

NHI - Natural Health Institutes



Course Calendar 2008



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Executive Director



Thank you for considering NHI - Natural Health Institutes. As the Executive Director of the Institute of Natural Sciences (INS), I am excited to announce that in September 2003, INS has a new name—one that better reflects the self-study courses we offer. We are now “NHI - Natural Health Institutes” (NHI).

NHI - Natural Health Institutes offers approximately 100 courses in Complementary Health, Nutrition, Herbalism, Counselling, Sports & Fitness, and Management programs. As director, it is my goal to ensure that all NHI self-study courses provide you an immersive and fully satisfying learning experience in the ever growing areas of Health and Fitness.

Please read through our prospectus and see the great number of opportunities we can provide to help you maintain a healthy and whole lifestyle.

A handwritten signature in cursive script that reads "M. St. Marie".

Marilyn St. Marie
Executive Director - NHI


President

There is a great energy and force evolving within medicine and health.

In response to the demands for increased self-awareness and common sense approaches to health for body, mind and spirit, the Natural Health Institutes has developed, systemized and refined over 100 courses, which we offer primarily in the North American marketplace. NHI programs have been taken by hundreds of satisfied students. We are proud to present these valuable programs to you, in knowledge that they will contribute to the goal of improving the quality of your life.

Whether you desire training for personal interest, employment, or general knowledge, NHI can offer to you, a rich and authoritative library of self-study courses in Health and Fitness related subjects.

If knowledge produces belief, please welcome this opportunity for discovery.

A handwritten signature in cursive script that reads "Dennis Muso".

Dennis Muso
President - NHI

Mission Statement

The NHI - Natural Health Institutes aim is to:

Enable caring individuals to bring health, well-being and peace of mind to themselves, their families and their communities by providing education in proven natural techniques and therapies.

Empower students with the fundamental tools to determine their own futures, achieve personal growth and expand work and life opportunities.

Continue as an advocate of alternative and natural healing techniques through membership in relevant organizations and through the training of students, therapists and teachers.

Who we are

NHI - Natural Health Institutes offers approximately 80 certificate courses in complimentary health, nutrition, herbalism, counseling, sports & fitness and management programs. Our founding company, The Institute of Natural Sciences was established to acquire the copyright for North America for some of the finest information available in the areas of complementary and alternative health. Over the years, these courses have grown and evolved into a huge spectrum of information relating to health training, stress management, business management, counseling, self improvement, sports and fitness and alternative health.

Learn at your own pace in the manner and surroundings that work for you!

The structure and mandate of NHI is to make these courses available to a wide variety of people. Our goal is to make learning as unencumbered by finance, lifestyle or geographical limits as humanly possible. Course delivery options are in place so that the courses are not cost prohibitive. There is no minimum amount of education necessary to enroll in our courses and the course material comes to you—wherever you are. People of any age can take our self-study courses for their own personal interests, to supplement their professional designation or to start a new business or career.

Curriculum design

Each course has been designed and produced by qualified instructors specifically for self-study. The study material is clear and straightforward, progressing logically step by step to make learning as easy as possible.

All courses are periodically reviewed and updated where necessary, to keep pace with the latest research and new subjects are added to the curriculum from time to time. The school now has by far the widest range of self-study subjects in Natural Health Sciences available to students anywhere in the world.

Every course consists of individual lessons, each of which is self-contained and is also part of the whole course.

You will receive your course materials containing everything you need to begin your studies, including a study guide, which gives tips on how to study. Also in this initial package you will receive the lessons and a set of review questions and their answers.

Students answer the set of review questions at the end of each lesson. They then refer to the correct answers provided with each lesson to determine if they have a correct understanding of the material studied.

A recommended reading list is included to supplement and enhance the course material. Students should try to read as many books from the list as possible.

