

Natural Help 4...

Chron's Disease



What is Crohn's Disease?

Diarrhea is one of those uncomfortable ailments that arrives unexpectedly and sometimes without warning, and we all experience it at one time or another. However, for some people, **diarrhea is a daily occurrence** – and just one of the many symptoms of Crohn's disease. [Crohn's disease](#) is a chronic condition that involves swelling and inflammation in the intestines and digestive tract.

It can affect all areas of the gastrointestinal tract from the mouth to the anus, and can even involve the genito-urinary system. It is most commonly the lower part of the small intestine and the first part of the colon that is involved. When **swelling occurs in the intestine wall, abdominal pain and cramping** is experienced, leading to diarrhea.

Some people may experience only one episode, followed by prolonged remission without any symptoms - while others may have **recurring episodes of abdominal pain, diarrhea, fever, and bleeding**. While [Crohn's disease](#) is not fatal, it can have life-threatening complications.

Life-long medical care is required, as well as constant monitoring by a physician. With the help of a wide range of treatment options available, Crohn's sufferers can learn to manage their symptoms and live a productive life.

What Does Crohn's Disease Affect?

[Crohn's disease](#) affects men and women equally. The disease usually develops at a young age, and research estimates that most people are diagnosed with Crohn's between the age of 15 and 35. It can affect any ethnic group, but is more prominent amongst whites, especially those of Jewish or European descent.

If you have a family history of Crohn's, your risk increases dramatically-- especially if the family member is a parent, sibling, or child. You are also placed at risk if you live in an urban or industrialized area, or if you live in the northern climate region. [Crohn's disease](#) increases your risk of developing colon or small bowel cancer, and this is proportional to the length of time you have had the disease and its severity.

[Crohn's disease](#) is very similar to other inflammatory bowel diseases (IBD) such as ulcerative colitis and irritable bowel syndrome, and it can be difficult to make an accurate distinction and diagnosis. Symptoms may be acute or chronic and vary from patient to patient, but commonly includes **chronic diarrhea associated with abdominal pain, fever, loss of weight**, and a feeling of fullness in the abdomen.

The symptoms and signs of [Crohn's disease](#) include:

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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.

- Abdominal pain and cramping, often in the lower right area of the abdomen
- Nausea and vomiting
- Chronic diarrhea
- Rectal bleeding
- Weight loss and reduced appetite
- Fever
- [Ulcers](#), fissures or fistulas in the peri-anal region

Other symptoms outside of the gastrointestinal tract are sometimes associated with [Crohn's disease](#), including arthritis, eye inflammation, skin problems, osteoporosis, urinary tract infections, and inflammation of the liver. Conversely in children with [Crohn's disease](#), it is often the non-GIT symptoms that tend to predominate, and this can often lead to a diagnosis of [Crohn's disease](#) being delayed or even overlooked.

Diagnosing Crohn's Disease

The diagnosis of [Crohn's disease](#) is based on a thorough physical examination and medical history of the patient.

Various tests may be performed which include:

- **Blood tests** to check for anemia and signs of inflammation. Although these are fairly non-specific tests, they can be a useful adjunct to diagnosis, and can help to establish the extent and severity of the disease.
- **Testing a stool sample** to determine whether there is bleeding or infection in the intestines.
- **Upper GI series or small bowel X-ray** to look at the small intestine – the patient drinks a preparation containing barium (a contrast medium) and X-rays are taken to reveal inflammation or abnormality in the lining of the intestine.
- **Colonoscopy** is a visual exam of the colon. A thin, flexible lighted tube linked to a computer and camera is inserted through to the anus to examine the large intestine.
- **Sigmoidoscopy** is a similar procedure to the colonoscopy. It examines the lower part of the large intestine, and bleeding or inflammation in this area will be detected during this exam.
- **Barium enema** is used to test the large intestine by inserting a barium enema into your bowel, followed by an X-ray.
- **CT scan (Computerized tomography)** is a special X-ray that looks at the entire bowel and checks for complications such as fistulas, abscesses, and partial blockages.
- **Capsule endoscopy** is performed when all the other diagnostic tests are negative. During this procedure, the patient swallows a capsule that has a camera in it to determine [signs of Crohn's disease](#). Most diagnoses are made without having to employ this method.

What Causes Crohn's Disease?

The **exact cause of Crohn's is unknown**, but there are several possible theories that suggest the disease may be associated with:

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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.

• **Abnormal immune system**

The body's immune system response is abnormal in people suffering from [Crohn's disease](#). It attacks bacteria, food, and other substances by mistake, causing white blood cells to accumulate in the lining of the intestines. This leads to chronic inflammation, resulting in ulcers or fissures, as well as a mal-absorption of nutrients. Because the intestinal wall is not absorbing and secreting substances as it should, diarrhea results.

