

# Natural Healing Institute of Naturopathy, Inc.

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Class Schedule ~ Winter 2017

Volume 29 – December 28, 2016

## OPEN HOUSE

Thursday, January 12<sup>th</sup>

7:00 pm – 9:00 pm

Full Presentation starts promptly at 7:15 pm.

There will be **3 tuition discount** raffles given away

**Come Join our Founder & Director Steve Schechter, N.P., H.H.P.,  
For an informational presentation of classes & programs.**

Includes information on the Holistic Health environment in general and how you can customize a Holistic Health Education that best suits your career goals, & share your passion with others, and for self-growth.

\*\*\* NOTE: Any & all classes at NHI count towards your H.H.P. License and N.P. Certification! All Classes at NHI qualify you for C.E.U.'s for H.H.P.'s, for Nurses, and for Department of Behavior Sciences, (MFT's & MFCC's) \*\*\*

### RESIDENTIAL AND DISTANCE LEARNING STUDENTS:

All Students, **except Residential Massage Therapists for License** can now take Anatomy, Physiology, and Pathology requirements via Distance Learning or via hybrid (Hybrid means part Distance Learning and part Residential with us!!!)

\*Please note **Massage Therapists Students** must take **ALL CLASSES RESIDENTIALLY\***

**\*\* DISCOUNTS ARE AVAILABLE FOR RESIDENTIAL AND DISTANCE LEARNING PROGRAMS \*\***

**\*\*\* 20 - 55% OFF depending on program \*\*\***

**\*\*\* Payment Plans are also available to make programs more Affordable!!! \*\*\***

**CHECK OUR WEBSITE: <http://www.nhicollege.net> FOR DETAILS!!!!**

*Please note:* Please come to class fragrance free.  
Some students are sensitive or allergic to any fragrances.





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**FOR DETAILS!!!! \*\*\*\*\***



NT-100

**\*\*\* Certified Nutritionist Consultant (CNC)<sup>™</sup> Certificate Program \*\*\***

**Tuesday Evenings, 7:00 pm – 9:55 pm**

**\*\*\* Revised & Updated! \*\*\***

You may enroll in the program [anytime](#) for professional certification or attend individual modules/classes for personal growth

Newly restructured and updated program!! The most comprehensive, most in-depth, & most popular nutrition training program in California, & one of the three most respected in the U.S. Program covers a wide range of clinical nutrition **for personal growth, therapy, and professional practice!** Learn the pros and cons of different dietary approaches, how to individualize complete nutritional programs, eclectic & progressive, plus much more. Schedule includes four weekend classes, dates are TBD.

- Train in the use of Clinical Nutrition for self-help, personal growth and for the professional benefit of others.
- Qualify to become a Certified Nutritionist Consultant (CNC)<sup>™</sup> for use in the fields of medicine, nursing, chiropractic, physical therapy, dentistry, massage and counseling.
- Learn a variety of nutritional information including: pros and cons of different dietary systems, vitamins and minerals, nutrient-dense superfoods, sports nutrition, antioxidants and much more!

**200 Credit Hours - \$2,395.00 Tuition (\$12/Credit Hour) + Books  
Or \$44.00 per night for a single night charge (\$13/Credit Hour).**

**Instructors: Steve Schechter, NP, HHP, NHI Founder-Director and other Multiple Expert Instructors – ND's, MD's & PhD's.**



HB-100

**\*\*\* Certified Clinical Master Herbalist (CCMH)<sup>™</sup> Certificate Program \*\*\***

**Wednesday Evenings, 7:00 pm – 9:55 pm**

**\*\* Revised & Updated! \*\***

You may enroll in the program **anytime** for professional certification or attend individual modules/classes for personal growth

Newly restructured and updated program!! The most comprehensive, most in depth, & most popular Herbology training in California, & one of the three most respected in the U.S., from a nationally honored Master Herbalist with special guests! Ideal for anyone wishing to learn the magic, beauty, traditional wisdom and modern science of healing with nature for self-help, therapy & professional practice. Schedule includes some weekend classes to be determined at a later date.

Totally revised & expanded into organ, glandular & systems approach.

- Learn the way of Herbs for self-help and clinical herbology for professional practice
- More than 300 Eastern and Western herbs will be presented
- Herbs for cleansing, building/balancing organs, glands, blood, lymph, muscles, nerves, emotions, and other energy systems
- Learn how to make teas, salves, balms, tinctures, balanced and individualized herbal formulas and other preparations

**200 Credit Hours - \$2,395.00 (\$12/Credit Hour) Tuition + Books Or \$44.00 per night for a single night charge (\$12/Credit Hour)**

