

Natural Help 4...

Agoraphobia



What is Agoraphobia?

The primary fear of someone suffering with [Agoraphobia](#), is experiencing a panic attack in a **crowded public place surrounded by unfamiliar faces and no escape routes** or help in sight.

A [panic attack](#) can be a terrifying experience where the heart races and it may be difficult to maintain normal breathing patterns. The sudden feeling of dizziness can often make a person feel like they are about to pass out or that they are having a heart attack.

[Agoraphobia](#) is **commonly misunderstood as a fear of open or public spaces**. In reality, it is not actually these spaces that are feared, but rather the threat of having a panic attack or panic symptoms in one of these settings.

An individual with [Agoraphobia](#) experiences **extreme anxiety about places or certain situations where escape may be difficult or embarrassing**, or where help may not be readily available should a panic attack occur.

This extreme [anxiety](#) often results in an intense fear of leaving one's *comfort zone* and often results in isolation and an extremely negative effect on functioning and relationships.

Diagnosing Agoraphobia

[Agoraphobia](#) is usually diagnosed by a psychologist or mental health practitioner. The psychologist will require a detailed account of the history of [Agoraphobia symptoms](#) you have experienced, their severity and the various situations that trigger them.

In addition, they will check that you do not have any other disorders or problems such as an anxiety disorder, depression or substance abuse. Your mental health practitioner should also **ensure that a physical illness is not the root cause of your anxiety**.

What are the Symptoms of Agoraphobia?

People with [Agoraphobia](#) develop “safe places” (usually their own home), but it may also include any other frequented areas where they feel psychologically safe and secure. In addition, they often develop “safe people” with whom they feel totally comfortable and can depend on should something happen.

**Sign up for our
Email Newsletter
for Even More
Natural Health
Information!**



[Click Here >>](#)

The content of this ebook is intended for informational purposes only.

It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

When people suffering from this condition leave these people or places of safety, they often experience [Agoraphobia symptoms](#) which include feelings of extreme anxiety or a panic attack. This results in obsessive avoidance behavior (they may only want to shop at a particular shopping mall and will drive to the next suburb to do so) and in extreme cases [Agoraphobics](#) live the life of a recluse, seldom stepping out their front door.

Who Suffers from Agoraphobia? Is there a Cure?

Some [Agoraphobia facts](#) are that the condition most likely develops in late adolescence or early adulthood and tends to affect more women than men. It is a very limiting and isolating disorder that can begin to take control – adversely affecting daily function. However, [Agoraphobia](#) is treatable and it is never too late to reclaim a panic-free life!

What Causes Agoraphobia?

There are certain [Agoraphobia facts](#) you should know. [Agoraphobia](#) is caused by the same multiple factors that are associated with other phobias and panic attacks. In most cases it **develops as a reaction to a past bad experience** (usually an unexpected panic attack) where the individual felt unsafe and exposed to danger, or criticism in an unfamiliar or open setting.

The individual then becomes pre-occupied about the **possibility of having another anxiety reaction** and this anxiety alone can then cause another panic attack, thus perpetuating the cycle.

Help for Agoraphobia

A number of treatment options are available to help overcome [Agoraphobia](#). While many people with this disorder are prescribed scheduled drugs to control the anxiety associated with [Agoraphobia](#), they often experience unwanted side effects, and may become dependant on the medication.

While prescription drugs may be beneficial, it is important to **avoid masking [Agoraphobia symptoms](#)** without actually solving the underlying problems. Research has shown that phobias respond best to a combination of treatment modalities.

A holistic approach would include appropriate therapeutic treatment by a registered psychologist, as well as the use of natural remedies, relaxation techniques or other treatment methods such as hypnotherapy. A treatment plan that is custom made for the individual provides the best approach.

The following are some of the most commonly recommended treatment approaches for [Agoraphobia](#). Explore all treatment options to find the approach that best suits you.

