

Natural Help 4...

The Immune System



What is the Immune System?

The immune system is an amazingly intricate and complex system that **keeps us healthy** and **protects us against** all sorts of viruses, bacteria, microbes, parasites, and toxins.

To help us understand the power of our immune system, it is useful to take a look at what happens when anything dies, including the human body. Within hours after death, the body is invaded and taken over by a multitude of different bacteria, parasites, etc., and it does not take long for the body to be broken down and dismantled until all that remains is the skeleton. When we are alive this doesn't happen - which just goes to show us **how powerful and important** our immune system is.

Like with many things, **we often don't think about our immune system until something goes wrong with it.** Therefore, taking extra care in **strengthening the immune system** can help prevent many problems related to a weak system, such as many common immune disorders.

How does the Immune System Work?

The immune system has many different components both inside and outside the body. Starting from the outside, there are many different barriers that form part of the immune system.

The immune system is an immensely complicated and intricate system, and like all systems in the body, **it needs to be in top condition to perform optimally.** If it is compromised in any way, it will allow the germs to win the battle and disease will develop. We are surrounded by germs of all descriptions at all times without getting sick. **When our immune system is compromised and cannot effectively fight off the infection,** we become ill.

External Lines of Defense

The Skin – The skin is obviously a **physical barrier to many germs and toxins**, as it contains special immune cells called Langerhans cells that act as warning bells to alert the immune system to any foreign agents. Langerhans cells also regulate the immune response to these agents, evident in the skin's reaction to stinging nettles or a cat scratch. The skin also secretes antibacterial substances which hinder the growth of bugs on our skin.

The Mucus Membrane Linings - The eyes, nose, and mouth are all possible

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ports of entry for invading germs, but our tears, nasal secretions, and saliva all **contain enzymes or cells of the immune system to keep the invaders at bay.** The mucus membrane linings of the respiratory, gastrointestinal, and genitourinary tracts also provide one of the **first lines of defense against invasion** by microbes or parasites.

Internal Lines of Defense

If the germs make it past this first line of defense, they encounter a number of immune components inside the body including:

- The lymphatic or lymph system
- The thymus gland (in your chest)
- The spleen
- Bone marrow
- White blood cells or leukocytes
- Antibodies

The Lymphatic or Lymph System

The swollen glands that we all check for in the neck are in fact lymph nodes that are part of the lymphatic system. The lymph system is similar to the circulatory system, in that it is an **interconnected series of vessels carrying lymphatic fluid**, except that lymphatic fluid is not pumped around the body (like the heart pumps blood), but rather it moves passively. Fluid oozes in and out of the lymphatic system with normal body and muscle movement. **Lymph contains plasma** (the watery part of the blood) and helps to carry nutrients, oxygen, and waste products from the blood cells through the capillary walls. Germs generally find their way into this fluid and are then carried to the **lymph nodes**, which **act as filters**. The lymph nodes filter the fluid, and if there are any germs, the immune cells in the node rise to the occasion to fight them off. **If the lymph nodes swell up** during this process, this acts as a **sure indication of infection**. The filtered lymphatic fluid is then returned to the blood stream where the cycle starts again.

The Thymus Gland

The thymus gland is situated in the chest in front of the heart but behind the breast bone, and is **responsible for producing T-cells**, one of the important **germ-fighting cells** of the immune system. The thymus gland is very important for newborn babies (who need it to survive), but as we get older it becomes less important, as other parts of our immune system manage to compensate.

Bone Marrow

All the **cells of the immune system** are **originally derived from the bone marrow**. Our bone marrow produces blood cells – both red cells, which carry oxygen, as well as white blood cells, which are part of the immune system. There are many different types of white blood cells including T-cells, B-cells, natural killer cells, lymphocytes, etc. and they **all work together to destroy the foreign cells or germs**. The B-cells produce antibodies, or proteins that are specific to the germ (or antigen, which is anything foreign to the body) encountered. Specific B-cells are tuned into specific germs, and when that germ is



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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.

present, the corresponding B-cell multiplies rapidly and produces the antibodies to destroy that germ. The antibodies then bind to the germ and prevent it from entering our cells. If this is not enough, the antibodies will cover the germ and signal the complement system for assistance.

