

# WOLF RINKE ASSOCIATES, INC.

## NUTRITION AND CLINICAL

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Programs in **yellow boxes** are accepted by NCBDE for Certified Diabetes Educators (CDEs)

**NEW** C276 26 CPEUs \$174.95  
**The Gut Balance Revolution: Boost Your Metabolism, Restore Your Inner Ecology, and Lose The Weight For Good!**  
 G. E. Mullin, MD (Book, 400 pgs and study guide, 28 pgs) Provides a science-based program to restore and retain weight loss by achieving a balanced gut flora that burns fat and restores health.  
 Share with a friend and Save! Additional Reporting Form \$50.00  
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 RDNs/RDs & NDTRs/DTRs Learning Need Codes: 2000, 5000, 5220, 5370

**NEW** C275 40 CPEUs \$239.95  
**The Health Professional's Guide to Gastrointestinal Nutrition**  
 L. E. Matarese, PhD, RDN, G. E. Mullin, MD, and J. L. Raymond, MS, RDN (Book, 400 pgs and study guide, 43 pgs) Comprehensive info on tests and procedures; nutrition assessment; GI tract disorders; liver and exocrine disorders; gastrointestinal surgery; oncology; various therapeutic interventions, eating disorders, obesity, food allergies, and nutrition therapies for GI problems. Very beneficial for preparing for the CNSC exam.  
 Share with a friend and Save! Additional Reporting Form \$50.00  
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 RDNs/RDs & NDTRs/DTRs Learning Need Codes: 3000, 5000, 5010, 5220

*"Your company is very professional—from the people who answer your phone to how quickly the materials arrived."  
 Mary Sorrentino, RD*

**NEW** C274 16 CPEUs \$139.95  
**Healthy Vision: Prevent and Reverse Eye Disease through Better Nutrition**  
 N. Adams, MD (Book, 224 pgs and study guide, 25 pgs.) Provide clients with current information that will enable them to maintain vision well into old age, alleviate eye conditions, and even reverse the progress of eye diseases.  
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 RDNs/RDs & NDTRs/DTRs Learning Need Codes: 2000, 3000, 4000, 4040

**NEW** C272 20 CPEUs \$149.95  
**The Blue Zones Solution: Eating and Living Like the World's Healthiest People**  
 D. Buettner (Book, 319 pgs and study guide, 25 pgs.) Reveals how to transform your client's health using smart eating and lifestyle habits based on research on diets, eating habits, and lifestyle practices of the communities with the world's longest-lived, and healthiest, people.  
 Share with a friend and Save! Additional Reporting Form \$50.00  
 Approved by CDR, CBDM, NCBDE  
 RDNs/RDs & NDTRs/DTRs Learning Need Codes: 3000, 4000, 4010, 4040

C271\* **NEW EDITION** 18 CPEUs \$144.95  
**Effective Nutrition Education for Behavior Change, 4th Ed.**  
 R. AbuSabha, PhD, RD (Manual, 166 pgs) Ideal for diabetes educators. Select intervention strategies for population subgroups; use effective communication skills; evaluate the appropriateness of computer-assisted instruction; write manuals and lesson plans and develop effective visual aids.  
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 Approved/Accepted by CDR, CBDM, NCBDE  
 RDNs/RDs & NDTRs/DTRs Learning Need Codes: 1000, 1020, 1040, 1060, 1090, 1130, 1140, 6000, 6010, 6020, 6030, 6040, 6050, 6060, 6070, 6080, 7120

**FREE Ethics eProgram**  
 with purchase of any other CPE program!  
*An Introduction to the Code of Ethics for the Profession of Dietetics*  
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 Must be ordered online at [www.easyCPEcredits.com](http://www.easyCPEcredits.com)  
 Approved by CDR RDs & DTRs Learning Need Codes: 1000, 1050

