



Natural Healing Institute of Naturopathy, Inc. (NHI)

DISTANCE LEARNING COURSE CATALOG

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State-Approved &
State-Licensed
Vocational College

Programs & Classes
for
Diploma/Certificate
of Completion and/or
Professional License

Certified Nutritionist
Consultant (CNC)TM

Certified Clinical
Master Herbalist
(CCMH)TM

Holistic Health
Practitioner (HHP)

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Natural Healing Institute of Naturopathy, Inc. (NHI) began **seventeen years ago** as a *fully state-licensed , state-approved* residential college of natural healing, holistic health, and naturopathy.

Listed below are a few of the reasons why NHI has grown into the largest and most successful college of holistic health in California with the most popular and largest selection of programs and classes available and certainly is *one of the best fully state-licensed colleges* in the country:

- ◆ Our school director's renowned reputation for 43+ years in this field
- ◆ Our highest caliber teaching staff
- ◆ The depth and breadth of *reliable* information, integrating the traditional with the scientific and the currently further evolving
- ◆ Focus on nurturing our students
- ◆ Comprehensive and often *original and unique* written information
- ◆ Continued development of our programs
- ◆ Responsiveness to current student needs

Now we have transformed four of our most successful residential programs into *excellent, comprehensive distance learning programs you can do at your own pace at home, anywhere in the world.*

All of our course materials have been designed to provide excellent self-healing and growth, to stimulate and develop effective therapists, and to serve as comprehensive resource material throughout your clinical practice.

In case you are ever in our area, you may obtain more information and a schedule of all of our excellent residential classes and 13 full programs for license/certification by visiting our office. You may also visit our website. **Please refer to the FAQ's section (page 23) of this catalog for valuable information.**

*****Vital Note:** Besides the quality of our training, NHI is a legitimate, state-licensed college and all of our programs, residential and distance learning, are state-approved. As a state-approved college, NHI must adhere to the state's quality control and the states support **only** legitimate, state-approved colleges. For license and certification, ***states have recognized training only from state-approved, state-licensed colleges.*** It is easy for schools to buy or receive "accreditation" from a private accrediting group, but that accreditation bears absolutely no legal or significant meaning.

When students graduate from a state-approved, state-licensed school, a student will be grandfathered in when programs later become licensed! States and cities only grant licensing and give reciprocity if you attended a state-approved, state-licensed school anywhere in the country!

MESSAGE FROM OUR FOUNDER & DIRECTOR

With heartfelt joy and care, we welcome you to our college, our community - Natural Healing Institute of Naturopathy, Inc. (NHI).

NHI is a culmination of my dreams and passions; and, with everyone else's excellent input, continues to grow well beyond expectations. We are pleased you have become a part of expanding our mission, our services and our community. Our mission statement reflects our values, principles and intentions. We are committed to creating a community of instructors, therapists, staff, students or learners, and clients cultivating the highest standards of holistic health and healing.

The word doctor comes from the Latin word meaning to teach. A true doctor is also a teacher - teaching clients how to heal themselves, prevent disease and generate optimal health. Healing includes yet goes beyond curing people's bodies. It is about empowering people to heal their lives. Illness and injury can prompt us to look carefully at ourselves and our lives. They can also help us to better appreciate the preciousness of life and health. How have we been using our bodies? What have we been doing with our lives? What is our true mission in this world?

A teacher takes a hand, opens a mind, ignites a heart, and inspires a spirit. We commit to helping each other live, grow, teach, and heal with joy, appreciation, and with reverence for life's magnificent and magical forces. We enjoy helping you to do your life's work. We commit to providing you with the most comprehensive, in-depth, user-friendly training programs possible along with prompt response to your needs.



"We Teach You To Do Your Heart's Work" TM

Steve Schechter, N.P., H.H.P.

"To Know Is To Care; To Care Is To Act"¹

NHI MISSION STATEMENT & BENEFITS for each of our EDUCATIONAL PROGRAMS

- ◆ To foster health, healing, joy, meaning, awareness, and appreciation.
- ◆ To empower our family of students, clients and staff towards growth and fulfillment.
- ◆ To provide exceptional natural healing or holistic health education.
- ◆ To provide the highest caliber faculty based on their dedication and ability to inspire and transmit holistic health principles.
- ◆ To provide premier instruction and services at the most affordable fees.
- ◆ To enrich the physical, emotional and spiritual well-being and healing of our students and clients, thereby enabling them to become more effective, integrated, sensitive and skillful therapists and people.
- ◆ To deepen our connections: to ourselves, our community, and to our living planet. (5.CCR §71810(b)(2))

BENEFITS OF NHI

- ◆ State-licensed College providing courses for license/certification.
- ◆ Four legitimate, state-approved comprehensive distance learning programs for license/certification.
- ◆ More than 4,500 hours of classes each year of state-approved residential training programs for license/certification.
- ◆ Our director, Steve Schechter, N.P., H.H.P., has been very active in the natural health industry since 1966. He is internationally renowned as a products consultant, speaker, holistic health author and therapist.
- ◆ Highly qualified, credentialed, State-Certified teachers and staff.

¹ Fighting Radiation & Chemical Pollutants with Foods, Herbs & Vitamins—Documented Natural Remedies that Boost Your Immunity and Detoxify (National Bestseller for over 12 years), Vitality Ink Publishing, Encinitas, CA, Steve Schechter, N.D., 1988 & 1997, p V. This quote explains why in 1988 Steve began donating 50% of his author's royalties to national non-profit groups working for a healthier environment. Both he and this book are listed in Who Is Who In Service To The Earth.

ABOUT NHI

SELF-DIRECTED LEARNERS AND CLIENTS

We will often refer to students as learners which is a more dynamic or active word and reflects our philosophy that the learner is dynamically active in choosing and actualizing her or his educational and healing program(s). Our programs are comprehensive, yet flexible, offering you many opportunities or doorways to choose your own direction.

NHI FACULTY

The Natural Healing Institute of Naturopathy, Inc. is pleased and proud to offer the highest caliber instructors and therapists. All of our faculty are highly qualified, credentialed, state-certified professionals who have been **both** teaching and clinically practicing in the natural healing fields for many years. They are dedicated, caring, genuine and personable people - several of whom are nationally and internationally renowned.

LICENSING & ACCREDITATION

The Natural Healing Institute of Naturopathy, Inc. is a diploma granting *state-licensed* college authorized to operate in compliance with the California Education Code under the authority and regulation of the Bureau for Private Postsecondary and Vocational Education and the Department of Consumer Affairs, School Certification # 3710431.

Our Programs have been approved by other state agencies, including: the California Board of Registered Nurses for Continuing Education Credit Hours (CEU's), California Board of Behavioral Sciences (CEU's), Vocational Rehab., and the American Herbalist Guild. **Being licensed by state agencies is far more important than buying "accreditation" from a private "accrediting" group that has absolutely no state or legal benefit.**

PROGRAM DESCRIPTIONS - OVERVIEW

"The physician of the future will first seek to understand a person's temperament, and then treat them with herbs, food and other appropriate methods." Thomas A Edison

Our programs were developed by director Steve Schechter, N.P., H.H.P., and staff. *All information contained therein is proprietary and, not including the mass-published printed material, is only available through our programs.* There will be no other school with this type or depth of original material available. *All of our course materials have been designed to provide excellent self-healing and growth, to stimulate and develop effective therapists, and to serve as comprehensive resource material throughout your clinical practice.*

In developing our vast, original, comprehensive, in-depth information, Schechter draws upon his 43+ years of clinical experience. In addition, he draws upon information he has integrated as the author of a best-selling book for 12 ½ years on Clinical Nutrition and Clinical Herbology; author of more than 350 articles published in national peer-review journals; speaker each year for 15 years at the three largest health industry national trade conventions; speaker at numerous other national and international health conferences; past senior spokesperson, researcher and health products formulator for three of the four largest herb companies and two of the three largest supplement companies in the world; and many other related activities.

