

Natural Help 4...

Asperger's Syndrome



What is Asperger's Syndrome?

[Asperger's Syndrome](#) is a **neurobiological disorder that is classified as one of the pervasive developmental disorders (PDD)**. Often it may be incorrectly called [Asperger's disease](#); however, it is actually a condition characterized by significant impairment in social interaction as well as the development of repetitive and restricted fields of interest, activities, and interests.

Comparing Asperger's Syndrome and Autism

While there are some similarities between [Asperger's Syndrome](#) and [Autism](#), **individuals with [Asperger's](#) usually have average to above-average IQ**, and do not demonstrate clinically significant delays in language or self-help skills.

While they may have an extremely good command of language and a very rich vocabulary, they are **unable to use language appropriately in a social context** and often speak in monotone, with little nuance and inflection in their voice.

Children with [Asperger's](#) may or may not seek out social interaction, but always have difficulty in interpreting and learning the skills of social and emotional interaction with others, leading to **significant impairment in relationships and peer interaction**.

Although parents often notice problems at an early age, diagnosis is usually only made during preschool or later.

Diagnosing Asperger's Syndrome

If you feel your child is **unlike other children in terms of social interactions, communication, and behavior**, and the symptoms outlined below sound familiar, then it is advisable to get a professional opinion.

Many parents notice that their child is developmentally different, but are often blinded by the fact that their **child is very bright and even more advanced than age-mates** in certain areas such as memory or vocabulary.

It also often only becomes an issue when peer interactions are observed and problems arise, such as in school settings. The **earlier you take your child for an evaluation**, the more he or she will **benefit from treatment** should a diagnosis be confirmed, and specialized education can be arranged.

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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.

Recognizing the Symptoms of Asperger's Syndrome

Social Difficulties:

- Struggles with nonverbal communicative behaviors such as eye-to-eye gaze, facial expression, body postures, and gestures to regulate social interaction
- Fails to develop peer relationships appropriate to developmental level
- Doesn't often seek out interactions and prefers to play alone
- Lack of social or emotional reciprocity
- Appears unaware of others' emotions
- Appears not to hear you at times and lacks responsiveness

Behavioral Difficulties:

- Restricted and repetitive behavior
- Abnormally intense preoccupation with certain activities or areas of interest (i.e. stamps, coins, flags, cars, or airplanes)
- Will often fixate on one subject matter such as trains or sea creatures and become very knowledgeable about this topic
- Obsessive or inappropriate attachment to certain objects
- Inflexible insistence on certain rituals or routines
- Insists on sameness and becomes distressed when routines or rituals are changed
- Clumsy and uncoordinated motor movements
- Heightened sensitivity -- tends to be distressed by loud noises, bright lights, or strong tastes or textures

Communication Difficulties:

- Oddities of speech and use of language
- Often adopts a very formal tone and use of language, not using shortenings or slang
- Speech often lacks tone, pitch, and accent variations. Also has difficulty picking up on subtle conversational cues and will thus often take things very literally
- Often does not follow subtle humor, and may misinterpret sarcasm and jokes as literal and ill-intended
- Difficulty with nonverbal communication
- Language regression - loses previously acquired ability to say certain words or sentences
- Avoids eye contact when speaking and fails to pick up on subtle communication cues

[Asperger's Syndrome](#) was first identified in 1944, but was only officially recognized as a diagnostic category in the DSM IV in 1994. As a result, many children were misdiagnosed over the years with [ADD](#), [ADHD](#), [Autism](#), OCD, or schizophrenia

Many different terms are currently applied, leading to great confusion on the part of parents and educators. [Asperger's Syndrome](#) may also be referred to as high functioning autism (HFA), pervasive developmental disorder (PDD), pervasive developmental disorder - not otherwise specified (PDD - NOS), atypical PDD, or even nonverbal learning disability (NLD).



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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.

There is still debate as to exactly how [Asperger's Syndrome](#) should be classified. In addition, it is not always an easy, clear-cut diagnosis to make. As a result, diagnostic errors continue to be made and this often affects treatment, as well as access to appropriate help and information.

Parents may find themselves going from one doctor to another, becoming more confused and frustrated in their attempts to help their child.

It may be advisable to do research before making an appointment if you suspect Asperger's syndrome, and note down your child's symptoms and behaviors. Ask your family doctor to refer you to a reputable specialist that deals specifically with child developmental problems.

Who is More Likely to Develop Asperger's Syndrome?

While both boys and girls can have [Asperger's](#), **the syndrome is more common in boys.**

Currently, there is no cure for Asperger's and the condition is a lifelong one. However, with correct treatment and therapy, many **people with [Asperger's](#) can go on to lead normal lives** and may even excel in certain areas of occupational functioning, especially areas which do not involve 'people skills'.

