

# Natural Help 4...

## OCD in Children



### What is Obsessive Compulsive Disorder in Children?

All children have little worries and doubts, but when they can't stop thinking about them and it starts to affect their daily functioning it becomes a problem. OCD is a type of anxiety disorder which is **characterized by obsessions and compulsions**. Sometimes **ocd children** will become worried by certain thoughts or images; these are called obsessions.

**OCD children** might have disturbing thoughts of harming someone, even though they wouldn't - and certainly don't want to. **The problem is that children with OCD cannot stop these obsessions** no matter how badly they want to, which can be extremely stressful.

Other **OCD children** might **feel compelled to do certain actions over and over again**, these are called compulsions or rituals. Even though the child might be aware that what they are doing 'doesn't make sense', they feel extremely anxious if they don't follow through with the action.

Sometimes these compulsions are thought to prevent a terrible imagined event or outcome. In this case **the child feels personally responsible for doing the action so that nothing bad happens**.

While some might think this is just a case of superstition, with OCD ritualistic behavior has great psychological impact. In other instances these actions can serve to counter-act a disturbing obsessive thought.

### Diagnosing Obsessive Compulsive Disorder in Children

A psychologist or psychiatrist usually does a thorough assessment before diagnosing OCD. In your consultation you will probably be asked to give a detailed description of your child's troubling behaviors as well as any family history of anxiety or other disorders such as Tourette's syndrome.

**It is advisable to write these down before the consultation**, noting the time your child spends on each ritual, so that you can provide a more accurate and detailed description.

Your child will also be asked a series of age-appropriate questions about his/her worries and compulsions and how they might be affecting his/her daily life. Once a diagnosis is made, be sure to ask about all possible treatment options and explore which ones would best suit your child!

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While psychiatric drugs are often prescribed as a matter of course, these are not always the only option and research has shown that a combination of treatment modalities is usually the most successful way of **treating OCD in children** .

## Symptoms of Obsessive Compulsive Disorder in Children

The symptoms of **OCD in children** vary and are often personal and unique to the child with the disorder. Some common obsessions and compulsions that you might recognize in your child are:

### Common obsessions include:

- Fear of dirt or germs
- Need for symmetry and order
- Fixation with body waste
- Lucky and unlucky numbers
- Aggressive or sexual thoughts that are seen as “bad” or “immoral”
- Fear that something terrible will happen to a loved one

### Common compulsions include:

- Washing hands over and over again
- Repetitive and lengthy teeth-brushing or showering
- Repetitive checking of doors and switches
- Collecting and hoarding specific items
- Counting items over and over
- Repeating specific words and phrases in a particular order
- Rearranging things to create order and ‘balance’
- Repeating actions a certain amount of times
- Having a strict ritual before going to bed that has to be followed exactly
- Rituals to ‘undo’ a thought or to prevent an unwanted event

While obsessions are always present in OCD, compulsions are not necessarily a part of the disorder. While they are common, compulsions do not occur in every case of OCD. Some children experience only the intrusive, repetitive thoughts and worries (obsessions), without accompanying compulsions.

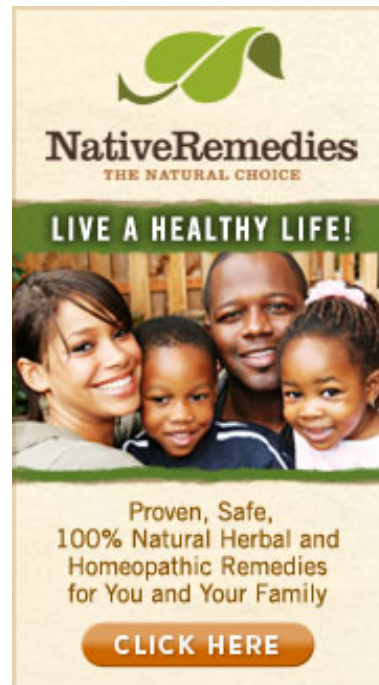
## Who can Suffer from OCD? Is there a Cure?

**OCD in children** is usually diagnosed between the ages of 7 and 12. This is a time when children are becoming very aware of fitting in with their peers, and they begin to notice their own odd behaviors.

**OCD can make a child feel very alone**, anxious and out of control, so it is advisable to seek help as soon as it is suspected. There are a number of treatment options available to **OCD children** that have shown promising results. It is possible for your child to have a happy and relatively anxious-free childhood!

## When Should You worry about OCD?

It is important to remember that children often like to do things in a certain way – sit their favorite toy bunny on the end of the bed, eat their peas before their meat



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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.

or read their favorite story over and over at night. For most children these ritualistic actions are merely a game or a comforting routine.

However, if **obsessions and compulsions are interfering with your child's quality of life** or are overly time-consuming or disruptive, it is important to seek professional help. While some of these behaviors may appear to be harmless little quirks, they may be causing your child undue anxiety and stress.

OCD also has other developmental implications such as a decreased ability to concentrate at school and low self-image – particularly for children who don't seem to fit in with peers.

