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Natural Help 4...

Seasonal Affective Disorder



What is Seasonal Affective Disorder?

When the weather is sunny and bright people tend to feel more upbeat and positive. When the **weather is gloomy, cold and dismal, moods tend to slump** and often people feel a little down.

However, for certain individuals these mood shifts develop into a type of depression that accompanies seasonal changes and affects their ability to function normally. Recurrent episodes of **clinical depression that surface during seasonal changes**, particularly winter, are referred to as Seasonal Affective Disorder (SAD).

This condition is caused by **a biochemical imbalance in the hypothalamus** – the part of the brain that governs the primary functions of the body such as appetite, temperature, sleep, sex drive, mood and activity.

The hypothalamus is stimulated by natural light entering the eye and striking the retina. When the days are short and sunlight is reduced, the hypothalamus has to adjust its response to the various body mechanisms, slowing down these functions.

What is Winter Depression?

A **milder form of this type of depression** is more commonly referred to as winter depression, winter blues, cabin fever or hibernation reaction. While winter depression can be uncomfortable, the condition is not unbearable.

The classic symptoms of winter depression include fatigue, oversleeping, carbohydrate craving, weight gain, lack of sex drive, and sometimes even hopelessness, social withdrawal and suicidal thoughts. These **symptoms are similar to those of SAD** - [Seasonal Affective Disorder](#) – but not as severe.

Winter depression usually **begins in late fall or early winter** and generally disappears by the summer (begins in October or November and subsides in March or April). It frequently affects people living in the northern geographic regions. People with winter depression are affected by the changes in environmental light such as overcast weather or dim lighting which worsens their depression.

Winter is not the only season responsible for mood slumps - a less common type of [Seasonal Affective disorder](#) is called summer depression and it usually begins in late spring or early summer and goes away by winter.

Diagnosing Seasonal Affective Disorder

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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.

Very often SAD is difficult to diagnose because the symptoms presented are so similar to other types of depression. It is sometimes misdiagnosed as a physical condition such as hypoglycemia, hypothyroidism, infectious mononucleosis, and other viral infections.

The diagnosis for SAD is based upon the reported symptoms, along with a history of seasonal episodes. A Seasonal Assessment Questionnaire (SAQ) will also determine:

- Sleep patterns
- Weight changes
- Energy levels
- Mood changes
- Social activity

Common symptoms of Seasonal Affective Disorder

- Weight gain
- A change in appetite (carbohydrate and sweet craving)
- A heavy feeling in the arms or legs
- Physical ailments such as body aches, constipation, diarrhea
- Low energy levels
- Fatigue
- A tendency to sleep for longer periods
- Loss of sex drive
- Difficulty concentrating
- Irritability and anxiety
- Hopelessness
- Suicidal thoughts
- Crying spells
- Increased sensitivity to social rejection
- Social withdrawal

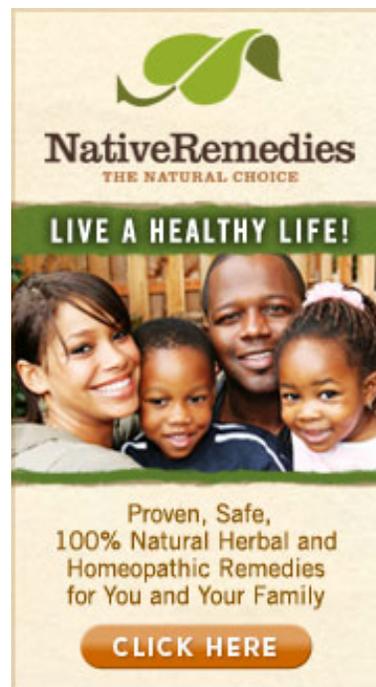
Common symptoms of **Summer Depression** include the following:

- Poor appetite
- Weight loss
- Sleep Disorders (such as Insomnia)
- Irritability
- Crying spells
- Trouble concentrating

SAD affects approximately half a million people in the United States. It is more common in women than in men. People living in the northern and southern hemisphere are also affected, although SAD is more common in the northern geographic countries where the winter day is shorter. This disorder tends to begin in people between the age of 20 and 40. It may also affect children and teenagers. The risk of SAD decreases as adults become older.

What Causes Seasonal Affective Disorder?

The exact **causes of SAD are unknown.** Research shows that a lack of bright light during the winter months may be the cause of the development of



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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.

symptoms of [seasonal affective disorder](#) - bright light affects the chemicals in the brain.

Other research shows that a disrupted body clock (circadian rhythm) causes depression and lethargy. In addition, low serotonin (neurotransmitters carrying messages to the brain) and melatonin levels (the hormone which makes us sleep) can be found in people suffering from SAD.

Help for Seasonal Affective Disorder

In many cases, people who experience **symptoms of [seasonal affective disorder](#)** are often misdiagnosed because their symptoms are varied and common to other ailments. However, there are effective ways to treat and control SAD and it is not necessary for people to suffer year after year.

Symptoms of [seasonal affective disorder](#) associated with **depression can affect daily living** and should not be ignored. If you are wondering **how to beat [seasonal depression](#)**; treatment options include conventional therapy, psychotherapy, complementary therapy, natural therapy or a combination of these approaches.

Treatment Options for SAD

Conventional Therapy

Conventional drugs for the treatment of SAD include antidepressant medication such as Prozac, Zoloft, Paxil or Celexa. While these may be beneficial in the short term, many long term effects are unknown.

