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# Heal Yourself With Reflexology

By: Alternative Healing Academy

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## Manage Your Stress With Reflexology Therapy

Stress is a silent killer. In fact, stress is so commonplace in our society today, that associated behaviors, such as road rage, are becoming just an acceptable part of everyday life.

Research has shown that high stress levels not only increase negative hormone levels, the ones responsible for inhibiting sickness and disease, but it also suppresses the immune system. More than ever before in our history, we are in need of a way to unwind, and care for ourselves in an effective manner.

The vast majority of people today are on the go almost constantly. This is only one of the reasons that people are looking for an effective way to escape the stress of daily life. Yet most people simply cannot afford a getaway to a luxury spa every time they feel the need for a time out. Not all of us can be celebrities, and receive the royal treatment every time we need to unwind, that is just not reality for most people.

Reflexology provides an answer to this common problem. Not only is this form of self-help therapy relaxing and provides immediate relief in many cases; moreover it is free of charge and extremely convenient. If you are unfamiliar with reflexology, it is simply the practice of strategically applying pressure to areas of the feet and hands as they correspond with specific body organs.

Just like the teeth, the feet and hands are a map to the health of our entire body. By stimulating nerves on specific areas of the feet and hands, we can stimulate blood flow and eliminate toxin buildup in the corresponding areas of the body.

### Quick Reflexology Fact

*Reflexology Gains Popularity Far Eastern cultures have been using alternative treatments for thousands of years. However, in most places of the world, natural medicine is the first line of defense against sickness and disease. Even the most technically advanced countries such as China and Japan, appreciate the effectiveness and simplicity of natural medicine. In fact, we could stand to take some of their knowledge to heart these days.*

Reflexology is fairly simple to perform and even simpler to incorporate into your daily routine. There are many online guides and diagrams that you can use. Or, if you prefer to have the information at your fingertips, there are many great books you can even get at your local library that will walk you through the process of reflexology treatment.

If you are really serious about learning the techniques, there are numerous online reflexology schools where you can take classes and learn in-depth techniques for more specified sicknesses and diseases.

Try something simple for starters, such as relieving a headache, once you have witnessed the benefits, you may find yourself hooked. I started using reflexology therapy a few years ago just for the purpose of relieving the tension headaches I was experiencing due to stress.

I can attest to the fact that it works, as I have been successful at curing my headaches without the use of drugs ever since.

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In the fast paced society that we live in today, I highly recommend that you take a time out for yourself each day. Set aside a specific time early in the morning or before you go to bed and practice deep breathing and reflexology techniques. Before long you will notice a big difference in how you see life and that you are able to manage your day so much better.

To learn more about becoming a **certified reflexologist through home study**, visit the **Alternative Healing Academy** at:

[http://www.alternativehealingacademy.net/affiliates/id/1000\\_1](http://www.alternativehealingacademy.net/affiliates/id/1000_1)

## Treat Pregnancy Woes With Reflexology

Did you know that only ten sessions of reflexology could actually help get you in and out of labor much faster?

There are many natural approaches to combating one of the most common pregnancy complaints, morning sickness. Most people have heard of the age-old ginger remedy for upset stomachs and intestinal gas. It is an effective remedy that is cheap to use and has no side effects, which is very important to most expectant

mothers. However, there are many more natural remedies that you can use not only to ease the stomach, but also to ensure a smooth, faster labor. Yes, it is true, say hello to reflexology.

Did you know that only ten sessions of reflexology could actually help get you in and out of labor much faster? Yes, it is true. Furthermore, women that undergo reflexology treatment during pregnancy also appear to have fewer complications during labor. These benefits are great, but what about the nine-months of uncomfortable, often painful symptoms?

If you are new to reflexology, here are the basics. Reflexology is the practice of strategically applying pressure to areas of the feet and hands as they correspond with specific body organs. By stimulating nerves on specific areas of the feet and hands, we can stimulate blood flow and eliminate toxin buildup in the corresponding organs and systems of the body. And it is not only limited to the feet and hands, although they are the most widely used areas. Reflexology can also be used on the face and the ears as well.

Because reflexology works to put the body in a state of well-being, it is beneficial to every system in the body. Reflexology has been known to relieve many common pregnancy complaints including headache, nausea, backache, stress and anxiety, sleeplessness, fatigue, constipation, swollen ankles and digestive problems such as acid reflux.

Of all of the pregnancy complaints, nausea, or morning sickness is one of the most uncomfortable. Not only can it last all day and can onset in the blink of an eye, but also can lead to problems holding down food if it becomes severe. Here is what I would recommend if you are having trouble with nausea on a regular basis.

\* Start a reflexology treatment schedule and stick to it. In a very short time you will feel like you are on top of the world.

\* Eat frequent, small meals throughout the day. This is a common recommendation, but one worth mentioning at anytime.

