

# Remedies 4

detoxification

[Home](#)

[Natural herbs &  
Remedies](#)

[mom's  
blog](#)



[Sign up for our](#)   
[Email Newsletter](#)  
[& Receive a Free](#)  
[Health Ebook!](#)

The content of this ebook is intended for informational purposes only.

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.

## Remedies 4... detoxification

### Companion Remedies for Detox

[Detox Drops](#) - Promote elimination of toxins and naturally flush out the system

### Blood Cleanser Tea

- 1 cup dried [Burdock](#) root
- 1 cup roasted chicory root
- 1 cup dried [Dandelion](#) root
- 1 cup [Red Clover](#) blossoms
- 1/2 cup ground [Ginger](#) root
- 1/2 cup [Peppermint](#) leaves

Combine [Herbs](#) in a dark glass jar. To make tea, use 1 to 2 teaspoons herb mixture per 1 cup of water. Place water in a non metallic pan, saucepan, bring to a boil, cover, reduce heat and let simmer for about 5 minutes; turn off heat; allow to steep for 10 minutes. Strain before serving.

Start by drinking 1 to 2 cups of tea daily for at least 2 weeks.

### CLOVER TEA BLEND (detoxifier)

- 2 cups clover blossoms
- 2 thin sticks [Cinnamon](#), bruised
- 1 tsp. grated dried [Orange](#) rind



### [Elderberry Syrup](#)

Created for Planetary Herbs by licensed 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

Steep for 5 minutes. Drink hot or chilled.

## Detox Bath Recipe

Fill the tub with hot water and add the following mixture while filling:

- 1/2 C Sea Salt
- 1/2 C Baking Soda
- 1/2 C Epsom Salts
- 1/2 C Peroxide
- 1 Tbls. [Oregano Essential Oil](#)

Stir it up in the bath water - it should be clear.

Bathe as normal - stay in the tub for at least 15 minutes.

## Dry Skin Brushing for the Lymphatic System

Our lymphatic system is our body's [Immune System](#). The lymphatic fluid can become sluggish over time and dry skin brushing can be a lymphatic stimulant. Skin brushing helps exfoliate and invigorate our skin too. It increases our blood supply to the area bringing with it nourishment and oxygen.

Our circulatory system has its own pump (our heart) to move our blood through our bodies but our lymphatic system does not. It relies primarily on our movement to assist it. Typically, the more active we are the better condition our lymphatics are in. Skin brushing helps move our lymph fluid and gives us a jump-start on our health.

### Supplies:

- Natural bristle brush (do not use synthetic)
- Shower

### Directions:

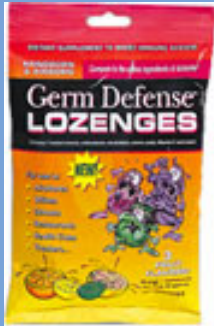
Always use a dry brush. Using a light touch make long strokes towards the heart, except on your abdomen where your strokes should be towards your groin. Start with your arms and work your entire body ending with your toes. Shower and enjoy the day!

If you use a loofah pad instead of the natural bristle brush, place it in



### [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](#)

the washer and dryer prior to use the first time. This will loosen the fibers and make it more effective.

### **Caution:**

Do not brush to the point of making your skin raw or sore. If irritation occurs you may be using too much pressure.

## **Feng Shui Detoxification Bath**

- 2 Cups Sea Salt
- 2 Cups Baking Soda
- 4 Tbsp. [Ginger](#) Powder

Place all ingredients in a hot bath and bathe for 20 Minutes Drink plenty of water. This bath withdraws impurities from your body and helps you to feel better. This bath can be done 2 to 3 times in a week or as needed.

## **Gallstones (Liver Flush)**

It is estimated that nearly half of Americans with gallstones do not have any symptoms. Symptoms of gallstones are often misleading but may include [Constipation](#), upset stomach, fatigue, [Hepatitis](#), and even [Diabetes](#). The symptoms can be so varied that gallstones are rarely thought of to be the culprit. Removal of your gallbladder does not exclude you from having gallstones either. They can still form in your bile ducts.

