

## **Special Report: How You Can Help To Protect Your Environment**

**Guide on How You Can Do Your Bit to Help the Environment**



## Special Report: How You Can Help To Protect Your Environment

### Introduction

For those who are concerned about protecting the environment, it can be frustrating trying to encourage legislation or other governmental action in this regard. Environmentalists are often left asking, What can I do? Motivating others can be challenging and rewarding, but even this starts with the individual. This is good news! If you desire to protect the environment, you can rest assured that your efforts will not be fruitless; you are not helpless. You can do something. If you have ever wondered what you, personally, can do to help protect your environment, here are some ideas, thoughts, and inspirations.

### The Basics

Whether you are a seasoned environmentalist or just beginning, it is a good idea to review the basics. There are certain fundamental things that just about anyone can do to help his or her environment. Here are three fundamental concepts for environmental protection: recycle, reduce, and re-use.

#### 1. Recycle

This is often where many people start their eco-friendly ventures. Recycling is important, but you may not know the various forms that recycling can take. Also, it's always a good idea to improve and refine your recycling. Here are some examples of the different forms recycling can take, and how to recycle in an innovative and effective way.

- Organize your home recycling in bins. Make sure they are clearly marked and sorted according to your recycling center requirements. If you do not want (or can't) use a lot of floor space, consider stacked bins or wall-mounted ones. Using a drill and bolts, you can bolt just about any lightweight bin to the wall - just make sure it can be easily removed when it's time to take your recycling to the facility. The best way to make bolted bins removable is to make sure the holes in the bin are bigger than the bolts themselves, so that the bins hang on the bolts.

- Get to know the nuances of your local recycling facility. It's wasteful in and of itself to be disorganized and have to make multiple trips, or to dump disorganized items into incorrect bins, taking time and energy from the facility's workers.

- Think before you toss! Before putting something in the recycling bin, think for a moment about how you might be able to use it. Think about what you need, and see if what you are recycling could be used to fill that need. For example, if you have need of an iced tea or juice pitcher, and you have a glass jug or bottle that is ready for the recycling bin, wash out the jug and use it to hold the tea or juice.

- If you have children or are just creative, think of craft ideas for recycled items. Cardboard tubes, plastic and cardboard milk jugs, 2-litre plastic bottles, etc. can all be used to make interesting recycled items and craft projects. You can get quite sophisticated with these sorts of projects, making chandelier lamps out of plastic bottles, vases out of incandescent light bulbs, and drinking glasses out of glass bottles. You will save money and keep those

items out of the trash (you'll even keep them out of the recycling bin!), which is a fulfilling step toward protecting your environment.

## 2. Reduce

There's nothing terribly complicated here; wasting less means using less. However, while this isn't complicated, it can take some personal re-wiring. We often use more than we need to without thinking about it. Here are some questions you may want to ask yourself with regard to reducing your consumption.

-How long are your showers? Consider setting a timer to reduce your water usage.

-How many batteries do you use? If you find yourself changing batteries often, consider investing in rechargeables to reduce waste. Disposable batteries can really take up space in landfills, and they contain environmentally harmful substances.

-How many lights do you have on? Take a look around. Are there rooms with the lights on but no one is in them? Are there lights on in your home or office that are unnecessary in the daylight? Try to use natural light as much as possible, and turn off the lights when you leave the room.

-What kind of lighting do you use? You probably know this, but compact fluorescent bulbs use less energy than incandescent ones.

-How often do you do the laundry? You may find that you are using your clothes dryer more than once a day. Consider hanging clothes up to dry - outdoors in nice weather, and indoors in the winter. (You'll also raise your household humidity this way, a real benefit during the dry winter months.)

-How much bottled water do you buy? If you are buying bottled water often (and especially if you are buying bottles in cases on a regular basis), switch to reusable water bottles made from eco-friendly plastic or stainless steel. This will reduce your use of plastic bottles, which can be recycled, but they also have to be manufactured first, which is not an environmentally-friendly process. Plastic bottle manufacturing uses petroleum products and produces emissions. Also, less than half of all water bottles ever get recycled, so the less that are made the better.