**Instructors: Steve Schechter, NP, HHP, NHI Founder-Director & Special Guest Speakers**

<p>NT-772 1/10 1 Tuesday Night 7:00 pm – 9:55 pm</p>	<p><b>Gluten Free Diets – Open to Anyone – Part of Certified Nutritionist Consultant (CNC)<sup>™</sup> Certificate Program</b></p> <p>This module will review major Western and Eastern dietary systems. Discuss the pros and cons of each system and how to individualize a therapeutic dietary program or a preventative dietary program.</p> <p><b>3.5 Credits, Tuition \$46</b></p> <p><b>Instructor: Sandi Star, HHP, CNC, CCMH</b></p>
<p>HB-201 1/11 1 Wednesday Night 7:00 pm – 9:55 pm</p>	<p><b>Herbal <i>FUN</i>damentals – Open to Anyone – Herbology – Part of Certified Clinical Master Herbalist (CCMH)<sup>™</sup> Certificate Program</b></p> <p>Geared for everyone! Learn the most popular herbs of the new millennium for a wide range of common health. The most comprehensive, most in depth, &amp; most popular Herbology training in California, &amp; one of the three most respected in the U.S., from a nationally honored Master Herbalist with special guests! Ideal for anyone wishing to learn the magic, beauty, traditional wisdom and modern science of healing with nature for self-help, therapy &amp; professional practice concerns.</p> <p><b>3.5 credits, Tuition \$46.00</b></p> <p><b>Instructor: Steve Schechter, NP, HHP, NHI Founder-Director</b></p>
<p>NT-401 1/17 – 2/28 7 Tuesday Nights 7:00 pm – 9:55 pm</p>	<p><b>Nutrient Dense Superfoods – Open to Anyone – Part of Certified Nutritionist Consultant (CNC)<sup>™</sup> Certificate Program</b></p> <p>Students will learn the therapeutic use of more than 30 nutrient-dense therapeutic super foods. Class will review advantages and disadvantages of each nutrient-dense super food as well as when to use them for prevention or therapy. Class will also review glandular extracts, how to monitor quality, when they should not be used, and correct preventative or therapeutic dosages.</p> <p><b>3.5 credits per night or 24.5 credits for the series, Tuition \$46.00 per night or \$294.00 for the series</b></p> <p><b>Instructor: Steve Schechter, NP, HHP, NHI Founder-Director</b></p>

HB-200  
1/18 – 4/26  
15 Wednesday  
Nights  
7:00 pm –  
9:55 pm

## Herbal Formula Making – Open to Anyone – Part of Certified Clinical Master Herbalist (CCMH)™ Certificate Program

Learn the way of herbs for self-help and Clinical Master Herbology for professional practice. Herb formulas for cleansing, building, strengthening and balancing organs, glands, blood, lymph, muscles, nerves, reproductive system, brain, emotions, and other energy systems. Herbal formulas for common symptom, regulating nerve flow to each part of the body and regulating pH. 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. **Formula Making is the apex of herbal medicine!** Uniquely comprehensive & easy to learn.

52.5 Credit Hours - \$630.00 or \$46.00 per night - single night charge (\$12-\$13.00/ Credit Hour)

Instructor: Steve Schechter, NP, HHP, NHI Founder-Director

MT-101  
1/21 – 1/31  
Starts Saturday  
11 Day  
Accelerated  
9 am –  
5:55 pm  
  
+ 2 Hours of  
Supervised  
Clinical  
Practice

## Massage Technician – Dynamic Healing Touch Massage™ Open to Anyone and Required for MT500, HHP, NP Programs

This course is the foundational bodywork class for NHI

***\*Revised! Expanded! \****

Learn our Healing Touch™ style plus Esalen/Swedish massage, circulatory and other modalities that combine to create a profoundly rejuvenating, relaxing massage. + Intro to other styles including: Lomi, Thai, Energy, Stretching for the Therapist, Etc.

100 credits. \$875.00 Tuition + \$35.00 handouts & supplies

Instructors: Keoni Salgado, HHP, MT  
Steve Schechter, NP, HHP, NHI Founder-Director,  
Erhard Rohrmuller, HHP/ E-500 RYT/ MTH, Therapist/Coach to Elite Athletes  
Ashley Anderson, HHP, CPT, LMT, RYT®, YISMT™  
Kris Harris, MT



HH-300  
1/23 – 3/13  
8 Monday  
Nights  
6:30 pm - 10:00  
pm

## Certified Clinical Master Aromatherapist Certificate Program Open to Anyone

### Winter 2016 Module:

The object of this course is:



- \* To give the student an in depth basic knowledge and understanding of the field of aromatherapy.
- \* Help students to have a thorough understanding of aromatherapy to use as a career path or to incorporate into an existing professional practice
- \* To train students to practice safely and effectively with high ethical standards
- \* To teach each student the necessary skills and knowledge to effectively treat a wide range of disorders and stress related body mind problems
- \* To discuss how essential oils interact on physical, emotional and energetic/ spiritual levels.
- \* Give a thorough working knowledge of the therapeutic and energetic aspects of essential oils.
- \* To teach students to consult with clients and formulate the appropriate blends.

- \* To educate the student about safety and hazards of essential oil use.
- \* To teach the students how to create a blend and choose from a range of carrier oils
- \* To learn how to do an in depth consultation and safely and effectively blend the appropriate oils needed for their case.
- \* Instruct students on how to create body products for personal and professional use.
- \* Conduct a case study
- \* Profiles of 40-60 essential oils
- \* To give each individual an in depth knowledge of how the systems of the body interrelate with aromatherapy
- \* To discuss 4 disorders associated with each body system and appropriate aromatherapy treatment

**NHI had the first State Approved Aromatherapy Certification Program in the U.S.!!  
Meets NAHA (National Association for Holistic Aromatherapy) requirements**



**Early Payment discount: \$595 each module  
4 independent 50 credit hour modules  
Or \$80.00 per class night audit  
Note: Each 50hr Module may be taken individually,  
Further Discount if paying for all four modules \$2,275.00  
Certified Clinical Aromatherapist Certificate after any  
50hr Module & Certified Clinical Master Aromatherapist after 200hr**

**Instructor: Linda-Anne Kahn**

Owner, Founder and Medical Wellness Director Linda-Anne Kahn CIDESCO HHP CLT-LANA, NCTMB, CMT CHNC is a Holistic Health Practitioner whose mission is to help you achieve balance of the mind, body and spirit.

