A Guide to Holistic Therapies and Distance Learning
(Student Handbook)

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For The School of Natural Health Sciences
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Notes from the Editor

I have had the pleasure and privilege of being associated with the School of Natural Health Sciences (SNHS Ltd) for the last seventeen years as a course designer and writer and, in more recent years, as a tutor. Because of my long and enjoyable association with the School, when Julia Vaughan-Griffiths (School Principal) asked me to compile a book to assist potential students, and to introduce and de-mystify some of the terminology and practices in the various healing modalities available in holistic therapies, I was naturally delighted to undertake this task.

The world of holistic medicine brings together a fascinating range of studies that enables the serious student to become a dedicated Holistic Practitioner in their chosen subject, or range of subjects, to the benefit of themselves and their clients. In order to enable the student to achieve professional proficiency in their chosen therapies it is necessary to provide suitable training courses in a wide range of therapies at a professional level.

The School of Natural Health Sciences has worked very hard for more than twenty one years to achieve just that – a wide range of accredited professional holistic therapy training courses are available on-line to students all over the English speaking world at a modest cost. The School’s success may be judged from the many thousands of students who have trained with the school and established their own successful Holistic Therapy practices. They currently have over 30,000 individuals on their register.

I trust that this book will provide the reader with an understanding of holistic therapy in its many forms. Furthermore I hope that many readers will feel inspired to study one or several of the diverse holistic therapies offered by SNHS Ltd, who in turn become proficient practitioners to the benefit of all.

Dr Tony Edwards
September 2018
What do we mean by the term Holistic Therapy? We might start with the word holistic. Holistic is a modern word that has been derived from the word whole. This originated from the word wholistic and thereby to just holistic. We should note the influence of the word whole because this is the essence of it.

A therapy is of course anything that is therapeutic. That is to say it is anything that, in the health sense, is beneficial to the person undergoing a therapy treatment. So a Holistic Therapy is a therapy that treats a person with non-interventional means.

The therapies that come under the heading of Holistic are many and varied, and are predominantly naturopathic in their nature. They include the talking therapies such as Hypnotherapy, Psychotherapy, and Past Life Therapy, and the body therapies such as Acupressure, Hot Stone Therapy, Indian Head Massage, Indian Face Massage, Kinesiology, and Allergy Testing.

Energy Therapies must also be considered. Energy therapies are those based upon what are commonly described as subtle energies. Typical of these are Colour Therapy, Meridian Psychotherapy, Crystal Healing, Aura and Chakra Healing, and Reiki.
The majority of people find it helpful to talk their problems through with a friend or perhaps a family member. However, it may be that there are often situations in our lives with which friends and family are unable to help. In these circumstances it is advisable to talk to a trained professional therapist.

Talking therapies are those therapies that involve a one-on-one conversation with someone who is trained to help their clients deal with negative and self-destructive feelings. Therapists working in this field are able to help anyone who is experiencing distress, in whatever form it takes. It is not in any way necessary to undergo a medical consultation with a doctor before one can benefit from a talking therapy.

Talking therapies give people the chance to explore their deepest thoughts and feelings and discuss with a secure and private third party. In such private interactions the person may bring to the fore the effect that such feelings have on their behaviour and mood. The therapist helps the client to describe their innermost problems by supportive and sensitive enquiries. As in all things, once a problem has been properly evoked and examined, the solution becomes clear. Once such a point is reached the client is in a position to make positive changes by thinking or acting differently. Thus, the talking therapies can help people to take greater control of their daily lives and improve their self-confidence.
Cognitive Behavioural Therapy, or CBT as it is more commonly referred to, is a therapy that focuses on assessing the particular ways in which individuals think, behave, perceive, act and react. This knowledge will equip the therapist or individual to be able to deal successfully with their clients or their own behavioural, emotional, and social challenges.

CBT therapists work to unlock and release the potential within their clients, to bring about major positive improvement and changes in their lives by focusing upon presenting issues, and offering more balanced and focused ways of looking at, addressing, and handling such matters, with a more positive outcome.

CBT is a powerful and practical tool for personal exploration, problem-solving, and development. Additionally this therapy offers strategies and techniques for addressing and dispelling negative thought processes/patterns. CBT offers the sufferer of panic disorders or agoraphobia, and many other similar ailments, the solution of learning, by practice and repetition, new ways of dealing with difficult situations and the anxieties they may cause.

The Course subjects covered include:

- History & Origins of CBT
- CBT Distinctive Characteristics
- Teaching and Learning Coping skills
- Problem-solving solutions
- Changing behaviours and beliefs
- Solving life problems
- Dealing with negative thoughts
- Establishing the therapeutic relationship (practitioner and client)
- Boundary issues
- ABC Model – Activating Events / Beliefs / Consequences
This course covers the history, techniques, and applications that go to make up the CBT process, plus a guide to dealing with the most common presenting issues faced by the therapist.

Whether you want to work as a Cognitive Behavioural Therapist or CBT consultant with your own specialised clinic or simply study for your own benefit – this course could change your life and the way you deal with the world around you completely. Everyone can benefit from the knowledge found in this course.

Those around you will benefit from the balanced and positive approach you will be spreading through the new tuning of your thoughts and awareness. It is also a very ‘highly recommended tool’ for all Holistic Therapists to broaden their skills and knowledge, and improve their interpersonal skills with their clients and peers. Successful completion of this course will qualify you to work as a CBT practitioner/therapist.

For more information and to enrol: CBT Course >>
Child psychology is a very important aspect of general psychology. It is one of the most frequently studied specialty areas of psychology. Child psychology focuses on the mind and behaviour of children. It considers the child from prenatal development through to adolescence. Child psychology deals not only with how children grow physically, but with their mental, emotional, and social development, as well.

Child psychology studies the social, mental, and emotional, development of children. The SNHS child psychology diploma course has been specially designed and prepared to help meet the needs of those adults who are responsible for the care and development of children. Thus includes parents, teachers, nurses, child minders, doctors, social workers, and all adults involved with children. The course provides a comprehensive introduction into child psychology, and students will find the course content immensely useful to support any existing qualifications they may hold in child care or other child related subjects.

**The Course subjects covered include:**

- Background of Psychology
- Communication
- Application of Psychology
- Problem Diagnosis
- Growth Development
- Pre-School
- Psychologists’ Point of View
- Setting Goals
- General Child Psychology
- Maladjustment

"It is easier to build up a child than it is to repair an adult"

(Frederick Douglas)
A Practitioner/Therapist Level Qualification is awarded on successful completion of this course. The reader should note that gaining this diploma level qualification does not permit the graduate to claim to be a Child Psychologist. However, those possessing this diploma in child psychology will find it immensely useful to support any existing qualifications that they may hold in Child Care, or other child-related subjects.

For more information and to enrol: Child Psychology Course >>
Psychotherapy and Counselling is an important therapeutic modality area used to treat emotional problems and mental health conditions. It allows clients to look deeper into their problems and worries, and learn how to deal with troublesome and unwanted habits together with a wide range of mental disorders, such as depression etc.

The SNHS Psychotherapy & Counselling course provides a basis to work from for many other therapies. As a holistic therapist, listening and talking to people is the core of the therapist’s everyday working environment. Aiming to help and understand individuals, while working towards alleviating their anxieties with compassion, understanding, and guidance are the qualities of a Professional Counsellor, and in this course the student will learn how to achieve this goal.

**The Course subjects covered include:**

- Humanistic Psychotherapy
- Psychoneurosis
- Conjunctive Therapy
- Process of Change
- Assertiveness Training
- Help, Compassion and Understanding
- Relationships
- Chemical Influences
- Electism
- Redistribution of Energy
- Positive Attitudes
- Positive Self Image
- Counselling
· Group Therapy
· Integration
· Emotional Freedom
· Self Acceptance
· Guidance and Goal Setting

This subject will act as a valuable ‘stepping stone’ to our Hypnotherapy and Advanced Clinical Hypnotherapy/Psychotherapy courses, leading to membership of the Professional Hypnotherapy Practitioners Association (PHPA). It is also a valuable grounding for our Life Coaching, CBT, NLP, Stress Management, Meridian Psychotherapy and other appropriate ‘talking therapy’ subjects. All practicing Holistic Therapists will benefit from studying this subject in their day to day interaction with their clients.

For more information and to enrol: Psychotherapy & Counselling Course >>
Hypnotherapy

“You use hypnosis not as a cure but as a means of establishing a favourable climate in which to learn”
(Milton Erickson)

Hypnotherapy is a talking therapy that utilises the power of suggestion to bring about subconscious activity in order to change our thoughts and therefore our emotional and physical behaviour.

The process of hypnotherapy alters our state of consciousness in a way that enables the conscious part of the mind to relax and become inattentive, while at the same time stimulating and focussing that part of the mind we call the subconscious. Thus the subject enters a heightened state of awareness. This heightened state is reached using the skilled relaxation techniques of the hypnotherapist, and it is this state that allows the hypnotherapist to make appropriate suggestions that are accepted by the subconscious mind. It should be noted that the hypnotherapist is not hypnotising the subject, there is no such thing as hetero-hypnosis. The hypnotherapist acts as a facilitator to enable his or her client to enter the hypnotic state.

Hypnotherapy has been recommended as a treatment for habit breaking, stress-related issues, and for a range of long-term medical conditions. Hypnotherapy has been found to be incredibly effective either when used in parallel with other therapeutic treatment, or when used independently after other treatments have been exhausted.

