

Natural Help 4...

Mood Swings



What are Mood Swings?

Mood swings are characterized by a **drastic change in emotion** from one side of the spectrum to the other. If one moment someone is contentedly going about their daily tasks, and the next moment is suddenly upset, irritated or downright hostile, they may suffer from mood swings.

It is completely normal to experience the wide range of negative emotions like anger, irritability, tearfulness and sadness that affect us all from time to time. But **when out of control mood swings start to affect our ability to function properly** in jobs or personal relationships, they become an issue worth addressing.

Who Suffers from Mood Swings?

Studies have shown that **women experience mood swings twice as often as men**. This is not surprising as many mood swings are the result of fluctuating hormone levels as occurs in premenstrual syndrome, pregnancy or post-partum stages. There are a number of causes for mood swings (that affect both men and women) and when the underlying cause is addressed, mood swings usually dissipate.

Although mood swings are the main characteristic of bipolar disorder, the two should not be confused. Mood swings are a fairly normal part of life but become troublesome when they become excessive and frequent. The **violent mood swings** associated with bipolar disorder are much more severe and generally need professional treatment.

Diagnosing Mood Swings

Diagnosing mood swings involves a specialist taking account for your feelings throughout an average day. One way might be to chart your moods over the course of a week. If you experience erratic changes in your emotions or mood swings, **it can help to see what set your mood swings off**. This can often inform the method of treatment chosen to remedy them.

When Should You Worry about Mood Swings?

While the occasional mood swing can be expected and tolerated in daily life, **out of control mood swings** can become severe and debilitating. If you find that your mood swings are unpredictable, uncontrollable or consistently

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

disproportionate to the situation, it is advisable to seek a professional assessment or start examining possible underlying causes.

Sometimes the solution is as simple as a change in diet, exercise or sleep patterns, but in others it may suggest a more serious problem. Even if moodiness is due to normal expected hormonal changes such as in menopause, there is no need to suffer through them, as there are treatment options available to help you regain your [emotional](#) stability and serenity.

What Causes Mood Swings?

[Violent mood swings](#) can be caused by a number of different conditions and complaints. Sometimes fluctuating moods are simply our reaction to daily aggravators and certain situations, but most of the time [mood swings](#) suggest that something is out of balance or physically wrong.

Causes and Common Triggers of Mood Swings

- **A chaotic or unbalanced life-style with too much stress.**
- **Lack of sleep or too much sleep** (the average individual needs approximately 7-8 hours of sleep each night.) This may be due to poor sleeping habits or a sleep disorder such as insomnia or sleep apnea.
- **Unhealthy diets lacking in the necessary vitamins and nutrients.** Eating too much sugar and wheat or not eating enough fresh fruit, fiber and vegetables may lead to feelings of moodiness. Our moods tend to fluctuate along with our blood sugar levels and so eating fast energy releasing foods generally leads to emotional highs and lows and feelings of fatigue.
- **Stopping Smoking (nicotine withdrawal).**
- **Anemia** either due to poor iron absorption or a lack of iron in the diet.
- **Chemical imbalance** in the brain including conditions such as depression, bipolar disorder and anxiety.
- **Hormonal changes** such as during and after pregnancy, pre-menstrual syndrome (PMS), post-partum depression and menopause are commonly associated with [mood swings](#). Teenagers can also suffer [mood swings](#) due to the hormonal changes related to puberty.
- **Alcohol abuse** (as well as mild alcohol consumption) and drug abuse.
- **Attention Deficit Hyperactivity Disorder (ADHD).**
- **Hypoglycemia.**
- **Side effects of certain medications.**

Help for Mood Swings

Treatment for [mood swings](#) will **depend on the severity and the underlying cause** of the [mood swings](#). The first step of action should be to make a note of when the [mood swings](#) occur and after what activities.

If you keep a strict mood diary you will probably begin to notice a pattern such as [violent mood swings](#) after eating too much sugar, the day after a night out drinking or just before your menstrual cycle.

This will give you some clue as to what life-style changes are necessary and may also help your doctor make a more accurate diagnosis.



