

Natural Help 4...

Convalescence



What is Recovery (Convalescence)?

The **period of recovery** from surgery, following a severe illness, or after injury is also referred to as **convalescence**. During this period, the **body needs time to heal and adjust** from the physical trauma experienced.

Recovery is a gradual process and varies from person to person, depending on the type of surgery or injury. **Recovery from surgery** and injury is a period of rest, where **regaining strength and becoming healthy is the primary objective**. People often take this opportunity to gain new perspectives, reflect on their lives, and make certain lifestyle adjustments.

While it may be important in some cases to get the patient up and moving around, **recovery** is a time during which the body undergoes a **strengthening period** which is essential in **maintaining and improving future health**, allowing for a full physical **recovery** from whatever trauma was inflicted on the body. Forcing oneself to return to full speed too soon can have serious consequences and compromise long-term health.

What is Recovery (Convalescence) like?

During **recovery**, the entire rehabilitation process can be long, challenging, and **sometimes uncertain**. **Recovery** time from physical injuries or surgery **recovery** can vary greatly, depending on many factors.

Symptoms Experienced During Recovery (Convalescence)

- Weakness and fatigue
- Decreased appetite or loss of appetite
- Pain
- Poor circulation
- Flabby, weak muscles
- Poor concentration
- Short-term memory loss and confusion
- Dizziness
- Fever
- Infection
- Delayed wound healing
- Mental and emotional stress

There are many **physical challenges faced by the patient** dealing with **recovery from surgery**, which include weakness, fatigue, chronic pain, and loss of appetite. The mental and emotional anguish associated with a long **recovery** can

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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.

bring about feelings of anger, disappointment, hopelessness, and frustration.

Factors that Affect Recovery (Convalescence) Duration

- Older people take longer to recover from illnesses because their bodies need more time to heal.
- Infections can delay healing, and things such as wounds not being cleaned properly, dressings not being changed regularly, or exposure to damp and cold all increase the risk of an infection developing.
- Too much activity too quickly may contribute to a relapse.
- Feelings of depression, anxiety, hopelessness, or frustration can slow the healing process.
- People suffering from chronic diseases such as heart disease, diabetes, or respiratory disease may experience a prolonged [recovery](#) time.
- Other conditions such as a weak immune system, anemia, fatigue, or candidiasis may also contribute to slow injury or surgery [recovery](#).

For [recovery](#) to be truly successful, the patient has to have a positive, determined attitude and be surrounded by a team of dedicated health professionals and a supportive, caring group of family and friends. **A team effort will help the patient** achieve a rewarding, productive physical [recovery](#) and enable him or her to resume a normal life. To gain a better understanding of the [recovery](#) period, consult your physician about your expectations and fears. How long is [recovery after surgery](#), illness, or injury estimated to take? Will you be able to recover completely and successfully? What does the future hold for you? Sometimes, full [recovery from surgery](#) may take several weeks to months.

Help for Recovery (Convalescence)

During [recovery](#) after a serious illness, the primary objective is for the **patient to regain his or her physical strength and well-being**. This is a period of transition for the recovering patient. It may be a positive time for some who are keen to recuperate, while others may experience emotional trauma over their illness.

Patients who have been hospitalized and are discharged may understandably feel confused and disoriented. However, there are a number of contributing factors that can improve the patient's health and quality of life during physical [recovery](#).

Various Factors in Successful Recovery (Convalescence)

• Follow Medical Advice

Ensure that you adhere to specific instructions left by your physician, because not following this advice could endanger your health once again. Take your medication regularly, attend follow-up and rehabilitation sessions, consult your physician about any problems, follow dietary requirements, and evaluate your priorities. If you are concerned that you are not receiving the medical help that you need, seek a second opinion, but do not simply stop treatment.

• Nutrition



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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.

After a serious illness, it is quite common not to have an appetite. It is important that your body receives nourishment so that you can regain your strength and physical [recovery](#). Eat foods that you enjoy and that are simple to digest like soups, crackers, juice, yogurt, steamed vegetables, fish, and fresh fruit.