### **What Are Gallstones?**

Gallstones are not truly stones. For one thing they float. The majority of gallstones are roughly 92-94% [Cholesterol](#), which is an oil.

### **Supplies:**

- Fresh [Organic](#) apple juice ~ 1 gallon
- 1 pint (2-cups) cold pressed [Olive Oil](#) (DO NOT use heat processed)
- [Organic](#) lemons ' enough to make 1 cup of fresh juice

### **Optional Supplies:**

- Netting or colander large enough to fit underneath toilet seat
- Rubber or disposable gloves

[Natural Herbs & Remedies](#)

[Akobi Natural Health Database](#)

[Natural Pet Health Blog](#)

[Anxiety Depression Info](#)

[ADHD Info](#)

[Mom's Blog](#)

[Natural Men's Health](#)

[Women's Health Nurse](#)

[Mountain Rose Herbs](#)

[Natural Health Ebooks](#)



**Natural Remedies**

[Native Remedies](#)

[Natural Health Supplement Shop](#)

[PetAlive Herbal Remedies](#)

[Xtend-Life - Natural Health Products](#)



- Pitcher of water
- Glass jar
- Pineapple juice

## **The Cleanse**

Prepare for your cleanse by drinking all the fresh apple juice you desire for 1 day. The more juice the better, but only drink juice and water. No food. At 6:30 p.m. stop drinking.

Beginning at 7:00 p.m., drink ' cup [Olive Oil](#) along with 2 tablespoons of the juice from a fresh squeezed [Lemon](#). Repeat this process every 15 minutes until you have consumed 1 pint of [Olive Oil](#) and at least ' pint of [Lemon](#) juice. Finish off any remaining [Lemon](#) juice. Lie down and rest during this time and when finished go to bed.

Note: you may feel nauseous after consuming the [Olive Oil](#) but this should pass in a few minutes. If you still feel nauseous when it is time to consume your next ' cup, STOP, you are finished. Even if you have not consumed the entire amount.

Drape the netting or place the colander beneath the toilet seat and place a pitcher of water nearby. The water is to be poured over what you eliminate to wash the feces though the netting and leave the gallstones. Use your gloves to pick through the remains, remove and rinse the gallstones, and place them in your glass jar.

## **What to expect**

You should expect to eliminate between ' cup to 2 cups of gallstones. They are usually green in color but may also be tan, [Black](#) or red. They may be as small as a seed or as large as a dime, quarter, or even larger.

Many people begin eliminating around 2:00 a.m. the next morning, and may continue to eliminate for a while. Some people don't begin eliminating until late morning. Many folks experience discomfort, [Headaches](#), flu-like symptoms and occasionally vomiting may occur. If nausea is experienced, drink a few small sips of pineapple juice.

If you want to save your gallstones, place them in the freezer since they will continue to disintegrate otherwise.

*Reference: Are You Stoned? by Claude M. Lewis, D.C., Edith Hiett*



and Leon Hiatt

## Healing Salt Crystals

The easy-to-find ingredients for this wonderful bathing mixture help to relieve soreness and aching joints and muscles. Soothing and relaxing, Healing Salt [Crystals](#) draw out impurities from your body and deoderize, too!

With many of the healing properties of a seaside spa, this formula is perfect for the day after a strenuous workout, or for any time you need a little healing time-out. If you can't get away to the beach, you can at least relax in a tub with these lovely [Crystals](#).

### INGREDIENTS

- 1 cup borax
- 2 cups Epsom salts
- ' cup coarse sea salt
- ' cup baking soda
- ' cup white [Clay](#)
- ' cup dried [Lavender](#)
- 10 drops [Lavender Essential Oil](#)

1.) In a large bowl, mix together the borax, salts, baking soda, and [Clay](#), then mix in the dried [Lavender](#), stirring with a wire whisk.