The SNHS foundation course in Hypnotherapy, takes the student from the historic use of hypnosis, up to present day practice in today’s professional Complementary Therapy environment. Hypnotherapy is covered from basic introduction to hypnosis and the nature of the hypnotic trance condition, to an understanding of how to induce, deepen, and release, a person from the trance state. The use of suggestion hypnotherapy and also simple basic hypno-analysis is introduced. The application of hypnotherapy to a wide range of conditions is covered, and the purpose, design, and use, of hypnotherapy scripts are included.

The course is completely stand alone and is aimed at students who wish to obtain competence in a practical and effective therapy. No previous experience is required as the course covers the appropriate basics. Practitioners of other therapies will find the course very useful as it adds another effective treatment technique to their existing practice.
The Course subjects covered include:

- Introduction to Hypnosis
- The Hypnotic State
- Hypnotic Induction and Deepening
- Some Basic Applied Psychology
- Methods and procedures
- Induction
- Deepening
- Release from hypnosis
- Applying Therapeutic Suggestion, and Suggestion Therapy Generally
- Using memory recall – a simple form of hypnoanalysis
- Practising Hypnotherapy

There is also a link from our course material to live audio scripts, produced by the course author in both this foundation course and in other and advanced courses.

For more information and to enrol: Hypnotherapy Course >>
Although the basic study of hypnotherapy is sufficient to commence in practice it is advantageous to the practitioner to gain deeper understanding of the more advanced techniques in hypnotherapy. This involves gaining further insight into the psychotherapy aspects and in particular the techniques and usage of hypnoanalysis.

Prerequisite: A Practitioner/Therapist level qualification in Hypnotherapy. Those who have achieved these qualifications from training establishments, other than the School of Natural Health Sciences, are also very welcome to enrol on this course. Please provide a scanned copy of your Diploma.

The Course subjects covered include:

- The Human Mind – Hypnosis, Suggestibility, and Induction Techniques
- The Conscious and the Unconscious and the current view of the mind
- The Ideomotor Response
- Definition of the Hypnotic State
- Therapeutic Intervention
- Post-hypnotic suggestion.
- Hypnotic Suggestion or Psychoanalysis?
- The Application of Suggestion
- The Esdaile State
- Examples of Suggestion Therapy
- Regression Therapy
- Sexuality, Anxiety, & Repression
- The Application of Hypno-Analysis
- Transference and Countertransference
In both the SNHS foundation and advanced courses, the student will also find a link from our course material to ‘live audio scripts’, produced by the course author.

The SNHS Advanced Clinical Hypnotherapy/Psychotherapy, and Advanced Past Life Therapy courses are approved by The Professional Hypnotherapy Practitioner Association. Graduates of such approved courses may apply for membership of the PHPA. The PHPA was founded in 1998.

For more information and to enrol: Advanced Hypnotherapy Course >>
The word meditation is derived from two Latin words: meditari (meaning to think or to dwell upon, or to exercise the mind) and mederi (to heal).

The Sanskrit derivation medha means wisdom. The ancient tradition of yoga and meditation began in Indian prehistory as a system of mental, physical, and spiritual exercises. In approximately 500BC the physician and sage, Patanjali, formalised this tradition into a science, with four major and four lesser branches involving ethical restraint, self-discipline, mental focus, physical exercise, and meditation. The entire system was used in an integrated fashion and directed at the attainment of a unique state of spontaneous and psychological integration.

Meditation may also be interpreted as awareness and self-realisation. Whatever you do with awareness, it is a form of meditation. Being aware of your own breath or listening to birds is meditation. As long as these activities are free from any other distraction to the mind, it is effective meditation. It also means a cessation of the thought process, a state of consciousness, when the mind is free of scattered thoughts and intrusive patterns.

The SNHS Meditation course takes the student on a journey through both Eastern and Western meditation techniques; from Chakra Balancing to Walking the Labyrinth.

No previous qualifications are required, as this course covers the appropriate basics for those studying this subject for the first time.

The Course subjects covered include:

· Introduction to Meditation
· Position and Posture
· Meditation and Mind
· Mantra Meditation
· The Chakra System and Meditation (I)
· The Chakra System and Meditation (II)
The outcome for the student of this SNHS course of study is twofold. The first is that the successful student will be able to conduct their own meditations for their own benefit and that of their clients. The second is that this firm foundation in Meditation may be used as the basis for further self-development with other courses.

A Practitioner/Therapist Level Qualification is awarded on successful completion of this course.

For more information and to enrol: Meditation Course >>
Life Coaching

“You are never too old to set another goal or to dream another dream”
(C.S Lewis)

Three words can be used to describe what a Life Coach does:

**Guidance, Empowerment and Improvement**

**Guidance** is the Life Coach providing the client with tools and support in order for the client to broaden their perspective and open their mind, hence enabling them to reach their goals.

**Empowerment** is to a large extent down to the individual to realise their own self-worth and self-belief that has, for one reason or another, diminished.

**Improvement** in the sense that a client will go from where they are to where they want to be, in effect reaching their desired goal.

After training as a Life Coach the student will be able to create and develop on-going partnerships with his or her clients.

The life coach's aim will be to produce fulfilling results in the client's personal and professional lives, working with the client to overcome any obstacles and setbacks which have in the past prevented them from reaching their full potential, and achieving the goals for which they have been aiming.

Coaching is a dialogue between a coach and client. This dialogue may be undertaken via face to face communication or by telephone.

Research has shown that people are basically the sum of their genes and a product of their upbringing (nature and nurture). This, plus cumulative experiences and the circumstances in which individuals live their lives, all tend to form certain outlooks and expectancies for the future. When this outlook becomes restrictive the result may be failure to reach one's desired goals. This failure leads to frustration with one's lack of personal and career achievements.

A trained Life Coach can unlock and release the potential within their clients, and bring about major positive improvements in their lives. Life Coaching is a ‘practical too’ for personal exploration and development.
The Course subjects covered include:

- History of Life Coaching
- What Life Coaching is and what it isn't
- Basic Coaching Principles
- The GROW Model of Coaching – Goal, Reality, Options, Will
- Coaching Applications
- The Role of Other Therapies in Connection with Coaching
- Relationships as Systems
- Obstacles and Anchoring
- The Milton Model
- Time Management
- Stress Management
- The Life Coach’s Clinic
- Contra-indications
- The Role of the Life Coach
- The I-CAN-DO Model of Coaching – Investigate - Current, Aims, Number - Date, Outcome
- SWOT Analysis – Strengths, Weaknesses, Opportunities, Threats
- Mission Statements
- Framing and Reframing
- Representational Systems
- Building Rapport
- Coaching Meta Programmes
- Spiral Coaching
- Ethics and Professionalism
- The Consultation
- The Secrets of Life Coaching Success
- How to Build a Life Coaching Practice

A Practitioner/Therapist Level Qualification is awarded on successful completion of this SNHS course.

For more information and to enrol: Life Coaching Course >>
Advanced Life Coaching

Those students who have already enjoyed the expertly written foundation course in this subject will truly delight in the idea of embarking on what we describe as the “ultimate picture”, into this thoroughly effective and fascinating motivational therapy.

Prerequisite: A Practitioner/Therapist level qualification in Life Coaching. Those who have achieved these qualifications from training establishments, other than the School of Natural Health Sciences, are also very welcome to enrol on this course. Please provide a scanned copy of your Diploma.

The Course subjects covered include:

- Specialist Coaching
- The ‘GROW’ Model
- Coaching Attitude (pneumonic)
- Coaching Wheel (diagram)
- Coaching for a new career with the Perfect Work Map Tool
- Case Study transcript
- Relationship Coaching (learning tables)
- Action Procedures and case study example
- Health & Well Being Coaching Appraisal
- Exercise /Nutrition and Goal Setting/Planning
- Case Study example
- Stress Coaching and the worried well!
- Stress Factors and Causes
- Coping Strategies and Stress Management
Students of this course will learn how to support, challenge, and empower their clients to be the best that they can be, and have the life they always dreamed of and wanted. Equipped with this in depth knowledge, they will be in a position to empower their clients in moving from any negative situation into a fulfilling and optimistic state of being where anything and everything is possible and attainable.

A Practitioner/Therapist Level Qualification is awarded on successful completion of this course.

**For more information and to enrol: Advanced Life Coaching Course >>**
Chapter 3

Energy Therapies

Before we start to examine some of the therapies that come under this heading it might be helpful to explain what we mean by energy therapies. Energy therapy covers a range of healing modalities that consider energy as a vital, living, moving force.

(a) The body is healed by an activation of its inherent natural healing abilities, together with:

(b) The physical body is healed by restoring those energies that have become weak, disturbed, or generally out of balance.

The essential principles of energetic healing include:

(i) Energies: electromagnetic and more subtle energies.

(ii) Energies health: The health of these energies: as reflected in the health of the body. Such health is related to the flow, balance, harmony and integrity of these energies.

(iii) Reciprocity: the consideration that the body and its energies have a mutual correspondence. When the body is not healthy there will be corresponding disturbance if the body’s energy fields that can be identified and balanced. When the body’s energy fields are shown to be disturbed, there will be a reciprocal loss of health in the physical body. Adjustment of the body’s energy fields will lead to physical improvement.

It would also be useful at this stage to state what the term subtle energy implies. Subtle energy may be defined thus:

“One or more forms of energy, which do not appear to be within the electromagnetic spectrum. Unknown at this time is the interaction or the impact that subtle energies have on measurable electromagnetic forces, nuclear energy and/or atomic bonds, gravitational effects, or mass”. [SERI (Subtle Energy Research Institute) Worldwide].

However, one should not to take this definition as limiting the scope of action of subtle energy. Some students will have come across other described energy forms or systems which furnish partial or limited descriptions of subtle energy in various training courses.

