

Natural Help 4...

Autism



What is Autism?

Autism is a life-long developmental disorder that affects an individual's ability to interact with the world around them.

While we have all heard about autism, most of us have only vague ideas of what the diagnosis means. Individuals with autism have difficulties making friends and participating in everyday social interactions. They often have restricted interests and behavioral patterns, and find comfort in routine and repetition.

Since it is a spectrum disorder, **autism affects children in different ways**, and no two autistic children are exactly alike. This makes things very confusing for parents who are battling to come to terms with what is best for their child, as **signs of autism** vary greatly. It may be helpful to devise an **autism symptoms checklist** to aid in diagnosing the disorder.

A common struggle for parents is the desperate efforts to try and “reach” their child, as **they seem to exist in their own private world within their minds.**

How Common is Autism?

Autism was once thought to be a rare disorder affecting as few as 1 in 5,000 people. Recent findings, however, suggest a much higher prevalence rate, estimating that at least 1 out of every 500 children in the U.S. has autism.

This large discrepancy may be due to an increase in awareness about the disorder and more accurate diagnostic criteria. Others believe that autism is a developmental disorder that is on the increase. Most autistic children develop symptoms before 3 years of age, and the disorder tends to affect four times as many boys as girls.

Unfortunately, there is no cure for autism, although treatment options are available to help your child lead as normal a life as possible.

Diagnosing Autism

There are currently **no medical tests which can diagnose autism**. Signs of autism vary from individual to individual. Diagnosis is usually based on careful observation as well as information provided by parents and other caregivers on the child's behavior, communication, social interaction, and developmental levels.

There are also a number of screening tests or questionnaires which can be

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

performed, including the CARS rating (Childhood [Autism](#) Rating Scale) and CHAT (Checklist for [Autism](#) in Toddlers).

Diagnosis can be made by pediatricians, psychiatrists, clinical psychologists, or by a multi-disciplinary team, usually utilizing an [autism symptoms](#) checklist.

Recognizing the Symptoms of Autism

Children with [autism](#) usually display impairments in social, behavioral, and communication skills. Keeping an [autism symptoms](#) checklist can help when seeking help from a healthcare professional. Symptoms can include:

Social Difficulties:

- Lack of eye contact, facial expressions, and social gestures
- Failure to develop peer relationships
- Does not seek out social interaction
- Appears not to hear you at times and lacks responsiveness
- Resists cuddling, holding, and physical touch
- Appears unaware of others' emotions
- Retreats into his or her "own world" and prefers to play alone

Communication Difficulties:

- Delayed language development or absence of speech
- Inability to start or sustain conversation
- Stereotyped or 'strange' use of language
- "Disney speak" – repeats phrases from frequently watched cartoons or movies
- Language regression - loses previously acquired ability to say certain words or sentences
- Avoids eye contact when speaking
- Repetition of words or phrases, with little understanding of how to make sense of these words or use them in own speech
- Difficulty expressing own needs and often uses gestures rather than words

Behavioral Difficulties:

- Restricted and repetitive behavior
- Abnormally intense preoccupation with certain activities or areas of interest
- Obsessive or inappropriate attachment to certain objects
- Inflexible insistence on certain non-functional rituals or routines
- Insists on sameness, and becomes distressed when routines or rituals are changed
- Stereotyped and repetitive movements called "stimming", e.g. hand flapping or rocking
- Preoccupation with parts of objects, such as a fascination with the spinning wheel of a toy car
- May be particularly sensitive to loud sounds, bright lights, or physical touch and textures

What Causes Autism?



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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 **no known single cause of [autism](#)**.

It is known that [autism](#) is a neurological disorder, and that there are **differences in the shape and the structure of the brain** of [autistic children](#) as opposed to non-[autistic children](#) – although this is not always the case.

While it is not known whether [autism](#) has a genetic link, the exact genes involved are unclear. Families with one [autistic](#) child have 3% - 5% chance of having a second [autistic](#) child (this differs to the 0.5% risk of the general population).

Certain **‘triggers’ have been implicated as possible precipitators of the disorder**. These could include problems in pregnancy and birth, viral infections, exposure to certain environmental chemicals or pollutants, or even allergies to certain foods (i.e. gluten or dairy products).

There are also suggestions that [autism](#) may be caused by a reaction to childhood vaccines, especially those containing high amounts of mercury. Obviously more research is needed in this area.

It is important for parents to note that [autism](#) **is not a mental illness** and is NOT caused by bad parenting or problems in the home.

Help for Autism

While there are **many different theories about the best course of treatment for [autism](#)**, most professionals agree that the earlier treatment begins, the better the chances are that the child will be helped.

While there is a place for prescription medication in certain cases of [autism](#), careful consideration and caution should be taken due to possible side effects.

There are also **[natural treatments for autism](#)**, including herbal and homeopathic remedies which can help maintain harmony, health, and systemic balance in the brain and nervous system, without side effects or sedation.

The **best results are usually achieved by using a multidisciplinary approach** and combining different therapies. It may take some time and experimentation to find the right combination of therapies for the individual.

Approaches to Autism Treatment

The following is merely an overview of some of the treatment approaches. As the signs of [autism](#) vary, in addition to different causes and manifestations in people, **treatment will differ from person to person** and often needs to be tailor-made for the individual.

Educational and Therapeutic Approaches

This includes specialized education as well as physiotherapy, occupational therapy, music therapy, sensory integration, behavior modification, and speech therapy. Depending on the symptoms and the areas of developmental delay, these therapies

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can be extremely effective and combined into the overall treatment plan.