C270 26 CPEUs \$174.95  
**The Ultimate Guide to Sugars & Sweeteners: Discover the Taste, Use, Nutrition, Science, and Lore of Everything from Agave Nectar to Xylitol**  
 A. Barclay, PhD, P. Sandall, and C. Shwive-Slavin, MS, RD, CDE (Book, 279 pgs and study guide, 26 pgs.) Features more than 180 alphabetical entries, including the familiar (table sugar, honey), the controversial (aspartame, high-fructose corn syrup), the hyped (coconut sugar, monk fruit sweetener), and the unfamiliar (Chinese rock sugar, isomaltulose).  
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 RDNs/RDs & NDTRs/DTRs Learning Need Codes: 2000, 5370, 8000, 8100

C269\* **NEW EDITION** 15 CPEUs \$129.95  
**Nutrition for Pregnancy and Lactation, 5th Ed**  
 C. Bareuther, RDN (Manual, 144 pgs) Learn the role nutrition plays in conception, pregnancy and lactation.  
 Share with a friend and Save! Additional Reporting Form \$30.00  
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 RDNs/RDs & NDTRs/DTRs Learning Need Codes: 3000, 3010, 3020, 3030, 3040, 3090, 3100, 4000, 4040, 4090, 4120, 4130, 4140, 4180, 5000, 5090, 5190, 5200, 5260, 5310, 5350, 5370, 5420, 8010, 8080

C268 16 CPEUs \$139.95  
**Putting Your Patients on the Pump: Initiation and Maintenance Guidelines**  
 K. M. Bolderman, RD, LDN, CDE (Book, 256 pgs and study guide, 26 pgs.) An ideal resource for health care professionals with expertise in diabetes care who wish to successfully start and maintain diabetes patients on insulin pump therapy.  
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 Approved/Accepted by CDR, CBDM, NCBDE  
 RDNs/RDs & NDTRs/DTRs Learning Need Codes: 5000, 5190, 5450, 6000

C267 14 CPEUs \$129.95  
**Chronic Kidney Disease and the Nutrition Care Process Pocket Guide**  
 M. P. McCarthy, MPH, RD, CSR, LD; et. al. (Pocket guide, 149 pgs and study guide, 24 pgs.) The latest evidence-based guidelines and recommendations from the most authoritative sources on medical nutrition therapy (MNT) for chronic kidney disease (CKD).  
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 Approved/Accepted by CDR, CBDM, NCBDE  
 RDNs/RDs & NDTRs/DTRs Learning Need Codes: 3000, 5000, 5340, 5390

C266 40 CPEUs \$239.95  
**Becoming Vegan Comprehensive Edition: The Complete Reference to Plant-based Nutrition**  
 B. Davis, RD and V. Melina, MS, RD (Book, 611 pgs and study guide, 24 pgs.) An in-depth discussion of the health benefits of vegan diets. Explains protein and amino acid requirements; describes fats and essential fatty acids; investigates carbohydrate facts and fallacies; reveals the truth about wheat, gluten, and grains; pinpoints where to obtain calcium, iron, zinc and other minerals; and provides a detailed roadmap of how to attain optimal nutrition during pregnancy and lactation.  
 Share with a friend and Save! Additional Reporting Form \$50.00  
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**C265** **28 CPEUs** **\$189.95**  
**Your Blood Never Lies: How to Read a Blood Test for a Longer, Healthier Life** J. B. LaValle, RPh, CCN  
 (Book, 351 pgs and study guide, 24 pgs.) Explains typical lab reports so you can help patients understand the significance of each biological marker being measured. Recommends the most effective standard and complementary treatments for dealing with any problematic findings.  
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 RDNs/RDs & NDTRs/DTRs Learning Need Codes: 3000, 3060, 5000, 5230

**C264** **22 CPEUs** **\$159.95**  
**Missing Microbes: How the Overuse of Antibiotics is Fueling Our Modern Plagues** M. J. Blaser, MD  
 (Book, 275 pgs and study guide, 24 pgs.) Explores how the human microbiome is under assault from an overreliance on medical advances, including antibiotics and caesarian sections, which threatens the symbiotic relationship of bacterial and human cells, and may lead to severe health consequences.  
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 RDNs/RDs & NDTRs/DTRs Learning Need Codes: 2080, 4000, 4050, 5270