## 3. Re-use and Refurbish

Here is the last of the basic concepts. Closely tied to recycling, re-using and refurbishing extends to consumer purchases as well. Here are some examples of how you can re-use items.

-Fix it. If you have an item that is "on the blink," look into having it repaired or repair it yourself. Whether it's a kitchen mixer or a pair of shoes with a detached sole, try to repair and re-use whenever possible rather than tossing items out and buying new ones. Online tutorials can be very helpful in this regard.

-Buy used items. There are great many options to be had with regard to used household items, from clothing to furniture. Look in antique stores, thrift shops, flea markets, and other such stores to make your purchases. Even better, find out if a friend or co-worker is looking to get rid of something you need, such as a chair, table, kitchen appliance, etc.

-Donate your used items. If you want to encourage others to re-use, contribute to the pool of re-usable items out there. Donate to charitable organizations, friends, co-workers, etc.

-Dispose with disposables. This includes cameras, flatware, paper plates, napkins, cups, and so forth. Wash and re-use what you can rather than continuously throwing away and buying new.

-Think cloth, not paper. Replace paper facial tissues with handkerchiefs and paper napkins with cloth ones. Try to use old rags and cloths as much as possible instead of paper towels. Cover food in the microwave with a saucer or bowl rather than a paper towel.

Now that we have discussed some of the general basics, let's talk about your close environment - your home, yard, neighborhood, and community. What are some things you can do in your immediate area to preserve your environment?

## Home

Preserving your environment starts with preserving the environment inside your home, making sure the indoor air is clean and that you are not allowing heated and cooled air to escape into the outside environment. Your home is uniquely yours, and reflects your values, personality, and taste. Here are some things to consider as you make your home more eco-friendly.

### 1. Renovations

Nearly every home owner does renovations at some time or another. If you are going to renovate your home, think of your environment first.

-Painting is one of the simplest ways to give a room a new look. Remember, though, to use eco-friendly paints that are free of volatile organic compounds (VOCs).

-Varnishes and paint strippers also come in eco-friendly versions - use them. DIY is good, but toxic DIY is not!

### 2. Cleaning

Around your home, you can make sure that all of your household cleaners are natural and biodegradable. The same goes for soaps and cleansers. Laundry and dish soaps come in biodegradable, natural forms, and so do household cleaners and scrubbers. You can also make your own.

### 3. Electricity

Here are some ways you can cut back on your household's use of electricity.

#### -Heating and Cooling

Lower your own personal use of energy by turning down the thermostat. Make sure your attic is insulated and that your windows and doors have weather stripping around them. Break out the curtains or shades during the winter, closing them at night and opening them when sunlight is coming through. In the summer, reverse the process.

#### -Appliances

Strive for energy-efficient models wherever possible. However, since re-using and refurbishing are part of environmental preservation, it is not eco-friendly to throw out working appliances in favor of

energy-efficient ones. The only way such a move would be eco-friendly is if you had takers for the appliances you wanted to replace.

Cut back on the use of your stove by using a pressure cooker and crock pot. Only open the refrigerator when you know what you are going to get, and try to consolidate fridge trips.

#### -Lights

You probably have done this already, but as your incandescent bulbs burn out, replace them with compact fluorescent light bulbs (CFLs). If you want to save on your energy bill right away and you don't want to wait for the incandescents to burn out, replace them with CFLs and give the incandescents away or stash them in a box for emergencies. You can also make some interested crafts and projects with discarded incandescent bulbs.

#### 4. Water

Water usage certainly accounts for much environmental waste. Think about the water you are using, and try to cut back where you can. Here are some ideas:

-Shorten the shower. Ten minutes is an ideal length for a shower. Bring a hand-held timer into the bathroom and set it for 10 minutes. See how you do! It may take some practice.

-Consider sponge baths when you really don't need to soap all over. In the dry winter months, skin is especially dry and subject to flaking and cracking. Frequent bathing can make dry skin much worse, if not cause it. When possible, take a short sponge bath and give your skin - and the water bill - a break.

