

# Natural Help 4...

# High Cholesterol



## What is High Cholesterol?

Cholesterol is a **fat-like substance** found in every cell in the body, and plays an **important role in a variety of vital functions**, including building and maintaining cell membranes, hormone synthesis, and the manufacturing of Vitamin D.

However, the **body naturally manufactures adequate amounts** of cholesterol to sustain optimal body functioning, and so any extra cholesterol added through our diet is unnecessary. However, levels of **high cholesterol** can **become potentially dangerous**.

The body manufactures **two types of cholesterol** - LDL (which is seen as a *bad form* of cholesterol) and HDL (which is seen as a *good form* of cholesterol).

When **LDL levels** are too high, fatty deposits or plaque can start to **build up on the walls of the arteries**, decreasing the amount of blood that can flow through them-- posing a greater risk of heart attacks, stroke, arteriosclerosis, or coronary heart disease.

**Healthy levels of HDL will help to clean away cholesterol** in the arteries before it has a chance to build up. In order to maintain healthy levels, **LDL levels must be kept down and HDL levels up**.

Being diagnosed with **high cholesterol** can be distressing, and it is something that cannot be ignored. The good news is that **cholesterol can be controlled**, and many people use this as an opportunity to make positive lifestyle changes.

## Diagnosing High Cholesterol

To test **cholesterol levels**, a physician will **take a blood sample** which is later sent to a laboratory for a lipid profile or analysis. This analysis will show levels of total cholesterol, LDL cholesterol (bad cholesterol), HDL cholesterol (good cholesterol) and triglycerides (a type of fat in the blood).

## What are the Symptoms of High Cholesterol?

Like high blood pressure, which is often **referred to as the silent killer**, **high cholesterol** generally **has no symptoms** and is usually only discovered during a routine check up or when something else goes wrong.

If **cholesterol levels** are very high, small **yellow nodules** beneath the skin of the eyes, eyebrows or elbows may be noticed.

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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.

However, a blood test is the only way to determine [cholesterol levels](#), and according to the American Heart Association, **all adults over the age of 20 should have their [cholesterol levels](#) checked every 3-5 years**-- especially if they are overweight, already have a cholesterol problem, or if there is a family history of heart disease or [high cholesterol](#).

Cholesterol is measured in **milligrams per deciliter** of blood, and there are some standard guidelines that will help determine if [cholesterol levels](#) are too high.

## Standard Guidelines for Healthy Cholesterol Levels

The following [cholesterol levels](#) are considered desirable:

Total cholesterol:	below 200 mg/dL
LDL cholesterol:	between 100 and 130 mg/dL
HDL cholesterol:	above 40 mg/dL
Triglycerides:	below 150 mg/dL

Keep in mind that [cholesterol levels](#) will change from person to person depending on the presence or absence of a number of factors that may increase the risk of heart disease. These factors include smoking, age, family history, blood pressure levels as well as HDL [cholesterol levels](#). For the most accurate measurements, don't eat or drink anything (other than water) for nine to 12 hours before the blood test.

## What Causes High Cholesterol?

There is a definite **link between [high cholesterol levels](#) and a diet high in dietary cholesterol and saturated fat**, although genetic factors also play an important role. Smoking, diabetes, being overweight and insufficient exercise can also contribute to [high cholesterol levels](#).

## Help for High Cholesterol

It is very important to take steps to control [cholesterol levels](#). If it is left untreated, **[high cholesterol](#) can result in serious medical consequences** such as heart disease or a stroke.

The good news is that **[high cholesterol](#) can be well controlled** by combining a healthy lifestyle with the correct medical treatment. Treatment can include synthetic prescription medication, **natural remedies**, or a combination of both.

Research has demonstrated that a combination of natural remedies, regular exercise, and dietary changes can make a **significant** difference to LDL levels, and **reduce or even eliminate the need for prescription drugs**.

Natural ingredients such as Rooibos, Gugulipid and Red Yeast Rice are well known for their beneficial properties of reducing levels of LDL ('bad') and triglyceride, while increasing the levels of protective HDL cholesterol. With a few lifestyle



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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.

changes and a little help from nature, [cholesterol levels](#) can be well managed.

## Conventional Medical Treatments For High Cholesterol

Many people are prescribed synthetic medication to help reduce their [high cholesterol](#). In response to soaring rates of [high cholesterol](#) and atherosclerosis, the **pharmaceutical** companies have produced a class of drugs which are collectively known as **statins**.

Statins have a one-dimensional effect of reducing the body's ability to synthesize cholesterol. They **do not**, however, distinguish between the 'bad' cholesterol (LDL) and the 'good' cholesterol (HDL) and can also reduce levels of Co-enzyme Q10 and L-carnitine, two very important molecules which are involved in energy production and fat metabolism.

**Myalgia** and even stomach, lung and liver tumors have also been associated with the use of these drugs. It is very important that people who are taking prescription medication for [high cholesterol](#) be **regularly monitored** by their doctor.