The earlier they are begun, the better the chances of improvement. It is important to realize that none of these therapies are 'quick fixes', and require perseverance over a long period of time.

Dietary Intervention

There are indications that certain vitamins and mineral supplements may improve functioning in [autistic](#) people. While there is some disagreement regarding this amongst medical professionals, **many parents have reported marked improvements** after a program of nutritional supplements.

There are also a number of clinical studies which **strongly support the use of vitamin and mineral supplementation** in the treatment of [autism](#), and have demonstrated significant improvement.

As nutrition is such a vital ingredient in brain development, it stands to reason that supplementation may have a positive benefit, although this would vary from individual to individual. Some experts have gone as far as to suggest that certain cases of [autism](#) could be as a result of nutritional deficiencies or malabsorption of nutrients from the diet.

This subject is a very complex one and outside the scope of this discussion. However, it is strongly suggested that parents consult a physician, homeopath, or nutritional expert who specializes in using supplements in the treatment of [autism](#), and that this approach be integrated into the intervention program.

There are also suggestions that [autistic](#) symptoms can be caused as a result of malabsorption and intolerances to certain foods, especially dairy products, sugar, and gluten contained in wheat and grain products.

Some parents have reported remarkable changes after the elimination of these foods from the diets of their [autistic children](#). It is recommended that a nutritionist be consulted to assist with insuring a balanced diet to compensate for the removal of foodstuffs containing dairy and gluten.

Medications

There are many different medications that are prescribed to treat the symptoms of [autism](#). While no drugs exist that can cure [autism](#), certain drugs may be prescribed to treat the symptoms.

Whether or not to use prescription drugs is a personal choice that needs to be made on the basis of an informed decision as to the **benefits and disadvantages involved**. It is always important to balance symptomatic relief of symptoms with possible side effects and health disadvantages.

If prescription drugs are used, it is essential that these are prescribed and **regularly monitored by an experienced professional** to prevent dosage problems as well as adverse drug interactions.

It is also important to realize that there are **effective [natural treatments for](#)**



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autism using herbal and homeopathic remedies instead of prescription drugs. As with any medication, it is always best to consult your doctor before changing or discontinuing any prescribed medicines.

Herbal and Homeopathic Remedies

Natural treatments for autism may be just as effective, and can be **viable alternatives to synthetic drugs**, with far fewer risks and side effects.

It is important to only use 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.

A holistic approach uses nature's intrinsic ingredients to **better address the underlying issues – and not just treat the symptoms of autism**. Depending on the issues that need to be addressed (which will be different between children), certain herbal and homeopathic ingredients such as Melissa officinalis, Passiflora, St. John's Wort, and Chamomila may be recommended as part of a holistic treatment plan.

Biochemic tissue salt combinations to support brain and mood functioning may also be very beneficial. If your child is already taking prescription medication, remember to consult your health professional before making changes or combining herbal remedies.

Other Disorders Related to Autism

Autism is one of five developmental disorders classified under the heading of pervasive developmental disorders (PDD). The other four are Asperger's Syndrome, childhood disintegrative disorder (CDD), Rett's Disorder and PDD - not otherwise specified (PDD - NOS). Children with autism are also more likely to have or develop other disorders such as:

- Fragile X syndrome, which causes mental retardation
- Tuberous sclerosis, in which tumors grow in the brain
- Tourette's Syndrome
- ADD and ADHD
- Epilepsy

Tips for Concerned Parents

• Learn about autism.

The more you know about your child's problems and differences, the more you can do to help them. There is a wealth of information available, including books, web sites, articles, and professionals offering information and support. While not all of this information will be useful or correct, you may just find a gem of wonderful advice or a treatment option that really works for your child.

• Help others to understand your child.

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

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.

- **Change your expectations.**

This is possibly one of the biggest challenges to face. Your child probably won't become the surgeon that you hoped he would, and won't always be on par with other children as far as developmental milestones and appropriate behaviors go. Start with smaller, obtainable goals, and focus on helping your child reach his or her unique potential.

- **Monitor sensory in-put.**

Most children with [autism](#) either become overwhelmed by too much sensory stimulation, or get frustrated because they crave it. Learn to read your child's needs and accommodate their environment accordingly. For instance, if your child is screaming and blocking his or her ears, create a quiet environment.

- **Channel unusual behavior into appropriate behaviors.**

If your child has stims (self-stimulating behavior) adapt these behaviors to be more socially acceptable, such as climbing a jungle gym rather than the household furniture.

- **Concentrate on what children can do rather on what they can't do.**

Encourage and praise their strengths, and do not make them feel ashamed of their weaknesses.

- **Enjoy quality time together.**

In very structured treatment plans, you may begin to feel more like the teacher or therapist of an [autistic](#) child, instead of a parent. Even when you are involved in play therapy or "floor time", remember to enjoy your child's company and have fun. While continuing treatment at home is important, don't lose sight of the fact that your primary role is loving parent.

- **Try to worry less about what other people think.**

Others may see your child's behavior as odd, unruly, or a result of bad parenting. Keep in mind that you are doing the best you can, and so is your child. "Normal" behavior is always relative.



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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 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: Promotes balanced mood and feelings, as well as healthy levels of serotonin and other neurotransmitters.

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

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

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

[Learn more about MindSoothe](#)

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

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

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

PureCalm can especially benefit those individuals needing support overcoming worry, managing stress and promoting inner calm related to certain situations. Natural stress relief products such as PureCalm can be used consistently, without side effects or compromising health.

[Learn more about PureCalm](#)

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.

[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!

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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.