## Recognizing OCD in Children

Remember that children are sometimes prone to 'magical thinking' (e.g. don't step on the cracks or the bears will get you!) and some of the symptoms listed above can be perfectly normal – especially in the child with an active imagination.

However, you know you have a problem when your child is constantly distressed by these thoughts or behaviors or when they interfere significantly with functioning.

**In many cases children try to contain or mask their obsessions and rituals.** For this reason, parents often don't realize for some time that their child has OCD or may think the few odd behaviors they do see are just a passing phase. As OCD usually comes on gradually, these behaviors may come on so slowly, that they seem normal to the parent.

A child may ask the parent to participate in some of the rituals at first, seeking reassurance that everything is OK. "I touched dirt, am I ok?" to which the parent responds "You're fine."

Failure to respond in this routine way may result in tantrums, or acting-out behavior. Very young children may ask parents to repeat a word or phrase 'till it sounds right'.

Here are some warning signs to look out for in your child:

- Sore, dry hands from constant hand-washing
- Going through more soap than usual
- Constant concerns about germs
- A noticeable increase in laundry
- Avoidance of activities that involve getting dirty
- A sudden drop in test grades
- Handing in assignments late or not at all
- Often being late for school
- Odd requests for people to repeat words or phrases
- An extremely long amount of time spent getting ready for bed or school
- Extreme tiredness, as they stay up late at night obsessing and performing necessary bed-time rituals
- A constant worry about the well-being of family members

## What Causes OCD in Children?

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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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There is no definite theory as to what causes **OCD in children**. The matter is mainly separated into two schools of thought.

#### Possible Causes of OCD in Children

#### Biological Causes:

- **Genetics** - studies suggest that a tendency towards anxiety may be hereditary.
- **Brain chemistry abnormalities** - Brain imaging studies have shown that people with OCD sometimes show different neuro-chemical brain activities than those without OCD.

#### Psychological Causes:

- Some children feel that thinking something bad is morally just as bad as doing it. "If I think of hitting you, it's morally the same as actually hitting you and so I must be a terrible and violent person."
- Some children feel overly responsible for what happens around them and think certain thoughts are dangerous. "If I think that, it might actually happen and then I will be to blame."

## Help for Obsessive Compulsive Disorder in Children

There are a wide variety of **OCD treatments for children** and it is advisable to explore all options before deciding on a treatment plan.

#### Cognitive Behavioral Therapy (CBT)

This form of therapy has been a very successful **OCD treatment for children** since it can be adapted to suit the needs of each child. Cognitive behavioral therapy focuses on the irrational thoughts behind the obsessions and compulsions and teaches children to overcome them. For example, children may be encouraged to gradually face their fears and change their responses to these fears.

If a child fears dirt, a CBT therapist will help to challenge the child's perception that dirt is dangerous and will encourage fun games that involve getting the hands dirty. This is done slowly and sensitively at your child's own pace. Through exposure to the object or situation, the child learns not to fear it.

CBT also encourages the child to stop ritualistic behaviors by offering more constructive ways of dealing with anxiety. This form of therapy has promising long term effects, and works best with the co-operation of family members!

#### Drug Therapy

Several medications have been shown to help with the symptoms of OCD, some of which are clomipramine, fluoxetine, fluvoxamine, sertraline, and paroxetine. While these anti-depressant drugs may be successful at lessening the symptoms, they do not address the root of the disorder and symptoms will generally reappear once the medication is stopped.



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These drugs also cause unwanted side effects such as dry mouth, nausea, and drowsiness which can be distressing to any child and possibly inhibit learning. While prescription medication can be effective as part of a broader treatment plan, it is not always necessary for treatment.

It is strongly advised that you research these drugs thoroughly and make an informed decision.

## Natural herbal and homeopathic remedies

There are a number of **herbal and homeopathic remedies that may assist in the struggle against OCD**. The benefit of a natural approach is that correctly formulated remedies can have all the benefits of medicinal treatment without the negative side effects of prescription drugs.

OCD is strongly associated with imbalances in brain chemistry and there are a number of herbal remedies that have been shown to be **effective in restoring chemical balance and neurological health in the brain**. In addition, because anxiety levels contribute significantly to OCD symptoms, herbal and homeopathic remedies that help to reduce anxiety levels may also be of benefit in the treatment of OCD.

Used alone or in conjunction with psychotherapy, **herbal and homeopathic remedies can be used in [OCD treatment for children](#) to help bring your child peace of mind in a gentle, natural way**. Some commonly recommended remedies include Hypericum perforatum (St John's Wort), Passiflora incarnata, Scutellaria laterifolia (Scullcap) and Valerian.

Discuss this option with your doctor or consult a homeopath or naturopath for advice.

## Other Disorders Related to OCD

It is not uncommon to find other disorders or associated problems co-existing with OCD. In some cases OCD is accompanied by:

- Other anxiety disorders
- Depression
- Eating disorders
- Substance abuse
- Attention deficit hyperactivity disorder (ADHD)
- Tourette's syndrome
- Poor self-image or low self-esteem
- Irritability
- Poor time management

## Myths Surrounding OCD in Children

**Some OCD myths include:**

- Children with OCD are trying to get attention
- Children with OCD can control these behaviors, but choose not to

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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.

