



Natural Healing Institute of Naturopathy, Inc. (NHI)

RESIDENTIAL COURSE CATALOG

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Website: www.nhicollege.com

State-Approved &
State-Licensed
Vocational College

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

Certified Nutritionist
Consultant (CNC)[™]
Certified Clinical Master
Herbalist (CCMH)[™]
Holistic Health
Practitioner (HHP)
Naturopathic Practitioner
(NP)
Yoga Instructor, Somatics
& Movement Therapist
(YISMT)[™]/ RYT

Certified Massage Therapist
Massage Technician
Exercise / Sports Therapist
Spa & Massage Therapist
Thai Massage Therapist
Lomi-Lomi Therapist
Certified Ayurvedic Wellness
Consultant (CAWC)[™]
Certified Aromatherapist

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Our Mission at NHI College

- To foster health, healing, joy, meaning, awareness and appreciation.
- To empower our family of students, clients and staff towards growth and expansion.
- To provide exceptional Natural Healing or Naturopathic education.
- To provide the highest caliber faculty based on their dedication and ability to inspire and transmit Holistic Health principles.
- To provide truly comprehensive yet flexible and self-directed Holistic Health training programs and therapies
- To deepen our connections: to ourselves, our community, and to our living planet



MESSAGE FROM OUR DIRECTORS

With heartfelt joy and care, we welcome you to our NHI College commUNITY. Since 1997, NHI College has trained thousands of successful students who are now practicing within our local and global communities as Certified Nutritionists, Certified Herbalists, Certified Aromatherapists, Certified Yoga Instructors, Certified Naturopathic Practitioners, Licensed Massage Therapists and Licensed Holistic Health Practitioners.

We are honored to continue this legacy as we launch into a new era for NHI College still dedicated to bringing you the highest caliber of education, steeped in a deep knowledge base and rich with many years of successful experience. We treasure our students and teachers alike; our mission is to create successful, empowered and sustainable Holistic Health practitioners. We teach practical, universal, holistic tools for everyday living, offering a fresh perspective on the ageless wisdoms that have been passed down through all the great traditions and are being renewed. We are committed to increasing awareness for alternative health modalities and creating a world of healthy and balanced individuals.

NHI College is a place of healing and joy where all are welcome, no matter where one is on her or his path through life. It is our vision at NHI to be a holistic health nexus, inspiring people to live their healing lifestyle.

We enjoy helping you find and do your life's work—the work of your heart.

In friendship and health,

Steve Schechter, Audrey Sarquilla and Cindy Lee

Steve Schechter, NHI Founder (N.D., HHP)



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 ND 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 clinical nutrition, medical herbology, massage therapies, and other natural therapies since 1972. He has given featured presentations on nutrition and herbology each of the last eight years at the three largest health industry trade conventions. Steve has lectured at three major Universities, and has founded and directed a state-licensed college of natural healing. He has been a paid consultant for three of the four largest herb companies in the world, 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 speaks at large consumer health expos.

Audrey Sarquilla, NHI Co-Director (HHP, E-RYT, LMT)



Our Co-Director Audrey Sarquilla, E-RYT, LMT, HHP, comes to NHI with 20 years in the health and wellness industry and 10 years in the corporate marketing industry. Audrey is excited to share her heart-centered marketing within the holistic industry and is honored to call NHI her home. Audrey began a traditional approach to health in the pre-physical therapy program at Pierce College. In 1992 through an internship at Northridge Hospital, rehabilitating patients with spinal cord injuries, a spark inspired her passion to connect people to their bodies. She received her first certification in 1994 as a personal trainer from the American Council of Exercise (ACE). Shortly after she was trained in Tui Na bodywork and energy healing at the Taoist Institute by Dr. Carl Totton. Audrey's thirst for knowledge directed her to study human behavior at the Hypnotherapy Motivational Institute. To further guide and rehabilitate her clientele she studied with master trainer Maria Leone in pilates earning her Pilates Certification. Yet, her own desire to connect more to her spirit led her to the jungles of Costa Rica to dive deep into the study of yoga. In 2002 she became a certified yoga teacher and began teaching at the Nosara Yoga Institute in Costa Rica where she still leads yoga retreats. Experiencing the power of holistic healing herself she knew this was her path and found NHI. Earning her HHP at NHI gave her the platform to combine all of her passions in her holistic journey. Building community is another strong passion for Audrey. In support of our local and global community she created One Love Encinitas, a group of yogis and holistic practitioners, to raise awareness around social issues and support each other in the journey called life. (www.audreysarquilla.com, www.oneloveencinitas.org)

Cindy Sitara Lee, NHI Co-Director (BA, HHP, E RYT-200, RYT-500)



Cindy is honoured to join the prestigious NHI as a Co-Director. Cindy is foremost and always a student of life fulfillment and secondly an instructor. Schooled at Ryerson University, Concordia University and University of Western Ontario, she earned degrees in fashion, marketing and business administration. She had invested 15 years into a successful career in fashion and marketing when a family tragedy shifted her focus from business and finance to health and spiritual pursuits. Her journey in holistic health started with the Moksha Yoga Canada 800-hour yoga teacher training in 2007. Yoga sparked her passion for spirituality and healing which led to studying at NHI in massage therapies and holistic health. Cindy has taught yoga nationally and internationally, including in Bali and Thailand. Since 2010, Cindy has directed the NHI Yoga Teacher Training for the nationally registered RYT and the State-Certified Yoga Instructor, Somatics & Movement Therapist (YISMT)[™] Program. Cindy also has co-taught with Steve several of the NHI Massage Technician Programs. She believes that through the synergy of nutrition, movement and positive intention, we all have the power to heal ourselves. Her approach in life is one of “meeta” or loving kindness, first for self and then for others. With a smile in her heart, she touches all that cross her path. (www.sitaralee.com)

NHI ADMINISTRATION



Kate Barnes, Admissions Advisor (BA)

After graduating with a Bachelor of Arts in Social and Behavioral Science from California State University at Monterey Bay in May 2011, Kate relocated back to Southern California. She has been a member of the NHI family since January 2012 as our friendly and efficient Admissions Advisor. Kate is available for any questions potential and/or current students have regarding the Residential and Distance Learning Programs.



Susan Green, Registrar (BS)

Susan brings to NHI College over twenty years experience in all aspects of business administration. After graduating with a business degree from West Chester State University in West Chester, P.A., she continued her studies in computer information systems. Her thirst for knowledge has motivated her to currently study Religion and Spirituality privately. Her philosophy in life is “to never stop the quest for greater knowledge”.

BENEFITS OF NHI COLLEGE:

A State-Licensed Vocational College
More than 5,000 hours of State-Approved Classes
Self-Directed, Flexible, Comprehensive Training
Highest Caliber Instructors
Eco-Friendly Classrooms
Individual Career Counseling
CommUNITY of Health and Wellness Practitioners
Flexible Payment Plans

Our founder, Steve Schechter, N.P., H.H.P., has been active in the health industry for more than 40 years. He is internationally renowned as a consultant, speaker, author and therapist; and has directed three State-Licensed schools of Natural Healing.



SELF-DIRECTED LEARNERS AND STUDENTS

Our Programs are comprehensive yet flexible, offering you many opportunities or doorways through which to choose a personal direction, emphasizing self-directed options. For example, in the 500 hour Massage Therapy and 1000 hour Holistic Health Practitioner programs, you can choose most of the classes you wish to take, thereby developing your own program reflecting your unique specific interests.



HOLISTIC LIFE IN ENCINITAS AND SAN DIEGO

The NHI campus is located in the town of Encinitas, CA. Our facility is 25 minutes north of the downtown San Diego airport, and seven minutes south of Palomar airport in Carlsbad. Encinitas offers you the best of sunny, coastal southern California living. San Diego is noted for its wonderful temperate climate and beautiful environment, and is referred to as "America's Finest City."

Three of the best beaches in San Diego County are within five minutes of our campus. Just north of San Diego along the coast, Encinitas is in the heart of one of America's premier vacation areas: close to the San Diego Zoo, Wild Animal Park, Sea World, Balboa Park, seventy miles of beaches, hundreds of miles of exceptional on-road or off-road bicycling and hiking, and within ninety minutes of two inspirational mountain ranges with creeks and lakes. Walking and bike paths, parks and other recreational opportunities abound along and near the coast. Encinitas has been declared one of four model cities in the Country. The "small town" feeling of this health-aware and environmentally conscious community offers meditation gardens and yoga studios within a short distance from the campus.

Surveys show there are more health food stores per capita here than anywhere else in the country. Retail holistic businesses such as natural food stores, restaurants, holistic health newspapers, and alternative bookstores abound for enjoyment and job opportunities to students. Several world class resorts in the area are in continual need of massage therapists. Entrepreneurial students often supplement their income by providing therapy independently or by contacting businesses. Conveniently located coastal apartments, townhomes, inns and other affordable housing are easily found in the area.

NHI FACULTY

NHI is pleased and proud to offer the highest caliber instructors and therapists. All of our faculty, some nationally and internationally renowned, are highly credentialed professionals. They have been both teaching and clinically practicing in the natural healing fields for many years. They are dedicated, caring, genuine and personable people.

APPROVAL AND LICENSING

The Natural Healing Institute is a diploma/certificate of completion-granting adult vocational college and institution fully licensed to operate in compliance with the California State 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 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 diplomas/certificates of completion and/or license in the following programs: Clinical Nutritionist, Clinical 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, and Aromatherapy. 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.

DISCLAIMERS REGARDING ALL PROGRAMS

Licenses in Massage and Holistic Health Practitioner (HHP) are issued by cities; Diplomas and Certificates for all of our Programs are issued by NHI. Graduation from any of our Programs does not qualify you as a licensed medical doctor. You cannot diagnose, prescribe, treat symptoms, defect, injury, or disease pursuant to California Business and Professional Code 2052. You can do health counseling or therapies as a health practitioner or therapist. Our use of the word "clinical" refers to working in a clinical environment and does not imply being a licensed doctor or practicing medicine. Please call us should you have questions.

NON-DISCRIMINATION POLICY

Applicants to NHI are considered on the basis of individual merit without regard to handicap, gender, sexual orientation, age, religion, creed, race, or national or ethnic origin. This policy applies to admissions, employment, financial agreements, and all other matters with in the school.

CLASS SIZE

Class size is limited to ensure individual attention. Registration is required.

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.

FINANCIAL AID

The NHI staff recognize that financing a quality education is a major investment. Easy payment plans have been designed for your added convenience. Visa, MasterCard, and Discover are accepted. Some types of financial aid maybe available, as well. NHI encourages graduates to commence their new careers debt- free. We also offer individualized career counseling. Although we do not accept Title 4 Money (i.e., FASFA), we DO accept funding from WIA (the Workforce Investment Act through the Employment Development Department) for people currently out of work, with low income, or those seeking a career change. We have been approved for and accept MyCAA (assistance to spouses of military personnel). We accept Vocational Rehabilitation. We also accept corporate, private and other grant money.

DRESS CODE

Classroom dress is casual yet appropriate. Massage students will be draped at all times.

ADMISSIONS REQUIREMENTS

You must be at least 18 years of age to graduate a program and have either a high school education or GED equivalent.

ENROLLMENT

Call our office to request an application. You may enroll on any weekday in person during our usual office hours or by email/mail/fax. Office hours are 9:30 am to 6:30 pm Mon-Thurs, 9:30 am to 4:00 pm Friday. We ask that you enroll for all classes and programs, if possible, 30 days in advance of the first class date. This is to insure that you will have a space in the class and that we will have enough books or handouts or any other materials available. If you register less than 7 working days before the start of a class, we cannot guarantee that we will have enough books, handouts, or any other materials by the first day of class. Space may be held in classes with a non-refundable deposit of \$45.00. All class tuition amounts include a \$45.00 non-refundable enrollment fee.

NOTE:

You should arrange payment for courses during business hours at least five business days before the first class meeting.

First time NHI students in any of our full programs pay a one time, non-refundable \$100 registration fee. Students who wish just to take one or two individual classes pay a \$10-\$40 non-refundable registration fee/class, depending on the length of the class. Students who choose to repeat a class as an audit may do so, with an 75% discount offered. No credit hours are given for an audit.

STRF (\$0.50 per \$1000.00)

The State of California Tuition Recovery Fund (STRF) is a required fee for students in the State of California. You must pay the state-imposed fee for the Student Tuition Recovery Fund (STRF) if all of the following applies to you: 1) You are a student, who is a California resident and prepays all or part of your tuition either by cash, guaranteed student loans, or personal loans, and 2) Your total charges are not paid by any third-party payer 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: 1) You are not a California resident. 2) 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.

PAYMENT OPTIONS

You may pay in full 7 days (or more) in advance of the class and receive a 5% discount. You may pay in full prior to the start date of any diploma program and receive a 5% discount (NOTE-this does not include Massage Technician or Aromatherapy). Classes must be paid in full prior to the first class; or, you may pay over time with the addition of a non-refundable administrative fee of 10% of the total class fee. Note: cost of books, optional handouts and other supplies are additional.