- **Counseling and Therapy**

Psychological intervention may be necessary to deal with emotional distress and improve the patient's mood, depression, and anxiety about the illness. Feelings of guilt, denial and blame, as well as financial and social stressors can all add to the patient's negative state of mind. The patient may experience fears and phobias about the illness, struggle to resume a normal life, or have to deal with a disability. Group therapy or relaxation training will help the patient maintain a positive outlook and help him or her to cope with the illness.

- **Physical Therapy (physiotherapy)**

This is a vital part of [recovery](#) because it helps the patient rebuild his or her strength, become flexible, and gain endurance.

- **Acupuncture**

Improves circulation of fluids such as blood, aids nerve function, and reduces stress levels.

- **Art Therapy**

Patients can construct a meaningful narrative of the illness, and express their emotions.

- **Aromatherapy Massage**

The benefit of touch relaxes the body and mind, and facilitates open and honest communication.

- **Music Therapy**

This type of therapy can help the patient cope with illness, develop stress management techniques, and address psychological issues.

- **Family Support**

Family members are often the primary caregivers during [convalescence](#), and need all the support they can get to enable them to care for the patient well. Support may take the form of professional therapy but should also include practical support such as financial help, time out for their own rest and relaxation, as well as assistance with meals, household chores, etc.

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Natural Remedies and Complementary Treatment

Natural and holistic treatments such as herbal and homeopathic remedies can stimulate the appetite, boost **the immune system and reduce fatigue in the recovering person**. Herbal and homeopathic remedies are 100% safe, side-effect free and non addictive – although it is always important to speak to your doctor when combining herbal remedies with prescription drugs.

There are a number of [energy herbs](#) which are commonly recommended for their restorative, strengthening, and immune-boosting properties. These include Hypoxis Rooperi (extract of African Potato), Ageratum betulinum (buchu), Mentha piperita, Viscum album, Astragalus membranaceus, Azadirachta indica, Ginseng, Ginger, Echinacea and Olea europea (extract of olive leaf). An experienced homeopath or herbalist will be able to help you choose the remedy most suited to your symptoms.

Recovery Tips for Recovery (Convalescence)

- Sufficient sleep and rest are essential to strengthening the immune system, rebuilding the nerves, and speeding the healing of injuries or [recovery from surgery](#).
- Eat a healthy diet of foods that you enjoy eating to stimulate the appetite and create [healthy energy](#) levels.
- Gentle exercise such as slow, short walks strengthen the muscles, restore healthy circulation, strengthen the immune system and help to prevent respiratory problems like pneumonia (often associated with lengthy periods of bed rest). Start slowly and gradually increase the length and intensity of the exercise as your body recovers.
- Reduce worry by focusing on other activities such as reading or watching a movie.
- Practice deep breathing exercises to release stress and tension.
- Learn to relax by listening to calming music or thinking of pleasant images.
- Interaction with friends and family will increase your [recovery](#).
- Resume previous interests and hobbies, and try and get out of the house for short periods of time.

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 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



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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 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

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3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

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.

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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:

Fatigue Fighter: Help 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**, 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](#)

Immunity Plus: Promotes healthy immune system functioning and helps fight viral and bacterial infections.

ImmunityPlus is a 100% safe, non-addictive natural herbal remedy formulated to safely maintain the **health and systemic balance of the immune system**, without harmful side effects and stimulants.

ImmunityPlus contains a selection of herbs known for their supportive function in maintaining immune system health and well-being. It supports the healthy functioning of the immune system, thereby helping to maintain the **natural**



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defense against pathogens and optimum performance.

As we grow older, we sometimes begin to notice that our immune systems are not as good as they used to be. ImmunityPlus can especially benefit those individuals needing to support routine immune strength to guard against common conditions associated with the maturing of cells.

ImmunityPlus can be used consistently, without compromising health and **not causing serious side effects**, to help maintain the body's natural ability to fight viral and bacterial infections-- while also supporting healthy convalescence.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bioavailability 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 Immunity Plus](#)

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

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Alternative Healing Academy

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[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

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](#)
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

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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