

Natural Help 4...

Arthritis



What is Arthritis?

Arthritis is a group of conditions that **causes pain and inflammation to joint cartilage** in the body. Joints are the areas where two bones meet such as the knee, hip, shoulder or elbow. They allow our bodies to move in many different ways. Damage to the joints can result in joint weakness, instability, decreased movement and visible deformities.

Over time, as the body ages, our joints naturally degenerate. However, when someone complains of **pain and stiffness in their bodies**, or that their hands or hip are too sore to move, it may be as a direct result of [arthritis](#).

If left untreated, **arthritis has a debilitating effect on sufferers** interfering with their quality of life and lifestyle. As [arthritis](#) becomes increasingly painful and disabling, the most basic daily tasks such as walking, brushing your teeth, driving or working at a computer can be hampered. [Arthritis](#) affects millions of people around the world. While it is most common in people over 60 years, **arthritis can affect all age groups** - even infants and children.

Arthritis vs. Rheumatism

People also often refer to [arthritis](#) as rheumatism. [Arthritis](#) is a very general term used to describe any aches and pains in the bones, muscles and joints. The term rheumatism is often colloquially used in the same context as [Arthritis](#) although technically it refers to a group of conditions affecting not only the joints but also muscles, ligaments, cartilage, and tendons. Rheumatic diseases also have the potential to affect internal body areas.

Diagnosing Arthritis

There are **many different signs and symptoms** of [arthritis](#). People with [arthritis](#) often experience joint pain, inflammation, stiffness or swelling around a joint. Joints that are inflamed may be reddish in appearance, warm to the touch, swollen or tender. [Arthritis](#) symptoms may flare up suddenly or appear gradually over a period of time. They may also be accompanied by fatigue, insomnia, depression and muscle aches.

The diagnosis of [arthritis](#) is based on your symptoms, physical examination and medical history. Additional tests such as X-rays and blood tests may be ordered by your physician to **determine the type and the severity** of the [arthritis](#). As there are various types of [arthritis](#), you may also be referred to a rheumatologist (specialist in [arthritis](#)) for further examination.

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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.

Types of Arthritis

[Arthritis](#) is not only isolated to the joints. Many forms of [arthritis](#) can affect the whole body including eyes, skin, chest (including the heart), lungs, and kidneys. While the term [arthritis](#) is often used as if it is one particular disease, there are in fact more than 100 different medical conditions that can be classified as a type of arthritic or rheumatic disease. The two most common forms of [arthritis](#) are osteoarthritis and [rheumatoid arthritis](#).

Osteoarthritis is often associated with osteoporosis, which is the form that is usually brought about by age. It is a degenerative joint disease caused by the wear and tear and eventual loss of cartilage in one or more joints. Most often, it affects the fingers, hips and knees.

Rheumatoid arthritis is an auto-immune disease (when the body's own defense system does not work properly) that causes inflammation of the joints.

Rheumatoid arthritis symptoms occur if the joint lining becomes inflamed when the body's immune system attacks it and breaks it down. **Rheumatoid arthritis symptoms** affect joints and bones (most commonly the hands and feet) as well as body organs. **Rheumatoid arthritis symptoms** can be debilitating and this disease is one of the more serious forms of [arthritis](#) and typically women are affected more than men.

Other Common Forms of Arthritis

- **Gout** which is a result of a defect in the body chemistry causing increased levels of uric acid in the bloodstream. It is extremely painful, often attacking small joints, the most common and well known being the base of the big toe. It mostly affects men but fortunately can often be controlled with natural treatment and changes in diet.
- **Lupus** is a systemic auto-immune disorder that can inflame and harm the joints, the heart, the skin, the kidneys, and other organs.
- **Viral hepatitis** is an infection of the liver and secondary joint involvement can occur
- **Ankylosing spondylitis** is a type of [arthritis](#) that affects the spine. It is brought about by inflammation, and causes the bones of the spine to grow together and fuse, resulting in decreased mobility and deformity.
- **Juvenile arthritis** is a general term for all types of [arthritis](#) that occur in children. Children may develop juvenile [rheumatoid arthritis](#) or childhood forms of lupus, ankylosing spondylitis or other types of [arthritis](#).
- **Scleroderma** is a disease of the body's connective tissue that causes a thickening and hardening of the skin and can involve the joints.
- **Fibromyalgia** mostly affects women and causes extensive pain that affects the muscles and attachments to the bone and joints,

What Causes Arthritis?

There are several factors that can contribute to the development of an arthritic condition, and sometimes several may come together to create an arthritic condition.



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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.

