

Remedies 4

asthma

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Remedies 4... asthma

Companion Remedies for Asthma

[Immunity Plus](#) - For full immune system support

[Congesto-K Pillow Spritzer](#) - To keep airways clear and aid in relaxation and restful sleep

[Congesto-K KiddieRub](#) - Chest massage oil for a child's congested nose and chest

[KiddieBoost](#) - Support healthy immune functioning in children

[BronchoSoothe](#) - Natural asthma remedy helps to relax and open airways for normal breathing

[BioVent Drops](#) - Improve respiratory health with BioVent Drops for natural asthma relief

[Sniffly Sprinkles](#) - Helps keep airways open and children breathing easy

Asthma - Causes and Remedies

One overlooked cause of asthma is GERD or Gastro-Esophageal Reflux Disease. Researchers have found that many cases of adult asthma are caused by the regurgitation of stomach juices into the throat, lungs and bronchial system. If you are suffering from asthma and have heartburn or digestive imbalances, work on improving the digestive imbalance and the asthma should improve, too.

Ammonia, found in glass cleaners and other cleaning products, can trigger an asthma attack. For a safer glass cleaner, mix ¼ cup of white vinegar with 2 quarts of warm water; apply with a clean sponge and squeegee off the excess.



[Elderberry Syrup](#)

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acupuncturist and clinical
herbal



[Mushroom Glyco Nutrients](#)

NOW® Mushroom
GlycoNutrients is a nutritional
supplement designed to
support



[Zenergize Immunity, Citrus](#)

Getting sick (or at least
pretending to) was sort of fun
back in the old da

Remedies

Cranberries Cook fresh cranberries in enough water to make a mash, then take two or three teaspoonsful daily. The results may astonish you. Remedy from Betty Patterson, Wayne, PA.

Licorice root tea Make a tea by putting ½ teaspoon [licorice](#) in a cup of hot water and steep for 10 minutes; strain. Drink one or two cups daily to relieve asthma symptoms. You can also find tea bags at many grocery or health food stores.

Pycnogenol, sometimes sold as OPC or PCO, made from pine bark extract, contains flavonoids with anti-inflammatory and antioxidant properties. A study done at the University of Arizona at Tucson, reported in 2002, showed that 84% of participants who took 150 to 200 mgs daily were able to breathe more easily. In addition, pycnogenol significantly reduced patients' levels of serum leukotrienes, substances that promote asthma symptoms. May be taken with food or on an empty stomach.

Watercress Eat a lot of watercress

Reflexology + Aromatherapy

Use this blend to massage the following reflex points. It is best to include this regimen daily - it is not meant to relieve an asthma attack in progress, but to help heal your body and help curb future problems with asthma.

Recommended Blend

15 [Ravensara](#)

18 [Pine](#)

2 [Peppermint](#)

5 [Cypress](#)

12 [Eucalyptus Radiata](#)

10 [Eucalyptus Australiana](#)

8 [Myrtle](#)

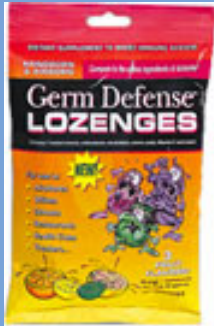
Dilute 50/50 with a good vegetable oil or other carrier oil - use to massage indicated respiratory reflexology points. Do not get into eyes.

Technique



[VRL-X](#)

Overall health can often occur naturally if the body receives the proper nu



[Germ Defense Lozenges](#)

Germ Defense Lozenges are dietary supplements used to boost your immune sys



Great Health Sites

[Natural Holistic Health Blog](#)

[Naturally Beautiful Me](#)

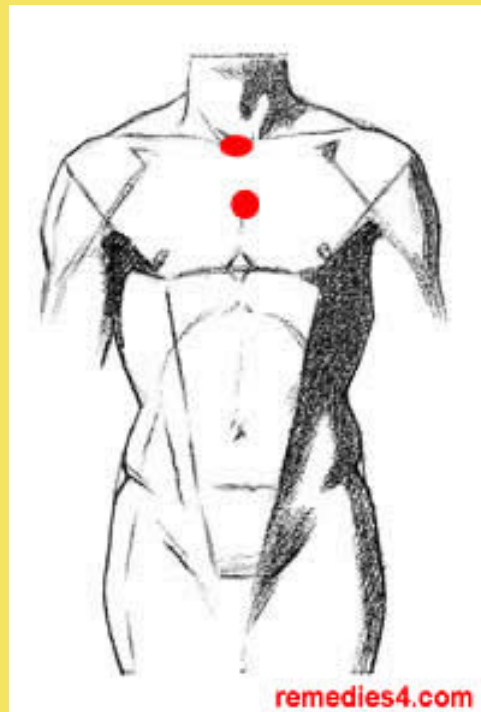
Generally massage is applied directly by thumb pressure or by kneading. It will take a while to build up your strength. Alternate the thumb pressure with applications using bunched or extended fingers, the knuckles, the heel of the hand or a gripping motion where the whole hand applies the force. Alternating the techniques gives your thumbs a chance to gain strength.

