

# Natural Help 4...

# Alcoholism



## What is Alcoholism?

For many adults, having the occasional drink as part of a relaxation regime is a rather harmless activity with no serious impact other than feeling a bit 'tipsy'. However, for others, [alcohol dependency](#) is a very real and serious problem that can have devastating and far-reaching consequences. Addiction is a problem that plagues our population, and **of all the abused substances, alcohol is the most prevalent** and costly to society.

This is because the problems associated with [alcoholism](#) often extend far beyond the drinker. If left untreated, [alcoholism](#) can lead to **strains on personal relationships**, the inability to hold down a job, increased accidents, increase incidence of violent behavior, negative parenting techniques, health problems such as liver disease and even death.

Unfortunately, many people that abuse alcohol do not realize they are doing so and many never seek treatment. For those that do, there are many treatment options that have shown great success in **combating a dependence on alcohol**. It is possible to find healthier ways of dealing with life's ups and downs, and repair whatever damage [alcoholism](#) has caused in your life.

## Diagnosing Alcoholism

Your doctor will probably ask you a number of questions about your drinking habits to assess whether you have a **problem with alcoholism**. They may also give you a full medical check to see if any physical damage has been caused by excessive drinking. Remember to be open and honest with your doctor as they are only there to help you.

There are four main [signs of Alcoholism](#) that may alert you to the fact that you, or a family member or friend, may have a drinking problem:

- Cravings or a strong NEED, or compulsion, to drink
- Increased tolerance to the effects of alcohol – (an increasing amount of alcohol is needed to have an effect on your system).
- Continued alcohol use despite the fact that you 'know you shouldn't' and an inability to stick to a reasonable limit.
- Withdrawal symptoms such as nausea, sweating, shakiness, and anxiety, occur when you try and stop or limit your alcohol use.

## What causes Alcoholism?

Developing an alcohol problem is usually the result of a combination of factors.

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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.

While there is no singular cause, certain factors tend to make some individuals more vulnerable to becoming Alcoholics than others. Some of the contributing factors may be:

- **Genetics** – Certain genes may cause some individuals to be more prone to developing substance abuse problems, especially [alcoholism](#), as it tends to run in families.
- **Personality Types** – Some people have personalities that may make them more inclined to have alcohol abuse problems. Some people have an addictive personality type and tend to become easily addicted to habit forming behaviors.
- **Emotional and Psychological Factors** – High levels of stress, anxiety, PTSD or depression as well as low self-esteem and poor coping skills can all precipitate an individual to start drinking as a means of solving his or her problems which greatly increases the chances of alcohol dependence.
- **Social and Cultural Factors** – Certain cultures and societies encourage drinking or show excessive drinking to be the norm. In Western society, drinking is often associated with good times, partying and a way to forget your problems – all images that are perpetuated by the media. Certain social situations such as poverty, homelessness and poor social support can also increase chances of [alcoholism](#).
- **Other risk factors** – Having a family member who drinks heavily or is an Alcoholic increases your chances of learning poor problem solving skills. Having a dependence on any other substance also increases [Alcoholism](#) likelihood.

[Alcoholism](#) can develop at any age and is often a slow process **beginning with casual alcohol use**. The most common age of onset is between 18 and 29 and it tends to affect three times as many men as it does women.

Second only to smoking, alcohol abuse is the most common preventable cause of death in The United States, (excluding deaths of others such as victims of drunken drivers, or alcohol-related homicides). While [alcoholism](#) may be very prevalent, treatment programs and the necessary [help to quite drinking](#) are readily available.

Certain disorders seem to be related to [Alcoholism](#) and it is not uncommon to find people suffering from [Alcoholism](#) as well one of the following:

- Depression
- Eating Disorders
- Drug Abuse
- Antisocial personality disorder
- Mania
- Schizophrenia

## Help for Alcoholism

There are various treatment options available to those who need **help with alcohol problems**. The first step is to assess how severe the problem is and the various circumstances that would be unique to the individual. Typical treatments may include an out-patient program or counseling, a support group, and/or an inpatient residential stay.



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### 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.

**Drug Treatments** – Certain prescription medications have been used to help people combat alcohol abuse problems:

- *Disulfiram (Antibuse)* : This drug acts as a deterrent to drinking alcohol. While it cannot take away alcohol cravings, it causes a very unpleasant physical reaction including, nausea, vomiting and headaches if alcohol is consumed.
- *Naltrexone (ReVia)* and *Acamprosate (Campral)* are anti-craving medications which helps to reduce the urge to drink.
- Benzodiazepines such as Valium or Beta-blockers such as *Propranolol (Inderal)* are sometimes administered to patients suffering from alcohol withdrawal symptoms.