The Spleen

The spleen is also an important filtration organ, as it searches for and filters out foreign cells as well as old red blood cells that need replacing. In addition, the spleen plays an important role in activating appropriate immune responses by presenting the antigen to the appropriate T or B cells, which in turn can then produce large amounts of anti-bodies.

White blood cells or leukocytes

Immune cells are white blood cells, otherwise known as leukocytes, which are produced in large quantities in the bone marrow. There is a great variety of leukocytes, each with a specific function and role to play in the working of [the immune system](#). Some of these blood cells seek out and destroy foreign organisms, some dispose of infected or mutated body cells, while others release proteins called antibodies that alert other cells to destroy invading organisms.

Antibodies

Antibodies are Y-shaped proteins found in the blood and are made by B-cells. Essentially these proteins are used by the immune system to identify and block the effects of antigens. Thus when an antigen (or foreign cell) is identified, an antibody attaches itself - like a key fits into a lock – and neutralizes the effect of the antigen.

The Complement system

The complement system is a series of different proteins that work with (or compliment) the antibodies. These proteins flow freely in the blood and can therefore rapidly reach the site of an invasion where they can react directly with antigens (molecules that the body recognizes as foreign and potentially dangerous). When triggered, these complement proteins can trigger inflammation, attract eater cells such as macrophages to the area, cover intruders so that eater cells are more likely to destroy them, and directly kill intruders by causing the cells to burst. This in turn signals other ‘clean up’ cells, called phagocytes to come and remove the burst cell. Other substances such as hormones, tumor necrosis factor, and interferons also play an integral part in the functioning of the immune system.

What Can Go Wrong with the Immune System?

[The immune system](#) is **amazingly resilient and powerful**, protecting us daily from a wealth of viruses, bacteria, foreign cells, and our own cells that have “gone bad”, such as cancer cells. However, like with most amazing systems, sometimes things go wrong. There are a number of immune disorders which can be divided up into four main categories:

- Autoimmune disorders
- Immunodeficiency disorders
- Allergic disorders

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Autoimmune Disorders

Autoimmune disorders occur when [the immune system](#) mistakenly attacks the body's own tissues and organ cells. So instead of white blood cells attacking harmful antigens and pathogens, [the immune system](#) starts attacking healthy cells for reasons that are not yet clearly understood. There are more than 80 different types of autoimmune disorders which include:

- Lupus
- Addison's Disease
- Rheumatoid arthritis
- Scleroderma
- Multiple Sclerosis (MS)
- Graves' disease

Immunodeficiency Disorders

This category of [immune disorders](#) occurs when a **part of the immune system is not present or not working as it should**. Some people are born with an immune deficiency (called primary immunodeficiency), in which case they tend to be more inclined to catching colds, getting infections and allergies than most others. Other immunodeficiencies are acquired either through disease, injury, or certain medications. Some of the most common causes of immunodeficiency include:

- HIV (human immunodeficiency virus) and AIDS (acquired immunodeficiency syndrome)
- After-effects of chemotherapy and radiation therapy
- After-effects of other immunosuppressant medication, such as corticosteroids and drugs used to prevent transplant rejection
- Malnutrition
- Sickle cell anemia
- Certain infections such as measles
- Severe burn trauma

Allergic Disorders

Many individuals **suffer from allergies caused by a hypersensitivity reaction** of [the immune system](#) to certain allergens in the environment. Some common allergens which trigger this reaction are dust, pollen, pet hair, bee stings, and certain foods. When these antigens enter the body, the immune system tends to overreact and antibodies quickly cause the release of histamine, which results in an allergic reaction. These reactions differ in severity and may include itchiness, hives, rhinitis, and in more serious allergies, swelling of mucous membranes such as in the nose and throat, leading to potential difficulties and anaphylaxis. Common allergic disorders include:

- Asthma
- Eczema
- Contact dermatitis
- Food, environmental, and insect bite allergies



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Cancers of the Immune System

When cells of [the immune system](#) are over-produced and the normal body mechanisms of keeping them in check fail, they become out of control and the result is cancer. For example, when the body over-produces white blood cells, the result is leukemia. Other cancers associated with [the immune system](#) are:

- Lymphoma
- Hodgkin's disease
- Multiple myeloma

While **not all of these immune disorders are preventable, some are**, and necessary precautions should be taken to ensure that you give your [immune system](#) all the help it needs to remain strong and resilient against illness. Eating a healthy diet, getting enough exercise, practicing good hygiene and safe sex can go a long way to assisting and maintaining your immune system.

