

Applied Clinical Nutrition Certification – Directed Study Materials

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

| Directed Educational Study | Core Teaching Description | Format | Hrs Alloted | 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 |
| Soil to Supplement | This compilation of 66 of Dr. Royal Lee's articles is provided as a workbook for the 2024 CE course called, "A Guided Walk Through the Articles of Dr. Royal Lee in From Soil to Supplement. The connection between our soil, our food and our health are demonstrated in clear and practical explanations. The course groups article topics and discusses modern clinical application. | CE Study Guide | Not part of the directed study assignments. Sent in Welcome Box to use with the Online Course. | |

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.