CANCELLATION AND REFUND

Refunds for the programs or classes are calculated from the last class meeting, on a pro-rata basis. In other words, if you have paid in full for a class series or program and withdraw after 25% of the class has been presented, you will receive a 75% rebate of your tuition less your non-refundable enrollment fee and a withdrawal fee. If you withdraw after 40% of the series has been presented, you will receive a 60% tuition rebate less your non-refundable enrollment fee and a withdrawal fee. If you withdraw from a class prior to the first day of instruction, you are entitled to a full refund of tuition less the non-refundable enrollment fee and a withdrawal fee.

The withdrawal fee schedule is as follows:

Class fees totaling \$299 & under: \$45 non-refundable fee

Class fees totaling \$300 - \$999: \$65 non-refundable fee

Class fees totaling \$1,000 & over: \$100 Refunds are only available if less than 40% of a class has been presented.

All withdrawals must be in writing.

You may drop off, fax, e-mail or certify mail your withdrawal to:

Natural Healing Institute of Naturopathy, Inc.

Director of Admissions

515 Encinitas Blvd. #201

Encinitas, CA 92024-3744

Fax: 760-943-9477

E-mail:

enroll@naturalhealinginst.com

ADMINISTRATIVE RECORD KEEPING POLICY

Student records are retained for at least ten years after a student completes or at least six years after withdrawal from a program.

ENGLISH AS A SECOND LANGUAGE

NHI does not provide English as a second language in any of its instruction.

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

(4) If you have any complaints, questions or problems which you have not been able to work out with the school, write or call:

Bureau for Private Postsecondary Vocational Education (BPPVE)

P.O. Box 980818

W. Sacramento, CA 95798-0818

(916) 431-6959

CLINICAL NUTRITIONIST CONSULTANT(CNC)™ 200 CREDIT HOUR PROGRAM

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

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

***Please note - Sections covered in Nutrition may not follow in the order presented below. Section length & topic may be modified at the discretion of the School Director. The total Program, however, will consist of 200 credit hours.**

Fees are subject to change without notice – please refer to current schedule for pricing information.

Class Code:	Class Titles:	Hours	Tuition
NT-101	Intro to Nutrition I		
NT-102	Intro to Nutrition II		
NT-201	Major Dietary Systems		
NT-301	Vitamins and Minerals		
NT-401	Nutrient-dense Superfoods		
NT-501	Antioxidants		
NT-603	Exercise and Sports Nutrition		
NT-605	Specialty Programs		
NT-701	Individualized Programs & Case Studies		
	TOTAL	200	\$2,600.00

NT 101 Introduction to Nutrition

The class will review the importance of nutrition in daily health and a health promoting lifestyle. The class will cover healthy and unhealthy proteins, carbohydrates, fats and oils; metabolism and absorption; 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.

NT 102 Introduction to Nutrition

A continuation of NT 101.

NT 201 Major Dietary Systems

The class 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. We will discuss the pros and cons of each system and how to individualize a therapeutic dietary program or a preventive dietary program.

NT 301 Vitamins and Minerals

The class 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.

NT 401 Nutrient-Dense Super Foods

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

NT 501 Antioxidants

This class will 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.

NT 603 Exercise/Sports Nutrition

You will learn how to individualize cardiovascular, aerobics, and weight lifting programs combined with high quality and effective complementary sports nutrition foods, supplements, protein drinks, nutritional bars, and other performance enhancement natural products. Find out what does and does not work, plus optimal delivery forms, dosages and more.

NT 605 Specialty Programs

This class will explore specialty programs in nutrition such as weight loss, sports nutrition, chronic fatigue syndrome, hypoglycemia, female health concerns, male health concerns, boosting immunity, diabetes, substance abuse, stopping smoking, candida, and other common concerns.

NT 701 Supervised Practicum

You will practice integrating and individualizing complete nutritional programs for prevention and treatment in a supervised student clinic situation, plus seminar and discussions.

CERTIFIED CLINICAL MASTER HERBALIST (CCMH)[™] 200 CREDIT HOUR PROGRAM

"I look upon the pleasure which we take in a garden as one of the most important delights in human life." – Cicero

Our herbal program is one of the strongest in the world, including two of the premier herb instructors in the country. Our NHI Founder Steve Schechter, N.P., H.H.P., and Alison Reid-Bretell, L.Ac., are nationally respected as highly experienced teachers and health practitioners.

This Program will train you in the use of Clinical Herbology for personal growth or for the benefit of others. Clinical Herbology can be practiced alone or in conjunction with the Holistic Health Practitioner 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. Presentations include slides of each herb and handouts.

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.

Diploma/Certificate of Completion: Certified Clinical Master Herbalist (CCMH).

Upon completion of the 200 hour training, you will be awarded a diploma/certificate of completion as a Certified Clinical Master Herbalist (CCMH).

You may also join the American Herbalist Guild (AHG), which is composed of "medical herbologists" and/or the American Herb Association.

***Please note - Sections covered in Herbology may not follow in the order presented below. Section length may be modified at the discretion of the School Director. The total Program, however, will consist of 200 credit hours.**

Class Code:	Class Titles:	Hours	Tuition
HB-101	HerbFUNDamentals I		
HB-102	HerbFUNDamentals II		
HB-103	Herbal Medicine Making		
HB-200	Herbal Formula Making & Systems Approach		
HB-205	Wild Herb Adventure Walks		
HB-209	Sports Herbs		
HB-407	Supervised Practicum & Case Studies		
HH-1000	Hormone Balancing & The Endocrine System		
	TOTAL	200	\$2,600.00

HB 101 Herbal *FUND*amentals I

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. We will discuss 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 discussed.

HB 102 Herbal *FUND*amentals II

A continuation of HB 101.

HB 103 Herbal Medicine Making

This class 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.

HB 200 Herbal Formula Making and Systems Approach

Learn the way of herbs for self-help and Clinical Master Herbology for professional practice. Herb formulas for cleansing, building, and balancing organs, glands, blood, lymph, muscles, nerves, emotions, and other energy systems. Herbal formulas for common symptoms. 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*. Uniquely comprehensive & easy to learn. ***This class integrates different traditional systems of herbal formula making – the height or apex of herbal medicine!!***

HB 205 Wild Herb Adventure Walks

This class will consist of four 4-hour field trips within San Diego County. You will use special notebooks to log in and save plant samples of native and cultivated herbs. An overview of each herb will include its growth habits, how and where to collect and process the plant and its medicinal uses.

HB 209 Sports Herbs

Learn how to individualize cardiovascular, aerobics, and weight lifting programs combined with high quality and effective complementary herbs, herbal formulas, and other performance enhancement herbal products. Find out what does and does not work, plus optimal delivery forms, dosages and more.

HB 407 Supervised Practicum

Besides supervised practice with one another, friends and clients, the class will discuss significant health concerns and appropriate herbal applications—especially original formulas—in a seminar style fashion.

HH-1000 Hormone Balancing & The Endocrine System

Understanding & 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 & 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, customized endocrine creams, other natural remedies for PMS, Menopause, Male Menopause, Prostate, Depression, Hyperactivity ADHD & more. Interesting case studies.

"He or she who plants a garden works hand in hand with God." Steve Schechter, N.P., H.H.P.

MASSAGE TECHNICIAN CERTIFICATE PROGRAM (MT 101) 100 CREDIT HOUR PROGRAM

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

This program teaches the basic skills for the Natural Healing Institute of Naturopathy, Inc. (NHI) "Healing Touch Massage"™ as developed by Steve Schechter, N.P., H.H.P. Healing Touch Massage™ is a style exclusively developed and taught by Steve Schechter to more than 4,000 licensed massage therapists practicing across the country. **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 Dr. Schechter's further stroke developments and refinements. Dr. Schechter has been practicing since 1966 and a nationally recognized, licensed instructor since 1969—*longer than any other school director in the country.*

The program includes seventy-six hours of massage demonstration and practice, with emphasis on integrating the strokes into a flowing one hour or more massage. You will learn how to use your body for proper leverage and body mechanics in order to provide a healing massage without strain while rejuvenating both you and the client. In addition, the course covers basic anatomy, physiology and kinesiology as relevant to massage. You will learn the basics for establishing a massage practice, how to apply for a massage technician's license, body-mind and body psychology principles, hygiene, ethics and much more.

Our massage technician program teaches you our widely acclaimed "Healing Touch Massage"™ techniques, maximum sensitivity, and generation of your energy through properly aligned body motion, posture and breath control.

TOTAL PROGRAM TUITION: \$595.00

Diploma/Certificate of Completion and License: Massage Technician. Upon completion of our program, a diploma/certificate of completion is awarded which meets the standards for obtaining a Massage Technician license in some cities or jurisdictions. Should your city, county, or state require more than one hundred hours of training for licensure, you're invited to take any of our other massage 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.



MASSAGE THERAPIST PROGRAM (MT 500) 500 CREDIT HOUR PROGRAM

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

This 500 hour program develops the necessary skills and experience for the Massage Therapist. This program provides in-depth study of specialized massage therapy techniques enabling you to evaluate the client's condition and apply appropriate *individualized* massage treatments.

In addition to a wide-range of important therapies, we also provide in-depth training in business practices, including: developing a practice, marketing, legalities, business promotion, client referrals, networking, advertising and other successful business practices. The program prepares the graduate for private practice or positions with spas, salons, estheticians, chiropractors, medical doctors, osteopaths, physical therapists, acupuncture clinics, H.H.P.'s, medical therapists, and healing and wellness centers. It meets the national guidelines for the spa therapy association. It meets the national guidelines for massage therapy associations. The 500 hour Massage Therapist program is the level standard. **Our program meets the training requirements of locales and states having 500 hour license standards.**

We offer a variety of Massage Therapy classes to complete your training (see electives). The Massage Technician is included plus the required courses listed below. ***Electives for the 500 hour Massage Therapist Program include any of the classes from Thai Massage, Spa Therapist, Sports Therapist, Lomi-Lomi/Hawaiian Healing Arts, or any of our Massage and Bodywork (MT) classes.*** This insures a comprehensive and eclectic training of core classes plus allows you to choose the electives you want.

This flexible program is learner centered offering many opportunities to choose a personal and eclectic direction, which further contributes to your success.

Diploma/Certificate of Completion: Massage Therapist. Upon completion of this program, the NHI will award you a diploma/certificate of completion as a Massage Therapist. Graduation from this program meets the training requirements of cities and states having 500 hour massage license standards. **If the licensing requirement in your area is less or more than 500 hours, see “PLEASE NOTE...” section on page 12 of this catalog.** Our diploma also qualifies you to apply for membership into either of three national massage therapy organizations, which is an *optional* additional credential.

Class Code:	Class Titles:	Hours	Tuition
MT-101	Massage Technician	100	
MT-224	Anatomy	40	
MT-252	Immune Boosting Lymph Massage	18	
MT-257	Reflexology	16	
MT-261	Energetic Vibrational Healing	16	
MT-416	Massage Clinic Mentorships	30	
MT-535	Ethics & Transference	9	
MT-619	Pathology and Physiology	100	
HH-555	Kinesiology	25	
HH-1066	Business Marketing	32	
HB	Any Herbology classes	24.5	
NT	Any Nutrition classes	24.5	
	APPROXIMATE TOTAL REQUIRED HOURS:	435	
	APPROXIMATE TOTAL FOR ELECTIVES:	65	
	TOTAL	500	\$5,795.00

***Note:** The tuition amount does not include books, materials and supplies. If there are any required classes that you feel strongly opposed to taking, you are welcome to speak with our NHI Director about a possible “test-out”! **Please also note:** you can receive a diploma in Thai Massage and/or Lomi-Lomi and also use those hours towards the 500 hr. MT, 500 hr. Spa Therapist, 500 hr. Sports Therapist, the 1000 hr. Holistic Health Practitioner (HHP), and the 4100 hr. Naturopathic Practitioner (NP) programs.

MT-101 Massage Technician

This program teaches the basic skills for the Natural Healing Institute of Naturopathy, Inc. (NHI) "Healing Touch Massage"™ as developed by Steve Schechter, N.P., H.H.P. Healing Touch Massage™ is a style exclusively developed and taught by Steve Schechter to more than 4,000 licensed massage therapists practicing across the country. **Our "Healing Touch Massage"™ is soothing, rejuvenating, relaxing and healing to the nerves, muscles and the circulatory system.**

MT-224 Anatomy

This course includes anatomy of the body-especially of muscles, nerves, muscle function, nerve innervation and palpation skills to locate tense or problematic muscles. Other areas of anatomy will also be covered, including, Bio-mechanical, joint movement (Kinesiology).

MT-252 Immune Boosting Lymph Massage

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..

MT-257 Reflexology

You will learn, practice, and experience traditional zone therapy, modern hand and foot reflexology, and other reflexology release points. You will give and receive treatment each class session.

MT-261 Energetic Vibrational Healing

You will learn energetic modes of massage therapy such as Therapeutic Touch, Polarity, Chakra Balancing, Reiki, Aura, and traditional Laying-On-of-Hands. You will practice and experience these modes.

