

HOME-STUDY PROGRAMS



Holistic Health Practitioner
Bachelor of Science in Holistic Health
Master of Science in Holistic Health
Doctorate of Philosophy in Holistic Health
Holistic Health Specialist

Our Programs are Nationally Accredited by the Following Organizations



www.worldmeta.org



www.internationalhealers.com



www.aadp.net

We are insured through American Bodyworkers and Massage Professionals (ABMP). Students are eligible for discounted insurance and a website from ABMP. www.abmp.com

About Our Programs

The skills developed in our Programs will enable you to start or enhance your own holistic healing business; integrate holistic therapies in your work as a doctor, nurse, massage therapist, or any other healing profession; or offer your holistic healing skills in other professional capacities. Considering that similar programs may cost thousands of dollars more, this program is unequivocally an amazing value. Express the essence of who you truly are with our Programs.

Note: Our programs can also be taken for personal reasons only – for those who wish to gain holistic health knowledge and skills for themselves and their families.

Complementary and holistic healthcare is preventative, treating the cause and the whole person rather than just the symptom. With large numbers of people partaking in a wide array of holistic treatments, it is indeed an opportune time to study and become gainfully employed in this field.

Nancy Barnes, the Director of Holistic Health of Chagrin Falls LLC, is a Certified Instructor and a Board Certified Holistic Health Practitioner.

Why Choose Distance Study?

Numerous individual testimonials have been offered over the years attesting to the benefits of distance education. Beyond these claims, formal studies have been conducted to measure the effectiveness of the distance education method. All research published since 1920 has indicated that correspondence/distance study

students perform just as well as, and in most cases better than, their classroom counterparts.

Online learning has definite advantages over face-to-face instruction when it comes to teaching and learning, according to an analysis by the U.S. Department of Education.

Read report - <http://www2.ed.gov/rschstat/eval/tech/evidence-based-practices/finalreport.pdf>

The Federally-conducted study found that students who took all or part of their instruction online performed better, on average, than those taking the same course through face-to-face instruction.

Our Purpose

Holistic Health of Chagrin Falls is dedicated to training and educating students for competent and professional services in the areas of energetic studies, energetic touch, and holistic healthcare practices.

Philosophy

Holistic Health of Chagrin Falls endeavors to *immerse* the student in the *experience* of energy including the philosophy that *learning* is holistic, therefore actively engaging the mind, body and spirit of the student. The training will focus on aspects of preventive and holistic health education.

Mission Statement

The mission of Holistic Health of Chagrin Falls is to provide a curriculum that

assists in preparing competent practitioners of Holistic Health, Wellness and Energetic based studies. Holistic Health of Chagrin Falls works diligently to provide a positive educational experience that honors student diversity and the right of each student to learn through a holistic approach. Holistic Health of Chagrin Falls seeks to make holistic healthcare practices readily available to the general public, to healthcare professionals and to all students who desire this training.

Objectives

- For students to gain a deeper understanding of the various stress reduction skills, energetic balancing, and holistic healthcare techniques.
- To guide students in combining different modalities into an integrated holistic session.
- To support students in the exploration of the intimate connection between body, mind and spirit with respect to physical health or illness, while examining the psychospiritual influences behind illness.
- To introduce students to the basic requirements in business management, ethics and communication to allow for the development of a successful practice.
- To assist students on their personal and spiritual journey in becoming a professional Holistic Health Practitioner.

Our Program

- Promotes health, healing, joy, meaning, awareness, and appreciation.
- Provides exceptional natural healing or holistic health education.
- Provides premier instruction and services at the most affordable fees.
- Enriches the physical, emotional and spiritual well-being and healing of our students and clients
- Assists students to become more effective, sensitive and skillful practitioners.
- Deepens our connections: to ourselves, our community, and to our living planet.

Program Objectives

Students will gain a basic understanding of holistic healthcare and prepare to become practitioners for modalities such as Reiki, Reflexology, Chakra Balancing, Meditation, Hair Analysis, Nutrition, and Fitness. Students will develop skills in a variety of modalities that are within the extent of Holistic Health Practices. These skills will prepare students to utilize holistic practices. Holistic Health, as a growing field within healthcare, will serve to provide education to the public on the benefits of wellness and preventive care.

Entrance Requirements

- Students of the HHP Program must be at least 18 years of age with a high school diploma or the equivalent.
- A Registration Fee of \$75 is required when submitting an application; this fee covers Student Support Resources.
- The student should have access to the internet and email.
- A computer also may be necessary for documentation.
- The student will need a CD/DVD player.
- A massage table would be useful for some of the treatments but not necessary.
- It is important that the student has a quiet place to study

Student Registration (last page)

- Pertinent information and contact information.
- A photo of applicant (photocopy of driver's license acceptable).
- Proof of high school/GED completion or higher education transcripts or diploma – please do not send the original, send a photocopy.
- A current Resumé.
- Applicants must submit a short essay on your health philosophy and career interests.

Submitting Registration Documents

Students will receive an e-mail notification within 1 week of our receipt of Student Registration, for details on starting the Program.

