

# Natural Help 4...

## Metabolism



### What is Metabolism?

Metabolism is the term used to describe the process by which the body converts food and nutrients into energy. The **body's metabolism** is like an engine, it runs all the time – whether we are eating, moving, thinking or even sleeping! Without our metabolism, we would not be able to live. It is needed to perform all bodily activities, create new cells and tissue, maintain body temperature, **heal injuries**, **repair damage and free the body of all toxins**.

Your metabolism kicks in when you eat and your stomach begins to digest your food. After you have eaten, the body uses enzymes released by the pancreas and thyroid gland to break down the digested food into simple substances (sugars, amino acids and fatty acids). These substances are distributed by the bloodstream and absorbed by the body cells to be used as energy to run the various processes in the body. Excess energy is then stored by your body (as either muscle or fat) so that it can be used in the future.

### Two Types of Metabolism

There are two **types of metabolism**, catabolic metabolism and anabolic metabolism. **Catabolic metabolism** refers to the breaking down of large molecules into smaller ones so that they can be easily absorbed. **Anabolic metabolism** is when small molecules are assembled into larger ones. Your body's metabolic processes are also used to break down chemicals, such as drugs or toxins, in the body.

### How is Metabolism Measured?

Everybody has a unique **resting metabolic rate**, called your **basal metabolic rate** or BMR, which determines how quickly, or slowly, your body uses up energy when you are resting. Metabolism is measured according to your basal metabolic rate (BMR). This calculation will determine how quickly your metabolism works when you are resting.

### What Factors Can Affect your Metabolism?

Nutrition, hydration and physical activity are vital contributors to a **healthy metabolism**. When you skip meals or reduce your calorie intake, your metabolism decreases because the body burns fewer calories and less fat, or stores the excess fat – resulting in unwanted **weight gain**. It is very important when on a weight loss program to gently increase your **metabolic rate** through regular small meals, and moderate physical activity so that a healthy body mass may be



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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.

achieved.

## Common Causes of Changes in Metabolism

**Lean Muscle Mass:** Lean muscle mass burns more calories than any other part of your body, and a higher percentage of lean body weight results in a **higher metabolic rate**. (That's why building muscle is a good idea if you wish to shed a few pounds!)

**Age:** When you become older, your [metabolism](#) slows down as you lose lean muscle mass. This **metabolic decline** usually starts from the age of 30.

**Sex:** Men generally have higher levels of lean muscle mass (because of the availability of testosterone) which results in higher BMR than women as well as the difference in body size and composition to women. Women in general, have lower metabolisms than men.

**Height:** Tall people tend to have a more active [metabolism](#) and need more calories to stay energized because they have a larger surface area for their bodies to fuel.

**Genetics:** Family history also influences your [metabolism](#). Some people are born with a slower [metabolism](#) causing them to gain weight more easily.

**Eating patterns:** When you eat regularly throughout the day, your [metabolism](#) becomes more active and burns off the calories. If you do not eat regularly (like only having lunch and a late dinner), your body goes into "starvation mode" causing your [metabolism](#) to slow down and your body to store excess energy as fat.

**Sleep:** Adequate and effective sleep is crucial to **boost your [metabolism](#)**. When you don't get enough sleep, an increased amount of fat is stored as a result of the inability to metabolize carbohydrates. This leads to **high blood sugar levels** causing an increase in the levels of insulin produced and increasing the stores of unused fat. The outcome is **weight gain** or an inability to lose weight easily.

**[Metabolic Disorders](#):** Metabolic disorders are rare and occur when there is an abnormal level of a particular body chemical (either enzymes or substances) or a malfunctioning in the metabolic process. This can cause a buildup of toxic substances or a lack of substances required for the body to function normally.

Most **[metabolic disorders](#)** are genetic, usually when genetic defects are passed from both parents to the biological child. Metabolic disorders are categorized by the biochemical pathways, the components of the cell involved and the enzyme affected.

## Types of Metabolic Disorders

The **treatment of [metabolic disorders](#)** depends on the individual's overall physical condition, as well as the type and the severity of the disorder.

## Various Types and Descriptions of Metabolic Disorders



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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.