With Steve Schechter's years of experience, research, training, and teaching, this type of information is unparalleled. *His material, combined with the input and research of other authors, industry professionals, and our Instructors and Advisors makes it impossible to find another program to compare quality, experience, depth & extent of training information and material.*

CERTIFIED NUTRITIONIST CONSULTANT(CNC)[™] 300 CREDIT HOUR PROGRAM

“Let food be your medicine and medicine be your food” - Hippocrates

“Eat your vegetables, do good, and be happy.” Jacob Schechter, at age 5, while helping Dad Steve, a keynote speaker, answer questions from the podium at the Association of Humanistic Psychology Annual Convention

These classes are designed to train you in the use of Clinical Nutrition (CN) for self-help, personal growth and for the benefit of others. These classes qualify you to become a Clinical Nutritionist. Clinical Nutrition can be practiced alone or in conjunction with the Holistic Health Practitioner license or other therapeutic practices. Those in the fields of medicine, nursing, chiropractic, physical therapy, dentistry, massage, counseling and other healing arts use Clinical Nutrition in their existing practices.

You will learn a variety of nutritional information, including but not limited to: pros and cons of different dietary systems; correct amount of proteins, carbohydrates, and healthy oils; how each specific food affects different parts of the body; how to individualize food and supplement health program for specific needs; therapeutic use of nutrient-dense superfoods; use of antioxidants; quality of foods and supplements and proper amounts; environmental nutrition and detoxification; sports nutrition; other specialty healing programs; fasting; and integrating complete nutritional programs for optimal health and therapy.

Diploma/Certificate of Completion: Certified Nutritionist Consultant (CNC)[™].

Upon completion of the Clinical Nutrition Program, you will be awarded a diploma/certificate of completion as a Certified Nutritionist Consultant (CNC)[™].

Our nutrition program is one of the strongest in the world, including several of the premier nutrition instructors in the country: our NHI director Steve Schechter, N.P., H.H.P., and several other special teachers who are nationally recognized as highly experienced teachers and practitioners. This program includes a 350+ page **original** book on nutrition available only to our students and many original articles. ***All of this information is unique, original, proprietary, and is being made available only to our students.***

Clinical Nutritionist Program Time Allotted: Six (6) months with optional extensions if needed for a small fee. ***All distance learning programs are self-paced.*** *It is possible to complete the program in less time than the allotted (6) months*

LESSON #:	Class Titles:	Hours	Tuition
Lesson 1	DL-NT 800 Introduction to Nutrition I		
Lesson 2	DL-NT 805 Introduction to Nutrition II		
Lesson 3	DL-NT 810 Major Dietary Systems		
Lesson 4	DL-NT 815 Vitamins and Minerals		
Lesson 5	DL-NT 820 Nutrient-Dense Super Foods		
Lesson 6	DL-NT 825 Antioxidants		
Lesson 7	DL-NT 830 Environmental Nutrition & Detoxification		
Lesson 8	DL-NT 835 Fasting		
Lesson 9	DL-NT 855 Legally Conducting a Health Consultation/Supervised Practicum		
Lesson 10	DL-NT 865 Final Project/Report/Research		
	TOTAL TUITION	300	\$1,975.00

LESSON DESCRIPTIONS:

DL-NT 800 Introduction to Nutrition Lesson 1 The lesson will review the importance of nutrition in daily health and a health promoting lifestyle. You will learn about healthy and unhealthy proteins, carbohydrates, fats and oils; the effects of each macro-nutrient and its impact on organs and glands; and amounts optimally required for prevention or treatment of many common health concerns and lifestyle considerations.

DL-NT 805 Introduction to Nutrition Lesson 2

A continuation of NT 101.

DL-NT 810 Major Dietary Systems Lesson 3

The lesson will review all the major Eastern and Western dietary systems, including: macrobiotics, zone diet, Oriental nutrition, Ayurvedic nutrition, vegetarian, vegan, lacto-ovo vegetarian, consumption of fish and seafood, lean high-quality poultry & meat, raw foods, food combining, etc. You will learn about the pros and cons of each system and how to individualize a therapeutic dietary program or a preventive dietary program.

DL-NT 815 Vitamins and Minerals Lesson 4

The lesson will review each of the major vitamins and minerals and the optimal preventive and optimal therapeutic dosages of every major vitamin and mineral and the best form of each vitamin or mineral.

DL-NT 820 Nutrient-Dense Super Foods Lesson 5

You will learn about the therapeutic use of more than 30 nutrient-dense super foods. The lesson will review advantages and disadvantages of each nutrient-dense super food, when to use it for prevention or for therapy. This lesson will also review optional uses of glandular extracts, how to monitor quality and when they should and should not be used and correct preventive or therapeutic dosages.

DL-NT 825 Antioxidants Lesson 6

You will learn about anti-oxidants, including correct dosages and correct applications for prevention or treatment. There will be discussion of food based phyto-nutrients and correct applications and dosages for either prevention or therapy and an examination of each specific common whole food and how it affects different organs, glands and other systems.

DL-NT 830 Environmental Nutrition and Detoxification Lesson 7

The lesson will cover specific foods, supplements, herbs, and other natural remedies well documented by scientific research to support healthy living in an unhealthy world. You will learn natural remedies documented to boost immunity, detoxify from chemical pollutants, radiation, x-rays, pharmaceuticals, alcohol, tobacco, and drugs; and remedies well documented to generate optimal radiant health. You will learn how to *individualize* a detox program and will have the option to experience a supervised one yourself.

DL-NT 835 Fasting Lesson 8

This lesson will cover specific fasts for each specific organ and gland. There will be a review of "Fasting with the seasons" - fasts appropriate for each season of the year and environmental considerations.

DL-NT 855 Legally Conducting a Health Consultation/Supervised Practicum Lesson 9

This course teaches City, State, and Federal laws governing massage therapies, nutrition, herbology, holistic health practitioner, and naturopathy. Learn how to find the laws that regulate you, with emphasis on staying within compliance, as well as where laws and licensing do and do not exist; this includes what you legally can and cannot say and do. This program also teaches ethics issues such as creating healthy and professional boundaries, preventing and dealing with inappropriate advances, dealing with transference, and understanding and preventing counter-transference. The student learns important ethical concerns regarding transformation, spirituality & holistic health, sexuality and the therapist. You will practice integrating and individualizing complete nutritional programs for prevention and treatment as mock (or sample) consultations.

DL-NT 865 Final Project/Report/Research Lesson 10

Instead of a final exam, students are required to submit a major final project/report/research project. This will be reviewed and graded by two or more instructors, and students will be asked to make any requested changes or additions.

CERTIFIED CLINICAL MASTER HERBALIST (CCMH)[™] 300 CREDIT HOUR PROGRAM

"Herbs are nature's naturally concentrated pharmaceuticals that work simultaneously on physical, emotional, and energetic levels – nature's green holistic pharmacy." Steve Schechter, NP, HHP

Historically, there are more books written on herbal medicine than any other subject. Herbs have always been the primary avenue of both prevention and treatment in humans and other animals.

This course trains you in the use of Clinical Herbology for personal growth and/or for the professional benefit of others. ***This course qualifies you to become a Clinical Master Herbalist.*** Clinical Herbology can be practiced alone or in conjunction with the Holistic Health Practitioner certificate or license or other therapeutic practices. Those in the fields of medicine, chiropractic, nursing, acupuncture, physical therapy, dentistry, massage, counseling and other healing arts use Clinical Herbology in their existing practices.

You will learn how to purchase quality herbs and herbal products, proper storage, and correct methods of preparation. More than 300 Eastern and Western herbs will be presented, including describing the traditional folk uses of each herb plus modern scientific research documenting their therapeutic effectiveness and safety, and any potential side effects, contraindications, or drug interactions.

You will learn how to make teas, salves, balms, tinctures, *balanced and individualized herbal formulas* and other preparations. You will learn the energetics of each herb and how it affects specific systems in the body, along with proper adult and child dosages. Highly effective methods of herbal medicine - combining the clinical and scientific with the traditional holistic and energetic approach - will be fully integrated into a system of making *balanced and individualized herb formulas*.

Learn the way of herbs for self-help and clinical herbology for professional practice. Herbs for cleansing, building, and balancing organs, glands, blood, lymph, muscles, nerves, emotions, and other energy systems; herbs for common symptoms; energy tonics; herbal first aid, salves, and compresses; developing your herbal intuition; and much more. The advanced training portion of this program includes Formula Making, Chinese Herbs & Formulas ***and much, much more.***

Our herbal program is one of the strongest in the world, including four of the premier herb instructors in the country. Our NHI director, Steve Schechter, N.P., H.H.P., Alison Reid-Bretell, L.Ac., David Wolfson, N.D., and James Mattioda, RPH, D Hom., are nationally respected as highly experienced teachers and ***active*** health practitioners.

