

Natural Help 4...

Pneumonia



What is Pneumonia?

[Pneumonia](#) is described as inflammation or infection of the lungs caused by **various microorganisms such as viruses, bacteria, fungi and parasites**. The lungs have a number of tiny air sacs that fill with mucus, liquids and pus and have difficulty functioning properly. Very often [pneumonia](#) follows a [cold](#) or [flu](#) but may also occur on its own or as a result of underlying diseases. If left untreated, [pneumonia](#) can lead to more serious health problems.

There are various types of pneumonia and these include:

- **Bacterial pneumonia** is caused by various bacteria with the most one being *Streptococcus pneumoniae*. It develops when the body is weak and the bacteria enters the lungs – this occurs as a result of illness, respiratory diseases, viral infections, people who have had surgery, old age, malnutrition, alcohol abuse or a weak immune system.
- **Viral pneumonia** is caused by viruses such as influenza (flu), adenovirus, chickenpox measles, coxsackievirus, cytomegalovirus and respiratory syncytial virus which attack the lungs and multiply.
- **Mycoplasma pneumoniae** is caused by mycoplasmas, tiny microorganisms which have features of bacteria and viruses. These mycoplasmas multiply and spread causing mild [pneumonia](#). It affects people of all ages. It is often associated with a cough that produces mucus and symptoms outside of the lungs.
- **Aspiration pneumonia** occurs when you inhale food, drink, gastric secretions, saliva, or vomit from the mouth into the lungs. This may be caused by a number of factors such as the disturbance of your normal gage reflux, certain disorders that affects swallowing, disorders of esophagus, old age, anesthesia, coma, dental problems or excessive use of alcohol or drugs. Aspiration [pneumonia](#) may develop into a collection of pus in the lungs.
- **Atypical pneumonia** is caused by certain bacteria and these include Legionella pneumophila, Mycoplasma pneumoniae, and Chlamydomydia pneumoniae. Pneumonia that comes about as a result of Legionella is quite serious and can even be fatal, while atypical [pneumonia](#) that is due to Mycoplasma and Chlamydomydia is usually much milder.
- **Cytomegalovirus (CMV)** forms part of the group of herpes-type viruses that causes infection in the lungs of people with weakened immune systems. This type of [pneumonia](#) is common in AIDS patients, people receiving immunosuppressive treatments such as chemotherapy or organ transplant and bone marrow transplant recipients.
- **Hospital-acquired pneumonia** occurs while staying at hospital for another illness. It tends to be more severe if you are on a mechanical ventilator, have a weak immune system, because of a recent illness or medications, or suffer from old age or alcoholism.

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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.

- **Community-acquired pneumonia** develops from breathing in germs that live in the nose, mouth or throat – particularly occurs while sleeping. It is a common type of [pneumonia](#) and affects people who have been not been hospitalized recently.
- **Legionnaire's disease** is an acute respiratory infection caused by the bacterium *Legionella pneumophila* found in water delivery systems and warm, moist air conditioners of large buildings. This type of [pneumonia](#) is spread through the respiratory system and most common amongst middle aged and older people.
- Pneumocystis carinii [pneumonia](#) is a lung infection caused by the fungus Pneumocystis carinii. Although this type of [pneumonia](#) is quite rare in people with healthy immune systems, it affects those with a weakened immune system such as AIDS/HIV patients, individuals who have had organ or bone marrow transplantation, take immunosuppressant medications or premature or malnourished children.

What Causes Pneumonia?

[Pneumonia](#) is caused by viruses, bacteria, parasites or other organisms. In most cases, the bacteria and viruses that are causing [pneumonia](#) cannot be identified. [Pneumonia](#) may be transmitted after you have **breathed infected air particles into your lungs** or during sleep, after you have breathed certain bacteria from your nose and throat into your lungs.

Bacteria such as *Streptococcus pneumoniae*, *Staphylococcus aureus*, *Haemophilus influenzae*, *Chlamydophila pneumoniae*, *Legionella* and *Mycoplasma pneumonia* (*walking pneumonia*) can cause pneumonia. Viruses such as the influenza A (the flu virus) and parainfluenza, respiratory syncytial virus (RSV), adenovirus, SARS, measles and chickenpox virus can also cause [pneumonia](#). Some forms of fungi and parasites such as **Pneumocystis carinii often causes [pneumonia](#)** in people with compromised immune systems such as those with AIDS.

Aspiration [pneumonia](#) occurs when you have breathed food, liquid, gastric juices or vomit into the lungs – this may happen if you have had a stroke, Parkinson's disease or a seizure which makes it difficult for you to swallow. [Pneumonia](#) may also **develop during the course of your daily life such as at work**, school or gym (community-based pneumonia) or if you are hospitalized or at a nursing home (hospital-based pneumonia).

People age 65 years and older as well as very young children have a higher risk of developing [pneumonia](#) because their immune systems are weak or under developed. Additional risk factors include:

- Respiratory tract infections (influenza or parainfluenza)
- Smoking
- Alcoholism or drug abuse
- Immunosuppressive disorders such HIV/AIDS
- Chronic diseases such as cardiovascular disease, diabetes, sickle cell disease, kidney disease, chronic bronchitis, asthma, cystic fibrosis, bronchiectasis, chronic obstructive pulmonary disease (COPD) or emphysema
- Removal of your spleen
- Exposure to environmental toxicity (pollutants or chemicals)



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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.

- People who have had surgery or suffered traumatic injury
- Therapies such as chemotherapy or long-term use of immunosuppressant drugs
- Hospitalized patients or older people in nursing homes

Diagnosing Pneumonia

The [diagnosis of pneumonia](#) is based on your symptoms and a thorough examination as well as a review of your medical history. Your doctor will use a **stethoscope to listen to your chest and lungs** and certain tests such as a chest x-ray, blood and sputum tests may be ordered. In more severe cases, a lung biopsy and procedures such as a thoracentesis, bronchoscopy and spirometry may be performed.