Please mail or email completed information to:

Holistic Health of Chagrin Falls (HHCF)

C/O Nancy Barnes - Director

1433 Bell Road,

Chagrin Falls, OH 44022

Email - nancybarneshp@yahoo.com

Self-Paced Program Format

Courses are taught through distant learning/correspondence. Students may begin the Program at any time.

Our Certification Programs consist of a total of 12 Modules which comprise of individual Degrees and Certifications. Most of the course materials are hard copies of Textbooks, Lessons, CDs or DVDs. (Modules may also contain bonus lessons with no coursework or test requirements.)

There are 4 levels of degrees in our program. After completion of the first degree the student then may go on to the next degree program and so on.

- Achievement of 5 Modules are required to receive a Certificate as a *Holistic Health Practitioner*.

- The student can then go on to acquire *Bachelors of Science in Holistic Health* by completing 2 more Modules.
- Upon completion of 3 additional Modules the student receives *Masters of Science in Holistic Health*.
- Finally the completion of 2 additional Modules the student receives *Doctorate of Philosophy in Holistic Health*.
- Upon completion of the Doctorate Degree Program the graduate will also receive a Certificate *Holistic Health Specialist*.

Our Programs include tangible (physical) materials such as: Textbooks, Instructional CD's or DVD's. Most Courses also may incorporate: Lessons/Workbooks, Progress Tests, Exercises, Assignments/Essays, Quiz/Final Exam, and Case Studies. Some courses include a supporting resource such as; Charts, Essential Oils, Herbs, Massage Tool, or a Pendulum. All required materials are included in the course fee. Course materials may be substituted with similar course materials due to availability. Modules also include Bonus Materials.

Some computer proficiency is required, as some educational materials (MP3 audio files, slide presentations, and videos streaming, documents) are accessed through the Internet.

Student Support Resources

Students will receive additional Textbooks/Manuals throughout our Programs. This will provide valuable information and support on Report Writing, Study Skills, Time Management, Career Development and More. There are no requirements of completion of the Student Support Resources.

Designations established from completing our Degree Programs:

- Reiki Master
- Holistic Health Practitioner
- Bachelor of Science in Holistic Health
- Spiritual Reflexologist
- Master of Science in Holistic Health
- Doctorate of Philosophy in Holistic Health
- Holistic Health Specialist

Quick Overview of the Modules

Holistic Health Practitioner

HHP MODULE 1

HHP 1 - Intro to Reiki

HHP 2 - Reiki Empowerment

HHP 3 - Reiki Master

HHP 4 - Heal Your Body

HHP MODULE 2

HHP 5 - Intro Chakras

HHP 6 - Chakra Balancing

HHP 7 - Subtle Energy

HHP 8 - Therapeutic Touch

HHP 9 - Etheric Cord Empowerment

HHP MODULE 3

HHP 10 - Channeling Chi

HHP 11 - Intro to Meditation

HHP 12 - Meditation

HHP 13 - Deepening Intuition

HHP MODULE 4

HHP 14 - Spiritual Healing

HHP 15 - Angel Healing Therapy

HHP 16 - Law of Attraction

HHP 17 - Attracting Abundance

HHP MODULE 5

HHP 18 - Nutrition

HHP 19 - Healing Foods

HHP 20 - Herbs

HHP 21 - Natural Medicine

Bachelor of Science in Holistic Health

BACHELORS MODULE 6

B 22 - Basic Human Anatomy and Physiology

B 23 - Bodywork

B 24 - Acupressure

B 25 - Reflexology

BACHELORS MODULE 7

B 26 - Aromatherapy

B 27 - Holistic Business

B 28 - Business Management

Master of Science in Holistic Health

MASTERS MODULE 8

M 29 - Stress Management

M 30 - Neuro Linguistic Programming

M 31 - Hypnotherapy

MASTERS MODULE 9

M 32 - Life Coach

M 33 - Joyful Living

M 34 - Emotional Freedom Technique

M 35 - Dream Therapy

MASTERS MODULE 10

M 36 - Polarity Therapy

M 37 - Body Mind Fitness

M 38 - Medical Intuitive

**Doctorate of Philosophy in Holistic Health
and Holistic Health Specialist****DOCTORATE MODULE 11**

D 39 - Naturopathy

D 40 - Homeopathy

D 41 - Detoxification

D 42 - Kinesiology

DOCTORATE MODULE 12

D 43 - Iridology

D 44 - Hair Analysis

Dissertation

School Advisors

Our Students have the benefit of mentoring from our School Advisors. Students have support throughout the Program via email consultations. Advisors offer feedback on homework, and are available to answers questions.

Practicum

Some courses require hands-on practice. You can practice on your friends and family. Since this program is offered through distant study; we suggest that you volunteer your time and work with a professional if possible. We may be able to arrange practice hours for you at a local Holistic Business. You have the option of submitting videos of sessions to our school for feedback.

Completed course work

Course work must be mailed or emailed to the school. Course work must be presented neatly in a document format with proper English grammar and usage. It is very important to make a copy of your work for your own records. Course work is not returned unless school notes such.

Grading System

Students shall be graded on the Pass/Fail system. 75% correct answers are required for a passing grade. Students who do not reach 75% will be required to resubmit course work and/or re-take the final exam and achieve a passing grade. Students that are not passing can receive tutoring from an instructor. The student will be able to resubmit the course work and the final exam one time for free. If a third time is necessary to pass there will be a \$25 fee per Module. The school will then advise the student if completion of the program is feasible.