In addition, side effects often include insomnia, reduced sex drive, weightgain, headaches and other symptoms, while withdrawal symptoms when stopping these drugs are frequently reported.

Psychotherapy

Counseling and cognitive-behavioral therapy can be very helpful and provide support during the difficult months as well as help with lifestyle changes.

Complementary Therapy

- Light therapy (phototherapy) requires you to sit in front of a light box or special lamp that is 10 to 20 times brighter than ordinary indoor lights for approximately 30 minutes each day.
- Massage
- Diet rich in fruit and vegetables

Natural Remedies

There are a number of natural and holistic remedies that are better suited for the body than conventional medicine and can provide an answer on **how to beat [seasonal depression](#)**. **Herbal and homeopathic remedies can provide harmony** in the body to better balance your moods and feelings without the side

Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

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effects and potential for dependency associated with the synthetic drugs.

Some commonly recommended herbal remedies for SAD include St. John's Wort, Passiflora and Skullcap. There are also a number of homeopathic remedies which can be of benefit depending on symptoms and constitutional makeup. Some studies have suggested that **certain fragrances are also effective in lifting mood.**

Aromatherapy essential oils of lemon, grapefruit and geranium are well known for their anti-depressant properties and may be introduced into the environment by means of oil diffusers, space sprays, in a bath oil or during massage.

Tips for Coping with Seasonal Affective Disorder

If you are wondering **how to beat [seasonal depression](#)**, here are some tips to help you cope with [Seasonal Affective Disorder](#):

- **Allow more natural sunlight into your day** by spending time outdoors, keeping the curtains or blinds open and decorating your space with bright, cheerful colors
- **Eat a well balanced diet**
- **Exercise regularly**, specifically outdoors if possible, by jogging, walking, cycling or playing golf. Studies have shown that one hour in the winter sunlight can lift your spirits
- **Take a winter vacation in a sunny location**
- **Stop negative thoughts** and try to develop a [positive attitude](#) that you are going to enjoy winter
- **Incorporate more laughter** into your life – it is said to release the chemical, dopamine into the brain which counteracts SAD
- **Surround yourself with supportive friends and family**
- **Minimize stress** by practicing deep breathing exercises, meditation, yoga or pilates
- **Do things you enjoy** such as reading, listening to music, shopping, painting or cooking
- **Seek counseling** or psychotherapy

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 to the tried and tested methods of naturopathic manufacturing. Nothing could be

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](#).

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[™]: Promote balanced mood and feelings of wellbeing.

MindSoothe is a 100% safe, non-addictive, natural herbal remedy that has been especially formulated by a Clinical Psychologist for adults and teens, and comes in a compact capsule form, making it easy to take.

MindSoothe can be used to safely maintain emotional health, balanced mood, [emotional wellness](#) and systemic harmony in the brain and [nervous system](#), without harmful side effects.

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](#)

Mood Tonic[™]: Optimizes nervous system health and promotes balanced mood and peacefulness.

There are many options for supporting balanced mood naturally. Nature provides us with many natural mood tonics. Triple Complex Mood Tonic is a 100% natural combination of three cellular-supporting biochemic tissue salts especially selected for their positive effects on brain structures, brain chemistry, and nervous system health.

This combination of tissue salts can be used regularly in a general capacity to promote systemic and chemical balance in the brain and nervous system, as well as in conjunction with other remedies to maintain therapeutic effectiveness.

[Learn more about Mood Tonic](#)

Calm Within CD[™]: Improve relaxation, support balanced emotions and stress



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levels.

The Calm Within CD is composed by our Clinical Psychologist to promote good physical and emotional health using a specially developed therapeutic sound techniques and [soothing music](#).

A combination of therapeutic script and natures [soothing sounds](#) induce a state of [deep relaxation](#), effectively relieving tension and supporting the body's natural ability to heal. In therapy with music that heals anxiety and depression such as natures soothing sounds the listener is taken through a series of progressive relaxation steps, leading to a state of [deep relaxation](#). Thereafter guided imagery is used to further enhance and expand therapeutic benefits.

[Learn more about the Calm Within CD](#)

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

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Alternative Healing Academy

[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](#)

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

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

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

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

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

[Check out our Affordable Payment Plans!](#)



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

About Our Courses

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

If you own or work for one of the following:

Natural Foods Store, Aromatherapy Store,
New Age Retail Store, Gift Shop, Herb Store,

Aromatherapy Manufacturer,
Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

Massage Therapist, Esthetician, Chiropractor, Nurse, Herbalist,
Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

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[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)
[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

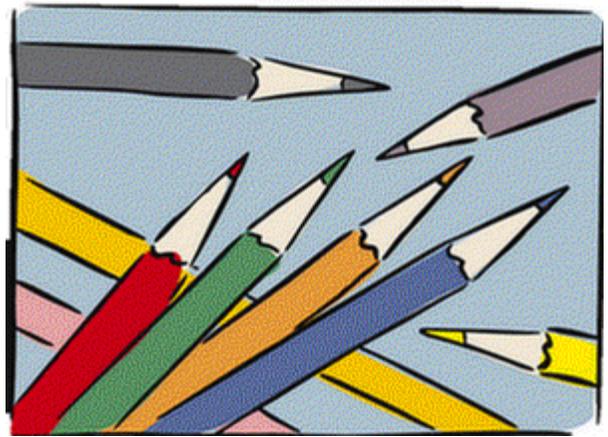
illustrated.

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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