**MT -570  
2/4 – 3/25**

**8 Saturdays  
9:00 am –  
5:00 pm**

**+ 1 Wednesday  
Night**

**Lomi Lomi/ Hawaiian Healing Arts Certificate Program – Open to  
Anyone / Required For The Massage Therapist Program**

**NHI had the first State Approved program on the Mainland U.S.!!**

An ancient Hawaiian massage passed from master to student, over generations. For physical therapy or the release of emotions, traumas, tension, stress, and blocked energy. Concepts of unconditional love, grace, beauty, and spirituality are inherent with Lomi. Predominantly uses the soft part of the forearm coupled with a dancing motion choreographed to create long, gliding, dancing strokes. Special attention is paid to the lower abdomen, which ancient Hawaiian philosophy considers the center of all emotion and power. Level I will introduce foundation strokes for the entire body, lectures of different forms of Hawaiian healing, and plenty of hands-on bodywork. Level II Includes many advanced strokes, more giving and receiving, plus Lomi Hot Rock Massage, and Herbs of the South Pacific. The style taught is the traditional Hawaiian Temple style which is described as a dancing meditation. Both Levels are part of this course.

**Payment Plans available!**

**68 Credit Hours**

**\$816.00 + handouts**

**Instructor: Keoni Salgado, HHP, MT**



HH-802  
2/5 – 2/26  
4 Sunday  
Mornings  
9:00 am –  
12:00 pm

## Meditation ~ NEW! Open to Anyone – Part of the Yoga Instructor, Somatics & Movement Therapist (YISMT)™ + RYT® Program

This class is an introduction to various types of meditation and mindfulness practices. **EXPERIENTIAL!** We will explore the history and techniques used in several traditions, and develop an understanding of how to practically incorporate meditation into daily life, both for personal enrichment and to share with family, friends, and professional clients. Learn valuable tools for increasing inner peace and calm to combat stress, illness, anxiety, and to generally feel happier! We will spend plenty of time in meditation, familiarizing ourselves with different techniques, and will also learn how to guide and teach others. This training will provide integrative tools that you can use professionally with kids, corporate groups, health care patients, and more. If you've ever been curious about meditation, this is your opportunity to experience its many benefits in a comfortable, encouraging, and fun atmosphere.



14 Credit Hours - \$168.00 or \$48.00 per day

Instructor: Stephanie Gatschet, CNC, TLC

YI-100  
2/5 – 6/25  
18 Sundays  
9 am –  
5:40 pm

**Skips**  
Sundays:  
4/16,  
5/14,  
& 5/28

## Yoga Instructor, Somatics & Movement Therapist (YISMT)™ + Registered Yoga Teacher (RYT)® Open to Anyone

**Starts Sunday, February 5, 2017!**



NHI's comprehensive Yoga Teacher Program will deepen your practice and, if desired, prepare you to function as a professional yoga instructor. Emphasis for this training will be **therapeutic** and a comprehensive, gentler approach to teaching!

Includes: asanas (Hatha yoga poses), yoga philosophy, Hanna Somatic Education, Soma-Kinetics™, Thai Yoga, DaVinci movements (warm-up and progressive exercises), practice intelligent teacher sequencing, breathing exercises, meditation, Niyamas and Yamas (observances and non-observances), posture adjustments, yoga anatomy, chakras and Nadis (yogic energy systems), meditation, marketing and branding, business practices, and professional standards-ethics.

Students may take the entire program for certification or take individual modules.

Accessible and flexible modules spread out over five months ~ 200 Credit Hours.

Tuition: \$2,395.00

Holistic Yoga Teacher Training with: Ashley Anderson, HHP, CPT, LMT, RYT®, YISMT™  
Erhard Rohrmuller, HHP/ E-500 RYT/ MTH,  
Therapist/Coach to Elite Athletes

MT-203  
TBA

## Thai Yoga + **Awesome SOMA-KINETICS™**



This cutting edge integrated movement therapy is an ideal addendum and complements Somatics, Yoga, Pilates, and stretching & strengthening exercise. This class focuses on balance and postural alignment. Employing the latest fascial research and incorporating the fascial kinetic chain into your movement patterning is the aim of this class. Somatics is a relearning process that actively reprograms the motor cortex, and eliminates inefficient movements with biomechanical and organic kinetics.

Awesome SOMA-KINETICS™ is a fusion of Yoga, Pilates, Da-Vinci Movements, Qi-Gong, Martial Arts, Feldenkrais inspired movements, and “Somatics” based on Thomas Hanna. It incorporates the latest research in Myo-Fascial release via movement to facilitate a neo-neuromuscular reeducation with the focus on creating a new beneficial kinetic pattern.

