

Natural Help 4...

Bulimia



What is Bulimia?

Bulimia is an eating disorder characterized by the eating of a large amount of food in a short space of time (**binging**) followed by methods to 'rid' the body of the food (**purging**), such as self-induced vomiting, excessive use of laxatives, diuretics, fasting, or exercise.

People with **bulimia nervosa** struggle with their **binge eating disorder**. They often **feel that they are out of control** during their bingeing sessions and then feel tremendous shame and guilt afterwards. It is the **self-induced purging** that makes them feel a release of this [common nervous tension](#) and guilt.

Characteristics of Bulimics

Unlike anorexia nervosa, (where the individual usually feels a sense of accomplishment and often denies having a problem), **bulimics generally feel ashamed of their binge eating disorder** and know that what they are doing 'is not normal'.

They **evaluate themselves primarily on their body weight and shape**, and thus often have a **very poor self-esteem**. Ironically, most people with **bulimia** tend to be either overweight or fall within 10% of their normal body weight, and **rarely attain the skinny figures that they desire and aim for**.

As with other eating disorders, **most bulimics are female**, and the disorder tends to develop in adolescents or young women. The **binge eating disorder** known as **bulimia** is much more prevalent in Western societies than elsewhere in the world. This is possibly due to the common society-ideal of a slim, trim figure that is emphasized and encouraged by the media. **Bulimia nervosa** is a serious condition that **can cause extremely severe medical consequences if left untreated**.

Thankfully, there are **binge eating disorder treatment** plans that offer help. **Overcoming bulimia nervosa** can be very challenging, so the earlier treatment starts, the better the chances are for a positive outcome. It is important to stick to treatment and resolve **underlying emotional issues** to reduce the chances of relapse.

Diagnosing Bulimia

Should you seek professional help for yourself or your child, a battery of tests will be done by a health care professional before a diagnosis is made. This should

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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.

include a full physical examination, with possible blood tests and urine analysis. Your doctor will be **checking for confirmation of an eating disorder**, as well as checking for any damage or medical complications that may have been caused by the [bulimia](#). A person **overcoming bulimia** will also be referred to a psychologist, who will take a full personal and family history, discuss your **feelings and attitudes towards food and body-image**, and also note the history of your condition - how often you binge and purge, the emotions associated with these events, and how it is affecting your life.


Symptoms of Bulimia

- Eating a large amount of food in a fixed period of time, followed by compensating techniques (exercise) or purging (vomiting or use of laxatives). This must occur at least twice a week for a period of three months.
- Sense of loss of control during binges.
- Self-evaluation that is unreasonably influenced by body shape and weight.
- Distorted body perception that may be accompanied by poor self-esteem, anxiety and depression.
- A pre-occupation with dieting, but also a tendency to hoard food or food-related items such as recipes and cookbooks.

What Causes Bulimia?


- **Genetics** – Research suggests that **women with a bulimic family member** are more likely to develop [bulimia](#) than the average women. While this may suggest that there is a genetic component to the disorder, it may be due to the **shared experiences and learned behaviors** within the family context. It is also likely that **personality traits** related to [bulimia](#), such as perfectionism, [emotional](#) sensitivity, and addictive personality tendencies are inherited rather than the disorder itself.
- **Family and learned behavior** – As mentioned, learned behavior may contribute to an increased risk of [bulimia](#). Parents who place great importance on physical appearances, criticize their child's body shape, or who are dieting themselves are more likely to have a child who will develop an eating disorder.
- **Culture and the media** – Western society places great emphasis on the ideal body, and this is especially aimed at women. The pre-pubescent female figure is highly valued, and many young women feel that they need to strive for this **unrealistic and unhealthy ideal**. Many TV programs and magazines encourage thinness, as hundreds of young women aspire to look like the models and actresses that society idealizes. Both young men and women have almost come to expect that these “air-brushed” and semi-starving models represent the normal population.
- **Restrictive eating** – Dieting may be a huge cause of [bulimia](#). Studies have shown that **dieting and restrictive eating** lead to obsessions about food, which may ultimately lead to [bulimia](#). Once again, society, the media, peers, and sometimes parents often promote dieting as opposed to a healthy lifestyle and balanced diet. Being overweight as a child or teenager is often a precipitator to developing [bulimia](#).