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- \* Do not eliminate your carbs but rather take in complex carbs instead of simple, sugar-laden carbs. They will only make matters worse.
  - \* Because prenatal vitamins contain a lot of iron, that can be a cause for upset stomach. I always got in the habit of taking it later in the day or before bed versus in the morning.
  - \* Another common recommendation, and a good one at that, is to have some saltine crackers on your bedside. When you wake up in the morning, wake up slowly and munch on some before you rise. One sure fire way to get nausea going is to jump up out of bed. Just don't do it, I learned this the hard way! It is better to be late than to be sick all day!
  - \* Avoid strong odors and smells. If you can't hack a smell, go out and take a light walk in the fresh air. That will usually do the trick.

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## A Simple and Affordable Detox

*Toxins are everywhere!*

If you are unaware of the importance of detoxification, please listen up. Toxins are everywhere. The food we eat, the products we clean ourselves with, as well as the air we breathe all contribute to the build up of toxins in our bodies. Without effectively eliminating those toxins from our organs, they will eventually cause havoc and we will be led down the path of sickness and disease. In a society that relies heavily on chemically laden prescription drugs, psychotherapy and surgical procedures to "heal" the sick, it is more than time to put matters into your own hands.

Our society has become very curious about detoxification. In fact, nowadays there are so many products trying to get your attention, that it can be very challenging and overwhelming to know just what is best. If you search for detoxification online today, you will find everything from detox diet plans and fasting to high priced spa treatments, herbal cleansing pills and patches.

Far Eastern cultures have been using alternative treatments for thousands of years and still do so today. Even the most technically advanced countries such as China and Japan, appreciate the effectiveness and simplicity of natural medicine. So why not try a form of therapy that is effective, yet has no side effects? However, with so many products on the market begging for a sale, where do you begin? Maybe it is time to introduce you to reflexology.

Reflexology is the practice of strategically applying pressure to areas of the feet and hands as they correspond with specific body organs. By stimulating nerves on specific areas of the feet and hands, we can stimulate blood flow and eliminate toxin buildup in the corresponding organs and systems of the body.

Reflexology is not only effective for self-healing, but has made its mark as an effective detoxification procedure as well. And maybe most importantly in today's society, it is free, depending on which therapy you use and very convenient. Yes, unlike our current healthcare system, reflexology therapy is available to everyone!

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## Quick Reflexology Fact

*The more feet you work on the more success stories you will receive from satisfied, paying customers. In a business like reflexology, this is key to success. The truth of the matter is, one person could be responsible for making or breaking your reputation, but more commonly, it takes many satisfied customers to get a foothold in your community.*

If you want to go the free route, learning the simple massage techniques is all you will have to do, outside of applying it. Each part of your feet and hands relates to a body system. By applying pressure and massage to those areas, you will increase blood flow and help push toxins out of the body. One of the major benefits here is that it is relaxing and therapeutic at the same time. I use reflexology to relieve tension headaches all of the time and it works!

If you prefer to try one of the many products on the market today, try the herbal foot detox patches. They are quite affordable and very effective. By simply applying them to your feet at night before bed, you will help detoxify all of your organs at the same time. Not only are well-known healing oils and tree extracts used in these patches, but there are no side effects, making them a very popular choice.

If you are really serious about detoxification, and you should be, I would recommend that you not only learn the reflexology techniques, but you use them on a regular basis. Use it as a first line of defense. After all, you only have one body in this lifetime, treat it with care.

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# HOME STUDY



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[Mini Courses](#)  
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## Alternative Healing Academy

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)  
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)  
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

The Alternative Healing Academy has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer [basic courses](#) as well as several [Mini Courses](#) which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

[Check out our Affordable Payment Plans!](#)



All graduates of an Alternative Healing Academy home study course will receive a 20% discount off [AHHA Practitioner Membership](#) if they meet qualifying criteria and join within six months of their graduation date.

## About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

If you own or work for one of the following:

Natural Foods Store, Aromatherapy Store,  
New Age Retail Store, Gift Shop, Herb Store,

Aromatherapy Manufacturer,  
Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

Massage Therapist, Esthetician, Chiropractor, Nurse, Herbalist,  
Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,  
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)  
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)  
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



## Course Testimonials

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*"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."*

-A. Lindquist - Advanced Aromatherapy Practitioner

*"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."*

-M. Oliver - Basic Anatomy & Physiology

*"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."*

-Debbie F. - Basic Reflexology

*"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material."*

*"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to."*

*"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."*

-Jean Russell - Basic Reflexology Course

*"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it."*

*"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."*

-Megan P. - Advanced Aromatherapy Course

# Our Associations

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Organizational Member of the American Holistic Health Association - <http://www.ahha.org/>

Professional & Business Member of the National Association of Holistic Aromatherapy - <http://www.naha.org/>

Professional Member of the International Reflexology Association - <http://www.holisticbenefits.com/ima/international-reflexology-association.html>

Professional Member of the International Aromatherapy Association - <http://www.internationalaromatherapyassociation.com/>

*Payment plans are available, please [Click Here for More Info](#)*

## Sales & Refund Policy

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We will, within 30 days, refund the purchase price of any course you purchased **\*MINUS\* the cost of the modules you have already received**. This policy does **\*NOT\*** apply to our informational Mini Courses. Please see the [Mini Courses page](#) for more information on those. Please [email support](#) if you wish to be refunded or have questions about our refund policy.