## Hyperthyroidism

This condition is caused by an **overactive thyroid gland** which releases the hormone, thyroxine which, at normal levels, helps the [metabolism](#) to function properly. When too much thyroxine is released, your basal metabolic rate (BMR) is increased. Symptoms such as **weight loss, increased heart rate and blood pressure**, a swelling in the neck and protruding eyes may be an indication of **hyperthyroidism**.

## Hypothyroidism

This condition is caused by an **underactive thyroid gland** either due to a developmental problem, nutritional deficiency, **thyroid disease** or problems with the pituitary gland . When too little thyroxine is released, your basal metabolic rate (BMR) is reduced. **Symptoms of hypothyroidism** include fatigue, weight gain, slow heart rate and constipation.

## Diabetes

Diabetes is a condition that occurs when the body cannot use glucose properly. There are two principle **types of diabetes**, Type 1 Diabetes and Type 2 Diabetes.

In **Type 1 Diabetes**, the pancreas produces little or no insulin, and insulin has to be taken everyday. Symptoms may include increased thirst and urination, extreme fatigue, constant hunger, weight loss, and blurred vision. If a person **suffering from type 1 diabetes** is not treated with insulin, he or she may lapse into a life threatening diabetic coma.

Type 2 Diabetes is the **most common form of diabetes** and is also known as 'Insulin Resistant Diabetes'. The pancreas usually produces enough insulin but the body is resistant to it and needs increasingly larger amounts of insulin to perform the same functions. Most people with type **2 diabetes** are overweight.

Symptoms may include fatigue, increased thirst and hunger, frequent urination, weight loss, blurred vision, and slow healing of wounds or sores. Some people may experience no symptoms at all. Type 2 diabetes is often associated with older people, family history of diabetes, previous history of gestational diabetes, physical inactivity, obesity or certain ethnicities.

### • G6PD deficiency

G6PD is an enzyme produced by red blood cells and helps the body to metabolize carbohydrates. G6PD deficiency (Glucose 6-phosphate dehydrogenase) can result in the damage and destruction of red blood cells known as haemolytic anemia. Common **symptoms of haemolytic anemia** include lack of color of the skin, dark colored urine, jaundice, fever, weakness, dizziness and confusion.

### • Galactosemia

Galactosemia is a rare genetic disorder that is caused by a liver enzyme deficiency needed to digest galactose (breakdown product of lactose found in milk products). Because galactose cannot be broken down, it builds up in

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the blood and causes serious problems. Symptoms usually occur in babies and include vomiting, swollen liver, and jaundice. If left untreated, eye, brain, liver and kidney damage can be caused.

- **Phenylketonuria**

Phenylketonuria (also referred to as PKU) is a genetic disorder that is caused by the inability of the body to break down the amino acid, phenylalanine - essential for normal growth in infants and children. It occurs predominantly in infants, and if left untreated, can lead to mental retardation and seizures. Newborns with phenylketonuria do not present with any symptoms at birth. It is only over time that symptoms such as mental retardation, behavior or social problems, seizures, stunted growth or a small head size will become apparent.

## Boosting your Metabolism

Natural and holistic remedies are very effective **treatments to boost a slow metabolism** and treat symptoms such as fatigue, weight gain, or mood swings.

**Herbal and homeopathic remedies** can be used to support the body and address underlying conditions without the negative side effects of prescription and over-the-counter medication.

**Natural metabolism boosters** may also contain ingredients such as Gallium aperiene, Taraxacum officinalis, Glycyrrhiza glabra, Erythraea centaurus and Paulina cupana (guarana) – all plants that have energy boosting properties to **assist the metabolism and promote a healthy weight**. Herbs such as Fucus vesiculosus, Garcinia cambogia and Capsicum minimum also improve a sluggish or imbalanced **metabolism**. Consult a homeopath or herbalist about a remedy that suits your symptoms.

## Increase your Metabolism – Give it a Boost!

- **Eat Healthy**

Eat lots of fresh fruit and vegetables, skinless poultry, fish and lean meat. Grill, bake, steam, barbecue, broil, sauté or poach food rather than fry and reduce your carbohydrate, sugar and dairy intake. Do not skip meals, especially breakfast which will help to kick-start your **metabolism** after sleep. **Natural metabolism boosters** include eating smaller portions throughout the day – at least six mini meals including snacks. Try to also eat most of your meals earlier in the day with a light dinner before 8pm and drink at least eight glasses of water a day to suppress your appetite and to replace high calorie drinks such as juice, soda or alcohol.

