



Institute of Nutritional Endocrinology (INE) Cellular Metabolism Resource List

Textbook: (For reference and in-depth study)

- *Advanced Nutrition and Human Metabolism* by Sareen S. Gropper, et al.
 - Buy Used on Amazon (2005 edition) - \$18 - \$35 (price of latest edition is \$199)
 - <http://www.drritamarie.com/go/AdvancedNutritionHumanMetabolism>
- Readings for *Basis of Cellular Metabolism: Mitochondria and Energy Production*
Module: (For extra, more in-depth background)
 - Chapter 1: The Cell
 - Chapter 3: Energy Transformation

Videos: (Animation is easier and brings the principles to life. There are lots of YouTube videos as well as an entire textbook on videos at McGraw Hill.)

- An In-Depth Look at Cell Structure and Metabolism
<http://youtu.be/i8c5JcnFaJ0>
- Overview – How Cells Make Energy
<http://youtu.be/vjpAEeaFzO0>
- Mitochondria ATP Synthesis
<http://youtu.be/TgJt4KgKQJI>
- How NAD⁺ Works (Nicotinamide Adenine Dinucleotide)
<http://www.drritamarie.com/go/NADvideo>
- How Glycolysis Works
<http://www.drritamarie.com/go/Glycolysis>
- How the Krebs Cycle Works
<http://www.drritamarie.com/go/KrebCycle>
- Oxidative Phosphorylation Overview
<http://www.drritamarie.com/go/OxidativePhosphorylation1>
- Oxidative Phosphorylation Details
<http://www.drritamarie.com/go/OxidativePhosphorylation2>