Start with light pressure and gradually build. Always feel comfortable with the pressure. Never force your body, or inflict pain.

Reflex points for Asthma



Reflex points on the back



Reflex points on front

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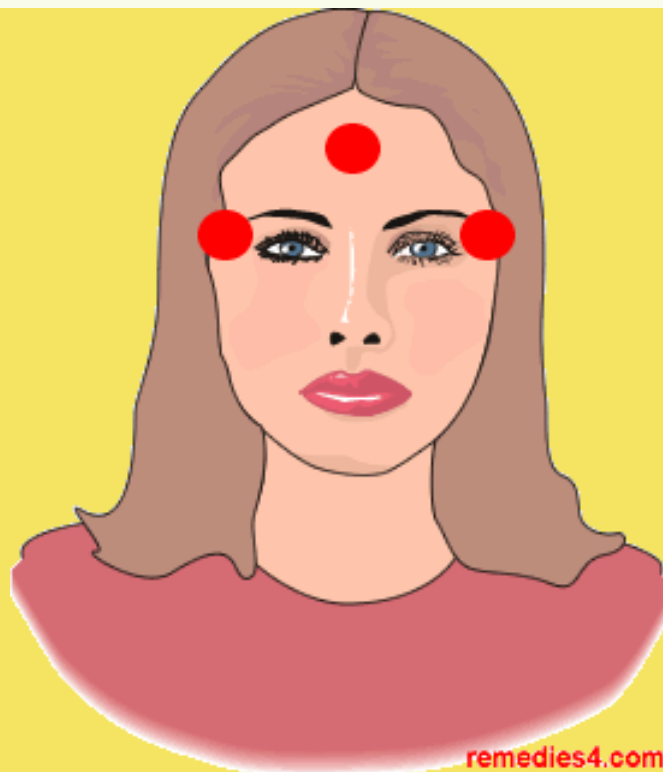
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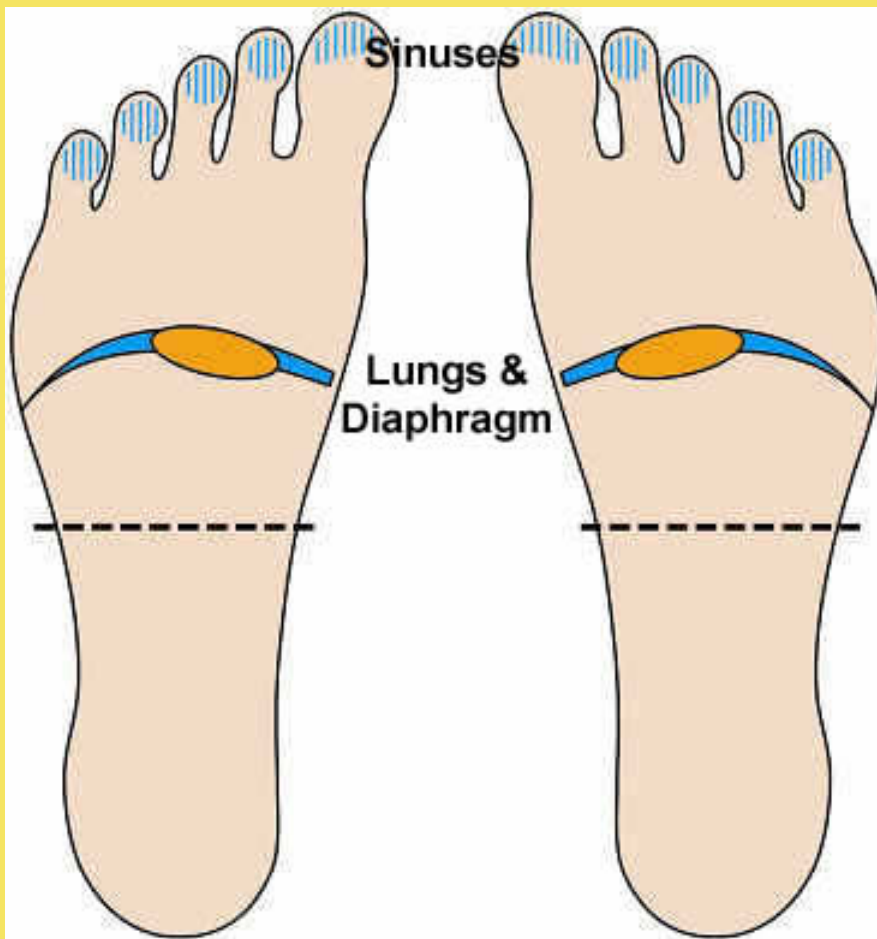
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Reflex points on face