The Clinical Master Herbalist Distance Learning Course includes a unique book on using a wide variety of herbs for making formulas for each part of the body and common health problems associated with each part of the body written by Steve Schechter; a compilation of many articles on herbal medicine published in national health magazines written by Steve Schechter; a 500+ page comprehensive, in-depth manual for training and developing a Clinical Master Herbalist written by Patti Weller, C.C.N.; and additional training materials and information prepared by our expert, renowned and extremely qualified NHI staff. **All of this information is unique, original, proprietary, and is being made available only to our students.**

Diploma/Certificate of Completion: Clinical Master Herbalist. Upon completion of the 300 Hour Clinical Master Herbology training, you will be awarded a diploma/certificate of completion as a *Clinical Master Herbalist*. As a certified Clinical Master Herbalist, you are also eligible to join the American Herbalist Guild (AHG) which is composed of professional "medical herbalists" and/or American Herb Association, which are optional additional credentials.

Clinical Master Herbalist Program Time Allotted: Six (6) months with optional extensions if needed for a small fee. **All distance learning programs are self-paced.** *It is possible to complete the program in less time than the allotted (6) months*

Lesson #:	Class Titles:	Hours	Tuition
Lesson 1	DL-HB 500 Introduction to Herbology I		
Lesson 2	DL-HB 505 Introduction to Herbology II		
Lesson 3	DL-HB 510 Herbal Medicine Making		
Lesson 4	DL-HB 515 Eastern and Western Herbs Intermediate I		
Lesson 5	Eastern and Western Herbs Intermediate II		
Lesson 6	Eastern and Western Herbs Intermediate III		
Lesson 7	Eastern and Western Herbs Intermediate IV		
Lesson 8 / 9	DL-HB 535 Advanced Herbology & Developing Individualized Formulas		
Lesson 10	DL-HB 855 How to Legally Conduct a Health Consultation		
Lesson 11	DL-HB 545 Final Project/Report/Research		
	TOTAL TUITION:	300	\$1,975.00

DL-HB 500 Introductory Herbology I Lesson 1 & DL-HB 505 Introductory Herbology Lesson 2

Learn guidelines for purchasing quality herbs; storage guidelines; preparation and use of herbs in different delivery forms, including capsules, infusions, decoctions, tinctures, compresses, salves and baths. You will learn effective and safe adult and children's dosages, guidelines for identifying therapeutic actions of herbs by their taste and texture and guidelines for developing your intuitive/listening capacities. The 20 most popular herbs for the new millennium will be presented.

DL-HB 510 Herbal Medicine Making Lesson 3

This lesson will give you hands-on experience in preparing herbal remedies. Students learn processing techniques for making herbal infusions, decoctions, therapeutic herbal oils, salves, balms, poultices, and much more. All aspects from collecting and drying herbs to preservation and storage will be covered.

DL-HB 515 Eastern and Western Herbs Intermediate I Lesson 4

In DL-HB 515-530, each lesson will present the therapeutic uses of more than 60 herbs that are commonly available at health food stores or through catalogues. The courses will cover traditional folk uses of each herb, plus modern scientific research documenting effectiveness and safety. You will learn the primary clinical uses for prevention and self-help; a full understanding of the energetics of the herb, how it affects specific systems in the body, which delivery forms for the herbs are most effective, and appropriate adult and child dosages.

DL-HB 520, 525, 530 Eastern and Western Herbs Intermediate II Lesson 5, 6, 7 ~ See DL-HB 515.

DL-HB 535 Advanced Herbology - Developing Individualized Formulas & Systems Approach Lesson 8 & 9

This lesson will give a history of herbology and different systems of holistic thinking: European/folk, Oriental, Ayurvedic, Hebrew, Christian, Pythagorean, Native American, United States, Scientific, Biochemical, Buckminster Fuller, Intuitive, Clinical/Medical Herbology systems. You will learn a highly effective, integrated method of herbal medicine developed by NHI Director Steve Schechter. Schechter integrates the above systems with different philosophical, mystical, spiritual, and religious approaches into an eclectic yet integrated, non-dogmatic yet organized "triangle" approach for designing herbal formulas individualized for each person's unique constitution. Schechter combines the clinical and scientific method with traditional and holistic approaches into a uniquely comprehensive and easy-to-learn system of designing effective, safe, and individualized herbal formulas.

DL-HB 855 Legally Conducting a Health Consultation/Supervised Practicum Lesson 10

This course teaches City, State, and Federal laws governing massage therapies, nutrition, herbology, holistic health practitioner, and naturopathy. Learn how to find the laws that regulate you, with emphasis on staying within compliance, as well as where laws and licensing do and do not exist; this includes what you legally can and cannot say and do. This program also teaches ethics issues such as creating healthy and professional boundaries, preventing and dealing with inappropriate advances, dealing with transference, and understanding and preventing counter-transference. The student learns important ethical concerns regarding transformation, spirituality & holistic health, sexuality and the therapist. You will practice integrating and individualizing complete herbal programs for prevention and treatment as mock (or sample) consultations.

DL-HB 545 Final Project/Report/Research Lesson 11

Instead of a final exam, students are required to submit a final project/report/research project. This will be reviewed and graded by two or more instructors, and students will be asked to make any requested changes or additions.

CERTIFIED/LICENSED HOLISTIC HEALTH PRACTITIONER CERTIFICATE PROGRAM (HHP) 1000 CREDIT HOUR PROGRAM

The Holistic Health Practitioner (H.H.P.) Program is a full combination of our Clinical Nutrition and Clinical Master Herbology Programs, plus additional training in Health Sciences, Lab Tests, Clinical Health Analysis, Business & Marketing, Legally Conducting a Health Consultation, Practicum and Case Studies, and in-depth HHP Preparatory training. For instance, if you are enrolling in the Clinical Nutrition Program, you can later on transfer to the HHP Program by adding Clinical Master Herbology and all the other areas of the HHP Program to qualify you for a diploma/certificate of completion as a Holistic Health Practitioner (HHP). In addition, the H.H.P. Program provides holistic treatment programs for more than 300 ailments, health analysis tests you can use on yourself and your clients, the latest research on the most common diseases, guidelines for using comprehensive health questionnaires, two sample medical releases, and much, much more. ***Completion of the H.H.P. Program also qualifies you to receive the Clinical Nutritionist Consultant (CNC)TM and Certified Clinical Master Herbalist (CCMH)TM diplomas/certificates of completion and transcripts in addition to your H.H.P.***

This program teaches you how to integrate different natural healing (naturopathic) therapies into appropriate health programs. The emphasis will be learning dynamic health counseling skills and how to *individualize* a holistic health program appropriate for the client's unique needs. Through focused activity with intention—*such as* nutrition, herbology, exercise, relaxation, aromatherapy or massage, counseling, prayer, meditation—the body, emotions and spirit are healed. *Deep, long term healing occurs when concerns are integratively and holistically addressed—physically, emotionally, intellectually, and spiritually.* Please note, NHI is non-dogmatic, does not promote any one nutritional, health, religious or spiritual path, and *respects individual choice.*

Licensure, diploma/certificate of completion: Holistic Health Practitioner (H.H.P.) Upon completion of this program, a diploma is awarded which fulfills the requirement by the City of Encinitas for licensing as a Holistic Health Practitioner (HHP). The program fulfills the requirement by the City of Encinitas that the applicant complete a 1,000 hour Holistic Health Practitioner program at a state-licensed school. This program also leads to licensure in San Diego and many other cities, municipalities, and counties in California which have a Holistic Health Practitioner License that requires 1,000 hours of training. You are not required to be a resident of California to hold an Encinitas or San Diego license for Holistic Health Practitioner. The city of Encinitas does not require an examination or license fee in connection with Holistic Health Practitioner licensing. Refer to FAQ's or call the Administrative Office for full details. No matter where you practice in the world, you can advertise yourself as having graduated from a state-licensed school and being licensed to practice in southern California.