Additional Specific class description & Syllabus available upon request.

**You may enroll in just this class or it is suggested that you take Awesome SOMA-ORTHOPEDICS™ as well. Both of these classes can be used as part of our 200 hr Yoga Program, which focuses on Therapeutic Yoga!**

Research acknowledgement: Dr. Robert Schleip, Thomas Mayers, Moshe Feldenkrais, Thomas Hanna, Paramahansa Yogananda, Thich Nhat Hahn, Dr. Bordeaux Szekely, and Leonardo da Vinci.

**32 Credits \$384.00**

**Instructor: Erhard Rohrmuller, HHP/ E-500 RYT/ MTH, Therapist/Coach to Elite**


MT-202  
TBA





## Thai Yoga + **Awesome SOMA-ORTHOPEDICS™**

Awesome **SOMA-ORTHOPEDICS™** is the cutting edge integrated manual therapy for body workers, massage therapist, personal trainers, Yoga & Pilates instructors, physical & physio-therapists, chiropractic and osteopathic practitioners.




	<p>In this class, we will explore the latest fascial research and how to apply it to manual therapy in your field of expertise. Investigating the newest recovery technics for strains, sprains, and edema. It is not <b>R.I.C.E!</b> It is <b>M.E.A.T!</b></p> <ul style="list-style-type: none"> <li>● Assessing client postural alignment, and applying corrective manual therapy.</li> <li>● Learn how to eccentrically realign scar tissue via P.N.F.</li> <li>● Mobilizing inner fascial joint capsule adhesions of the hip and shoulder.</li> <li>● Designing client self-care stretching and strengthening exercise.</li> <li>● Learn how to facilitate a safe manual manipulation technique to assist your clients to improve their flexibility and range of motion.</li> <li>● You will learn to correct myo-fascial imbalance, myo-fascial restrictions, and myo-skeletal alignment.</li> </ul> <p>Additional Specific class description &amp; Syllabus available upon request</p> <p><b>You may enroll in just this class or it is suggested that you take Awesome SOMA-KINETICS™ as well. Both of these classes can be used as part of our 200 hr Yoga Program, which focuses on Therapeutic Yoga!</b></p> <p>Research acknowledgement: Dr. Robert Schleip, Thomas Mayers, Eric Dalton, James Waslaski</p> <p><b>32 Credits - \$384.00</b></p> <p><b>Instructor: Erhard Rohrmuller, HHP/ E-500 RYT/ MTH, Therapist/Coach to Elite Athletes</b></p>
<p><b>MT-257</b> 2/16 – 3/9 4 Thursday Nights 6:30 pm – 10:00 pm</p>	<p><b>Reflexology – Foot, Hand, and Ear – Open to Anyone – Required for 500 hr MT, 1,000 hr HHP, 4,100 hr NP Programs</b></p> <p>Comprehensive and <b>Experiential!</b> Learn and experience traditional zone therapy, modern hand &amp; foot reflexology, other release points, different styles, including ear or auricular massage. Reflexology has long been used by many therapists around the world for preventing and treating a wide range of health disorders. Great for optimal health. Give and receive treatments each evening! Awesome amount of information experienced in a short amount of time!</p> <p><b>16 Credit Hours - \$192.00</b></p> <p><b>Instructor - Steve Schechter, NP, HHP, NHI Founder-Director</b></p>
<p><b>HB-103</b> 2/26 – 3/26 5 Sunday Nights 5:45 pm – 8:15 pm</p>	<p><b>Become a more Impactful Communicator</b></p> <p><b>Required for 1,000 hr HHP &amp; 4,100 hr NP Programs</b></p> <p><b>**Very Strongly Suggested for Everyone!</b></p> <p>Learn interesting and memorable speaking and communication techniques student will learn to become comfortable with their own voice, while developing ways in which that voice will become more impactful when speaking to clients as a Natural Healing Professional. The class settings involve a workshop atmosphere, where constant demonstrations and presentations are given and analyzed in a non-judgmental environment. Everyone participates, while layering presentation techniques from one week to the next, incorporating many little known “Tips &amp; Tricks” by renowned communication experts, public speakers, actors, voice over artists and musicians. At the conclusion of the class, each student will realize that the content of the education received as a Natural Healing Professional will now be accompanied by the realization that their client’s reception of that information will be received in an interesting and memorable manner.</p> <p><b>15 Credits \$180.00</b></p> <p><b>Instructor: Carl “Doc” Martens, Business Leader, Public Speaker, Professional Musician, Author</b></p> 