2.) Scent the mixture with the oil, mixing well with the whisk. Cover the bowl with a towel and leave overnight to fix the scent.

3.) In the morning, thoroughly mix again and package in jars, zip-seal or muslin bags, or envelopes.

### To Use:

Add ' to ' cup healing salt [Crystals](#) to a tubful of warm water.

## Hydrogen Peroxide Baths

Our bodies eliminate [Toxins](#) through four major organs: the colon (assisted by the liver), [Kidneys](#), lungs, and skin. Hydrogen peroxide baths help to cleanse and purify our skin. Hydrogen peroxide destroys [Toxins](#), organisms, and even pulls out the residues left by

Special Message



Rediscover  
Passion



Optimal  
Wellness

- Anti-aging
- Scientifically Formulated
- ALL NATURAL  
no side effects

**XTEND-LIFE**  
Natural Products

**MORE INFO**

[Soap](#). In other words, it makes one of our major eliminators of [Toxins](#)-our skin-more effective.

Hydrogen peroxide does all this and is environmentally friendly too, leaving its only by-products: water and oxygen.

The first time you bathe with hydrogen peroxide, be sure to notice the residue left behind after the bath. You just might be amazed!

### Supplies:

- 2 quarts hydrogen peroxide
- Bath tub

### Directions:

Pour 1 quart hydrogen peroxide into a hot bath making sure to mix it well to avoid burning your skin. Be careful not to get any bath water in your eyes. Immerse yourself into the water and wait 5 minutes. If there is no reaction to your skin, add the second quart and stir well. Relax and soak for 20 to 25 minutes.

### Caution:

If irritation occurs, rinse yourself off with clear water immediately. You may want to try again using 1 pint hydrogen peroxide. Women with vaginitis often experience temporary irritation and should begin with the lower dose. Always use caution when exiting a tub. Lightheadedness may occur.

### Other Uses:

Hydrogen peroxide (3%) is excellent as a facial toner and as a mouthwash.

If you suffer from athlete's foot, try a nightly foot soak in 3% hydrogen peroxide until the condition clears.

## Liver Detox Tea Formula

*Adapted from The Tao of Detox, by Daniel Reid (Inner Traditions, 2006).*

If you sometimes overindulge during the holidays, this tea formula



**NativeRemedies**  
THE NATURAL CHOICE

LIVE A HEALTHY LIFE!



Proven, Safe,  
100% Natural Herbal and  
Homeopathic Remedies  
for You and Your Family

[CLICK HERE](#)

can help to detoxify a sluggish system, improving [Circulation](#) of blood and energy to the liver.

#### INGREDIENTS

- 10 g [Dandelion](#) root
- 10 g [Burdock](#) root
- 5 g [Fennel](#)
- 5 g [Ginger](#)
- 5 g [Milk Thistle](#)
- 2 g [Mugwort](#)

Mix the dried [Herbs](#) with 1 1/3 quarts of pure water and bring to a boil in a non-aluminum cooking pot. Simmer slowly for about 20 minutes, then remove from heat and let stand for 10 minutes.

Strain into a bottle and take 1/4 cup to 1/2 cup of warm tea, 3 times per day.

Extra tea may be kept fresh in the refrigerator, but each dose should be warmed up before drinking.

## Natural System Detox Recipe

**\*\*Note:** Be sure to check with your doctor to make sure you are in good enough health to do an intensive detox and fast before beginning this plan.

This is a maple syrup detox recipe I have used. The first time I added the [Cayenne](#) to the drink and I thought my mouth was going to burn off!!! (I'm a light weight) I now make my own [Cayenne](#) capsules and it works great. I drank this mixture 3 times a day and lots of water, no food. I also lost 8 pounds during the 10 days. And I didn't feel hungry.