Causes of [Arthritis](#)

- Genetics
- Being overweight
- Age
- Metabolic disorders, immune disorders or inflammatory disorders
- Chronic stress across joints or joint trauma
- Nutritional deficiencies
- Certain occupational hazards such as working in heavy construction or on an assembly line

Help for Arthritis

[Arthritis](#) treatment is specifically aimed at **providing pain relief**. Treatment generally depends on the type of [arthritis](#) you have. Conventional medications include analgesics (aspirin or acetaminophen), NSAIDs (nonsteroidal anti-inflammatory drugs) or anti-inflammatory drugs such as corticosteroids or immunosuppressive agents may be used.

It is important to **discuss these medications with your physician** as many of these agents have damaging side effects, especially when used long term as is the case in chronic conditions like [arthritis](#).

Supportive treatments such as physical therapy, hydrotherapy, mobilization, tens, relaxation therapy or acupuncture can also reduce pain, inflammation and stiffness.

Natural Remedies and Arthritis

More and more [arthritis](#) sufferers, particularly those with chronic conditions, are **turning to natural and holistic treatments** because conventional medicine has failed to produce the desired results. **Natural arthritis pain relief** can be obtained with treatments such as herbal and homeopathic remedies that are gentle and mild, yet effective and offer symptomatic relief. Ingredients such as Glucosamine can be used to provide **natural arthritis pain relief** and to repair cartilage and maintain joint mobility while Boswellia acts as a natural anti-inflammatory.

Clinical studies have proven the effectiveness of Devil's Claw in treating joint conditions like osteo-arthritis, fibrositis, rheumatism and small joint disease. Other useful herbs for **natural arthritis pain relief** like Alfalfa (Medicago sativa) can help to soothe the affected area, in a gentle manner without harsh side effects – helping with the recovery process. Cayenne can also be used in an infused oil to rub into arthritic joints for added relief.

Remember to obtain all herbal and homeopathic remedies from a reputable source.

Coping with Arthritis

Learning to **manage the pain** associated with the various forms of [arthritis](#) can be extremely difficult. Whether your symptoms are moderate or severe, there are

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some helpful techniques to cope with pain and create positive results.

Gentle exercise such as swimming, biking and water aerobics can reduce joint pain. Exercise increases blood flow, builds strong muscles and minimizes the chances of injury. Stretching or range-of-motion exercises help you stay flexible while preventing stiffness and joint deformities. Applying heat and cold to painful or stiff joints also provides temporary relief.

It is very important to also listen to your body and to discontinue activities that cause pain. If you are overweight or obese, you would need to **control your weight** if it is placing strain on your knees or ankles. Follow a healthy eating plan or natural weight loss program under the strict supervision of a doctor or dietician.

Make your life as easy as possible – walk around periodically and avoid remaining in the same position for a long time. Take regular breaks when performing tasks, sit on high back chairs rather than chairs without support and avoid placing unnecessary pressure on the area affected by pain or inflammation. Use helpful devices such as a cane, crutches, walker or cart to pull heavy items.

Arthritis is often a chronic disease that will probably be with you for the rest of your life. The pain and discomfort of arthritis can be debilitating and often brings about feelings of depression, anger, and isolation. **Deal with your emotions in a positive manner** with the help of relaxation techniques.

Practice breathing techniques, positive thoughts, meditation or listen to calming music to release stress and tension. Gain the support of family and friends to help you to achieve optimal health and well-being.

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.

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.



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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 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.

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](#).

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.

In the treatment of depression, the following herbal and homeopathic remedies are often used as part of the treatment plan.

Related Natural Remedies:

JointEase Plus: Promotes joint and muscular-skeletal system health.

JointEase Plus means freedom to walk and move with ease!

JointEase Plus contains 100% pure Harpagophytum procumbens, also known as 'Sengaparile,' 'Devil's Claw' or 'Duiwelsklou', because of the claw-like shape of its fruit. For thousands of years, the Khoisan people of the Kalahari Desert (in Southern Africa) have used **Devil's Claw to promote healthy joints as well as for a digestive tonic.**

Our new and even more powerful formula now combines Devil's Claw with Glucosamine sulphate and Boswellia serata, both in the forefront of latest developments in the natural promotion of joint and muscle health. (See more on these new ingredients in the 'Ingredients' section below)

[Learn more about JointEase Plus](#)

DetoxDrops: To assist in the elimination of toxins from the body.

Detox Drops are a 100% safe, non-addictive natural herbal remedy formulated for adults by our team of natural health experts. **Detox Drops** contain a selection of herbs known for their **supportive function in promoting 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 and without harsh laxatives.**

The formula remains true to the **whole spectrum method** of herbal extraction, 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, fight addiction or address



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unhealthy weight issues.

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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](#)
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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/>

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