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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.

Treatment Options for Mood Swings

Lifestyle Changes

Assess your life-style and **attempt to restore balance** into all areas of your life. Ensure that you get enough exercise, sleep and a balanced diet. Address unhealthy habits such as excessive drinking, high sugar intake and find productive ways of dealing with stress, anger and anxiety.

Drug Treatments

If the underlying cause of your [mood swings](#) is a medical one, your doctor may prescribe certain medication to help balance your mood. The most commonly prescribed treatment for [mood swings](#) are anti-depressants such as Prozac, and hormone replacement therapy (HRT) for menopausal women.

While psychiatric drug treatment may combat [mood swings](#), **most have unwanted side-effects and risks** such as insomnia, weight gain, decreased sex drive, headaches, and risk of suicide.

These all need to be thoroughly explored and considered before advancing on this option. There are also reports of withdrawal symptoms and worsened mood swings after discontinuing these drugs.

Recent controversies and **worrying risks of cancer related to hormone replacement therapy** also suggest that this should not be the first treatment option considered.

Psychological Treatments

There are many forms of psychotherapy that can help if **out of control mood swings** begin to interfere with daily functioning. **Cognitive behavioral therapy (CBT)** is especially useful in teaching people that they can control their reactions to situations and can help to provide alternative responses to common mood triggers.

It also helps by changing your way of thinking so that you approach situations with a positive and controlled outlook. As [mood swings](#) often leave you feeling that your emotions are out of control, sometimes the best approach is to learn to control the thoughts that lead to these emotions.

Natural Herbal and Homeopathic Remedies

There are a number of natural herbal and homeopathic remedies that have been shown to **optimize nervous system health and promote balanced mood and peacefulness**. Certain biochemic tissue salts such as Natrium sulphate, Kalium phosphate and Natrium phosphate, are commonly used to support the nervous system, lift mood and reduce anxiety.

Tissues salts make a useful non-prescription alternative that can be safely used by children, pregnant women and nursing mothers. Herbal ingredients such as St. John's Wort and Passiflora have also proven to be highly effective in lifting

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negative mood and reducing depression and anxiety.

There are also a number of natural remedies that may help treat the underlying cause of the [mood swings](#). Ask your local homeopath or reputable herbal supplier for advice.

Tips for Coping with Mood Swings

- **Try to work out any emotional tension that you may be holding on to.** So often we are totally unaware that something is actually worrying us until we sit down and confront the real reason that we keep blowing up over the little things. Try talking out some of these emotions with a trusted friend or licensed counselor.
- When you feel a [mood swing](#) coming on, **take a moment to pause.** Try breathing deeply and focus on something in the present such as the sound of your breathing or the feeling of the wind on your skin. By focusing your attention on something sensory and in the moment you take your mind away from negative thoughts and feelings and you can more easily let this negativity go.
- If you feel overpowered during a [mood swing](#) and tend to lose all rationality, sit down after the “storm has passed” and really think about what happened. Examine the event that changed your mood in relation to your reaction and come up with alternate and more positive ways of reacting to the same situation. Explore the thoughts that went through your mind and come up with more rational thoughts. The point of this exercise is not to spend hours beating yourself up over what you did and what you should have done – the point is to slowly change your habitual thoughts and reactions that lead to negative outcomes and come up with healthy alternatives!
- **Adapt your life-style to incorporate plenty of sleep, a healthy balanced diet, exercise and relaxation time.** Find ways of managing your stress levels and find healthier ways to vent your frustrations – such as writing, jogging or joining a kick-boxing class.
- **Eat regular meals** and try to eat slow energy releasing foods such as whole grain breads, beans & legumes, brown rice, and oats. Avoid fast-release carbohydrates or highly refined foods, excessive sugar, caffeine and alcohol.

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.



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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

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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](#).

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:

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This remedy contains a selection of herbs known for their calming and supportive function in maintaining brain and nervous system health, emotional balance and overall wellbeing.

[Learn more about MindSoothe](#)

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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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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