-Get a rain barrel. Rain barrels can help you save water. More on that in the "Yard and Garden" section below!

-Install low-flow faucets and shower heads. They are very easy and inexpensive to install, and the savings are well worth it.

-Put a weight in the toilet tank or convert your toilet to a dual-flush type.

-Consider a tankless water heater to reduce water and energy usage.

#### 5. Alternative energy

It is getting more and more plausible for homeowners to invest in alternative energy to power their homes. Look into solar panels or sky lights for your home. Even if you install solar panels that will power only one appliance that can make a difference. Sky lights reduce the need for electric light during the day.

Personal wind turbines for house roofs are also available. Once again, trying to power your whole house via alternative energy is probably not doable right away, but you can begin by powering a particular appliance or lighting.

#### 6. Flooring

Carpet, with its chemical adhesives, synthetic fibers, and its tendency to trap allergens, can really make your home environment more toxic than you may realize. Consider replacing your carpet with less toxic options, such as hardwood flooring (you may be in for a pleasant surprise when you tear out your carpets - they often hide beautiful wood floors), recyclable carpet squares that are

fitted together rather than glued down, or all-natural linoleum. If you really like the feel of carpet, think about getting a large throw rug that is 100 percent wool.

#### 7. Indoor Air

Clean outdoor air and indoor air go hand in hand. Preserve your environment by keeping the air in your home breathable, healthy, and clean. Some ways to do this are to invest in an air purifier (this could be powered by your solar panels!), distribute houseplants throughout your home, and open windows when weather (and outdoor air quality) permits.

#### 8. Look Up - Roofs

Your roof may be made of toxic materials, and when it rains those chemicals get washed into the gutters and ultimately joins other storm run-off and ends up in the nearest creek or river. Green roofs, which literally have soil vegetation growing on them, are an option for some homeowners, as are metal or other non-toxic roofing materials. Some of these options can be installed right over an existing roof.

### **Yard and Garden**

Let's move outside and look at environmental preservation in your own yard and garden. First, let's look at the basic yard and the practices involved in planting and maintaining, and how you can include environmental preservation in those practices.

#### 1. Lawn Equipment

In this exercise-crazy society, with its gym memberships and aerobics programs, people should be jumping to switch out gas-powered yard tools for hand-powered ones. Not only does this increase your physical activity, but hand-powered tools reduce noise and emissions and save money. Who hasn't been enjoying a quiet summer day only to be disturbed by a lawn mower, leaf blower, weed whacker, or other gas-powered tool? Here are some common pieces of yard equipment and their hand-powered alternatives.

- Lawn mower/Reel mower or scythe
- Leaf blower/Rake
- Weed whacker/Scythe or bypass cutters
- Chain saw or brush cutter/Hand-held bow saw
- Snow blower/Snow shovel or push-broom

Another note on snow removal - use sand for traction instead of salt to preserve the integrity of the run-off from melting snow and rain.

#### 2. Compost

Rather than bagging your yard waste in plastic bags, start a compost pile. Grass clippings, leaves, and twigs can be composted. Save the bags for nasty weeds. Speaking of weeds...

#### 3. Natural Pest and Weed Control

There are quite a few natural means of pest control out there. Natural pesticides, such as diatomaceous earth or soap-based sprays, are commercially available these days. They can

usually be found in your typical garden center. You can also make your own by mixing a tablespoon of vegetable-based, liquid soap in a gallon of water and spraying on plants.

Arrange the plants in your garden so that they repel pests naturally. For example, plant garlic and basil near tomatoes to repel bugs, especially aphids (which favor tomatoes).

#### 4. Plant Native Plants

Try to emphasize native plants in your landscaping. This gesture of environmental protection and preservation goes beyond your yard and into the surrounding ecosystem. Many people do not consider the havoc they are helping to wreak when they plant non-native, potentially invasive species. Surely southern gardeners of the past who planted kudzu as an ornamental lament their choice!