[Pneumonia](#) often presents with flu -like symptoms. The most common symptoms and signs of pneumonia include:

- Cough with a yellowish or greenish mucus
- Occasional bloody sputum
- Fever
- Shaking chills
- Rapid, shallow breathing and shortness of breath
- Sharp, stabbing pains in the chest often worsened by coughing or breathing in
- Fatigue and overall weakness
- Nausea and vomiting

Symptoms that may occur in other cases of [pneumonia](#) include coughing, muscle aches, headaches, loss of appetite, rapid heart beat, skin discoloration (a blueish-purplish tinge), and confusion particularly in older people.

Help for Pneumonia

The [treatment of pneumonia](#) generally depends on the cause, its severity and your overall health. Medications such as antibiotics may be prescribed to **treat bacterial pneumonia** – remember to complete the full course. Antibiotics for viral pneumonia are not very effective. If you have developed aspiration [pneumonia](#), an endotracheal tube which is a breathing tube is inserted into your trachea so that oxygen can be pumped into the lungs.

Suction is also used to clear the airways to remove vomit or chemicals. Vaccines can help prevent pneumonia in children, the elderly, and people who **suffer from chronic conditions** such as asthma, emphysema, diabetes, cancer or HIV. Pneumococcal vaccine prevents the *Streptococcus pneumoniae*, flu vaccine prevents the influenza virus and pneumonia, and Hib vaccine prevents *Haemophilus influenzae* type b.

Natural remedies

Natural and holistic treatments such as herbal and homeopathic remedies have proven to be highly effective in providing symptomatic [relief for pneumonia](#) and **helping the immune system to stay strong**. Containing a combination of

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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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carefully selected ingredients, these remedies safely support the respiratory system and maintain easy breathing.

Herbs such as *Matricaria recutita*, and *Astragalus membranaceus* support the lungs and air passages while also acting as a rejuvenating tonic. Other effective ingredients include *Arsen alb.* and *Phosphorus* – to **encourage respiratory calm** and steady breathing.

More Information on Pneumonia

There are a number of useful things that you can do to prevent pneumonia and these include:

- Get vaccinated once a year with pneumococcal vaccine
- Eat a healthy diet that contains plenty of fresh fruit and vegetables
- Drink eight glasses of water per day to thin mucus and help to cough it up
- Get lots of bed rest until your temperature returns to normal
- Wash hands thoroughly before eating and preparing food, after blowing your nose, handling pets, going to the bathroom and being outside
- Exercise regularly by going for brisk walks to increase your lung capacity
- Stop smoking because tobacco damages the lungs
- Keep windows open when using cleaning detergents and wear a mask over your mouth and nose to avoid inhaling the fumes
- Practice deep breathing exercises to promote lung functioning
- Use a humidifier to increase air moisture and help with easier breathing

The Natural Approach

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

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

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

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or



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‘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

Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

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:

BioVent Drops: Supports bronchial and respiratory health for easy breathing.

BioVent Drops is a 100% safe, natural formula. BioVent Drops have been used for many years to **safely support the respiratory system and maintain easy breathing**.

Containing a selection of ingredients known for their supportive function in **maintaining open airways and supporting lung health**, BioVent Drops are presented in liquid tincture formula, making them easy to take for all ages.

BioVent Drops is a unique combination of natural ingredients used to promote the ongoing health of the respiratory tract and lungs. Used daily, it can promote respiratory functioning and health, and also support the immune system.

BioVent Drops may be combined with our Triple Complex BronchoSoothe Remedy - for on the spot comfort and support of healthy bronchioles and easy breathing.

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 BioVent Drops](#)

BronchoSoothe: Natural asthma remedy helps to relax and open airways for normal breathing.

Triple Complex BronchoSoothe is a safe, non-addictive, natural remedy containing *100% homeopathic ingredients* especially selected to temporarily **relieve tightening of the chest to open airways and improve respiratory health**.

Triple Complex BronchoSoothe is a *combination of three biochemic cellular-supporting tissue salts* and may be taken at the first signs of **chest constriction, closed airways or abnormal breathing** for effective, temporary help.

Triple Complex BronchoSoothe is taken internally to support lung and bronchiole functioning, and **maintain respiratory tract and immune system health**. Presented in small tablet form, Triple Complex BronchoSoothe is easy to ingest and hassle-free with **no artificial colors or preservatives**.



Read more about the Native Remedies Full Spectrum Approach™

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Due to its unique homeopathic formula, Triple Complex BronchoSoothe is *safe for all ages, as well as during pregnancy and nursing.*

[Learn more about BronchoSoothe](#)

Immunity Plus: For full immune system support for adults and teens

ImmunityPlus is a 100% safe, non-addictive natural herbal remedy formulated to safely maintain the **health and systemic balance of the immune system**, without harmful side effects and stimulants.

ImmunityPlus contains a selection of herbs known for their supportive function in maintaining immune system health and well-being. It supports the **healthy functioning of the immune system**, thereby helping to maintain the **natural defense against pathogens** and optimum performance.

As we grow older, we sometimes begin to notice that our immune systems are not as good as they used to be. ImmunityPlus can especially benefit those individuals needing to support routine immune strength to guard against common conditions associated with the maturing of cells.

ImmunityPlus can be used consistently, without compromising health and **not causing serious side effects**, to help maintain the body's natural ability to fight viral and bacterial infections-- while also supporting healthy convalescence.

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

[Learn more about Immunity Plus](#)

Read the testimonials for these quality products [here!](#)

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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.

[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](#)
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

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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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.