Final exams

After all lessons are completed, the students who wish, may challenge the final exam. The final exam makes up 100% of the final mark. Final exams are long answer or multiple choice and consist of anywhere between 10 and 25 questions, depending on the course. If the candidate passes the exam successfully (75% mark required), they will be awarded a certificate. An official letter designating your achievement and rights in the use of the related designations will accompany your certificate.

Self study programs

It is our decided opinion that self-study is superior in many ways to traditional classroom-based training. Participants have complete control of their learning environment. The material presented is relevant, carefully researched and consistent. Furthermore, self-study is the most cost-effective mode of education. Gone is the uncertainty of having an instructor who knows but cannot teach, of lecture notes that captured only half of what was said, and of being able to commit to attending each and every class week in and week out.

With NHI you receive courses that have proven themselves over thousands of students. They have been edited to include more of what students want, progress in a manner which leads a student logically from one section to another.

Self-study is not for everyone. It requires discipline and a true desire to master the subject. If, however, you are a highly motivated student you may find NHI courses particularly satisfying.

Completion time

Based on our average completion rate most students will find that they can complete their course within three months. Although we are quite flexible with completion times it is necessary to have limitations. NHI has a completion timeline of one year from the time you receive your certificate course. If you do not complete your certificate course within 1 year, you will not be able to write the exam for your certificate. Diploma courses have a completion timeline of two years from the time you receive your courses. If you do not complete your courses within the timeline specified, you will have to purchase the course again should you want to write an exam for your certificate or diploma.

Excessive delays in completing any or all portions of a course may result in the unavailability of the balance of the program, including final examinations.

**Courses may be changed, updated, or discontinued without notice.*

Why an NHI program?

We urge you not to spend thousands of dollars on a career before you are sure it is what you want. NHI, on average, offer programs at \$400.00. These programs are designed to give you a complete insight to the career parameter that might be of interest to you.

Since NHI offers programs costing on average \$400.00 and taking approximately three months to complete, it is the most practical and economical means by which to engage a subject interest. With thousands of clients having taken these programs around the world, and then successfully transferring into one of the disciplines, NHI and its affiliates have proven to be of exceptional value to the general public in this regard. Here are some of the reasons students take an NHI program:

- For their own interests;
- To support a main stream diploma;
- To start their own business, or
- To obtain a view of the path that they will engage upon, in pursuing this type of career.

Accreditation of our courses

In most cases, Alternative Health disciplines are not regulated by any recognized accreditation bodies. While there are a number of regional accreditation organizations that work within the guidelines of various health, insurance or government agencies, NHI does not keep a current database of these accrediting organizations. We will list any relevant association that requests it on our web site, but we will not endorse any one association.

There are international associates of NHI, located in Australia, South Africa, England, Europe, the United States and Mexico.

At this time in Canada and the United States, there is no student loan availability for self-study applications. Students are therefore encouraged to apply to appropriate government authorities for funding to demonstrate the need and to draw attention to the fact that the exploding growth of the complementary health industry is creating a large demand for practitioners of complementary medicine. In the meantime, the student needs to take the first step to identify the place of learning or association they wish to be accredited through if applicable.

Fees

All prices quoted on the price list are in Canadian dollars. Each course can be received by mail or E-mail. E-mail courses contain exactly the same information as a printed course. Because we do not supply the paper and we do not incur postage costs we discount the price of the E-mailed courses. Both prices appear on the price list.

NHI accepts VISA, MasterCard, personalized cheques and money orders.

Return policy

Print based: You may cancel a course purchase within 7 days of receiving the course material by mail, by returning the course package by registered mail (or trackable courier) to our address listed below. The 7-day period begins 5 days after course material is shipped by NHI. Return receipt date is the day on which package is received, or in the case of registered mail, will be the date of the postmaster's delivery of the package. Upon receipt of the printed material at our offices, a refund cheque will be issued, less the 20% restocking fee.