MT-416 Massage Clinic Mentorships

Supervised and safe environment to work on clients in our massage clinic. Attain in-depth experience with feedback and guidance from our directors and senior bodywork faculty. Utilize massage clinic hours to cultivate and practice your bodywork skills while earning credit hours towards your massage therapist designation. Feel supported and confident to launch your bodywork career! This is open to both current students and past graduates with a minimum of 100 hours bodywork.

MT-535 Ethics and Transference

This course 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.

MT-619 Physiology & Pathology

This course will present the student with an overview of the body systems and their functions with respect to health and disease. Learn the various mechanisms by which the body promotes and maintains homeostasis, or equilibrium, the pathways of disease, as well as, the pathways of healing. We will also discuss the physiological effects of manual therapies, their indications and their contraindications. Provides a fun, deep understanding of how the human body functions! Different body systems (digestive, nervous, immune, etc.) will be presented and discussed in class. Understand the normal physiological function as well as the mechanisms of disease (pathology) that affect your clients to ensure the best possible care. Expand your knowledge of internal medicine and how it applies exclusively to your type of work. From Arthritis to Degenerative Joint Disease, from Fibromyalgia to Traumatic Injuries, learn how to recognize pathology & treat clients with confidence. An accelerated course that combines pathology and physiology for the holistic healer. This class will be a combination of classroom and home study with a significant amount of independent assignments and projects, and saving on classroom time, travel time and expense.

HH-555 Kinesiology

Anatomical Kinesiology is the study of the actions of individual muscles and groups. You will explore the different types of muscle contractions, joint movement, movement patterns and the concept of proprioception. Learn skills to evaluate and identify individual muscles via presentations and hands-on practice. Upon completion, you will be able to demonstrate proficiency in identifying each muscle and its movement, as well as its contribution to structural balance and proprioception. *Also includes muscle testing and "Touch for Health" forms of reflex health analysis and therapy!*

HH-1066 Business Marketing

Learn how to generate many new successful ideas. Specific exercises and techniques—easy to learn and use—will be taught, including brainstorming, successful follow through and development. PRODUCTIVE, experiential and FUN. More new ideas lead to BETTER ideas. Acquiring, cultivating and retaining your client base are essential components to having a successful, professional practice. This interactive class will challenge you to step outside your comfort zone and learn both proven traditional and contemporary strategies for marketing, promoting and managing your business. Includes techniques to help you develop your own website! Create a practice that sets you apart from your competition resulting in long-term success and growth!

HOLISTIC HEALTH PRACTITIONER CERTIFICATE PROGRAM (HHP) 1000 CREDIT HOUR PROGRAM

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. Training includes your self-directed selections from clinical nutrition; clinical herbology; exercise, relaxation, massage therapies and therapeutic bodywork; and aromatherapy. It also includes a wide and comprehensive list of optional and elective classes to choose from (see below under Electives) plus classes in focused activity with intention—*such as* emotional, psychological, soul and spirit or spiritual counseling, prayer meditation, and visualization to empower body-mind healing. Emphasis is on therapy and prevention as well as generating optimal health, vitality, and wellness. This course trains you in complementary medicine, alternative medicine, traditional medicine, and other natural healing approaches for self-help or self-healing with personal growth and to develop a successful professional career and practice. *Deep, long term healing occurs when concerns are integratively and holistically addressed—physically, emotionally, intellectually, and spiritually.* Please note, NHI is non-dogmatic and does not promote any one religious or spiritual path, and respects individual choice.

Diploma/Certificate of Completion and License: Holistic Health Practitioner (HHP). Upon completion of this program, a diploma/certificate of completion is awarded which fulfills the requirement by the City of Encinitas for licensing as a Holistic Health Practitioner. There are many other municipalities and counties in California (such as San Diego) which have a Holistic Health Practitioner License that requires 1,000 hours of training.

In order to guarantee that you have a well-rounded and eclectic HHP training, you are required to complete the following classes:

Class Code:	Class Titles:	Hours	Tuition
NT	Any Nutrition classes	24.5	
HB	Any Herbology classes	24.5	
MT-224	Anatomy	40	
MT-252	Immune Boosting Lymph Massage	18	
MT-257	Reflexology	16	
MT-261	Energetic Vibrational Healing	16	
MT-416	Massage Clinic Mentorships	30	
MT-535	Ethics & Transference	9	
MT-619	Pathology and Physiology	100	
HH-550	Lab Assessments	28	
HH-555	Kinesiology	25	
HH-1000	Hormone Balancing & Endocrine System	24.5	
HH-1066	Business Marketing	32	
HH-1100	Prevalent Health Concerns Special Topics	65	
	Massage Therapy Courses – your choice*	100	
	APPROXIMATE TOTAL REQUIRED HOURS:	552.5	
	APPROXIMATE TOTAL FOR ELECTIVES:	447.5	
	TOTAL	1000	\$13,000.00

* You can take our core Massage Technician MT 101=\$575.00 to satisfy this requirement, or any other massage therapy or body work classes.

Note: If there are any required classes that you feel strongly opposed to taking, you are welcome to speak with us about a possible “test-out”.

IMPORTANT NOTE: Any and all classes you take at NHI count towards your HHP. You can take electives from any classes or Programs.

Our 1,000 hour Holistic Health Practitioner (HHP) program can include the following diplomas : *Certified Nutritionist Consultant, Certified Clinical Master Herbalist, Massage Therapist, Massage Technician, Spa & Massage Therapist, Exercise & Sports Therapist, Aromatherapist, Thai Massage, and Lomi-Lomi/Hawaiian Healing Arts.*

You will receive comprehensive, truly holistic health practitioner training! Also, all of the classes you take at NHI count both towards the Holistic Health Practitioner (HHP) and the Naturopathic Practitioner (NP) Program

See Page 15-16 for additional Required Classes Descriptions

HH-550 Lab Assessments

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. Create nutritional, dietary, and herbal recommendations based on your knowledge of lab assessments to bring about optimal health. Labs you can work with.

HH-1000 Hormone Balancing & Endocrine System

Understanding & 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 & 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, customized endocrine creams, other natural remedies for PMS, Menopause, Male Menopause, Prostate, Depression, Hyperactivity ADHD & more. Interesting case studies.

HH-1100 Prevalent Health Concerns Special Topics

Special topics include Immune Dysfunction, Cancer Treatment & Prevention, Cardiovascular Disorders, Diabetes and more.

SPA & MASSAGE THERAPIST CERTIFICATE PROGRAM (MT) 500 CREDIT HOUR PROGRAM

This 500 hour program develops the necessary skills and experience for the Spa Therapist. **It includes the 100 hour Massage Technician (MT 101) Program, which does not have to be taken first.** This program provides in-depth study of exclusive and specialized techniques enabling you to evaluate the client's condition and apply appropriate *individualized exclusive* spa treatments in your private practice or at a spa, salon, or any of the many kinds of health care facilities and offices. The spa techniques and massage/bodywork classes emphasize “hands on” practical applications rather than theoretical. You will experience giving and receiving all the techniques—thus benefiting you professionally and for your own holistic health, well-being and enhancement.

In addition to a wide-range of important therapies, we also provide in-depth training in business practices, including: developing a practice, marketing, legalities, business promotion, client referrals, networking, advertising and other successful business practices. The program prepares the graduate for private practice or positions with spas, salons, estheticians, chiropractors, medical doctors, osteopaths, physical therapists, acupuncture clinics, H.H.P.'s, medical therapists, and healing and wellness centers. It meets the national guidelines for the spa therapy association. The 500 hour Massage Therapist program is the level standard. ***Our program meets the training requirements of locales and states having 500 hour massage or spa license standards.***

We offer a variety of Massage Therapy classes to complete your training (see electives). The Massage Technician is included plus the required courses listed below. ***Electives for the 500 hour Spa Therapist Program include any of the classes from Aromatherapy, Sports Therapist & Performance Enhancement, Thai Massage, Lomi-Lomi/Hawaiian Healing Arts, or any of our Massage and Bodywork (MT) classes.*** This insures a comprehensive and eclectic training of core classes plus allows you to choose the electives you want. This flexible program is learner centered offering many opportunities to choose a personal and eclectic direction, which is preferred by spas for employment.

Class Code:	Class Titles:	Hours	Tuition
MT-101	Massage Technician	100	
MT-252	Immune Boosting Lymph Massage	18	
MT-257	Reflexology	16	
MT-350	Hot Rock, Healing & Sacred Stone Massage	18	
MT-391	Spa Techniques: Body Exfoliations	9	
MT-392	Spa Techniques: Body Wraps	9	
MT-393	Spa Techniques: Dry Skin Brushing/Cellulite & Slimming	9	
MT-401	Spa Techniques: Paraffin Wax Heat Therapy	9	
MT-402	Spa Techniques: Ayurvedic Massage	16	
MT-389	Spa Techniques: Culture & Treatments	9	
MT-416	Massage Clinic Mentorships	30	
MT-619	Pathology and Physiology	100	
MT-224	Anatomy	40	
MT-535	Ethics & Transference	9	
HH-555	Kinesiology	25	
	APPROXIMATE TOTAL REQUIRED HOURS:	417	
	APPROXIMATE TOTAL FOR ELECTIVES:	83	
	TOTAL	500	\$5,795.00

Note: If there are any required classes that you feel strongly opposed to taking, you are welcome to speak with our NHI Director about a possible “test-out”!

See Page 15-16 for additional Required Classes Descriptions

MT-350 Hot Rock, Healing & Sacred Stone Massage

Learn how to use and place basalt stones in combination with other massage techniques for a complete relaxation experience. Treat muscle stress and strains, restore balance to the body, increase the flow of blood and lymph, plus more. Create a warm, nurturing experience for emotional/ mental stress and deep physical relaxation. Demonstrations will be given in Cold Stone/Moonstone Techniques, Chakra balancing, meridian tracing, Acupoint therapy and lymph drainage with stones and protocols of some specific common health concerns, plus other advanced techniques.

MT-391 Spa Techniques: Body Exfoliations

A variety of detoxifying and healing body scrub and exfoliation treatments from all over the world that can be performed in both a spa environment, or a less formal setting. Class will combine lecture, handouts, demonstration, product knowledge and hands-on experience. Give and receive treatments in order to experience different styles and to gain confidence in performing them.

MT-392 Spa Techniques: Body Wraps

Detoxifying and healing body envelopment treatments from around the world. Learn techniques that can be performed in both a spa environment and a less formal setting. Class includes lecture, handouts, demonstration, product knowledge and hands-on experience. Give and receive treatments in order to experience the different styles and gain confidence in performing them.

MT-393 Spa Techniques: Dry Skin Brushing/Cellulite & Slimming

Discover and experience the ancient healing practice of skin brushing—a particularly powerful therapy which can positively impact the entire body. Learn a variety of techniques to be used on their own, as a part of other spa therapies and massage modalities or on yourself as a daily health practice. Your skin is your largest eliminative organ and is called your third kidney. Various dry skin brushing techniques are often considered the number one health secret from Europe. Class will combine lecture, handouts, video, demonstration and hands-on experience.

EXERCISE & SPORTS THERAPIST (MT) 500 CREDIT HOUR PROGRAM

This 500 hour program develops the necessary skills and experience for the Sports Therapist. **It includes the 100 hour Massage Technician (MT 101) Program, which *does not* have to be taken first.** This program provides in-depth study of effective and specialized massage techniques, plus nutrition and herbal medicine, to enable you to evaluate the client's condition and apply appropriate *individualized* therapy treatments. ***These therapies are equally appropriate for any performance enhancement and the prevention and treatment of any activity induced ailment or injury—for example from housecleaning, carpentry or other activities.***

In addition to a wide-range of important therapies, we also provide in-depth training in business practices, including: developing a practice, marketing, legalities, business promotion, client referrals, networking, advertising and other successful business practices. The program prepares the graduate for private practice or positions with sports and athletic teams, gyms and fitness centers, professional and serious athletes working to maximize their training and performance, prevention and injury concerned athletes, holistic health and wellness centers, chiropractors, medical doctors, osteopaths, physical therapists, H.H.P.'s., acupuncture clinics, medical therapists and healing centers. It meets the national guidelines for massage therapy associations. The 500 hour Massage Therapist program is the level standard. Our program meets the training requirements of locales and states having 500 hour standards.

We offer a variety of Massage Therapy classes to complete your training (see electives). The Massage Technician is included plus the required courses listed below. ***Electives for the 500 hour Massage Therapist Program include any of the classes from Spa & Massage Therapist, Thai Massage, Lomi-Lomi/ Hawaiian Healing Arts, or any of our Massage and Bodywork (MT) classes.*** This insures a comprehensive and eclectic training of core classes plus allows you to choose the electives you want. This flexible program is learner centered offering many opportunities to choose a personal and eclectic direction, which further contributes to your success.

Diploma/Certificate of Completion: Sports Therapist & Performance Enhancement. Upon completion of this program, the NHI will award you a diploma/certificate of completion as a Sports Therapist. Graduation from this program meets the training requirements of cities and states having 500 hour massage license standards. Our diploma also qualifies you to apply for membership into either of two national massage therapy organizations, which is an optional additional credential.