Holistic Health Practitioner Time Allotted: Eighteen (18) months with optional extensions if needed. **All distance learning programs are done at your own pace.** It is possible to complete them in less time. In order to guarantee that you have a well-rounded and eclectic HHP training, you are required to complete the following lessons:

Lesson #:	Class Titles:	Hours	Tuition
Lesson 1 - 10	CN See Clinical Nutrition Program for Breakdown		
Lesson 11-20	CCMH See Clinical Master Herbology Program for Breakdown		
Lesson 21	DL-HHP 2000 Anatomy		
Lesson 22	DL-HHP 2005 Physiology		
Lesson 23	DL-HHP 2010 Pathology		
Lesson 24	DL-HHP 2025 Business Marketing Practices		
Lesson 25	DL-HHP 2030 Ethics & Legally Conducting a Health Consultation		
Lesson 26	Electives: <i>(Lesson 26a or 26b can be taken anytime)</i> Option 26a: MT 101 Massage Technician OR Option 26b: DL-HHP 2035 Aromatherapy		
Lesson 27	DL-HHP 2050 Final Project/Report/Research		
	TOTAL	1000	\$6,50000

Note: Should you elect to take the Massage Technician Elective (Lesson 26-A) at NHI instead of 26-B, there will be an additional surcharge in tuition amounting to the NHI residential Massage Technician training - which is deeply discounted to \$875.00 Plus, there would be a surcharge of Massage Technician books and massage supplies totaling \$38.00 plus tax.

Note: Should you elect to take the Aromatherapy Elective (Lesson 26-B) via Distance Learning instead of 26-A, there will be no additional surcharge in tuition. There would be a surcharge for the additional book, more than 150 pages in extensive and practical handouts, and shipping currently totaling \$37.99 plus tax.

Please note - fees listed above apply *only* if you are enrolled in this complete Holistic Health Practitioner Program.

CN Clinical Nutrition Program Lesson 1 – 10

See Clinical Nutrition syllabus.

CMH Clinical Master Herbology Program Lesson 11 – 20

See Clinical Master Herbology syllabus.

DL-HHP 2000 Anatomy Lesson 21

This course includes anatomy of the body, especially of muscles, nerves, muscle function, nerve innervation and palpation skills to assist in locating tension. Other areas of anatomy will also be emphasized, including Bio-mechanical and joint movement (Kinesiology).

DL-HHP 2005 Physiology Lesson 22 This course provides a basic understanding of how the human body functions. Each different body system (digestive system, nervous system, immune system, etc.) will be presented. Emphasis is on normal physiological (i.e., not pathological) function.

DL-HHP 2010 Pathology Lesson 23

Understanding the mechanisms of health disorders that affect your clients is critical to insure the best possible care. Expand your knowledge of internal health and how it applies exclusively to your type of work. Learn about pathology and how to conduct effective health consultations and therapies.

DL-HHP 2025 Business & Marketing Practices Lesson 24

Acquiring, cultivating and retaining your client base are essential components to having a successful, professional practice. Begin and develop a successful, efficient private consulting and therapy practice. You will learn both traditional and contemporary strategies for marketing, promoting, and managing your business. Create a practice that sets you apart from your competition resulting in long term success and growth. You will explore ways to develop a practice, including: marketing, business promotion, client referrals, networking, advertising, and other advanced successful business practices. You will have opportunities to practice and role model.

DL-HHP 2030 Ethics & Legally Conducting a Health Consultation Lesson 25

This course teaches City, State, and Federal laws governing massage therapies, nutrition, herbology, holistic health practitioner, and naturopathy. Learn how to find the laws that regulate you, with emphasis on staying within compliance, as well as where laws and licensing do and do not exist; this includes what you legally can and cannot say and do. This program also teaches ethics issues such as creating healthy and professional boundaries, preventing and dealing with inappropriate advances, dealing with transference, and understanding and preventing counter-transference. The student learns important ethical concerns regarding transformation, spirituality & holistic health, sexuality and the therapist.

ELECTIVE #1: Massage Technician Certificate Program

Taken residentially, on-site at our school location or comparable on-site, residential massage training at another state-licensed school in your area and then transferred to NHI.

Below is course description:

MASSAGE TECHNICIAN CERTIFICATE PROGRAM (MT 101)

100 CREDIT HOUR PROGRAM

“We Teach Your Hands To Do Your Hearts Work”™

The 100 hr. Massage Technician program – currently known as “Dynamic Healing Touch Massage”™ and formerly known as “Healing Touch Massage”™ is the foundational bodywork class for the NHI. It’s described as an integrative circulatory massage which has the primary techniques of classical Swedish massage and the elements of other popular massage modalities. Developed by the senior faculty of NHI, the program is designed to provide a relaxing, rejuvenating and professional massage experience for clients while providing the practitioner a strong understanding of the benefits and contraindications of massage, correct body mechanics, Anatomy, Physiology, Kinesiology, and Hygiene. This program provides practitioners the insight of understanding client medical history in-take forms, the use of SOAP notes, and communication strategies. During the 100 hr. program, students will be taught efficient and professional draping techniques and how to prepare for working in any massage setting. Students will have hands- on practice under the close supervision of one of the most experienced, knowledgeable and multidisciplinary massage staffs in the country! Students will also have the unique option of being a part of NHI’s student mentorship program which further enhances proficiency and confidence of the student plus knowledge of the profession.

Our Massage Technician program teaches you our widely acclaimed “Dynamic Healing Touch Massage”™, maximum sensitivity, and generation of your energy through properly aligned body motion, control and body mechanics. In addition, students will get an introduction to other popular and important massage and bodywork modalities, including Lomi-Lomi, Thai Medical Massage, Sports Massage, Deep Tissue, and Energetic-Vibrational Therapies.

Primary instructor: Keoni Salgado HHP,CMT, B.S. Athletic training

Keoni is one of the senior massage faculty instructors of NHI and has been teaching at the school since 2003. He has been in the Health and Fitness field since 1992 as a Group Fitness instructor, Personal trainer, Massage Therapist/HHP, and Instructor. His Hawaiian Lomi-Lomi program has won him “Teacher of the Year honors” and is currently the protocol used in the majority of San Diego spas and resorts. At NHI, Keoni is also program director of Massage Technician, Sports Massage, and is the only instructor in San Diego County teaching his very own developed Advanced and Dynamic massage cupping. He is a widely known and favorite therapist to professional athletes, fitness competitors, and other massage therapists and health professionals.

Steve Schechter, N.P, H.H.P., exclusively developed the “Healing Touch Massage”™ from 1966 to 1969. Our “Healing Touch Massage”™ is soothing, rejuvenating, relaxing and healing to the nerves, muscles and the circulatory system. It integrates techniques from Swedish massage that improve circulation with the more nurturing style of Esalen massage plus many of Steve’s further stroke developments and refinements. He began teaching Massage Therapies (then subsequently Nutrition, Herbology, Aromatherapy, and other Holistic Healing Arts) in 1969 – longer than any other school director in the country. Steve has taught more than 5,000 licensed massage therapists practicing across the country.

In 2012, Steve collaborated with Keoni Salgado, H.H.P., Erhard Rohrmuller H.H.P., Ashley Anderson, H.H.P., and Kris Harris, H.H.P. to integrate their extensive expertise (see their bios) into now a further comprehensive “Dynamic Healing Touch Massage”™

Certificate of Completion: Massage Technician.

Upon completion of our program, a certificate of completion is awarded, which meets the standards for obtaining a Massage Technician license in some cities or jurisdictions outside of California. Should your city, county, or state (such as California) require more than one hundred hours of training for licensure, you’re invited to take additional classes to fulfill your licensing requirements.

The Massage Technician Program is offered in two different formats. An Accelerated (10 consecutive days) training or Extended training. See our current schedule or call the NHI office for details.

DISCLAIMER REGARDING MASSAGE PROGRAMS IN CALIFORNIA

Attendance and/or graduation from a California Massage Therapy Council approved school does not guarantee certification by CAMTC. Applicants for certification shall meet all requirements as listed in California Business and Professions Code section 4600 et. Seq.



ELECTIVE #2: Aromatherapy Certificate Program

Aromatherapy is the art and science of healing with essential oils. The plant's vital essences offer different fields of application suitable for daily life. Learn and appreciate the delicate, subtle powers of plants in all forms, joining herbalism with aromatherapy. Following is a partial list of subjects covered: aromatherapy and the use of natural essences for health concerns and common ailments. You will blend together the art and science of reviving ancient Healing Traditions – flower essences, aromatherapy oils, and other therapies. The in-depth training provides scientific information while encouraging intuitive knowledge. The program incorporates theoretical and practical information of fragrant plants in all forms, joining herbalism with aromatherapy. Following is a partial list of subjects covered: Essentials oils – what they are/how they work, contraindications & the safe practice of aromatherapy, botanical families of fragrant plants, using herbs & essential oils together, psychology of scent/perfume blending, and ceremonial & esoteric uses of essential oils. Other topics covered are massage, bath therapy & specialized skin care practices, essential oils & the culinary arts, Materia Medica - properties of essential oils, sampling rare essential oils & unique absolutes, creating personal, perfume & therapeutic blends, making herbal preparations, sampling herb & aromatherapy culinary delights, and making lotions, bath salts, massage oils & more.