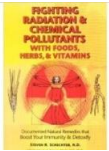
<p>NT-301 3/7 – 3/21 3 Tuesday Nights 7:00 pm – 9:55 pm</p>	<p><b>Vitamins &amp; Minerals – Open to Anyone – Part of Certified Clinical Nutritionist Consultant (CNC)™ Program</b></p> <p>Learn all about the preventive and therapeutic uses of vitamins and minerals, appropriate doses, quality, best delivery forms, - best times to take, etc.</p> <p><b>10.5 Credit Hours - \$126.00 or \$46.00 per Class Night</b></p> <p><b>Instructor: Kim Kelly, ND</b></p> 
<p>MT-252 3/16 – 4/6 4 Thursday Nights 6:30 pm – 10:00 pm</p>	<p><b>Immune Boosting Lymph Massage – Open to Anyone – Required for 500 hr MT, 1,000 hr HHP, 4,100 hr NP Programs</b></p> <p>Very <b>Experiential!</b> Great for preventing or treating colds, flues, cancers, tumors, and many other disorders. Lymphatic drainage massage is recommended by doctors for management of many disorders. Lymph massage stimulates the activity of the lymph nodes, increases the reproductions of lymphocytes, improves body metabolism, stimulates the immune system, promotes balance of internal chemistry, purifies and regenerates tissue. The method of Lymphatic Drainage Massage (L.D.M.) uses light, rhythmic, spiral-like movement to accelerate the movement of lymphatic fluid in the body. All techniques are gentle, slow, and toward the lymph nodes. The LDM is a few millimeters below the skin surface. LDM requires careful training procedure: touch and pressure, rhythm, frequency. Successful Lymph Massage depends on the expertise of the practitioner. Steve uniquely teaches combining lymph massage with different appropriate essential oils for preventing or treating colds, flues, cancers, tumors, and many other disorders. Also, Steve shows special strokes for the thymus gland for thymus production of immune white blood T cells, for bone marrow production of immune white blood B cells, and for spleen stimulation. Additionally, Steve will discuss some of the best herbal extracts available at your favorite health food stores for both the lymph and immune systems. Give and receive treatments each evening! Awesome amount of information experienced in a short amount of time!</p> <p><b>16 Credit Hours - \$192.00</b></p> <p><b>Instructor: Steve Schechter, NP, HHP, NHI Founder-Director</b></p> 
<p>NT-501 3/28 -- 4/18 4 Tuesday Nights 7:00 pm – 9:55 pm</p>	<p><b>Antioxidants – Open to Anyone – Part of Certified Nutritionist Consultant (CNC)™ Certificate Program &amp; Required for Sports Therapist Program (ST)</b></p> <p>Study 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. Learn how antioxidants can prevent and treat a wide range of disorders and how antioxidants generate health, longevity, and vitality.</p> <p><b>14 Credit Hours – \$168.00 – Instructor: Steve Schechter, NP, HHP, NHI Founder-Director</b></p>

<p>MT-263 4/20 – 5/11 4 Thursday Nights 6:30 pm – 10:00 pm</p>	<p><b>Energetic Vibrational Healing – Open to Anyone – Required for 500 hr MT, 1,000 hr HHP and 4,100 hr NP Programs</b></p> <p>Learn the dynamics of energetic healing from awareness of personal processes to aligning with life's purpose. Using exercises to sense the energy field, or aura, of yourself and others, you progress to perceiving and working with chakras (energy vortexes), clearing energy blocks, and keeping yourself clear in the process. Learn Energetic modes of therapy such as Therapeutic Touch, Polarity, Chakra Balancing, Aura balancing, and Traditional Laying- On-of-Hands. You will experience and practice these modalities plus other forms of Energetic/Vibrational healing. Experience techniques related to reading the body's energy fields to assist you and your clients in clearing energy blocks, and methods to receive information about specific energy centers (chakras). Includes learning to actually see and sense the aura, and visually assessing energy blocks!! Highly <b>experiential!!</b></p> <p><b>16 Credits - \$192.00 - Instructor: Steve Schechter NP, HHP, NHI Founder-Director</b></p>
<p>NT-715 4/25 7:00 pm – 9:55 pm</p>	<p><b>Legally Conducting a Health Consultation – Open to Anyone – Part of Clinical Master Herbology (CCMH)<sup>™</sup>, Certified Nutritionist Consultant (CNC)<sup>™</sup>, HHP, and NP Programs</b></p> <p>Learn what You Can and Cannot Say and How to Say it - Includes receiving and working with Steve's copyrighted health questionnaire and two legal releases. Necessary for any natural health therapist conducting health assessments or providing health information - i.e., nutritionists, herbalists, massage therapists / bodyworkers, holistic health practitioners, chiropractors, acupuncturists, etc.</p> <p><b>3.5 Credit Hours - \$46.00</b></p> <p><b>Instructor: Steve Schechter, NP, HHP, NHI Founder-Director</b></p>
<p>NT-720 5/2 – 5/23 4 Tuesday Nights 7:00 pm – 9:55 pm</p>	<p><b>Weight Loss / Fat Loss – Open to Anyone – Part of Clinical Master Herbology (CCMH)<sup>™</sup>, Certified Nutritionist Consultant (CNC)<sup>™</sup> Programs</b></p> <p>Natural remedies documented to safely and effectively assist weight loss by stimulating fat loss while preserving vital lean muscles. Fat is your metabolically least active tissue and muscle is your metabolically most active tissue. Preserving muscle keeps the metabolism up, protects your heart and other vital muscles, and helps you feel and look better. Specific foods, herbs, supplements, amino acids, essential oils and more will be discussed. Handouts with more than 30 natural remedies included! Comprehensive.</p> <p><b>14 Credit Hours - \$168.00 or \$46.00 per Class Night</b></p> <p><b>Instructor: Steve Schechter, NP, HHP, NHI Founder-Director</b></p>
<p>HH-1000 5/3 – 6/7 6 Wednesday Nights 7:00 pm – 9:55 pm</p>	<p><b>Hormone Balancing &amp; the Endocrine System – Open to Anyone – Part of the CCMH<sup>™</sup> Program</b></p> <p>Understanding &amp; working with lab tests - blood, urine, and especially saliva for women, men, and children. Includes Hormonal evaluations, Thyroid, Adrenal Stress, Cortisol, DHEA, Pituitary, and Hypothalamus. Physiology of the stress response &amp; its salivary assessment. How to explain the underlying issues to clients and what treatment options actually work based on follow-up lab testing. Detailed review of estrogen, progesterone and testosterone. Causes of hormonal imbalances and organ/glandular dysfunctions. Treatment options include diet/nutrition, supplements, herbs, essential oils, customized endocrine creams, other natural remedies for PMS, Menopause, Male Menopause, Prostate, Depression, Hyperactivity ADHD &amp; more. Interesting case studies.</p> <p><b>21 Credit Hours -- \$252.00</b> <b>Instructors: Rebecca Monet, CNC, CCMH</b></p>