Note: *If there are any required classes that you feel strongly opposed to taking, you are welcome to speak with our NHI Director about a possible "test-out"!*

Class Code:	Class Titles:	Hours	Tuition
MT-101	Massage Technician	100	
MT-224	Anatomy	40	
MT-233	Sports Massage I	20	
MT-234	Sports Massage II	20	
MT-230	Eastern / Oriental Sports Massage	32	
MT-416	Massage Clinic Mentorships	30	
MT-535	Ethics & Transference	9	
MT-619	Pathology and Physiology	100	
NT-301	Antioxidants	17.5	
NT-603	Sports Nutrition	8	
HB-209	Sports Herbs	8	
HH-555	Kinesiology	25	
HH-1066	Business Marketing	32	
	APPROXIMATE TOTAL REQUIRED HOURS:	441.5	
	APPROXIMATE TOTAL FOR ELECTIVES:	58.5	
	TOTAL	500	\$5,795.00

See Page 15-16 for additional Required Classes Descriptions

MT 233 Sports/Athletic Massage I

Learn specific sports massage techniques including narrow cross-fiber friction, broad cross-fiber friction, jostling, muscle stripping, trigger release points & more. These techniques will be integrated into a Sports Massage style & 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 housecleaning, carpentry or other activities.***

MT 234 Sports/Athletic Massage II

MT 233 is a pre-requisite.

MT-230 Eastern/Oriental Sports Massage

A unique body therapy that incorporates Thai-Yoga and acupressure, as proven with Olympic athletes and “weekend warriors”. A must for athletes and dancers or any client with a desire to achieve maximum performance. Proven to enhance range-of-motion, flexibility, and endurance. This will improve the practitioner’s strength, agility, neuro-muscular memory and greatly enhances the ability to perform multiple oriental sports massages and other massages.

NT-301 Antioxidants

This class will 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.

NT 603 Exercise/Sports Nutrition

Learn how to individualize cardiovascular, aerobics, & weight lifting programs combined sports nutrition foods, supplements, protein drinks, nutritional bars, & other performance enhancement natural products. What does & does not work, optimal delivery forms, dosages and more.

HB 209 Sports Herbs

Learn how to individualize cardiovascular, aerobics, and weight lifting programs combined with high quality and effective complementary herbs, herbal formulas, and other performance enhancement herbal products. Find out

CERTIFIED AROMATHERAPIST (CA) – 50 CREDIT HOUR PROGRAM

CERTIFIED CLINICAL MASTER AROMATHERAPIST (CCMA)™ - 100 CREDIT HOUR PROGRAM

Aromatherapy is the art and science of healing with essential oils. The plant's vital essences offer different fields of application suitable for your 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 and aromatherapy oils other natural therapies. This 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:

Essential 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
Ritual & esoteric uses of essential oils
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
Making lotions, bath salts, massage oils & more
Aromatherapy & energetic/vibrational healing
Aromatherapy and plant spirit medicine

Required Classes:

		Hours
HH-302	Aromatherapy I	50
HH-	Aromatherapy II	50
	TOTAL	100

Linda Anne Kahn H.H.P., our NHI instructor, is listed by NAHA (National Association of Holistic Aromatherapists) as one of the three top instructors in the world. Linda Anne has been the keynote speaker at the NAHA Annual Conference. She has been awarded Spa Person of the Year outpolling thousands of other day spas.

Diploma/Certificate of Completion: Aromatherapist and/or Certified Clinical Master Aromatherapist. Upon completion of the 50 hour Aromatherapy training, you will be awarded a diploma/certificate of completion acknowledging you as a *Certified Aromatherapist*. Upon completion of the 100 hour Aromatherapy training you will be awarded a diploma/certificate of completion acknowledging you as a Certified Clinical Master Aromatherapist. You are eligible to join the National Association of Holistic Aromatherapists, which is an optional additional credential.

Currently there is no licensing for Aromatherapists. You can use the classes as electives for part of the Spa & Massage Therapist or Holistic Health Practitioner (HHP) Programs which do qualify you for a license.

YOGA INSTRUCTOR, SOMATICS & MOVEMENT THERAPIST (YISMT)[™] (RYT)[®] 200 CREDIT HOURS

State & National Certificates Program ~ Special Focus on YOGA THERAPY

A comprehensive yoga teacher training program that focuses on yoga therapy for specific therapeutic needs. NHI's comprehensive Yoga Teacher Program will deepen your practice and, if desired, prepare you to function as a professional yoga instructor. Qualify for both State and National Certifications upon completion of the 200 hour program. The training is arranged into 4 modules that can be taken individually or as separate modules over a 6 month period. To receive the Certificate all 4 modules have to be completed for the full 200 hour program.

Ayurveda Therapy: Foundation Theory

In this class students learn foundation philosophy of Ayurveda, constitution or body- mind types (doshas) and basic theory of nutrition for each. The art of meditation and will be offered as a way to develop self-knowledge, which is the basis for healing and well being.

Prerequisite: None. Duration: 24 Credit Hours - \$312.00

Instructor: Prana Gogia, BS, MBA, HHP

Soma-Kinetics[™]

Explore Somatic Restorative Movements to improve: Postural alignment, range of motion & flexibility. Improve your bio-mechanics and fluidity of motion. Includes DaVinci Movements. Great for both the practitioner and the client!!! "Movement Creates Awareness".

Learn how to create an individualized "movement therapy program" for your clients or specific groups-seniors, athletes, handicapped, etc.

32 Credits - \$416.00 + Handouts fee

Instructor: Erhard Rohrmüller, RYT, HHP

Yoga Teacher: Hold the 'seat' of the teacher

Experience + embody the eight limbs of yoga described by Patanjali: niyamas/observances, yamas/restraints, asana/postures, pranayama/breath control, pratyahara/sense withdrawal, dharana/concentration, dhyana/meditation, samadhi/state of unity. **Learn how to teach pranayama & yoga postures, intelligent sequencing, yoga anatomy and yoga marketing.**

120 Credit Hours - \$1560.00 + Handouts and Books

Instructors - Audrey Sarquilla, E-RYT, HHP, NHI Co-Director; Cindy Sitara Lee, E-RYT, RYT 500, HHP, NHI Co-Director

Yoga Therapy: Yoga for targeted areas of the body and special populations

24 Credit Hours - \$416 + Handouts fee

Instructors -Audrey Sarquilla, E-RYT, HHP, NHI Co-Director; Cindy Sitara Lee, E-RYT, RYT 500, HHP, NHI Co-Director, and special guest instructor

200 credit hours - \$2,600 + books. Payment plans are available over a 6 month period.

Attendance: Flexible Make-up policy.

Diploma/Certificate of Completion: Yoga Instructor, Somatics and Movement Therapist[™]. Upon completion of the Program, you will be awarded a diploma/certificate of completion as a Yoga Instructor, Somatics and Movement Therapist (YISMT)[™]. You will also qualify to join the National Yoga Alliance as a Registered Yoga Teacher (RYT)[®], which is an optional additional credential.



CERTIFIED AYURVEDIC WELLNESS CONSULTANT (CAWC) CERTIFICATE PROGRAM 108 CREDIT HOURS

Ayurveda Therapy: Foundation Theory

In this class students learn foundation philosophy of Ayurveda, constitution or body- mind types (doshas) and basic theory of nutrition for each. The art of meditation and will be offered as a way to develop self-knowledge, which is the basis for healing and well being.

Prerequisite: None. Duration: 24 Credit Hours - \$288.00

Ayurveda Therapy: Nutrition And Basic Herbology

In this class students learn the various aspects of Ayurvedic nutrition, diet, dhatus, and daily routine. The theory of Ayurvedic herbs and their applications will also be presented. Students will learn to create diet plan and daily routine for all dosha types. The art of meditation and will be offered as a way to live in harmony with nature.

Prerequisite: Ayurveda Therapy: Foundation Theory ; Duration 36 Credit Hours – \$432.00

Ayurveda Therapy: Abhyanga

In this class students learn the various technique of ideal Ayurvedic massage. Students will learn and perform Ayurvedic therapeutic Head Massage and Body Massage to heal and rejuvenate. The art of meditation and will be offered as a way to develop deeper aspect of doing the manual therapy work.

Prerequisite: 200 Hr Massage + Ayurveda : Foundation Theory ; Duration 24 Credit Hours - \$288.00

Ayurveda Therapy: Charka and Marma

In this class will learn subtle anatomy (nadi, chakra, marma and pranas) and the basics of marma massage. Students will learn the application of vishesh massage using marma to heal and rejuvenate. The art of meditation and will be offered as a way to develop deeper aspect of doing the manual therapy work.

Prerequisite: Ayurveda Therapy: Abhyanga; Duration 24 Credit Hours. - \$288.00

You may enroll in the program anytime or attend individual modules / classes for personal growth – call the office for more information

CAWC-400 108 Credit Hours, \$1296.00 + books. Payment Plans are available.

INSTRUCTOR: Prana Gogia , BS, MBA, HHP



THAI THERAPY MASSAGE CERTIFICATE PROGRAM 80 CREDIT HOURS

Traditional Thai Massage is an extraordinary 2500 year old healing arts system based in Ayurvedic medicine, Buddhist spiritual practice, and Yoga. Thai massage blends gentle rocking, rhythmic acupressure and deep assisted stretches to open, exercise and tone all systems of the body. The work is deeply therapeutic, fluid and meditative. Thai Massage relaxes, refreshes, and revitalizes both giver and receiver. Its ancient origins are linked to Yoga, Ayurvedic and Chinese Medicine, as well as the local indigenous healing practices of ancient Siam.

Thai massage is a combination of gentle rocking, range of motion, acupressure, reflexology, energy work, specialized yoga and stretching. Joints are loosened and opened through manipulation and peripheral stimulation, muscles are stretched, internal organs are toned, vitality is increased and a deep state of relaxation can be achieved. *The work is very rhythmical and meditative, enabling both the client and practitioner to voyage together into deeper realms of consciousness.*

The massage work is done on a floor mat with receiver wearing loose, comfortable clothing. This gives the practitioner leverage and the ability to use their body very effectively, which is not possible on a massage table.

Thai is based on a system of energy lines called “Sen”, which follows energy as it flows through the form of the body. There are said to be 72,000 “Sen” which cover the entire body. The “Sen” are closely associated with the Nadis of Ayurvedic medicine and the Meridians of Chinese Acupuncture, all of which can produce internal effects from stimulation of external points on the body.

Because of the deep sense of fluidity, vitality, and healing imparted to both the practitioner and client, Thai Massage is becoming increasingly popular. It is often incorporated with other forms of bodywork at premier health resorts, exclusive spas, health professionals’ offices, and by successful massage therapists.

Diploma/Certificate of Completion: Thai Massage. Upon completion of the 80 hour Thai Massage training, you will be awarded a diploma/certificate of completion in ***Thai Massage***. Any or all of the Thai classes can also be used as electives in any of the 500 hr. license programs—Massage Therapist, Spa & Massage Therapist, Sports Therapist & Performance Enhancement, in the 1000 hr. HHP for license and in the 4100 hr. NP programs.

INSTRUCTOR: Erhard Rohrmuller, HHP, CYT, CMT, certified Level 5 by ITM Chiang Mai, Thailand, Therapist for elite and world class athletes.

NHI had the 1st State-Approved THAI MASSAGE Program in the U.S.



LOMI-LOMI HAWAIIAN HEALING ARTS CERTIFICATE PROGRAM 68 CREDIT HOURS

Lomi-Lomi originally known as **lomi ka'ala hoku**, “massage journey to the stars”, is an ancient Hawaiian Massage system. It has been passed down from master to student, from one generation to the next. Native Hawaiians believed that all nature is replete with the same energy or spirit which they called **aloha 'aina**. This system of massage was kept secret from the West until the 1970's.

The massage can be physical therapy or a vehicle for the release of emotions, traumas, tension, stress and blocked energy. It is used to revive the body, to move blood and lymph, release muscle spasms, and facilitate waste product removal from muscle and connective tissue. The concepts of unconditional love, grace, beauty and spirituality are inherent in Lomi.

Strokes of an elongating nature are used to expand the body. The most distinctive movement of Lomi is a kneading motion done toward the heart, using either thumb, palms or forearms. However, a full range of massage strokes—effleurage, petrissage, friction, vibration, percussion and kneading— are also used. Special attention is paid to the **na 'au**, the lower abdomen, which ancient Hawaiian philosophy considers the center of all emotion and power.

The practitioner will predominantly use the soft part of the forearm coupled with a dancing motion to create the long, gliding strokes intrinsic to Lomi. Finger tips, hands, knuckles and elbow may also be used.

Diploma/Certificate of Completion: Lomi-Lomi Practitioner. Upon completion of the 68 hour Lomi-Lomi massage training, you will be awarded a diploma/certificate of completion acknowledging you as a **Lomi-Lomi Practitioner**. Any or all of the Lomi classes can also be used as electives in any of the 500 hr. license programs—Massage Therapist, Spa & Massage Therapist, Sports Therapist & Performance Enhancement, in the 1000 hr. HHP for license and in the 4100 hr. NP programs.