Note: Should you elect to take the Aromatherapy Elective (Lesson 26-B) via Distance Learning instead of 26-A, there will be no additional surcharge in tuition. There would be a surcharge for the additional book, more than 150 pages in extensive and practical handouts, and shipping currently totaling \$47.90.



Note: Should you elect to take the Aromatherapy Elective (Lesson 26-B) via Distance Learning instead of 26-A, there will be no additional surcharge in tuition. There would be a surcharge for the additional books currently totaling \$37.99 plus tax and shipping.

IMPORTANT NOTES REGARDING PROGRAM DEADLINES & EXTENSIONS

DL PROGRAM FEES

CERTIFIED NUTRITIONIST CONSULTANT (CNC)[™] PROGRAM – FEE SCHEDULE

Tuition Paid in Full	1,975.00
Staying Healthy with Nutrition	39.99
The Power of Nutrient Dense Food	49.95
Fighting Radiation and Chemical Pollutants	24.95
Nutrition Reader	25.00
Audio for Legally Conducting a Health Consultation	10.00
CA Sales Tax – for Books <i>(CA Residents only)</i>	11.99
Registration	100.00
STRF <i>(CA Residents only)</i>	1.00
Shipping/Handling <i>(Domestic)</i>	35.00
Shipping /Handling <i>(International)</i>	TBD
TOTAL	\$2,272.88

Tuition Down Payment	493.75
Staying Healthy with Nutrition	39.99
The Power of Nutrient Dense Food	49.95
Fighting Radiation and Chemical Pollutants	24.95
Nutrition Reader	25.00
Audio for Legally Conducting a Health Consultation	10.00
CA Sales Tax – for Books <i>(CA Residents only)</i>	11.99
Registration	100.00
STRF <i>(CA Residents only)</i>	1.00
Shipping/Handling <i>(Domestic)</i>	35.00
Shipping /Handling <i>(International)</i>	TBD
Administration Fee for Pay Plan	148.12
TOTAL DOWN PAYMENT:	\$939.75
Plus four (4) additional monthly payments of:	\$370.31
TOTAL WITH ALL CHARGES FOR PAYMENT PLAN:	\$2,420.99

CERTIFIED CLINICAL MASTER HERBALIST (CCMH)[™] PROGRAM – FEE SCHEDULE

Tuition Paid in Full	\$1,975.00
CCMH Student Manual	49.95
Herbal Triangles	35.00
Herb Reader	25.00
Fighting Radiation and Chemical Pollutants	24.95
Audio for Legally Conducting a Health Consultation	10.00
CA Sales Tax – for Books (<i>CA Residents only</i>)	13.19
Registration	100.00
STRF (<i>CA Residents only</i>)	1.00
Shipping/Handling (<i>Domestic</i>)	35.00
Shipping / Handling (<i>International</i>)	TBD
TOTAL	\$2269.09

Tuition Down Payment	493.75
CCMH Student Manual	49.95
Herbal Triangles	35.00
Herb Reader	25.00
Fighting Radiation and Chemical Pollutants	24.95
Audio for Legally Conducting a Health Consultation	10.00
CA Sales Tax – for Books (<i>CA Residents only</i>)	13.19
Registration	100.00
STRF (<i>CA Residents only</i>)	1.00
Shipping/Handling (<i>Domestic</i>)	35.00
Shipping / Handling (<i>International</i>)	TBD
Administration Fee for Pay Plan	148.12
TOTAL DOWN PAYMENT:	\$955.91
Plus four (4) additional monthly payments of:	\$370.31
TOTAL WITH ALL CHARGES FOR PAYMENT PLAN:	\$2,416.48

HOLISTIC HEALTH PRACTITIONER PROGRAM – FEE SCHEDULE

Tuition Paid in Full	\$6,500.00
Staying Healthy with Nutrition	39.99
The Power of Nutrient Dense Food	49.95
Fighting Radiation and Chemical Pollutants	24.95
Nutrition Reader	25.00
CCMH Student Manual	49.95
Herbal Triangles	35.00
Herb Reader	25.00
Making Plant Medicine	19.95
Audio for Legally Conducting a Health Consultation	10.00
Business Mastery	28.95
Ethics of Touch	28.00
Anatomy & Physiology	52.95
Essentials of Human Diseases	72.95
CA Sales Tax - for Books (CA Residents only)	37.01
Registration	100.00
STRF (CA Residents only)	3.50
Shipping/Handling (Domestic)	75.00
Shipping /Handling (International)	TBD
TOTAL	\$7,178.15

Tuition Down Payment	1,625.00
Staying Healthy with Nutrition	39.99
The Power of Nutrient Dense Food	49.95
Fighting Radiation and Chemical Pollutants	24.95
Nutrition Reader	25.00
CCMH Student Manual	49.95
Herbal Triangles	35.00
Herb Reader	25.00
Making Plant Medicine	19.95
Audio for Legally Conducting a Health Consultation	10.00
Business Mastery	28.95
Ethics of Touch	28.00
Anatomy & Physiology	52.95
Essentials of Human Diseases	72.95
CA Sales Tax - for Books (CA Residents only)	37.01
Registration	100.00
STRF (CA Residents only)	3.50
Shipping/Handling (Domestic)	75.00
Shipping /Handling (International)	TBD
Administration Fee for Pay Plan	487.50
TOTAL DOWN PAYMENT:	\$2,790.65
Plus ten (10) additional monthly payments of:	\$487.50
TOTAL WITH ALL CHARGES FOR PAYMENT PLAN:	\$7,641.83

NHI ADMISSIONS, GRADUATION, WITHDRAWALS AND ADMINISTRATION

NON-DISCRIMINATION/ENGLISH AS A SECOND LANGUAGE

NHI does not discriminate on the basis of religion, race, gender, age, sexual orientation, national or ethnic origin, etc. NHI does not offer English as a second language classes. All classes are held in English and a student must be proficient in English to understand course material. (5.CCR §71810(b)(5))

ADMISSIONS REQUIREMENTS

You must have either graduated high school or have a GED equivalent. Also, proficiency in English is needed. NHI accepts students from other countries; but, NHI does not provide Visa services. (5.CCR §71810(b)(3)(4))

COLLEGE & CLINIC FACILITIES

Residential classes are held at our college facilities located at 515 Encinitas Blvd., Suite 201 in Encinitas, on the Southwest corner of Encinitas Blvd. and Westlake. Distance Learning Lessons can be completed at your location at your pace as a self-directed learner. All communication is to our college/institute address, phone, e-mail, fax, etc. (CEC §94909(a)(4))

NHI ADMINISTRATIVE OFFICE HOURS

The Administration Office is open Monday - Thursday 9:30 a.m. to 6 p.m., and Friday 9:30 a.m. to 5:00 p.m., Pacific Standard Time (PST).

DISCLAIMER REGARDING ALL PROGRAMS

Licenses in H.H.P. are issued by the city, county, or state in which you reside; diplomas/certificates of completion for all of our Programs are issued by NHI college. Graduation from any of our programs does not qualify you as a licensed primary health care provider—i.e. a medical doctor. You cannot diagnose, prescribe, treat symptoms, defects, injury, or disease pursuant to California Business and Professional Code 2052. You can do health counseling or therapies as a licensed or certified health practitioner or therapist. Please call us should you have questions. ***Important Note:*** Senate Bill SB577, which was signed into law January 2003, does significantly liberalize the scope of “complementary and alternative medicine” in California — such as Nutritionist, Herbalist, and Holistic Health Practitioner. A copy of the law is available upon request. Similar laws are currently being enacted in other states officially and/or in common practice.

HOW TO ENROLL

You may enroll on-line or download the application, complete it and send it in to our office. Payment may be made online with your Visa, MasterCard, Discover or bank draft. If you prefer to pay directly to the school, enrollments are accepted with check by mail and credit card by mail, fax, e-mail or telephone. Your materials will be sent to you promptly.

