

Applied Clinical Nutrition Certification – Selected Study Materials

The following items have been carefully selected to represent a clinical, whole food foundation for all enrollees' selected study. Our ACN Certification course has online modules for assigned audio materials and all associated quizzes.

Selected Educational Study	Core Teaching Description	Format	Hours Assigned	Quiz Questions
An Hour of Dr. Royal Lee	These spoken essays are included in our selection as homage and respect for the principles of Dr, Royal Lee. The topics range from de-vitalization of our foods, soil health and commercial farming to dietary changes for successful cancer therapy, vitamins in whole foods, the science of bowel normalization.	Online Audio	1	3
The Autoimmune Process and Reaction	This speaker, Mark Anderson, was selected to expose each participant to the true nature of the autoimmune reaction, the progression of degeneration, the body's response to autoantigens, and the need for holistic interventions.	Online Audio	5.5	10
The Paleo Cardiologist	Written by Jack Wolfson, DO, this book is more than a natural way to heart health, or an introduction to Paleo eating, it's a roadmap to health and healing on many fronts. The information will help you make root cause decisions. <i>This book can be purchased on Audible if you prefer to listen.</i>	Book or Audible Purchase	5	10
The Skin, Tongue and Nails Speak: Observational Signs of Nutritional Deficiencies	Written by Donna Burka Wild, a dedicated whole food nutrition practitioner and teacher, this book provides a visual interpretation and written record of how nutritional deficiencies manifest in physical appearance in the skin, tongue, and nails. It is well indexed and includes quick reference charts so you can lean on this book every day in practice.	Book	3.5	7
The Truth About Vitamins & Minerals in Supplements	This book is a smaller version of the textbook "Serious Nutrition" also written by Robert Thiel, PhD of Doctors' Research. It presents a clear explanation regarding the difference between naturally balanced, food-based vitamins and synthetically produced substitutes, as well sourcing and processing for glandular ingredients.	Book	4.0	8
Put Your Money Where Your Mouth Is	This item was selected to provide each practitioner with tools and "know how" for counseling patients on real foods and good lifestyle choices. It is an easy-to-read resource with valuable and practical tips, saving hours of research. Many clinicians will choose to offer copies in their waiting room.	Book	1	3
Total			20	41

Other important educational titles, as well as online webinars and courses will be available for elective independent study (*login to your course for details*).

Please contact Whole Food Practice, LLC (801) 432-8869 or support@wholefoodpractice.com if you have questions about completing assignments.