



**WOLF RINKE ASSOCIATES, INC.**

13621 Gilbride Lane  
Clarksville, MD 21029 USA


## New CPE Catalog

*Winter - Spring 2017*

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# WOLF RINKE ASSOCIATES, INC.

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The **fast and easy** way to get your Continuing Professional Education. More on page 7.

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# Wolf Rinke Associates, Inc.

## NEW Nutrition and Clinical Programs approved by CDR and CBDM

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

Go to [www.easyCPEcredits.com](http://www.easyCPEcredits.com) for complete descriptions of programs including Learning Need Codes (LNCs) and Performance Indicators (PIs)

### NEW

**C290** 12 CPEUs \$99.95  
**Approaches to Behavior: Changing the Dynamic Between Patients & Professionals in Diabetes Care & Education**  
 J Roszler, MS, RD, LD/N, CDE, FAND & WS Rapaport, PsyD, LCSW  
 (Book, 165 pgs, & Study Guide, 26 pgs) Enables you to nurture the interaction with patients to achieve individual treatment goals.  
**Share with a friend and Save!** Additional Reporting Form \$30.00  
 RDs/RDNs & DTRs/NDTRs--LNCs: 1000, 6000, 6010, 6070 PIs: 2.1.5, 2.3.3, 9.6.1, 9.6.4

### DON'T SEE your LNCs or PIs here?

There are many codes that apply and we can't list them all. Per CDR you may use ANY LNC or PI as long as it relates to your Learning Plan.

### NEW Edition

**C283\*** 9 CPEUs \$79.95  
**Osteoporosis Prevention and Treatment, 3rd Ed.**  
 KM Chapman-Novakofski, PhD, RD, LD  
 (Manual, 85 pgs) Completely revised & updated. Provides comprehensive nutrition counseling strategies.  
**Share with a friend and Save!** Additional Reporting Form \$30.00  
 RDs/RDNs & DTRs/NDTRs--LNCs: 3000, 4000, 5000, 5130 PIs: 6.3.11, 8.1.5, 8.3.6

### NEW

**C289** 20 CPEUs \$149.95  
**Pocket Guide to Bariatric Surgery**  
 S Cummings, MS, RD, LDN and KA Isom, MS, RD, LDN  
 (Pocket Guide, 275 pgs, & Study Guide, 26 pgs) Incorporates the Nutrition Care Process in the treatment of patients before and after surgery, during weight stabilization, and in follow-up care.  
**Share with a friend and Save!** Additional Reporting Form \$50.00  
 RDs/RDNs & DTRs/NDTRs--LNCs: 5000, 5125, 5370, 5390 PIs: 8.3.6; 10.2.4; 10.2.10; 12.4.6

### NEW

**C282\*** 3 CPEUs \$29.95  
**Combating Medical Errors: Role of the Dietetics Practitioner**  
 R Close, MS, RD, CNSC, CDN  
 (Manual, 30 pgs) Meets the Florida Licensure requirements.  
 Approved by CDR, CBDM  
 RDs/RDNs & DTRs/NDTRs--LNCs: 1000, 1050, 5000, 5390 PIs: 1.5.1, 7.1.2, 7.1.5, 8.3.6

### NEW

**C288\*** 12 CPEUs \$99.95  
**Nutritional Guide to Reducing Cardiovascular Disease Risk: A Comprehensive Approach to Optimal Heart Health**  
 MW Eich, MS, RD  
 (Manual, 97 pgs) Apply the evidence of the nutritional guidelines for cardiovascular disease.  
**Share with a friend and Save!** Additional Reporting Form \$30.00  
 RDs/RDNs & DTRs/NDTRs--LNCs: 4000, 5000, 5160, 5260 PIs: 8.1.5, 8.3.1, 10.2.9, 12.4.6