Treatment Options for Agoraphobia

Drug Treatment



NativeRemedies
THE NATURAL CHOICE

LIVE A HEALTHY LIFE!

Proven, Safe,
100% Natural Herbal and
Homeopathic Remedies
for You and Your Family

CLICK HERE

Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

While physicians are often quick to prescribed scheduled drugs to control the anxiety associated with [Agoraphobia](#), they **often have unwanted side affects**, and some may even be addictive. While prescription drugs may be beneficial at temporarily masking symptoms, they do not address the underlying problem and may bring with them new problems such as dependency.

Natural Herbal and Homeopathic Remedies

[Agoraphobia](#) is essentially an Anxiety Disorder that involves the flood of anxiety inducing-chemicals through your body (e.g. adrenaline). To help manage the underlying anxiety associated with this condition, there are a number of natural products available. The calmative effects of certain herbs in [Agoraphobia treatments](#) such as Passiflora incarnata, Scutellaria laterifolia (Scullcap) and Valerian, can help restore tranquility to your life and help restore your body's own natural chemical balance.

These remedies also serve to take 'the edge off' the discomfort and anxiety associated with facing your fears. Hypericum perforatum (St John's Wort), taken regularly, can also have a longer term balancing and calming effect – helping to provide a platform of confidence and well being and thereby reducing overall anxiety levels.

Unlike allopathic medication, natural remedies offer great results without unwanted side-effects or risks of addiction. As different products on the market can vary in strength and therapeutic dosage, make sure that you source yours from a reputable manufacturer who also offers support and guidance in how to use the remedies.

Cognitive Behavioral Therapy (CBT)

[Agoraphobia treatments](#) sometimes include Cognitive Behavioral Therapy. CBT makes use of various techniques which may help the individual to better understand and manage symptoms as well as the maladaptive thoughts and behaviors that underlie them. Desensitization or exposure therapy is the most common method of treating [Agoraphobia](#).

This therapy includes gradual exposure to the feared situation at a gentle pace. The therapeutic process starts with small manageable goals and progresses in manageable steps. A person with [Agoraphobia](#) might begin with stepping outside the front door, and progress to a walk around the block.

Relaxation Techniques

Meditation, deep breathing and muscle relaxation techniques are generally a part of [Agoraphobia treatments](#) in order to reduce over-all anxiety. These methods are also great for clearing your mind of unwanted negative thoughts. There are CD's available that are specifically composed for this purpose.

Other Disorders Related to Agoraphobia

Other [Agoraphobia facts](#) you should be aware of are that the condition is related to other disorders such as depression, substance abuse, other phobias and anxiety

Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

Great Health Sites

[Naturally Beautiful Me](#)

[Natural Pet Health Blog](#)

[Natural Holistic Health](#)

[Mom's Blog](#)

[Health or High Water](#)

[Pet Herbal Info Blog](#)

[The Natural Beat Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

[Native Remedies - Natural & Herbal Remedies](#)

[Remedies4 - Free Natural Health Ebooks](#)

disorders (particularly Panic Disorder). While the symptoms of [Agoraphobia](#) may feel physical, they always begin in the mind. It is therefore recommended that a professional evaluation be sought, so that you can receive a proper diagnosis and treatment for any other co-existing problems.