Typical of these are:

*chi, prana, kundalini, orgone, zero-point energy, aura field energy, energy of thought, energy of consciousness, spiritual energy, or life-force energy.*

Although we are in the early days of research into the way in which humans interact with subtle energies; subtle energy does appear to be compatible with the theories of quantum physics and therefore may not be equated with the Newtonian conceptions of ‘force’ and ‘work’. It is a point to note that there is no such thing as mass, there is only an electrical charge providing us with what we perceive as mass.
Professional Relaxation Therapy has been shown to improve the quality of everyday life, by building the skills of resilience to adversity and stress. It is resilience that helps us adapt to stress, and bounce back, from the difficult times in life.

Psychological studies show that body and mind are strongly linked. As mental health deteriorates, physical health also deteriorates. However, a *positive outlook* can help keep you happy, and healthy.

**The Course subjects covered include:**

- What is Stress?
- Responding to the pressures in our lives
- Presenting symptoms of stress i.e. (palpitations, leg weakness, breathlessness etc)
- Our friends, home environment, work, and creative play
- Conscious relaxation
- Counselling in a nut-shell
- Acknowledging tension
- Exercise and relaxation effects on the physiology
- Central Nervous System
- Exercise through the subtle body, stretching, aerobic and anaerobic
- Brain Waves and deep relaxation
- Progressive relaxation
- Sleep–levels/types of sleep
- Meditation techniques and benefits
- Colour in deep relaxation
· Visualisation techniques
· Relaxation through smell and touch
· Relaxing properties of water
· Setting up as a practitioner

A Practitioner/Therapist Level Qualification is awarded on successful completion of this course.

For more information and to enrol: Professional Relaxation Therapy Course >>
Colour Therapy

“The purest and most thoughtful minds are those which love colour the most”
(John Ruskin)

Colour Therapy, often called Chromotherapy, is a holistic, completely non-invasive and yet powerful therapy. Evidence found in ancient texts from India, China, and Egypt, shows that the use of colour as therapy dates back thousands of years.

White light is made up of individual lights, of which we see seven fundamental colours, that is to say seven varying wavelengths of light. These seven colours are the forms of energy that are used in colour therapy. Light energy affects all living cells and, used in the appropriate manner, these different frequencies of light can have a profound and healing effect.

The aim of colour therapy is to balance and enhance the body’s energy centres, or chakras, by using the colours of the light spectrum in order to stimulate the body’s own healing process.

Colour therapists introduce the optimum balance of colour energies into the human organism in order to promote harmony and balance between the body, mind, and spirit. Only when this balance occurs are we able to work towards a state of perfect health.

Colour therapy is at present a complementary therapy that works well with many other methods of treatments. However, there are many cases where colour therapy has worked while other methods of treatment have been ineffectual.

A Colour Therapist can use colour to balance energy, aid creativity and learning, and release blocks to alleviate physical, emotional, and mental, conditions. Colour therapy helps people understand their needs for certain colours, and shows them how to use these colours for healing, health, relaxation, inspiration, and protection.

The Course subjects covered include:

- Principals and Philosophy
- Auric Colours and Chakras
- History of the Symbolism of Colour
- Colour Counselling
· Colour Visualisation
· Healing Actions of Coloured Rays
· Running a Colour Therapeutic Practice
· Using Colour for Diagnosis
· Colour Diet
· Fragrance, Music, and Colour
· Colour Breathing
· Colour Psychology
· Therapeutic use of Colour
· Polarising Energy

A Practitioner/Therapist Level Qualification is awarded on successful completion of this course.

For more information and to enrol: Colour Therapy Course >>
Meridian Psychotherapy

“How many times have you looked at the sea? Really looked, I mean. Have you stared at an ocean from the upper deck of a large ship? What did you see? In every direction to which one can turn there is endless motion.”

(Tony Edwards)

Meridian Psychotherapy integrates the teachings of meridian interventions with traditional psychotherapy. Meridian Psychotherapists teach their clients how to interact with their own meridians. This therapy is highly effective because there is a demonstrable link between the Meridians and the Emotions. During treatment the client is encouraged to focus on his or her problems while interacting with his or her own meridian system, until a satisfactory Standard Unit of Discomfort (SUD) is determined. As with other psychotherapeutic treatments, the client can experience the abreaction of repressed trauma during these meridian interventions.

This unique Meridian Psychotherapy course takes the student from the earliest known history of meridian energy to the modern day development of meridian energy techniques and applied therapies. The course focuses upon practical meridian therapy applications that can be learned and practised by the student, either as a stand-alone therapy in its own right or as part of a practising therapist’s ‘tool kit’ of effective techniques.

The course shows how meridian energy techniques can be incorporated into a general brief intervention therapeutic counselling technique that is of great value to practitioners of both the talking therapies and also of the applied therapies.

The Course subjects covered include:

- The Man on the Mountain
- Energy Therapies, Movers and Shakers
- Modern day developments in meridian therapies
- Various techniques and their developers
- Talking Therapeutically, Touching Tactically
- I Think Therefore I Hurt
- The Kinesiology Connection
- Psychotherapy
- Integrating Talk and Touch – Meridian Psychotherapy
This SNHS course is aimed at students who wish to obtain competence in a practical and effective therapy. No previous experience is required as the course covers the appropriate basics. Practitioners of other therapies will find the course very useful as it adds another effective treatment technique to their existing practice. A Practitioner/Therapist Level Qualification is awarded on successful completion of this course.

For more information and to enrol: Meridian Psychotherapy Course >>
Advanced Meridian Psychotherapy

This course is a must if therapists wish to take their knowledge to the outer boundaries of what can be achieved when professionally practising as a Meridian Psychotherapist. The useful tool of ‘abreaction’ (relief of repressed emotion) will help practitioners to help their clients who present with unexplained difficulties with day-to-day living. Clients will be delighted with the results achieved with the additional knowledge and assistance their therapist has gained through this advanced course.

Advanced students will go through the basic philosophy of integrating the techniques already learnt in the foundation course, which they will be able to use with this advanced course as a ‘complete therapy’. This course will enable therapists to practise as a ‘stand alone’ Meridian Psychotherapist, or enable them to offer this therapy along with other subjects in which they have already qualified.

Prerequisite: A Practitioner/Therapist level qualification in Meridian Psychotherapy. Those who have achieved these qualifications from training establishments, other than the School of Natural Health Sciences, are also very welcome to enrol on this course. Please provide a scanned copy of your Diploma.

The Course subjects covered include:

- Why Energy Therapies work
- Mind & Body Interaction
- Research into the existence of the Meridian System
- How the meridians affect our day-to-day lives
- Repression and Abreaction
- Specific Treatment sequences (Algorithms)
- Relaxation Techniques uncovered
- Successful Treatment of Allergies
- Successful Treatment of Addictions
- Successfully Treating Phobias
- Invaluable advice on your responsibilities as a professional Meridian Psychotherapist
- Explaining the workings of the body as an ‘electrical system’
- Detailed study of each meridian
- Obtaining Quick & Permanent relief from negative emotional states
- Psychological Reversal
- Dealing with past Trauma
- Emotional Freedom, explained
- Treatment of Stress
- Hypnotherapy application within Meridian Psychotherapy treatment
- Developing your professional practice

A Practitioner/Therapist Level Qualification is awarded on successful completion of this course.

For more information and to enrol: Advanced Meridian Psychotherapy Course >>
Crystal healing is a non-invasive, vibrational energy-based therapy. The technique uses crystals placed either on or around the physical body.

Crystals are natural. They are created from minerals deep inside the earth. Each crystal has a unique healing property derived from the minerals from which it is composed. The action of crystals may be described as subtle. Nevertheless, crystals are capable of amplifying, focusing, directing, absorbing, diffusing, and transmitting different levels of healing energy.

Crystal healing has been used since the dawn of the human race. It is a fact that crystals emit tiny electrical impulses that activate the human body’s neurological system in a subtle manner. Different crystals possess their own unique energy signal, producing different effects.

Crystal Healing may be described as the art of the laying-on of stones (crystals and gems) in coordination with the body’s energy field, energy centres, and energy pathways. These aspects of the body’s energy field are also known as the aura, the chakras, and the meridians. Correct placement of crystals on the body will promote emotional and mental harmony. It is in this state that the body experiences the perfect conditions to heal naturally.

The Course subjects covered include:

- What is Crystal Healing
- History of Crystal Healing
- Crystals and Colour
- The Subtle Body of Man
- The difference between a Crystal and a Gemstone
- The Crystals used in Healing
- Mohs’ Scale of Hardness
- Choosing Crystals

“If you want to find the secrets of the universe, think in terms of energy, frequency and vibrations”

(Nikola Tesla)
• Cleansing Crystals
• Attuning to a Crystal
• Programming Crystals
• Uses of Crystals and Gemstones
• Energy Management
• The Chakra System
• Balancing the Chakras
• Crystal Treatments
• Various Crystal Healing Layouts
• Using Crystal Healing with other Healing Methods
• Learning to use the Pendulum
• Meditations
• Crystal and Gem Elixirs
• Astrology and Crystals

This stand alone SNHS course commences with the assumption of little or no knowledge by the student and progresses the individual to the level of a competent practitioner. A Practitioner/Therapist Level Qualification is awarded on successful completion of this course.

For more information and to enrol: Crystal Healing Course >>
Aura and Chakra Energy Healing

Recognition of the existence of the human aura can be traced back to the very beginnings of civilization. In Western Europe we are familiar with the aura as a curious, approximately circular, glowing light, surrounding the heads of saints and other holy figures, in religious paintings. It has been established over the millennia that man has a series of subtle bodies, nested rather like the skin of an onion. Each level of the aura has its own seven chakras, which are nested within the other auric chakras. As each layer extends outwards, the chakras vibrate at higher frequencies.