**C263** **20 CPEUs** **\$149.95**  
**Globesity: 10 Things You Didn't Know Were Making You Fat C.** Fleishman MS, RD (Book, 297 pgs and study guide, 24 pgs.) Explores 10 non-traditional factors which may be contributing to the world-wide obesity epidemic. Includes novel ideas to help your patients manage their weight and reduce related diseases.  
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 RDNs/RDs & NDTRs/DTRs Learning Need Codes: 2000, 4000, 5000, 5370

**C261** **28 CPEUs** **\$189.95**  
**Slim by Design: Mindless Eating Solutions For Everyday Life** B. Wansink, Ph.D. (Book, 312 pgs and study guide, 24 pgs.) Groundbreaking solutions for designing client's most common spaces so they can make positive changes in how they approach and manage their diets.  
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 RDNs/RDs & NDTRs/DTRs Learning Need Codes: 4000, 5000, 5370, 8030

**C260** **28 CPEUs** **\$189.95**  
**The Clinical Nutrition Manager's Handbook: Solutions for the Busy Professional Handbook** J. A. Grim, MPH, RD, LD and S. R. Roberts, MS, RD, LD, CNSC (Book, 271 pgs and study guide, 30 pgs.) Surveys best practices and offers practical tips and tools to help clinical nutrition managers succeed.  
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 RDNs/RDs & NDTRs/DTRs Learning Need Codes: 1000, 1020, 1070, 1120, 6000, 7000, 7010, 7050, 7060, 7080, 7090, 7100, 7110, 7120, 7130, 7140, 7160, 7170, 7180, 7190, 7200, 7210, 8000, 8020, 8040, 8050, 8070, 8120, 9000, 9010, 9020, 9030, 9040, 9060

**C259** **28 CPEUs** **\$189.95**  
**Hormonal Balance: How to Lose Weight by Understanding Your Hormones and Metabolism** S. Isaacs, MD, FACP, FACE  
 (Book, 438 pgs and study guide, 25 pgs) Explains how to reverse symptoms of hormonal imbalance through diet changes and other remedies, and discusses how to deal with everything from weight loss to diabetes by recognizing and remedying hormonal problems.  
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**C257** **20 CPEUs** **\$149.95**  
**Gluten Free, Hassel Free, 2nd Ed.** M. Brown, RDN, CDE  
 (Book, 455 pgs and study guide, 23 pgs) Provides a wealth of practical solutions, strategies and shortcuts to help patients live gluten-free and eat their way back to health.  
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 RDNs/RDs & NDTRs/DTRs Learning Need Codes: 2000, 2020, 2050, 2070, 2100, 3000, 3020, 3080, 3090, 4000, 4040, 4150, 4190, 5000, 5110, 5120, 5280, 5460, 8090, 8100

**C255\*** **10 CPEUs** **\$84.95**  
**Type 2 Diabetes and Obesity, 3rd Ed** K. Chapman-Novakofski, RD, PhD (Manual, 94 pgs) Understand the pathology of obesity and type 2 diabetes and design strategies to prevent or treat them.  
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 RDNs/RDs & NDTRs/DTRs Learning Need Codes: 2000, 2020, 2050, 2070, 2090, 2100, 2110, 3000, 3005, 3010, 3020, 3030, 3040, 3060, 3080, 4000, 4010, 4020, 4030, 4040, 4050, 4060, 5000, 5190, 5260, 5370

*"I am never disappointed in the Wolf Rinke CEU curricula. It is easy reading and very organized. Always a pleasure."  
 Marne Stollenwerk, RD*

**C254** **20 CPEUs** **\$149.95**  
**Blood Pressure Down: The 10-Step Plan to Lower Your Blood Pressure in 4 Weeks Without Prescription Drugs** J. Brill, PhD, RD, LDN  
 (Book, 338 pgs & study guide, 25 pgs) Help patients lower their blood pressure without the potential dangers and side effects of prescription medications, so they can live a longer, heart-healthy life.  
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 RDNs/RDs & NDTRs/DTRs Learning Need Codes: 4000, 4040, 4060, 5000, 5160, 5260

