



Natural Health Consultant 140 Hours

Overview

Do you have an interest in natural health? Many people have an interest in the natural health field, but aren't sure where to start to learn more about a career in natural health. Let us help you take that first step in learning more about homeopathic remedies, herbal medicine, natural health remedies, and other natural health topics.

Whether you are interested in learning more about a career in natural health or want to learn how homeopathic remedies could be a part of your family's life, this natural health distance learning course is for you!

We offer an in-depth look at a number of natural health topics for a homeopathic lifestyle and/or career including:

- A wellness perspective
- Coping with illness
- Natural ways to digestive health
- Origins of homeopathy
- Preparing and finding a remedy
- Principal homeopathic remedies
- Herbal remedies
- Herbal remedies in the home
- Health counseling
- Strategies, skills and concepts for health counseling



Outline

Natural Health Consultant Module 1

Overview of Natural Health:

- History of Naturopathy
- Principles of Ayurveda
- Traditional Chinese Medicine
- History of Folk Medicine
- Understanding Aromatherapy
- Bach Flower Remedies
- Vitamins and Minerals in Food
- How Nutritional Medicine Works
- What is Detoxification?
- pH Testing - Acid and Alkaline Balance

Natural Health Consultant Module 2

Natural Ways to Digestive Health:

- What does the gastroenterologist do?
- Keys to oral hygiene
- Function of the esophagus
- Observations of an emotional stomach
- Irritable bowel syndrome
- Food intolerance and sensitivity
- Probiotic supplements
- Alternative treatments for gastrointestinal problems
- The food enzyme concept
- Gallbladders and gallstones

Natural Health Consultant Module 3

Homeopathy:

- Origins of homeopathy
- Preparing and finding a remedy
- Visiting a practitioner
- Guide to the "Materia Medica"
- Principal homeopathic remedies
- Repertory index
- The home medicine chest



Natural Health Consultant Module 4

Herbal Remedies:

- Herbs in the holistic context
- The gathering and preparation of herbs
- The chemistry of herbs
- Anti-microbials
- Diaphoretics; anthelmintics
- Treating infections and infestations
- Herbal remedies in the home
- Individual profiles of herbs
- Herbs for use with each system of the body

Natural Health Consultant Module 5

Health Coaching & Counseling:

- Enhancing physical health
- The counselor's contribution
- Strategies, skills and concepts for health counseling
- Weight control; smoking cessation
- Drug and alcohol abuse
- Exercise motivation
- Sleep difficulties
- Sexual health
- Chronic pain
- Coping with illness
- A wellness perspective

Course materials included.