NHI had the 2nd State-Approved LOMI-LOMI Program in the U.S.



NATUROPATHIC PRACTITIONER CERTIFICATE PROGRAM (N.P. & H.H.P.) 4,100 CREDIT HOUR PROGRAM

This Program is designed to train you in the use of Naturopathy for self-help, personal growth and for the benefit of others ***through a successful and increasingly popular career.*** *These classes qualify you to become a Naturopathic Practitioner (N.P.).*

Naturopathy 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, acupuncture, counseling and other healing arts use clinical Naturopathy in their existing practices.

Naturopaths use natural therapies (*natur*) to treat pathology or diseases and dysfunctions (*pathy* = pathology abbreviated). Naturopathy helps the body, emotions and spirit to heal itself by re-establishing balance where there is imbalance.

Naturopathic origins are usually attributed to Hippocrates who, 2000 years ago, taught that the key to good health was to live as naturally and as moderately as possible. He approached healing with “let-the-body-heal-itself” principles.

Others believe that its origin is as old as the human race: that it came into being with the first human who covered an injured leg with a leaf that soothed it; or chewed a root to dull pain; or eased an aching foot in water; or observed and then practiced the innate wisdom of injured animals; or spontaneously prayed, meditated, or practiced positive visualization.

Whether it is nutrition, herbs, massage, hydrotherapy, counseling, aromatherapy, energetic healing, prayer or meditation, or any other natural healing modality, naturopathy’s essential work is to establish the cause of a breakdown and then alleviate rather than suppress the symptoms while at the same time empowering the client to be in charge of his or her health. This becomes true self-determination, holistically.

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* naturopathic and holistic health therapy techniques appropriate for the client’s unique needs.

Training includes your self-directed selections from clinical master nutrition, clinical master herbology, relaxation and rejuvenation, clinical master aromatherapy, water sound color & light therapies, health analysis and assessments, health sciences, and other traditional and cutting edge natural therapies. Also, includes a wide and comprehensive list of optional and elective classes to choose from (see below under Electives – including massage therapies and therapeutic bodywork,) plus classes in focused activity with intention—*such as* emotional, psychological, soul and spirit or spiritual counseling, prayer, meditation, and visualization to empower body-mind healing. Emphasis is both for therapy and prevention as well as generating optimal health, vitality, and wellness. This course trains you in complementary medicine, alternative medicine, traditional naturopathy, modern progressive naturopathic medicine, and other natural healing approaches both for self-help or self-healing with personal growth and to develop a successful, professional career and practice. *Deep, long term therapy and healing occurs when concerns are integrated and holistically addressed—physically, emotionally, intellectually, and spiritually.*

Please note: NHI is non-dogmatic; the college does not promote any single nutritional, religious, spiritual, or health path, and respects individual choice.

Your Naturopathic Practitioner Certification Program (N.P.) includes your 1,000 hour Holistic Health Practitioner (H.H.P.) Diploma and License!

IMPORTANT NOTE: Any and all classes you take at NHI count towards your Holistic Health Practitioner Program (H.H.P.) and Naturopathic Practitioner Program (N.P.) License and Certification Courses. You can take electives from any classes or Programs.

You will receive comprehensive, truly holistic naturopathic health training!

Required Class Hours: 4,100 total Credit Hours, with 1200 – 1600 of those hours taking the form of practicums and client case studies, which can also be a source of income, thus enabling you to ***“Earn As You Learn.”***

Diploma/Certificate of Completion and License: Holistic Health Practitioner (H.H.P. & N.P.). After completing 1,000 hours of Naturopathy training, including the required classes for the Holistic Health Practitioner (HHP) Program, **you will qualify to be a licensed Holistic Health Practitioner (HHP).** Once you are a licensed HHP, you can also start your required practicum* hours in the Naturopathy Program while earning a living as a licensed HHP. (The practicum* is described below the total cost). Upon completion of the Holistic Health Practitioner (HHP) Program within the Naturopathic Practitioner Program (NP), a diploma/certificate of completion is awarded which fulfills the requirement by the City of Encinitas for licensing as a Holistic Health Practitioner. There are many other municipalities and counties in California (such as San Diego) that have a Holistic Health Practitioner License that requires 1,000 hours of training. The City of Encinitas does not require an examination or license fee in connection with Holistic Health Practitioner (HHP) licensing.

Diploma/Certificate of Completion: Naturopathic Practitioner. Upon completion of the Naturopathic Practitioner Program (NP), you will be awarded a diploma/certificate of completion as a Certified Naturopathic Practitioner (N.P.).

Senate Bill SB577 was signed into law January 2003 liberalizes the scope of “complementary and alternative medicine!”

Graduation from any of our programs does not qualify you as a licensed medical doctor. You cannot diagnose, prescribe, treat symptoms, defect, injury, or disease pursuant to California Business and Professional Code 2052. You can do health counseling or therapies as a health practitioner or therapist. Graduation from this program does not qualify someone to become a licensed Naturopathic Physician or Doctor. Our use of the word “clinical” refers to working in a clinical environment and does not imply being a licensed doctor or practicing medicine. Please call us should you have questions.

Note: If there are any required classes that you feel strongly opposed to taking, you are welcome to speak with our NHI Admissions Director or the NHI Director about a possible “test-out”.

IMPORTANT NOTE: Any and all classes you take at NHI count towards your Holistic Health Practitioner (H.H.P.) and the Naturopathic Practitioner (N.P.) Programs.

Our 1,000 hour Holistic Health Practitioner (HHP) program can include the following diplomas and certificates: Certified Clinical Master Nutritionist, Certified Clinical Master Herbalist, Massage Therapist, Massage Technician, Spa & Massage Therapist, Sports Therapist & Performance Enhancement, Certified Aromatherapist, Thai Massage, Lomi-Lomi Hawaiian Healing Arts, and Certified Yoga Instructor Somatics & Movement Therapist (YISMT)™ & Yoga Alliance Registered Yoga Teacher (RYT)®.

Additionally, your Naturopathic Practitioner (N.P.) Certification includes your Holistic Health Practitioner (H.H.P.) Diploma plus Certifications from the other NHI Programs that you complete.

Holistic Health Practitioner (HHP) and Massage Therapist ELECTIVES - *NHI also offers the following programs for diploma/certificate of completion. Electives for the 500 hour Massage Therapist Program include any of the classes from Spa & Massage Therapist, Sports Therapist & Performance Enhancement, Thai Massage, Lomi-Lomi Hawaiian Healing Arts or any of our Massage and Bodywork (MT) classes.*

Electives for the 1,000 hour Holistic Health Practitioner (H.H.P.) Program include any of the individual classes or full programs from Certified Nutritionist Consultant, Certified Clinical Master Herbalist, Massage Therapist, Massage Technician, Spa & Massage Therapist, Sports Therapist & Performance Enhancement, Certified Aromatherapist, Thai Massage, Lomi-Lomi Hawaiian Healing Arts, Yoga Instructor Somatics & Movement Therapist (YISMT & RYT)™, Chinese and Traditional Oriental Medicine and Healing Arts, Ayurvedic Medicine, Energetic & Vibrational Medicine, Herbal Medicine Making, Sound Therapy, Color Therapy, Light Therapy, Business and Marketing, Hormones and Endocrinology, Counseling Skills, Water and Hydrotherapy, Ethics, Anatomy, Physiology, Pathology, and much, much more.

Your Naturopathic Practitioner Certification Program (N.P.) includes your 1,000 hour Holistic Health Practitioner (H.H.P.) Diploma and License!

Any and all classes you take at NHI count towards your Holistic Health Practitioner Program (H.H.P.) and Naturopathic Practitioner Program (N.P.) License and Certification Courses.

Required Class Hours: 4,100 total Credit Hours with 1200 – 1600 of those hours being practica and client case studies.

In order to guarantee that you have a well-rounded and eclectic Naturopathy training, you are required to complete the following classes:

CLASS TITLES:	HOURS	TUITION
Clinical Nutritionist Program	200	
Advanced Nutrition	50	
Clinical Master Herbalist Program	200	
Advanced Herbology	50	
Anatomy	40	
Physiology	60	
Pathology	40	
Business Practices, Marketing & Business Development	32	
Clinical Health Analysis & Lab Tests	60	
Ethics & Hygiene	9	
Referrals & Record-Keeping	30	
Longevity & Vitality	100	
Aromatherapist Program	50	
Master Aromatherapist Program	50	
Medical Research	16	
Kinesiology	25	
Home Remedies	48	
Nutritional Balancing & Hair Mineral Analysis	50	
Hormones & Endocrine Balancing	24.5	
Body Language & Body Psychology	16	
Communication & Counseling Skills	100	
Hydrotherapy	100	
Reflexology	16	
Vibrational Energetic Healing	16	
Prevalent Health Concerns Special Topics Lecture Series	65	
Steve Schechter's Special Topics Lecture Series	200	
Total Required In-classroom Academic Training Hours	1647.5	
Electives In-classroom Academic Training	808-1,208	
TOTAL IN-CLASSROOM HOURS	2,500 - 2,900	

Please note - *the Naturopathy Program includes all NHI classes and Programs taken toward the 1,000 hour HHP Program for License.*

*The Naturopathy practicum is conducted similar to earning practicum hours while in training for a social worker or marriage family therapist. While in training to be a Naturopath, and after you have had at least 1000 hrs. or more of training and have become a licensed Holistic Health Practitioner (HHP), you qualify to work for yourself or another licensed therapist for pay—such as for a Medical Doctor, M.D., Chiropractor, D.C., Physical Therapist, P.T., Acupuncturist, L.Ac., etc.—and receive credit hours for your work. You will fill out NHI evaluation forms to assist us in monitoring your progress and in guiding/helping you fulfill your educational goals. If you are working with another therapist during any part of your practicum, we also have NHI evaluation forms for the therapist to fill out to even further assist you with informative and constructive feedback. Meanwhile, either way, you will be able to ***“Earn As You Learn”***.

For those students taking the N.P. Program Residentially (not Distance Learning): the externs will meet all together in seminar fashion at NHI (as part of the 1,200-1,600 hour practicum) under the supervision of either Steve Schechter, N.P. and NHI Director; Alison Reid-Bretell, L.Ac. & Certified Medical Examiner; or David Wolfson, N.P. This seminar subsection of the practicum counts as part of the 1,200-1,600 hour naturopathic practitioner practicum.

During the seminar aspect of the practicum, each extern will have to present at least one client history describing specifically the forms of therapy that were used (such as in professional massage) or educationally discussed (as in nutrition and herbology). Each extern is also expected to attend in the company of a client they have either worked with or plan to work with and, again, present the client history and discuss an educational program regarding natural therapies.

ADDITIONAL MASSAGE THERAPY, H.H.P. & N.P. ELECTIVES *

*The Massage and Bodywork (MT) classes listed below may be used for elective credits in the Massage Therapist Program (MT). Classes in the Spa & Massage Therapist, Sports Therapist & Performance Enhancement, Thai Massage and Lomi-Lomi/Hawaiian Healing Arts Programs can be used as electives for the Massage Therapist Program. Any and all classes you take at NHI count towards your Holistic Health Practitioner (HHP) and Naturopathic Practitioner (NP) Programs!

MT 207 Acupoint Location I

You will explore the geography, location and indications of the major acupressure points of the body through lecture and hands-on practice.

MT 208 Acupoint Location II

A continuation of Acupoint I which is a pre-requisite for this class.

MT 430 Animal Massage I

You will learn how to massage your cat or dog. There will be hands-on massage with a dog and cat in this class. Relevant canine and feline anatomy and physiology will be discussed. Learn how to work with an animal and their owners.

MT 431 Animal Massage II

This class emphasizes hands-on experience. Unique methods of massage will be taught. Prerequisite: Animal Massage I.

MT 290 Chi-Nei-Tsang/Chinese Internal Organ Massage

Learn to balance the vibrations in your internal organs as well as harmonize emotions and thoughts. The internal organs embody all the vibrations, unifying them as a whole. This technique can transform stress, pain and toxins into vital energy, as you learn to combine internal organ massage with pressure points around the abdomen and special sound vibrations of the healing Tao.

MT 253 Chair Massage

You will learn techniques to use on a portable massage chair at a business site, health fair or anywhere someone prefers to be seated, and fully clothed, to quickly awaken, refresh, and rejuvenate employees. You will learn how to contact "personnel directors" and market this service.

MT 225 Cranial Sacral I

In this class, you will learn to employ gentle touch to adjust the cranial bones and balance the flow of the cerebral-spinal fluid. Spinal balancing techniques are also covered. Preparatory Chi Kung (Qi- Gong) to enhance practitioner sensitivity will also be explored.

MT 226 Cranial Sacral II

A continuation of Cranial Sacral I which is a pre-requisite for this class.

MT 262 Body Reading

You will learn massage techniques related to reading the body's energy fields to assist you and your clients in clearing energy blocks, and methods that you can learn to receive information about specific energy centers (chakras). Includes learning to sense or "see" the aura, and visually assessing energy blocks.