Respiratory points on feet



Breathe Easy Synergy**

Inhale deeply and slowly for 2-3 minutes prior to breathing exercises. There is a practice in Yoga known as prana yama , or breath work that stimulates and strengthens the respiratory system.

This synergy may also be utilized during a mild asthma attack as it helps to open the airways.

8 drops [Peppermint](#), Mentha x piperita
28 drops [Lavender](#), Lavendula angustifolia
20 drops [Eucalyptus](#), Eucalyptus smithii

Anti-Virus Inhalation**

It is very important to boost the immune system and avoid viruses during the flu and cold season. Many times a flu virus turns into bronchitis and other respiratory ailments. This blend is approximately 67% phenols for their bactericidal and immune modulating properties and 20% aldehydes for their anti-infectious and anti-inflammatory properties. I would never have thought to mix these two oils, however I do find the aroma pleasant. When a virus may be lurking around the corner, inhale the blend 3-5x a day. Put 1 or 2 drops on a handkerchief or inhale from the bottle.

3 drops [Clove Bud](#), Eugenia caryophyllus
1 drop [Lemongrass](#), Cymbopogon flexuosus

Asthma Face Splash**

During an acute attack, remember to stay calm and try this face splash. The use of sedative-type and antihistamine-like essential oils can be quite effective in helping to restore respiration. This blend is also calming to the CNS. The blend is approximately 23% Esters, 21% Sesquiterpenes and 35% Alcohols. Fill a basin with cold water. Add 2 drops of the synergy and swish. Splash on the face with eyes closed several times, pat dry and repeat 2 more times. This recipe can also be made into a facial mist and kept in the refrigerator. Another use for this remedy would be to simply inhale from the bottle.

7 drops [Lavender](#), Lavendula angustifolia
5 drops [Cedarwood](#), Cedrus atlantica
2 drops [Marjoram](#), Origanum marjorana

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MORE INFO

Asthma Salve* *

- 4 drops [Frankincense](#), Boswellia carteria
- 4 drops [Sandalwood](#), Santalum album
- 4 drops [German chamomile](#), Matricaria chamomila
- 8 drops [Clary sage](#), Salvia sclarea
- 4 drops [Ginger](#), Zingiber officinalis

After the breath of life returns to “normal” often times after a prolonged attack or bronchitis, the back, shoulder and chest muscles are very tight and sore from labored breathing. A massage oil to decrease inflammation of the bronchioles, reduce muscle spasms and calm the central nervous system is to be applied to the entire back and shoulders as well as the upper chest and feet. Great at bedtime too. This recipe is from “Aromatherapy, A lifetime guide to healing with essential oils by Valerie Gennari Cooksley, Pg. 109

Asthma Massage Oil* *

- 16 drops [Lavender](#), Lavendula angustifolia
- 3 drops [Peppermint](#), Mentha x piperita
- 3 drops [Eucalyptus](#), Eucalyptus smithii
- 3 drops [Ylang, Ylang](#), Cananga odorata
- 2 tablespoons vegetable oil (Almond)

Asthma Alleviator

- 1 pint Irish moss jelly
- 1/2 yellow onion
- 2 cloves garlic
- 1/2 c honey

Combine the Irish moss jelly, onion, and garlic in a saucepan and simmer for 30 minutes. Strain through a sieve and add the honey. Take 1 tbsp every couple of hours as needed.

Irish moss is a North American seaweed. The jelly is available at health food stores and some pharmacies.