After completion of our Programs

No additional courses are required to maintain your status as Holistic Health Practitioner through our school. Insurance or association memberships may require continuing education.

Graduates may apply for Accreditation through the following Organizations:

- American Association of Drugless Practitioners (AADP)
- American Naturopathic Medical Certification Board (ANMCB)

Conditions for Dismissal

A student who engages in behavior that is harmful to self or others may be subject to dismissal from the school.

Examples include:

- Academic dishonesty
- Improper or abusive treatment that threatens or harms any person
- Misuse, destruction, or theft of supplies, equipment, or property
- Insubordination or failure to follow directives of school personnel

Tuition

Fee \$875 - Holistic Health Practitioner - Includes 5 Modules.

Plus \$475 - Bachelors - Includes 2 Modules.

Plus \$575 - Masters - Includes 3 Modules.

Plus \$575 - Doctorate/Holistic Health Specialist - Includes 2 Modules.

Tuition is subject to change *There are also nominal delivery costs.

Discount for Friends and Family

You and a friend or family member may apply for the program and share course materials. There is a substantial savings on the programs. Course work would be required individually and each student would have a mentor. Email for details.

Financial Aid

It is the student's responsibility to seek financial aid. Financial aid may come from employers, associations, churches, philanthropists, private groups and loans.

Privacy Policy

- Personal contact information of students is only for contact and communication for school related business and affairs only.
- The Privacy Policy is to ensure that this contact information is used for the best educational interest of each student.
- The Privacy Policy is to protect students from the distraction or pressure of unsolicited marketing of products and services. The focus and the environment of the school is holistic healthcare training.
- Only approved modality sessions are permitted to be scheduled or facilitated prior to, during, between or following class times at the school or on the grounds.
- No student or faculty shall use student information for private gain.

Transferring Credits/Experience to HHCF

Students may receive credit for up to 2 Modules. Those who have training or relevant life experience may be exempt from up to 2 Modules. Please inform us at enrollment time if you wish to apply for either exemption.

Career Options

Many Holistic Health Practitioners choose to work in private practice offering individualized consultations. Our programs are comprehensive, yet flexible, offering you many opportunities. A plethora of career opportunities exist for graduates of this program:

- As a Holistic Practitioner in Clinics, Retreat and Wellness Centers, Beauty Salons, Cruise Ships and Holiday Resorts
- As support staff for: Chiropractors, Naturopathic and Homeopathic Doctors
- Entrepreneurial opportunities in setting up your own private practice or clinic with other practitioners or corporate on-site contracts

- Holding health seminars
- Writing books and/or articles on various aspects of holistic medicine
- Developing DVD and/or CD programs concerning holistic health
- Owning and/or operating a health food store
- Owning and/or operating a health spa
- Energy Healing Practitioner
- Spiritual Reflexologist
- Bodywork Practitioner
- Reiki Master/Teacher
- Life Coach or Health Coach
- Wellness Consultant
- Workshop Presenter
- Teaching others to be Holistic Health Practitioners
- And much, much more. . .

Employment Outlook

There is no one statistical prediction for Holistic Practitioners. However, the U.S. Bureau of Labor Statistics (BLS) does have data for a few of the specialties. For example, the BLS predicted that chiropractic jobs would increase by 20% from 2008-2018. For that same period, the BLS expected jobs for massage therapists to grow by 19%. Both predicted growth rates are higher than the average anticipated growth for all occupations (www.bls.gov).

Holistic Health Careers are beginning to be recognized in the medical community as natural healing arts that promote wellness through disease prevention. In fact, according to a National Health Statistics report, "Approximately 38 percent of adults in the United States aged 18 years and over, and nearly 12 percent of U.S. children aged 17 years and under, use some form of complementary and alternative

medicine (CAM)." As these healing methods continue to become integrated with mainstream health care, the outlook for careers in the natural healing field remains strong. This is why alternative medicine careers have seen such tremendous growth.

The Right to Practice

You may need to check your state for specific regulations and guidelines. We advise you to become ordained as a Minister which will broadly expand your scope of practice. The online ordination we recommend is legal and allows service as a Minister. As an ordained minister in the USA, you will be protected under the Constitution.

The owner of a school in Ohio suggests a practitioner become ordained to allow the practice of bodywork without being licensed after they receive training. Even though state laws in Ohio state that you must have a license for massage. His school teaches Ethical Massage, Reflexology, and Polarity Therapy which does not require obtaining a license. He does suggest asking for a 'Suggested Donation' for Massage work. Additionally, in Ohio an Esthetician is also allowed to practice Massage under her Certification. They both are not allowed to do Medical or Sports Massage.

Reflexology may require licensing in some states. If you already are a Nurse, Doctor, Health Practitioner, Massage Therapist, Acupuncturist, you may be allowed to practice under your present License or Certification. Licensing allows the right to touch and protects clients by strict regulations.

There may be the option of practicing under the rights as a Reverend which allows freedom of rights. Due to restrictions and government control, you may prefer to not be licensed. However every Practitioner should have liability insurance.

