



# SCHOOL OF NATURAL HEALTH SCIENCES

EST. 1997

**Our courses are approved and accredited  
Nationally and Internationally.**

**For the Independent Professional Bodies  
who accredit and approve our courses in  
the UK and around the world please visit  
the [Accreditation Page](#) on our website.**

S.N.H.S. Ltd (Established 1997)

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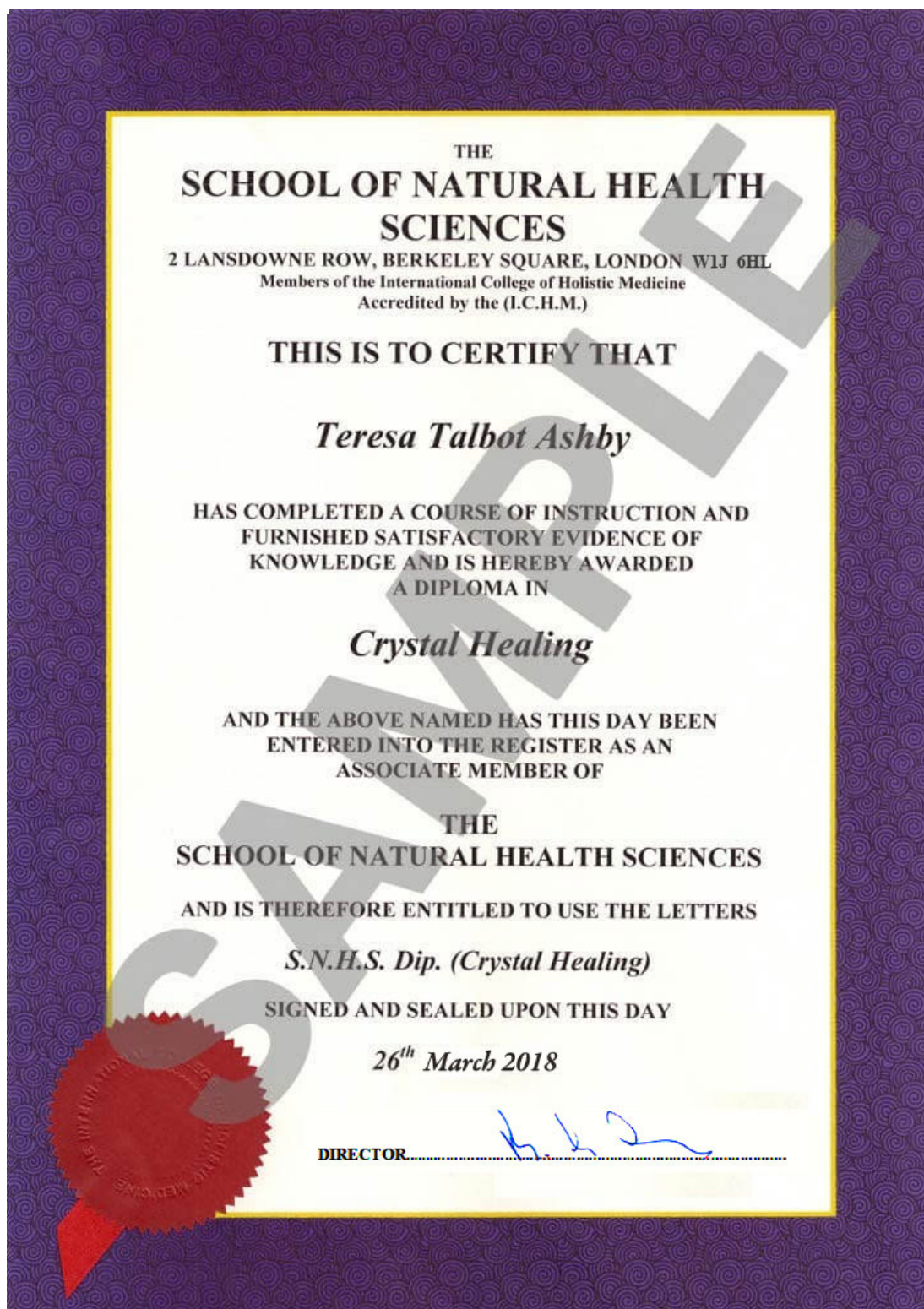
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**You can now enrol online or by calling: 0345 222 7312 (from within the U.K.) Or  
+34 952 486 340 (from the rest of the world) Office hours: Monday-Friday 9am-5pm (GMT)**

**<https://naturalhealthcourses.com>**

## An example of our Accredited Diploma

For a more detailed view please visit our website



Parchment effect paper diploma, embossed with The International College of Holistic Medicine seal and edged with a coloured border ready for framing.

The diploma is sent to you by email, in PDF format. If you would like to receive a hard copy by post, an additional fee is required. Cost per qualification including postage: £20 UK or £25 outside the UK.





# Train for your Secure Future in Holistic Therapies the 21st-Century Way!

Training for a new career in Natural Health Care has never been more enjoyable.  
We specialise in training students to Therapist Level in the most popular holistic therapies.



## About Us

Since we began in 1997 our friendly, professional team has trained thousands of individuals in their chosen natural health fields. This year, 2021, we are celebrating our 24th year of operation (1997 - 2021). We are now the most successful Distance Learning School, specialising in training students in all the major holistic therapies. [Read our Testimonials here.](#)

## Accreditation and Therapist Insurance

We provide therapist level diplomas. All SNHS courses are accredited with various Independent Bodies around the world. Membership of most of these professional bodies provides referral to leading insurance companies to cover you for Public Liability Insurance.

For Independent Professional Bodies who accredit and approve our courses in the UK and around the World please visit our – [Accreditation Page.](#)

## Time Scales and Enrolment

There are no fixed enrolment dates, and no time limits for the completion of any of our courses. Students study at their own pace,

around busy lifestyles without the need to work to deadlines. Our courses do not expire.

## Study Methods

We provide two methods of Distance Learning: Tutored or Self Study. Further details are provided later in this prospectus.

## How do you receive your Coursework?

Course work is downloaded in PDF format from your account area on our website. Those who do not have 'Computer Access' may request their coursework by post, (EU Only), for a small additional charge.

## Workshops and Training days

Are also available should you need this service, these can be tailor-made to suit the requirements of the individual. For more information refer to the Workshops page on our website.

## Our Graduates

Read how our students have built successful careers after graduating with our Diplomas. Please take a look at '[Our Graduates](#)' page on our website.

**Call our Direct Information Line on: 0345 222 7312 (from within the UK)**

**Or +34 952 486 340 (from the rest of the world)**

**or E-mail our enquiries team: [enquiries@naturalhealthcourses.com](mailto:enquiries@naturalhealthcourses.com)**

**Our office hours are: Monday - Friday 9am - 5pm (GMT).**



## A-Z Holistic Therapy Courses

SUBJECT	Nº OF LESSONS	FEES £ SELF STUDY	FEES £ TUTORED
Acupressure	12	£ 135	£ 295
Allergy Testing	9	£ 135	£ 295
Anatomy and Physiology (Human)	12	£ 135	£ 295
Aromatherapy	12	£ 135	£ 295
Advanced Aromatherapy	15	£ 195	£ 395
Aura & Chakra Energy Healing	11	£ 135	£ 295
Business & Marketing for Holistic Therapists	10	£ 135	£ 295
Child & Adolescent Nutrition	10	£ 135	£ 295
Child Psychology	12	£ 135	£ 295
CBT (Cognitive Behavioural Therapy)	10	£ 135	£ 295
Colour Therapy	10	£ 135	£ 295
Crystal Healing	12	£ 135	£ 295
Diabetes Risk Awareness	8	£ 135	£ 295
Dream Therapy	9	£ 135	£ 295
Drug & Alcohol Counselling	6	£ 135	£ 295
Ethical & Sustainable Eating	10	£ 135	£ 295
Exercise for Health & Wellness (Theory)	6	£ 135	N/A
First Aid	8	£ 135	£ 295
Flower Remedies*	4 modules	£ 135	£ 295
Advanced Flower Remedies	10	£ 195	£ 395
Herbalism	10	£ 135	£ 295
Advanced Herbalism (Phytotherapy)	21	£ 195	£ 495
Homoeopathy	12	£ 135	£ 295
Holistic Dowsing	10	£ 135	£ 295
Holistic Massage Therapy	9	£ 135	£ 295
Holistic Pain Management	10	£ 135	£ 295
Holistic Skincare Products	10	£ 135	£ 295
Hopi Ear Candling / Thermo-Auricular Therapy	10	£ 135	£ 295
Hot Stone Therapy	9	£ 135	£ 295
Hypnotherapy	12	£ 135	£ 295
Advanced Clinical Hypnotherapy / Psychotherapy	15	£ 195	£ 495
Indian Head Massage	6	£ 135	£ 295
Indian Face Massage	9	£ 135	£ 295
Iridology	10	£ 135	£ 295
Kinesiology	10	£ 135	£ 295



## A-Z Holistic Therapy Courses

SUBJECT	Nº OF LESSONS	FEES £ SELF STUDY	FEES £ TUTORED
Life Coaching	14	£ 135	£ 295
Advanced Life Coaching	10	£ 195	£ 395
Medical Hypnotherapy	15	N/A	£ 495
Meditation	11	£ 135	£ 295
Meridian Psychotherapy	12	£ 135	£ 295
Advanced Meridian Psychotherapy	14	£ 195	£ 395
Mindfulness	8	£ 135	£ 295
NLP (Neuro-Linguistic Programming)	13	£ 135	£ 295
Advanced NLP (Neuro-Linguistic Programming)	10	£ 195	£ 395
Nutrition (Clinical Holistic)	11	£ 135	£ 295
Advanced Nutrition (Holistic)	26	£ 195	£ 395
Nutrition for Age 50 Plus	11	£ 135	£ 295
Past Life Therapy	10	£ 135	£ 295
Advanced Past Life Therapy	12	£ 195	£ 395
Philosophy	12	£ 135	£ 295
Plant-Based Nutrition	14	£ 135	£ 295
Professional Relaxation Therapy	8	£ 135	£ 295
Psychotherapy and Counselling	10	£ 135	£ 295
Reflexology	8	£ 135	£ 295
Advanced Reflexology	14	£ 195	£ 395
Reiki (Theory)	10	N/A	£ 295
Shiatsu	10	£ 135	£ 295
Stress Management	8	£ 135	£ 295
Advanced Stress Management	18	£ 195	£ 495
Sport and Exercise Nutrition	10	£ 135	£ 295
Sports Psychology & Dynamics	8	£ 135	£ 295
Stop Smoking	9	£ 135	£ 295
Vegetarian & Vegan Nutrition	10	£ 135	£ 295
Yoga	11	£ 135	£ 295
* Some courses include modules – 1 module is usually equivalent to 3 lessons in terms of size			

Students obtaining 80% overall pass marks will receive the SNHS Accredited Diploma.