PassionFlower for Asthma

[Passionflower](#) has been used to help the body reduce anxiety,



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hysteria and nervousness by nourishing the nervous system. [Passionflower](#) has been traditionally used in both herbal and homeopathic medicine for pain, insomnia, nervous exhaustion, asthma and attention deficit disorder. In vitro experiments show that passicol, an alkaloid found in passionflower, kills a range of molds, yeasts, and bacteria.

Honey/Cinnamon Remedy

Mix 1 teaspoon honey with 1/2 teaspoon cinnamon and take it at night before going to bed.

Asthma Tea

For asthma, make a tea of equal parts decocted [vervain](#) ([verbena](#)), [horehound](#), and [elcampane](#) roots. Simmer for about 20 minutes, strain, and cool. Drink about 1 pint 3 times a day.

Honey/Onion Remedy

The proper British treatment for prolonged bouts with asthma is thin onion slices soaked in honey. The resulting syrup is administered four times a day until the condition improves.

Eucalyptus Remedy

[Eucalyptus](#) trees are native to Australia and Malaysia, where they are referred to as blue-gum trees, or Australian fever trees. The oil is widely used for respiratory ailments, such as asthma. The leaves contain rutin, a bioflavonoid, that can reduce inflammation in bronchial tubes.

You can make a simple [eucalyptus](#) infusion by steeping a handful of fresh or dried leaves for 20 minutes in a quart of boiling water. Breathe in the vapors of the steaming tea, or drink the infusion in small doses. Always dilute eucalyptus oil in water before using.

Prevention With Food

For centuries, certain foods have been used to prevent asthma attacks. Hippocrates said, "Never give a drug if food will serve." Egyptians prescribed figs, grapes, or juniper fruit - good sources of minerals. Chinese used tea leaves which, like coffee, contain caffeine

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and some theophylline. The ancient Greeks and Romans favored garlic, pepper, cinnamon, and vinegar.

These pungent foods can promote watery secretions in the nose and respiratory tract, helping to clean out clogged passages. Other traditional remedies include freshwater fish, parsley, mint, watercress, fenugreek, radishes, quinces, raisins, or barley porrage.

Many of these foods controlled inflammation of the airways by thinning mucus, dilating passageways and generally improving the ability of the respiratory system to function by providing vitamins and minerals.

Today, some doctors suggest foods such as onions, garlic, fatty fish, and fruits and vegetables high in vitamin C to decrease inflammation.

Fennel Tea

In the United States, [fennel](#) is most commonly found sitting unopened in the back of a spice rack, behind the marjoram and the sage. But not in Greece. If you suffer from Asthma, follow the Greek example and put your fennel to good use.

The Greeks have discovered that [fennel](#) seed tea provides relief not only from the symptoms of asthma but also from many other respiratory ailments. [Fennel](#) contains rutin, and vitamins and minerals including calcium and potassium.

Coffee for Asthma

How does strong coffee, black mocha in particular, relieve asthma? Coffee contains caffeine, a methylated xanthine related to theophylline, a substance that relaxes the smooth muscle of constricted bronchial tubes to make breathing easier.

In Europe and Canada, drinking two 8 oz cups of strong brewed coffee is a common remedy for asthma. This should provide relief within an hour or two and should last for up to 6 hours. But, in order to work, the coffee should be used only as a medicine, to prevent or alleviate an attack.

If you drink coffee every day, you will develop an insensitivity to its effects. Methylated xanthines are found in coffee, tea, and chocolate,

and are diuretics as well as bronchodilators.

Mugwort for Asthma

One of the many medical uses of [mugwort](#) flower is as a treatment for asthma. Popular in ancient Greece, mugwort, which is also effective in treating other respiratory ailments, is now used in arctic Europe, North Africa, Siberia, western Asia, and the Himalayas. [Mugwort](#) contains tannins, which are astringent and reduce secretions.

Asthma treatment using Honey

Honey is one of the most common home remedies for asthma. It is said that if a jug of honey is held under the nose of an asthma patient and he inhales the air that comes into contact with it, he starts breathing easier and deeper.

Asthma treatment using Lemon

Lemon is another fruit found beneficial in the treatment of asthma. The juice of one lemon, diluted in a glass of water and taken with meals, will bring good results

Asthma treatment using Ginger

A teaspoon of fresh [ginger](#) juice, mixed with a cup of fenugreek decoction and honey to taste, acts as an excellent expectorant in cases of asthma. The decoction of fenugreek can be made by mixing one tablespoon of fenugreek seeds in a cupful of water. This remedy should be taken once in the morning and once in the evening.