Ordination

You may apply for Ordination from Universal Life Church, Universal Light Church, or another Spiritual Organization anytime during the program. As a legally ordained minister, you will be able to perform weddings, funerals, baptisms and other functions of the clergy. Ordination may protect your scope of practice as a Holistic Health Practitioner. Our common thread is our adherence to the universal doctrine of religious freedom: "Do only that which is right". Every person has the natural right (and the responsibility) to peacefully determine what is right. We are advocates of religious freedom. You should be able to pursue your spiritual beliefs without interference from any outside agency, including government or church authority. Ordination is very important to obtain in order to practice healing.

Liability Insurance

Student Insurance is available from ABMP for only \$45, which includes a website and coverage up to 12 months. Insurance is a requirement to practice on other people during your enrollment. An application can be submitted through Holistic Health of Chagrin Falls, or apply directly to ABMP with our school code; please contact us for that information

HOLISTIC HEALTH PRACTITIONER

HHP MODULE 1

HHP 1 - Introduction to Reiki – This course will introduce you to the basic concept of Reiki. This course is a great intro to get you started in energy healing. You can use the course materials to introduce Reiki to others.

In this course, we will also cover the following:

- Reiki for Health
- Problem Solving
- Using Reiki Effectively
- And much more

HHP 2 – Reiki Empowerment – This course offers more information about hands-on healing. You will learn the basics of healing for yourself and others. You will also receive the Attunement. This is great way to introduce Reiki to your friends, family, students, and clients. This empowerment is simple to learn and easy to teach others. You will be able to practice doing self-healing, healing others and distance healing. You can also use these course materials to introduce Reiki to others.

Course Materials - Lessons, and Attunement CD.

HHP 3 – Reiki Master - Choose 3A Usui Reiki or 3B Practical Reiki

HHP3A) Usui Reiki Master – You will be instructed on the traditional Usui method of Reiki. You will learn the hand positions for giving hands-on healing sessions to yourself and others, all of the Reiki symbols, including the Master symbols (Usui & Tibetan), and how to use them, how to give hands-on and distance attunements, how to send distance healings, letting go of outcomes, teaching Reiki to others, and much more.

In this course, we will also cover the following:

- Have an understanding of what Reiki is.
- You will be able to successfully give Reiki to yourself and others.
- Send distance healings.
- Pass attunements.
- And so much more.

A student of Reiki must understand that after becoming a Reiki Master it does not substitute for knowledge, commitment, and experience, which are also a must in Reiki. These will come over time with practice.

Course Materials - Reiki Textbooks with 3 Levels, Client Treatment Forms, Lessons and an Attunement CD.

Once this course is completed you will receive your personalized *Reiki Master* Certificate to show your level of achievement.

HHP3B) Practical Reiki – This is a very natural, simple and strong healing modality that is easy to learn and practice. This method will enable you to immediately access Reiki for self healing and healing others. There are no symbols to learn, no specific hand positions and attunements are easy to pass on to others. This healing method will awaken and balance the Kundalini energy, therefore creating balance of mental, physical and emotional clarity. According to the University of Metaphysical Sciences, this balanced state is the closest to perfection one can attain on earth. You will learn how to use Tachyon Healing Energy and how to pass Attunements. Life force is the foundation for everything. It's highly intelligent and will automatically convert to the specific energy needed in the body. You will learn how to can create different types Tachyon antennas.

In this course, we will cover the following:

- Self healing
- Distance healing
- Clearing negative energy in a room/house
- Karmic band/healing relationships
- Past life healing
- DNA healing
- Passing Attunements
- And much more

Course Materials – Reiki Textbooks with 3 Levels, Lessons, Client Treatment Forms, and an Attunement CD.

Once this course is completed you will receive your personalized *Practical Reiki Master Certificate* to show your level of achievement.

HHP 4 - Heal Your Body – Learn about why disease manifests in the body. How you can be healthier and help others too.

We will cover the following:

- How to identify the problem
- What to do about the problem
- How to change
- Daily practice
- And much more.

Course Materials - DVD and Book.

HHP MODULE 2

HHP 5 – Introduction to the Chakras – This course will introduce you to the basic concept of the Chakras. By using the materials in this course you will have the tools to introduce the basics about the Chakras to others.

Course Materials – Lessons.

HHP 6 – Chakra Balancing – this is a foundation course for Holistic Healing. Learn about our “energetic” bodies and *why* it is important to keep the seven main chakras of the body clear and balanced. It also teaches you *how* to keep your chakras balanced and how to recognize where and why dis-ease has manifested in the physical, emotional, and/or spiritual body. You will receive a Distance Chakra Balancing Session.

In this course, we will also cover the following:

- What is a Chakra?
- Locating the Chakras
- Functions of the Chakras
- Detailed information on each Chakra
- How to perform hands-on and distance chakra balancing sessions
- Symptoms of Chakra balance and imbalance
- And much more

Course Materials - Textbook, Lessons, Chakra Self Awareness Quiz, Chakra Chart and Crystal Pendulum.

HHP 7 – Subtle Energy – Understand the practices and disciplines that evolved from an awareness and understanding of the subtle energy body. Learn how the material and nonmaterial work together. The benefits of understanding the role of the subtle energy body are not confined solely to the spiritual plane. The energetic bodies provide a coherent system of life-affirming principles and practices for the diagnosis and treatment of the whole person.