Native plants are much easier to maintain, as they are suited to your local climate, soil, and weather. They will attract native species of wildlife as well, creating a balanced, natural ecosystem right in your yard.

#### 5. Plant Flora to Attract Wildlife

Providing a sanctuary for wildlife is a fulfilling, environmentally protective effort. Here are some things to think about when trying to attract wildlife with your landscaping.

- Bees like flowering plants and herbs such as oregano, purple coneflower, wild roses, and lemon balm. Lemon balm can be invasive, so unless it's native to your area, consider planting it in a container to protect your local ecosystem.

- For hummingbirds, plant tubular, brightly colored flowers such as bee balm (also known as bergamot), trumpet vine, and columbine.

- Butterflies enjoy many of the same plants as bees and hummingbirds, and of course the lovely butterfly bush is always a hit with these lovely winged creatures. Be aware, though, that the butterfly bush can be invasive, so like lemon balm, plant it in a container if it's not native to your area.

- Berry-bearing shrubs will attract blue jays, wax wings, and various other berry connoisseurs. Raspberry, blackberry, barberry, and blueberry shrubs are just a few of the possible choices.

- Don't forget how much flowering trees can attract wildlife. Tulip poplar trees will attract entire hummingbird flocks. Flowering fruit trees like pear and crabapple are beloved of bees.

- Sunflowers are beautiful and easy to grow as long as you have sun. Birds love sunflower seeds, and people can enjoy them as a healthy snack as well.

#### 6. Feed the Birds

Provide food and shelter for local birds. The container you use doesn't matter to the birds, but since you are establishing an environmentally protective lifestyle, consider recycling a plastic milk jug or bottle by making it into a bird feeder (there are many directions for making such feeders online). Use sunflower seeds or a commercial mix. Many birds and other animals like peanuts, too.

### 7. Solar Lighting

You want to see where you're going if you are outside at night, and houseguests will appreciate a well-lit driveway and sidewalk. Look into solar lights for your yard and garden.

### 8. Driveway

Is your driveway paved? If so, it is increasing storm run-off and potentially contributing to flooding and other ecosystem disruption. Look into a more environmentally friendly kind of driveway that will absorb rainwater, such as gravel or grass. Grass driveways will need to have an open support network or grid underneath, but the vegetation grows up and around the grid and the rainwater soaks into the open spaces. There are also pavement options for your driveway that are porous or permeable. Just remember to recycle your old driveway material if you choose to tear it out.

### 9. Invest in a Rain Barrel

Rain barrels are a fantastic way to save water and reduce storm run-off. You can wash your car, pet, or even your own hair in the rain water you collect, and plants thrive on this natural source of water. You will save a great deal of water by not using a garden hose for these activities. And you can share extra rain water with your neighbors.

## Your Neighborhood

Now that you are doing all you can to preserve your immediate environment, let's step out into your neighborhood. One of the best ways to preserve and protect your local environment is to raise awareness and get others on board. Here are some ways to do that.

### 1. Organize a Clean-Up Day

You can begin this on Earth Day if you like, when people's awareness of environmental matters is already heightened. Earth Day, after all, had to be begun and organized by someone, and now it's a nationally recognized day. Let that be your inspiration as you rally your neighborhood to clean up. Here are some tips for holding a clean-up event.

- Decide on a specific area or areas that need to be cleaned up, and make sure the owner(s) of the property is informed and supportive.

- Be good to the volunteers and provide eco-friendly snacks and water in reusable containers.

- Organize everyone's tasks so more gets done and people are inclined to help again.

- Make it an annual or seasonal event to keep things clean year after year.

- Inform your neighbors of the event via phone or email. You can also put up a banner or signs to inform a lot of people without using a lot of paper. If you want to inform people by individual printed notice, use recycled paper and insert a notice in several mailboxes with instructions for the recipient to pass along the notice to save paper.

### 2. Involve Children

Most parents want their children to grow up and play in a clean neighborhood. Make a point of inviting the kids to participate in your clean-up day. You might even have some activities just for the kids, or a particular area sectioned off for the neighborhood children to clean. Have some kid-friendly snacks available as well.