## The Facts about Fats

- Modern day society has taught us that “fats” are bad, yet they are usually present in most tasty foods. The fact, the body needs some fats. A certain amount of **dietary fat helps in some very important bodily processes**, such as nutrient absorption, nerve transmission, maintaining cell membranes and hormone production. However, when consumed in excess, fats can lead to a number of health concerns such as weight gain, heart disease and certain types of cancer.
- It is important to **replace the bad fats with good fats** in the diet-- an essential key in trying to maintain healthy [cholesterol levels](#). Bad fats include saturated and trans fats, while good fats include monounsaturated and polyunsaturated fats.
- **Limit the amount of saturated fats consumed.** Saturated fats are mainly found in animal products such as meat, dairy, eggs and certain types of seafood (especially shell fish). Plant foods that are high in saturated fats include coconut oil, palm oil and palm kernel oil.
- **Trans fats are another type of bad fat** with absolutely no nutritional benefit, and should be at the top of the list of fats to avoid. Also known as trans fatty acids, this unhealthy substance is man-made through a chemical process of hydrogenation of oils to increase the shelf life and flavor stability. Unfortunately, trans fats are found in many products such as vegetable shortenings, most margarines, crackers, cookies, snack foods, and fast foods.
- **Monounsaturated fats are known as good fats**, as they lower total cholesterol as well as LDL cholesterol (bad cholesterol), while increasing the HDL cholesterol (good cholesterol) in the system. In moderation, these fats are healthy, and can be found in nuts, canola, and olive oil.
- **Polyunsaturated fats are also a good source of fats** as they too lower LDL cholesterol. Foods containing polyunsaturated fats include salmon and fish oil, most grain products, soy, and sunflower oil. Some mayonnaise and soft margarine may also be good sources, but this will differ between brands, so be sure to check the product label.

## Tips for Managing High Cholesterol

### 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.

### Great Health Sites

[Naturally Beautiful Me](#)

[Natural Pet Health Blog](#)

[Natural Holistic Health](#)

[Mom's Blog](#)

[Health or High Water](#)

[Pet Herbal Info Blog](#)

[The Natural Beat Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

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- Try replacing **bad fats with healthy fats**. The daily recommended amount of healthy fat should be near 25 g. When “bad fats” are consumed, make sure it is not often, and **limit the amount of these fats where possible**. For example, you can reduce saturated fat intake by making the meat portion of your meal far smaller than your portion of vegetables and whole grains, by opting for low-fat or fat-free products and choosing lean and skinless meat.
- **Replace cooking oils** that are high in saturated or trans fats with fats high in mono and polyunsaturated fats such as canola oil, olive oil and flax seed oil. Also look for soft margarines that include plant sterols, as these [lower cholesterol levels](#) (also present in some orange juices).

**Foods to eat:** garlic, fish such as tuna and salmon, nuts (especially walnuts and almonds), oatmeal and oat bran, soy, beans, lentils, sweet potatoes, fruits, vegetables (carrots are especially good), whole-grains, and high-fiber foods. When choosing dairy products, always opt for the fat-free and low-fat products.

**Foods to avoid:** many processed foods, French fries, doughnuts, cookies, crackers, muffins, pies, pastries and cakes, egg yolks, duck, organ meats (such as chicken livers, brains, hearts, kidneys, or sweetbreads), shellfish snacks and meats that are high in saturated fats, fried food, whole-milk dairy products, butter, cream, ice cream, cream cheese.

- If high cholesterol is a known problem, or tends to run in the family, **get levels checked at least every 3 years**.
- Smoking dramatically increases the chance of heart disease, and can compound an existing problem of [cholesterol levels](#). Continuing to smoke therefore puts the heart at serious risk. **Consider quitting smoking naturally!**
- Maintain a healthy weight. One of the first steps to lowering cholesterol is to **lose excess body weight**. While many people find this is the most difficult part, a little dedication, a healthy diet, regular exercise, and some help from a reputable weight-loss program can accomplish fitness goals.
- **Keep physically active**. Exercise helps to raise HDL levels and lower LDL levels, and is especially important for people who are overweight, and those who have high triglyceride and/or low HDL levels.
- **Drink alcohol in moderation**, as binge drinking or excessive alcohol intake increases the chance of heart conditions. Some research shows that moderate intake of certain alcohol, particularly red wine, shows a small increase in HDL or “good” cholesterol. Remember that ‘moderate’ refers to no more than one or two glasses daily!

## 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



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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 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

## **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.](#)

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**, 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:**

**Cholesto-Rite**: Helps maintain healthy LDL and HDL cholesterol levels and promotes the ability to fight free radicals.

Cholesto-Rite is a 100% safe, non-addictive, natural herbal remedy formulated by a team of experts in the field of natural medicine.

Cholesto-Rite has been designed to safely support the body in its ability to **maintain healthy levels of LDL and LDH cholesterol**, while also acting as a general cardiovascular tonic by promoting the body's natural ability to fight harmful free radicals.

Cholesto-Rite supports the **healthy functioning of the liver and cardiovascular system**, thereby helping to maintain balanced cholesterol in the veins and arteries.

Cholesto-Rite not only supports healthy levels of LDL cholesterol, but also encourages healthy levels of HDL, the 'good' form of cholesterol.

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

[Learn more about Cholesto-Rite](#)



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**ImmunityPlus**: Promotes bladder and urinary tract health.

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 or **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 ImmunityPlus](#)

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](#)  
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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

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*"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

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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](#)*

## Sales & Refund Policy

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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.