### Pre-requisites for Advanced Courses

Students wishing to enrol on any advanced course must hold a Practitioner/Therapist level qualification, in the relevant subject. Those who have achieved a qualification from training establishments, other than the School of Natural Health Sciences, may obtain exemption from our foundation course in the same subject. **For full details of our Courses visit our website.**



# Acupressure

A Distance Learning Diploma Course of 12 Lessons



**FEES: Tutored: £295**  
or £95 deposit & 4 monthly  
payments of £50

**Self study: £135** or £50  
deposit & 2 monthly  
payments of £50

Acupressure is the application of pressure to the body to enhance the flow of energy (referred to as 'Ki' or Chi) in the 12 meridians, according to the principles of Oriental medicine. It is widely practised in China where more emphasis is given to a person's responsibility for their own health, than it is in the West, and is often used as a self-help treatment.

Acupressure is believed to be the 'Mother of Acupuncture', in that it predates the use of needles to stimulate the body's energy flow. It has the same principles as Acupuncture, but the pressure is applied directly to the Acupoints of the body mainly by using the hands, fingers, thumbs or knuckles.

## Subjects included in the Course:

- Fingertip Medicine
- Stimulation Methods
- Relaxation Techniques
- Matching the Trigger Points to the symptom/ailment
- Acupressure Techniques, Effleurage, Tapotment, Petrissage
- Yin & Yang
- Law of the Five Elements
- Meridian Location
- When and when not to give a treatment
- Trigger Points

# Allergy Testing

A Distance Learning Diploma Course of 9 Lessons



**FEES: Tutored: £295**  
or £95 deposit & 4 monthly  
payments of £50

**Self study: £135** or £50  
deposit & 2 monthly  
payments of £50

Every year more people are suffering from allergic reactions. Some reactions are so mild they go unnoticed; while others are so severe they are life-threatening. Many sufferers do not know what causes their allergies, leading to an increase in their reactions. By using a method that communicates with their body to find out what products, chemicals and foods they should avoid, the student will learn how to test by using the Kinesiology method of 'muscle testing'.

## Subjects included in the Course:

- Effects on the body
- Food diary – very useful tool!
- Testing
- Allergy – definition
- History of allergy
- Methods of testing for allergies
- How you can help your client
- Conditions of the body Immune & Lymph systems
- Symptoms



# Anatomy and Physiology (Human)

A Distance Learning Diploma Course of 12 Lessons



**FEES: Tutored: £295**

or £95 deposit & 4 monthly payments of £50

**Self study: £135** or £50

deposit & 2 monthly payments of £50

Anatomy is the study of the form and structure of the body, its systems and organs. Physiology is the study of how cells, tissues and organisms function and how the parts of the body work and relate to each other. All professional Holistic Therapists will find that a sound grasp of human Anatomy and Physiology provides a useful foundation to their therapy studies. Every therapist should aim to complete this course.

## Subjects included in the Course:

- Introduction to Anatomy & Physiology
- The Cells
- The Skeletal System
- The Integumentary System
- Digestive Organs and Systems
- Male & Female Reproductive Systems
- The Muscular System
- The Nervous System
- The Endocrine System
- The Respiratory System
- Pituitary, Thyroid, Adrenal and Hypothalamus Glands
- The Cardiovascular System
- The Lymphatic System, Vascular System and Immune System
- The Digestive and Urinary Systems
- The Reproductive System

# Aromatherapy

A Distance Learning Diploma Course of 12 Lessons



**FEES: Tutored: £295**

or £95 deposit & 4 monthly payments of £50

**Self study: £135** or £50

deposit & 2 monthly payments of £50

Aromatherapy is an Holistic massage with essential oils which produces a physical, spiritual, emotional and mental sense of harmony; An entirely relaxing massage treatment which has proved to be highly successful in the alleviation and cure of many ailments.

Aromatherapy works in two ways - the widely accepted benefits of body massage and the inhalation of essential oils reduce stress and improve the general state of health and well-being. This is a comforting, reassuring and healing therapy.

## Subjects included in the Course:

- Human Anatomy
- History of Aromatherapy
- Massage Techniques
- 30 Different Essential Oils
- Carrier Oils
- First Aid
- The Notes of the Different Oils
- Nervous System
- Manipulation
- Uses and Contra-indications of Oils
- Psychology
- Yin & Yang Meridians
- Table of Therapeutic Oils
- Blending Procedures
- How to Present Yourself as a Professional Therapist.





# Advanced Aromatherapy

A Distance Learning Diploma Course of 15 Lessons



**FEES: Tutored: £395**

or £95 deposit & 6 monthly payments of £50

**Self study: £195** or £47.50

deposit & 3 monthly payments of £47.50

We explore in much more detail the properties of essential oils, their uses and therapeutic qualities. We also look at the treatments of specific ailments and conditions, and how to use oils for meditation, healing and balancing energy centres.

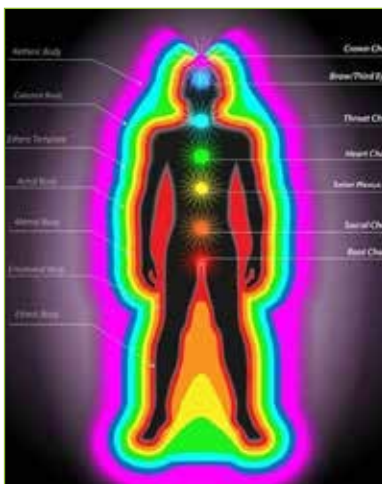
This advanced course is a must if you want to advance your skills to the next level. It will enable you to practise with a higher degree of expertise as a Professional Therapist.

## Subjects included in the Course:

- The Emotions
- Baby Massage
- Trauma
- Treatment of Skin Conditions
- Subtle Aromatherapy & Dowsing
- Meditation with Oils
- Treatment for Cellulite
- Presentation Skills
- Back & Shoulder Massage
- Chakras & Energy Centres
- Arthritis & Rheumatism
- Closer Study of Base Oils
- Treatment with 24 Rarer Oils
- The Professional Aromatherapist

# Aura & Chakra Energy Healing

A Distance Learning Diploma Course of 11 Lessons



**FEES: Tutored: £295**

or £95 deposit & 4 monthly payments of £50

**Self study: £135** or £50

deposit & 2 monthly payments of £50

An exciting addition to our course curriculum and invaluable to those therapists who wish to add a major technique of 'energy therapy' to their existing practice/business. It is also suitable for those who wish to begin a new career in this field. Our course will take you from beginner to knowledgeable practitioner. You will learn about the body's surrounding energy field, known as the aura, and the body's energy vortices, known as the chakras. This detailed knowledge is the bedrock which will enable you to become a qualified practitioner and apply the knowledge effectively to restore equilibrium and health.

## Subjects included in the Course:

- Energy Healing – what is this?
- Energy Fields explained
- Subtle energy
- Frequency vibration resonance
- Background to the aura & chakras
- Major and minor chakras
- Nadis and the connection to the chakras
- Pendulum and rod dowsing
- Make your own dowsing rod
- The Aura and its layers
- 7 Major Aura colours
- Kirlian photography explained
- Chakra healing tools
- Unbalanced & blocked chakras
- Balancing the 7 chakras
- Recognising underactive or overactive chakras
- Chakra meditation
- Sensing and seeing the aura
- Identifying & repairing damage
- Aura healing tools





# Business & Marketing For Holistic Therapists

A Distance Learning Diploma Course of 10 Lessons



**FEES: Tutored: £295**

or £95 deposit & 4 monthly payments of £50

**Self study: £135** or £50

deposit & 2 monthly payments of £50

This comprehensive business and marketing course will help you learn strategies for developing not only your business acumen but also your client base. Leading you through the potential danger zones of business and giving the advice you need in order to avoid the common pitfalls and ensure 'success'.

## Subjects included in the Course:

- Ethics and Behaviour
- Advertising
- Occupational Health
- Analysis of the market place
- Code of Practice
- Customer service
- Getting to know clients
- Identifying client needs
- Effective communication skills
- Newsletters
- Accounts
- Effective time management

# Child & Adolescent Nutrition

A Distance Learning Diploma Course of 10 Lessons



**FEES: Tutored: £295**

or £95 deposit & 4 monthly payments of £50

**Self study: £135** or £50

deposit & 2 monthly payments of £50

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

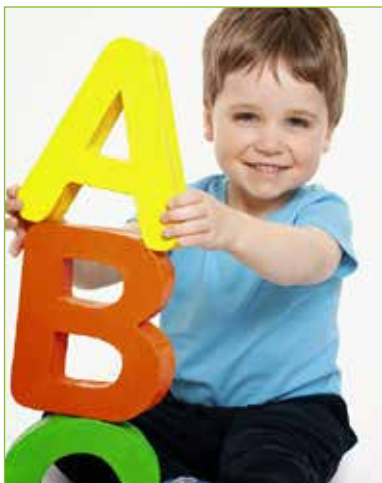
## Subjects included in the Course:

- Introduction to the balanced diet
- The five food groups
- Vitamin A, D and E
- Macronutrients
- Influences of food preferences
- Infant nutrition 0-12 months
- Pre-school children
- Primary school children
- 10-19 year olds
- Nutrition for growth
- Importance of breakfast
- Essential fatty acids
- Micronutrients
- Energy and concentration
- School lunches
- Lunchbox ideas
- Meal planning
- Growth spurts
- Food and the brain
- Food and behaviour
- Sugar and mood
- Food allergies
- Food intolerances
- Childhood obesity
- Body image
- Eating disorders
- Health complications



# Child Psychology

A Distance Learning Diploma Course of 12 Lessons



**FEES: Tutored: £295**

or £95 deposit & 4 monthly payments of £50

**Self study: £135** or £50

deposit & 2 monthly payments of £50

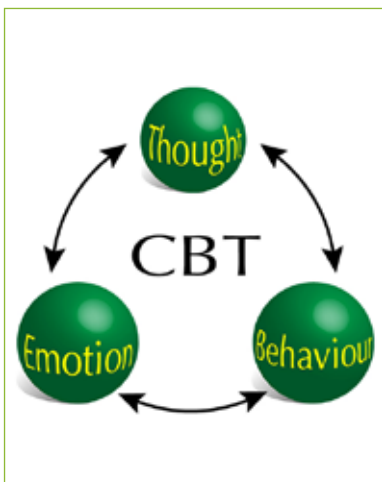
Child psychology studies the social, mental and emotional development of children from babies' right through to adolescence. This course has been specifically designed and prepared to help meet the needs of all adults that are responsible for the care and development of children. It provides a comprehensive introduction into child psychology, and students will find it immensely useful to support any existing qualifications they may hold in child care or other child related subjects. Please note that you cannot claim to be a "Child Psychologist" with a diploma level qualification.

## Subjects included in the Course:

- Background of Psychology
- Application of Psychology
- Growth Development
- Psychologists Point of View
- General Child Psychology
- Helping Troubled Children
- Regressive Symptoms
- Pitfalls and Deviations
- Adolescence
- Praise & Criticism
- Learning Styles
- Parental Styles
- Socialization
- Late Starters
- Communication
- Problem Diagnosis
- Pre-School
- Setting Goals
- Maladjustment
- Family Effects
- Attachments
- Social Factors
- Safety
- Milestones
- Handling Problems
- Friends

# CBT (Cognitive Behavioural Therapy)

A Distance Learning Diploma Course of 10 Lessons



**FEES: Tutored: £295**

or £95 deposit & 4 monthly payments of £50

**Self study: £135** or £50

deposit & 2 monthly payments of £50

CBT (Cognitive Behavioural Therapy) is a therapy that focuses on assessing the particular ways in which individuals think, behave, perceive, act and react. This knowledge will equip the therapist to deal successfully with their clients or their own behavioural, emotional and social problems. It is a form of psychotherapy which focuses on addressing, challenging and changing a person's emotional issues for the better. CBT is also a powerful and practical tool for personal exploration, problem solving and development.