The student will be introduced to the concepts of subtle energies and energy healing, and to the interpretation and therapeutic application of the concepts of the energy field, frequency, and resonance. The student will learn in detail about the body’s surrounding energy field, known as the aura, and the body’s energy vortices, known as the chakras. This detailed knowledge is the bedrock that will enable the student to become a qualified practitioner, and thus apply the knowledge effectively to restore equilibrium and health to their clients.

The Course subjects covered include:

- Energy Healing – what is this?
- Energy Fields explained
- Subtle energy
- Explaining ‘frequency vibration resonance’
- Background to the aura and chakras
- Major chakras are introduced in detail
- Linkage between the 7 major chakras and the endocrine system, adrenal glands, ovaries and testes, pancreas, thymus, thyroid, pituitary gland, hypothalamus and pineal.
- Nadis and the connection to the chakras
- Minor chakras are introduced
Knowledge of the aura and the chakras is invaluable to those therapists who wish to include energy therapy in their existing practice/business. It is also suitable for those who wish to begin a new career in this field. The SNHS course is intended to take the student from beginner to knowledgeable practitioner.

A Practitioner/Therapist Level Qualification is awarded on successful completion of this course.

For more information and to enrol: Aura & Chakra Energy Healing Course >>

- Pendulum and rod dowsing
- Instructions for making your own dowsing rod
- The Aura and its layers
- 7 Major Aura colours – Red, Orange, Yellow, Green, Blue, Indigo and Violet. Plus Gold, White/Silver, Pink, Brown and Black
- Kirlian photography explained
- Chakra healing tools, pendulum and rod dowsing, essential oils, chakra colour therapy, crystal balancing, chakra sound therapy
- Working with unbalanced and blocked chakras
- Cleansing and balancing the 7 chakras
- Recognising underactive or overactive chakras
- Chakra meditation
- Training to sense and see the aura. Practising on oneself and reading the aura of another person
- Identifying damage to the human aura
- Repairing the aura
- Aura healing tools – Crystal sweeping, colour therapy, meditation, and clearing negative energies from the work space
Reiki (Usui Shiki Ryoho)

“Reiki is love, love is wholeness, wholeness is balance, balance is well-being, well-being is freedom from disease”

(Dr Mikao Usui)

Reiki is first and foremost a Japanese practice and art developed from and steeped in Japanese history and culture. It does have some correspondence with other energy methods that are of Asian origin. This is because great truths are universal.

There are some writers and Reiki masters who have attempted to infuse Western ideas into Reiki. There are others who have tried to imbue it with ‘new age’ ideas that it does not possess. These ideas are completely unnecessary, and risk causing not only confusion among students but dilution of the practice of Reiki itself.

The purpose of the SNHS course is to provide the student with detailed theoretical information concerning the history, usage, and application of Reiki. At the end of the course, a supplement is sent to you from the course author and tutor, and Reiki Master, Tony Edwards. This is entitled ‘The Last Secret of a Reiki Master’, enabling one to attune oneself and others. One’s final level of achievement will be Reiki Master and Teacher.

The Course subjects covered include:

- Introduction
- Objects
- Attunements
- What is Reiki?
- The five precepts of Reiki
- Meditation Techniques
- Breathing Exercises
- Spiritual Cleansing
- Recitations of Spiritual Poetry
- Reiki Principles
· Hands-on Healing
· Distance Healing
· Breath and Eye Healing
· Using Symbols and Mantras to Heal
· What is Ki?
· Reiki Self-Treatment
· Cleansing Body and Mind – Hasurei ho
· Kihon Shisei
· Jyoshin Koki-ho
· Gassho

A Practitioner/Therapist Level Qualification is awarded on successful completion of this course. A Reiki lineage diploma is offered for purchase at the end of the course from the Reiki Master. This is an additional option to the SNHS Diploma which is included in the course fees.

For more information and to enrol: Reiki Course >>
The original principles that make up what we refer to today as Naturopathy were first used sometime around 400 BC. The ideas founder and main protagonist of this mode of healing was the Greek philosopher Hippocrates. He believed and taught that one must view the whole person (remember what we said above about holistic?) in order to find the cause of that person’s ailment. Following on from this, one must then use the facilities and laws of nature to provide a cure. It was from this original school of thought that Naturopathy takes its principles and methods.

Naturopathy is a system of health that involves the usage of scientific knowledge coupled with traditional and natural forms of medicine and healing. Naturopathy is based on the healing power of nature. This natural healing power is used to support and stimulate the natural ability of the body to heal itself.

Modern naturopathy is the treatment and prevention of ailments using such natural therapies as Herbalism (phytotherapy), Holistic Nutrition, Homoeopathy, Flower Remedies, Acupressure, Life Coaching etc.

We now see that a naturopathic therapist is engaged in a wide range of holistic treatments. Some therapists specialise in just one or two areas, whilst others study a wide range of therapies to help their clients more effectively.
A major health problem in the modern world is that the majority of people have become focused on ‘convenience’. Unfortunately this addiction to convenience now affects the way in which we eat. Far too much of our food intake comes from cans, commercially prepared meals, fast foods and so on.

However, the cost of this convenience is the price paid for the impact that it has on one’s health. With the epidemic rise of obesity and diabetes, [“Obesity: A Briefing for Complementary Therapists” by Dr. A J Edwards, ANM Journal; Spring 2016], the link to health and nutrition has taken centre stage. Clinical nutrition is concerned with healthy eating for natural optimum health and well-being.

The important aspect of clinical nutrition is that it is an approach to eating that considers the nutritional value of everything that is eaten. Thus it focuses on eating for health.

In clinical nutrition we study the relationship between food and a healthy body. More specifically, it is the science of nutrients and how they are digested, absorbed, transported, metabolized, stored, and eliminated, by the body.

**The Course subjects covered include:**

- Introduction to the 5 Food Components essential for balanced human Nutrition
- Bicarbonate of Soda (Baking Soda)
- Calories
- Calorific value of common foods – energy values
- Amino Acids – building blocks of protein
- Fatty Acids – good fats! In what category are ‘bad fats’ dealt with???
- Vitamins
- Metabolism and Nutrition – Cellular level
- Antioxidants and Free Radicals
A Practitioner/Therapist Level Qualification is awarded on successful completion of this course. On successful completion of this course the student will have an understanding of human digestion, and the underlying principles of healthy nutrition. He or she should be capable of giving sound basic advice on the nutritional requirements for good health.

For more information and to enrol: Clinical Nutrition (Holistic) Course >>
Advanced Nutrition

This is the course for those who advise on nutrition in their professional complementary therapy practice and who wish to take their knowledge to a significantly higher level of professional competence. The understanding of all aspects of nutrition will enable the therapist to help those who present with dietary problems. Such clients will be delighted with the results they will be able to achieve with the additional knowledge and assistance their therapist has gained through this advanced course.

Students who have already enjoyed the SNHS course in Clinical Nutrition (Holistic) will truly relish the idea of embarking on what may be described as the detailed picture of human nutrition presented in this advanced distance learning course. Nutrition is a fundamental of good health, and understanding its importance and significance enables the therapist to provide sound nutritional advice to his or her clients.

Prerequisite: A Practitioner/Therapist level qualification in Nutrition. Those who have achieved these qualifications from training establishments, other than the School of Natural Health Sciences, are also very welcome to enrol on this course. Please provide a scanned copy of your Diploma.

The Course subjects covered include:

- The Digestive System
- The Process of Digestion and Absorption
- Interrelationships with other Body Systems
- The Chemical Actions in the Digestive Process
- Nutrients and the Biochemistry of Digestion
- Vitamins
- Carbohydrates
- Sugar – The Hidden Menace in Everyday Foods
- Cholesterol
A Practitioner/Therapist Level Qualification is awarded on successful completion of this course.

For more information and to enrol: Advanced Nutrition Course >>
To optimise the physical and mental development of infants and young children, it is imperative that a nutritious, healthy, balanced diet is followed. Different stages of the life-cycle shape nutrient needs. This Child & Adolescent Nutrition course provides an in-depth introduction to the theory behind child nutrition, covering the nutrient needs throughout childhood (from newborn to adolescents up to the age of 19 years), and offering practical advice on food preparation, maintaining a healthy weight, and encouraging physical activity.

Presented in 10 lessons, the differing nutrient needs of each age group are highlighted, providing a balanced eating pattern for each age, incorporating macronutrient and micronutrient requirements, common problems that can present themselves at any age, such as food intolerances, food allergies and childhood obesity, as well as common problems that occur in specific age groups, such as fussy eating in the toddler years to eating disorders in adolescents.

**The Course subjects covered include:**
- Introduction to the balanced diet
- The five food groups
- Macronutrients
- Influences of food preferences and food choice
- Infant nutrition from 0-12 months
- Benefits of breastfeeding
- Infant formula
- Weaning
- Nutrition in childcare settings
- Nutrition for primary school children
- Importance of breakfast
- Energy and concentration
- Lunchbox ideas
A Practitioner/Therapist Level Qualification is awarded on successful completion of this course. The course is a stand-alone programme aimed at all students/therapists wishing to obtain greater knowledge in child nutrition. No previous experience is required as the course introduces appropriate basic material.