### 3. Invite People Over

Sometimes, just having people over is the best way to share your goals of environmental protection and encourage others to do the same. Host a green cookout featuring local, organic food or food you've grown yourself; give garden tours and give away cuttings and other plants. Invite people in to your home and yard and share what you're doing and explain why you're doing it. You will inspire others with your hospitality.

## Your Community

Beyond your neighborhood is your larger community. Protect and preserve your community's environment by supporting local businesses and farmers. Here are some other things you can do as well.

### 1. Attend Local Events

If your community hosts trash pick-up days, craft fairs, music festivals, etc., attend these events and support the local people. If you are so inclined, participate in local fairs and festivals, too, showing your craft or selling your wares. Buying locally is certainly encouraged as a form of community support, but so is selling to local people.

### 2. Buy Local and/or Organic Food

Your local farmers need consumers to continue producing, and your purchase of their products supports them and helps ensure that the farmers will continue to provide your community with fresh, local food.

### 3. Use Your Local Transit System

Take advantage of public transportation in your area. It's cleaner and more efficient than travel by car, and it's generally very affordable. Once again, using the public transit system will help ensure it will be there for future generations.

### 4. Volunteer

There are lots of organizations that have the protection of the environment as their core philosophy and goal. Volunteer for an organization of your choice.

### 5. Work with Local Authorities

If you want to encourage recycling in your community, work with local authorities to make drop bins, recycling pick-up, etc. widely available. Some communities have recycling drop bins on city curbs and sidewalks, and/or curb-side pick-up of recyclable items. See about getting these sorts of things set up in your community.

## Food

This was touched on above, but the issue of food deserves its own section in any discussion of environmental protection.

Here are some things to keep in mind with regard to your eating habits and the environment.

### 1. Avoid GMFs, or Genetically Modified Foods.

These may or may not be harmful to the environment or our health, but the point is that we do not know. Be careful with GMFs and anything containing them, and go for whole, fresh foods that have not had their genes altered for a particular commercial purpose.

## 2. Grow Your Own

This concept ties in with your community and neighborhood. If you grow your own food, you will probably have surpluses to share, thus forging community relationships and inspiring others to do the same. Growing your own food is economical for you and has the potential to help your local economy as well - you can sell your produce locally.

## 3. Meat

Some consider the eating of meat to be inherently damaging to the environment. But this is not necessarily so. Depending on where you live, consuming locally hunted meat can actually be a boost for the environment. For example, if you live in an area where deer populations can get so big that deer starve and property gets damaged, consuming venison actually helps protect the environment by keeping deer numbers under control.

As for commercially available or store-bought meat, look for grass-fed and free-range meats. Even better, buy meat directly from a local farmer.

## 4. Dairy

Dairy products are also best bought locally. Buying organic dairy products from the store is the next best choice.

## 5. Keep Chickens

There is an urban chicken-keeping movement afoot, and for good reason. Chickens are fun and easy to keep, and your neighborhood and community will enjoy your surplus eggs. Keeping your own chickens is also a step toward lessening the necessity for large chicken farms with environmentally dubious practices.

## **The Bigger Picture**

Everything you do locally to protect your environment reverberates outward to include the environment at large. Simply adopting a lifestyle that has environmental protection in general as its main goal is a good outlook. Begin to think green in all you do, and the specific actions will follow. You will find yourself automatically grabbing your cloth bags to go shopping, looking for "green" gifts for your friends, and making travel plans with the smallest carbon footprint. You will think before you landscape and every time you buy food or other items. As you think green, you will act green, and others will see your example and be inspired to protect their local environment.

# HOME STUDY



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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!

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)  
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)  
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Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



## Course Testimonials

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

-A. Lindquist - Advanced Aromatherapy Practitioner

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

-M. Oliver - Basic Anatomy & Physiology

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

-Debbie F. - Basic Reflexology

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

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

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

-Jean Russell - Basic Reflexology Course

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

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

-Megan P. - Advanced Aromatherapy Course

# Our Associations

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

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