What Causes Asperger's Syndrome?

The **causes of Asperger's Syndrome remain unknown**, although there appears to be a definite genetic component, as it tends to run in families. [Asperger's](#) is **NOT** caused by bad parenting or problems in the family.

Evidence has shown that there may be certain 'triggers' which precipitate the condition, including environmental factors like pollution, food intolerances (particularly to foods containing wheat, gluten, sugar and dairy products), digestive problems, and even childhood vaccinations (particularly the MMRI).

There are also suggestions that [Asperger's Syndrome](#) may sometimes be linked to high levels of Candida in the stomach. Clearly **much more research is needed in this area.**

Help for Asperger's Syndrome

While there is **no specific treatment or 'cure' for [Asperger's Syndrome](#)**, there are many interventions that can significantly improve the functioning and quality of life of people and children with [Asperger's](#). It is important to properly classify the condition and remember that it is **not [Asperger's disease](#), but rather a *syndrome*.**

Herbal and homeopathic remedies can be viable alternatives to synthetic drugs and may be just as effective, with far fewer risks and side effects.

It is important that you **only use natural remedies from a reliable source**, as the quality of herbs used as well as methods of preparation may affect the strength and effectiveness of the remedy.

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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.

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Depending on the symptoms that need treatment, certain **herbal ingredients** such as St. John's Wort, Melissa officinalis, Passiflora, and Chamomile, among others, may be recommended as part of a holistic treatment plan.

Natural remedies may often contain a combination of ingredients for best effect. A **holistic treatment plan** aims to address the underlying cause of the problem and does not just treat the symptoms in isolation. In this way, it provides an all-around approach to greater well-being.

Additional Treatments for Asperger's Syndrome

Social Skills Training

This should be one of the most important components of a treatment program. Children with [Asperger's Syndrome](#) can be helped to learn social skills by an experienced psychologist.

Body language and nonverbal communication can be taught in much the same way as one would teach a foreign language. Children with [Asperger's](#) can learn to interpret nonverbal expressions of emotion and social interaction. This can assist them with social interaction, peer relationships, and prevent the isolation and depression that often occurs as they enter adolescence. In addition, recognizing that it is not [Asperger's disease](#) but rather a *condition* can go a long way in mentally accepting the characteristics associated with the syndrome.

Teenagers can sometimes benefit from group therapy and can be taught how to use the teenage 'slang' and language forms of their peer groups.

Educational Intervention

Because children with [Asperger's Syndrome](#) may differ widely in terms of IQ and ability levels, schools should learn to individualize educational programs for these children. Some of them may cope well in a mainstream class with additional support, while others may need to receive specialized education.

In all cases, teachers should be aware of the special needs of [Asperger's](#) children, who often need a great deal more support than first appears necessary.

Psychotherapy

Psychotherapeutic approaches that focus on supportive therapy and the teaching of social skills and concrete behavioral techniques are more effective than approaches that concentrate on in-depth emotional therapy, which may be too uncomfortable and stressful for the person with [Asperger's](#).

Children can benefit from play therapy and 'story' therapy aimed at raising awareness of nonverbal communication, development, teaching of empathy, and learning of social skills.

Diet



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Although there is no conclusive evidence, there are strong suggestions that changes in diet may significantly reduce the symptoms in some children with [Asperger's Disorder](#).

Many parents report that their children become much more manageable when certain classes of food are eliminated from the diet. These include dairy products, sugar, gluten, wheat, and some artificial colorants and preservatives like MSG and tartrazine.

It is worth consulting a trained nutritionist to assist with dietary intervention, as parents should not simply eliminate important foods from their children's diets without expert advice.

Psychopharmacological Interventions or Drug Therapy

Many children and adults with [Asperger's Disorder](#) do not need any form of medication, while others need to be treated symptomatically.

While there are no specific '[Asperger's](#)' drugs, psychiatric drugs can be used to treat some of the problems which may manifest or be associated with [Asperger's](#), such as ADD/HD, depression, mood swings, temper tantrums, irritability, aggression, obsessions, compulsive behaviors, and anxiety.

Many of the drugs used to treat the other pervasive developmental disorders like autism are also used to treat some of the associated symptoms of [Asperger's](#). Like many psychiatric drugs, these often come with unwanted side effects and the risk of addiction. Their benefits should always be weighed against the potential harm they could cause, particularly in the case of children.

Other Disorders Related to Asperger's Syndrome

Asperger's Syndrome is classified along with four other developmental disorders under the heading of pervasive developmental disorders (PDD).