### NEW

**C281** 25 CPEUs \$169.95  
**The Diet Fix: Why Diets Fail And How To Make Yours Work**  
 Y Freedhoff, MD  
 (Book, 336 pgs, & Study Guide, 27 pgs) Replace a toxic dieting mindset with positive beliefs and behaviors, to help clients break the cycle of traumatic dieting, and begin living happily while losing weight permanently.  
**Share with a friend and Save!** Additional Reporting Form \$50.00  
 RDs/RDNs & DTRs/NDTRs--LNCs: 4000, 4040, 5000, 5370 PIs: 6.3.11, 8.1.5, 8.3.1, 8.3.6

### NEW

**C286** 16 CPEUs \$139.95  
**Helping Your Child with Extreme Picky Eating**  
 K Rowell, MD and J McGlothlin, MS, SLP  
 (Book, 220 pgs, & Study Guide, 26 pgs) Strategies for dealing with low appetite, sensory- and autism spectrum-related feeding challenges, oral motor delays, anxiety, and more.  
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 RDs/RDNs & DTRs/NDTRs--LNCs: 3000, 4000, 6000, 6040 PIs: 8.4.5, 0.1.3, 10.2.7, 12.4.6

### NEW Edition

**C280\*** 10 CPEUs \$84.95  
**A Guide to Pediatric Nutrition for the School-Aged Child, 2nd Ed.**  
 A Thompson, MSH, RDN, CSP  
 (Manual, 176 pgs) Assess nutrient and fluid needs of the school-age child, including children who may require enteral nutrition support.  
**Share with a friend and Save!** Additional Reporting Form \$30.00  
 RDs/RDNs & DTRs/NDTRs--LNCs: 3000, 5000, 5070, 5180 PIs: 8.1.2, 8.1.5, 8.3.1, 8.3.6

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Marne Stollenwerk, RD

### NEW

**C285** 18 CPEUs \$144.95  
**Eat Like a Champion: Performance Nutrition for Your Young Athlete**  
 J Castle, MS, RDN, CDN  
 (Book, 246 pgs, & Study Guide, 22 pgs) Help young athletes (8-18) gain strength & muscle, overcome fatigue, & improve their performance.  
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 RDs/RDNs & DTRs/NDTRs--LNCs: 4000, 4060, 5000, 5080 PIs: 8.1.3, 8.1.4, 8.2.4, 10.2.5

### NEW

**C279\*** 18 CPEUs \$149.95  
**Interpretation & Application of Advanced Cardiometabolic Testing**  
 M McNeill, MS, RDN/LD, CDE, MBA  
 (Manual, 133 pgs) Up-to-date information on the management of cardiometabolic disease biomarkers.  
**Share with a friend and Save!** Additional Reporting Form \$50.00  
 RDs/RDNs & DTRs/NDTRs--LNCs: 3000, 3060, 5000, 5160 PIs: 8.1.1, 8.3.5, 8.3.6, 10.2.1

### NEW

**C284** 16 CPEUs \$139.95  
**Pocket Guide to the Nutrition Care Process and Cancer**  
 B Grant, MS, RDN, CSO, LD  
 (Pocket Guide, 170 pgs, & Study Guide, 23 pgs) Easy-to-use reference based on the Academy's Oncology Nutrition Evidence-Based Nutrition Practice Guidelines and other health organizations.  
**Share with a friend and Save!** Additional Reporting Form \$50.00  
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### NEW Edition

**C278\*** 30 CPEUs \$199.95  
**Medical Nutrition Therapy for Kidney Disease, 2nd Ed.**  
 N. L. Kondracki, MS, RD, LDN  
 (Manual, 298 pgs) Comprehensive CPE program ever! Apply MNT for a variety of kidney diseases consistent with current clinical practice recommendations.  
**Share with a friend and Save!** Additional Reporting Form \$50.00  
 RDs/RDNs & DTRs/NDTRs--LNCs: 5000, 5190, 5340, 5360 PIs: 8.1.5, 8.3.1, 8.3.6, 10.2.9