For more information and to enrol: Child & Adolescent Nutrition Course >>

- School lunches
- Meal planning
- Nutrition for 10-19 year olds
- Growth spurts
- Body image
- Health complications
- Preventative measures
- Vitamin A, D, and E
- Essential fatty acids
- Micronutrients
- Nutritional needs of pre-school children
- Nutrition for growth
- Age-appropriate eating patterns
- Tips on preparing meals
- Leading by example
- Picky eaters
- Food and the brain
- Food and behaviour
- Sugar and mood
- Food allergies
- Food intolerances
- Food and symptom diary
- Anorexia Nervosa
- Bulimia Nervosa
- Childhood obesity
- Safe weight loss
Nutrition for Aged 50+

This course provides a comprehensive overview of the nutritional requirements for adults over the age of 50 years. Credited to factors such as advancements in medicine and the society in which we live, life expectancy has increased dramatically over the last two hundred years and, with a trend towards more conscious food purchasing, healthy ageing has become a priority. Only recently has research fully explored the startling difference between the health of men and women, and how diet can play a role in many gender-specific health conditions.

This course provides an in-depth study of many diet-related health issues, providing valuable advice to therapists advising clients over 50 on healthy eating practices. Students will learn how to guide their clients on balancing meals and controlling portion sizes, understanding current research on nutrition, and its potential role in the development of Dementia and Alzheimer’s.

Students will also be introduced to the cardiovascular system, and dietary choices impacting heart health. Additional subjects focus on the digestive system and healthy gut flora, eating for joint and bone health, healthy eating tips, and healthy food swaps. Further guidance is given on planning a safe and effective nutrition programme.

Practitioners from all specialisations now acknowledge the crucial role food plays and the multitude of nutrients it supplies for our physical and emotionally well-being, with changes leading to almost immediate and noticeable differences in our mood, stress levels, energy levels, and ultimately health.

The Course subjects covered include:

- Nutritional supplements
- Nutrient/drug interaction
- Buying organic food
- Food fortification
- Vegetarian/vegan diets
- Macronutrients
- Mindful eating
A Practitioner/Therapist Level Qualification is awarded on successful completion of this course.

For more information and to enrol: Nutrition for Aged 50+ Course >>
Sports Nutrition is the study and practice of nutrition and diet in relation to sports performance. It is concerned with the type and quantity of fluid and food taken by a sports person, and deals with nutrients such as vitamins, minerals, supplements, and organic substances such as carbohydrates, proteins, and fats. Nutrition is a crucial component in many sports training regimens, including strength sports (such as weight-lifting and bodybuilding), and endurance sports (including cycling, running, gym sessions, and swimming etc).

This Course is designed to give positive Nutritional Advice for everyone involved in any type of regular exercise. Students will learn which types of foods to consume prior to, and after exercise to avoid unnecessary stress to the body, and gain maximum performance during exercise periods.

Our course provides a very comprehensive overview of nutrition and its relationship to health and exercise, discussing the five food groups, and the importance of following a balanced diet irrespective of dietary goals (e.g. weight loss, muscle strengthening, performance enhancing).

**The Course subjects covered include:**

- The digestive system
- Food groups
- Carbohydrate loading
- Proteins
- Essential amino acids
- Fats
- Unsaturated and polyunsaturated fats
- Vitamin and mineral index
- Balanced diet
- Energy balance
- Healthy eating
A Practitioner/Therapist Level Qualification is awarded on successful completion of this course.

For more information and to enrol: Sport & Exercise Nutrition Course >>
This course provides a very comprehensive overview of the vegetarian and vegan lifestyle and why people choose to eliminate meat from their diet.

Owing to the rise in plant–based living, as well as the flexitarian (the ‘occasional’ vegetarian), many people are beginning to recognize the health benefits of consuming a predominately plant or solely plant-based diet, reducing their risk of several chronic health conditions, including heart disease, diabetes, and some cancers.

Advice on guiding clients towards a new way of life, including the implications of avoiding meat and meat products, and finding healthy protein and micronutrient substitutions (including iron, calcium, vitamin B12, zinc and iodine), is given. Valuable and practical guidance on making the transition is provided, including a step-by-step implementation plan, a detailed outline of ‘at risk’ nutrients, food swaps, and ways to balance meals. The course also looks at vegetarianism and veganism in pregnancy and breastfeeding, raising vegetarian/vegan children, and food allergies and intolerance’s.

Dairy-free and gluten-free plant-based diets are outlined, and healthy eating for health conditions including Irritable Bowel Syndrome, cardiovascular disease, diabetes, and osteoporosis.

With a lesson dedicated to breakfast, lunch and dinner recipes, this course concludes with a detailed outline on planning the nutrition consultation, incorporating the nutrition questionnaire, goal setting, criteria for referral, and recognizing eating disorders.

The course on vegetarian and vegan nutrition is aimed at therapists qualified in nutrition (from the school or elsewhere) to offer a sound introduction to healthy balanced eating and evidence-based, up-to-date information on the many health benefits of a plant-based diet.

**The Course subjects covered include:**

- Dispelling myths
- Different types of vegetarian diets
- Health benefits
- The six essential nutrients
· Why go veggie?
· Experts in the field
· Dairy products and skin conditions
· Weight control and meat-free diets
· The vegetarian cuisine
· Macrobiotic diet
· Raw foodism and fruitarianism
· Understanding ‘at risk’ nutrients
· Carbohydrate portion control
· Balancing meals
· Reading labels
· Importance of food variety
· Why go vegan?
· Protein and essential fats
· Vitamin B12, iron and calcium
· Food fortification
· Meat and cheese substitutes
· Saturated fats
· Monounsaturated and polyunsaturated fats
· Healthy gut flora
· Buying organic
· Eating in season
· Ideal cooking oils
· Eating out and travelling abroad
· Food swaps
· Eating during pregnancy and breastfeeding
· Vitamins for babies
· Raising vegetarian/vegan children
· IBS and plant based diets
· Food allergies and intolerances
· Bone health and osteoporosis
· Cardiovascular disease
· Meal planning for diabetic vegetarians/vegans
· UTIs and kidney stones
A Practitioner/Therapist Level Qualification is awarded on successful completion of this course.

For more information and to enrol: Vegetarian & Vegan Nutrition Course >>

- Healthy vegetarian and vegan recipes
- Breakfast, lunch, dinner and snacks
- Data collection
- Nutrition questionnaires
- Nutrition programs
- Short-term and long-term goal setting
- Criteria for referral
- At risk clients
- Spotting eating disorders
Herbalism

According to the World Health Organization (WHO), herbalism is the use of crude plant material such as leaves, flowers, fruit, seed, stems, wood, bark, roots, rhizomes, or other plant parts, which may be entire, fragmented, or powdered. The term **herbalism** refers to the use of these remedies from both ancient and modern times in support of the healing functions of the human body.

Many other healing modalities have evolved from herbalism. It is worth noting that some 75% of medicines in use around the world are derived from herbs.

**The Course subjects covered include:**

- The World of Herbs
- History of Herbal Medicine
- Healthy Cooking with Herbs
- Natural Cosmetics
- Warm Herbs
- Herbal Tonics
- Herb Vinegars
- Skin Care
- Herbal Baths
- Cooling Herbs
- Antioxidants
- Herb Bouquets
- Herb Salts
- Natures Pharmacy
- The Different Types of Preparations used in Herbalism are discussed
Once you have completed this course you will be fully equipped to work as a therapist with your knowledge. However, at this stage, serious students wishing to take their knowledge to another level are recommended to study our Advanced Herbalism (Phytotherapy) course.

A Practitioner/Therapist Level Qualification is awarded on successful completion of this course.

For more information and to enrol: Herbalism Course >>
Advanced Herbalism (Phytotherapy)

This course has been written and designed especially to give the Student total skills in the field of Herbalism. Here the student will find the ancient art of Herbalism brought into the 21st Century. The writer has incorporated many of The Ancient Theories and Formulas explored within this subject, several of which have been more recently updated in the writings of the late Dr John R. Christopher (1909 ~ 1983), a true master of the science.

Through this extremely informative home study course, with its almost encyclopaedic coverage of herbal preparations and basic health principals of natural healing, students will acquire an extensive knowledge and understanding of herbs and their uses in therapy treatments, fully preparing them for a role as a Professional Herbalist. The students will be encouraged to take a broad and continuing interest in medicinal plants, and in understanding the issues surrounding their conservation and sustainability.

Prerequisite: A Practitioner/Therapist level qualification in Herbalism. Those who have achieved these qualifications from training establishments, other than the School of Natural Health Sciences, are also very welcome to enrol on this course. Please provide a scanned copy of your Diploma.

The Course subjects covered include:

- History of Herbalism
- Classification of Herbs
- Herbal Safety
- Herbal formulations
- General disease conditions and herbs used in treatment
- Collecting herbs – Gathering rules
- Plant types, Plant Parts, Drying, and storing
- Herbal preparations
- Herbal medicine types
- Administering herbal preparations
It is intended that on completion of this course the student will:

- Be able to recognise and identify the more common herbs used in modern treatments, both growing and dried.
- Be able to classify plants according to their actions, e.g. as stimulants, astringents, and so forth, and to be able to relate the action of an individual herb to its indications in treatment.
- Understand the pharmacological actions of medicinal plants on the body in health and disease and know which specific tissues, organs, and physiological systems, are affected by administration of a given medicinal plant.
- Be aware of the influence of plant remedies on the psychosocial and spiritual aspects of a patient’s being.
- Understand and appreciate the relative merits of whole plant preparations, standardised extracts, and isolated plant constituents, for application in holistic treatments.
- Know the safe dosage range of the medicinal plants studied.
- Know the contraindications and incompatibilities of the medicinal plants studied.
- Have developed reading and research skills so that he/she will be able to continue to learn more about the materia medica of herbs throughout their professional careers.