ADMISSIONS & GRADUATION REQUIREMENTS

Enrollment in NHI constitutes a commitment or intention to complete the program. NHI does not have an attendance policy for Distance Learning programs. Students must complete course material in time allotted. The completion time for the Herbology and Nutrition Programs is six (6) months *or less*. The recommended completion time for the Holistic Health Practitioner is eighteen (18) months *or less*. Should you find it difficult to complete the program in the time indicated, you may contact NHI for time extensions. An overwhelming majority of students complete within the recommended time or less. *When adding or changing to another program, an additional \$100 registration fee will be charged.*

You will graduate from our program when all academic and financial obligations have been fulfilled. You must provide NHI with a copy of *any one* of the following: your high school diploma, G.E.D., college transcript *or* diploma before you graduate. If these are unavailable, you will be required to complete a simple entrance exam. After graduation, an official diploma/certificate of completion showing the program you have completed and a transcript will be sent.

POLICY REGARDING STUDENT ASSIGNMENT SCHEDULES

Lessons are to be completed and assignments are required to be turned in progressively. The suggested frequency is approximately every two (2) weeks based upon completion of the previous lesson or assignment and passing of any related tests or projects. You are welcome to go at your own pace—either faster or slower.

INSTITUTION'S CATALOG

The NHI residential catalog is available online at our website, or you can request a copy to be mailed, or you can pick up a copy at our school. You are encouraged to review the full catalog and the school performance fact sheet prior to signing and enrollment agreement. (CEC §94909(a)) (CEC §94909(a)(3)(B))

APPROVAL AND LICENSING

The Natural Healing Institute is a certificate of completion-granting adult vocational college and **private institution fully licensed to operate in compliance with the California State Education Code under the authority and regulation of the Bureau for Private Postsecondary Education (BPPE) and the Department of Consumer Affairs, School Certification # 3710431.**

Our Programs are approved by the California State Board of Registered Nurses for Continuing Education Credit Hours (CEU's) and by the Board of Behavioral Sciences for Continuing Education Credit Hours (CEU's) for MFT's & LCSW's. Rehabilitation agencies reimburse for our Programs. All of our individual classes and workshops will earn you credits toward certificates of completion and/or license in the following programs: Certified Nutritionist, Certified Clinical Master Herbalist, Massage Technician, Massage Therapist, Spa & Massage Therapist, Exercise & Sports Therapist, Holistic Health Practitioner (HHP), Naturopathic Practitioner (NP), Thai Massage, Lomi-Lomi/Hawaiian Healing Arts, Aromatherapy and Yoga Instructor, Somatics & Movement Therapist. Licensing ordinances vary from city to city. You are encouraged to check local requirements to verify the number of training hours required in your area(s) of study. (CEC §94909(a)(2) and CEC §94897(1)(1)(2))

NHI is not accredited by an accrediting agency recognized by the United States Department of Education. NHI is State-Licensed and State-Approved. (CEC §94909(a)(16))

NHI has NOT had a pending petition in bankruptcy and is NOT operating as a debtor in possession, has NOT filed a petition within the preceding five years and has NOT had a petition in bankruptcy filed against it within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy Code. (CEC §94909(a)(12))

NHI FACILITY AND EQUIPMENT

NHI provides an eco friendly facility, including: large classroom with bamboo hardwood floors, many windows with views, classroom free of formaldehyde, benzenes, and other toxins; classroom has power point, slide and overhead projectors, recording equipment, massage tables, yoga mats in the classroom closet, wall charts, and other teaching equipment. NHI has four office spaces, a library, a student therapy room and other necessary vocational college equipment. Depending on the class, NHI has textbooks available for purchase or the students can order online and for most classes NHI provides handouts-by email. Several of the textbooks used were written by the NHI founder-director and by several of the senior teaching staff. The NHI library includes more than 700 books relating to the different classes and programs. The founder-director sends out self-help health facts and/or a health blog to all students at least one to two times per week. (5,CCR §71810(b)(9)) (5,CCR 71810(b)(10))

TUITION AND FEES

The tuition and fee schedule is designed to make enrolling in NHI affordable and easy. Tuition costs are outlined for the programs following the program descriptions. There is a \$100 *non-refundable* registration fee per program plus a books/supplies fee, and a shipping/handling charge. All fees quoted are in U.S. dollars and must be paid in U.S. dollars.

NHI reserves the right to invoice the student for increased costs to ship internationally, beyond the continental United States, or for 2nd or 3rd day UPS or FedEx delivery service.

Late payments will be assessed a late fee commencing 30 days after the initial due date. If the agreed payments are not maintained for 60 days or more, a student is considered no longer enrolled in an NHI Program and automatically forfeits all previously collected funds. NHI reserves the right to use an outside collection service.

FINANCIAL AID & CAREER COUNSELING (5,CCR §71810(b)(6))

NHI recognizes that financing a quality education is a major commitment. Easy payment plans have been designed for your added convenience. If a student chooses a payment plan the admin fee is 10% of the remaining balance. This fee is collected as part of the down payment and is not refundable if a student cancels or withdraws. In addition, students who are military spouses may qualify for funding through MyCAA, and California residents who are collecting unemployment or seeking a career change may be eligible for funding through the California Employment Development Department. Contact the College for more information. (CEC §94909(a)(10))

We offer individualized career counseling by appointment on the telephone, via e-mail, fax, mail or in-person.

If a student obtains a loan to pay for an educational program, the student will have to repay the full amount of the loan plus interest, less the amount of any refund, and that, if the student receives federal student financial aid funds, the student is entitled to a refund of the moneys not paid from federal financial aid funds. (CEC §94909(a)(11))

NOTICE OF STUDENT RIGHTS

(1) You may cancel your contract for school. The Notice of Cancellation form will be available to you. Read the Notice of Cancellation form for an explanation of your cancellation rights and responsibilities. If you have lost your Notice of Cancellation form, ask the school for a sample copy.

(2) Your refund rights are described in the catalog and application for enrollment. If you have lost your copy of the application for enrollment, ask the school for a copy of the refund policy.

(3) For any student grievances, the student is advised to first schedule a meeting with the admissions director or school founder-director. (5,CCR §71810(b)(14)) If resolution is not achieved, the student is advised to contact the BPPE (see #5 below).

(4) If the school closes before you graduate, you may be entitled to a refund. Contact the Bureau for Private Postsecondary Education (BPPE) at the address and telephone number printed below for information.

(5) A student or any member of the public may file a complaint about this institution OR unanswered questions with the Bureau for Private Postsecondary Education by calling **(888-370-7589)** or by completing a complaint form, which can be obtained on the bureau's internet Web site (**www.bppe.ca.gov**). (CEC §94909(a)(3)(C))

(6) Any questions a student may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to: (CEC §94909(a)(3)(A))

Bureau for Private Postsecondary Education

Address: 2535 Capitol Oaks Drive, Suite 400

Sacramento, CA 95833

or

Bureau for Private Postsecondary Education (BPPE) ,

P.O. Box 980818

W. Sacramento, CA 95798-0818

Satisfactory Academic Progress: Students who are deemed by the instructor, Academic Dean, or School Director not to be making satisfactory academic progress will be asked to schedule an academic counseling session over the telephone for the purpose of guiding the student toward improved performance. If the student cannot make satisfactory progress within one (1) month, then the student will be withdrawn from the program. Evidence of failing to make satisfactory academic progress includes: exceeding the permitted level of absences in audio conferencing, student grades continuing to fall below passing in lessons, and/or continuing failure to demonstrate satisfactory application of practical skills in those courses which have a practicum section.

GRADUATION STANDARDS AND REQUIREMENTS (5,CCR §71810(b)(8)) (5,CCR §71810(b)(11))

A student shall be graduated from a program and be granted a diploma/certificate of completion and transcript *only* upon completion of all class assignments and overall evaluation in the course work of 70% or better. All projects and tests are completed at home and are designed to be a helpful learning experience for you. The full grading standard for evaluation is as follows:

90% -- Excellent/Passing

80% -- Good/Passing

70% -- Satisfactory/Passing

Less than 70% -- Unsatisfactory/Not Passing Unsatisfactory Evaluations may be repeated. PLEASE NOTE: *No one will be eligible for graduation from a course until tuition and all applicable fees are paid in full.* Furthermore, all school properties rented, borrowed, or damaged must be returned or paid for before a diploma/certificate of completion, and transcript will be issued. From receipt of final project please allow 2 weeks for grading and an additional 2 weeks for tabulation of grades and issuance of diploma/certificate. Diplomas/Certificate will be mailed to the address on file.