- **Exercise Regularly**

**Natural metabolism boosters** include increasing your physical activity by exercising. A regular exercise program of at least 30 minutes a day, five days a week will help to keep the pounds off. Add weight training to your exercise routine to build lean muscle mass because the more muscle created, the more calories are burned. While there are rigorous exercise and training programs that might appeal to some, others can bike, skate, swim, dance,



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play tennis or golf to get some form of exercise.

- **Increase your Intake of Vitamin Supplements**

If you experience low energy levels, you may need to add Vitamin B12 supplements to your diet. Vitamin B12 **boosts energy levels** and helps to **overcome fatigue** by ensuring that the red blood cells are besting peak condition.

- **A Good Night's Rest**

Make sure that you get adequate sleep and rest so that the body has an opportunity to regenerate itself. Approximately seven hours of sleep each night has an effect on the hormones that help to **regulate body weight and appetite**. Studies have shown that individuals who slept less tended to gain weight more easily.

- **Avoid Making Drastic Changes to your Body**

Do not starve yourself or try any crash diets. When you **lose weight** too quickly, it is not only dangerous to your health but also interferes with the metabolic process. **Weight loss** is a slow, gradual process which requires determination and patience. With the help of a well balanced eating plan, regular exercise and a supportive network structure, achieving your goal weight is possible.

## **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

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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.

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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

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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:**

**Slimmer's Assist**<sup>™</sup>: Assists body with metabolism, digestion and the healthy breakdown of dietary fat.

Nature offers a variety of **healthy weight loss supplements**. Triple Complex Slimmer's Assist is a combination of three, cellular-supporting tissue salts each selected for their **supportive effect on metabolism and digestion**.

This combination of tissue salts can be used regularly in a general capacity to **promote systemic balance** in the body on a cellular level, as well as in conjunction with other remedies to maintain therapeutic effectiveness.

Tissue Salts, also called cell salts or biochemic salts, are composed of minerals which occur naturally at a cellular level in our bodies and all organic matter on earth, such as plants, rocks and soil.

There are twelve essential tissue salts that have been identified as being essential components of all body cells and without which, true health is not possible. Each tissue salt plays a different, yet **vital role in maintaining cellular health** in all the organs and systems of the body.

**Healthy weight loss supplements** emphasize on making sure that your **digestive system and metabolism are functioning effectively**. This will also mean that you will enhance the bio-availability of all supplements, remedies and even nutrients in your diet - thereby maximizing all your slimming efforts!

And because our tissue salts are naturally occurring in the body and manufactured to ensure safe, yet optimum potency, they are **safe to use for all ages** (from infancy to old age) as well as during pregnancy!

[Learn more about Slimmer's Assist](#)

**EcoSlim**<sup>™</sup>: Safely and naturally lose weight without the side effects of diet pills.

EcoSlim is a 100% safe, non-addictive natural herbal remedy formulated for adults by our team of natural health experts. **Weight loss supplements** such as EcoSlim can especially benefit those individuals needing to consistently **support routine weight management and a healthy metabolism** without compromising health or serious side effects.

EcoSlim is effectively used as part of a total slimming program to safely support healthy metabolism, energy levels and systemic balance in the stomach and digestive system, **without harmful side effects and without stimulants**.

In combination with a healthy lifestyle and balanced diet, EcoSlim supports the healthy functioning of the digestive system, thereby helping to maintain optimum performance.

Vital organs in the body that are instrumental in **regulating weight, metabolism and energy** expenditure need systemic balance to function properly.

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 EcoSlim](#)

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.

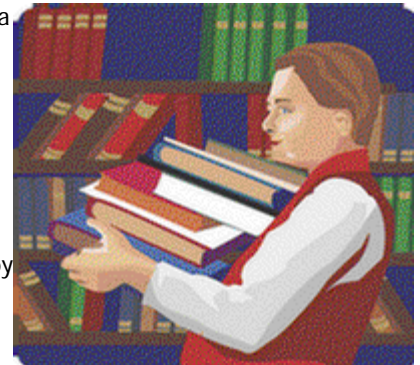
The Alternative Healing Academy has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

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/>

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