Tips for coping with Agoraphobia

- **One step at a time!** Set small attainable goals and get comfortable with them before moving on to the next step.
- **Familiarize yourself with unknown situations before diving into them.** For example, if you know you have a function to attend, go and look around the venue beforehand so that it is not altogether unknown.
- Some people find running a particularly useful way of facing their [Agoraphobia](#) - as it's almost impossible to have a panic attack while running. Disguised as a jogger, nobody will notice your anxious breathlessness as unusual. While it may literally seem that you are running away from your fears, you will be doing the exact opposite! An added bonus is that while you jog your body will release happiness producing hormones at the same time, leaving you with a sense of accomplishment and relaxation.
- **Keep a journal, talk to a “safe person”,** or find another positive means for expressing your emotions. As with many psychological conditions, [Agoraphobia](#) is often entangled in deep emotions, insecurities and thoughts that need to be explored and dealt with.
- **Keep reminding yourself of the reality of your situation.** While this may be easier said than done, try to focus on the realistic outcomes of your anxiety situation. When catastrophic thoughts are running through your mind try yelling a focus-phrase (out loud or in your head) such as “STOP IT” or “ENOUGH NOW!” that will help to bring you back into the present. Your panic will soon pass and even if you have to push past a few people to get outside, they probably won't notice. Remember that panic is not physically harmful!
- **Empower yourself in other areas in your life.** Take up a hobby, sporting activity, or interesting course. The confidence you gain in these areas will spill over into other aspects of you life.
- **Become an expert!** Learn all there is to know about [Agoraphobia](#). There are multiple self-help books, internet resources and support groups that will help you understand your condition more fully and provide helpful guidance.
- **Live a healthy life-style!** Eating a well balanced diet, getting enough sleep and relaxation time and regular exercise can help reduce anxiety and stress.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and



**Monthly
Specials**
Up to 25%
Savings!

CLICK HERE!



NativeRemedies
The Psychologist's
Natural Choice

Proven Products.
Excellent Service
and Delivery

freely used even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving

Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

MindSoothe: Promote balanced mood and feelings of wellbeing.

MindSoothe is a 100% safe, non-addictive, natural herbal remedy that has been especially formulated by a Clinical Psychologist for adults and teens, and comes in a compact capsule form, making it easy to take.

MindSoothe can be used to safely maintain emotional health, balanced mood and systemic harmony in the brain and nervous system, without harmful side effects.

This remedy contains a selection of herbs known for their calming and supportive function in maintaining brain and nervous system health, emotional balance and overall wellbeing.

[Learn more about MindSoothe](#)

PureCalm: Aids nervous system in stress resistance for balanced moods and feelings of well being.

PureCalm is a 100% safe, non-addictive herbal remedy that has been specially formulated by a Clinical Psychologist for adults and children.

PureCalm can be used to safely maintain harmony, health and systemic balance in the brain and nervous system, without harmful side effects and without sedatives. This remedy contains a selection of herbs known for their supportive role in maintaining brain function.

PureCalm can especially benefit those individuals needing support overcoming



Read more about the Native Remedies Full Spectrum Approach™

Find More Great Health Ebooks at Remedies4.com

worry, managing stress and to promote inner calm related to certain situations. Natural stress relief products such as PureCalm can be used consistently, without side effects or compromising health.

[Learn more about PureCalm](#)

Read the testimonials for these quality products [here!](#)

The statements regarding these products have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. The information on this Web site or in emails is designed for educational purposes only. It is not intended to be a substitute for informed medical advice or care. You should not use this information to diagnose or treat any health problems or illnesses without consulting your pediatrician or family doctor. Please consult a doctor with any questions or concerns you might have regarding your or your child's condition.

All images on this site are property of Native Remedies LLC and/or the original image licensors. The content of these images is not meant to suggest that the person depicted uses or endorses our products or services. Informational material and representations have been provided by the manufacturers of the listed products. Copyright © 1997-2008 Native Remedies, LLC. All rights reserved.

HOME STUDY



[Home](#)
[Contact](#)
[Color/Crystal Reflex.](#)
[Basic Anatomy](#)
[Reflexology Pract.](#)
[Adv. Reflexologist](#)
[Aromatherapy Pract.](#)
[Adv. Aromatherapist](#)
[Color/Crystal Therapist](#)
[ReflexAromatherapist](#)
[Mini Courses](#)
[Affiliates](#)



[REMEDIES4...FREE HEALTH EBOOKS](#) | [NATURAL HOLISTIC HEALTH BLOG](#) | [HEALTH OR HIGH WATER](#)

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

"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

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

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.