Help for Bulimia



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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 are a number of [binge eating disorder treatment](#) options available to **help in the struggle against bulimia**. Some form of psychotherapy is usually necessary, as **bulimia is essentially a psychological disorder**, wrapped in emotions and personal conflicts that need to be dealt with. Pharmaceutical medications are also commonly prescribed in order to help treat accompanying problems such as depression.

Psychotherapy

Individual, family or group therapy may be very beneficial in dealing with [bulimia](#). Cognitive behavioral therapy (CBT) helps the individual **address the negative ideas surrounding food, body-image and self-esteem**, while providing constructive ways of implementing new food habits. **Family therapy** may help the entire family deal with underlying conflicts and provide coping techniques for the family as a whole, while support groups provide a source of support and comfort. Individual therapy **addresses underlying personal issues such as self-esteem and guilt** associated with food. On the whole, psychotherapy is very successful in treating [bulimia](#), and it is advised that you research which type or types of therapy would best suit you.

Drug Treatments

Medication may be prescribed to bulimic patients to help improve related symptoms such as accompanying depression, anxiety or obsessive behavior. Commonly prescribed drugs include antidepressants such as fluoxetine (Prozac), paroxetine (Paxil), and the antipsychotic drug lithium. While these drugs may help initially, **up to 80% of patients relapse after the medication is discontinued**, and in many cases, the side-effects are distressing.

It is strongly advised that you research any prescription medication and their side-effects before agreeing to drug therapy.

Natural Herbal and Homeopathic Remedies for Bulimia

Of the [binge eating disorder treatment](#) options available, natural remedies can be of great benefit in alleviating symptoms of anxiety and depression associated with [bulimia](#), without the negative side effects of prescription medications. Some **herbal formulas that assist with the related symptoms of bulimia** include Passiflora Incarnata, which soothes the mind and calms the nerves. Hypericum perforatum (St. John's Wort) has been very successful in treating the depression, which often accompanies an eating disorder.

Natural remedies such as **MindSoothe** may **facilitate a reasonable attitude and lessen the burden on pressured minds**. MindSoothe may also promote a well-adjusted outlook and positive temperament, support healthy sleep patterns, and routine appetite.

Are there other disorders that may be related to Bulimia?

Certain disorders and ailments may accompany [bulimia](#), these include:

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- Anorexia nervosa
- Depression
- Obsessive compulsive disorder (OCD)
- Substance abuse

Tips for Coping with Bulimia

- **Do not diet or skip meals!** The more you restrict your food intake, the more likely you are to desire what you cannot have and binge. Rather, **eat a healthy, balanced diet** and contact a dietician or nutritionist for a professional and personalized meal plan. Short-term diets do not have long-term effects, so aim to **make healthy eating a positive lifestyle change**.
- **Try to avoid over-eating or binging.** If you avoid binging, you will be less likely to feel the over-whelming need to purge. This may not be all that easy, but **start by simply being aware of situations** where large amounts of food are going to be tempting you to compulsively overeat (e.g., buffet dinners or 3 course meals).
- **Avoid certain media images** (T.V. programs, magazines and internet sites) or peers that may encourage a “skinner-than-thou” type figure. These are **unhealthy influences that give you unrealistic expectations** of what a normal, healthy female figure should look like, and are no good for your self-esteem!
- **Love yourself for who you are!** Learn to appreciate your positive attributes and don’t judge yourself based on your body-image.
- **Identify the situations and emotional circumstances that trigger your binges and purges.** Once you discover these underlying issues, you can make steps to cope with them. For instance, if your [bulimia](#) is particularly bad during times of stress, try some **stress management techniques** and reduce the amount of stress factors in your life. Try to keep a journal and note down your triggers.
- **Bring your problem into the light.** The secrecy and shame of [bulimia](#) often perpetuates the problem. Try opening up to your family or a trusted friend. You may find they are an incredible **source of encouragement and support**.
- **Join a support group** such as Over Eaters Anonymous. They provide you with recovery steps and the support and understanding that will equip you to successfully **face your disorder**.
- **Be patient with yourself.** [Bulimia](#) is not just about bingeing and purging, it is an emotional illness where one **uses food to deal with difficult emotions**. Don't expect to be better in a week or a month. However, if you keep striving for support and **ways of healing yourself as a whole**, emotionally and physically, you will find yourself slowly grow into **healthier ways of living that fulfill you from the inside**.