## Subjects included in the Course:

- History of CBT
- CBT Distinctive Characteristics
- Teaching, Learning and Coping Skills
- Problem Solving Solutions
- Balancing Statements
- Changing/Modifying Behaviours and Beliefs
- Dealing with Negative Thoughts
- Disclosure and Consent Procedures
- Cognitive Techniques
- Distraction Methods
- Behavioural Techniques
- Physical Techniques
- Assumptions and Beliefs



# Colour Therapy

A Distance Learning Diploma Course of 10 Lessons



**FEES: Tutored: £295**

or £95 deposit & 4 monthly payments of £50

**Self study: £135** or £50

deposit & 2 monthly payments of £50

Colour Therapy helps people understand their need for certain colours and shows them how to use these colours for health, healing, inspiration, relaxation and protection. A Colour Therapist uses light in the form of colour, to balance the 'energy' of their client's body wherever it is lacking, whether it be on a physical, emotional, spiritual or mental level. It is often employed as a complementary treatment for seasonal affective disorder, depression, and stress, encompassing a number of methods used in complementary medicine. Colour has been proven to have a definite effect on mood, behaviour and well-being.

## Subjects included in the Course:

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

# Crystal Healing

A Distance Learning Diploma Course of 12 Lessons



**FEES: Tutored: £295**

or £95 deposit & 4 monthly payments of £50

**Self study: £135** or £50

deposit & 2 monthly payments of £50

This professional course in Crystal Healing has been devised with the aim of ensuring that the student therapist develops their own healing potential, by understanding the 'energies of crystals' with their physical and metaphysical properties. Students will also learn to recognise each crystal, their application in terms of healing and all of their other uses.

## Subjects included in the Course:

- What is Crystal Healing
- History of Crystal Healing
- The Subtle Body of Man
- Crystals used in Healing Mohs' Scale of Hardness
- Choosing Crystals
- Cleansing Crystals
- Attuning to a Crystal
- Programming Crystals
- Uses of Crystal & Gemstones
- Energy Management
- The Chakra System
- Balancing the Chakras
- Crystal Treatments
- Using Crystal Healing with Other Healing Methods
- How to use a Pendulum Meditations
- Crystal & Gem Elixirs
- Crystal Healing Layouts
- Astrology & Crystals
- Crystals & Colour





# Diabetes Risk Awareness

A Distance Learning Diploma Course of 8 Lessons



**FEES: Tutored: £295**

or £95 deposit & 4 monthly payments of £50

**Self study: £135** or £50

deposit & 2 monthly payments of £50

Diabetes is widely recognised as one of the leading causes of death and disability in the industrialised world. The purpose of this course is to ensure that holistic therapists are in possession of sound information, so that they will be aware of the symptoms and dangers of this disease. This will enable them to know when to recommend that a client seeks qualified medical advice and assistance. This is seen as an 'additional course' to all other therapy training and is provided to broaden the knowledge and increase awareness of this ailment for all our students and graduates.

## Subjects included in the Course:

- What is Diabetes Mellitus?
- Diabetes Types 1 & 2
- Long Term Complications
- The Endocrine System and the Pancreas
- Sugar
- Production of the Hormones, Insulin and Glucagon
- The Importance of Diet and Weight Control
- Levels of Blood Glucose
- The Complications and Long Term Physical Damage Caused by Diabetes
- Medication and Diet
- The Regulation of Blood
- Managing the Initial Discussion
- The Symptoms of Diabetes
- Blindness, Kidney Failure, Heart Disease, Nerve Damage and Limb Amputations
- Hypoglycemia
- The Treatment of Diabetes

# Dream Therapy

A Distance Learning Diploma Course of 9 Lessons



**FEES: Tutored: £295**

or £95 deposit & 4 monthly payments of £50

**Self study: £135** or £50

deposit & 2 monthly payments of £50

This course has been specifically designed to offer an introduction to and bring about a general understanding of sleep, its functions and dream analysis. It will be of value both to the layperson with a keen interest in dream analysis and interpretation, as well as the Therapist who is looking for holistic methodology with real examples worked out to show technique and style of analysis. Students will gain an insight not only into different methods of dream analysis, but also an appreciation of how dream analysis has developed and is still useful today in communicating with the subconscious mind.

## Subjects included in the Course:

- Brief History of Sleep Analysis
- Jouvet's Study on Dreams and Sleep
- Specialized Training of Brain Hemisphere Skills
- Dream Guides
- Shaman Dreaming REM & NREM
- Circadian and Ultradian Rhythms
- Sleep & REM Deprivation
- Lucid Dreams
- Remembering Dreams
- Sleep Disorders
- Dream Alphabet
- Worksheets for Dream Analysis



# Drug & Alcohol Counselling

A Distance Learning Diploma Course of 6 Lessons



**FEES: Tutored: £295**

or £147.50 deposit and 1 payment of £147.50

**Self study: £135** or £75 deposit and 1 payment of £75

This comprehensive course lays down the essentials for understanding alcohol and drug problems. This knowledge can also be applied to many other addictions. Making an assessment of your client, giving appropriate help guidelines and sound advice for the future will also be covered.

## Subjects included in the Course:

- Course Philosophy
- Social Aspects
- Diagnostic Interview
- In-Patient/Out-Patient
- Counselors Diagnosis
- New Behaviour
- Gathering Information
- Withdrawal Symptoms
- Problem Drinker
- The Treatment Plan
- Treatment Goals
- Motivation
- Looking Within
- Psychological Aspects
- The Control Factor
- Interview Techniques
- Aspects of Recovery
- Benefits of Treatment
- Treating the Individual
- The Treatment Setting
- Needs in Treatment

# Ethical & Sustainable Eating

A Distance Learning Diploma Course of 10 Lessons



**FEES: Tutored: £295**

or £95 deposit & 4 monthly payments of £50

**Self study: £135** or £50 deposit & 2 monthly payments of £50

Offering a comprehensive introduction to modern day diets, this course looks at how we can make valuable changes in the way we think about food, our appreciation of food, and how we can adapt our current food practices. We are frequently tempted by convenience foods rather than making fresh meals. In the long-term this not only affects the health of our planet, but public health, coinciding with a rise in obesity and diabetes. This course does not stress an all-or-nothing approach, but rather increases awareness of our food choices.

## Subjects included in the Course:

- Ethical & Sustainable Eating
- Food & Health, individual, cultural or scientific
- Food as fuel
- Changes to diet
- Defining sustainable food
- What is ethical eating?
- Permaculture
- Today's diet
- The Balanced Plate
- The Food Pyramid
- Cuisines from around the World
- Costs of Ethical and sustainable eating
- Plant based diets in health and disease!
- Mental well-being
- Mindful eating
- Organically produced foods
- Raw Foods
- Grains and Legumes
- Food waste; reduce, reuse, recycle
- Best Before and Use by dates clarified
- Food composting
- Tips & hints for 'growing your own'
- Meat, Fish, Eggs & dairy products
- Food preservation & processing
- Recipes for cooking sustainably



# Exercise for Health & Wellness (Theory)

A Distance Learning Diploma Course of 6 Lessons



**FEES: Self study: £135** or  
£75 deposit & 1 monthly  
payment of £75

**This course is only available  
as Self study.**

An array of different exercise forms with their contribution and specific roles in health are discussed, highlighting the importance of combining a variety of exercise into a well-rounded programme. The role of 'cardio-vascular/aerobic conditioning' exercise, to increase the heart rate. The importance of 'strength training' for muscular endurance and bone health. The importance of 'stretching' plus the role of exercise in combating stress.

## Subjects included in the Course:

- The cardiovascular system
- The circulatory system
- Cardiovascular & muscular endurance
- VO2 Max
- Cardiac output & stroke volume
- Core strength & core stability
- Low & high impact exercise
- Resistance
- Isotonic & isometric contraction
- The large muscle groups
- Agonist-antagonist pairs
- Stretching essentials
- Dynamic & static flexibility
- Active & passive stretching
- Flexibility
- Benefits of Pilates
- Exercise & relaxation
- Norepinephrine
- Benefits of Yoga
- Breathing techniques
- Progressive muscular relaxation
- Benefits of Tai Chi
- Aerobic & anaerobic exercise
- Tailoring an exercise programme
- Interval training
- Fuel for exercise
- Precautions

# First Aid

A Distance Learning Diploma Course of 8 Lessons



**FEES: Tutored:**  
Single payment of **£295**

**Self study:**  
Single payment of **£135**

The course provides the information needed to identify emergency situations, assess a casualty, manage an incident and take applicable actions - until medical help arrives to take over.

## Subjects included in the Course:

- Incident Management
- How to conduct a scene survey
- How to assess a casualty
- The unresponsive (non breathing) casualty
- Cardiopulmonary resuscitation (CPR)
- Hygiene during resuscitation
- Knowledge of the Automated External Defibrillator (AED)
- The unresponsive (breathing) casualty
- The recovery position
- How to Manage a Seizure
- The signs of a major seizure and treatment process
- How to treat choking
- Circulatory Problems – Shock (Hypovolaemic)
- How to treat shock
- Fainting – possible causes, signs and symptoms
- Minor Wounds and the different types of wounds
- How to manage a casualty with a minor injury – small splinters, nosebleed and chemical splash to the eye
- Minor Injuries to Bones, Muscles and Joints
- Treatment of suspected fractures
- Treating suspected dislocations
- Strains and sprains
- Minor Burns and Scalds
- Severity of burns: factors to consider
- Treatment of wet and dry heat burns
- Treatment of chemical burns
- Treatment of low voltage electrical burns





# Flower Remedies

A Distance Learning Diploma Course of 4 Modules



**FEES: Tutored: £295**

or £95 deposit & 4 monthly payments of £50

**Self study: £135** or £50

deposit & 2 monthly payments of £50

Flower remedies are specially prepared flower essences, containing the healing energy of plants. Perhaps the most famous and widely used system is the Bach flower remedies. This system originated in the 1920s when British physician and bacteriologist, Dr. Edward Bach (1886–1936), noticed that patients with physical complaints often seemed to be suffering from anxiety or some kind of negative emotion. He concluded that assessing a patient's emotional disposition and prescribing an appropriate flower essence could treat the physical illness. Bach was a qualified medical doctor, but he also practiced homeopathy.

## Subjects included in the Course:

- The Bach Flower Remedies
- How do remedies work? Finding the right remedies
- The remedies in practice
- How the remedies can help you, your family and friends
- Holistic approach
- A possible aspect
- All the flowers, plants and trees
- Experiences in treatment

# Advanced Flower Remedies

A Distance Learning Diploma Course of 10 Lessons



**FEES: Tutored: £395**

or £95 deposit and 6 monthly payments of £50

**Self study: £195** or £48.75

deposit and 3 monthly payments of £48.75

This advanced course is the natural follow-on from Flower Remedies and will take the student to new dimensions in this fascinating subject. Flower remedies are more homeopathic than herbal in the way they work, effecting energy levels rather than chemical balances. They have been described as 'liquid energy'. The theory is that they encapsulate the flowers' healing energy, and are said to deal with and overcome negative emotions, and so relieve blockages in the flow of human energy that can cause illness. They are prescribed according to a patient's emotional disposition, as ascertained by the therapist. This course takes an in-depth look at all aspects of the different essences, plants and traditions from all around the world.