Help for the Immune System

Antibiotics treat bacterial infections when [the immune system](#) alone couldn't mount an adequate response against [immune disorders](#). Therefore a **strong and healthy immune system should negate the need for any antibiotics** in the majority of situations, therefore it is so critical to always consider [strengthening the immune system](#) by taking preventative measures, to help avoid unnecessary medication.

Natural remedies have been used for thousands of years to help promote the peak functioning of [the immune system](#) so that the body will be working at its best ability to ward off disease and infection.

What are Antibiotics?

Antibiotics are specific chemicals aimed at killing off the targeted bacteria (they are not effective against viruses and should not be taken for a viral infection). In theory antibiotics are supposed to do this without damaging the cells of our body, but **antibiotics do come with side effects and consequences**. The paradox is that antibiotics were developed to help [the immune system](#), but in reality they actually impair it. This **paradoxical effect** was first noted in 1950, but couldn't be confirmed, and it was only in 1972 at the Baylor School of Medicine in Houston that it was documented that some antibiotics actually prevented white blood cells from attacking and killing bacteria. This included some of the well-known antibiotics used today such as tetracyclines, erythromycin, and chloramphenicol.

It is fairly **common practice nowadays to take probiotics when on an antibiotic** to replace the 'good' bacteria in our digestive tract in order to reduce the gastric side effects of the antibiotics. However, there are also bacteria in the stomach that produce specific proteins that stimulate our immune systems. When these bacteria are killed off too, a temporary halt is put on our [immune system](#) and this increases susceptibility to additional infections.

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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](#).

The Drawbacks of Antibiotics

Excessive use of **antibiotics sets up a vicious cycle**:

The more you take antibiotics, the more you depress your immune system. The more depressed your immune system is, the more likely you are to get another infection. If you get another infection, you will get another antibiotic, and so the vicious cycle continues.

In addition, because of improper prescribing and usage by patients, **the incidence of antibiotic-resistant bacteria is increasing**. This can lead to serious illnesses as well, as people taking more than one antibiotic for one infection or taking a much stronger, and more dangerous, antibiotic.

Similarly, there are also many over-the-counter preparations available that do as much harm as good, and for which the long-term side effects are not always known. In medical trials, it is usually only the short-term efficacy and side effects that are tested and measured.

It is also important to remember that **many of the symptoms that we seek to treat** are actually the body's way of dealing with the infection and **are proof that the immune system is working** and doing its job. For example, a runny nose with a cold is the body's way of trying to rid itself of germs, and trying to stop this process also stops the body from expelling the pathogen.

Herbal and Homeopathic Remedies for the Immune System

Herbs have been used to treat people effectively for thousands of years – long before anyone knew anything about viruses, bacteria, enzymes, and chemical structures. What they did know was that certain **herbs helped for specific conditions or were able to strengthen and protect from illness or immune disorders**. While there is no doubt that modern medicine has made huge strides and advances in health care, it is only recently that scientists have stopped their singular search for chemicals that kill bacteria and viruses, and are starting to realize that **strengthening the immune system can allow your body to naturally fight off infectious agents** - without the drawbacks of antibiotic therapy.

Many herbs such as Echinacea purpurea, Astragalus membranaceus, Inula helenium, and Withania somnifera are renowned for their antiviral, antifungal and antibacterial properties, as well as their excellent ability to strengthen and assist **the immune system**. These herbs work as a tonic for **the immune system** and are often recommended to **prevent and assist recovery from illness or infection**. Natural knowledge and approaches utilized for centuries are being revived to reclaim their rightful place as part of a **holistic approach to health**.

Self-Care Prevention Measures

Here are some of the lifestyle factors that you can employ to **keep your immune system in peak condition** and able to ward off recurrent infections.

