



Natural Holistic Health

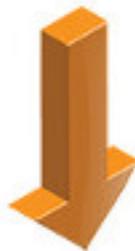
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Herpes



What is Herpes?

While most people consider [herpes](#) only to be a STD, the term actually refers to a family of **highly contagious viruses** that can cause a range of illnesses, from the more common cold sores, [genital herpes](#), and chicken pox to less common brain infections (encephalitis) and even certain cancers, depending on what type of [herpes virus](#) is present.

How is Herpes Transmitted?

HSV is transmitted through **direct skin contact with an infected person**. The virus enters the body through tiny breaks or openings in the skin or mucus membranes, and while our skin provides an effective defense barrier against such an invasion, **certain areas are more susceptible and vulnerable** to such attacks.

While there are often concerns that [herpes](#), especially [genital herpes](#), can be transmitted via inanimate objects such as shared towels and toilet seats, this is highly rare due to the fragility of the actual virus. The [herpes virus](#) needs certain conditions to survive and thus it doesn't survive long after it leaves the body.

Diagnosing Herpes

HSV is usually recognized by **the characteristic blister type sores** that develop on sensitive skin areas, the most common of all [herpes symptoms](#). Your doctor will probably take a swab of an active sore, as lab tests will determine if the [herpes](#) simplex virus is present.

This is only accurate if sores are present, and so a medical examination should be booked before the sores dry up and heal. Type-specific blood tests can also be done to determine if you are infected with HSV-1 or HSV-2.

What are Herpes Symptoms?

The **symptoms of HSV occur during outbreaks**. The first outbreak often appears within two weeks of contagion and can last for several weeks. Symptoms may include sores in the affected area (the area where the virus entered the body), such as cold sores on the lips, also known as [oral herpes](#), or sores around the genital or buttock areas. These sores often start off as small, red tingling bumps which develop into blisters that become painful, itchy, and may even ooze and bleed. These sores eventually dry out and form scabs as they heal.

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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

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

The **first outbreak is usually the worst** and may be accompanied by other symptoms including fever, headache, muscle aches. In the case of [genital herpes](#), painful urination, vaginal discharge, and swollen glands in the groin area may occur. After this first outbreak, the affected individual can have repeated outbreaks several times a year, although the number of these recurrent episodes generally lessens in time. **Outbreaks usually occur when the body's defenses are weak**, and this can be for a number of reasons, including:

- Lowered immune system functioning
- Stress
- Illness or surgery
- Irritation or friction
- Fatigue or exhaustion

During the time between outbreaks, the virus remains dormant and is generally non-contagious. However, **sometimes the virus can become active without obvious sores developing**. During this period, virus shedding still occurs (although less so than when sores are present) and genital or [oral herpes](#) can still be spread. For this reason, cautionary measures should be taken at all times if you have HSV to reduce transmission to others.

More concerning is the fact that the **majority of people who contract herpes don't get symptoms**, or their symptoms are so mild that they are unnoticeable. The problem with this is that these individuals may not even realize that they are spreading the virus, as they don't know that they have it.

What Causes Herpes?

The [herpes virus](#) originally enters the body **through a nerve ending in the skin or mucus membrane**, such as on the lip. The virus travels along the nerve to the central nervous system where it replicates causing illness, or lays dormant until a trigger or a lowered immune system cause the virus to flare up.

Help for Herpes

There is **no cure for herpes simplex**, although certain measures can be taken to reduce symptoms, improve recovery times, and lessen the number of outbreaks.

Medical Treatment

There are a number of antiviral drugs (oral and topical) that can be prescribed to help control outbreaks and serve as oral or [genital herpes](#) treatments.

While these drugs may help to relieve [herpes symptoms](#) and speed up recovery, it is important to note that **they do not cure or make the disease less contagious**, and it **can still be transmitted** to another person. It also needs to be noted that they often come with various potential **bothersome side effects** such as nausea, vomiting, and diarrhea.

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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.

As immune deficiency is one of the most common triggers of a repeated [herpes](#) virus outbreak, **naturally boosting the immune system is the most essential preventative measure**. This can be done holistically by eating a healthy diet, exercising, getting sufficient sleep, and supporting the body's natural ability to fight illness with herbal and homeopathic remedies.

Herbs such as Echinacea purpurea, Astragalus membranaceus, Inula helenium and Withania somnifera have been **successfully used for their antiviral and immune-boosting properties**, and provide a safe alternative or complimentary treatment to prescription antiviral medications. Tea Tree Oil, applied to the affected area, can rapidly dry up the blisters associated with a [herpes](#) outbreak and **significantly reduce recovery time and future outbreaks**. These herbs also work well to **treat active symptoms**, thus speeding recovery. While HSV cannot be cured, herbal ingredients sourced from a reputable company can go a long way in **keeping the virus dormant longer**, and be effective alternatives to conventional oral or [genital herpes treatments](#).

Self-Care Methods

There are a number of tips that can help you quickly and effectively battle an outbreak, by methods of at-home oral or [genital herpes treatments](#) and/or preventatives. Firstly, it is essential to **boost the immune system**, as this is the leading trigger of new outbreaks. By looking after your overall health and learning what your personal triggers are, you can help reduce the frequency of outbreaks. It is also important to **look after your emotional health**, as depression rates are high amongst people with [herpes](#). In turn, depression weakens the immune system.