**C253** **16 CPEUs** **\$139.95**  
**The Prediabetes Diet Plan: How to Reverse Prediabetes and Prevent Diabetes through Healthy Eating and Exercise** H. Wright, MEd, RDN (Book, 245 pgs and study guide, 26 pgs) A practical guide to managing and reversing prediabetes through diet and exercise which has been proven more effective than medication. Help patients make healthier choices to change their insulin levels and overall well-being.  
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 Approved/Accepted by CDR, CBDM, NCBDE  
 RDNs/RDs & NDTRs/DTRs Learning Need Codes: 2000, 2050, 2070, 2090, 2110, 3000, 3005, 3030, 3040, 3060, 3080, 4000, 4040, 4060, 4090, 5000, 5190, 5260, 5370, 5460

**C252** **16 CPEUs** **REDUCED \$139.95 \$119.95**  
**Younger Next Week: Your Ultimate Rx to Reverse the Clock, Boost Energy and Look and Feel Younger in 7 Days** E. Zied, MS, RDN, CDN  
 (Book, 288 pgs and study guide, 26 pgs) Help patients jump-start weight loss, reduce stress, and improve sleep, so they can achieve a radiant appearance, boundless energy and supercharged health and well-being.  
 Share with a friend and Save! Additional Reporting Form \$50.00  
 Approved by CDR, CBDM  
 RDNs/RDs & NDTRs/DTRs Learning Need Codes: 1000, 1120, 2000, 2020, 2070, 2090, 4000, 4040, 4180, 5000, 5090, 5370

*"I've taken several courses from your company in the past—have enjoyed them all—very easy to read and to apply to my work environment."  
 Joanna VanRhee, RD*

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[www.easyCPEcredits.com](http://www.easyCPEcredits.com)

**C250**      22 CPEUs      **REDUCED**      ~~\$154.95~~ \$139.95  
**A Big Fat Crisis: The Hidden Forces Behind the Obesity Epidemic--And How We Can End It** D. Cohen, MD  
 (Book, 262 pgs & study guide, 25 pgs) A major new work that will transform the conversation surrounding the modern weight crisis. Based on her own extensive research, as well as the latest insights from behavioral economics and cognitive science, Cohen reveals what drives the obesity epidemic and how to overcome it.  
 Share with a friend and Save! Additional Reporting Form \$50.00  
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 RDNs/RDs & NDTRs/DTRs Learning Need Codes: 2000, 3040, 4000, 4010, 4020, 4030, 4040, 4080, 4090, 4100, 5160, 5200, 5260, 5350, 5370, 6010, 9020

**C249\***      18 CPEUs      \$154.95  
**Medical Nutrition Therapy for Diabetes Mellitus, 7th Ed.**  
 M. Franz, MS, RD, LD, CDE (Manual, 144 pgs) Have a major impact on medical and clinical outcomes and help patients with diabetes achieve dramatic improvements in the quality of life.  
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 RDNs/RDs & NDTRs/DTRs Learning Need Codes: 2000, 2020, 2060, 2070, 2090, 2100, 2110, 3000, 3005, 3010, 3030, 3040, 3060, 3080, 3090, 3100, 4000, 4010, 4020, 4030, 4040, 4050, 4060, 4120, 4130, 4140, 4150, 4160, 4170, 4180, 4190, 5000, 5010, 5040, 5050, 5090, 5100, 5120, 5130, 5160, 5190, 5200, 5220, 5260, 5310, 5360, 5370, 5380, 5390, 5400, 5410, 5460, 6000, 6010, 6020, 6030, 6040, 6060, 6070, 6080, 7170

**C243\***      12 CPEUs      \$104.95  
**Nutrition for Infants & Young Children, 5th Ed** C. Bareuther, RDN  
 Manual (145 pgs) Care for infants and young children more effectively. Evaluate their growth and development; calculate their nutrient requirements; plan, recommend and implement feeding programs and assess nutritional status.  
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 RDNs/RDs & NDTRs/DTRs Learning Need Codes: 3000, 3010, 3020, 3030, 3040, 3090, 3100, 4000, 4040, 4050, 4110, 4120, 4150, 5000, 5070, 5180, 5190, 5200, 5250, 5280, 5290, 5370, 5420, 5440