A Practitioner/Therapist Level Qualification is awarded on successful completion of this course.

For more information and to enrol: Advanced Herbalism Course >>
Flower Remedies

“Final and complete healing will come from within, from the soul itself”

(Edward Bach)

Bach Flower Remedies are made from wild flowers and are safe for the whole family including pets. These extracts have a positive effect on one’s emotional state. They can assist in counteracting emotional imbalances such as mood swings, fear, lack of self-confidence, and stress.

This therapy is named after Dr. Edward Bach (1886-1936) who discovered this healing method. Therapists have been using these flower extracts for around 70 years. Adults with a wide range of emotional problems have benefited from these remedies, and the essences have proved useful for children. Bach Flower Remedies have been successfully used for sleep problems, concentration problems, fear of failure, exam fear, sadness, and feelings of guilt.

The great value of Bach Flower Essences is that they have the quality and ability to change a negative emotion into a positive one. For example, a person with a low self-esteem can, after taking specific flower essences, start to believe in him or herself and will grow in confidence day-by-day.

Bach remedies are all prepared from wild flowers, plants, and trees, forming the basis of this holistic treatment for both physical and psychological disorders of all kinds.

‘Heal Thyself’ is the very essence of the Flower Remedy philosophy. The holistic approach to health and healing is based on the concept of the Perfect Unity of all things.

Once you have completed this course you will be fully equipped to work as a therapist with your knowledge. However, at this stage, serious students wishing to take their knowledge to another level are recommended to study our Advanced Flower Remedies course.

The Course subjects covered include:

- The Flower Remedies
- How do Remedies Work?
- Finding the Right Remedies
- The Remedies in Practise
- Holistic Approach
· Possible Aspect
· All the Flowers, Plants, and Trees
· Experiences in Treatment
· How the Remedies can help You, Your Family, and Friends

A Practitioner/Therapist Level Qualification is awarded on successful completion of this course.

For more information and to enrol: Flower Remedies Course >>
This Advanced Flower Remedies Course is the natural follow-on from Flower Remedies and will take the student into new dimensions. All aspects of this fascinating subject are covered in full with details of plants and essences from around the world, as well as the history of flower remedies, preparation methods, and treatments.

Prerequisite: A Practitioner/Therapist level qualification in Flower Remedies. Those who have achieved these qualifications from training establishments, other than the School of Natural Health Sciences, are also very welcome to enrol on this course. Please provide a scanned copy of your Diploma.

**The Course subjects covered include:**

- History of Flower Remedies
- Methods of Preparation
- The Flower Remedies
- Alaskan Essences
- Californian Essences
- Himalayan Essences
- Tree Essences
- Administering Essences
- Prescriptions and Treatments
- Scientific View
- Preparation of Essences
- How to Prescribe
- Kits and Groups
- Australian Bush Essences
· Bailey Essences
· Pregnancy, Babies, and Parents
· Setting up your Healing Centre
· Flower Essences and Counselling

A Practitioner/Therapist Level Qualification is awarded on successful completion of this course.

For more information and to enrol: Advanced Flower Remedies Course >>
Here we discuss those therapies that may be sensibly described as *hands-on*. These are those holistic therapies that involve actual physical contact between the therapist and the client. Such therapies may involve physical manipulation of parts of the client’s body, such as joints and muscles. It may involve using specialist items applied locally to parts of the client’s body. Or it may involve no more than simple pressure.

Many of these contact therapies have their roots in the distant past and are recorded in ancient writings such as *“The Yellow Emperor’s Classic of Medicine”* (Neijing Suwen) as translated by Dr Maoshing Ni. Often referred to simply as the *Neijing*, this work dates from the third millennium before the Christian Era.

China is not alone in its history of body therapy. There is evidence for body therapy in Western Europe. In 1991 the naturally mummified body of a man was discovered by two Austrian hikers in the ice of the Italian Alps. The man had died 5300 years ago and the body was in a remarkable state of preservation. Scientists investigating the body discovered 59 markings, clearly tattoos, on the skin. It can be noted that 80% of these marks are considered to be valid modern Acupuncture points (and therefore Acupressure points). Therefore, this dates Acupuncture in Western Europe back to *at least 3300 BC*. To consolidate this point we may note that the back and leg tattoos were on or near typical Acupoints for treating back and leg pain. Furthermore, X-rays showed evidence of osteoarthritis in the man’s body that might have responded to acupuncture treatment.
Acupressure is the application of pressure to the body to enhance the flow of energy (variously referred to as ‘Ki’, ‘Chi’ or ‘Prana’) in the 12 main bi-lateral meridians, according to the principles of Oriental medicine. This therapy is widely used in China where more emphasis is given to a person’s responsibility for their own health than it is in the Western world.

Acupressure is believed to be the ‘Mother of Acupuncture’, in that it predates the use of needles to stimulate the body’s energy flow. It has the same principles as Acupuncture, but the pressure is applied directly to the Acupoints of the body mainly by using the hands, fingers, thumbs, or knuckles. Stimulation of the body’s meridian system by touch is perhaps one of the oldest and most effective healing systems.

Like other body therapies, an acupressure session begins with a patient interview during which the therapist gathers information concerning the patient’s general health and presenting symptoms. The therapist then uses the information gleaned in order to select Acupoints on the client’s body in order to apply pressure. It is normal for clients to remain fully clothed during treatments.

Acupressure sessions last between 30 and 60 minutes, with some clients feeling better after a single session and others needing to return for a series of appointments. More common conditions that Acupressure can treat, includes headaches, stress, and back pain.

**The Course subjects covered include:**
- Fingertip Medicine
- Acupressure Techniques, Effleurage, Tapotement, Petrissage
- Eastern and Western Theories
- Law of the Five Elements
- Mother-Son Rule
- Meridian Pathways
- Acupoints and identification
A Practitioner/Therapist Level Qualification is awarded on successful completion of this course.

For more information and to enrol: Acupressure Course >>
Aromatherapy

“Smell is a potent wizard that transports us across thousands of miles and all the years we have lived”
(Helen Keller)

Essential Oil therapy, better known as Aromatherapy, can be defined as the art and science of utilizing naturally extracted aromatic essences from plants to balance, harmonize, and promote, the health of body, mind, and spirit. Aromatherapy seeks to unify physiological, psychological, and spiritual processes. It is used to enhance the client’s own internal healing processes.

The term aromaterapie is a French term and was coined by the French perfumer and chemist, Rene-Maurice Gattefosse. His book “Gattefosse’s Aromatherapy” first appeared in 1937 and it contains early clinical findings for a range of physiological ailments that can benefit from the utilisation of essential oils.

Aromatherapy is an holistic hands-on massage therapy which promotes a physical, spiritual, emotional, and mental, sense of harmony. This entirely relaxing treatment uses the essences from plants to help balance and unify the mind, body, and spirit.

Aromatherapy has proved to be highly successful in the alleviation of many ailments. Aromatherapy works in two ways – the widely accepted benefits of body massage and the inhalation of essential comma reduce stress and improve the general state of health and well-being. This is a comforting, reassuring, and healing, therapy.

The Course subjects covered include:

- Introduction to 30 plus of the most well known ‘Essential Oils’
- Properties of Essential Oils, Uses and Contra-Indications
- Carrier Oils for Diluting the Essential Oils
- Combining the Essential Oils Together and Blending Techniques
- Full Aromatherapy Body Massage: Back Massage; Back & Front of Legs; Neck; Arms & Shoulders, and the Scalp & Face
- Massage techniques used: Effleurage, Petrissage, & Tapotement
- Central Nervous System & Autonomic Nervous System
Once you have completed this course you will be fully equipped to work as a therapist with your knowledge. However, at this stage, serious students wishing to take their knowledge to another level are recommended to study our Advanced Aromatherapy course.

A Practitioner/Therapist Level Qualification is awarded on successful completion of this course.

For more information and to enrol: Aromatherapy Course >>
This Advanced Aromatherapy Course is a must if students take their studies seriously and wishes to progress to the highest level. The course explores in much more detail the properties of essential oils, their uses, and therapeutic qualities. We also look at the treatment of specific ailments and conditions, and how we use oils for healing and balancing energy centres. There is also a deeper examination of ailments and illnesses, and how Aromatherapy treatments can alleviate some of these.

Prerequisite: A Practitioner/Therapist level qualification in Aromatherapy. Those who have achieved these qualifications from training establishments, other than the School of Natural Health Sciences, are also very welcome to enrol on this course. Please provide a scanned copy of your Diploma.

**The Course subjects covered include:**

- The Aura (Colour and subtle Aromatherapy Massage)
- The Chakras
- Treatments for the Chakras – (energy fields)
- The Emotions
- Trauma (massage treatments for clients)
- Back and Shoulder Massage
- Treatment for Skin Conditions- Psoriasis, Eczema, Acne etc
- Treatment for Arthritis and Rheumatism
- Treatment for Babies
- Treatment for detoxing the Liver
- Essential oils to break down environmental pollution
- Skin care with essential oils
- Pendulum use for selecting essential oils
· Treatment for Cellulite
· The Aromatherapist as a Professional
· Closer Study of Base Oils
· Treatment with 24 Rarer Oils – Jasmine, Neroli, Myrrh etc.

A Practitioner/Therapist Level Qualification is awarded on successful completion of this course.

For more information and to enrol: Advanced Aromatherapy Course >>
Reflexology

Reflexology is an extremely effective form of massage, relating to the reflex points on the soles of the feet. These points correspond to the organs and systems in the body, and are linked to those organs through energy channels, zones, or meridians. When illness or imbalance occurs, the corresponding energy channels become blocked. Reflexology Massage aims to remove these blocks, thus allowing the energy to flow freely again.

