

Male Infertility



What is Male Infertility?

Men are often astounded to discover that they have reproduction problems which may be affecting their ability to father a child. **Reproductive problems in men** such as the poor quality or quantity of sperm being produced, hormone disorders, reproductive anatomy trauma, obstruction and sexual dysfunction can all prevent conception from taking place.

Infertility is defined as the **inability to achieve a pregnancy** (impregnating a woman) after one year of well-timed, unprotected intercourse. It is estimated that **male infertility** is involved in about 40% of the 2.6 million married couples in the United States who cannot conceive.

As many as one-half of these men experience irreversible infertility and cannot father children at all, while a small number of these cases are caused by a treatable medical condition. A combination of both male and female factors is responsible in about one-third of cases.

The **signs and symptoms of male infertility** are not always obvious. In most instances, intercourse, erections and ejaculation will usually happen without difficulty. The appearance and quantity of the ejaculated semen would also appear normal to the naked eye. Some **signs of hormonal problems** such as changes in hair growth or sexual function may indicate infertility.

Coping with male infertility is extremely difficult. Men often see infertility as a failure which brings about a number of negative emotions such as guilt, depression, anger, stress and frustration. Today, however there are various **treatment options that can help infertile men become fathers.**

Diagnosing Male Infertility

A couple who have had well-timed, unprotected intercourse for a year should consult their doctor for a fertility evaluation. In the case of men, a thorough physical examination will be performed. Certain tests such as semen testing will determine the number, movement and shape of the sperm in the ejaculate.

Blood tests will be able to check if **hormone levels that control sperm production are normal** or if there may be a genetic problem. In addition, urine is also tested to check for retrograde ejaculation in men who produce low volumes of ejaculate. A testicular biopsy may be performed to ascertain whether there is an obstruction in the testicular reproductive tract or a sperm production problem is present.

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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.

What Causes Male Infertility?

The most **common causes of male infertility** involve abnormal sperm production, the way in which sperm is delivered, lifestyle and health issues. These causes may include:

Abnormal sperm production - One of the most **common causes of infertility in men** is as a result of the sperm production process in testes. If the shape and structure of sperm is hampered, sperm may not be able to reach the egg.

Low sperm concentration - Low sperm concentration, known as sub-fertility, is defined as 10 million or less sperm per milliliter of semen. The count for **normal sperm concentration** is greater than or equal to 20 million sperm per milliliter of semen.

Blockage of sperm delivery - Obstructions that occur in the tubes leading sperm away from the testes to the penis can cause a total lack of sperm in the ejaculated semen.

Testicular Varicocele - A varicocele is a dilated or varicose vein and when it occurs in the scrotum it may prevent normal cooling of the testicle. This leads to **reduced sperm count** and motility

Undescended testicle or testes - Undescended testicle or testes is the term used **when one or both testicles fail to descend from the abdomen** into the scrotum during fetal development. Because the testicles are exposed to the higher internal body temperature, compared with the temperature in the scrotum, sperm production may be affected.

Hormonal problems - If the pituitary gland, which is situated at the base of the brain, does not send the correct signals to stimulate the testes, **low testosterone levels** may be caused. Because of this sperm cannot be produced.

Sexual problems - Sexual problems such as erectile dysfunction, ejaculation difficulties, low libido or lack of sex drive can prevent a couple from conceiving.

Underlying medical conditions - An existing medical condition such as thyroid disease, diabetes or Cushing's syndrome may also affect fertility.

Genetic defects - In the genetic defect Klinefelter's syndrome, a man has two X chromosomes and one Y chromosome instead of one X and one Y. This causes **abnormal development of the testicles**, resulting in low or absent sperm production.

Risk factors that affect male infertility - There are several risk factors that may affect male infertility - some of which can be avoided.

Age - A man's fertility declines as he ages. It has been estimated that the amount of semen ejaculated and sperm motility begins to slowly decrease in men or from the age of 37 years.

Tobacco smoking - Smoking tobacco is believed to affect the quality of semen.



The advertisement for NativeRemedies features a green leaf logo at the top. Below it, the text reads "NativeRemedies THE NATURAL CHOICE". A green banner with white text says "LIVE A HEALTHY LIFE!". The central image shows a smiling family of four: a woman, a man, and two children. Below the image, the text states "Proven, Safe, 100% Natural Herbal and Homeopathic Remedies for You and Your Family". At the bottom, there is a brown button with the text "CLICK HERE".