It is recommended that the master cleanser lemonade cleansing diet recipe be followed for a minimum of 10 days or more. It has all the nutrition needed during the body cleansing. Following the lemonade cleansing diet three to four times per year will do wonders to detox the body and keep it healthy.

The [Lime](#) or [Lemon](#) juice recipe is as follows:

- 2 Tbsp [Lemon](#) or [Lime](#) juice (approximately 1/2 [Lemon](#))

## Alternative Healing Academy



Home Study  
Certification  
Programs  
in Reflexology,  
Aromatherapy,  
Color & Crystal  
Therapy



- 2 Tbsp genuine maple syrup (not maple flavored sugar syrup)
- 1/10 tsp [Cayenne Pepper](#) red [Pepper](#)) or to taste - Water - warm

Combine the juice, maple syrup, and [Cayenne Pepper](#) in a 10 oz. glass. Fill with warm water. Cool water may be used if preferred. Only freshly squeezed lemons or limes (preferably [Organic](#)) are to be used in the [Lime](#) or [Lemon](#) juice recipe. Being a balanced form of positive and negative sugar, pure maple syrup must be used - not a substitute.

Follow the lemonade cleansing diet for a minimum of ten days - more if necessary. The cleansing diet has all the nutrition needed during this time. Three to four times per year will do wonders toward keeping the body in a healthy condition. The diet may be used more often for more serious conditions.

### Sea Salt Bath

- Dead Sea Salt - 1 cups
- Sea Salt - 2 1/2 cups
- 2 TBSP of Ground Sea Weed
- 1 TBSP cup of Oatmeal
- 1 TBSP of Kelp
- 2 TBSP cup of Baking Soda
- 1 TBSP - Vegetable [Glycerin](#)
- 1-2 tsp of EO Blend of Choice

Thoroughly Mix all dry ingredients, then drizzle [Glycerin](#) and EO's over them. Mix them well and store in an air tight container for several days prior to use. Mix well.

Add 1/4 cup or more under running water. Light a [Candle](#) or [Incense](#) and Enjoy.

### Sea Salt Detox Bath

Fill the tub with water

- 1/2 cup sea salt
- 1/2 cup of baking soda
- 1/2 cup of Epsom salt
- 1/2 cup of peroxide
- 1 cup of apple cider vinegar
- 1 tablespoon of [Oregano](#) oil

Add to bath water, stir until dissolved. Bath in water for at least 20 minutes

## A Detoxifying and Uplifting Milk Bath

Ever wish you could afford to pamper yourself like the celebrities do? There's no need to dish out your dough to exclusive spas when you can feel like a movie star right at home! This alluringly fragrant milk bath will delight your senses, uplift your mood and clear out the [Toxins](#).

What You Will Need:

- 3 Cups Powdered Milk
- 1/4 Cup Oatmeal (ground into powder)
- 1/3 Cup [Almond](#) Meal (ground into powder)
- 1/3 Cup Baking Soda
- 1/3 Detoxifying and Uplifting Aromatic Blend \*10 drops [Lemongrass](#) essential oil
- 9 drops [Grapefruit](#) essential oil
- 7 drops [Geranium](#) essential oil

Prepare your Detoxifying and Uplifting Aromatic Blend by pouring your essential oils into a 10-ml bottle and then adding an [Organic](#) vegetable oil to fill.

- Combine all the ingredients and mix well.
- Store in an air tight container until ready to use.
- Scoop 1/3 of the mix into a muslin bag or even a facecloth.
- Tie closed securely with ribbon or a rubber band.
- Attach the bag to the faucet, allowing the warm water to run over the bag. Add 1/3 of the aromatic blend to your warm bath water and indulge! Soak for at least 15 minutes, deeply breathing in the delightful floral citrus fragrance.

Yield 3 baths.

## Cayenne Pepper Tincture Drink

This recipe comes from a little Booklet called “Master Cleanser”.