ADDITIONAL MASSAGE THERAPY, H.H.P. & N.P. ELECTIVES *

MT 261 Energetic Healing/Energy Massage Therapy I

You will learn energetic modes of massage therapy such as Therapeutic Touch, Polarity, Chakra Balancing, Reiki, Aura, and traditional Laying-On-of-Hands. You will practice and experience these modes.

MT 263 Energetic Healing/Energy Massage Therapy II

Intermediate Techniques of Energetic Healing

MT 264 Energetic Healing/Energy Massage Therapy III

Advanced Techniques of Energetic Healing

MT 306 Deep Tissue Class with Emphasis on Body Mechanics

You will learn how to give a deep tissue massage using proper body mechanics while learning anatomy as we go along. This is a good refresher course for those already practicing deep tissue massage to help coach yourself with practicing proper form and techniques. For those new to deep tissue, you will be comfortable giving a full body massage with pressure and also learn stretches to add to your tool box while giving a massage. You will also learn how to stretch in between clients so you can keep a healthy body and not tire yourself out.

MT 360 Enhancing Your Intuition

Everyone is intuitive. Learn how to tap into your own special gift and begin to trust the process. Through meditation exercises and other exercises designed to enhance one's abilities, the student will begin to learn what their gift is and how to listen and trust.

MT 238 Freeing Touch™/Active & Passive Joint Rotation

Improve your massage therapies with creative, nurturing and gently rhythmic, cradling, coaxing and rocking movements inspired by the work of Dr. Milton Trager. Learn proper body mechanics and alignment to prevent practitioner injuries. These techniques are superb for elderly clients or those who do not wish to undress. Develop your quality of touch while generating profound relaxation and peace. "Every touch, every movement, every gesture is to reach the mind" Milton Trager.

MT 350 Hot Rock /Healing Stone Massage

Learn how to use and place basalt stones in combination with other massage techniques for a complete relaxation experience. Treat muscle stress and strains, restore balance to the body, increase the flow of blood and lymph, plus more. Create a warm, nurturing experience for emotional/ mental stress and deep physical relaxation.

Demonstrations will be given in Cold Stone/Moonstone Techniques, Chakra balancing, meridian tracing, Acupoint therapy and lymph drainage with stones and protocols of some specific common health concerns, plus other advanced techniques.

MT 235 Hypno-Massage I

Massage can produce profound trance states that can be utilized. Learn three different, deeply relaxing massages, including the incredible Hypno-acupressure facial. You will be able to relax the most anxious and tense clients. Develop and deliver powerful suggestions and visualizations that help clients heal sore muscles and joints twice as fast.

MT 236 Hypno-Massage II

A continuation of Hypno-Massage I, however Hypno-Massage I is not a prerequisite. Develop and deliver powerful suggestions and visualizations that help clients heal sore muscles and joints twice as fast.

ADDITIONAL MASSAGE THERAPY, H.H.P. & N.P. ELECTIVES *

MT 292 Jin Shin/Japanese Energy Work

A powerful ancient Japanese healing art. Light touch on 26 acupressure points catalyzes profound change physically, emotionally and spiritually. Jin Shin is well suited for a variety of special needs. Self-help techniques enable the practitioner to achieve a high state of personal well-being. Work is done fully clothed. No previous bodywork experience is necessary.

MT 294 Oriental Health Assessment and Hara Assessment

"Reading" the body, mind, spirit, and posture with an understanding of why the body appears the way it is. Includes hara assessment by abdominal palpitation of the internal organs on a physical, emotional, and spiritual level, increasing awareness for the client and practitioner.

MT 230 Oriental Sports Massage

A unique body therapy that incorporates Thai-Yoga and acupressure, as proven with Olympic athletes and "weekend warriors". A must for athletes and dancers or any client with a desire to achieve maximum performance. Proven to enhance range-of-motion, flexibility, and endurance. This will improve the practitioner's strength, agility, neuro-muscular memory and greatly enhances the ability to perform multiple oriental sports massages and other massages.

MT 258 Pregnant, Post-partum and Infant Massage

Learn the correct strokes to use during pregnancy and post-partum, as well as side-lying pillow positioning. You will be taught all contraindications and techniques to avoid. You will also learn infant massage and strokes to use, especially for those infants with a low Apgar neuromuscular score.

MT 291 Qigong for Healers

Six Healing Sounds Qigong, and analysis of the exercises are presented so the student may develop his/her own daily practice. Qigong, "breath work", is an ancient Chinese health system and one of the fundamentals of Traditional Oriental Medicine. These primordial intonations are carried down from Taoist masters. Based on 5 Element Theory, the 6 Healing Sounds serve as a map to the flow of Qi throughout the body. This self healing practice rejuvenates, strengthens and cleanses internal energy- a necessity for healers.

MT 356 Reiki I

Reiki is a gentle, nurturing energy that is used to enhance the body's own natural healing system. It is a simple, effective healing modality that anyone can learn. In this class you will learn how to effectively give yourself a Reiki treatment as well as share with a client.

MT 357 Reiki II (Level I is a prerequisite)

You are given three Reiki symbols to assist in healing both yourself and others. The symbols are used for amplifying energy and intention, releasing emotional mental patterns and connecting with a person or place across time and space.

MT 358 Reiki III (Level I & II are prerequisites)

A continuing study of the Reiki system, including learning the form and how to do attunements, as well as the Master Level symbol.

MT 228 Somatic Movement

Explore the problems of chronic pain and neuromuscular dysfunction. A new vision of how human health can be influenced through self-awareness will be presented as you learn the four dimensions of the Soma, the muscular reflexes to stress and how this affects posture and health. Learn how to provide relief to sore and dysfunctional muscles through Somatic movements, identify pain and postural problems, and design Somatic maintenance programs for yourself and your clients.

ADDITIONAL MASSAGE THERAPY, H.H.P. & N.P. ELECTIVES *

MT 229 Somatic Massage

Learn how to combine functional movements with massage to reprogram and enhance neuromuscular function. This dynamic approach teaches the importance of biomechanical freedom in a healthy physiology.

MT 435 Somatic Restorative Movement

“Movement Creates Awareness” - You will learn a combination of eastern & western somatic movements based on Leonardo da Vinci and contemporary physio-science, qi-gong, and classic hatha yoga. Learn and experience how to release chronically tight muscles of neck, shoulders, back and hip area—on yourself and your clients.

MT 440 Thai Massage I & II “Review”

Prerequisite: Thai I & II. This class reviews the four basic positions (front, side, back and sitting). The focus is on improving technique, proper use of body mechanics and any necessary corrections. You will learn new moves, and you will be more confident in your practice.

MT 280 Touch for Health/Applied Kinesiology I

This system of muscle testing and balancing uses principles of Chinese medicine, massage, energy work and postural alignment to enhance strength, improve energy, and release physical and mental stress and pain. You will learn skills to evaluate muscle strength, food sensitivities, emotions and other situations.

MT 380 Trigger Point Release I

Proven effective for immediate release of muscle contraction from sudden injuries, repetitive motion injuries, pain, stress and psychological holding patterns. You will learn techniques to bring relief to clients with acute and chronic pain. Level I covers the neck, shoulders, and upper back.

MT 381 Trigger Point Release II

Proven effective for immediate release of muscle contraction from sudden injuries, repetitive motion injuries, pain, stress and psychological holding patterns. You will learn techniques to bring relief to clients with acute and chronic pain. Level II covers the upper torso and upper extremities. Level I is not a prerequisite for this course.

MT 382 Trigger Point Release III

Proven effective for immediate release of muscle contraction from sudden injuries, repetitive motion injuries, pain, stress and psychological holding patterns. You will learn techniques to bring relief to clients with acute and chronic pain. Level III covers the lower torso and legs. Level I & II are not prerequisites for this course.

MT 210 Tui Na I (Chinese Massage)

Tui Na, the original healing massage of ancient China, incorporates therapeutic massage techniques and meridian stretching. You will learn the application and proper use of the 13 original hand techniques in this course. Upon completion, the student will be able to demonstrate proficiency through the integration of the various hand techniques into a full body energy massage.

MT 211 Tui Na II

You will build upon knowledge gained in MT 210 Tui Na I. The 13 original hand techniques will be reviewed. Common disorders and their treatment through specific application of the Tui Na hand technique combinations will be presented.

MT 250 Visceral Release Massage™

You will learn full body massage techniques that track visceral release by means of listening to and then influencing the rhythmic and wave-like peristalsis of the intestines.

ADDITIONAL MASSAGE THERAPY, H.H.P. & N.P. ELECTIVES *

MT 226 Watsu*

This aquatic therapy is based on Zen Shiatsu (WATER Shiatsu). Given in a warm pool, the client is moved and stretched in ways not possible on land. You will learn basic Watsu moves, body mechanics and presence techniques, providing a deeper sense of connection, flow and nurturance for yourself and your client.

MT 218 Zen Shiatsu I

Learn to move from your hara while working on the floor. Being on the floor and moving from your center is an easy approach for doing bodywork, and the therapist also experiences some of the benefits. Principles of yin/yang, along with the five elements, will stimulate the student to want to share this profound style with their clients. Full body sessions will be covered in this class.

MT 219 Zen Shiatsu II

This will expand from Level I and move into the meridian theory and how to access the clients to benefit their needs. Learning to use the body from the prone/supine and side will be covered. Hara assessment along with key words to manifest great transformations in both therapist and client. MT 218 Zen Shiatsu I is a pre-requisite.

MT 232 Zen Shiatsu III

MT 219 Zen Shiatsu II is a pre-requisite for this class.

MT 445 Ethics, Hygiene, Referrals & Record-Keeping

A discussion of different considerations regarding ethics. How to establish and maintain professional boundaries. How to handle inappropriate attempts. Dealing with possible "transference" issues by the client and "counter-transference" issues by the therapist. Different hygiene considerations for both bodyworker and the health consultant. Professional procedures for giving and receiving referrals; professional client record-keeping and regulatory forms.

MT 450 Regulatory Laws

City, State, Federal laws governing massage therapies, nutrition, herbology, holistic health practitioner, and naturopathy. How to find the laws that regulate you, with emphasis on staying within compliance. Where laws and licensing do and do not exist. Includes what you legally can and cannot say and do.

MT 450 Taoist Sacred Healing Methods I

Acupressure Tui-Na massage. The flow of Qi in the 12 meridians. Yin & Yang theory. The 5 Elements.

MT 451 Taoist Sacred Healing Methods II

A continuation of Level I, which is a prerequisite.

MT 460 Five Elements Therapeutic Points I

Function & location of the 5 elements command points on the 12 meridians, and how to use these points in acupressure massage sessions on the floor, chair & massage table.

MT 461 Five Elements Therapeutic Points II

A continuation of Level I, which is a prerequisite.

MT 462 Taoist Assessment Methods & Treatments I

Evaluating the body, face, tongue, pulse, navel, feet reflexology points, front & back alarm points. Treatments include oriental methods of cupping, moxa and acupressure massage.

MT 463 Taoist Assessment Methods & Treatments II:

A continuation of Level I, which is a prerequisite.

ADDITIONAL MASSAGE THERAPY, H.H.P. & N.P. ELECTIVES *

MT 464 Synergistic Massage I

Acupressure oil massage.

MT 465 Synergistic Massage II

A continuation of Level I, which is a prerequisite.

MT 470 Soul Gate Healing I (Chi-Nei-Tsang)

Internal organ healing massage with the six healing sounds. Physical & Emotional Transformation. Purification, detoxification and rejuvenation.

MT 472 Soul Gate Healing II (Chi-Nei-Tsang)

A continuation of Level I, which is a prerequisite.

MT 475 Balancing the Chakras System

Taoist Energetic healing. Exploring the ancient wisdom of each Chakra. Balancing the entire system with touch, hands off energetic healing and toning.

ADDITIONAL HOLISTIC HEALTH PRACTITIONER AND NATUROPATHIC PRACTITIONER ELECTIVES

*Our 1,000 hour Holistic Health Practitioner (HHP) program can include any classes in the following Programs: Clinical Nutritionist, Clinical Master Herbalist, Massage Therapist, Massage Technician, Aromatherapist, Spa & Massage Therapist, Sports Therapist & Performance Enhancement, Thai Massage, and Lomi-Lomi/Hawaiian Healing Arts. Listed below are some of the additional electives you can take for self-growth and as part of your HHP Program for License. Any and all classes you take at NHI count towards your Holistic Health Practitioner (HHP) and Naturopathic Practitioner (NP) programs!!!

HH 520 Anti-Aging, Longevity & Regenerative Therapies

Current breakthroughs in Regenerative Medicine, proper preventative & therapeutic doses, how to obtain the highest quality & most beneficial, etc. Includes research on HGH, Huperzine A, Undenatured medical whey, Theanine, T4Revitalase, N-Acetyl Carnitine, Withanolide A, Gymnemic Acid, Activated DMEA, DHEA, Pregnenolone, Homocystrol+TMG, PhosphatidylSerine, and about 20 other breakthrough nutraceuticals.