## Subjects included in the Course:

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



# Herbalism

A Distance Learning Diploma Course of 10 Lessons



**FEES: Tutored: £295**

or £95 deposit & 4 monthly payments of £50

**Self study: £135** or £50

deposit & 2 monthly payments of £50

All animal life depends on the existence of plants. They are necessary to produce oxygen, to supply food and provide shelter. When early man started to look for a cure for his ailments, it was towards plants that he turned. Today some 75% of medicines around the world are derived from plants and herbs.

**Subjects included in the Course:**

- The World of Herbs
- History of Herbal Medicine
- Healthy Cooking with Herbs
- Natural Cosmetics
- Poultices, Pills and Tisanes
- Warm Herbs
- Herbal Tonics
- Herb Vinegars
- Skin Care
- Herbal Baths
- Cooling Herbs
- Antioxidants
- Herb Bouquets
- Herb Salts
- Natures Pharmacy

Plus – The Different Types of Preparations Used in Herbalism

## Advanced Herbalism (Phytotherapy)

A Distance Learning Diploma Course of 21 Lessons



**FEES: Tutored: £495**

or £95 deposit and 6 monthly payments of £67

**Self study: £195** or £48.75

deposit and 3 monthly payments of £48.75

This course has been written especially for us to give you total skills in the field of Herbal Medicine. Here you will find the ancient art of Herbalism brought into the 21st Century. You will be able to: recognise and identify the common herbs used in modern treatments. Classify plants according to their actions. Be able to relate the action of an individual herb to its indications in treatment. Understand the pharmacological actions of medicinal plants on the body in health and disease. Know which specific tissues, organs and physiological systems are affected by the administration of a given medicinal plant. Know the safe dosage range & the contraindications of the medicinal plants studied. And much more!

**Subjects included in the Course:**

- History of Herbalism
- Classification of herbs, herbal safety and herbal formulations
- General disease conditions and the herbs used in treatment
- Collecting herbs from field or garden and gathering rules
- Plant types/parts, drying & storing
- Herbal preparations & the various types of herbal medicine in detail
- Administering herbal preparations
- Spagyrics & spagyric medicine
- Alterative herbs
- Anthelmintic herbs
- Astringent herbs
- Cathartic herbs
- Diaphoretic herbs
- Diuretic herbs
- Emmenagogue herbs
- Expectorant and demulcent herbs
- Nervine and antispasmodic herbs
- Stimulant herbs
- Tonic herbs
- Herbal antibiotics
- Cleansing programs
- APPENDIX – Herb alternatives



# Holistic Dowsing

A Distance Learning Diploma Course of 10 Lessons



**FEES: Tutored: £295**

or £95 deposit & 4 monthly payments of £50

**Self study: £135** or £50

deposit & 2 monthly payments of £50

We all have the natural ability to dowse. Our senses are constantly communicating with the world around us and within us. We usually make decisions, consciously or unconsciously, as a result of that communication with our senses. Many people are blessed, whereas others may need to practise for some time, all is achievable with the solid base of this course.

## Subjects included in the Course:

- What Dowsing Is – and Isn't
- Dowsing in Nature
- The Human Body as a "Dowsing Instrument"
- Complementary Therapy Practice
- Operating a Pendulum
- Making Dowsing Charts
- The Use of Pendulum Dowsing Within Safety, Privacy and Boundaries
- "Grounding" – Dowsing Results with Professional Knowledge and Conventional Complementary
- Therapy Case Management

# Holistic Massage Therapy

A Distance Learning Diploma Course of 9 Lessons



**FEES: Tutored: £295**

or £95 deposit & 4 monthly payments of £50

**Self study: £135** or £50

deposit & 2 monthly payments of £50

Massage is a systematic, therapeutic stroking and kneading of the soft tissues of the body, which has been used as a form of therapy for thousands of years. This in-depth course will lead you step-by-step through the treatment sequence, and teach you everything you need to know in order to become a successful Holistic Massage Therapist.

## Subjects included in the Course:

- Introduction
- What is Massage?
- History & Origins
- Effects and Benefits
- Cautions During Treatment
- Basic Anatomy & Physiology
- Massage Techniques
- Contra-indications
- Diseases and Disorders
- The Chakras
- Equipment Required
- Massage Sequences
- Oils, Creams or Talc
- Assessment Techniques
- Initial Treatment
- Ongoing and After Care Advise Ethics
- Building your Client Base
- Running a Holistic Massage Practice





# Holistic Pain Management

A Distance Learning Diploma Course of 10 Lessons



**FEES: Tutored: £295**

or £95 deposit & 4 monthly payments of £50

**Self study: £135** or £50

deposit & 2 monthly payments of £50

Pain management therapists work to unlock and release the pain management coping strategies within their clients, bringing about major positive improvements to their lives. With the main focus on physical, emotional, psychological and spiritual issues, and offering more balanced and effective ways of looking at and addressing pain management.

This course covers the history, techniques and applications that go to make up the holistic pain management process. This comes as a highly recommended 'tool' for all Holistic Therapists wishing to broaden their skills and knowledge, and includes guidelines for dealing with the most common presenting issues regarding pain faced by their clients.

## Subjects included in the Course:

- Introduction
- What is Pain?
- History of Pain
- The Medical Approach
- The Holistic Approach
- Chronic Pain
- Acute Pain
- Holistic First Aid
- Types & Causes of Pain
- Coping Strategies
- Relief Applying Holistic Methods
- Medical Intervention

# Holistic Skincare Products

A Distance Learning Diploma Course of 10 Lessons



**FEES: Tutored: £295**

or £95 deposit & 4 monthly payments of £50

**Self study: £135** or £50

deposit & 2 monthly payments of £50

Do you read the contents on your favourite skincare products and wonder what they all are? Do you wonder if they are doing your body any harm? Do you object to paying 'big companies, big money' for products that only cost them pennies? Have you considered making your own products and then done nothing more because you 'don't have the time', or 'don't know how'?

If you answered 'yes' to any of these, then this course is designed for you. This course teaches you the basics of making products, what all the words mean and the ingredients you will need to design all of your own personalised skincare.

## Subjects included in the Course:

- Food Additives
- Herbs & Essential Oils
- Ingredients
- Oils
- Recipes
- Health & Safety
- Hygiene
- Labelling & Packaging
- Preservative
- Skin & Skincare
- Equipment
- Chemicals
- Legislation
- Pricing
- Soap Making



# Homoeopathy

A Distance Learning Diploma Course of 12 Lessons



**FEES: Tutored: £295**

or £95 deposit & 4 monthly payments of £50

**Self study: £135** or £50

deposit & 2 monthly payments of £50

Homoeopathy is a system of medicine which involves treating the individual with highly diluted substances, given mainly in tablet form, with the aim of triggering the body's natural system of healing. Based on their specific symptoms, a homeopath will match the most appropriate medicine to each patient. This course provides an easy to understand, informative outline of the fascinating ability that the body has to heal itself, with a little help in kick-starting the 'immune system'. Diagnosis, administration, modalities and potencies are all covered in-depth, as is the use of the 'Materia Medica', the Homoeopathic 'Bible'.

**Subjects included in the Course:**

- A Brief History
- The Potency Principle
- Miasms
- Acute Prescribing
- The Modalities
- Emotional Features
- The Law of Similars
- Constitutional Types
- Bach Remedies
- Second Prescription
- Taking a History
- Remedies
- The Direction of Cure
- Materia Medica
- Polycrests
- Homoeopathic Aggravations
- Homoeopathic Reactions & Diagnosis
- Homoeopathy-v-Allopathic Medicine

# Hopi Ear Candling

A Distance Learning Diploma Course of 10 Lessons



**FEES: Tutored: £295**

or £95 deposit & 4 monthly payments of £50

**Self study: £135** or £50

deposit & 2 monthly payments of £50

Hopi Ear Candling or Thermo-auricular Therapy is an ancient and completely natural therapy, which works on the 'chimney' principle, of drawing up impurities from within the ear. It has many benefits; the locally applied heat stimulates blood circulation, which in turn can strengthen the immune system, and the gentle air massage helps to regulate ear pressure. The treatment is completed with a gentle massage, which then helps to stimulate the acupoints and clear the sinuses.

This comprehensive course gives a thorough introduction, insight and instruction into everything required to become a Hopi Ear Candling Practitioner.

**Subjects included in the Course:**

- How do Hopi Candles Work?
- Anatomy and Physiology of the Ear
- Consultation
- Equipment
- Sinus and Facial Massage
- Contra-indications
- Benefits of Ear Candling
- Treatment Formulations
- Ear Conditions
- Aftercare
- The Hopi Ear Therapist's Practice
- Auricular Therapy



# Hot Stone Therapy

A Distance Learning Diploma Course of 9 Lessons



**FEES: Tutored: £295**  
or £95 deposit & 4 monthly  
payments of £50

**Self study: £135** or £50  
deposit & 2 monthly  
payments of £50

The concept of massage therapy using stones has been practiced in different cultures for many years. Tribal Healers and Village Wise Women used rocks from the riverbeds, and warmed them either in hot coals or hot water. They would then place the hot stones on a cloth, and arrange them along the energy points of the body; this would help to relax the muscles and reduce pain or discomfort, and therefore support the healing process.

This course will lead you through the procedure and teach you everything you need to know to use this therapy competently and professionally.

## Subjects included in the Course:

- What is Hot Stone Massage?
- The Benefits of the Treatment
- History
- Equipment Required
- The Holistic Approach
- Massage
- Effects
- Cautions & Contra-indications
- Basic Anatomy & Physiology
- Diseases and Disorders
- Massage Techniques
- Massage Mediums
- The Stones
- Stone Sets
- Using the Stones

# Hypnotherapy

A Distance Learning Diploma Course of 12 Lessons



**FEES: Tutored: £295**  
or £95 deposit & 4 monthly  
payments of £50

**Self study: £135** or £50  
deposit & 2 monthly  
payments of £50

Hypnotherapy is an ancient science that is finding a new and growing niche in modern Holistic Therapy practices, and is fast becoming an established 'therapeutic technique'. Hypnotherapy is valuable in treating a very wide range of psychological and medical conditions.

This course covers everything from the basic introduction to hypnosis and the nature of the hypnotic trance state, to an understanding of how to induce, deepen and release a person from this state.

## Subjects included in the Course:

- Introduction to Hypnosis
- The Hypnotic State
- Methods and procedures
- Examples of Induction, deepening and release from hypnosis
- Using memory recall - a simple form of hypno-analysis
- Basic Application of Psychology
- The General Practice of Hypnotherapy
- Applying Therapeutic Suggestion, and Suggestion Therapy





# Advanced Clinical Hypnotherapy/Psychotherapy

A Distance Learning Diploma Course of 15 Lessons



**FEES: Tutored: £495**  
or £95 deposit and 6  
monthly payments of £67

**Self study: £195 or £48.75**  
deposit and 3 monthly  
payments of £48.75

Hypnotherapy is an effective and speedy technique to apply in the process of Psychotherapy. You will learn, through this course, how to successfully treat phobias and fears, habits, communication and people interaction, as well as low self esteem and many physical problems.