While some of these medications may be beneficial during the **initial process of alcohol abstinence**, it is advisable to use them in combination with other treatments such as counseling. These Drugs may also have negative side effects that need to be explained to you in detail. Ask your doctor about adverse side effects or visit [www.rx.com](http://www.rx.com) for more information on these drugs.

Psychological Therapy – There are many forms of therapy that can help you change your habitual drinking behaviors as well as your mental perceptions of alcohol as a “life-support”. These may include Cognitive Behavioral Therapy (CBT), individual therapy, group therapy or a support group with a reputable recovery plan. Therapy can also help you with underlying problems such as **stress, depression or anxiety** and assist you in developing healthier coping methods.

Natural Herbal and Homeopathic Remedies can help – While there are no specific cures for [Alcoholism](#), natural herbal and homeopathic remedies may be greatly beneficial in helping to soothe the mind and steady anxious nerves during the recovery process. Ingredients such as St. John Wort help ease **feelings of depression and reduce anxiety**, while homeopathic formulas containing ingredients such as Ferrum Phosphoricum, Kalium Phosphate and Magnesium Phosphate help to relieve anxiety and quiet jittery nerves.

In addition, certain remedies will also help to flush out and detox your body to help counteract some of the **damage caused by excessive drinking**. Herbs such as Milk Thistle and Dandelion which are renowned for effectively treating liver damage and promoting healthy liver functioning are commonly used in all natural remedies.

## More Information on Alcoholism

Many **people suffering with Alcohol problems** find themselves in a state of denial, and often do not actively seek treatment. It is usually concerned family members or friends that confront the individual and encourage them to seek help. Sadly, it is often only when disaster strikes, such as losing a job, a near accident or an ultimatum from a loved one that the person truly realizes they need help.

If you do think you have a **problem with drinking**, there are a number of options available to you and people that can help. Contact your general practitioner and ask them about your treatment options and have them recommend a reputable treatment centre or support group. It is important to realize that while stopping drinking may be difficult; you don't need to face it

## 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](#)

alone. There are plenty of people that will help you along your path to recovery.

## Tips for Giving up alcohol

- **Admit that you have a problem.** Denial is your worst enemy when it comes to addiction. The sooner you can truthfully admit the extent of your problem, the sooner you can successfully confront it. Be honest with yourself.
- **Don't do it alone!** Make use of professional support as well as the support of family and friends. Also tell others that you are giving up drinking. They will be less likely to offer you alcoholic drinks or invite you to a pub before you are ready, thus removing a large part of the temptation. They may also become a key source of encouragement and emotional support. No man is an island!
- **Replace a bad habit with a good habit.** By adding positive habits such as meditation, exercise and drinking water, you will be less likely to replace your drinking habit with another vice. You will also find these positive life-style changes make you feel healthier and give you the mental energy to confront your problems.
- **Reward yourself.** Calculate how much you generally spend on alcohol per week. Set this money aside and buy yourself something great such as saving for the overseas trip you've always dreamed of taking.
- **Stress less!** Take on fewer responsibilities, go on a stress management course or seek counseling from a licensed professional to help you develop positive coping mechanisms and reduce the amount of stress in your daily life.
- **Beware of Guilt!** Recovery is an up and down process so expect to have good days and bad. Some days the reasons you quit will seem obvious and you will feel positive about your choice. On other days, you may find yourself trying to justify why you shouldn't just throw in the towel and have a drink. These thoughts and emotions are to be expected so don't beat yourself up about them. If you do slip up, then don't fall into a self-defeating hole of guilt, just try again. Remember to take it one day at a time.

## Living with an Alcoholic

- **Ask for help.** It is not your responsibility to help them on your own or solve their problems for them. Contact a support system or your general practitioner and ask for advice. You may also consider seeking professional therapy for yourself as living with an alcoholic can be extremely difficult and heartbreaking.
- **Confront the individual when they are sober.** Tell them how their drinking affects you and honestly discuss all your concerns. Do not attempt to do this when they have been drinking as they probably won't be reasonable and will more than likely forget the conversation.
- **Be honest with yourself.** Not only do they have to admit that they have a problem, but you have to admit just how serious the problem is and how it is affecting the whole family. The inevitable "I'm so sorry" the next morning should not be a "forgive-all card" and you need to weigh up the realistic dangers and consequences of their actions against the safety of you and your family. If drinking often results in violence or abusive behavior, it is best that you take yourself out of the situation until the person has received the proper help.
- **Let them deal with the problems they cause.** Let them take some of



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the responsibility for their actions by not continuously bailing them out of the messy situations they get stuck in. Stop calling in sick on their behalf, or making excuses for them.

- **Take care of yourself and live your life.** Many people get so caught up in their family member's drinking problem that they begin to lose their identity and feel like their sole purpose is to "fix it". You need to set aside genuine "me-time" where you pursue your own interests and develop your own independent sense of self. Consider taking a short course in something you enjoy, or joining the gym.