In the 100 hour massage tech lesson, which is an elective in the Holistic Health Practitioner program, the determination of a pass/fail grade will be based on receiving a grade of 70% or better on a quiz and on a manual test at the end of the course. For those lessons that emphasize academic information such as Anatomy, Physiology, and Kinesiology, the take-at-home quizzes shall constitute 30% of the grade and the take-at-home final shall constitute 70% of the grade.

STUDENT SERVICES

NHI does not provide job placement services. NHI does provide, free of charge, career counseling. NHI posts notices of potential jobs. Self-help information is posted on the website, plus weekly health facts or blogs are e-mailed. NHI provides wi-fi to students free of charge and a Library. NHI provides very professional, experienced instructors – some of whom have a national reputation. Also, see NHI FACILITY AND EQUIPMENT described above. NHI provides Open Houses and Student Orientations every three months. (5,CCR §71810(b)(12)), (5,CCR §71810(a)(13))

STUDENT STANDARDS

On all tests and projects, a grade of 90% or better is excellent, 80% or better is very good, 70% or better is satisfactory, and below 70% the test or project must be resubmitted. Most tests and projects are on a take home basis or to be completed at home. Grounds for probation or dismissal include any illegal conduct, obstruction or disruption of class, and theft of school or other student's property, and sexual harassment. Should a probation or dismissal occur, the student should schedule a meeting with the admissions director at NHI to reach resolution. Should resolution not be achievable, the student is welcome to contact the BPPE (see paragraph below). A student can request, in writing, a leave of absence from NHI. Note: because NHI is not on a semester or quarter system, and because students direct the matriculation of their process (learner directed), students can take a leave of absence when necessary and come back when they are able. Extension fees may apply. (CEC §94909(a)(8)(C)), (CEC §94909(a)(8)(E))

STUDENT HOUSING

(A) NHI DOES NOT HAVE dormitory facilities under its control;

(B) NHI does maintain a list of contact resources for housing in the very rare situation of need.

Students who would like the contact list must request information from the school

(C) NHI has no responsibility to find or assist the student in finding housing NHI IS A NOT RESIDENTIAL SCHOOL (5,CCR §71810 (b)(13)(A)(B)(C))

TRANSFER STUDENTS

NHI welcomes transfer students. Any student currently enrolled elsewhere may join us and receive a tuition rebate from your former school following State guidelines. This is a State regulation. We will accept transfer credits from any state-licensed school or college at \$1.00 per credit hour as long as the training is comparable. This fee must be paid within 60 days of enrolling at NHI. NHI cannot grant credit for workshops, life experiences and other excellent endeavors unless conducted through a state or federally licensed college or school. For more information on transfers please contact NHI Admissions.

Beginning July 1, 2016, NHI will only accept transfer credits for massage classes from a CAMTC approved school.

NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION"

"The transferability of credits you earn at **NHI College** is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the *Certificate/Diploma* you earn in _____ is also at the complete discretion of the institution to which you may seek to transfer. If the *Certificate/Diploma* that you earn at this institution are not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending *NHI College* to determine if your *Certificate/Diploma* will transfer." (CEC §94911(h) and §94909(a)(15))

STUDENT'S RIGHT TO CANCEL-CANCELLATION AND REFUND

The student shall have the right to cancel the enrollment agreement and receive a full refund before the first lesson and materials are received. Cancellation is effective on the date written notice of cancellation is sent. The institution shall make the refund pursuant to section 71750 of the Regulations. If the institution sent the first lesson and materials before an effective cancellation notice was received, the institution shall make a refund within 45 days after the student's return of the materials. (5,CCR §71716(b)) (CEC §94909(a)(8)(B))

(1) NHI shall transmit all lessons and materials to the student if the student has fully paid for the educational program and, after having received the first lesson and initial materials, requests in writing that all of the material be sent. (2) If an institution transmits the balance of the material as the student requests, the institution shall remain obligated to provide the other educational services it agreed to provide, but shall not be obligated to pay any refund after all of the lessons and material are transmitted. (5,CCR §71716(c)(1)(2))

NHI shall send the course materials by first-class mail or UPS, postage pre-paid, documented by a certificate of mailing. If written cancellation/withdrawal is received within the first 7 days of delivery, books and materials may be returned at the student's expense in re-usable condition.

All returned books and materials are inspected upon receipt and there is a 15% (calculated from the original total cost of books and materials) re-stocking fee deducted from the refund. If written cancellation/withdrawal is received after the first 8 days of delivery, books and materials are not returnable. **No refunds are available for administrative fees, registration, or shipping.**

Notification of cancellation/withdrawal and request for a refund is required to be made **in writing**. You may drop off, fax, certified mail, or e-mail your notice of cancellation/withdrawal. Refunds are issued by check only and are mailed within 30 days of less. Notices may be directed to: Admissions Director, Natural Healing Institute of Naturopathy Inc. 515 Encinitas Blvd, Suite 201, Encinitas, CA 92024-3744, Fax 760-652-1645, email: enroll@naturalhealinginst.com

If a student elects to attend residential classes, the student may be dismissed from school for appearing on campus in an intoxicated or drugged state, possession of non-prescription drugs or alcohol upon school premises, behavior creating a safety hazard to other persons at school, or disrespectful behavior to another student, administrator or faculty member.

Appealing a Dismissal: In the event of dismissal, students shall be entitled to appeal the decision. The appeal must be in writing and a request for hearing must be delivered to the NHI Director within five (5) working days of the receipt of the decision. All costs of appeal shall be the obligation of the student.

SCHOOL ADMINISTRATIVE HOURS

Our administrative office hours are 9:30am to 6:00pm Monday through Thursday and 9:30am to 5:00pm Fridays (PST/Pacific Standard Time). If you need assistance or additional information, please feel welcome to contact us during those hours.

STRF (California State Tuition Recovery Fund) – (\$0.00 per \$1000.00 tuition fee dropped as of 01/01/2015)

The State of California created the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic losses suffered by California residents who were students attending schools approved by, or recognized to offer Short-term Career Training with the Bureau for Private Postsecondary and Vocational Education (BPPVE). (5,CCR §76215(a) and 5,CCR §76215(b))(CEC §94909(a)(14))

You may be eligible for STRF if you are a California resident, prepaid tuition, STRF fee payment cancelled, and suffered an economic loss as a result of any of the following:

- ◆ The school closed before the course of instruction was completed.
- ◆ The school's failure to pay refunds or charges on behalf of a student to a third party for license fees or any other purpose, or to provide equipment or materials for which a charge was collected within 180 days before the closure of the school.
- ◆ The school's failure to pay or reimburse loan proceeds under a federally guaranteed student loan program as required by law or to pay or reimburse proceeds received by the school prior to closure in excess of tuition and other costs.
- ◆ The school's breach or anticipatory breach of the agreement for the course of instruction.
- ◆ There was a decline in the quality of the course of instruction within 30 days before the school closed, or if the decline began earlier than 30 days prior to closure, a time period of decline determined by the Bureau.
- ◆ The school committed fraud during the recruitment or enrollment or program participation of the student.

You may also be eligible for STRF if you were a student that was unable to collect a court judgment rendered against the school for violation of the Private Postsecondary and Vocational Education Reform Act of 1989. You must pay the state-imposed fee for the Student Tuition Recovery Fund (STRF) * Fee collection dropped as of 01/01/2015* if all of the following applies to you:

- ◆ You are a student, who is a California resident and pre-pays all or part of your tuition either by personal payment, such as check or credit card, guaranteed student loans, or personal loans, and
- ◆ Your total charges are not paid by any third-party such as an employer, government program or other payer unless you have a separate agreement to repay the third party

You are not eligible for protection from the STRF and you are not required to pay the STRF fee if either of the following applies:

- ◆ You are not a California resident.
- ◆ Your total charges are paid by a third party, such as an employer, government program or other payer, and you have no separate agreement to repay the third party.

You are not eligible for protection from the STRF and you are not required to pay the STRF fee if either of the following applies:

- ◆ You are not a California resident.
- ◆ Your total charges are paid by a third party, such as an employer, government program or other payer, and you have no separate agreement to repay the third party.