You must possess a Diploma level qualification in Hypnotherapy before you can enrol. We believe that this is the most comprehensive and innovative course in its field. Students will be able to learn the techniques of a practicing Professional Therapist.

## Subjects included in the Course:

- The Human Mind
- Therapeutic Intervention
- Sexuality, Anxiety & Repression
- The Esdaile State
- The Ideomotor Response
- Regression Therapy
- The Application of Hypno-Analysis
- Relaxation Techniques
- General Practice
- Analysis of Dreams
- Post-hypnotic Suggestion

# Indian Face Massage

A Distance Learning Diploma Course of 9 Lessons



**FEES: Tutored: £295**  
or £95 deposit & 4 monthly  
payments of £50

**Self study: £135 or £50**  
deposit & 2 monthly  
payments of £50

Indian Face Massage is a form of facial rejuvenation, it gives a natural face lift and is designed to be a gentle non-invasive approach to looking younger.

This comprehensive course will lead you through the procedures and teach you everything you need to know in order to become a competent Indian Face Massage Therapist.

## Subjects included in the Course:

- Introduction
- The Skin
- Skin Problems
- Yin & Yang
- Tension Release
- The Healing Pulse
- Benefits
- Skin Types
- Subtle Energy
- Reiki
- Soothing & Calming
- Contra-indications
- Bones of the Face
- Muscles of the Face
- Chakras
- Pressure Points
- The Healing Pulse
- Performing the Treatment



# Indian Head Massage

A Distance Learning Diploma Course of 6 Lessons



**FEES: Tutored: £295**  
or £147.50 deposit and 1  
payment of £147.50  
**Self study: £135** or £75  
deposit and 1 payment  
of £75

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

## Subjects included in the Course:

- Introduction
- Shoulder Massage
- The Spine
- Massage Oils
- Ear Massage
- Face Massage
- Nervous System
- History & Development
- Starting Point
- Upper Back
- Neck Massage
- Scalp Massage
- Upper Back and Head
- Circulatory System
- Meditation Guideline
- Benefits
- Marmas
- Upper Arm
- Base Oils
- Anatomy
- Chakras
- Bones

# Iridology

A Distance Learning Diploma Course of 10 Lessons



**FEES: Tutored: £295**  
or £95 deposit & 4 monthly  
payments of £50  
**Self study: £135** or £50  
deposit & 2 monthly  
payments of £50

Of all the diagnostic techniques used in Natural Medicine, Iridology is probably the most useful. By examining the pattern of the Iris in the eye, the condition of the body can be ascertained. In this way valuable information can be obtained about the state of the organs and tissues of the body. Conventional tests and X-rays are only able to indicate when an organ is damaged, whereas Iridology can denote when an organ is under stress before it malfunctions.

## Subjects included in the Course:

- History of Iridology
- Constitutional Types
- The Complexion
- The Ophthalmoscope
- A Trip Around the Body
- Bioplasma
- Eye Disorders
- Iris Patterns
- The Epithelial Cells
- Crypts
- Elements of Antiquity
- Archus Senilus



# Kinesiology

A Distance Learning Diploma Course of 10 Lessons



**FEES: Tutored: £295**  
or £95 deposit & 4 monthly  
payments of £50

**Self study: £135** or £50  
deposit & 2 monthly  
payments of £50

Kinesiology is a system of natural health care, which combines simple 'muscle testing' and energy balancing, with the principles of Chinese Medicine to access body function and inner energy. It uses gentle, yet powerful healing techniques to improve health and increase vitality. It is particularly useful to overcome all sorts of allergy problems and also very effective in treating anxiety, backache, depression, insomnia and skin problems.

## Subjects included in the Course:

- Muscle Testing
- Polarity Switching
- Triad of Health
- Emotional Factors
- Treatment Sources
- Stress Release Points
- Balance & Imbalance
- Acupuncture Connection
- Massage for Muscles
- Acupressure Holding
- Nutritional Balancing
- Psychological Reversal
- Allergy Balancing
- Assessment Methods
- The Five Elements
- Subtle Body Energy
- Muscle Performance
- Cross Crawl Techniques

# Life Coaching

A Distance Learning Diploma Course of 14 Lessons



**FEES: Tutored: £295**  
or £95 deposit & 4 monthly  
payments of £50

**Self study: £135** or £50  
deposit & 2 monthly  
payments of £50

Working as a Life Coach, you will create an on-going partnership between yourself and your clients. Your aim being to help them produce fulfilling results in both their personal and professional lives; Working with them to overcome any obstacles and setbacks, which have prevented them from reaching their full potential. Through this course you will learn how to promote a willingness on the part of the client to work through challenging issues, towards empowerment, self-confidence and a happier, more productive life.

## Subjects included in the Course:

- History of Life Coaching
- What Life Coaching Is & Isn't
- Basic Coaching Principles
- The GROW Model of Coaching
- Coaching Applications
- Obstacles and Anchoring
- The Milton Model
- Time Management
- Stress Management
- Hypnosis
- Suggestibility
- Relationships as Systems
- The Life Coach's Clinic
- Contra-indications
- The Role of the Life Coach
- SWOT Analysis
- Spiral Coaching
- Framing and Reframing



# Advanced Life Coaching

A Distance Learning Diploma Course of 10 Lessons



**FEES: Tutored: £395**  
or £95 deposit and 6  
monthly payments of £50

**Self study: £195** or £48.75  
deposit and 3 monthly  
payments of £48.75

Advanced Life Coaching will take you to a far deeper level of 'goal focus', moving to a higher level of achievement with your clients. As a professional Life Coach you will be able to help your clients clarify their ambitions, and identify their strengths. Helping these individuals develop new empowering beliefs, create new strengths, building them to provide a strong foundation for a better life. Effective coaching will help you set compelling and achievable goals for your clients, and provide them with clear action plans whilst keeping motivated, focused and overcoming any obstacles that stand in their way.

## Subjects included in the Course:

- Specialist Coaching
- The Grow Model
- Employment and Workplace Coaching
- Partnership and Relationship Coaching
- Well-being Coaching
- Prosperity Coaching
- Self-esteem Coaching
- Psychological Syndromes
- Ultimate Break-through
- Questions
- Goal Focusing
- The Importance of Networking
- The Closure Process
- Case Studies from a Life Coaching Practice
- Dealing with Stress, Challenges and Setbacks

# Medical Hypnotherapy

A Distance Learning Diploma Course of 15 Lessons



**FEES: Tutored: £495**  
or £95 deposit and 6  
monthly payments of £67

**This course is only available  
with a Tutor.**

We believe that this is the most comprehensive and innovative course in this field. Understanding an overall approach enables the student to work with patients/clients in order to design and develop an individual, patient-orientated hypnotherapy approach to illness. As well as considering some of the diseases of different body systems, and the application of hypnotherapy to such diseases. The course teaches an overall approach to medical hypnotherapy.

## Subjects included in the Course:

- Mind Body Interaction
- The body's immune system
- The digestive system
- The skeletal system
- The nervous system
- The endocrine system
- The cardio-vascular system
- The cell and the body's systems
- A coherent approach to illness
- More about the overall approach
- The skin
- The muscular system
- The respiratory system
- Pain Management





# Meditation

## A Distance Learning Diploma Course of 11 Lessons



**FEES: Tutored: £295**

or £95 deposit & 4 monthly payments of £50

**Self study: £135** or £50

deposit & 2 monthly payments of £50

Meditation means awareness, a cessation of the thought process. It is a state of consciousness, when the mind is free of 'scattered thoughts' and intrusive patterns.

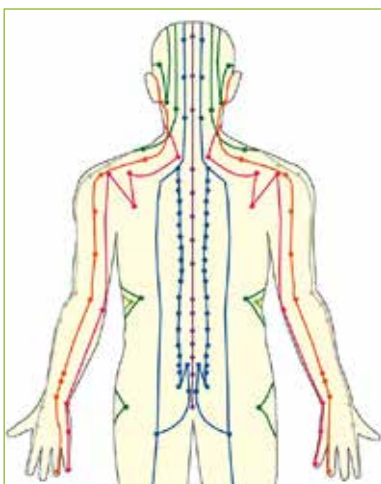
This course takes the student on a journey through both Eastern and Western 'meditation techniques'; From 'Chakra balancing' to 'Walking the Labyrinth'. It is aimed at students who wish to obtain competence in both practising and teaching meditation.

**Subjects included in the Course:**

- Introduction to Meditation
- Meditation and Mind
- Mantra Meditation
- The Chakra System and Meditation (I)
- The Chakra System and Meditation (II)
- Meditation and the Labyrinth
- Conducting a Meditation Class
- Meditation and Tarot
- Position and Posture
- Meditation in Complementary & Alternative Medicine

# Meridian Psychotherapy

## A Distance Learning Diploma Course of 12 Lessons



**FEES: Tutored: £295**

or £95 deposit & 4 monthly payments of £50

**Self study: £135** or £50

deposit & 2 monthly payments of £50

This unique Meridian Psychotherapy course integrates the teachings of meridian interventions with traditional psychotherapy. It focuses upon practical meridian therapy applications, which can be learned and practised by the student. This is a highly effective therapy because there is a demonstrable link between meridians and the emotions. During treatment the client is encouraged to focus on their problems while interacting with their own meridian system.

**Subjects included in the Course:**

- Energy Therapies, Movers and Shakers
- The Kinesiology Connection
- Introduction to Psychotherapy
- Phobias, Stress & Emotional Disorders
- Causes for Disruption in the Body's Energy System
- Energy Toxins and their Effects as Inhibitors
- Integrating Talk and Touch
- Psychosomatic and other Physical Disorders
- Integrating the Techniques of Psychotherapy with Meridian Energy Treatments



# Advanced Meridian Psychotherapy

A Distance Learning Diploma Course of 14 Lessons



**FEES: Tutored: £395**  
or £95 deposit and 6  
monthly payments of £50

**Self study: £195** or £48.75  
deposit and 3 monthly  
payments of £48.75

Graduates from Meridian Psychotherapy may now embark on what we describe as the 'ultimate picture' into this thoroughly effective and fascinating therapy. If you wish to take your knowledge to the 'outer boundaries' of achievement, this course is a must. The useful tool of 'abreaction' will aid you in helping those that come to you for their 'unexplained difficulties' with day to day living. Your clients will be delighted with the results you will be able to achieve with the additional knowledge and assistance gained from this course.