	<b>Steve Schechter, NP, HHP, NHI Founder-Director</b>
<b>NT-603</b> <b>5/30 &amp; 6/6</b> <b>2 Tuesday</b> <b>Nights</b> <b>7:00 pm –</b> <b>9:55 pm</b>	<p><b>Sports Nutrition – Open to Anyone – Part of Sports Massage &amp; Certified Nutritionist Consultant (CNC)<sup>TM</sup> Programs</b>  <b>For both active people and committed athletes!</b></p> <p>You will learn the foundational concepts of diet and nutritional supplementation for exercise support and recovery -- including protein drinks, pre- and post-workout formulas, supplements, amino acids, essential micronutrients and other activity safe and effective performance enhancing natural products. Then, an in-depth look at sports nutrition for both active people and committed athletes will cover practical approaches for sports nutrition meal plans and supplementation routines. This class is also important for anyone doing potentially straining activity – such as house cleaning, carpentry, etc.! Find out what does and does not work, plus optimal delivery forms, dosages and more!</p> <p><b>7 Credit Hours -- \$92.00 or \$46.00 per Class Night</b></p> <p><b>Instructor: Steve Schechter, NP, HHP, NHI Founder-Director</b></p>
<b>NT-701</b> <b>HB-407</b> <b>6/13 &amp; 6/20</b> <b>2 Tuesday</b> <b>Nights</b> <b>7:00pm --</b> <b>9:55 pm</b>	<p><b>Nutrition &amp; Herbology Case Studies – Part of Sports Massage &amp; Certified Nutritionist Consultant (CNC)<sup>TM</sup> Programs</b></p> <p>You will practice integrating and individualizing complete nutritional and herbal programs for prevention and treatment in supervised student clinic situation, plus seminar discussions</p> <p><b>7 Credit Hours - \$92.00 or \$46.00 per night</b></p> <p><b>Instructor: Steve Schechter, NP, HHP, NHI Founder-Director</b></p>
<b>HB-565</b> <b>6/14 – 6/28</b> <b>3 Wednesday</b> <b>Nights</b> <b>7:00pm --</b> <b>9:55 pm</b>	<p><b>Sports Herbs and Antioxidant Herbs – Open to Anyone – Part of Clinical Master Herbology (CCMH)<sup>TM</sup>, Sports Therapist (ST), and Certified Nutritionist Consultant (CNC)<sup>TM</sup> Programs</b></p> <p>Learn how to individualize cardiovascular, aerobics, and weight lifting programs combined with high quality and effective complimentary herbs, herbal formulas, and other natural, safe, effective, legal performance enhancement herbal products. Find out what does and does not work, plus optimal delivery forms, dosages, and more.</p> <div data-bbox="289 1346 613 1514" data-label="Image"> </div> <p style="text-align: center;"><b>10.5 Credit Hours - \$126.00 or \$46.00 per night</b></p> <p style="text-align: center;"><b>Instructor: Steve Schechter, NP, HHP, NHI Founder-Director</b></p>
<b>NT-707</b> <b>6/27</b> <b>1 Tuesday</b> <b>Night</b> <b>7:00 pm –</b> <b>9:55 pm</b>	<p><b>Being a Health Therapist – Open to Anyone &amp; Strongly Recommended!</b></p> <p><b>Part of Clinical Master Herbology (CCMH)<sup>TM</sup>, Certified Nutritionist Consultant (CNC)<sup>TM</sup>, HHP, and NP Programs</b></p> <p>Learn many important aspects of being a health therapist. Includes how to provide your own product line with integrity, how to integrate being a Holistic Health Therapist into your own Spiritual/Religious path, the art of dealing with clients, giving and receiving referrals, building your network, and much more.</p>