## What are the long-term effects of Alcoholism?

- Stomach and intestinal problems such as gastritis and ulcers
- Increases the risk for certain cancers
- Heightened blood pressure and increased risk of heart disease
- Liver disease or problems such as liver swelling
- Kidney problems
- Diabetes
- Weight loss and poor diet which may result in malnutrition
- Insomnia
- Memory loss
- Trembling
- Delirium tremens and hallucinations
- Difficulties learning
- Degenerative brain disorder called Korsakoff's syndrome
- Depression
- Anxiety Disorders
- Nervousness
- Negative emotions such as shame, guilt and hopelessness
- Problems at work as a result of reduced efficiency and productivity
- Problems with close relationships linked with increased incidence of domestic violence and abuse
- Increased risk of accidents due to delayed response time, poor judgment and impaired alertness

Alcohol also has detrimental effects on the developing fetus which can result in **Fetal Alcohol Syndrome (FAS)**.

## 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 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.

### **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 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 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



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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:**

**Detox Drops:** Promotes natural cleansing function and ability to eliminate toxins.

**Detox Drops** are a 100% safe, non-addictive natural herbal remedy formulated for teens and adults by our team of natural health experts. **Detox Drops** contain a selection of herbs known for their supportive function in maintaining liver health and well-being.

Detox Drops can be used as part of a gentle detoxification program to safely cleanse and flush out the system. It supports the body’s natural ability to remove toxins and waste by-products, **without harmful side effects.**

The formula remains true to the **whole spectrum method** of herbal manufacture, ensuring the bio-availability and balance of all the active ingredients contained in the remedy.

This method of manufacture also significantly **reduces the likelihood of side effects** and maintains all active ingredients in perfect balance – exactly as nature intended!

By **cleansing and refreshing all body systems**, Detox Drops can also represent a wonderful start to any new program to stop smoking or begin a healthy weight loss program.

[Learn more about Detox Drops](#)

**Liver Dr.:** Improve liver health and functioning naturally.

At Native Remedies, we recognize the vital importance of liver health – for quality of life and wellbeing, as well as for maintaining the important **liver functions of detoxification** and protection via healthy immune systems. For this reason, together with the experts, we developed Liver Dr. to address these important health needs.

Liver Dr. is a 100% herbal remedy containing herbs known for their ability to **support the functioning of the liver**, thereby improving overall systemic health.

Apart from their beneficial effect on the liver, the herbs chosen for Liver Dr. also have other important therapeutic benefits, which further contribute to a healthy body and better quality of life.

Liver Dr. comes in concentrated and easy to use tincture form and is formulated to be easily absorbed into the system.

[Learn more about Liver Dr.](#)

**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, [emotional wellness](#) 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](#)

**Nerve Tonic:** Promotes nervous system health, maintains balanced mood and worry free mind.

Triple Complex Nerve Tonic is a combination of three, cell-supporting tissue salts, especially selected for their effect on brain and nervous system health. This combination of tissue salts can be used regularly in a general capacity to **promote systemic balance in the brain**, spinal cord and the entire nervous system, as well as in conjunction with other remedies to maintain therapeutic effectiveness.

Tissue Salts, also called cell salts or biochemic salts, are composed of **minerals that occur naturally at a cellular level in our bodies** and all organic matter on earth (plants, rocks and soil).

There have been **twelve essential tissue salts** identified as important components of all body cells and without which, true health is not possible. Each tissue salt plays a different, yet vital role in maintaining cellular health in the organs and **nervous systems** of the body.

Ensuring the healthy functioning of all brain and nervous system cells enhances the bio-availability of supplements, remedies and even nutrients in your diet. It also lessens the chance of a **nervous breakdown**. **Treating panic disorder** in people who suffer a **nervous breakdown** usually involves therapy. The doctor **treating panic disorder** will monitor the symptoms carefully to establish a treatment plan that aims to restore the health of the **nervous system**.

And, because our tissue salts are naturally occurring in the body and manufactured to ensure safe, yet optimum potency, they are safe to use for all ages, as well as during pregnancy.

[Learn more about Nerve Tonic](#)

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

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## Alternative Healing Academy

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[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.

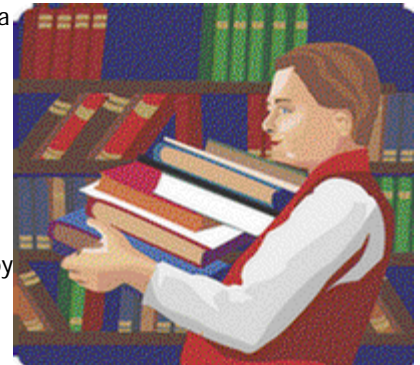
The Alternative Healing Academy has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

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.