## Subjects included in the Course:

- Why Energy Therapies Work
- Mind & Body Interaction
- Repressed Experiences
- Repression and Abreaction – Handling Relaxation Techniques
- Dealing with Past Trauma
- Freeing your Clients
- Studying the Existence of the Meridian System
- The Body as an 'Electrical System'
- Psychological Reversal- How to Overcome this Phenomena
- Successful Treatment of Allergies, Addictions, Phobias and Stress Analysis of Dreams
- Emotional Freedom, Explained Advice for Professional Meridian Psychotherapists

# Mindfulness

A Distance Learning Diploma Course of 8 Lessons



**FEES: Tutored: £295**  
or £95 deposit & 4 monthly  
payments of £50

**Self study: £135** or £50  
deposit & 2 monthly  
payments of £50

Mindfulness is a wonderful tool for therapists to have at their fingertips and can be incorporated into other holistic therapies for a more connected client/practitioner relationship. The course discusses many techniques to help manage stress and pain levels and improve relationships. This stand-alone course takes the student through to meditation. However, it's equally suitable for someone wanting to relieve depression or anxiety and improve relationships without wishing to practice formal meditation.

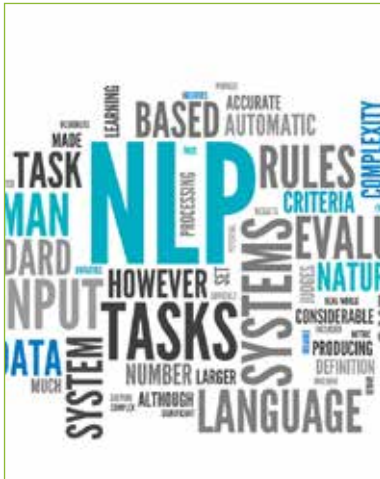
## Subjects included in the Course:

- History of Mindfulness
- The effect of our thoughts, feelings & emotions
- Maintaining Focus
- Self-Image
- Making friends with emotions
- Continuous Thinking and its effects
- Thoughts vs Reality
- Power of Mindfulness
- Formal and Informal Practice
- The Here and Now
- Acknowledgement & Acceptance
- The Second Arrow of Suffering
- Detachment
- Investigating
- The 3-minute breathing space
- The Body Scan
- Loving-kindness
- Compassion
- Mindfulness & Stress Management
- Mindfulness & Pain Management
- Mindfulness & Relationships
- Mindfulness & Meditation
- Mindful Movement



## NLP (Neuro-Linguistic Programming)

## A Distance Learning Diploma Course of 13 Lessons



**FEES: Tutored: £295**

or £95 deposit & 4 monthly payments of £50

**Self study: £135 or £50**

deposit & 2 monthly payments of £50

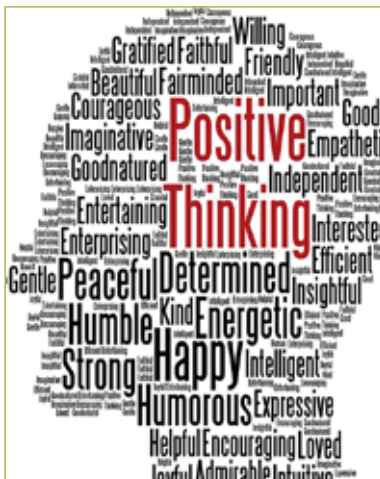
Whether working as an NLP (Neuro-Linguistic Programming) consultant with your own specialised clinic or simply studying for your own benefit - this course may 'change your life', and the way you perceive the world around you forever. Everyone will benefit from the knowledge gained here. Those around you will benefit from the grounded, positive approach you will be spreading through the fine tuning of your thoughts and awareness. Your qualification after successfully completing this course will entitle you to work as an NLP Consultant.

### Subjects included in the Course:

- Boundaries
- Analysis Techniques
- Modalities
- Key Techniques
- Running your NLP Practice
- Meta Models
- Sensory Acuity
- Calibration
- Meta-Cognition
- Anchoring
- Representational Systems
- Meta-programs
- Ethics
- Legalities
- Business Awareness
- CPD
- Consultation Professionalism

## Advanced NLP (Neuro-Linguistic Programming)

## A Distance Learning Diploma Course of 10 Lessons



**FEES: Tutored: £395**

or £95 deposit and 6  
monthly payments of £50

**Self study: £195 or £48.75**

deposit and 3 monthly payments of £48.75

This advanced course will take you to a far deeper level of ‘goal focus’, moving to a higher level of achievement with your clients. This is the ultimate ‘Emotional Intelligence Toolkit’. As a professional NLP Practitioner, you will be able to help your clients to clarify their ambitions and identify their strengths, develop new empowering beliefs, create new strengths and build upon them to provide a strong foundation for a better life. Effective therapy will help you set compelling and achievable goals with your clients, providing them with clear action plans to achieve them, whilst keeping motivated, focused and overcoming any obstacles that stand in their way.

### Subjects included in the Course:

- Goals & Motivation
- Creating Achievable Outcomes
- Esteem & Thought Mastery
- Parts Integration
- State Management
- NLP Summary
- The Meta Model
- Pacing & Leading
- The Precision Model
- Human Understanding
- Phobias
- Identifying Strategies
- Advanced Calibration A
- Advanced Sensory Acuity
- Advanced Timeline Work
- Perceptual Positions



# Clinical Nutrition (Holistic)

A Distance Learning Diploma Course of 11 Lessons



**FEES: Tutored: £295**

or £95 deposit & 4 monthly payments of £50

**Self study: £135** or £50

deposit & 2 monthly payments of £50

The object of the course is to provide the student with a solid and informative base to work from, in the most popular and topical subject of the 21st century. On successful course completion, the graduate will have a comprehensive understanding of human digestion and the underlying principles of healthy eating. The student will be trained to give sound advice on the nutritional requirements for good health during consultations with 'paying clients'. Those wishing to take their understanding to a higher level are recommended to expand their knowledge with our Advanced Nutrition (Holistic) course.

## Subjects included in the Course:

- Nutrition and the Human Cell
- Digestive system – Anatomy
- Digestion/absorption of foods
- Antioxidants & Free Radicals
- Digestive problems
- Candida Minerals
- Vitamins
- Nutrient groups
- RDAs and RNAs
- Water intake
- Daily Calorie requirement
- Diet theories and options
- Proteins, Amino Acids & Fatty Acids
- Treatment of health problems
- The Healthy Diet
- The Cleansing Diet
- Fasting
- Chronic conditions - How diet is used for positive outcomes
- Diets for Medical Conditions - Osteoporosis, Diabetes etc

# Advanced Nutrition (Holistic)

A Distance Learning Diploma Course of 26 Lessons



**FEES: Tutored: £395**

or £95 deposit and 6 monthly payments of £50

**Self study: £195** or £48.75

deposit and 3 monthly payments of £48.75

This course is a must if you wish to take your knowledge to a 'high level' of competence, when advising on Nutrition in your professional practice as a Complementary Therapist. The understanding of all aspects of nutrition will help you, to help those who come to you with their dietary problems. Your clients will be delighted with the results you will be able to achieve with your additional knowledge and assistance, gained through this advanced course.

## Subjects included in the Course:

- The digestive system
- Diet & pain Management
- The process of digestion
- Vitamins
- Fats & lipids
- Anti-oxidants & Gluten
- Diseases of the digestive system
- Anti-Nutrients
- The chemical actions in the digestive process
- Interrelationships with other body systems
- Carbohydrates
- Minerals
- Water effects of hydration
- Vegetarian and vegan dietary requirements
- Nut allergy
- Nutrients & the bio-chemistry of digestion
- Foods to balance the hormonal system
- Cholesterol
- Protein and fibre
- Dairy intolerance
- Dietary & nutritional value of food
- Obesity





# Nutrition for Age 50 Plus

A Distance Learning Diploma Course of 11 Lessons



**FEES: Tutored: £295**

or £95 deposit & 4 monthly payments of £50

**Self study: £135** or £50

deposit & 2 monthly payments of £50

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

## Subjects included in the Course:

- Nutritional supplements
- Nutrient/drug interaction
- Buying organic food
- Food fortification
- Macronutrients
- Mindful eating
- Energy requirements
- Basal metabolic rate
- Obesity and Diabetes
- Alcohol
- Complex/simple carbohydrates
- Protein sources
- Saturated/Unsaturated fats
- Memory and brain function
- Brain-gut connection
- Water and brain function
- Bone mass and strength
- Nutrients and bone density
- Managing blood pressure
- Cholesterol and fatty deposits
- Plant sterols
- Safe weight loss
- Healthy gut flora
- IBS (Irritable Bowel Syndrome)
- Heart burn & acid reflux
- Probiotics (friendly bacteria)
- Diet myths
- Hydrating fluids
- Coffee & caffeinated beverages
- Healthy recipes
- Nutrition programmes
- Short- & long-term goal setting

# Past Life Therapy

A Distance Learning Diploma Course of 10 Lessons



**FEES: Tutored: £295**

or £95 deposit & 4 monthly payments of £50

**Self study: £135** or £50

deposit & 2 monthly payments of £50

This course in Past Life Therapy is aimed at providing the student with sufficient information to be able to carry out past life therapy sessions using hypnosis as the therapeutic tool. The student will take part in an investigation into their own past life, and also learn to conduct basic hypnosis related to the task of inducing a subject to generate pre-birth regression, and past life recall.

## Subjects included in the Course:

- What is Past Life Therapy?
- Reincarnation
- Confabulation
- History of PLT
- How is PLT Carried Out?
- Introduction to Hypnosis
- Cryptomnesia
- Hypnotic Deepening
- Release from Hypnosis
- Conducting the Past Life Regression
- An Exercise in Self Past Life Regression
- Evidence for Reincarnation?
- The Hypnotic State
- How to Conduct and Manage a PLT Session
- Genetic Memory
- Psychotherapy of Past Life Regression
- Sexuality, Anxiety and Repression
- Recording and Preserving the Session



# Advanced Past Life Therapy

A Distance Learning Diploma Course of 12 Lessons



**FEES: Tutored: £395**  
or £95 deposit and 6  
monthly payments of £50

**Self study: £195** or £48.75  
deposit and 3 monthly  
payments of £48.75

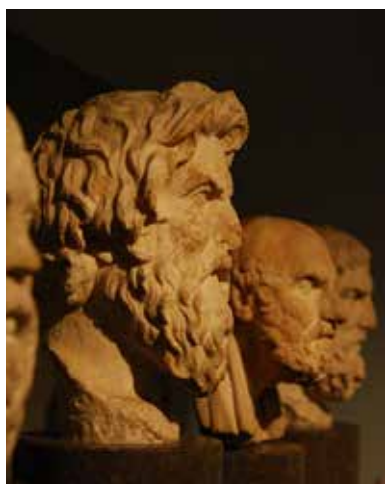
Having completed the first Past Life Therapy course, and gained some practical experience, students will have sufficient information to carry out a past life regression therapy session. Moving forward, this advanced course gives a deeper understanding, and builds on the knowledge gained previously; Providing more background and insight into the underlying principles of Transpersonal Psychology, and its influence on Transpersonal Hypnotherapy.

## Subjects included in the Course:

- Transpersonal Psychology
- Deepening Techniques
- Transpersonal Hypnotherapy
- The Human Mind (1)
- The Human Mind (2)
- Discarnate Entities
- Therapeutic Interventions
- Planning a Past Life Therapy Session
- Psychotherapy - A Review
- Hypnosis
- Suggestibility
- Induction Techniques
- PLT protocols
- Jungian Archetypes
- Trance Management
- The Application of Suggestion?