This course includes – Textbook, and Lessons.

HHP 8 – Therapeutic Touch – This healing practice was developed by nurses. Learn the basic techniques to direct the flow of energy. Treatment is excellent for reducing anxiety, for well-being, and healing. This method is very simple to learn and apply.

Course Materials – Textbook, Lessons and DVD.

HHP 9 - Etheric Cord Empowerment - Etheric cords are energetic attachments we have to other people as well as animals and inanimate objects. Those who are clairvoyant and claim to be able to see cords often describe them as thin energetic filaments that actually attach from one individual to another or from individual to object.

Course Materials – Lessons.

HHP MODULE 3

HHP 10 - Channeling Chi - This course will introduce you to the basic concepts of Channeling. Learn about the History and the Philosophy of Chi practices. Understand how to discipline the mind to attain focus and balance in your life.

In this course we will also cover:

- How to boost your energy
- Increase your health
- Discover your true self

Course Materials – Lessons.

HHP 11– Introduction to Meditation – This course will cover several aspects of Meditation.

In this course, we will cover the following topics:

- How to achieve Peace and Calmness
- Mastering Meditation
- Powerful Meditation Techniques
- Becoming an Expert Meditator
- And much more

Course Materials – Lessons.

HHP 12 – Meditation - Learn basic yet powerful techniques of meditation through clear, step-by-step instructions. Experience the importance of the breath/mind connection and the power of the focused mind. Also, you will learn how to let go of all techniques and the concept of yourself as a meditator then open to the art of True Meditation, and dwell in a natural state.

In this course, we will also cover the following:

- Simple, "do-able" suggestions of how to sit comfortably for meditation.
- How to still the restless mind,
- How to take experiences of peace and joy into daily life.
- And much more

Course Materials - Textbooks, Lessons, and CD with guided Meditations.

HHP 13 - Deepening Intuition - Learn to use your intuition everyday to enhance your life. True intuition is more than just a "feeling" or a guess, it is one of the most important, yet often least developed, of our human faculties. Many people mistakenly assume that intuition cannot be understood and developed.

In this course, we will also cover the following topics:

- True intuition is and where it comes from
- Attitudes necessary for developing intuition
- Easy-to-understand practices and guidelines that will help you tap into intuitive guidance at will

Course Materials - Textbook, Lessons, and CD.

HHP MODULE 4

HHP 14 – Spiritual Healing – This course will introduce you to the basic concepts of Spiritual Healing. Learn how to heal emotional wounds.

In this course, we will also cover the following topics:

- Healing
- Getting rid of negativity
- Using spirituality
- And much more

Course Materials – Lessons.

HHP 15 - Angel Healing Therapy – In this course you will learn to work with your angels to help you heal your relationships, health, career, and the many challenges you face in life. You will study the angelic hierarchy and discover which angels to call on for specific challenges.

In this course, we will cover the following topics:

- Learn numerous exercises to clear your mind of judgments, blocks, and fears that keep you from contacting your angels and guides
- How to heal old emotional wounds and explore inner facets of your ego so that you can live through your higher self
- How to develop communication and receive divine guidance
- And much more

Course Materials - Textbook and Lessons.

HHP 16 – Law of Attraction – Discover what you are good at. You will learn skills for being successful. Learn how to increase your success with others.

In this course, we will also cover the following topics:

- Personality types
- Increasing Influence
- Purpose and Beliefs
- Self goals
- And much more

Course Materials – Lessons.

HHP 17 - Attracting Abundance - Abundance is more than just being materially wealthy. Abundance is about having what you require and desire to be totally happy and contented. Many people unintentionally attract the energy of scarcity and lack to themselves, simply because of their upbringing or something negative someone may have said to them. When our subconscious minds get stuck in a pattern of "never having enough", they tend to stay there until we really decide to make a change. You will receive a distance Abundance Attunement, meant to clear away any negative energy.

In this course, we will also cover the following topics:

- What is True Wealth
- How Earning Money Can Promote Spiritual Growth
- The Power of Affirmation
- Law of Attraction and how to harness its power
- And much more

Course Materials - Textbook, CD, and Lessons.

HHP MODULE 5

HHP 18 - Nutrition - This topic introduces the scope of practice for a Nutrition Consultant who will be teaching individuals, families, and groups about the principles of nutrition and natural health. Students will learn the benefits of a whole-food, plant-based food plan. The health risks of consuming a Standard American Diet based on commercially raised meat, refined carbohydrates, and poor quality fats are discussed. Health hazards, such as stress, toxicity, trauma, malnutrition, and addictive coping are discussed. A variety of diet are critiqued and compared. Receive a Complementary Health Assessment from the school. Understand what vitamins and minerals do for your body.

Course Materials – Textbooks, Lessons, and Nutrition Chart.

HHP 19 - Healing Foods – Diet plays a major role in preventing disease. Learn what healthy diet is. Learn what the body needs to stay strong and get well. This is a great course on healthy eating.

In this course, we will also cover the following topics:

- Design a safe diet
- Use foods to stimulate the body's natural ability to heal
- The role that fiber, enzymes, fatty acids, and other dietary components
- Food prescriptions will help you safely treat more than 70 specific ailments
- Prepare foods safely in order to prevent illness and maximize health benefits
- Balancing the Body's pH.