Asthma treatment using Garlic

Garlic is another effective home remedy for asthma. Ten garlic cloves, boiled in 30 ml of milk, make an excellent medicine for the early stages of asthma. This mixture should be taken once daily by the patient. Steaming [ginger](#) tea with two minced garlic cloves in it, can also help to keep the problem under control, and should be taken in the morning and evening.

Herbs for Asthma

Externally

- Roman [Chamomile](#) (flowers)

Add the [Essential Oil](#) to a chest rub or steam inhalant or immerse 1 tbs. flowers in a bowl of boiling water for a steam inhalant at the first sign of an attack.

- [Eucalyptus](#) ([Essential Oil](#))

Mix 1-2 ml [Essential Oil](#) in 23 ml [Carrier Oil](#) for a chest rub. Place a few drops on a pillow or handkerchief as an inhalant. carrier oils: [Almond](#), [Sunflower](#), wheatgerm

Internally

- gumplant (leaves, flowers)

Use 15 grams in 500 ml for an infusion. Take up to 5 ml per day in 1-2 ml doses.

- [Sage](#) (leaves)

Burn to inhale.

- [Thyme](#) (leaves)

steam inhalant

Elecampagne Respiratory Tea

[Elecampagne](#) is used for chronic lung conditions, [Asthma](#), [Bronchitis](#), colds and pleurisy. Simmer 1/2 ounce of dried root in one pint of water for 20 minutes. Drink after meals.

Herbs To Tonify The Lungs

Below are some of the most popular and common [Herbal Remedies](#) for ailments of the lungs:

[Coltsfoot](#) Root, (*Tussilago farfara*) The mucilaginous property of the root makes it useful with lung problems, coughs, and intestinal upset. [Coltsfoot](#) is available in tincture, syrup, capsules and tea. The

active ingredients are extracted from the dried leaves, root and flowers.

[Ginkgo Biloba](#) ([Ginkgo Biloba](#)) has been a staple with practitioners of traditional Chinese medicine for thousands of years to treat [Asthma](#), [Allergies](#), and coughs. Studies have shown that [Ginkgo](#) can inhibit allergic response and scientists have isolated an active ingredient in [Ginkgo](#) that has an anti-inflammatory effect.

[Horehound](#), (*Marrubium vulgare*) can be considered whenever heavy, dry, mucus must be discharged from lungs and respiratory passages. [Horehound](#) is the botanical herb of choice due to its long history as a safe, reliable, and effective herbal cough remedy.

[Licorice](#) root (*Glycyrrhiza uralensis*) contains elements helpful for the adrenals and glands, inducing the adrenal cortex to produce more cortisone and aldosterone. It is thought to exhibit a mucosal protectant effect by beneficially interfering with gastric prostanoid synthesis and increasing both mucous production and regional blood flow. Very helpful in treating flu, colds, and lung congestion. It is also found in popular cough remedies. Due to the adverse reaction of [Licorice](#), many studies have been performed using the deglycyrrhizinated [Licorice](#) (DGL) extract, which is free of glycyrrhizin and has had no significant reported adverse effects.

[Lobelia](#), (*Lobelia inflata*) is used smoking cessation and to treat [Asthma](#) and depression. The piperidine alkaloids (lobeline) are believed to be responsible for the mechanism of action. In vitro studies show that lobeline crosses the blood-brain barrier and has similar activity to nicotine, and stimulates the release of dopamine and norepinephrine. At low doses, lobelia has stimulant effects. There are several contraindications with this herb. Lobelia is known to cross into [Breast Milk](#) and should not be consumed by [Pregnant](#) or nursing mothers. Adverse reactions included nausea, vomiting, [Sweating](#), cough, dizziness, bradycardia, [Hypertension](#), [Seizures](#), respiratory stimulation (low doses) or depression (high doses). Toxicity includes sinus arrhythmia, bundle branch block, diaphoresis, [Cardiovascular](#) collapse, [Seizures](#), coma. Herb-Drug Interactions include nicotine. Lobelia may have additive effects when combined with nicotine-containing products, resulting in toxicity.