Web based: We will email a link and password to your personal download area on our Web site. Your course(s) can be downloaded as PDF attachments from this download area. Some courses are divided into multiple files due to file size. Each PDF file can be read on the screen or printed out. We will provide access to this download area eight times, after eight accesses you must notify NHI to gain access again. Upon completion of the first download, the student has the 7 day period to cancel the order. If the student decides to cancel the order we will send a release form that the student must sign confirming that the information has been deleted and destroyed. At this time access to the download area will be terminated and NHI will refund the purchase price, less the 20% restocking fee.

Return your printed courses to:

NHI - Natural Health Institutes
Box 31029 RPO Broadway & Taylor
Saskatoon SK S7H 5S8
Canada



NHI course descriptions

A

Active Listening Skills

This course introduces the student to skills and attitudes, which are fundamental to the process of helping others and which might be positively employed in a variety of settings. It has been formulated in such a manner that it will be of benefit to teachers, health care professionals, social workers, those involved in youth programs, and personnel management as well as those involved in, and supervising staff in business and commerce.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- Introduction - The Need for Active Listening
- Establishing and Developing an Empathetic Relationship
- Confidentiality, Crisis Intervention and Grief
- Attending Skills, Non-Verbal Communication and Barriers to Listening
- Active Listening and Paraphrasing
- Reflecting Feelings, Summarizing and Questioning
- Challenging, Goal Setting and Action

Acupuncture Acupressure Techniques

This is an ancient form of healing practice used for over 3,000 years in China and Japan, but the emphasis of this course is on the skills which have been developed and refined into a healing art not requiring the use of needles. In addition to working on the body's healing powers, acupressure relieves pain, increases vitality and helps prevent future illness. Physical, emotional and environmental disorders are all successfully treated with acupressure. While touching upon certain aspects of traditional Chinese medicine, the emphasis of the course is Western-oriented, in keeping with the philosophy of the Natural Health Institutes. The aim is to teach the individual a system of "Fingertip Medicine." This course is complete in itself but also complements courses in Yoga Therapy, Reflexology, Aromatherapy and Massage.

STUDY TIME 60 hours - Subjects included in this 12 lesson course:

- History of Acupuncture, Shiatsu & Related Therapies
- Auriculotherapy - the Basics
- Traditional Theories
- Meridians & Acupuncture Points
- Myofascial Trigger Points
- First Aid
- Methods of Stimulation
- Relaxation Techniques
- Treatment Formulations
- The Power Points of Fingertip Medicine

Alcohol and Drug Counseling

This course lays out in simple form the essentials for understanding alcohol and drug problems, for making an assessment of the individual, for giving appropriate help within one's own competence and for making decisions on when to make professional referrals and when to seek the advice of others.

The background of students may be diverse, but whatever the background, the aim of this course is to enable the students to acquire the necessary skills and knowledge to help the suffering individual and his/her family members into recovery.

STUDY TIME 50 hours - Subjects included in this 10 lesson course:

- How to Create a Treatment Plan
- Benefits of Treatment
- In-Patient or Out-Patient
- Withdrawal Symptoms
- Social, Psychological and Physiological Aspects
- The Counselor's Diagnosis and Assessment
- How to Conduct a Diagnostic Interview
- Course Philosophy
- Treatment Goals
- Motivation
- The Control Factor
- Looking Within
- Aspects of Recovery
- Creating New Behavior
- Techniques for Gathering Information

Alexander Technique

Nobel Prize winner Nicolaas Tinbergen, Professor of Physiology and Medicine, stated that the Alexander Technique had brought striking improvements in areas as diverse as blood pressure, breathing, depth of sleep, overall cheerfulness, mental alertness and even in the ability to play a stringed instrument.