Squeeze a 1/2 fresh [Lemon](#) and add 2 Tablespoons Grade B Maple Syrup, and a dropper of [Cayenne Pepper](#) Extract or 1/4-1/2 teaspoon

[Cayenne Pepper](#) Powder to 2 cups hot (almost boiling) Water.

This is a great drink for appetite suppression or fasting. Drink it in the morning and you'll be good to go for hours.

## Zesty Lemon Detox Tea - Recipe

*By Cait Johnson, Assistant Producer, Care2 Healthy Living Channels*

This recipe was designed as a cleansing tea to stimulate processing of excess fats in the body, rev up [Circulation](#), and provide essential [Antioxidants](#), [Vitamins](#), and [Minerals](#) - a perfect blend of nutrients. It's a great aid in undoing the effects of holiday over-indulgence, and Annie says she was given the same tea by a helpful friend after she was exposed to toxic chemicals. But it tastes so good, you'll want to come back for seconds: we had a crock-pot filled with it for a recent women's workshop and it was gone in no time!

This is a great recipe that really gets around - and it's so easy to prepare.

### INGREDIENTS

For each serving:

- Enough freshly-boiled water to fill your teacup or mug
- 1 tablespoon real maple syrup
- Freshly-squeezed juice of half a [Lemon](#)
- [Cayenne Pepper](#) to taste

Simply stir ingredients together in your mug or cup. Be careful with the cayenne: a little goes a long way.

HELPFUL HINTS: We've recently learned that this recipe was originally formulated by Stanley Burroughs, creator of the Master Cleanser Diet. It's such a great recipe that it crops up everywhere; I first received it from a friend.

## Herbs for Detoxification

Internally

- [Birch](#) (leaves)

- [Dandelion](#)
- stinging nettle (leaves collected while in flower)

as an infusion

### **Externally**

- [Pine](#) (needles) - in a bath
- [Sage](#) (leaves) - as a compress
- [Thyme](#) (leaves) - as a compress

## **How to make an alkaline broth**

As a cleansing or general health measure, some people drink an alkaline broth. The broth is rich in minerals and helps balance the pH of the body, promoting cleansing of all the tissues in the body.

Here is the recipe:

### **Ingredients:**

2 cup carrot tops  
2 cups celery tops  
2 cups beet tops  
2 quarts distilled water  
3 cups celery stalk  
2 cups red skinned potato peeling 1/2 inch thick  
1 small zucchini  
Chop all vegetables into very fine pieces.

Place them in the water and bring to a boil with the lid on. Lower heat and simmer for 20-30 minutes. Strain and drink the broth. This broth will keep for 3 days in the refrigerator. It may also be made in larger quantities and frozen.

## **Healing Detox Juice**

Serves 2

A sweeter, more subtle juice which still packs a nutritional punch! The combination of the carrots, spinach and parsley provides an excellent source of antioxidants, while the celery lends its cleansing properties.

### **Ingredients:**

3-4 Carrots  
125 g Fresh Spinach  
Handful of Flat Leaf Parsley  
2-3 Sticks of Celery

Juice all ingredients (putting celery through last). Mix with water to taste or drink neat (your preference).

# HOME STUDY



[Home](#)  
[Contact](#)  
[Color/Crystal Reflex.](#)  
[Basic Anatomy](#)  
[Reflexology Pract.](#)  
[Adv. Reflexologist](#)  
[Aromatherapy Pract.](#)  
[Adv. Aromatherapist](#)  
[Color/Crystal Therapist](#)  
[ReflexAromatherapist](#)  
[Mini Courses](#)  
[Affiliates](#)



[REMEDIES4...FREE HEALTH EBOOKS](#) | [NATURAL HOLISTIC HEALTH BLOG](#) | [HEALTH OR HIGH WATER](#)

## 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](#)  
[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/>

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

## Sales & Refund Policy

---

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.