Reflexology will reduce stress and tension in the individual, improve circulation and cleanse the body of toxins and impurities. It is also renowned for revitalizing the energy, and is often used as preventative healthcare. In other words, this enjoyable therapy will help to balance the whole system.

When the Physiotherapist, Eunice Ingham, first began mapping the entire bodily organs onto the feet in the 1930’s, little did she realise that it would be the beginning of such a revolution in healing therapy. From that time on, it has been confirmed that, by using massage and pressure on the various points on the feet, an improvement in both illness and ailment could be witnessed.

Modern Reflexology is both a science and an art. As a science, it requires careful study, faithful practise, and a sound knowledge of the techniques that are used. As one of the ‘healing arts’, Reflexology yields the best results when the therapist works with self-belief and dedication.

The Course subjects covered include:

- Origins and History of Reflexology
- Reflexology benefits
- Reduces stress, improves circulation, balances the systems of the body, preventative health care
- Human Anatomy and Physiology (systems of the body)
- The Nervous system – cranial and spinal
- Meridian Points – Energy Channels
- Yin and Yang
- Mapping and reading the reflex points on the Feet
- Foot Ailments
A Practitioner/Therapist Level Qualification is awarded on successful completion of this course.

For more information and to enrol: Reflexology Course >>

Once you have completed this course you will be fully equipped to work as a therapist with your knowledge. However, at this stage serious students wishing to take their knowledge to another level are recommended to study our Advanced Reflexology course.

- Techniques – Hooking, holding, thumb, index finger, and reflex rotation
- Relaxation techniques
- Achilles tendon stretch, ankle rotation, foot wringing, big toe rotation, solar plexus flexing, pivoting.
- Reflexology step-by-step treatment procedures
- First Aid
- Starting your Practice
Advanced Reflexology

This course has been designed to follow on from our first Reflexology course, meeting the needs of therapists who wish to elevate their qualifications to a Higher Level, and offer their clients more specialised and comprehensive treatments. Reflexology is a skill that has a precise approach to promoting healing for everyone by stimulating the body’s regenerative capacity. The course writer has incorporated information from The Reflexology Handbook by Laura Norman. Students will learn how to broaden their skills from foot treatments to hand and wrist Reflexology.

Prerequisite: A Practitioner/Therapist level qualification in Reflexology. Those who have achieved these qualifications from training establishments, other than the School of Natural Health Sciences, are also very welcome to enrol on this course. Please provide a scanned copy of your Diploma.

The Course subjects covered include:

- Understanding Energy
- The Endocrine Glands
- Foot care
- Reflexology for Children
- Reflexology for Babies
- Reflexology for Men
- The Subtle Anatomy
- The Vital Force
- Hand & Wrist Reflexology
- Toe Nail Problems
- Diet and Nutrition
- Reflexology for Women
- Reflexology and Colour
· Professionalism
· Reflexology and Sex

A Practitioner/Therapist Level Qualification is awarded on successful completion of this course.

For more information and to enrol: Advanced Reflexology Course >>
Indian Head Massage

Indian Head Massage, often referred to by its initials IHM, is a Hindu massage technique. This therapy can be traced back to the ancient ways of Ayurvedic Indian Health Care. It is known to have been in use for over 4,000 years as a method of improving overall health. This massage technique has become more and more popular in recent years.

Stress that accumulates each day, both physical and mental, can cause a weakness in the nerves and can impair circulation of the vital fluids to the brain, and thus cause tension and headaches. The skull might feel tight and heavy, and the brain is unable to function properly. The best, easiest, and most natural way, to relieve these symptoms is by Indian Head Massage. Vitality increases as the circulatory and respiratory systems open up to provide fresh oxygen and vital energies, plus many other benefits.

The Course subjects covered include:

- Introduction
- Shoulder Massage
- The Spine
- Massage Oils
- Ear Massage
- Face Massage
- Nervous System
- History & Development
- Starting Point Upper Back
- Neck Massage
- Scalp Massage
- Upper Back and Head
A Practitioner/Therapist Level Qualification is awarded on successful completion of this course.

For more information and to enrol: Indian Head Massage Course >>
Indian Face Massage is a form of facial rejuvenation. It gives a *natural* facelift through massage and a gentle non-invasive approach to looking younger. The massage works primarily by freeing constrictions both within the facial muscles and in the connective tissue. Tension can build up within our facial muscles from the pressures of everyday life without us realising it. Certain thoughts and emotions become habitual, locking themselves into the expressions on our faces. Under such conditions muscles can actually dry up and contract, inhibiting freedom of expression, encouraging ageing and the formation of wrinkles, the face loses its muscle tone and elasticity, and begins to sag.

Our faces explain a lot about our lifestyles, late nights, smoking, excess toxins, alcohol, and partying, all build up until dark circles, bags, and fine lines appear. Laughter and frown lines materialise around the eyes and mouth, permanently ageing the skin and its appearance. Sun exposure also plays a part in skin ageing as individuals want that golden tan! Combining this with stress, pollution, toxins, and food additives, can make all individuals look older than their years.

No expensive equipment or products are needed for this facial massage. The massage itself is performed by using repetitive movements across the face using the fingertips. Not only is it relaxing and calming, but it also reduces lines, tightens the skin, increases skin elasticity, promotes blood flow to the face, and leaves the recipient feeling contented. This treatment is ideal to use as a Chair Therapy and may also be conducted in the workplace.

**The Course subjects covered include:**

- Introduction
- Benefits
- Bones of the Face
- Muscles of the Face
- The Skin
A Practitioner/Therapist Level Qualification is awarded on successful completion of this course.

For more information and to enrol: Indian Face Massage Course >>
Kinesiology is a therapy whereby a therapist will assess a patient’s health by testing their muscles. The concept is that any imbalance of physical, chemical, nutritional, or emotional nature can be detected by the variation of stress resistance in various muscle groups.

Kinesiology was originally developed by an American chiropractor called George Goodheart. He found that by testing muscle response before and after he made chiropractic corrections, he achieved better results for his patients. As time progressed he was able to make a connection between various muscles and the acupuncture meridians. It is by testing muscles that the Kinesiologist can gain information of what is happening in the body’s meridian system and treat accordingly.

The word *kinesiology* means the study of motion, in particular the study of how muscles act and coordinate to move the body. However, in the Holistic field, the term is seen and used differently. Here, the muscles are used as monitors of stress and imbalance within the body and Muscle Testing, the key technique in Kinesiology, is used as an effective and versatile tool for detecting and correcting an array of imbalances.

Holistic Kinesiology aims to improve the health and well-being, by stimulating the body’s own healing potential. It works on the principle that the body, mind, and spirit, are connected and, through the balance of these, full health can be achieved.

Kinesiology sessions may include many other therapies to achieve this goal. This therapy is particularly helpful with Allergy Testing, and combines well with many other Holistic therapies. A valuable addition to any Professional Therapist’s tool-kit.

**The Course subjects covered include:**

- Muscle Testing
- How to use Muscle Testing
- Meridian points (working with these)
- Classification of Meridians
- 5 Different elements of Chi
· Fire, Earth, Metal, Water, and Wood
· Table of correspondences
· Diagram of Yin & Yang Meridians
· Triad of Health
· Emotional & Mental state
· Nutritional & Chemical state
· Physical state
· Muscle/Meridian assessment
· Nervous system explained
· Muscular system explained
· Table of major muscles
· Muscle testing
· Arm, Leg, and Surrogate testing
· Allergy Testing
· Cross Crawl exercises
· Nutritional/Chemical Balancing
· Psychological Reversal
· Colours of the Auras
· Meridian tracing
· Neuro Vascular holding points (treating emotional stress)
· Relaxation positions (4 basic)
· Nutrition and Vitamin intake

A Practitioner/Therapist Level Qualification is awarded on successful completion of this course.

For more information and to enrol: Kinesiology Course >>
An Allergic reaction occurs when a person reacts to substances in the immediate environment that are completely harmless for the majority of people. There are many different causes of allergy, and the symptoms range from mildly irritating to potentially life threatening.

Every year more and more people are suffering from allergic reactions. Often these allergies begin in infancy; they may disappear in the teens or they may continue for life. Many sufferers do not know to what they are allergic, so keep on using the products or eating the foods that are causing the problem. This leads to an increase in their reactions.

This Allergy Testing course will teach the student to use a method that communicates with the allergy sufferers body. From this they will find out what products, chemicals, or foods is causing the allergy and should be avoided. In this course we explore the various reactions to these products; how the reactions affect the body, and the symptoms of allergy. The student will learn how to test by using the Kinesiology method of ‘Muscle Testing’ initiated by Dr. George Goodheart.

This is an excellent course to include in a professional therapist's therapy portfolio, enabling practitioners to assist their clients to a healthier, and allergy free life. No equipment is required for this course.

**The Course subjects covered include:**

- Effects on the body – how the body react to allergens
- Allergy – definition
- Food diary – very useful tool!
- Immune & Lymph systems – the responses of these systems to allergens
- Initial consultation – the information you need from your client both pre - and during the first appointment
- Methods of testing for allergies – methods used by the medical profession and holistic methods
- Symptoms – the various symptoms that clients are likely to present with, and what can cause them
· Testing – detailed description of the muscle testing system provided in the Kinesiology method of allergy testing
· How you can help clients – preventing, controlling, and reducing the effects of allergies

A Practitioner/Therapist Level Qualification is awarded on successful completion of this course.