- Make sure that you **get enough sleep** – this means both an **adequate**



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- quality** of sleep as well as an **adequate length** of sleep. Sleep is one of the most important factors in maintaining a strong and healthy [immune system](#)
- Ensure that you have a **wholesome, nutritious diet** rich in fresh fruits, and vegetables (preferably organically grown), whole-grains, legumes and natural oils.
 - **Exercise and keeping active** is not only good for your body and your mind, but also helps to optimize immune functioning. In addition, regular moderate exercise will help to relax you and will also encourage healthy sleep. Not to mention, the more we move, the more our lymph is circulated - thus, the better this system can function.
 - **Maintain a healthy weight.** Being too thin or overweight can equally depress [the immune system](#).
 - Stress is also bad for [the immune system](#). While small amounts of stress can be beneficial, prolonged stress depresses [the immune system](#). If you are experiencing anything like this it is important to treat it. **Anxiety and depression can also compromise [the immune system](#)** – a healthy mind leads to a healthy body.
 - **Laugh** – the chemicals produced when we are happy have receptor sites on cells all over our body so happy minds can make happy, healthy cells
 - **Don't smoke and avoid secondhand cigarette** and tobacco smoke. The chemicals contained, even in secondhand smoke, all depress the immune system and have a negative impact on its functioning.
 - **Reduce exposure to germs.** Practice good hygiene habits such as washing your hands before meals and after going to the toilet. Stay away from people who are sick and, where possible, keep your children in smaller day care centers or crèches.
 - **Avoid the excessive use of antiseptic and antibacterial** soaps, sprays, and other detergents. While these may kill bacteria and other organisms in the short term, they also **contribute towards the development of resistant strains** of bacteria which at times can reach epidemic proportions. Use natural ingredients such as Tea Tree oil and certain aromatherapy essential oils. Do not keep children 'too clean'. A certain amount of 'healthy dirt' is good for [the immune system](#)!
 - We are surrounded by toxic chemicals and pollutants wherever we go, at home and in the environment. Where possible **use safe non-toxic chemicals** at home, in your toiletries and in your gardens.
 - **Avoid excessive sun exposure**, as this can depress the [immune system](#) – this is why cold sores are so common after spending time in the sun. Sunlight is necessary to produce Vitamin D so don't avoid it entirely, just be sensible about the time of day and length of time you spend in the sun, and wear sun block.
 - **Avoid the vicious antibiotic cycle.** While antibiotics may be necessary in some cases, they are generally over-prescribed and used as a first option instead of a last resort. Try **exploring natural health options**, as there are many herbs with a long history of use that are well-known to strengthen different parts of [the immune system](#).

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also

sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

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

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future 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.

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!

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Kiddie Boost™ : Support healthy immune functioning in children.

KiddieBoost is a 100% safe and natural formula containing carefully selected herbal ingredients known for their **tonic effects on the immune system**, as well as their high safety profile in children's remedies, compared to possibly harsh antibiotic side effects in children.

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KiddieBoost is developed with care by our team of specialists, is 100% natural, and manufactured according to the highest pharmaceutical standards using the **whole spectrum method** of herbal extraction.

This method ensures 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 Kiddie Boost](#)

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With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

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

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer **basic courses** as well as several [Mini Courses](#) which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

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All graduates of an Alternative Healing Academy home study course will receive a 20% discount off [AHHA Practitioner Membership](#) if they meet qualifying criteria and join within six months of their graduation date.

About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

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Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



Course Testimonials

"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."

-A. Lindquist - Advanced Aromatherapy Practitioner

"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."

-M. Oliver - Basic Anatomy & Physiology

"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."

-Debbie F. - Basic Reflexology

"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material."

"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to."

"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."

-Jean Russell - Basic Reflexology Course

"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it."

"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."

-Megan P. - Advanced Aromatherapy Course

Our Associations

Organizational Member of the American Holistic Health Association - <http://www.ahha.org/>

Professional & Business Member of the National Association of Holistic Aromatherapy - <http://www.naha.org/>

Professional Member of the International Reflexology Association - <http://www.holisticbenefits.com/ima/international-reflexology-association.html>

Professional Member of the International Aromatherapy Association - <http://www.internationalaromatherapyassociation.com/>

Payment plans are available, please [Click Here for More Info](#)

Sales & Refund Policy

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.