Course materials – Textbook, Lessons, Alkalinity Test Kit, and DVD.

HHP 20 - Herbs – Become acquainted with herbs and plants and their many uses. You will also learn about cooking with herbs. This course includes recipes that are simple to prepare and have healthy ingredients.

In this course, we will also cover the following topics:

- Learn how herbs work
- Herbal teas and uses
- There is so much more covered in this course.

Course Materials- Textbook, Lessons and Herbs.

HHP 21 – Natural Medicine - This course covers seven major tenets of natural medicine and covers important topics in health care today, including cancer prevention, detoxification, and internal cleansing. You will learn holistic approaches for treating more than 80 common ailments, including diabetes, celiac disease, endometriosis, and more. Learn how nature's pharmacy is the key to health.

In this course, we will also cover the following topics:

- Prevent disease through enhancing key body systems
- Major causes and symptoms of each condition
- Therapeutic considerations you need to be aware of
- And much more

Course Materials – Textbooks, Lessons, Client Assessment Forms.

BACHELOR OF SCIENCE IN HOLISTIC HEALTH

BACHELORS MODULE 6

B 22 Basic Human Anatomy and Physiology – This course will give you basic knowledge of the body systems.

In this course, we will cover the following topics:

- The chemical basis of anatomy and physiology
- Bones and joints
- The skeletal system
- Muscle physiology
- The nervous system: basic structure and function
- And much more

Course Materials – Textbook, Anatomy Workbook and Lessons.

B 23 – Acupressure – A guide for treating common illnesses with the stimulation of acupressure points. Massaging specific healing points used in acupressure directs this powerful energy in a way that stimulates the body's own natural healing ability. Acupressure provides a safe and effective alternative, or supplement, to standard allopathic medical treatment and pharmaceuticals.

In this course, we will also cover the following topics:

- Treatments for a wide variety of health disorders
- Treatments for back pain
- Treatment points for conditions ranging from diabetes and heart problems
- Step-by-step instructions for self-treatment or treatment of a partner

Course materials – Textbook.

B 24 – Bodywork – Learn relaxation techniques that reduce stress. Features healing routines and illustrations to guide you Ease your aches and find relief through the power of touch.

Searching for alternative treatments for pain? Learn the basics and benefits of acupressure and reflexology. Learn how to nurture your emotional and physical well-being and that of someone else. Be able to target specific body parts to address your ailments and improve your emotional as well as your physical well-being.

In this course, we will also cover the following topics:

- Understand basic healing principles
- Relieve specific aches and pains
- Boost the immune system
- What to do about age-related ailments
- Also Learn acupressure techniques
- And much more

Course Materials – Textbook, Lessons, DVD, Booklet and Massage Tool.

B 25 - Spiritual Reflexology - With this course you will get both knowledge and hands-on experience. This course will teach you how to help relieve specific ailments through Foot Reflexology. It will also give you an overview of the history and development of reflexology. By following the textbook you get precise instructions to complete a Reflexology Session.

In this course, we will also cover the following topics:

- The history and development of Reflexology
- How to help relieve specific ailments
- Learn to practice Reflexology effectively
- And much more

Course Materials - Textbooks, Lessons, Reflexology Charts, CD and DVD's.

After completion of all case studies and tests you will be awarded with a certificate of completion in *Spiritual Reflexology*.

BACHELORS MODULE 7

B 26 – Aromatherapy – This has been considered an incredibly powerful healing tool since ancient times. You will acquire an understanding of essential oils. Gain a greater appreciation for nature, especially plants and trees and how beneficial they are to us. Develop an inner connection with plant life and especially for the essences of the plants, also known as essential oils.

In this course, we will also cover the following topics:

- Plants and Their Spiritual Nature
- What are Essential Oils?
- Handling and Storage
- Spiritual Blending - with prayer and affirmation
- Methods of Use
- Carrier Oils
- Prayer and Meditation
- Angelic Aromas
- Energy-Cleansing Baths
- Essential Oils and the Human Auric Field
- Vibrational Aromatherapy
- Essential Oils and Distant Healing
- Essential Oils and Reiki
- Essential Oils and Crystals
- Much More!

Course Materials – Textbook, Lessons, and Essential Oil Kit.

B 27 – Holistic Business – If you are planning to start your own holistic and/or spiritual healing practice, this course will be an invaluable resource. You will learn how to start your own Business.

In this course, we will also cover the following:

- Goal Setting & Strategic Planning
- Overcoming Barriers to Becoming Truly Successful
- Time Management
- Professionalism
- Insurance Coverage
- Setting Your Fees
- Bookkeeping
- Federal Taxes
- Client Files
- Marketing/Advertising/Publicity
- And much more

Course Materials - Textbooks and Lessons.

B 28 – Business Management – Learn how to be an effective leader; which creates successful and innovative businesses. This course is great for managers, and supervisors who really want to improve the way that they lead.

In this course, we will also cover the following:

- 4 step model for effective management
- How to encourage the people who are already performing their best
- How to help those who are struggling to achieve excellence
- Practical exercises and action planning to develop your leadership skills

Course materials – Textbook, Lessons, and CD.