\*Programs available in hard copy **or** in electronic (pdf) format

# Nutrition and Clinical Programs approved by CDR and CBDM

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

Go to [www.easyCPEcredits.com](http://www.easyCPEcredits.com) for complete descriptions of programs including Learning Need Codes (LNCs) and Performance Indicators (PIs)

**C276** 26 CPEUs \$174.95  
**The Gut Balance Revolution: Boost Your Metabolism, Restore Your Inner Ecology, and Lose The Weight For Good!**  
 GE Mullin, MD  
 (Book, 409 pgs, & study guide, 28 pgs) Science-based program to 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  
 RDs/RDNs & DTRs/NDTRs--LNCs: 2000, 5000, 5220, 5370 PIs: 8.1.2, 8.1.5, 8.3.6, 10.2.5

**C275** 40 CPEUs \$239.95  
**The Health Professional's Guide to Gastrointestinal Nutrition**  
 LE Matarese, PhD, RDN, GE Mullin, MD, and JL Raymond, MS, RDN  
 (Book, 356 pgs, & 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. Helps you to prepare for the CNSC exam.  
**Share** with a friend and **Save!** Additional Reporting Form \$50.00  
 RDs/RDNs & DTRs/NDTRs--LNCs: 3000, 5000, 5010, 5010 PIs: 8.1.1, 8.1.5, 8.3.6, 10.2.1

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

**C274** 16 CPEUs \$139.95  
**Healthy Vision: Prevent and Reverse Eye Disease through Better Nutrition** N Adams, MD  
 (Book, 224 pgs, & study guide, 25 pgs) Help clients maintain vision well into old age, alleviate eye conditions, and reverse the progress of eye diseases.  
**Share** with a friend and **Save!** Additional Reporting Form \$50.00  
 RDs/RDNs & DTRs/NDTRs--LNCs: 2000, 3000, 4000, 4040 PIs: 8.1.2, 8.1.4, 8.1.5, 8.3.1

**C272** 20 CPEUs \$149.95  
**The Blue Zones Solution: Eating and Living Like the World's Healthiest People** D Buettner  
 (Book, 319 pgs, & study guide, 25 pgs) Transform client's health using smart eating and lifestyle habits based on research of the world's longest-lived, and healthiest, people.  
**Share** with a friend and **Save!** Additional Reporting Form \$50.00  
 RDs/RDNs & DTRs/NDTRs--LNCs: 3000, 4000, 4010, 4040 PIs: 8.4.1, 10.2.1, 12.2.1, 12.4.1

**C271\*** 18 CPEUs \$144.95  
**Effective Nutrition Education for Behavior Change, 4th Ed.**  
 R AbuSabha, PhD, RD  
 (Manual, 166 pgs) Select intervention strategies for subgroups; use effective communication skills; evaluate computer-assisted instruction; write manuals and lesson plans and develop effective visual aids.  
**Share** with a friend and **Save!** Additional Reporting Form \$50.00  
 RDs/RDNs & DTRs/NDTRs--LNCs: 6000, 6010, 6050, 6060 PIs: 9.3.2, 9.4.3, 9.4.5, 12.4.3

**DON'T SEE your LNCs or PIs here?**  
 There are many codes that apply and we can't list them all. Per CDR you may use ANY LNC or PI as long as it relates to your Learning Plan.

**FREE Ethics eProgram** with any on-line purchase!  
**C237 Electronic (pdf) Only** 2 CPEUs \$0.00  
**An Introduction to the Code of Ethics for the Profession of Dietetics**  
 Must be ordered online at [www.easyCPEcredits.com](http://www.easyCPEcredits.com)  
 RDs/RDNs & DTRs/NDTRs--LNCs: 1000, 1050 PIs: 1.1.3, 1.1.4, 1.1.6, 11.3.1

**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 Shwide-Slavin, MS, RD, CDE  
 (Book, 279 pgs, & study guide, 26 pgs) More than 180 entries, including the familiar, the controversial, and the unfamiliar sweeteners.  
**Share** with a friend and **Save!** Additional Reporting Form \$50.00  
 RDs/RDNs & DTRs/NDTRs--LNCs: 2000, 5370, 8000, 8100 PIs: 8.1.2, 8.4.3, 11.2.7, 13.2.3