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Tips for Concerned Parents

- Many parents feel concerned that their child may have an eating disorder or may develop one. **Bulimia is less noticeable than anorexia**, as there is usually not a dramatic drop in weight. Your child may even eat in front of you, only to purge it when you are not aware. Be wary if your child always rushes to the bathroom after meals, or repeatedly excuses himself or herself from the table before everyone else. He or she may also try to hoard food or laxatives in his/her room. If children show any peculiar behavior after meals, (for example, they insist on running around the block each night after dinner), you may want to investigate further.
- If you are concerned, **discuss it with you child in a way that is non-accusational**. It is important to give your child the opportunity to be honest without you losing your composure. Remind him or her that you are always there to talk to and support her.
- **Research the facts about bulimia and find out about treatment options**. There are plenty of recommended books and internet forums that will be able to assist you in helping your child.
- **Bulimia** does not disappear overnight. It is an uphill struggle that sometimes entails set backs. If your child is in the process of trying to recover, she may slip back into old ways - feel free to confront her in a constructive manner, but bear in mind, it is not a sign of failure. The **road to recovery can be slow and painful** for a person learning new habits and positive ways of dealing with uncomfortable feelings.
- **Help your child develop a healthy relationship with food by adopting one yourself**. Minimize talk about dieting and weight. If you are critical of weight in yourself and others, your child may start to develop unrealistic expectations.
- Praise your children for what they do and not what they look like. **Encourage their inner strengths** and beautiful personality traits.
- Have sit-down meals with your family each night. Make it a time for conversations and **connecting with each other**.
- Provide your child with **problem-solving skills and encourage communication** within your family. Many cases of eating disorders result when underlying family conflicts are left unresolved.

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 or orthodox medicine) is the system of medicine taught at most medical schools, and many pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic 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

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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 upon by conventional doctors, especially by those who do 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. This 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. 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



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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**, including an increase in side effects, as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which **retains the benefits of ALL the active ingredients within the herb** as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, **always choose wisely**. Research what is best for you. If you have a chronic or life-threatening condition, don’t make changes without first discussing them with your doctor, in order that your condition may be monitored. **Well-informed and supportive practitioners will support patients** who want to take responsibility for their own health.

Related Natural Remedies:

MindSoothe: Promote balanced mood and feelings of well-being.

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 an easy-to-take capsule form.

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 health.

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

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

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

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

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

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

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

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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.

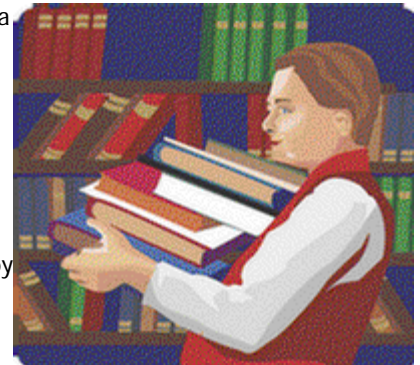
The Alternative Healing Academy has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

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...

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Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

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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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