MASTER OF SCIENCE IN HOLISTIC HEALTH

MASTERS MODULE 8

M 29 – Reduce Stress - Relax and Revitalize - Learn what stress is and how to manage too much stress. Learn exercises and approaches such as meditation, breathing exercises, and progressive relaxation to control stress. Learn skills to help others reduce stress and live a happier, healthier life.

In this course, we will also cover the following:

- What's your stress level? (Stress Test)
- Essential Oils to Diffuse Stress
- Herbs to Diffuse Stress
- Breathing Exercises
- Foods to Help Manage Effects of Stress
- Journaling Tools for Stress Reduction
- Meditation Resources
- Ten Easy Ways to Reduce Stress
- And much more

Course Materials – Textbook, and Lessons.

M 30 – Neuro Linguistic Programming (NLP) - Learn how to think more positively and communicate more effectively with others. Change your negative beliefs, build rapport and influence others. You will learn hands-on exercises and practical techniques

Course Materials – Textbook, Lessons, and CDs.

M 31 - Hypnotherapy - The body-mind connection is increasingly recognized across the medical field, and hypnosis has become a legitimate clinical tool for easing chronic pain, decreasing the side effects of chemotherapy, dealing with sleep disorders, and much more.

In this course, we will also cover the following:

- Powerful change techniques
- Step-by-step process of inducing deep trances
- Guide your clients through real life changes
- And much more

Course Materials – Textbooks, Lessons, and CD's.

MASTERS MODULE 9

M 32 -Life Coach – This course covers so much to prepare you for being a successful life coach. You learn the first steps involved in creating a simple but effective model of coaching that will enable you to help others reach new levels of potential. In addition, you will learn how to motivate others to take action by effectively tapping into their emotions and becoming a master of influence. You will learn skills to successfully influence and coach others.

Goal Setting – learn a simple but effective system for getting anyone to set measurable and realistic goals.

Relationship Development - In this part of the program you discover everything you've ever wanted to know about developing powerful relationships with your clients that will last a lifetime.

In this course, we will also cover the following:

- Communication Tactics
- Motivational Tactics
- Developing Rapport
- Your First Consultation
- Honing Your Approach Technique
- Overcoming Setbacks

Course Materials – Textbooks, and Lessons.

M 33 - Joyful Living– Happiness, much like laughter, is contagious and when we can be truly happy from within and independent of all outer circumstances, we bless everyone we come in contact with.

When we can help teach others how to experience true happiness, we help spread Joy and Light throughout the world.

This course will help you cultivate contentment (on all levels), peace of mind, and deep happiness. Armed with these teachings, you will be able to step off of the rollercoaster of “Life’s ups and downs” and maintain a sense of calm inner joy. Also receive a distance Attunement, meant to clear away any negative energy.

In this course, we will also cover the following:

- Techniques to strengthen your aura
- That happiness is a choice
- How to share happiness with others
- To overcome moods and much more

Learn to be happy all the time and you will see what a blessing it is – not only for yourself but also for your family, friends, co-workers, and everyone you come in contact with.

Course Materials - Textbooks, CD, Lessons and DVD.

M 34 – Emotional Freedom Technique – EFT is a very safe and natural technique that can be used for healing various issues within the body, such as; emotional issues, past situations, and is also used to attract abundance, relieve stress, and much more! The basics of this healing method are easy to learn yet very effective. The possibilities for clearing issues are endless.

In this course, we will also cover the following:

- Basic tapping techniques
- How to eliminate fears
- How to become more confident
- And much more

Course Materials – Textbook, and DVD.

M 35 - Dream Therapy – Learn to accurately interpret your dreams. Dreams are a true reflection of the real you. Work creatively with your dreams to make better life choices and take positive action to achieve your potential. Learn how to remember and record your dreams. Translate your dreams into positive action for change. Let your dreams make a difference to your life.

In this course, we will also cover the following:

- Tools to understand your dreams
- Step by step instructions and examples to understand a series of dreams
- Exercises to help you incubate a dream to find answers to problems
- Open new doors into awareness and understanding of yourself and others.
- And Much More

Course Materials – Textbook, and Lessons.

MASTERS MODULE 10

M 36 – Polarity Therapy - An effective natural health care system that works with the underlying energetic blueprint of the body. Work with the body to release tension and pain, restore the structural alignment of the body, detox and rebuild health. This is done by utilizing the power of energetic touch.

Course Materials – Textbook and Lessons.

M 37 - Mind Body Fitness – This Course brings together the principles from t'ai chi, yoga, meditation and ancient qi gong (chi kung), as *well as* medical theories, and relaxation methods. This is one of the easiest, most all encompassing and effective mind body techniques.

In this course, we will also cover the following:

- How to gently move almost every muscle and joint
- Incorporate powerful tai chi breathing techniques
- Strengthen your back and reduce back pain
- Reduce pain
- Improve sleep
- Become more present and focused
- Improve immune function
- Reduce stress levels almost instantly
- Breathe more deeply and fully all the time
- Improve flexibility, strength, circulation and balance
- Change your thought patterns from negative to positive
- Change the neurochemicals in your brain to help heal your body
- Decrease stress

Course Materials –Textbook. Lessons, and DVD's.