**C241**      22 CPEUs      \$164.95  
**Best Things You Can Eat** D. Grotto, RDN, LDN (Book, 314 pgs and study guide, 25 pgs) Is an orange or a guava the best source of vitamin C? Is farm-raised or wild salmon higher in omega-3 fats? If you want to know what foods to turn to when your patients need more fiber or which foods can alleviate an upset stomach, this book has the answers.  
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 Approved by CDR, CBDM  
 RDNs/RDs & NDTRs/DTRs Learning Need Codes: 2000, 2010, 2020, 2030, 2070, 2090, 2100, 2110, 3000, 3040, 3080, 3090, 3100, 4000, 4040, 4090, 4110, 5000, 5110, 5120, 5130, 5150, 5160, 5180, 5190, 5230, 5240, 5260, 5280, 5310, 5340, 5370, 5460, 8100, 8130

**C246\***      9 CPEUs      \$89.95  
**Symptomatic Management of Lupus and Autoimmune Diseases**  
 C. Sileo, MS, RDN (Manual, 107 pgs) Background information on Systemic Lupus Erythematosus (SLE); outlines traditional medications used for its symptomatic management; and presents complementary alternative treatments which provide symptomatic relief.  
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 Approved by CDR, CBDM  
 RDNs/RDs & NDTRs/DTRs Learning Need Codes: 3000, 3005, 3060, 3070, 3100, 4090, 5000, 5120, 5420

**C240**      17 CPEUs      \$139.95  
**Understanding Your Food Allergies & Intolerances**  
 W. Sheffler, MD, PhD, Q. Yuan, MD, PhD, K. Asp  
 (Book, 245 pgs and study guide, 32 pgs) Learn about food allergies and sensitivities so that you can help your patients live a healthier life.  
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 Approved CDR, CBDM  
 RDNs/RDs & NDTRs/DTRs Learning Need Codes: 2000, 2010, 2020, 2030, 2080, 2090, 3000, 3100, 4000, 4040, 4110, 4120, 4130, 4140, 4150, 4190, 5000, 5110, 5120, 5220

*"What a wonderful resource! My first experience at this type of CE credits and a rewarding, worthwhile one!"*  
**Virginia Somers Mueller, RD**

**C245**      28 CPEUs      \$169.95  
**Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity, and Disease** R. Lustig, MD (Book, 320 pgs and study guide, 38 pgs) Documents the science and politics that have led to the pandemic of obesity and disease, and proves that "a calorie is *not* a calorie." Readjust patient's key hormones to regulate their hunger, reward and stress, so they can lose weight permanently and recover their health.  
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**C239**      20 CPEUs      \$149.95  
**Why Calories Count: From Science to Politics** M. Nestle & M. Nesheim (Book, 304 pgs and study guide, 36 pgs) Help clients interpret food labels, evaluate diet claims, and understand evidence as presented in popular media.  
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 RDNs/RDs & NDTRs/DTRs Learning Need Codes: 2000, 2020, 2070, 2110, 3000, 3005, 3020, 3030, 3040, 4000, 4030, 4040, 4070, 4130, 4140, 4150, 4180, 5000, 5125, 5260, 5280, 5370

**C244**      30 CPEUs      \$179.95  
**Advanced Sports Nutrition: Fine-Tune Your Food and Fluid Intake for Optimal Training and Performance, 2nd Ed**  
 D. Benardot, PhD, DHC, RDN, LD, FACSM  
 (Book, 424 pgs and study guide, 41 pgs) Help clients stay healthy while competing at top levels so they have longer athletic careers, consistently improve in their sport, and reduce the risks for chronic diseases.  
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 Approved by CDR, CBDM  
 RDNs/RDs & NDTRs/DTRs Learning Need Codes: 2000, 2070, 2090, 2100, 2110, 3000, 3020, 3030, 3040, 3070, 3100, 4030, 4060, 4110, 4160, 4170, 4180, 4190, 5000, 5130, 5200, 5230, 5280, 6000, 6020

**C238\***      14 CPEUs      \$119.95  
**Nutrition and Cardiovascular Disease, 2nd Ed** K. Chapman-Novakofski, PhD, RD, LD & S. Gould, PhD, RDN (Manual, 134 pgs) Apply preventative and medical nutrition therapy for cardiovascular diseases.  
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 Approved by CDR, CBDM  
 RDNs/RDs & NDTRs/DTRs Learning Need Codes: 3000, 3010, 3020, 3080, 3090, 4000, 4030, 4040, 4060, 4090, 5000, 5090, 5160, 5260