**C269\*** 15 CPEUs \$129.95  
**Nutrition for Pregnancy and Lactation, 5th Ed** C Bareuther, RDN  
 (Manual, 144 pgs) Role of nutrition in conception, pregnancy and lactation.  
**Share** with a friend and **Save!** Additional Reporting Form \$30.00  
 RDs/RDNs & DTRs/NDTRs--LNCs: 4130, 4140, 5000, 5310 PIs: 8.1.4, 8.1.5, 10.2.7, 10.2.9

**C268** 16 CPEUs \$139.95  
**Putting Your Patients on the Pump: Initiation and Maintenance Guidelines** KM Bolderman, RD, LDN, CDE  
 (Book, 256 pgs, & study guide, 26 pgs) Start and maintain diabetes patients on insulin pump therapy.  
**Share** with a friend and **Save!** Additional Reporting Form \$50.00  
 RDs/RDNs & DTRs/NDTRs--LNCs: 5000, 5450, 5190, 6000 PIs: 8.3.1, 8.3.6, 8.3.7, 8.4.5

**C267** 14 CPEUs \$129.95  
**Chronic Kidney Disease and the Nutrition Care Process Pocket Guide** MP McCarthy, MPH, RD, CSR, LD; et. al.  
 (Pocket guide, 149 pgs, & study guide, 24 pgs) Evidence-based recommendations from the most authoritative sources on MNT for CKD.  
**Share** with a friend and **Save!** Additional Reporting Form \$50.00  
 RDs/RDNs & DTRs/NDTRs--LNCs: 3000, 5000, 5340, 5390 PIs: 10.2.4, 10.2.8, 10.2.9, 10.2.10

**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, & study guide, 24 pgs.) 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 how to achieve optimal nutrition during pregnancy and lactation.  
**Share** with a friend and **Save!** Additional Reporting Form \$50.00  
 RDs/RDNs & DTRs/NDTRs--LNCs: 2000, 4000, 4040, 4110 PIs: 6.3.11, 8.1.4, 8.4.1, 10.2.5

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\*Programs available in hard copy **or** in electronic (pdf) format

# Nutrition and Clinical Programs approved by CDR and CBDM

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<b>C265</b>	<b>28 CPEUs</b>	<b>\$189.95</b>
<b>Your Blood Never Lies: How to Read a Blood Test for a Longer, Healthier Life</b> JB LaValle, RPh, CCN		
(Book, 351 pgs, & study guide, 24 pgs) Help patients understand the significance of each biological marker. Recommends the most effective standard and complementary treatments for dealing with any problematic lab tests.		
Share with a friend and <b>Save!</b> Additional Reporting Form		<b>\$50.00</b>
RDs/RDNs & DTRs/NDTRs--LNCs: 3000, 3060, 5000, 5230 PIs: 8.1.2, 8.1.5, 10.2.1, 10.2.7		

<b>C257</b>	<b>20 CPEUs</b>	<b>\$149.95</b>
<b>Gluten Free, Hassel Free, 2nd Ed</b> M Brown, RDN, CDE		
(Book, 455 pgs, & study guide, 23 pgs) Practical solutions, strategies and shortcuts to help patients live gluten-free and eat their way to health.		
Share with a friend and <b>Save!</b> Additional Reporting Form		<b>\$50.00</b>
RDs/RDNs & DTRs/NDTRs--LNCs: 4000, 5000, 5110, 5120 PIs: 8.1.5, 8.3.6, 8.4.4, 10.2.7		