# Philosophy

A Distance Learning Diploma Course of 12 Lessons



**FEES: Tutored: £295**  
or £95 deposit & 4 monthly  
payments of £50

**Self study: £135** or £50  
deposit & 2 monthly  
payments of £50

Philosophy is the study of general and fundamental problems, such as those connected with reality, existence, knowledge, values, reason, mind, and language. Philosophy is distinguished from other ways of addressing such problems by its critical, generally systematic approach and its reliance on rational argument. In more casual speech, by extension, 'philosophy' can refer to 'the most basic beliefs, concepts, and attitudes of an individual or group'. The word *philosophy* comes from the Ancient Greek (*philosophia*), which literally means 'love of wisdom'. The introduction of the terms 'philosopher' and 'philosophy' has been ascribed to the Greek thinker Pythagoras.

## Subjects included in the Course:

- Introduction
- Mental Activity
- The "Robot" Question
- The Body, the Vehicle, the Soul
- Presence and Absence of Mind
- Mental and Physical Aspects
- The Analogy of Limitless Space
- Evolution of the Mind
- The Importance of Observation
- Aspects Affecting Observation
- Use of Speech and Reason
- Philosophies Relating to Reason
- The Need for Perseverance
- Ignorance Reigns Only in the Mind
- Physicalism
- Mind/Body Problem
- Who/What am I?
- Skill in the Use of Words
- Aspects of Dualism Wisdom, Self Knowledge the "Self"



# Plant-Based Nutrition Course

A Distance Learning Diploma Course of 14 Lessons



**FEES: Tutored: £295**  
or £95 deposit & 4 monthly  
payments of £50

**Self study: £135** or £50  
deposit & 2 monthly  
payments of £50

Our plant-based nutrition course provides a very comprehensive overview of the vegan diet. The many health and environmental benefits of choosing plants are highlighted, with particular emphasis on heart health, weight management, and prevention of chronic disease in addition to optimizing the 'gut microbiome'. The implications of leaving meat, dairy and fish off the plate is discussed, and sources of at-risk nutrients are given. Specific emphasis is placed on the importance of following a varied and balanced diet that meets energy (calorie) needs for physical and mental well-being.

## Subjects included in the Course:

- Fundamentals of vegan nutrition
- Environmental implications
- Why go vegan?
- The many health benefits
- Plant-based diets & the brain
- Plants and the immune system
- Gut microbiome
- Whole grains
- Nutrients
- Vegan diet for athletes
- Vegan diet for the over 50s
- Phytochemicals
- Organic food
- Functional foods
- Transitioning to the vegan diet
- Day to day challenges
- Dealing with cravings
- Reading labels
- Raising kids on the vegan diet
- and many more....

# Professional Relaxation Therapy

A Distance Learning Diploma Course of 8 Lessons



**FEES: Tutored: £295**  
or £95 deposit & 4 monthly  
payments of £50

**Self study: £135** or £50  
deposit & 2 monthly  
payments of £50

Professional Relaxation Therapy has been shown to improve the quality of everyday life by building the skills of resilience. It is 'resilience' that helps us adapt to stress, and bounce back from the difficult times in life. This comprehensive course gives a clear insight, with instruction, into all areas of Relaxation Therapy. Unique in its in-depth holistic approach to the physical, mental, spiritual and recreational features of relaxation; this course makes a useful additional subject for those wishing to set up in practice as 'Professional Therapists'.

## Subjects included in the Course:

- Tension & Symptoms
- Exercise
- Colour Therapy Meditation
- Exercise
- Central Nervous System
- Mental Attitudes
- Water Therapy
- Counselling
- Brain Waves
- Music
- Sleep and Deep Relaxation
- Deep Relaxation
- Recreational Activities
- Acknowledging Tension
- Smiling & Language



# Psychotherapy & Counselling

A Distance Learning Diploma Course of 10 Lessons



**FEES: Tutored: £295**

or £95 deposit & 4 monthly payments of £50

**Self study: £135** or £50

deposit & 2 monthly payments of £50

Listening and talking to people is the essence of Psychotherapy; talking to those with issues that are too heavy for them to bear alone, their problems and anxieties are most likely overwhelming for them. Your aim will be to help and understand these individuals and resolve their situations, with compassion, understanding and guidance. These are the qualities of a Professional Counsellor; in this course you will learn how to achieve this goal. This subject acts as a valuable 'stepping stone' to our Hypnotherapy and Advanced Clinical Hypnotherapy/Psychotherapy courses. It also acts as grounding for all of our other appropriate talking therapy subjects.

## Subjects included in the Course:

- Humanistic Psychotherapy
- Psychoneurosis
- Conjunctive Therapy
- Process of Change
- Assertiveness Training
- Redistribution of Energy
- Chemical Influences
- Electism
- Relationships
- Positive Attitudes
- Positive Self Image
- Counseling
- Group Therapy
- Integration
- Emotional Freedom
- Self Acceptance
- Helping the Patient

# Reflexology

A Distance Learning Diploma Course of 8 Lessons



**FEES: Tutored: £295**

or £95 deposit & 4 monthly payments of £50

**Self study: £135** or £50

deposit & 2 monthly payments of £50

Reflexology is an extremely effective form of massage, the basis of which relates to 'reflex points' on the soles of the feet. These 'points' coincide with each organ and system in the body, and are linked to those organs by 'energy channels', 'zones' or 'meridians'. When illness or imbalance occurs, the corresponding 'energy channels' become blocked. Reflexology Massage aims to remove these blocks, thus allowing the energy to flow freely again. It will also reduce stress and tension in the individual, improve circulation and cleanse the body of toxins and impurities.

## Subjects included in the Course:

- History
- Meridians
- First Aid
- The Nature of Stress
- Digestive System
- Reading the feet
- Energy Channels
- Zone Therapy
- Feet Reflex Points
- The Active Life
- Body Systems
- Cranial Nerves
- Mapping the Feet
- Starting your Practice
- Anatomy & Physiology
- Techniques
- Getting Unhooked
- Overcoming Addictions
- Yin and Yang
- Procedure and Technique
- Terminal Illness





# Advanced Reflexology

A Distance Learning Diploma Course of 14 Lessons



**FEES: Tutored: £395**  
or £95 deposit and 6  
monthly payments of £50

**Self study: £195** or £48.75  
deposit and 3 monthly  
payments of £48.75

This Advanced Course has been designed to follow on from basic Reflexology and meet the needs of therapists who wish to advance to a higher level of study. Reflexology is a skill that has a 'precise approach' to promoting healing abilities for everyone, thus stimulating the body's regenerative capacity. This is the ultimate course for all Professional Therapists in this field leading to a more specialised and comprehensive treatments for their clients.

## Subjects included in the Course:

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

# Reiki (Theory)

A Distance Learning Diploma Course of 10 Lessons



**FEES: Tutored: £295**  
or £95 deposit & 4 monthly  
payments of £50

**This course is only available  
with a Tutor.**

Reiki is a methodology for transferring and transmuting universal energy, that is to say, energy that is all around us and fills the universe. To be able to do this requires that the practitioner be attuned to this energy by someone who themselves has been attuned – in other words a Reiki master.

The purpose of this course is to provide the student with detailed and sufficient practical information concerning the history, usage and application of Reiki, in order to enable the student to receive and understand attunements from a Reiki Master. Then enter practice as a Reiki healer and teacher.

## Subjects included in the Course:

- Introduction
- Attunements
- What is Reiki
- The Five Precepts of Reiki
- Meditation Techniques
- Breathing Exercises
- Spiritual Cleansing
- Reiki Principles
- Hands-on Healing
- Distance Healing
- Breath and Eye Healing
- Using Symbols & Mantras to Heal
- What is "Ki"?
- Reiki Self-treatment
- Kihon Shisei
- "Gassho"



# Shiatsu

## A Distance Learning Diploma Course of 10 Lessons



### FEES: Tutored: £295

or £95 deposit & 4 monthly payments of £50

### Self study: £135 or £50

deposit & 2 monthly payments of £50

Shiatsu is a form of Oriental Massage. The name comes from 'shi' meaning finger and 'atsu' meaning pressure. Shiatsu is a Japanese healing art deeply rooted in the philosophy, and practices of traditional Chinese medicine. The techniques are easily learned, and are extremely effective. This course compliments our course in Acupressure, which gives a more westernised slant on this ancient 'oriental practice'.

### Subjects included in the Course:

- The Meridians
- Limb Shiatsu
- Ampuko
- Neck Shiatsu
- Oriental View of Illness/Health
- The Five Elements
- Method of Diagnosis
- The Tsubo
- Body Shiatsu
- Head Shiatsu
- Western Conception of Illness/Health
- Oriental Medicine
- Taiji
- Abdominal Digestive Organs

# Stress Management

## A Distance Learning Diploma Course of 8 Lessons



### FEES: Tutored: £295

or £95 deposit & 4 monthly payments of £50

### Self study: £135 or £50

deposit & 2 monthly payments of £50

Stress is an old problem that has only recently been recognised as a basic, but sometimes major factor in many physical and mental problems. This comprehensive course has been prepared to cover a vast scale of 'stress related problems' and their treatments. It provides an investigation into the 'root causes' of these problems, in an understandable and methodical way.

### Subjects included in the Course:

- Anatomy & Physiology
- Psychotherapy
- Systems of the Body
- Conscious Suspension
- Methods of Treatment
- Subconscious Mind Activity
- Suggestion
- Methods and Techniques
- Relaxing & Breathing Techniques
- Symptoms of Stress
- Psychology
- Starting your Own Practice



# Advanced Stress Management

A Distance Learning Diploma Course of 18 Lessons



**FEES: Tutored: £495**  
or £95 deposit and 6  
monthly payments of £67

**Self study: £195** or £48.75  
deposit and 3 monthly  
payments of £48.75

This course is designed to give students the possibility of attaining a 'Higher Qualification' in Stress Management. As the pace of life accelerates so does the stress factor, and as many as 60% of visits to Doctors are attributed to stress problems. Therefore, it is easy to see why 'stress therapy' is in such demand and can be developed into a rewarding and worthwhile career.

## Subjects included in the Course:

- Definition of Stress
- Non-Medical Approach
- Basic Pharmacology
- Reacting/Responding
- Hypertension
- Groups of Drugs
- Pulmonary Embolism
- Nutrition & Trauma
- The Eight Horizons Meditation
- Psychological Stress
- Psychotherapy
- Clinical Pharmacology
- Power of Emotions
- Iatrogenic Disease
- Stress Reduction
- Psychosomatics
- Analysis
- Phobias
- Neurology
- The Medical Approach
- Psychology
- Ischaemic Heart Disease
- Rheumatic Heart Disease Health, Exercise & Stress Disorders
- Cardiovascular Disorders Respiratory
- The Communication Cycle
- Autonomic Nervous System
- Meditation/Self Hypnosis

# Sport & Exercise Nutrition

A Distance Learning Diploma Course of 10 Lessons



**FEES: Tutored: £295**  
or £95 deposit & 4 monthly  
payments of £50

**Self study: £135** or £50  
deposit & 2 monthly  
payments of £50

Sports Nutrition is the study and practice of nutrition and diet in relation to sports performance. It is concerned with the type and quantity of fluid and food taken by a sports person, and deals with nutrients such as vitamins, minerals, supplements and organic substances such as carbohydrates, proteins and fats. Nutrition is a crucial component in many sports training regimens, including strength sports (such as weight lifting and bodybuilding), and endurance sports (including cycling, running, gym sessions and swimming etc). Students will learn which types of foods to consume prior to, and after exercise to avoid unnecessary stress to the body, and gain maximum performance during exercise periods.