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.

Not only does smoking pose a health risk to the smoker but a larger number of birth defects have been found in the children of men who smoke.

Alcohol - Drinking large amounts of alcohol can have negative effects on the reproductive system. It is also detrimental to your liver and general health.

Recreational drugs - Drugs such as anabolic steroids, generally used by athletes, reduce sperm production by stopping the hormones made by the pituitary gland. Other drugs such as cocaine or heroine also affect sexual performance and health.

Sexually transmitted diseases (STDs) - Sexually transmitted diseases such as gonorrhea and genital herpes can affect sperm production and damage the epididymis, preventing sperm from passing from the testes to ejaculate. If you have an STD, seek immediate treatment from your health practitioner. **Practice safe sex and make sure that you are tested for STD's** before planning a family.

Tight underwear - Research has suggested that tight underwear can decrease sperm counts. **Wear loose boxer shorts** to reduce the chances of heat stress on sperm production.

Hot baths, saunas and spas - Men should avoid hot baths, saunas and spas because the body temperature, especially around the testes, can **reduce sperm production**. Sperm require a cool environment to develop.

Help for Male Infertility

Research has shown that up to one-half of male infertility can be corrected. Treatment options depend on the severity and the **cause of the infertility**. There are a number of treatment options such as drug therapy, surgery and assisted reproductive therapy. While these treatments can be effective they are often costly and may also have some serious side effects.

For centuries, natural and holistic treatments have used been to treat infertility as well as overall male reproductive health. Treatments such as herbal and homeopathic remedies are gentle enough to use, without the harsh side effects of allopathic medicine.

Fertility-enhancing herbs such as Epimedium grandiflorum (Horny Goat Weed) promote male potency and libido, while also acting as a natural aphrodisiac and increasing sperm production. Centella Asiatica (Gotu Cola) has a wide range of beneficial effects such as ensuring an adequate supply of blood and nutrition to the male organs and also helping to strengthen erections and sexual desire. In addition, Tribulus terrestris (Gokshura) is also an excellent tonic for the male reproductive system.

Conventional Treatments

If sexual problems such as premature ejaculation, impotence or erectile dysfunction are causing infertility, drug therapy or certain behavioral approaches can help.

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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Medications may also improve sperm production, fight sperm antibodies, cure infections of the urinary tract, testes or prostate that compromise sperm as well as hormonal dysfunction. Surgical procedures are performed to treat reproductive tract obstruction and varicoceles.

The use of assisted reproductive therapy includes electroejaculation, sperm retrieval and washing, in vitro fertilization (IVF), intracytoplasmic sperm injection (ICSI) and gamete intrafallopian transfer (GIFT). Different methods may help to improve erectile dysfunction, obtain sperm, induce sperm production and inseminate an egg.

Nutrition is also very important. Eating healthily is essential so that the reproductive system can function properly. Certain nutritional deficiencies such as a lack of vitamins and minerals can inhibit sperm production, impair hormone function and cause the production of abnormal sperm. Exercise is equally important – helping to promote circulation and blood flow to the reproductive organs.

Coping with Male Infertility

Coping with infertility is not easy. Many emotions of anger, frustration and confusion will be experienced. Many men feel alone and feel that they have failed. There are ways to help you cope effectively with infertility. Use these helpful tips:

Manage your feelings and emotions by speaking openly to your partner
Join a support group or attend counseling sessions to deal with your emotions
Reduce stress and learn to relax by listening to soothing music, working out at the gym or walking. A detox is also a good idea to remove impurities in your system.

Consider other options such as adoption, donor sperm or surrogacy
Do not be so hard on yourself, give yourself a break and accept that you are giving the fertility process your best shot.

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



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it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, 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 – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines

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](#).

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:

Fertile XY™: Promotes healthy functioning of male sexual organs, sperm and testosterone production.

Fertile XY is a 100% safe, non-addictive natural herbal remedy containing a selection of herbs that **support sperm production** and function.

Fertile XY has been formulated to the **highest therapeutic standards** and manufactured under strict pharmaceutical conditions to encourage and **promote virility and seminal potency**.

Fertile XY has been used for many years to safely maintain health, and **systemic balance in the male reproductive system**.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Fertile XY](#)

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!

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[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

"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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