For more information and to enrol: Allergy Testing Course >>
Distance Learning

Distance learning is generally taken to be a way of learning at home, by oneself, without being in regular face-to-face contact with a teacher in a classroom. Some sources claim to trace distance learning as far back at the 1700s. As the ideas of distance education took hold, it was practiced through a method called correspondence education. This form of education, based upon postal services, grew without bounds and swept across many countries.

The United Kingdom has an excellent tradition of correspondence courses, the original name for such courses, whereby the material was sent to the student by post, dating from the 19th Century. In the 1840s Sir Isaac Pitman offered a correspondence course to teach his revolutionary shorthand system. Pitman shorthand is still in use today.

In 1858 the University of London becomes the very first university to offer distance learning Degrees. Today in the UK alone it is estimated that there are approximately 400,000 students engaged in distance learning courses.

Today, distance learning usually means students engaging with learning materials at home or work.

- These materials are produced by the learning provider and are either sent directly to the student or more usually today accessed via the internet.
- Tutorial support is provided via a virtual learning environment such as email or other electronic means.
- There may be occasional face-to-face encounters with tutors and attendance at group workshops.

The School of Natural Health Sciences (SNHS Ltd) has been at the forefront of specialist professional level distance learning for over twenty years. The School offers courses in a very wide range of complementary therapies, and have an excellent international reputation and acceptance.

The distance learning method used by SNHS is based upon email communication to and from the student, with the school providing up-to-date teaching materials in electronic format.

Distance learning provides many advantages, some of which are listed below:

- No set time limits (Certainly not with The School of Natural Health Sciences)
- No travelling to classes
- Very affordable fees
- Individuals can study when they like for as long/short as wished
- Individuals can schedule in study time to fit work/lifestyle/family life etc.
- Multiple courses can be studied at the same time
- Order at any time, complete at your leisure
- Our courses do not expire
- No previous experience necessary
Chapter 7
Self-Study or Tutored

The SNHS student has the option of signing up for a self-study or tutored course. In the first instance the student works through the received lesson material and then completes an assessment test which is sent by email to the school.

How to decide which study method is best:

Tutored Distance Learning
Students who opt for the tutored approach will be assigned a personal tutor who will monitor and encourage the student's progress throughout the course, correcting and instructing the student in the case where misunderstanding of the lesson material has occurred. This study method provides that extra support for people who like or need additional encouragement throughout their studies.

Individuals receive feedback and a mark with each lesson and have the added bonus of asking questions if there is anything that is not understood. Many students develop a really good relationship with their Tutors. SNHS often receive favourable feedback regarding the service the Tutors provide.

Self-Study Distance Learning
SNHS recommend this much more economical system to students who are familiar with studying and who require the minimum amount of feedback with their coursework. In our experience, Self-Study students usually have broad background knowledge of the subject they are studying. They are also familiar with studying methods in general. Your work is assessed by the self-study team 3 lessons at a time.

<table>
<thead>
<tr>
<th>Comparing the Two Methods of Study</th>
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</thead>
<tbody>
<tr>
<td><strong>Tutored Study</strong></td>
</tr>
<tr>
<td>You will be working with one of our Professional Tutors by email</td>
</tr>
<tr>
<td>You send answer papers one lesson at a time</td>
</tr>
<tr>
<td>Email feedback and support provided by your course Tutor</td>
</tr>
<tr>
<td>Your work is given a percentage mark by your assigned Tutor and returned to you with helpful comments</td>
</tr>
<tr>
<td>Faster turnaround - Course work response time: 3 to 5 working days (excluding weekends and public holidays)</td>
</tr>
</tbody>
</table>

The course material and qualifications are the same whichever method you choose. All students receive their coursework in modules of 3 lessons at a time.

You can upgrade to Tutored from Self-Study at any time, should you feel that you need more feedback, by simply paying the difference in fees.
Chapter 8

Beginning your Holistic Therapy Business

Every therapist needs to have some business savvy. This is what makes the difference between Success and Failure. We recommend our Business & Marketing for Holistic Therapists course to help students with this.

**IMPORTANT** - *Working with your clients*: ANY individual who visits you with a medically diagnosed condition (by their GP or other health professional) needs be asked for their permission to liaise with the professional in question before beginning any therapy treatment at all. *Any medical issues should not to be treated* unless one has the GPs approval, this should be in writing.

**Defining your business can assure the success of your business**

As the owner and often owner/operator of a small business, you need to understand the importance of branding your business. Branding your business means designing a logo, name, slogan, and/or other designs, that will represent your business. As a holistic therapist these designs are crucial because they will represent what you are all about, and also will trigger the memory of the prospective client of your product and services.

However, before you start branding your business you first must discover what your company is all about. Here are a few things to remember when defining your business.

**Getting Started**

Many holistic therapists/business owners never previously imagined that they would start their own business. Often completing a diploma in a particular subject is the first time the reality of the responsibility and running of a business hits you.

The trick to opening a business is as simple as doing your homework. The most important thing is to get your name out there in the public domain, through local advertising, arranging local talks, and demonstrations. You will be surprised by how word-of-mouth recommendations travel faster than sound!
Success means Time Management
Many people spend their time in a frenzy of activity, trying to do their assignments, research local businesses, plan their own ideas, and still keep time for the family or friends, but achieve very little because they are not concentrating their effort on the things that matter the most.

The 80:20 Rule
This says that usually 80% of unfocussed effort generates only 20% of results. This means that the remaining 80% of results are achieved with only 20% of the effort. Now this ratio is not always 80:20, but it does give an indication of how energy can be spent, and how the pattern of return is often less than expected. This should ensure that you progress and achieve the best result for the time frame available.

It is very important to be able to beat procrastination and set up your own activity log to help you quickly get rid of time-wasting activities. Then compile an action plan and prioritise which items should be done first. Once these areas have been taken care of, goal-setting, long and short term should be set up.

It may seem that these ideas are not necessary for the holistic therapist but, overall, a Business is a Business and, if carefully planned, will survive no matter what!

SNHS offers a course in ‘Business & Marketing for Holistic Therapists’ to help get you started.

For more information and to enrol: Business & Marketing for Holistic Therapists Course >>
Some institutions and professional bodies ask that their members undergo regular *continuing professional development* (CPD) training.

CPD is focused on *refresher* skills. This should help the practitioner to provide a more broad-minded approach with their clients.

Distance learning courses in complementary therapies, such as those provided by SNHS, are an ideal way in which to fulfil an individual’s CPD requirements. The School of Natural Health Sciences provides over sixty professional diploma courses, some of which are deemed suitable for Continued Professional Development.

It is SNHS’s wide range of courses that can enable the student to advance in their chosen careers while at the same time demonstrating that they are dedicated to ongoing Continual Professional Training.
About SNHS (The school tell their story)

Since we began our operation in 1997, our friendly and professional team have trained many thousands of individuals in their chosen Natural Health Fields.

This year, 2018, we are celebrating our 21st year of operation (1997 – 2018).

Why Studying with the School of Natural Health Sciences is the ‘best choice’ for you!

Our Track Record:
No other distance-learning, training establishment offers you the vast number of courses we provide in the Holistic Therapy field, and furthermore at the most affordable prices! We currently have over 30,000 individuals on our register, a large amount being in the UK. However, we also have vast numbers of students worldwide.

Qualifications:
On successful completion of any of our courses, students will receive a Practitioner/Therapist level Qualification.

Our Accreditation:
Today’s clients expect Therapists to be professional. When they visit a practitioner, clients want to be advised and treated by a fully trained and qualified therapist.

Prior Qualifications:
No previous academic qualifications are required to begin on a New Career Path. However, if individuals have previously studied any subjects in the Holistic Therapy field, students may be entitled to apply for certain exemptions on the route to achieving their personal aims.
Useful tips to help you decide on your courses

- Are you interested in hands-on therapy work, i.e. Aromatherapy Massage, Reflexology, and Indian Head Massage?
- Would you like to include any of the talking therapies, Holistic Nutrition, Hypnotherapy, Life Coaching?
- Do you already have an Anatomy & Physiology Diploma? This qualification is relevant to all professional therapists training.
- Make a list of the courses that are appealing. At this stage the longer the list the better, because it is easier to eliminate later.
- Consider subjects that will work well together, Crystal Healing, and Colour Therapy, or Life Coaching, and Cognitive Behavioural Therapy. One will complement the other.
- Ask yourself one important question. With which subjects on my list would I feel comfortable working?
- Which would be the subjects you would like to take to advanced level?
- To reduce your list, eliminate those subjects of which you are unsure.
- The safety net, if you cannot decide on all your courses immediately and need further help, simply contact SNHS for advice.

We have outlined just a few courses in this publication, so please visit the SNHS Website for more information about the school and to see the full range of subjects on offer.

Our 21 years experience tells you that we are true experts, and over 30,000 of our students agree! Studying with the School of Natural Health Sciences is the best route you can take for your future Professional Qualifications!
About the Editor

After retiring from a successful career as a Consulting Naval Architect and Structural Engineer, Dr Tony Edwards devoted his energies to the study of various aspects of complementary medicine. He holds professional qualifications in Naturopathy, Nutrition, Psychotherapy, Clinical Hypnotherapy, and Energy Therapies.

Although now retired from the active practice of complementary medicine, Tony maintains his therapy interests as the author and tutor of internationally recognised training courses in many complementary therapy subjects, but more particularly in areas of study aligned to naturopathy such as nutrition, phytotherapy, and energy medicine.

Tony is a Member of the Association of Natural Medicine, a Fellow of the British Institute of Hypnotherapy and NLP, and a Member of the Nutrition Society. He is a Fellow of the Linnaen Society, and a Life Fellow of Medicina Alternativa.
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