## Subjects included in the Course:

- The digestive system
- Food groups
- Carbohydrate loading
- Proteins
- Essential amino acids
- Fats
- Vitamin and mineral index
- Energy balance
- Healthy eating
- Aerobic/Anaerobic substrates
- Body Mass Index (BMI)
- Calorie requirements
- Fluid
- Sports supplements
- Safe weight loss
- Fad diets (discussion)
- Very low calorie diet (VLCD)
- Motivational strategies
- Waist-to-hip ratios
- Protein supplementation



# Sports Psychology & Dynamics

A Distance Learning Diploma Course of 8 Lessons



**FEES: Tutored: £295**

or £95 deposit & 4 monthly payments of £50

**Self study: £135** or £50

deposit & 2 monthly payments of £50

Sports Psychology is the study of how psychology influences sports, athletic performance, exercise and physical activity. Some sports psychologists work with professional athletes and coaches to improve performance and increase motivation. Other professionals utilize exercise and sports to enhance people's lives and well-being throughout the entire lifespan. This course is suitable for both "sports people" and those who wish to work as "sports counsellors".

The purpose of this course is to break concepts into practical, direct-action and personal improvement programmes to greatly enhance an athlete's performance in their chosen field. Course lessons are set out in a logical and comprehensive manner so students can integrate methods and build upon these concepts in the workplace.

## Subjects included in the Course:

- Consciousness
- Success Consciousness
- Mind Power
- Always a Winner
- Potential Strength
- Personal Improvement
- Dynamic Tension
- External Forces
- Intrinsic Motivation
- Inspiration
- Mind over Matter
- Mind Technology
- External Motivation
- Attitudes
- Positive Belief Strategies
- Mind and Heart

# Stop Smoking

A Distance Learning Diploma Course of 9 Lessons



**FEES: Tutored: £295**

or £95 deposit & 4 monthly payments of £50

**Self study: £135** or £50

deposit & 2 monthly payments of £50

This course in Smoking Cessation, using Therapeutic Hypnotic Intervention, will help you as a practitioner understand the 'type of smoker' you are dealing with, and the correct procedures to follow to deal with their addiction. It works as a 'habit control system', and will work with smoking, nail biting and many other habits which are difficult to break. You must have a Diploma level qualification in Hypnotherapy, meaning you are trained to induce the hypnotic state with clients, before enrolling in this course.

## Subjects included in the Course:

- Identifying the Type of Habit!
- Interval Approach System
- Breathing Techniques
- Positive anchors, changing anchors, future pacing
- NLP decision destroyers
- Tailoring scripts to individual clients, to use in session
- Emotional Freedom Techniques
- Anchoring, changing, contract for change
- Practical Approach System
- Hypnotic aversion therapy
- Questioning techniques
- Re-enforcement suggestion plan
- Neuro-Linguistic Programming
- Physiological effects
- Induction, deepeners, visualization, reductions suggestions
- Desensitising to triggers
- The Self hypnosis route
- Final session of hypnosis





# Vegetarian & Vegan Nutrition

A Distance Learning Diploma Course of 10 Lessons



**FEES: Tutored: £295**

or £95 deposit & 4 monthly payments of £50

**Self study: £135** or £50

deposit & 2 monthly payments of £50

This course is aimed at therapists qualified in nutrition (from our school or elsewhere) to offer a sound introduction to healthy balanced eating and evidence based, up-to-date information on the many health benefits of a plant based diet. This course can also be used as a 'Self Help' guide if you wish to learn about changing to a Vegetarian or Vegan lifestyle!

**Subjects included in the Course:**

- Types of vegetarian diets
- Health benefits
- The six essential nutrients
- Dairy products & skin conditions
- Weight control & meat-free diets
- The vegetarian cuisine
- Macrobiotic diet
- Raw foodism and fruitarianism
- Understanding 'at risk' nutrients
- Carbohydrate portion control
- Importance of food variety
- Protein and essential fats
- Vitamin B12, iron and calcium
- Food fortification
- Meat and cheese substitutes
- Saturated & unsaturated fats
- Healthy gut flora
- Buying organic
- Eating in season
- Ideal cooking oils
- Food swaps
- Pregnancy and breastfeeding
- Vitamins for babies
- Vegetarian/vegan children
- IBS and plant based diets
- Food allergies and intolerances
- Bone health and osteoporosis
- Cardiovascular disease
- Meal planning for diabetic vegetarians/vegans
- Healthy recipes
- At risk clients
- Spotting eating disorders

# Yoga

A Distance Learning Diploma Course of 11 Lessons



**FEES: Tutored: £295**

or £95 deposit & 4 monthly payments of £50

**Self study: £135** or £50

deposit & 2 monthly payments of £50

This course covers the basic benefits for obtaining relaxation through the principles of Yoga. You will be enlightened by the techniques, postures and stretching exercises, which will tone the body and enhance the mind. The course includes a detailed routine which is easy to follow, bringing you the benefits of 'relieving stresses and 'clearing the mind'. This stand alone course is aimed at students who wish to obtain competence in practising and teaching yoga.

**Subjects included in the Course:**

- The Yoga Principle
- Basic Postures
- Therapeutic Breathing
- Body Movement & Stretching
- Exercising the Spine
- Benefits of Relaxation
- Correct Methods of Breathing
- Prana
- Warm up & Relaxation Techniques
- Leg Postures and Stretches



## Pre-requisites for Advanced Courses

Students wishing to enrol on any advanced course must hold a Practitioner/Therapist level qualification, in the relevant subject.

Those who have achieved a qualification from training establishments, other than the School of Natural Health Sciences, may obtain exemption from our foundation course in the same subject.



### **Tutored Courses**

You will be working remotely with one of our personally assigned 'professional tutors'. At the end of each lesson is a short question paper. Your Tutor will mark your work and return this to you with helpful comments via email. You will receive 'ongoing feedback' throughout your studies, and may contact your personal tutor should you need extra help

### **Self Study Courses**

You submit your work to the Self Study Team, by email, who will assess your work and inform you if you are making serious errors. Work is not returned, or marked with this method. The Self Study team may ask you to repeat an answer paper, which does not reach our threshold of acceptance.

The course content is the same for both methods of study.

### **Practical Work**

With all our 'hands-on' therapies we ask you to work with your own volunteers, family & friends during your studies. Case Studies will be required from the outcome of these sessions. This is an excellent way to make sure that you are using the correct techniques', gaining valuable hands-on experience prior to working with 'paying clients' once you have graduated.

### **Higher International Diploma**

To qualify for this award you will be required to submit an in depth dissertation of 2000 - 3000 words. The fee for this certificate is £65 (G.B. Pounds). In this 'highly competitive' world, professional achievements are very important.

### **Our Graduates**

Read how our students have built successful careers after graduating with our Diplomas on the [Graduates page of our website](#).



# Making your Application

You can enrol by calling us on: 0345 222 7312 (from within the U.K.) or +34 952 486 340 (from the rest of the world), or you can **Enrol online here.**



## Fees and Deposits

Fees and deposits for each subject are listed in the prospectus. We accept all major debit and credit cards including American Express. There is also the Pay Pal option on our secure payments page, if you prefer to pay by this method.

## Advice and help

For advice regarding your enrolment, call our team: 0345 222 7312 (from within the UK) or +34 952 486 340 (from the rest of the world). Our office hours are: Monday to Friday, 9 am - 5 pm (GMT) You can email us anytime!  
Email: [enquiries@naturalhealthcourses.com](mailto:enquiries@naturalhealthcourses.com)

## Our courses are affordable for everyone!

No previous academic qualifications are required to begin your 'New Career Path'. Training students from beginner to practitioner level has been our mission since 1997. No other distance learning training establishment offers you the vast number of courses we provide in the Holistic Therapy field. We provide the most 'cost effective' way for individuals to 'change

careers' by making our courses 'affordable for everyone'.

See our '**Monthly Special Offers**', discounts and free courses:

## Professional Association

Today's clients expect therapists to be professional. When they visit you, they want to be advised and treated by a fully trained and qualified Therapist. Full membership of the International College of Holistic Medicine (ICHM) shows them you are a true professional.

If you would like any more information or you wish to view any 'sample pages' from our courses, you can email your request, with the courses you are interested in to: Email: [enquiries@naturalhealthcourses.com](mailto:enquiries@naturalhealthcourses.com)

We look forward to hearing from you, and to welcoming you as a student. Training for a new career in holistic therapies has never been more affordable and enjoyable!

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The School of Natural Health Sciences (SNHS Ltd)  
<https://naturalhealthcourses.com>





## Student Testimonials and Feedback

Read more on our website [Testimonials](#) page



I am writing to confirm the receipt of my two Diplomas with a grade ' A ' pass in Holistic Nutrition and Herbalism, and to commend you for your appreciative and very encouraging comments on my performance. I am delighted to inform you that I have immediately commenced my studies at the Advanced Level on these courses. You may also wish to note that I am progressing very well on my Bach Flower Remedies. My overall goal is to obtain the prestigious Higher International Diploma.

I must place on record the friendliness, efficiency; prompt service, and extreme professionalism displayed by all your Tutors and the entire management team throughout this period. The course materials are not only well written but also very educational and totally enriching. I will certainly do more courses and strongly recommend them to all and sundry.

Keep the 'flag flying' and accept my best wishes and esteem regards at all times.

Anthony James Kayode - London

SNHS Diplomas: Nutrition and Herbalism.

Thank you so much for your congratulatory message on my success in the Professional Relaxation Therapy course.

I am truly excited. The course has already assisted me in providing a number of colleagues, family members, and friends with advice on managing their stress levels and living a more positive and healthier lifestyle.

Once again, I am very impressed with the quality of your courses, which are informative, practical and professionally written. I will certainly continue to extend my knowledge and levels of skill through continued study with the School of Natural Health Sciences.

Thank you once more for a really insightful and interesting learning experience.

Brian George Williams - Queenstown, South Africa

SNHS Diplomas: Reflexology, Advanced Reflexology & Professional Relaxation Therapy





## Reward Scheme

Refer a Friend, Family Member, or Work Colleague



We receive so many referrals from existing students, spreading the word about us with their friends and colleagues, that we have now introduced a 'Reward Scheme' for everyone who refers another to us.

We will give you 10% of the course values, paid by the person you introduce.

You may claim this as a discount off your own future courses, or we will accumulate the rewards for you.

### What you need to do

Simply ask your friend or colleague to write "Introduced by, then 'Your Name' and 'Email Address' in the 'Additional Notes' box on the 'Checkout Page' when they order. Alternatively they can send an email to [enquiries@naturalhealthcourses](mailto:enquiries@naturalhealthcourses) to confirm they have been introduced by you.

We appreciate all that you are doing for us!

Our aim is to ensure that you are 'rewarded for your efforts'. Our 'Sincere Thanks to Everyone' who recommends our courses and services.



<https://naturalhealthcourses.com>