HH 490 Balancing Female Hormones

Foods, Herbs, Supplements documented to regulate beneficial estrogen, progesterone & other aspects of female hormonal health. Emphasis will be effective & safe self-help remedies to replace HRT/ERT, for peri-menopause, menopause, post-menopause, PMS, fibroids, etc.

HH 460 Body Language & Signals

Understand different subconscious signals like handwriting analysis, body language, NLP and mind-body connections. Learn to recognize the meaning of body cues and respond to them. This will increase your ability to positively influence the outcome of situations. Also, learn how and where different people lodge different emotions in different parts of their body. Experience how to know where you physically lodge different emotions.

HH 310 Bodymind Counseling Psychology I

“If you change the way you feel, you can change the way you think.” Until recently, our psychotherapeutic attention has been just the reverse: focused on changing the way we think to change the way we feel—a top down system. The latest counseling trends involve bottom up strategies or bodymind strategies. Focusing on body energy, body dynamics or body oriented procedures enables practitioners to help clients cooperate with their body’s innate neurobiological healing abilities in order to shift psychological states and cognition. Bodymind Counseling requires new skills as practitioners shift their focus from the mental content of client’s psychological/emotional complaints to working with client’s actual, observable, experienced body well-being or dis-ease in the present moment.

HH 311 Bodymind Counseling Psychology II

Continuation of principles of Bodymind Counseling Psychology I, providing a practicum to experience and develop new concepts and skills. (Level I is a prerequisite)

HH 400 Clinical Health Analysis

Learn basic principles of the pathological processes as well as the processes of maintaining vitality. Relate these principles along with increased functional understanding of the organs and human constitution according to the Traditional Chinese model with cross reference to the Ayurvedic model.

HH 305 Compassionate Communication

An experiential workshop designed to bring the health practitioner to a deeper feeling of love and compassion in relation to self and others. You will study the science and practice the energy of empathy, the source of understanding and healing. Useful tools for increasing intimacy, resolving conflict, and developing self compassion and heart energy.

HH 500 Detoxification

Introduction to internal body cleansing, cleansing principals, benefits of cleansing, cleansing reactions & the healing crisis, importance of pH balance, pH balance testing methods, acid vs. alkaline forming foods and more.

ADDITIONAL HOLISTIC HEALTH PRACTITIONER AND NATUROPATHIC PRACTITIONER ELECTIVES

HH 312 Enneagram

The Enneagram is an ancient symbol of the nine basic personality types of human nature and is a map for human awareness, empowerment and transformation. You will learn how the personality types interrelate and how to use the Enneagram as a powerful tool for self-healing and healing others.

HH 340 Feng Shui/ Sacred Healing Space

Discover how to design and adjust your space to better serve your specific needs and desired outcomes. Feng Shui is the oriental art of placement to create a harmonious environment. Using the bagua, learn how to generate more positive and prosperous energy into your home, office or business.

HH 310 The Healing Relationship I

The sacred, intimate relationship between healer and client challenges the healer to take responsibility for his/her own inner life and healing. Awareness of transference, countertransference, projection, and the ability to maintain appropriate boundaries requires honesty, clarity and integrity. This 48 hour course will provide practitioners an opportunity to work on the personal issues most likely to interfere with professional mastery.

HH 311 The Healing Relationship II

Continuation of the principles of HH 310, which is a prerequisite for this class.

HH 530 Holistic Animal Care

This class offers an understanding of animal nutrition. Raw diets, home-prepared foods and commercially-prepared diets will be discussed. When and how to use supplements, how to differentiate between quality and hype. Advanced animal nutrition and related holistic animal health care topics will also be discussed. Learn how to work with an animal and their owners.

HH 535 Medical Research

You will learn how to research a medical topic online or in a library. Learn tips on how to discern between valid, accurate, scholastically respected sources of information versus that which is commercially influenced or taken out of context. Learn how to maximize your efficiency, and avoid wasting valuable research time. Includes a field trip to medical library.

HH 545 Bach Flower Remedies

Learn all 38 Bach flower herbal remedies and how they correspond with the emotions. This course will teach how to correctly choose for yourself and clients, how to incorporate them into your own practice, and the history of flower essences. The class consists of both lecture and creative hands-on experiences as well as making your own combination in class.

HH 555 Insight into the Soul/Spirit

A basic understanding of the soul/spirit through the chakras system. You will discover what each chakra holds, its archetype, where it is located, its color, emotional and disease aspects, related organs, and some exercises to help open up and work with the chakras.

HH 560 Medicinal Foods and Formulations

Explore the wide variety of herbal ingredients useful for medicinal and culinary applications. After completing this material, the student should become proficient at selecting, combining, and formulating several types of herbal products for use in both professional and informal situations. This is a hands-on course, and each student will have the opportunity to take home their healthful and delicious creations.

HH 600 Home Remedies

Learn about therapies you can show your client to use at home for self-help. Includes therapeutic use of hydrotherapy, activated charcoal, different clays, Epsom salts/magnesium sulfite applications, moxabustion, and much more.

ADDITIONAL HOLISTIC HEALTH PRACTITIONER AND NATUROPATHIC PRACTITIONER ELECTIVES

HH 339 Homeopathic First Aid

Homeopathy is a philosophy of health that treats the whole person, tracing its origin from a mind-body connection. You will learn basic principles and how to use them in everyday emergency situations, including physical and emotional trauma, shock, burns, fractures, heatstroke, and many others in a natural, healthy and secure ways.

HH 349 Understanding Lab Tests

Learn the significance, relevance and how to understand common laboratory testing. Topics include the complete blood panel (CBC), white blood cell differential (WBC), full urine (UR), thyroid tests, heart enzymes, liver tests, kidney/ adrenal panel, and much more.

HH 308 Let The Body Lead I™

The wisdom of our hearts and the instincts of our guts are more than poetic expressions. Emotions bring us to peace and clarity when experienced as self-regulating body cycles rather than as stories of unending misery. Mental confusion fades and frozen blocks of trauma melt away when we learn to let the body lead us to the spontaneous healing images and sensations that lay beneath the surface of dysfunctional patterns. This 48 hour course will provide an experiential opportunity for practitioners to learn to work with emotional release as energetic phenomena rather than as psychodynamic narrative.

HH 309 Let The Body Lead II™

Continuation of the principles of HH 308, which is a prerequisite for this class.

HH 361 Thought Field Therapy

A safe and effective technique for the elimination of psychological disturbance. TFT gives immediate relief for trauma, addictions, anxiety, phobias and other imbalances. By eliminating disturbances, using key meridian points in specific sequences, TFT removes disruptions in the body's energy system.

HH 470 Intro to Oriental Medicine

Fundamentals of Traditional Oriental Medicine. Basics in organ theory and the concepts of Qi, Yin and Yang, the Five Elements and Eight Principles will be explored. You will be introduced to beginning diagnostic skills.

HH 515 Uncommon Health Assessments

Learn essential aspects of becoming a healer while allowing experienced healers to gain new tools for their healing practice. Iris diagnosis, hand reading, body reading and the basics of Oriental Diagnosis are discussed.

HH 440 Sound, Light, & Color Therapy

Learn to use these traditional and new scientifically documented therapies as a way to focus therapeutic energies for protection, and for specific and general health. Learn how these therapies are commonly used throughout Europe.

HH 450 Advanced Aromatherapy

In-depth, advanced training will emphasize therapeutic applications. Includes practicing/conducting aromatherapy consultation, case histories, integration with other therapies and much more.

HH 500 Hormones & Endocrine Balancing

Learn how to refer to medical doctors for hormonal and other endocrine testing—especially blood and saliva testing—and how to understand the results. Learn about the female and male hormonal systems and other endocrine/ductless glands. Learn what factors internally and externally/environmentally cause imbalances; how to help prevent or decrease imbalancing factors; and the use of foods, supplements and herbs documented by scientific research to help balance endocrine functions—with a special emphasis on female and male hormonal health.

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Ashley Anderson (HHP, CPT, LMT, RYT)

Ashley has been in the health and fitness field for nearly a decade. Her resume includes: own private clients and business under her trademarked "YOMATRA," (yoga, massage, training), exclusive resorts such as La Costa Resort and Spa, Manchester Grand Hyatt, and Morgan Run golf and tennis resort.

She is nationally certified in massage and bodywork, has a Holistic Health Practitioner's certificate, is certified through the International Sports and Science Association for personal training, and is certified as a yoga teacher under Yoga Alliance.

Ron Punit Auerbacher (HHP)

Ron has been studying and practicing bodywork since 1976. He is a Holistic Health Practitioner and certified Touch for Health instructor. His childhood illnesses and challenges provoked a lifelong quest and investigation into alternative methods of healing, both physical and psychological which included a five year stay in India studying yoga and meditation. He has experienced for himself the remarkable human potential for personal growth. Ron is also a professional stage actor and brings his flare for the dramatic to enliven and invigorate his classes.

Don Bodenbach is a leading consumer advocate in the field of Natural Medicine. He is founder and President of Progressive Health Concepts, Inc., and host of San Diego's popular weekly health talk radio program, "The Nature of Health".

Randy Davis (CN, CSCS)

Randy graduated University of Virginia in 1993 with a B.A. in Biology and Psychology. He received his C.S.C.S. (Certified Strength and Conditioning Specialist) certification, the nationwide standard certification for athletic coaches, from the National Strength and Conditioning Assn. He graduated from the Natural Healing Institute's Clinical Nutrition Program in 2000.

Prana Gogia (MBA, HHP)

Namaste! My life has been a living quest about, "how does healing and transformation happens". I started learning Ayurveda as early as seven. My grandmother taught me about prakurti (constitution) / vikruti (imbalance) / abhiyanga / shirodhara and many therapeutic treatments. My family Ayurvedik Physician in India taught me about doshas and herbal medicines. My Tantrik-teacher of Siddha-Natha Tradition taught me Sankhaya and meditative practices of Sidhha-Tantra lineage. Here in US, I studied with Dr. Lad at The Ayurvedic Institute (NM) and also at The National Institute of Ayurvedic Medicine (in NY) to integrate various aspects of Ayurveda with clinical practice.



Dr. Barry Green (Ph.D., HHP)

Dr. Barry Green is one of the pioneers in the holistic health and massage industry. He began his professional career in 1976 as Director of Strom-Berg Institute in San Diego. He is the founder of Body Mind College and three other schools. Dr. Green has the first scientific study on Body Psychology, is the developer of modern Body Mechanics, holds the World Record for a 50 hour Massage Marathon in 1995, and was awarded "Greatest Massage Therapist of the 20th Century. He has published 2 books and authored many articles. Barry is also the developer of numerous holistic methods including Yin/Yang touch, Corrective Massage System, Gateway Points, Trauma Release, and Subtle Bodywork.

Andrea Hall

Kim Holinger

Linda Anne Kahn (HHP, CIDESCO CLT-LANA, CMT, CCN)



Linda-Anne Kahn is an Internationally trained Beauty Therapist, Clinical Aromatherapist, Holistic Health Practitioner and DR Vodder's Lymphedema Therapist. She is a Nationally certified Massage therapist, State certified Esthetician and Certified Clinical Nutritionist. Linda-Anne is Board Certified as an Internationally recognized Cidesco Diplomate. She is certified as a Clinical Aromatherapist from Eve Taylor, London and has studied Aromatherapy with many French Doctors, including Dr. Daniel Penoel, Dr Claude Lapraz and Pierre Franchomme. Linda Anne has been teaching an Aromatherapy certification program for over 15 years and also is a regular guest speaker at many professional conferences. She is the founder and President of Beauty Kliniek Aromatherapy Day Spa and Wellness Center, recognized as one of the country's leading Day Spas. She continues her longstanding mission and philosophy of a Holistic approach to treat all facets of a person's wellbeing

for optimum health. She stresses the emotional, mental, physical connection to bring about relaxation, health, energy and happiness to help her clients, staff and patients.

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Richard Learmont, SA, SDG (Sound Alchemist & Human Design Guide)



Richard was born into the world of music with the hypnotic rhythms of Calypso. At the tender age of 12, Richard started playing the saxophone and within a year was playing in his father's band and considered a child prodigy. He has travelled the world and played in rock, reggae, jazz, dance and blues bands. Following his heart, he studied at the Siddha Yoga school where he learned meditation, yoga, chanting and self-less service. Continuing his spiritual journey into the healing properties of sound he has added didgeridoo, drums, Tibetan gongs, and singing bowls...in combination with Reiki, Healing Touch, massage and aromatherapy Richard has used Human Design, an Awareness program that describes the mechanics of our being, to bring balance to all aspects of people's lives. He has been leading individuals as well as group classes and sessions for the past seven years.

Jennifer McIssac

Rebecca Monet

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

Allison became fascinated with the healing arts, spirituality, religion, philosophy, and art in 1980. She began teaching in 1982. She graduated with a Bachelor of Fine Art (BFA) in 1983. Alison is a licensed acupuncturist (LAc) and graduated Magna cum Laude with a Masters in Traditional Oriental Medicine (MTOM). Alison began a practice in Tui Na (Chinese therapeutic massage) in 1993 and opened the first Chinese herbal pharmacy in North County in 1995. Since 1997, she has been an owner/partner of North Shore Acupuncture Clinic in Encinitas. Alison teaches in many areas of Asian Healing Arts, including: Chinese Herbology, Oriental Nutrition, Clinical Strategies, Clinical Health Analysis, Supervised Clinical Practicums, Traditional Oriental Medicine (TOM), Acupoint Location, and other areas.