• **Hereditary factors**

Genetic factors also play a role, and it is estimated that 20 percent of Crohn's sufferers have a parent, sibling, or child with the disease. [Crohn's disease](#) may be as a result of the genes that the patient has inherited.

• **Environment**

[Crohn's disease](#) is more prevalent in people living in urban or industrialized regions, and this has led to speculation that it may linked to a poor diet, low in fiber, as well as environmental pollutants and chemicals.

• **Infection**

A number of bacteria have also been implicated in the development of [Crohn's disease](#), and currently there is much research in this area.

What are Complications of Crohn's Disease?

There are various complications that can arise in [Crohn's disease](#) and they include:

- **Blockage of the intestine:** The intestine wall thickens and swells with scar tissue, which narrows the passage and causes the blockage.
- **Sores or ulcers:** Sores or ulcers may develop and infect the digestive tract, bladder, vagina, anus, rectum, mouth, or skin.
- **Fistulas:** Fistulas are ulcers that extend through the intestinal wall and open into a different area of the body. It is not uncommon for fistulas to become infected, resulting in abscess formation. A fistula or abnormal connection can occur between different parts of the intestine and other organs, such as the bladder and vagina, and between the intestine and the skin.
- **Anal fissures:** Small tears or cracks called fissures may develop in and around the anus causing painful bowel movements.
- **Nutritional complications:** A deficiency of proteins, calories, and vitamins can cause malnutrition. Because of the inflamed bowel wall in [Crohn's disease](#), as well as the symptoms such as diarrhea, abdominal pain and cramping, there is often mal-absorption of nutrients.
- **Other health hazards:** [Crohn's disease](#) can also cause other health complications such as arthritis, osteoporosis, colon cancer, inflammation in the eyes or mouth, gallstones, kidney stones, liver diseases or bile system problems.

How Does Crohn's Disease Affect Pregnancy?

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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The course of fertility, pregnancy, and delivery is not usually affected in women with inactive [Crohn's disease](#). Women who have active Crohn's disease during pregnancy are at increased risk of going into preterm labor or miscarriage. Crohn's disease may worsen during the first trimester or post-partum. Most women can have a normal delivery, but depending on the severity of the disease and the size of the baby, a Caesarian section may be necessary.

Antibiotics and immunoregulators should be avoided during pregnancy because of the increased risk of birth defects. Women with [Crohn's disease](#) who want to become pregnant should discuss their options and the precautionary measures involved with their physician. Women in remission at the time of conception may experience possible flare-up symptoms during their third trimester. After giving birth, women may also experience flare-ups.

Help for Crohn's Disease

[Crohn's disease](#) is a life-long, unpredictable condition, and often it is difficult to gauge when treatment has been successful. The aim of treatment is to relieve the symptoms of **diarrhea, abdominal pain, and rectal bleeding**, as well as to reduce the underlying inflammation.

The disease varies from patient to patient, with treatment depending on the severity and location of the disease as well as the response to treatment. There may be times where the patient experiences **long periods of remission, and at other times, repeatedly recurring symptoms**. Complications such as obstructions, abscesses and fistulas can also occur; therefore constant medical supervision is of the utmost importance.

Conventional Medicine

Conventional medical treatment approaches to control [Crohn's disease](#) tend to be non-specific, and are aimed at **reducing the inflammation and diarrhea**. The following treatments are most commonly prescribed:

- Anti-inflammatory drugs
- Immune system suppressants
- Cortisone or steroids are often used to treat acute attacks of the disease
- Antibiotics are often given to treat a suspected bacterial cause or trigger
- Anti-diarrhea agents together with fluid-replacement therapy
- Nutritional supplements such as high-calorie liquid formulas
- Surgery, such as a partial or total removal of the affected part of the bowel, is sometimes used as a last resort in severe cases. However, this just relieves the symptoms and is not curative. It is quite common for the disease to re-occur in the adjacent areas of the bowel, often where the bowel has been surgically rejoined.
- Candidiasis (or an overgrowth of candida in the digestive system) has also been suggested as a possible cause or associated condition in some individuals

It is important to note that many of these drugs can cause serious side effects such as **nausea, vomiting, and increased susceptibility to infection**. There may be some trial and error involved before the best treatment solution for the individual is found. However, people suffering from Crohn's can enjoy a normal,



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productive life if various treatment options are explored and symptoms are controlled.

Natural Remedies

There are various natural and alternative treatment options that can address the symptoms of [Crohn's disease](#) and provide welcome relief. These treatments improve the overall physical, mental, and emotional well-being of the individual.

