blythman, Joanna - Bad food Britain

Schatzker, Mark - The Dorito effect : the surprising new truth about food and flavor [2016]

Wilson, Bee - The way we eat now: strategies for eating in a world of change

PODCASTS

Dr. Michael Ruscio – Health, Nutrition & Functional Medicine

Chris Masterjohn, PhD – Mastering Nutrition

Chris Kresser – Revolution Health Radio

Bulletproof Radio with Dave Asprey

Dr Rangan Chatterjee – Feel Better, Live More

The Doctor's Farmacy - Podcast by Dr. Mark Hyman

Dr Jess Armine Podcast – Methylation Support

The Healthy Gut Podcast – Rebecca Coomes

Dr Ben Lynch podcast – Transforming Medicine