

Natural Help 4...

Autoimmune Disease



What is Autoimmune Disease?

The immune system normally protects the body from infections and disease brought about by bacteria, viruses, germs, or abnormal body cells. When an [autoimmune disease](#) develops, the **immune system mistakenly attacks and destroys its own tissues** and organs.

Many parts of the body such as the red blood cells, blood vessels, connective tissues, digestive system, endocrine system, muscles, joints, nerves and skin may be affected. [Autoimmune diseases](#) predominantly affect women, frequently during their childbearing years. These diseases often tend to be hereditary, and certain environmental factors may also contribute to a weakened immune system.

[Autoimmune disease](#) symptoms vary from individual to individual, with each disease being different. **Ranging from mild symptoms to more debilitating conditions**, a malfunction of the immune system occurs in all of them.

Classes of Autoimmune Disease

Systemic [autoimmune diseases](#) are characterized by the involvement of many different organs and organ systems.

The most common examples of systemic [autoimmune diseases](#) are:

- Rheumatoid arthritis (RA) and Juvenile RA (JRA) - joints; less commonly lung, skin
- Lupus (Systemic Lupus Erythematosus) - skin, joints, kidneys, heart, brain, red blood cells, other
- Scleroderma - skin, intestine, less commonly lung
- Sjogren's syndrome - salivary glands, tear glands, joints
- Goodpasture's syndrome - lungs, kidneys
- Wegener's granulomatosis - blood vessels, sinuses, lungs, kidneys
- Polymyalgia Rheumatica - large muscle groups
- Guillain-Barre syndrome - nervous system

Localized [autoimmune diseases](#) are characterized by the involvement of only a single organ, organ system or tissue.

The most common types include:

- Type 1 Diabetes Mellitus (pancreatic islets)
- Hashimoto's thyroiditis, or Graves' disease (thyroid gland)
- Celiac disease, Crohn's disease, Ulcerative colitis (GI tract)
- Multiple sclerosis
- Addison's disease (adrenal)

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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.

- Primary biliary cirrhosis, Sclerosing cholangitis, [Autoimmune](#) hepatitis (liver)
- Pernicious anemia (stomach)
- Myasthenia gravis
- Dermatomyositis
- Temporal Arteritis / Giant Cell Arteritis (arteries of the head and neck)

Diagnosing Autoimmune Disease

[Autoimmune diseases](#) are not always easy to diagnose, especially during the earlier stages of the disease. **Symptoms are often vague** and difficult to describe. The diagnosis is usually based on a physical examination, symptoms of the individual, and a complete medical history.

Laboratory tests may also be performed to determine the diagnosis of certain [autoimmune](#) disorders.

Tests to Diagnose Autoimmune Disease

- Blood tests
- Specific antibody tests
- Thyroid function tests to test for thyroid disorders such as hyperthyroidism or hypothyroidism
- Rheumatoid factor test
- Acetylcholine receptor antibody test to test for myasthenia gravis

Symptoms of Autoimmune Disease

The symptoms of [autoimmune disease](#) vary depending on the disease as well as the person's immune system. Common symptoms include:

- Inflammation
- Fatigue
- Dizziness
- Malaise
- Elevated fever and high body temperature
- Extreme sensitivity to cold in the hands and feet
- Weakness and stiffness in muscles and joints
- Weight changes
- Digestive or gastrointestinal problems
- Low or high blood pressure
- Irritability, anxiety, or depression
- Infertility or reduced sex drive (low libido)
- Blood sugar changes

Depending on the type of [autoimmune disease](#), an increase in the size of an organ or tissue or the destruction of an organ or tissue can result.

What Causes Autoimmune Disease?

The exact cause of what triggers the onset of an [autoimmune disease](#) has **not yet been conclusively established**. These diseases occur when the body attacks its

The advertisement for NativeRemedies features a green leaf logo at the top. Below it, the text reads "NativeRemedies THE NATURAL CHOICE". A green banner with white text says "LIVE A HEALTHY LIFE!". Underneath is a photograph of a smiling family consisting of a woman, a man, and two children. Below the photo, the text states "Proven, Safe, 100% Natural Herbal and Homeopathic Remedies for You and Your Family". At the bottom, there is a brown button with the text "CLICK HERE".

Michele Carelse, Clinical Psychologist



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

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

own tissues, thus affecting the functioning of that system of the body.

There are many different underlying factors that may contribute to the development of [autoimmune diseases](#).

Contributing Causes of Autoimmune Disease

- Environmental toxins
- Heredity or genetics
- Viruses
- Sunlight
- Iodine
- Stress and anxiety
- Pregnancy

Poor diet, lack of exercise, lack of sleep, abuse of alcohol and use of tobacco can also weaken the immune system.

Help for Autoimmune Disease

Most [autoimmune diseases](#) **cannot be cured**, although much can be done to relieve symptoms and improve quality of life. The treatment of an [autoimmune disease](#) depends on the symptoms associated with a specific disease.

There are various treatment options such as conventional medicine, complementary therapy, or natural remedies that can help to reduce the severity of symptoms.

Conventional Medicine

- Over-the-counter (OTC) drugs such as aspirin and ibuprofen may treat mild symptoms of an [autoimmune disease](#), serving as [anti-inflammatories](#) or pain reducers
- Prescription drugs such as non-steroidal anti-inflammatory drugs (NSAIDs) or powerful immunosuppressants are often prescribed to control the inflammation and subsequent damage
- Antidepressants and other psychiatric medications may be prescribed for the psychological effects and symptoms
- Radiation therapy
- Plasmapheresis (a 'filtration' procedure that removes the diseased cells and harmful molecules from the blood circulation)

Natural Remedies

There are many **natural remedies that offer an alternative** to conventional [anti-inflammatories](#). Not only can they soothe the over-active and misguided immune system, but [natural anti-inflammatories](#) can also help to restore the body's self-healing mechanisms and natural balance.