<b>C264</b>	<b>22 CPEUs</b>	<b>\$159.95</b>
<b>Missing Microbes: How the Overuse of Antibiotics is Fueling Our Modern Plagues</b> MJ Blaser, MD		
(Book, 275 pgs & study guide, 24 pgs) Explores how the human microbiome is under assault from an overreliance on medical advances which threatens the symbiotic relationship of bacterial and human cells, and may lead to severe health consequences.		
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RDs/RDNs & DTRs/NDTRs--LNCs: 2080, 4000, 4050, 5270 PIs: 6.3.11, 8.1.2, 8.3.6, 12.1.3		

<b>C255*</b>	<b>10 CPEUs</b>	<b>\$84.95</b>
<b>Type 2 Diabetes and Obesity, 3rd Ed</b> K Chapman-Novakofski, RD, PhD		
(Manual, 94 pgs) Design strategies to prevent or treat obesity and type 2 diabetes.		
Share with a friend and <b>Save!</b> Additional Reporting Form		<b>\$30.00</b>
RDs/RDNs & DTRs/NDTRs--LNCs: 4000, 5000, 5110, 5120 PIs: 8.1.5, 8.3.6, 8.4.4, 10.2.7		

*"[Your programs] are far more educational, interesting, enjoyable than anyone else's materials."*  
**Ann Hyatt, RD**  
*"This was a perfect way to update my nutrition knowledge and keep my registration current."*  
**Sally Milks, RD**

<b>C263</b>	<b>20 CPEUs</b>	<b>\$149.95</b>
<b>Globesity: 10 Things You Didn't Know Were Making You Fat</b> C Fleishman, MS, RD		
(Book, 297 pgs, & study guide, 24 pgs) Explores 10 non-traditional factors which may be contributing to the world-wide obesity epidemic, and shows how patients can manage their weight and reduce related diseases.		
Share with a friend and <b>Save!</b> Additional Reporting Form		<b>\$50.00</b>
RDs/RDNs & DTRs/NDTRs--LNCs: 2000, 4000, 5000, 5370 PIs: 8.1.2, 8.1.5, 8.3.1, 8.3.6		

<b>C254</b>	<b>20 CPEUs</b>	<b>\$149.95</b>
<b>Blood Pressure Down: The 10-Step Plan to Lower Your Blood Pressure in 4 Weeks Without Prescription Drugs</b> J Brill, PhD, RD, LDN		
(Book, 338 pgs, & study guide, 25 pgs) Help patients live a longer, heart-healthy life.		
Share with a friend and <b>Save!</b> Additional Reporting Form		<b>\$50.00</b>
RDs/RDNs & DTRs/NDTRs--LNCs: 4000, 5000, 5160, 5260 PIs: 8.1.4, 8.3.1, 8.3.6, 10.2.7		

<b>C261</b>	<b>28 CPEUs</b>	<b>\$189.95</b>
<b>Slim by Design: Mindless Eating Solutions For Everyday Life</b> B Wansink, Ph.D.		
(Book, 312 pgs, & study guide, 24 pgs) Solutions for designing client's spaces so they can make positive changes in how they manage their diets.		
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RDs/RDNs & DTRs/NDTRs--LNCs: 4000, 5000, 5370, 8030 PIs: 4.1.2, 8.1.2, 8.3.6, 9.1.3		

<b>C253</b>	<b>16 CPEUs</b>	<b>\$139.95</b>
<b>The Prediabetes Diet Plan: How to Reverse Prediabetes and Prevent Diabetes through Healthy Eating and Exercise</b> H Wright, MEd, RDN		
(Book, 245 pgs, & study guide, 26 pgs) Help patients make healthier choices to change their insulin levels and overall well-being.		
Share with a friend and <b>Save!</b> Additional Reporting Form		<b>\$50.00</b>
RDs/RDNs & DTRs/NDTRs--LNCs: 5000, 5190, 5370 PIs: 8.3.6, 10.2.9, 10.4.2, 12.4.6		