Treatment options that are therapeutic and have a positive effect include:

- Naturopathy -- multidisciplinary approach that uses the healing power of natural resources to allow the body to heal itself
- Acupuncture
- Psychotherapy/Counseling
- Ayurveda
- Hypnotherapy
- Relaxation techniques such as yoga, massage, floatation therapy, and deep breathing
- Herbalism and homeopathy
- Nutritional therapy

Herbal and homeopathic remedies address the underlying cause of the illness and are aimed at restoring the body's self-healing mechanism and **reducing the inflammatory response**. They can help to provide a supportive platform and restore harmony and equilibrium in the affected body systems. These remedies are specifically tailored to the patient's needs, not the symptoms.

Some examples of herbal remedies used in the treatment of [Crohn's disease](#) include *Matricaria recutita*, *Filipendula ulmaria*, *Ulmus fulva* and *Sutherlandia frutescens*. These or other herbs may be recommended alone or in combination – depending on individual needs-- and can help to **strengthen digestive health** and address the problems associated with [Crohn's disease](#), without many of the side effects associated with the prescription drugs.

No matter which treatment options you choose, it is important to **monitor the condition carefully** and to stick to treatment regimes as directed by your health care practitioner.

Tips for Coping with Crohn's Disease

Crohn's disease has both **physical and emotional effects**. This disease will have a **definite impact on overall functioning, relationships, and feelings of well-being**.

Here are some **coping strategies** that will prove to be helpful:

- Educate yourself as much as possible about Crohn's disease – from your physician, reading material, the internet, and support groups.
- Develop healthy eating patterns and consult a dietician about significant changes that need to be made to your diet (this may vary from individual to individual).
- Avoid caffeine and sugar-laden snacks, and include fiber and plenty of water

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](#).

into your diet.

- Avoid dairy products, as they commonly trigger attacks.
- Plan and prepare in advance - if you are visiting or going to public places like the movies, restaurants or gym, take extra underwear or toilet tissue with you in case of a potentially embarrassing accident.
- Practice various relaxation techniques such as autogenic training and guided imagery to reduce stress.
- Establish a regular exercise program.
- Create an open, honest relationship with your physician.
- Keep the lines of communication open and accept support from family and friends.
- Join a support group where you can meet other people with the same problem.
- Stay positive and maintain a sense of humor.
- Take one day at a time and learn acceptance.



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



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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.

Related Natural Remedies:

DigestAssist: Helps maintain digestive comfort and promotes healthy digestion.

Recognizing the need for a healthier and effective approach, Native Remedies has developed Gastronic Dr. and DigestAssist - both 100% herbal remedies containing well researched ingredients and manufactured in therapeutic dosage according to the highest pharmaceutical standards.

Gastronic Dr. is a capsule which is used every day for the continued health of the digestive tract and to promote ongoing, healthy, trouble-free digestion. Regular use of Gastronic Dr. safely and effectively acts to promote digestive health.

DigestAssist, the perfect companion to Gastronic Dr., comes in fast-acting and convenient drop form, and can be taken as needed to promote digestive comfort after meals, helping you to enjoy your food every day.

These formulas remain 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 DigestAssist](#)

Gastronic Dr. : Promote healthy digestion and encourage comfort after meals

Recognizing the need for natural support for trouble-free digestion, Native Remedies has developed Gastronic Dr., a 100% herbal remedy containing natural ingredients and manufactured in therapeutic dosage according to the highest pharmaceutical standards.

Gastronic Dr. is a capsule that **is used every day for the continued support of the digestive tract**. Regular use of Gastronic Dr. safely supports digestive health and all organs and structures involved in digestion, as well as the mucus membranes of the digestive tract. Gastronic Dr. also helps to **maintain the natural balance of essential organisms** (such as probiotics) in the digestive tract, further promoting easy, healthy digestion.

This 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 Gastronic Dr.](#)

Digestion Tonic : FDA Registered homeopathic remedy for maintaining digestive comfort, health and functioning

Triple Complex Digestion Tonic contains Kalium phosphate, Natrium phosphate and Calcium phosphate in a safe biochemic formula and can be used to **promote healthy digestion and harmony in the digestive tract**.

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All Native Remedies biochemic tissue salts are manufactured in an FDA and GMP registered pharmaceutical facility under the supervision of qualified responsible pharmacists.

[Learn more about Digestion Tonic](#)

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.

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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.

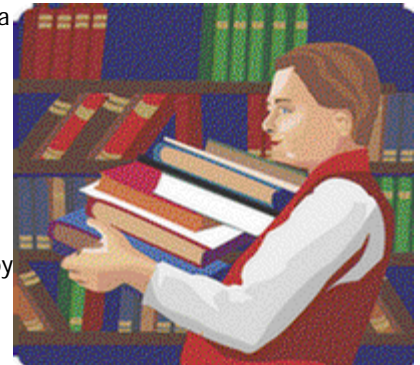
The Alternative Healing Academy has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

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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Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,
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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.