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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](#).

- Annoying habits such as nail-biting, teeth-grinding or thorough grooming are OCD

## Tips for Parents with an OCD Child

Your child will most likely come to you for support. It is important to be understanding, and to take the time to talk about the disorder if your child initiates a discussion.

### Remember:

- Try not to rush your child's progress or create added pressure or stress. Every child's recovery is different.
- Learn as much as you can about OCD. Knowing more about the disorder will help prepare you for what to expect and how to better assist your child.
- Be supportive by participating in your child's treatment and listening your child's concerns.
- Reward the little things! Recovery is a slow and difficult process so every small step should be seen as an accomplishment.
- Never blame or punish your child for his/her OCD behavior! Support and encouragement are far more helpful. Children with OCD have little control over their symptoms and need help, not punishment.
- Try and keep your family life-style as normal as possible. Do not overly accommodate your home life to fit in with your child's obsessions or compulsions.
- Seek support for yourself so that you can express your own feelings and concerns. Your child's recovery can also be a stressful process for you, your partner and your other children.

## Tips for Teaching an OCD Child

A great portion of a child's day is spent in the classroom. It is a good idea to:

- Communicate with the child's parents and therapist so that you can actively participate in the recovery process
- Make use of a home-school diary so that you can maintain constant communication with the child's parents and can note any progress or behavioral changes
- Be supportive and non-critical. Let the child know that you are there to help and assist
- Make appropriate time-allowances for written tests if necessary
- On "bad days" make sure the child can photocopy notes and provide further explanations or tutoring if needed
- Set a good example for accepting the pupil. It is important for teachers to discourage teasing by responding quickly and firmly whenever it occurs

## 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

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sometimes called orthodox medicine.

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

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

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

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable

procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – 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 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:**

**MindSoothe Jr.**™ : Promotes emotional and psychological health and balanced mood in children.

MindSoothe Jr. is a 100% safe, non-addictive, natural herbal remedy, especially formulated by a Clinical Psychologist for children.

MindSoothe Jr. supports the brain’s **natural ability to regulate emotion and mood** – maintaining production of essential brain hormones and chemicals related to nervous system health and emotional well-being, thereby helping to maintain balanced mood and optimum performance. MindSoothe Jr. can be used to safely promote well being and naturally support health and systemic balance in the brain and nervous system - **without any harmful side effects** or risk of addiction.

Instead of the capsules used in the adult formula, MindSoothe Jr. comes in convenient and easy to administer drop form – making it simple to adjust dosage for different age groups.

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 maintains all active ingredients in perfect balance – exactly as nature intended!

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**Nerve Tonic™** : Promotes nervous system health, maintains balanced mood and worry free mind.

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

There have been **twelve essential tissue salts** identified as important 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 the organs and **nervous systems** of the body.

Ensuring the healthy functioning of all brain and nervous system cells enhances the bio-availability of supplements, remedies and even nutrients in your diet. It also lessens the chance of a **nervous breakdown**. **Treating panic disorder** in people who suffer a **nervous breakdown** usually involves therapy. The doctor **treating panic disorder** will monitor the symptoms carefully to establish a treatment plan that aims to restore the health of the **nervous system**.

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## Alternative Healing Academy

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

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

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

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

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

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

## About Our Courses

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

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Aromatherapy Manufacturer,  
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Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,  
Doula, Midwife, Energy Worker

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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

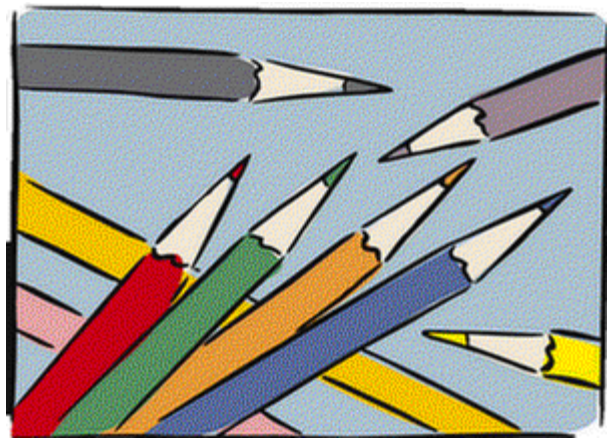
illustrated.

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

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

-A. Lindquist - Advanced Aromatherapy Practitioner

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

-M. Oliver - Basic Anatomy & Physiology

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

-Debbie F. - Basic Reflexology

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

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

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

-Jean Russell - Basic Reflexology Course

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

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

-Megan P. - Advanced Aromatherapy Course

# Our Associations

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

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

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

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

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

## Sales & Refund Policy

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We will, within 30 days, refund the purchase price of any course you purchased **\*MINUS\* the cost of the modules you have already received**. This policy does **\*NOT\*** apply to our informational Mini Courses. Please see the [Mini Courses page](#) for more information on those. Please [email support](#) if you wish to be refunded or have questions about our refund policy.