ADMINISTRATIVE RECORD KEEPING POLICY

Student records are retained indefinitely or permanently (5,CCR §71810 (b)(15))

All information contained in this catalog is for informational purposes only and is subject to change without prior notice. This printed matter does not constitute a contract between NHI and the student – nor should a contract be implied.

NHI ADVISORS

"We must never lose our sense of awe at the magnificence of our planet." Anonymous

Steve Schechter, N.P., H.H.P., is the Director of NHI and practices in Encinitas. Steve completed the pre-medicine program and graduated cum laude from the University of Michigan with majors in both clinical psychology and religious mysticism in 1970. He graduated from the 4,000 hour residential program at Instituto Naturista Adventista with an N.D. in 1972, and has studied holistic health at many other institutes and colleges since then. He wrote the best-selling book *Fighting Radiation and Chemical Pollutants with Foods, Herbs and Vitamins—Documented Natural Remedies That Boost Immunity & Detoxify*, plus a book on fat loss and a training manual for health therapists. Steve has been a practicing Naturopath and has taught nutrition, herbology and massage since 1972. He has given featured presentations on nutrition and herbology for fifteen years at the three largest health industry trade conventions. He has lectured at three major universities, and has founded and directed a state-licensed and certified college of natural healing. Steve has been a paid consultant for three of the four largest herb companies, two of the three largest supplement companies, and on the medical advisory boards for two nationally prominent magazines. He is a regularly nationally featured journalist and has spoken at many large consumer health expos.

David Wolfson, N.P., N.D.

James Mattioda, R.PH., D. Hom.

Alison Reid-Bretell, L.Ac., M.T.O.M.

Linda-Anne Kahn, H.H.P.

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Joseph R. Davis, C.N., C.S.C.S.

Rebecca Monet, H.H.P.

Patti Weller, C.N., C.M.H., H.H.P.

Jay Robb, C.N.

Michael Spatuzzi, L.Ac.

Blaine Jackson, M.D., R. PH.

Sheri Laine, L.Ac.

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FREQUENTLY ASKED QUESTIONS (FAQ'S)

What is the difference between "accredited" and legitimate, "state-licensed"? The most important consideration is for a college to receive state approval and state license. All programs are then reviewed and approved by the state. As a state-approved vocational college, NHI must adhere to the state's quality control. The states support **only** state-approved colleges. For license and certification, **states have recognized training only from state-approved, state-licensed vocational college.** It is easy for schools or colleges to buy or receive "accreditation" from a private accrediting group with an impressive name, but that accreditation bears absolutely no legal or significant meaning. **When students graduate from a legitimate, state-approved, state-licensed school, a student will be grandmothered or grandfathered in when programs later become licensed! States and cities only grant licensing and give reciprocity only if you attended a state-approved, state-licensed school anywhere in the country.**

What is the difference between a Nutritionist and Dietitian? Trained dietitians primarily focus on meal planning and are hired by hospitals and occasionally other institutions. Nutrition is a "whole body" approach, in which, meal planning is only a small part. Nutritionists are trained to individualize a nutritional and supplement program for therapies according to the individual's unique constitution and health concerns. Individuals preferring progressive help usually seek the advice of Nutritionists rather than dietitians. The majority of Nutritionists work for themselves doing nutritional consulting. Some start out by working with M.D.'s, chiropractors, H.H.P.'s, acupuncturists, naturopaths, osteopaths and other health therapists.

What are the licensing requirements for H.H.P.'s? You should check with your state/city for required total hours and specific course requirements. Even if you are not licensed, you can use N.C., C.N., C.N.C.™, C.M.H., C.C.M.H.™ and H.H.P. after your name to market and demonstrate your abilities and education. H.H.P.'s are licensed in fewer than 18 states. However, there are H.H.P.'s, as well as C.N.C.™'s and C.C.M.H.™'s, practicing openly and successfully in every state. Even if one practices where not currently licensed, our programs teach you how to practice and speak in an entirely legal manner. No matter where you practice, you can advertise yourself as having graduated from a state-licensed school and licensed to practice in southern California. (CEC §94909(a)(6))

How do I obtain malpractice insurance? Malpractice insurance can be obtained through national organizations.

What is the cost to attend class residentially if enrolled in the DL program? While you are enrolled as a distance learning student, you will pay 85% of the nightly or program tuition to audit or 100% to receive credit. *No additional registration fee is charged.*

What kind of job can I get after graduation? You can start out working with an M.D., chiropractor, acupuncturist or other health therapists doing health consultations. Also, you can work in a health food store and develop your own clientele doing consultations on the side. Or, you can work for a supplement or herb company as a sales representative, thereby meeting health food store employees who will then refer to you when their customers need trained or in-depth advice. The majority of graduates initially or eventually work for themselves.

What are the costs to change programs? An additional registration fee of \$100 will be charged for every new program you enroll in. NHI will apply an 80% tuition credit toward the new program, plus additional books, shipping, etc.

Note: All courses taken *residentially* at NHI count towards both your HHP and NP diplomas. NHI now provides 13 fully state-approved *residential* programs: Massage Technician, Massage Therapist, Clinical Nutrition, Clinical Herbalogy, Clinical Master Herbalist, Holistic Health Practitioner, Naturopathic Practitioner, Spa & Massage Therapist, Thai Medical Massage, Aromatherapy, Lomi-Lomi/Hawaiian Healing Arts, Sports Therapist & Performance Enhancement, and Yoga Instructor, Somatics & Movement Therapist. Contact our office or check our website for more information and a full schedule of upcoming classes. You can start any of our residential programs at any time.

Four times per year, NHI offers our 100 hour residential Massage Technician Program (which qualifies graduates for a license in some areas and which is an optional part of our HHP Programs) in a 10 consecutive day format. Similarly, twice per year NHI offers our 100 hour Thai Massage Program and twice per year HNI offers our 100 hour Lomi-Lomi/Hawaiian Healing Arts Program in 10 consecutive day formats. Check our residential class schedules (new one

Important Note: Senate Bill SB577, which was signed into law January 2003, does liberalize the scope of “complementary and alternative medicine” in California — such as Nutritionist, Herbalist, and Holistic Health Practitioner. A copy of the law is available upon request. Similar laws are currently being enacted in other states officially and/or in common practice.

Four times per year, NHI offers our 100 hour residential Massage Technician Program (which qualifies graduates for a license in some areas and which is an optional part of our HHP Programs) in a 10 consecutive day format. Similarly, twice per year NHI offers our 100 hour Thai Massage Program and twice per year HNI offers our 100 hour Lomi-Lomi/Hawaiian Healing Arts Program in 10 consecutive day formats. Check our residential class schedules (new one printed every two months) for regular updates on these and other special events, classes, and programs.

Are there any additional special functions at NHI? Yes, several. Every August, NHI sponsors a special weekend retreat focusing on fasting and detoxification. (Steve Schechter is the author of a best-selling book for 12 ½ years on natural therapies well documented by scientific research to boost immunity and detoxify.) This is at our auxiliary retreat center we purchased in Encinitas. See below.

Tell me more about the NHI retreat center? This property has been officially declared by the city as a “Specific Protected Bio-Zone.” Steve has already lushly and verdantly landscaped it. He is planting an additional more than 200 different medicinal plants, about 20 different kinds of medicinal trees, plus fruit and nut trees, olives, grapes, and vegetables. By the end of 2006, he hopes to have this land nationally certified as a true “Botanical Sanctuary” and convert it into a *land trust/land stewardship*.

“One of my primary intentions when I founded NHI is to empower people to simultaneously heal and optimize themselves, each other, and our living planet.

“Faced with challenging, yet en-lightening, times, I feel we need to help one another understand, re-experience, and ***act*** from a recognition that we are, body and spirit, one and interdependent – with the living earth and with all of creation. There is greater freedom and Self-fulfillment or Self-realization in interdependence.

“Perhaps the future does not lie in more and more complex methods of information transmission and alienating, isolating corporate control and exploitation of our planet; but, in the simple understanding that this living planet is our home and that we live here thanks to a miraculous and complex web of interconnected life. Perhaps a lofty goal is to heal our planet and to heal ourselves simultaneously; and in so doing, to achieve our full potential self, to go beyond ourselves, to connect with others and our inner and outer nature, and to joyfully and meaningfully realize our full potential Self. Transform. Restore. Repair. Heal. Connect. Unite. Transcend. At-One-Ment.

“May all beings be happy and Self-realized.” Steve Schechter, N.P., H.H.P.