	<p><b>3.5 Credit hours, \$46.00</b>  <b>Instructor: Steve Schechter, NP, HHP, NHI Founder-Director</b></p>
<p>HH-550  TBA  8 Monday  Nights</p>	<p><b>Understanding Lab Assessments &amp; Clinical Health Analysis  (Open to All – Required for HHP &amp; NP Programs)</b></p> <p>Primary emphasis is on understanding blood chemistries, urine analysis, saliva hormone testing, stool analysis and much more. Learn how to effectively use objective analysis of an individual's nutritional and biochemical status. Learn about lab tests for organs, glands, brain, and other body parts. Learn labs you can work with including for saliva, urine, blood, and stool tests. Create nutritional, dietary, and herbal recommendations based on your knowledge of lab assessments to bring about optimal health.</p> <p><b>Instructors: Rebecca Monet, CN, CH</b></p> <p style="text-align: center;"><b>Kim Kelly, ND</b></p>
<p>MT-223 &amp; 224  TBA  4 Classes  9:00 am –  5:30 pm</p>	<p><b>Western Sports Massage – Open to Everyone – Required for 500hr  Exercise and Sports Massage Therapist Program</b></p> <p>Learn specific sports massage techniques including narrow cross-fiber friction, broad cross-fiber friction, jostling, muscle stripping, trigger release points &amp; more. These techniques will be integrated into a Sports Massage style &amp; individualized for common problems caused by each major sport for each part of the body. Techniques are appropriate for any activity induced ailment or injury-i.e. from cycling, running, tennis, surfing, housecleaning, carpentry or other activities.</p> <p><b>32 credit hours. \$384.00</b></p> <p><b>Instructor: Keoni Salgado HHP, LMT</b></p>
<p>Additional  Spring Classes  TBA</p>	<p><b>Additional Spring 2017 NHI Classes – Dates To Be Announced  February 1:</b></p> <ul style="list-style-type: none"> <li>● Herb Walks</li> <li>● Herbs Of The South Pacific Including Noni &amp; Kava Kava</li> <li>● Antioxidant Supplements, Herbs &amp; Food</li> </ul>
<p>HH-1056  TBA</p> <p>Available  via  Distance  Learning</p>	<p><b>Pathology – Open to Everyone – Required for 1,000 hr HHP and 4,100  hr NP Programs</b></p> <p>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.</p> <p><b>40 Credit Hours, \$480 plus book</b></p> <p><b>Required Text book: The Essentials of Human Diseases and Conditions</b></p>
<p>MT-224  TBA</p> <p>Available  via  Distance  Learning</p>	<p><b>Anatomy and Physiology – Open to Everyone – Required for all 500 hr  MT, 1,000 hr HHP &amp; 4,100 hr NP Programs</b></p> <p>Anatomy and Physiology made fun and understandable. Includes anatomy of the body, especially of muscles, nerves, muscle function, nerve innervations and palpation skills to locate tense or problematic muscles. Other areas of anatomy will be covered, including, Bio-mechanical, joint movement. Physiology</p>

<p><b>Note:</b> If enrolled in MT Program</p> <p>this course must be taken in person.</p>	<p>covers how the body functions including all your organs, glands, energy systems, and more.</p> <p><b>64 Credits - \$768.00</b></p> <p><b>+ Required Textbook: The Anatomy and Physiology Learning System, 5th Edition</b></p> <p><b>Instructors: Tammy Sawyer, LMT Ashley Anderson HHP, CPT, LMT, RYT®, YISMT™ Steve Schechter NP, HHP, NHI Founder-Director</b></p> 
<p>HH-530 TBA</p>	<p><b>Healing Emotions, Beliefs, Trauma and Blocked Energy – Open to Anyone</b></p> <p>This class illuminates the impact emotions, beliefs and trauma have on physiology. The body holds implicit memories of emotionally charged events in the brain and body. This class bridges the gap between talk therapy and body therapy and presents principles and techniques, (touch and non-touch) including Neurolinguistic Programming, EMDR and EFT to healing the emotions, memories, blocked and dysfunctionate energies trapped in the body.</p> <p><b>8 Credits - \$96.00</b> <b>Instructor: Rebecca Monet, Master NLP Practitioner</b></p>
<p>All Prevalent Health Problems Classes will be online/Distance Learning</p>	<p><b>Increasingly Prevalent Health Problems Open to Anyone – Required for all 1,000hr HHP &amp; 4,100hr NP Certificate Programs</b></p> <p>HH-577 Hypoglycemia - Low Blood Sugar &amp; Energy: (4 credit hours)  HH-578 Diabetes &amp; Erratic Energy: (4 credit hours)  HH-1070 Cardiovascular Disorders and Improving the Heart: (8 credit hours)  HH-500 Detoxification &amp; Environmental Health: (9 credit hours)  NT-703 Brain Nutrients, Foods, Herbs, Supplements &amp; Essential Oils: (12 credit hours)  HH-590 Fasting: (9 credit hours)  HH-1056 Immune Dysfunction, Cancer Treatment and Prevention: (16 credit hours)  HH-861 Substance Abuse: Preventing &amp; Treating the Harmful Effects of Food Addictions, Alcohol and Tobacco Smoke: (8 credit hours)</p> <p><b>TOTAL: 70 credit hours</b>  <b>Tuition: Special Price for entire Series 11% off \$699.00 (Regular Price \$840.00)</b></p>
	<p><b>****Note: Individual Class offerings. These classes can be purchased individually in Distance Learning****</b></p>
<p>Distance Learning</p>	<p><b>Hypoglycemia – Low Blood Sugar &amp; Energy</b>  <i>Open to anyone – Required for H.H.P. &amp; N.P. Programs</i>  <i>Part of Increasingly Prevalent Health Series</i></p> <p>More and more Americans suffer from low energy levels, Hypoglycemia (low blood sugar) and related conditions including mental fatigue, anxiety and other important concerns. Learn about foods, herbs, supplements, amino acids, dietary habits, and aromatherapy traditionally used and scientifically documented to prevent and treat these Hypoglycemia related problems.</p> <p><b>4 Credits - \$48.00 – Steve Schechter, NP, HHP, NHI Founder-Director</b></p>