Erhard Rohmuller (HHP, MT, RYT)



Erhard started his Holistic Hearth Fitness and Wellness career 25 years ago on the East Coast, with the Biogenic Society. Erhard received his training in Europe, Asia, and the U.S.A. His motto is: "MOVEMENT CREATES AWARENESS." He embraces the natural healing process and earned his H.H.P. and M.T. at NHI. Erhard gained his controlled body awareness via competitive skiing and cycling in his early 20's. But 30 years + of corporate world had an indelible psycho-somatic impact on his body and mind. In search for an antidote he found and connected with Yoga, Pilates, Qi-Gong, Thai-Chi, Feldenkrais, Thomas Hanna, Elizabeth Beringer, James Knight and many others that influenced Erhard to explore the Soma-kinetics (Body-Movement) aspect from the inside out. In other words "Mindful Movements"; being mindful is the capacity to be aware. This will create a new-neurological pattern that will equalize the agonist and antagonist muscle groups. He incorporates eastern and western Movement Therapies that he named "Soma-Kinetics" that will achieve this.

Michael Rosenbaum (M.D.)

Dr. Rosenbaum has been an internationally renowned expert in the field of preventative and nutritional medicine for more than 25 years. His MD degree is from Albert Einstein College of Medicine, a MS in Clinical Biochemistry and Metabolism. Dr. Rosenbaum has taught clinical nutrition at San Francisco University and other universities. In private practice in the San Francisco area, he addresses chronic fatigue syndromes, allergy, immune disorders, environmental sensitivities, weight management, acupuncture and herbal medicine. He is on the Board of Directors of several nutrition companies. He is the past President of the American Orthomolecular Medical Society. Dr. Rosenbaum is the author of *Super Supplements* (Viking Press), which describes nutritional supplement plans for common health problems. He authored *Solving the Puzzle of Chronic Fatigue Syndrome*—an examination of what makes us tired and the CFS syndrome, (Life Sciences Press). He is a co-author and editor of *A Tribute Book to Linus Pauling* (Freeman Press). He is the author of numerous health booklets, and senior medical advisor to more than 15 other books on health—including those by Paavo Airola, N.P., Ph.D.; Susan Lark, M.D.; and Betty Kamens, Ph.D. He is a consultant to major health corporations, a popular health industry spokesperson, and currently completing a book on herbal medicine.

Robert Savage (R.Ph., C.C.H.)

Robert graduated NHI's CCH Program in 1999. He also graduated from the University of Texas at Austin with a BS in pharmacy with high honors. He is a registered pharmacist as well as a certified clinical herbalist. He has experience in hospital, retail, long term care and hospice pharmacy practice. Robert is an expert in providing practical solutions to common problems that arise when combining prescription drugs with medicinal herbs.

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Keoni Salgado (HHP, LMT)

Born in the Philippines and raised in Orange County California, Keoni has been in the Health and Fitness industry since 1992 as a Personal Trainer, Group exercise instructor, Fitness model and Massage therapist. He has an Athletic Training degree from San Diego State University, A.C.E. certifications, and has over 1500 hours of Bodywork education from California State accredited schools and numerous workshops across the United States. As one of the most requested massage therapists at the world famous La Costa Resort and Spa, Keoni also is a certified instructor in Hawaiian Lomi-lomi massage and has developed numerous Spa and massage protocols. His unique and intuitive massage and bodywork sessions stem from a blend of Sports massage, Deep tissue techniques, Relaxing Esalen style, Thai massage and Hawaiian Lomilomi. His style of bodywork has made him a local favorite to many professional athletes, active individuals, and other massage therapists and health professionals.

Tom Sanchez (HHP)

Tom started his personal body/mind path in the hard martial arts. He studied Shotokan Karate and received his black belt in Shaolin. His path next led him to Tai Chi which he has 'played' for 30 years. Tom started the Tai Chi program at the Encinitas YMCA and has taught it for 18 years. He has had a long time interest in traditional Hawaiiin culture, especially Lomi Lomi and Hula. He has taken several trips to the Islands where he has met top Lomi teachers. He practices Lomi massage as well as Thai and Therapeutic massage at SANTE in Solana Beach.

Laura Thompson

Elizabeth Yarrington (L.E., NCBTMB, CAMTC, B.A.)



Elizabeth is a Licensed Esthetician, Nationally Certified Massage Therapist, and Spa Consultant who has worked internationally with several of the world's premier resort spas including Four Seasons Resort Hotels and Cal A Vie. She completed her B.A. in Liberal Studies as a teacher credentialing candidate at San Francisco State and San Jose State Universities.

David Wolfson, N.P., graduated from the National College of Naturopathic Medicine in Portland, OR. Dr. Wolfson specializes in nutritional medicine and has written and lectured widely on health topics. He managed a private practice in central California for several years before moving to Encinitas to teach at NHI while still serving as a consultant to the nutritional products industry

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Nancy Boyce, H.H.P., has practiced healing arts for 20 years. She is a licensed Holistic Health Practitioner, licensed Massage Therapist, and is Nationally certified. Her massage work has focused around Trigger Point, orthopedic massage and physical therapy massage, in addition to spa massage. She has an active private practice that also includes work as a Certified Hypnotherapist.

Kelly Bryson, M.A., M.F.C.C., is an author, a licensed psychotherapist in private practice, and director of The Center for Compassion in San Diego. He has been counseling since 1970, an authorized trainer for The International Centers for Nonviolent Communication since 1985, and has trained thousands in the U.S., Europe and the Middle East including hot spots like Bosnia, Northern Ireland and Israel. He trains and consults with corporations, religious organizations, and schools.

Patrice Carington is a speaker, consultant and personal coach in the areas of communication, image and teambuilding throughout the United States, Canada and Australia. She has over 20 years of business and leadership experience, with the bulk of it in Sales and Marketing. She was certified and has been a Personal Image Consultant since 1989. Her formal schooling is in the areas of Business Management, Psychology and Leadership. Patrice combines the latest tools in communication, image, sales & marketing, and personal growth to create programs teaching you to turn your business from the inside-out.

Stephen A. Center, M.D., has been practicing medicine since 1977. His training includes an undergraduate degree in zoology from University of Michigan, where he graduated with high honors. He attended Medical School at Albert Einstein College of Medicine and did his internship and residency in general surgery and orthopedic surgery at UCSD Medical Center in San Diego and Tulane University in New Orleans. After practicing emergency medicine for five years, he became the medical director for "Air-Evac International" and later Area Director of "Readi Care". His private practice in the Claremont area of San Diego emphasizes health enhancement, holistic treatment of acute and chronic pain, nutritional and weight management and homeopathy. Dr. Center is the medical director of Electromedical, Inc., and utilized the Electro-Acuscope/Myopulse System extensively. Dr. Center has developed successful treatment plans for many chronic conditions, including CFS, fibromyalgia and other organic conditions.

Anita De Francesco, M.A., RSMT, RYT, AFAA bases her work on more than 20 years of experience in the fields of medicine, Yoga, psychology, dance movement arts, continuum, bioenergetics, kinesiology, Pilates, Reichian therapy, massage, contact improve, structural integration, Tantra, theatre, mime, and broadcast journalism. A BA/MA in Somatic Psychology and a two-time award winning medical journalist. Produced for CBS, NPR, and published work in several television series.

Dave Garza, H.H.P., began studying Shiatsu, Tai-Chi, and eastern philosophy in 1989. Since 1997, Dave has taught hundreds of students his views of Shiatsu and eastern thought.

Glen Hrechniw, H.H.P., L.M.T., is a Licensed Holistic Health Practitioner and Massage Therapist based in North County San Diego, with a focus on bodywork, both Eastern and Western styles. He has worked in local spas, hotels, and resorts as well as developing a thriving private practice.

Blaine Jackson, M.D. is a Doctor of Internal Medicine who also specializes in family and travel medicine. Dr. Jackson directs the Solana Beach Medical Clinic where he and his other therapists integrate the best of both allopathic and natural healing. In addition to his extensive medical training, Dr. Jackson has also had Pharmacological training.

Richard Jordan, H.H.P., is a Holistic Health Practitioner who uses Cranio-Sacral Therapy and Somatic Education in his practice. He has extensive training with the Upledger Institute and is a certified Hanna Somatic Educator through the Novato Institute for Somatic Research and Training. His enthusiasm and willingness to share is a reflection of his belief in the learning and healing potential we all possess.

Stephen Kohl, M.D., A.P.C. graduated from the University of Oregon Medical School in 1969. He is an Ophthalmologist who combines natural eye care with his clinical and surgery practice in El Cajon. He is certified by the American Board of Ophthalmology, is affiliated with three hospitals, and has developed a combination of nutrient and herbal products for a major health products company. His private practice specialties are: Cataract and Intraocular Lens Surgery, Medical and Surgical Glaucoma, routine eye examinations and Oculoplastic Surgery.

Osi Livni, H.H.P., graduated from the Bio-Energetic Massage School in Israel, based on the work of Wilhelm Reich. She has studied Shiatsu, Reiki, Acupressure, Trager, Reflexology, Rolfing, and Yoga. Osi has also studied a variety of Oriental Methods including Chi Nei Tsang at San Francisco State University, as well as Tui Na and Chi Gong here

Benjo Masilungan, M.D., was trained as a medical doctor at the University of Santo Tomas in the Philippines. Since arriving in the United States, he has specialized in nuclear and general medicine. Benjo studied herbology with Steve Schechter, N.P. He knows that energetic healing can be a powerful tool for addressing emotional and physical issues. His practice incorporates energetic healing with herbology, acupuncture and western medicine.

Tricia Miller, L.Ac., Dipl.Ac., is a national and state Licensed Acupuncturist and a Certified Yoga Instructor with 19 years of study and practice in the art of yoga. Her teaching style is a synthesis of a variety of disciplines (Hatha, Iyengar, Ashtanga, Bikram and Synergy yoga).

Julie Nemiroff, H.H.P., is a licensed Holistic Health Practitioner, specializing in Esalen-style Swedish massage and in Aromatherapy. She also taught English for many years.

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Erin E. Raskin, M.S., L.Ac., Dipl. Ac., is a California and National board certified acupuncturist and herbalist trained in San Francisco, San Diego, and China. She is also a board-certified Naturopathic Physician and certified Hatha Yoga Instructor. Her long-standing affinity for yoga has led to continued studies and application of Ayurvedic medicine. In her private practice Erin blends together the art and science of Oriental, Ayurvedic, Naturopathic and nutritional medicine.

Jay Robb, C.C.N., is the owner of Jay Robb's Diet & Exercise Center in Encinitas. Jay's company produces cutting-edge nutritional products and specializes in highest quality, w carbohydrate protein powders. He is a feature columnist and contributing editor for *Natural Bodybuilding* magazine. Jay Robb is also the author of three very popular health and fitness books including his latest best-seller, *The Fat Burning Diet*. He graduated NHI's CN Program in 1999.

Earl Simmons, M.D., author of 129 manuscripts on holistic health, 12 on "spirited healing", surgeon for 30 years, nationally accomplished opera tenor, renaissance person.

Gordon Saxe, M.D., has a private practice in Preventive and Complementary Medicine with a focus on nutritional oncology. Dr. Saxe has a passionate interest in research on alternative medicine and is the author of a number of studies of diet and prognosis in various cancers. Besides his medical training, Dr. Saxe has an MPH in Nutrition for Tulane University and a PhD in Epidemiology from the University of Michigan. He trained in Internal Medicine and is board certified in General Preventive Medicine and Public Preventive Medicine at UCSD and as the Medical Director for PCOM. He is a certified macrobiotic counselor, a popular speaker at numerous macrobiotic and natural medicine conferences across the country and interested in stress reduction.

Naomi Stein, M.T., has been designing and installing gardens and develops landscapes, especially with medicinal herbs, for the last 20 years. She holds a degree in landscape engineering, is a licensed California Landscape contractor and, co-owns a landscape development company. She is an herbalist and massage therapist, has studied with Steve Schechter, N.P., and has lectured and taught numerous classes on herbs, bodywork, and plant/ human connection. Naomi co-directed the Open Door, a holistic health retreat center

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, 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 C.N.C.[™], 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.

How do I obtain malpractice insurance?

Malpractice insurance can be obtained through several national organizations. Contact us for their catalogs and applications. There are also other national organizations offering malpractice insurance.

What kind of job can I get after graduation?

You can start out working with an M.D., chiropractor, acupuncturist, wellness center 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.

When can I start a program?

You can start any of our residential programs at any time. NHI College offers most of our programs as modules so that students can join anytime, preferably at/or near the beginning of a module. Please refer to our latest schedule online for upcoming classes/modules. For any questions please contact our office at 760-943-8485.

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.