The other four are autism, childhood disintegrative disorder (CDD), Rett's disorder and PDD - not otherwise specified (PDD - NOS). Children with Asperger's are also more likely to develop other disorders such as:

- [Tourette's Syndrome](#)
- [ADD](#) and [ADHD](#)
- Epilepsy
- Depression
- Anxiety disorder
- Bipolar disorder
- Oppositional defiant disorder (ODD)
- Obsessive compulsive disorder (OCD)
- Learning disorders such as dyslexia or dyspraxia

Tips for Concerned Parents

- **Learn all you can about Asperger's Syndrome.**
The more you know about your child's problems and differences, the more

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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.

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you can do to help them.

- **Find a support network of health care professionals that suit your child.**

Depending on your child's difficulties, therapists, teachers, and tutors will begin to play a key role in your child's development. Make sure that a clear line of communication exists between you and all those working with your child.

- **Help others to understand your child.**

Parents know their children best, and are aware of what sets them off as well as what comforts them. Inform educators and professionals of these things so that their time spent with your child is more productive and personal.

- **Adapt their environment.**

Respond to your child's sensory needs by providing appropriate amounts of stimulation without overwhelming them. Small things such as buying soft fabrics, cutting scratchy labels off clothes, or dimming bright lights in the house can go a long way in helping a sensory-sensitive child.

- **Concentrate on your child's strengths.**

Asperger's children usually develop extreme interests in certain subjects. Help your child develop these into constructive passions by providing reading and learning material in this area. Visit museums and galleries, and take trips to interesting places. If your child struggles with other learning difficulties such as math or spelling, it may be helpful to use their passions when teaching these other subjects.



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.

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

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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.

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:

MindSoothe Jr.: Promotes emotional and psychological health and balanced mood in children.

MindSoothe Jr. is a 100% safe, non-addictive, natural herbal remedy, especially formulated by a Clinical Psychologist for children.

MindSoothe Jr. supports the brain's **natural ability to regulate emotion and mood** – maintaining production of essential brain hormones and chemicals related to nervous system health and emotional well-being, thereby helping to maintain balanced mood and optimum performance. MindSoothe Jr. can be used to safely promote well being and naturally support health and systemic balance in the brain and nervous system - **without any harmful side effects** or risk of addiction.

Instead of the capsules used in the adult formula, MindSoothe Jr. comes in convenient and easy to administer drop form – making it simple to adjust dosage for different age groups.

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 maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about MindSoothe Jr.](#)

Focus Formula: Helps maintain optimal mental focus, concentration, attention span and memory function.

Focus Formula is a 100% safe, non-addictive, natural, herbal remedy. Formulated by a Clinical Psychologist for both children and adults, Focus Formula has been used for many years to **safely maintain health and systemic balance** in the brain and nervous system.

Focus Formula contains a selection of herbs known for their supportive function in **maintaining brain, nervous system and circulatory health, and well-being**.

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

This method of manufacturing also significantly reduces the likelihood of side

effects and ensures that all active ingredients are in perfect balance - exactly as nature intended.

Focus Formula can make all the difference, without the risk of sedation, compromising health or serious side effects. In combination with a healthy lifestyle and diet, Focus Formula supports the healthy functioning of the brain and nervous system, helping to **maintain motivation, concentration and memory, and optimum performance.**

[Learn more about Focus Formula](#)

Tula Tantrum Tamer: Helps reduce tantrums, soothe fiery tempers and reduce frustration in young children.

Tula Tantrum Tamer is an all-natural, **non-addictive remedy**, containing 100% homeopathic ingredients especially selected by our Clinical Psychologist.

Tula Tantrum Tamer works to **calm angry and oppositional children** and help them to more easily use their developing reasoning skills. This remedy is especially effective in children from 3 - 10 years old.

In combination with a healthy lifestyle and diet, Tula Tantrum Tamer helps children to **maintain balanced mood, calm demeanor and reasonable attitude** by providing a sound platform to support emotional peace and stability. As a result, Tula Tantrum Tamer can make all the difference, without compromising health.

Tula Tantrum Tamer will **help keep your child centered**, while at the same time helping to level-out mood, remain consistent and on-track, without the risk of heavy sedation and other side effects. After all, we want our kids to be well-adjusted and NOT emotionless zombies!

The remedy is registered with the FDA according to the requirements governing homeopathic OTC medication. All the proven ingredients in Tula Tantrum Tamer are listed with the HPUS (Homeopathic Pharmacopoeia of the United States) and the remedy is manufactured in a registered facility under pharmaceutical conditions.

Presented in child-safe doses, Tula Tantrum Tamer contains no artificial colors or preservatives. This remedy is presented in delicious small sucking tablet form, making it easy to ingest and completely hassle free!

[Learn more about the Tula Tantrum Tamer](#)

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

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Alternative Healing Academy

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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.

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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](#)
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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/>

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

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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.