[Mullein](#), (*Verbascum thapsus*) is an antispasmodic, which is rich in mucilage, a substance that soothes the throat. It is a good expectorant and, in the process of clearing out congestion. It also soothes irritation in the throat and bronchial passages. As an

antispasmodic, [Mullein](#) can relieve stomach cramps and help control [Diarrhea](#). [Mullein](#) is an age old remedy, which is specific for [Bronchitis](#) with hard cough and soreness. It is also a herb for cold and congestion. The leaves and flowers are used to reduce mucous and stimulate coughing up of phlegm.

[Nettle](#) (*Urtica dioica*) had been known to reduce allergic reactions. Rich in iron, potassium and silicon, [Nettles](#) combined with [Comfrey](#), [Mullein](#), or [Horehound](#) can be used for [Asthma](#).

Andrew Pacholyk, MS, L.Ac - <http://www.peacefulmind.com/> -
Therapies for healing mind, body, spirit

Home Remedies For Asthma

Asthma treatment: put half a teaspoon of [licorice](#) root tea in a cup of hot water, wait 10 minutes, strain and drink.

Blend radish, honey and lemon juice in a blender. Mix for 20 minutes and cook in pan on low heat. Take one teaspoon in the morning everyday.

Yemeni med: Put one teaspoon of ground [fenugreek](#) seeds (Hilba) in a glass of boiling water, add sugar or honey and drink 3 times daily.

Go somewhere where the air is cold and just sit, relax and take deep breaths.

Drink fresh cabbage juice everyday.

Take 2 tablespoonful of fresh lemon juice and 1 tablespoonful of water. Repeat day and night.

Turn the hot water on in the shower; wait until the bathroom is filled with steam. Then hold your head next to the shower curtain or door and breath the steam.

Boil one teaspoon of pure honey with 1 teaspoon of olive oil, half a cup of black or green tea, and some garlic. Drink everyday.

Drink strong hot coffee (as hot as you can take it) with no milk (milk will cause phlegm).

Figs are good for draining phlegm. Wash 3-4 dry figs with water. Soak in 1 cup of water. Eat these on an empty stomach and drink the water that the figs were soaked in also. Do not eat anything else for

an hour at least. Do this for 2 months.

Add 1 tsp of honey in very hot water and sip slowly. Take this just before sleeping to remove phlegm from the throat.

In 1 cup of water soak 1 tspn of [Fenugreek](#) seeds overnight. Strain. Add 1 tspn of Ginger juice and 1 tspn of honey to this. This should be taken morning and evening.

2 More Asthma Remedies

Mix 1 teaspoon of grated horseradish with 1 teaspoon of honey and take it every night before bedtime.

Slice two large raw onions into a jar. Pour 2 cups of honey over it. Close the jar and let it stand overnight. The next morning you're ready to start taking the "honion" syrup.

Dose: Take 1 teaspoon a half-hour after each meal and 1 teaspoon before bed.

Tonic Mix

Mix together 1 ounce of each of the following dried herbs:

[Horehound](#)

[Hyssop](#) _

[Licorice Root](#) _

[Marshmallow](#) Root

Add 2 pint of water. Simmer until the liquid is reduced by 1/4. You should have about 1 an 1/2 pints of the tonic.

Strain and dose with 1/2 cup of the liquid every couple of hours for 1 day of every week for a month.

This tones up the respiratory tract and also stimulates and nourishes the [Adrenal Glands](#).

** Source: http://www.naha.org/articles/treating_asthma.htm

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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.

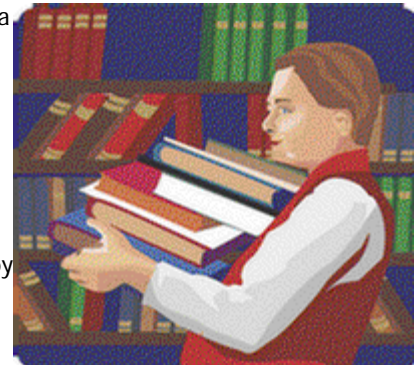
The **Alternative Healing Academy** has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

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!

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Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



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

What is a Certified Aromatherapist or Reflexologist?

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

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

What is an accredited course in Aromatherapy or Reflexology?

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

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

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

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

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

Some information about the courses we offer:

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

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

illustrated.

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

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

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

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



Course Testimonials

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

-A. Lindquist - Advanced Aromatherapy Practitioner

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

-M. Oliver - Basic Anatomy & Physiology

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

-Debbie F. - Basic Reflexology

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

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

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

-Jean Russell - Basic Reflexology Course

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

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

-Megan P. - Advanced Aromatherapy Course

Our Associations

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

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

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

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

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

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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.