Herbal and homeopathic remedies are 100% natural and gentle, yet effective to use without the potential side effects of prescription medications. Herbs such as sarsaparilla and yarrow can be used to detoxify the bloodstream. These herbs are

Ask Our Experts a Product Question

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

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able to cleanse the blood and act as [natural anti-inflammatories](#) for muscles and joints. Boswellia, Devil's Claw, Ginger and Turmeric are effective for treating the symptoms of [autoimmune](#) disorders. Other herbs such as yucca can reduce muscle pain and stiffness, and if used as a shampoo, may help those who suffer from skin disorders.

Tissue salts and homeopathic ingredients are also highly effective aids to restoring balance, health and vitality, as they do not over-stimulate the immune system. They are nutraceuticals (nutritional substances), which can help to relieve the symptoms associated with [autoimmune diseases](#) and improve functioning. Ingredients such as Natrium sulphate, Kalium phosphate and Natrium phosphate can optimize the nervous system and lift the mood. Consult your physician, herbalist or homeopath about the best treatment for your needs.

Complementary Therapy

- Acupuncture
- Dietary modifications
- Tai Chi
- Psychotherapy and counseling
- Touch therapy such as reiki
- Music therapy
- Iridology (pinpoints the areas of weakness in the body and assesses how specific nutrition and lifestyle changes may promote mental, emotional and physical health.)

Tips for Coping with Autoimmune Disease

When you are diagnosed with an [autoimmune disease](#), it is very important that you learn to manage your disease. Many simple lifestyle changes can alleviate symptoms, such as eating foods high in certain ingredients that are known as [natural anti-inflammatories](#). Follow these suggestions to help you cope more effectively with your illness:

- Eat a healthy diet of fresh fruit, vegetables, whole grains, low fat dairy products, fish and poultry
- Exercise regularly – gentle exercise such as walking, yoga, light aerobics
- Increase your intake of dietary supplements such as omega-3 oils, and vitamin C, E, A, D, K and B complex
- Spend time in the natural sunlight because exposure to sunlight is good for the immune system health (but remember not to overdo it!)
- Be involved in your illness and treatment plan – make an effort to understand your illness and ask questions about your symptoms, what changes may occur, side effects and medication
- Be honest and open with your doctor, and do not be afraid to discuss your symptoms no matter how trivial they may seem
- Get enough sleep and try not to overexert yourself with strenuous activities
- Reduce stress by practicing relaxation techniques such as meditation or imagery
- Join a support group where you will be able to relate to others in a similar condition
- Allow family and friends time to adjust to your illness, but gaining their support will have a positive effect on your emotional health



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- Communicate openly with your partner about your illness and the emotions that you are experiencing

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

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](#).

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:

Fatigue Fighter: Helps maintain energy levels and feelings of well being, overall systemic and immune functioning.

Fatigue Fighter is a 100% safe, non-addictive, natural herbal remedy that can be used consistently to safely support **healthy energy levels**, **increase stamina and endurance**.

Fatigue Fighter contains a selection of herbs known as **natural energy boosters** for their supportive function in **maintaining healthy energy levels**,



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thereby helping to maintain balanced metabolism, stamina, endurance and routine, healthy performance **without artificial stimulants or caffeine**. Fatigue Fighter can make all the difference, without compromising health and **without the risk of serious side effects**.

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!

[Learn more about Fatigue Fighter](#)

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.

[Learn more about JointEase Plus](#)

High-Rite: Helps maintain healthy blood pressure, artery clarity and functioning and heart health.

High-Rite is a 100% safe, non-addictive natural herbal remedy formulated by our team of natural health experts. High-Rite has been used for many years to safely **maintain health and systemic balance of the cardiovascular and circulatory systems**.

High-Rite contains a selection of herbs known for their supportive function in maintaining circulatory health and well-being. High-Rite can make all the difference, **without risking serious side effects** or compromising health.

High-Rite supports the healthy functioning of the cardiovascular system, thereby helping to **maintain balanced pressure of the blood on veins and arteries**, routine oxygenation of the blood to the heart muscle and pulse regulation.

The formula remains true to the **whole spectrum method**, 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!

[Learn more about High-Rite](#)

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](#)

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

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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.

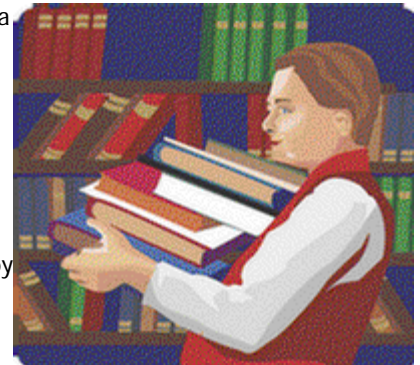
The **Alternative Healing Academy** has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

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!

[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/>

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Sales & Refund Policy

We will, within 30 days, refund the purchase price of any course you purchased ***MINUS* the cost of the modules you have already received**. This policy does ***NOT*** apply to our informational Mini Courses. Please see the [Mini Courses page](#) for more information on those. Please [email support](#) if you wish to be refunded or have questions about our refund policy.