<b>C260</b>	<b>28 CPEUs</b>	<b>\$189.95</b>
<b>The Clinical Nutrition Manager's Handbook: Solutions for the Busy Professional</b> JA Grim, MPH, RD, LD and SR Roberts, MS, RD, LD, CNSC		
(Book, 271 pgs, & study guide, 30 pgs) Practical tips and tools to help clinical nutrition managers succeed.		
Share with a friend and <b>Save!</b> Additional Reporting Form		<b>\$50.00</b>
RDs/RDNs & DTRs/NDTRs--LNCs: 1000, 6000, 7000, 9000 PIs: 3.1.1, 5.2.1, 6.3.8, 13.3.2		

<b>C252</b>	<b>16 CPEUs</b> <b>REDUCED</b>	<b>\$139.95 \$119.95</b>
<b>Younger Next Week: Your Ultimate Rx to Reverse the Clock, Boost Energy and Look and Feel Younger in 7 Days</b> E. Zied, MS, RDN, CDN		
(Book, 288 pgs, & study guide, 26 pgs) Help patients jump-start weight loss, reduce stress, and improve sleep, to achieve supercharged health and well-being.		
Share with a friend and <b>Save!</b> Additional Reporting Form		<b>\$50.00</b>
RDs/RDNs & DTRs/NDTRs--LNCs: 4000, 4040, 5000, 5370 PIs: 8.1.4, 8.1.5, 8.3.6, 8.4.1		

<b>C259</b>	<b>28 CPEUs</b>	<b>\$189.95</b>
<b>Hormonal Balance: How to Lose Weight by Understanding Your Hormones and Metabolism</b> S Isaacs, MD, FACP, FACE		
(Book, 438 pgs, & study guide, 25 pgs) Reverse symptoms of hormonal imbalance through diet changes, and deal with everything from weight loss to diabetes by recognizing and remedying hormonal problems.		
Share with a friend and <b>Save!</b> Additional Reporting Form		<b>\$50.00</b>
RDs/RDNs & DTRs/NDTRs--LNCs: 2000, 4000, 5000, 5370 PIs: 8.3.6, 10.2.7, 10.2.9, 12.4.6		

*"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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**Money-Saving coupons** for on-line orders at  
[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) Based on her own research and 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  
 RDs/RDNs & DTRs/NDTRs --LNCs: 4000, 4010, 4020, 5000 PIs: 3.3.5, 8.3.6, 12.1.4, 12.5.5

**C249\***                      18 CPEUs                      \$154.95  
**Medical Nutrition Therapy for Diabetes Mellitus, 7th Ed.**  
 M Franz, MS, RD, LD, CDE  
 (Manual, 144 pgs) Have a positive impact on medical and clinical outcomes on patients with diabetes.  
**Share** with a friend and **Save!** Additional Reporting Form                      \$50.00  
 RDs/RDNs & DTRs/NDTRs --LNCs: 5000, 5190 PIs: 8.3.6, 10.2.9, 10.4.2, 12.4.6

**C246\***                      9 CPEUs    **REDUCED** --\$89.95 \$44.95  
**Symptomatic Management of Lupus and Autoimmune Diseases** C Sileo, MS, RDN  
 (Manual, 107 pgs) Outlines medications and complementary alternative treatments.  
**Share** with a friend and **Save!** Additional Reporting Form                      \$30.00  
 RDs/RDNs & DTRs/NDTRs --LNCs: 3000, 5000, 5120, 5420 PIs: 8.3.6, 10.2.5, 10.4.4, 8.3.6

*"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, & study guide, 38 pgs) Readjust patient's key hormones to regulate their hunger, reward and stress, so they can lose weight permanently and recover their health.  
**Share** with a friend and **Save!** Additional Reporting Form                      \$50.00  
 RDs/RDNs & DTRs/NDTRs --LNCs: 2000, 2070, 4000, 4040 PIs: 6.3.11, 8.1.4, 8.1.5, 8.3.6

**C244**                      30 CPEUs                      \$179.95  
**Advanced Sports Nutrition: Fine-Tune Your Food and Fluid Intake for Optimal Training and Performance, 2nd Ed**  
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