Risk Factors

For many people, [herpes](#) is a nuisance disease that results in outbreaks of annoying and painful symptoms that come and go with little further consequence. However, it is important to realize that **HSV is highly contagious** and can be easily spread to others if precautionary measures are not taken. Symptom severity differs between individuals and in some cases, **complications can occur**. For example, studies have shown that woman with [herpes](#) have an increased chance of developing cervical cancer. For this reason, it is essential to have regular pap smears to detect cervical changes if you have HSV.

Another serious consequence of [herpes](#) in women is the possibility that it can affect a newborn child. **HSV in young infants is a serious and potentially fatal disease**, and the mortality rate can be as high as 25%.

Lastly, ocular [herpes](#) is a serious disease that can be caused by HSV-1 (the [herpes virus](#) strain that most commonly causes cold sores). **Ocular herpes is the leading cause of infectious blindness in the western world**. The [herpes virus](#) is transmitted to the mucus membrane of the eye either by touching an infected area (such as a cold sore, or [oral herpes](#)) and then touching the eye, or when the eye comes in contact with saliva (as the virus can be active in the saliva even if sores are not present). A common problem is the incorrect handling of contact lenses without washed hands, or when people use saliva instead of contact solution.

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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[Mom's Blog](#)

[Health or High Water](#)

[Pet Herbal Info Blog](#)

[The Natural Beat Blog](#)

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Tips for Coping with Herpes

For many people, receiving a diagnosis of HSV can be devastating, as it is a life-long ailment with no cure. While it does mean that you will have to be extra cautious, especially when involved in intimate relationships, **HSV does not have to rule your life**. There are many ways to **make the symptoms more comfortable** and **reduce outbreaks** to an absolute minimum.

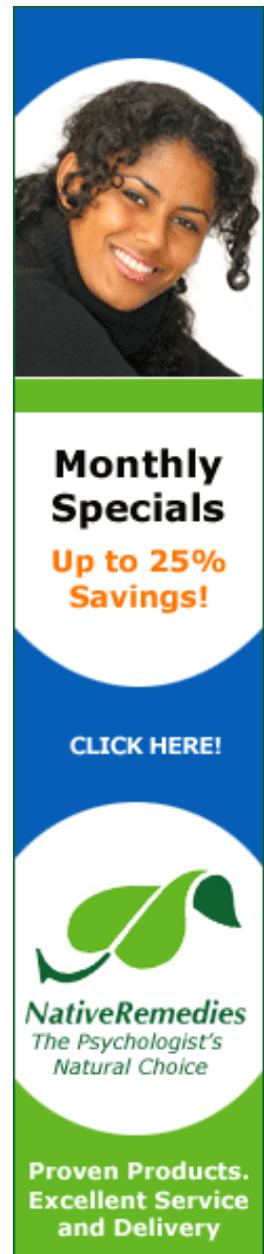
- **Use an ice pack** to help alleviate pain and swelling, and take a hot bath (with a pinch of baking soda) to help reduce itching.
- Keep the affected area **dry and clean**.
- **Avoid sexual intimacy** until blisters have completely healed, and when the virus is dormant, always use a condom to reduce the chance of your partner contracting the virus.
- **Apply tea tree oil** directly onto the sores several times a day.
- Avoid touching, rubbing or scratching the sores and **wash your hands immediately after contact** with them to prevent the infection spreading to other areas or other people.
- **Boost the immune system** with daily exercise, sufficient sleep and a healthy balanced diet.
- **Reduce stress levels** and take care of your emotional well-being. Consider counseling or stress management if you struggle to do this alone.
- **Increase vitamin C** intake during outbreaks.
- Consider **taking supplements** of the amino acid L-lysine, zinc, and garlic.
- **Make note of the 'trigger' foods** that sometimes lead to outbreaks. Avoid spicy and acidic foods as well as foods high in salt when you have an outbreak.

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.



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Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – 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.

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](#).

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:

Immunity Plus: For full immune system support for adults and teens

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 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 Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)
[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

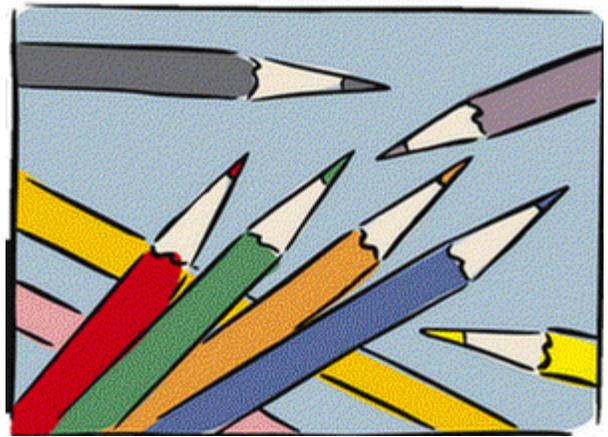
illustrated.

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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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.