**C236\***      12 CPEUs      \$104.95  
**Nutritional Support in the Care of the Critically Ill Adult**  
 K. Mogensen, MS, RDN, LDN, CNSC & M. Robinson, MD, CNSP  
 (Manual, 103 pgs) Valuable information and tools to provide appropriate nutritional support for critically ill patients.  
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 Approved by CDR, CBDM  
 RDNs/RDs & NDTRs/DTRs Learning Need Codes: 3000, 5000, 5010, 5170, 5390, 5400, 5410, 5440

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**C235\*** **18 CPEUs** \$144.95  
**Nutritional Management of Bariatric Surgery Patients**  
 L. L. Frank, PhD, MPH, RDN, CD (**Manual**, 158 pgs) Develop competencies in medical nutrition therapy (MNT) for the bariatric surgical patient, including recognition and management of micronutrient deficiencies associated with bariatric surgery.  
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**Approved/Accepted by CDR, CBDM, NCBDE**  
**RDNs/RDs & NDTRs/DTRs Learning Need Codes:** 2000, 2070, 2090, 3000, 3005, 5000, 5125, 5370

**C232\*** **16 CPEUs** \$129.95  
**Renal Vascular Resistance and Diabetes, 2nd Ed** V. Juturu, PhD (**Manual**, 178 pgs) Apply concepts associated with renal vascular resistance and diabetes.  
**Share with a friend and Save!** Additional Reporting Form \$50.00  
**Approved/Accepted by CDR, CBDM, NCBDE**  
**RDNs/RDs & NDTRs/DTRs Learning Need Codes:** 2050, 3005, 5000, 5010, 5090, 5160, 5190, 5240, 5260, 5300, 5340, 5370, 5390, 5400, 5410

**C231\*** **18 CPEUs** \$144.95  
**Geriatric Nutrition: Guidelines for Working with Older Adults, 4th Ed** K. Chapman-Novakofski, RDN, LD, PhD (**Manual**, 169 pgs) Everything you need to know from nutrient requirements with changes in age to the prevention and treatment of chronic diseases. A must-have manual if you are working with older adults.  
**Share with a friend and Save!** Additional Reporting Form \$50.00  
**Approved by CDR, CBDM**  
**RDNs/RDs & NDTRs/DTRs Learning Need Codes:** 2000, 2070, 2090, 2110, 3000, 3020, 3060, 3070, 3080, 4000, 4030, 4040, 4170, 4180, 4190, 5000, 5100, 5130, 5150, 5160, 5190, 5210, 5400

**C227** **14 CPEUs** \$109.95  
**Inspiring and Supporting Behavior Change: A Food and Nutrition Professional's Counseling Guide** A. Constance MA, RD, CDE and C. Sauter MS, RD, CDE (**Book**, 142 pgs, and **study guide**, 35 pgs) Inspire and motivate your patients to take actions to improve their health and the quality of their life.  
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**RDNs/RDs & NDTRs/DTRs Learning Need Codes:** 1000, 1020, 1040, 1090, 1130, 1140, 6000, 6010, 6020, 6030, 6040, 6050, 6060, 6070, 6080, 7120

**C226\*** **8 CPEUs** \$84.95  
**Irritable Bowel Syndrome: Fodmaps, Fat, Fiber and Flora**  
 K. Scarlata, RDN, LDN (**Manual**, 85 pgs) Help clients manage IBS symptoms.  
**Share with a friend and Save!** Additional Reporting Form \$30.00  
**Approved by CDR, CBDM**  
**RDNs/RDs & NDTRs/DTRs Learning Need Codes:** 3000, 3100, 4000, 4170, 4180, 5000, 5110, 5200, 5220, 8090

**C224\*** **16 CPEUs** \$119.95  
**Eating Challenges During the Adolescent Years, 3rd Ed.**  
 B. Lulinski, MS, RDN Practical **manual** (182 pgs) to help you teach adolescents how to fuel their bodies. Topics include sexual maturation, assessing the teen, fueling for sports, dealing with eating disorders and other risky behaviors.  
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