<p><b>Distance Learning</b></p>	<p><b>Cardiovascular Disorders &amp; Improving the Heart</b>  <i>Open to everyone – Required for H.H.P. &amp; N.P. Programs</i>  <i>Part of Increasingly Prevalent Health Series</i></p> <p>Learn about herbs, supplements, and foods documented to therapeutically improve heart and cardiovascular functions. What foods to avoid and especially traditional and natural remedies for preventing and treating heart and cardiovascular related health problems. Other natural therapies included.</p> <p><b>8 Credits - \$96.00</b></p> <p><b>Instructor: Steve Schechter, NP, HHP, NHI Founder-Director</b></p>
<p><b>Distance Learning</b></p>	<p><b>Detoxification &amp; Environmental Health</b>  <i>Open to everyone - Required for H.H.P. &amp; N.P. Programs</i>  <i>Part of Increasingly Prevalent Health Series</i></p> <p>Learn specific foods, supplements, herbs, amino acids, aromatherapy, &amp; other natural remedies documented by scientific research to support healthy living in an unhealthy world. Learn natural remedies proven to boost immunity, detoxify from chemical pollutants, radiation, x-rays, pharmaceuticals, alcohol, tobacco, and drugs; and other remedies to generate optimal radiant health. Learn how to individualize a detox program and you will have the option to experience a supervised one yourself.</p> <p><b>9 Credits - \$108.00 + Handouts fee – Steve Schechter, NP, HHP, NHI Founder-Director, Author of the best-selling Detox book.</b></p> 
<p><b>Distance Learning</b></p>	<p><b>Brain Nutrients: Foods, Herbs, Supplements, Amino Acids &amp; Essential Oils</b>  <i>Open to everyone - Required for H.H.P. &amp; N.P. Programs</i>  <i>Part of Increasingly Prevalent Health Series</i></p> <p>Learn about different nutrients for the brain and mood disorders including for mental clarity, memory, anxiety, irritability, insomnia, hyper &amp; hypo functions, depression, Alzheimer's, Parkinson's, other dementias, bipolar manic depression, &amp; much more. Learn about specific foods, herbs, supplements &amp; essential oils documented for different concerns and different functions of the brain.</p> <p><b>12 Credits - \$144.00</b></p> <p><b>Instructor: Steve Schechter, NP, HHP, NHI Founder-Director</b></p>
<p><b>Distance Learning</b></p>	<p><b>Fasting – Open to everyone</b>  <i>Required for H.H.P. &amp; N.P. Programs</i>  <i>Part of Increasingly Prevalent Health Series</i></p> <p>This class will cover specific fasts for health concerns associated with specific organs and glands. Review “Fasting with the seasons”—fasts appropriate for each season of the year &amp; environmental considerations. Different fasts: Water, fruit juice, vegetable juice, herbal, soup &amp; mono diets. Fasts for Spirituality &amp; Emotions. How to prepare for, conduct &amp; best break a fast.</p> <p><b>9 Credits - \$108.00 + Handouts fee. Instructor: Steve Schechter, NP, HHP, NHI Founder-Director</b></p>

Distance Learning	<p><b>Immune Dysfunctions, Cancer Treatments &amp; Preventions</b>  <i>Open to everyone – Required for H.H.P. &amp; N.P. Programs</i>  <i>Part of Increasingly Prevalent Health Series</i></p> <p>There is a growing incidence of immune dysfunctions, and cancer has now surpassed Cardiovascular disease (CVD) as the number one killer of all Americans. Learn about natural remedies—primarily herbs, foods, supplements, amino acids, and other therapies – that have traditionally been used, and now are scientifically documented, to boost immune processes, prevent and treat different cancers, and other immune dysfunctions, also help generate optimal health and vitality. Also included are specific massage strokes combined with specific aromatherapy essential oils, and other therapies.</p> <p><b>16 Credits - \$192.00. Instructor: Steve Schechter, NP, HHP, NHI Founder-Director</b></p>
Distance Learning	<p><b>Substance Abuse: Preventing and Treating Food Addictions, Alcohol, and Tobacco Smoke-</b>  <i>Open to everyone – Required for H.H.P. &amp; N.P. Programs</i>  <i>Part of Increasingly Prevalent Health Series</i></p> <p>Learn how organ and glandular dysfunction can lead to substance abuse, and how substance abuse creates a wide range of health problems—including of the brain, liver, lungs, adrenals (control your response to physical and emotional stressors), pancreas (blood sugar +), kidneys, and more. Learn about natural remedies -- especially foods, herbs, supplements, other nutrients, some essential oils, and more -- that are well documented and readily available at your retail store to prevent and treat substance abuse.</p> <p><b>8 Credits - \$96.00 + Handouts fee - Steve Schechter, NP, HHP, NHI Founder-Director</b></p>



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