M 38 – Medical Intuition – Learn how to develop your intuitive abilities and look into the body. You already have intuition. Understand the electromagnetic energy of thought and emotion. And learn how to develop your abilities and use medical intuition as a healing technique.

In this course, we will also cover the following topics:

- How to change your energy field
- How to develop inner sight for the cause of illness
- How to energetically see, feel, sense client on all levels
- Using Medical Intuition as a healing technique
- Inform without diagnosing
- And much more

Course Materials - Textbooks, Lessons, and Chart.

DOCTORATE OF PHILOSOPHY IN HOLISTIC HEALTH

HOLISTIC HEALTH SPECIALIST

DOCTORATE MODULE 11

D 39 –Homeopathy – Learn how homeopathy works, and how any individual can use it simply and safely to treat a wide variety of illnesses. Learn about conditions and how to give the remedy. We will cover heart disease, menopause, allergies and much more. You will also get advice on when to consult a doctor.

Course Materials – Textbook and Lessons.

D 40 – Naturopathy - You will get an overview and definition of what naturopathy is. Naturopathy is a drugless, non-invasive, non-surgical, non-medical discipline that uses natural interventions to correct bodily and mental imbalances.

Course Materials – Textbook, and Lessons.

D 41 – Detoxification - Detoxification promotes wellness by ridding the body of poisons that can lead to a host of health problems. Rid the body of fatigue, depression, cancer and other diseases. Learn about body chemistry, and how detoxification works.

Course Materials – Textbook and Lessons.

D 42 – Kinesiology - Biokinesiology is the foundational science of physical therapy and nutritional therapy. Learn what muscle testing is and how to test for many health conditions and food allergies. This is a simple technique that is a must in every Practitioners tool box.

In this course, we will also cover the following:

- Learn how to Muscle Test
- Homeopathic remedies
- To overcome moods and much more.

Course Materials – Textbook, and Lessons.

DOCTORATE MODULE 12

D 43 –Iridology - The iris provides a unique window into our bodies, offering clues to health. Iridology allows us to assess our wellbeing. You will learn how to use Iridology as a diagnostic tool. You will receive information on how to submit a digital photo to our school for a Complementary Iridology Diagnostic Report.

In this course, we will also cover the following:

- Constitution of the Iris
- How to avoid potential health problems.
- What colors and markings reveal
- Dietary routines for different iris types
- Visual glossary of the different iris signs
- Preparing remedies
- And much more

Course Materials - Textbooks, Lessons, DVD and Iridology Chart.

D 44 - Hair Analysis – Learn about health, disease, and nutrition through Hair Analysis. Hair is ideal tissue for sampling and testing. First, it can be cut easily sent to the lab without special handling requirements. Second, clinical results have shown that a properly obtained sample can give an indication of mineral status and toxic metal accumulation subsequent long term or even acute exposure. You will receive a Hair Analysis Kit to submit to our school for a Complementary Diagnostic Hair Analysis Report.

In this course, we will also cover the following:

- Understanding hair tissue mineral analysis (TMA)
- Learn about the benefits of hair mineral analysis
- Role in preventing disease
- Maintaining optimal energy and health
- Learn the roles of toxicities and deficiencies
- Understand the inter-relationships between nutrients and nutrition
- And much more

Course Materials - Textbooks, Lessons, Elements Chart, and DVD's.

Dissertation – To complete the Doctorate you write a 25 page Report on how you can use what you have learned through our program in your own Practice.

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United States of America

American Holistic Health Association (AHHA)

PO Box 17400, Anaheim, CA 92817-7400 USA

Phone (714) 779-6152 Email - mail@ahha.org

www.ahha.org

Associated Massage and Bodywork Professionals (ABMP)

25188 Genesee Trail Road, Golden, CO 80401

Toll Free 800-458-2267 Fax 800-667-8260

www.abmp.com

Association for Drugless Practitioners (AADP)

2200 Market Street, Suite 209, Galveston, Texas 77550-1530

Tel: 409-621-2600 Fax: 775-703-5334

www.aadp.net

Holistic Health of Chagrin Falls LLC (HHCF)

Nancy Barnes, 1433 Bell Road, Chagrin Falls, Ohio 44022

Phone: 440-557-5118 Email – nancybarneshp@yahoo.com

www.nancy.abmp.com

International National Healers Association (INHA)

425 North Highland Ave, Los Angeles, CA 90036, USA

www.internationalhealers.com

Universal Life Church (ULC)

Phone: (916) 265-2468 Fax only: (916) 244-0498

ULC Online, PO Box 1034, Folsom, CA 95763-1034

www.ulc.com

Universal Light Church

www.theuniversallight.com

World Metaphysical Association (WMA)

www.worldmeta.org

Student Registration

Please complete the following information and submit it to us as a word document.

Respectfully, Nancy Barnes - nancybarneshp@yahoo.com

Name

Address

Phone Number

Email Address

Education

Work Experience

Memberships/Associations

Have you been convicted of a crime and if so, please explain.

Please include reasons for wanting to become a Holistic Health Practitioner.

What are your expectations from our programs?

Is there any other information that is pertinent to applying for the program?

****Please include a \$75 Registration Fee (Check or PayPal) with application.**