The Alexander Technique will improve posture, enabling the body to work in a more natural, relaxed and efficient manner promoting a harmonious state of both body and mind and helping a whole range of medical conditions. The Alexander Technique has helped people of all ages and all walks of life by improving their physical and emotional well-being and their resistance to stress.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- Principles of Alexander Technique
- Mental and Physical Health
- Mis-use and Dis-ease
- Learning the Techniques
- Applying the Techniques
- Use and Balance
- Skeletal & Muscular Systems
- Rest and Relaxation
- Personal Growth and the Role of the Healer

NHI course descriptions

Anatomy & Physiology

Anatomy is the study of the structure of the body, and physiology is the study of its function. Every therapist working in the fields of natural health, nutrition and physical fitness needs to have solid grounding and sound knowledge of anatomy and physiology, and it is toward this goal that the course was designed.

The knowledge gained will add considerably to any health therapy enabling the therapist to better understand the workings of the body as well as its treatment. We strongly recommend this course to all who intend to practice in natural health.

STUDY TIME 60 hours - Subjects included in this 12 lesson course:

- Urinary and Reproductive Systems
- Lymphatic and Endocrine Systems
- Immunology, Basic Pharmacology, Pathology
- Heart, Blood Vessels and Circulatory System
- Digestive System, Nutrition & Metabolism
- Disorders of the Nervous System and Gastrointestinal System
- Respiratory System
- Brain and Nervous System
- The Skin
- Skeletal System
- Muscular System
- How the Blood works
- Disorders of the Musculoskeletal System, skin and Respiratory System
- Disorders of the Endocrine System and of the

Anger & Aggression Management

It is possible to deal with feelings of anger without emotionally or physically damaging someone else in the process. Honest and spontaneous expression can and will help to prevent inappropriate and destructive anger. Anger is destructive, it corrodes peace of mind and any sense of well-being. We each need to know how to assume responsibility for our own emotions, how to deal with them and how to restore our peace of mind.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- Anger: The Facts
- Assuming Responsibility
- Taking Action: Dealing with Feelings
- Resentments: Forgiveness Versus
- Unforgiveness
- Suppression or Expression

Aromatherapy

Aromatherapy is a holistic massage, the aim of which is to produce a physical, spiritual, emotional and mental sense of well being through inhalation and massage of essential oils. These essential oils are derived from plants and are chosen for their particular therapeutic qualities, which are stimulating, refreshing or sedative.

Aromatherapy not only delivers the benefits of therapeutic massage, but it utilizes the medicinal properties of plants (petals, leaves, stems, barks, resins, woods and seeds) in wonderful, aromatic essential oils. It is an intensely comforting and reassuring healing therapy.

STUDY TIME 60 hours - Subjects included in this 12 lesson course:

- History of Aromatherapy
- Tables and Blends of Therapeutic Oils
- Yin and Yang Meridians
- Human Anatomy
- Psychology
- Physiology
- First Aid
- Essential Oils
- Aromatherapy Massage & Techniques

Aromatherapy, Advanced

This course has been designed both for students with experience in aromatherapy and the healing power of plant essences, and for newcomers who wish to study the subject in depth.

The art of massage has been practiced for thousands of years, both as an agent of healing and as a sensory pleasure. The use of aromatic essential oils adds a totally new dimension in massage treatments. Aromatherapy works on the physical mental and emotional levels, restoring health and well being to the mind and body. The course explores the wider horizons in the aromatic world of aromatherapy.

STUDY TIME 80 hours - Subjects included in this 16 lesson course:

- Nature's Pharmacy
- History of Man's Use of Medicinal Plants
- Sense of Smell and Emotions
- Herbs, Oils and Astrological Influences
- Immune System/Lymphatic System Blending and Properties
- Neuro-Lymphatic Massage
- Anatomy and Physiology
- Starting Your Own Practice Advanced Massage Techniques
- Muscular System
- Skin Composition
- Lymph Drainage
- Subtle Aromatherapy
- Auric Massage
- Sense of Touch
- Essential Oils
- Contra-Indications
- Role of the Healer
- Directory of Oils
- Limbic Lobe and Olfactory Tract Directory of Treatments for Illness, Disease & Relaxation

Assertiveness Skills

Many people confuse assertiveness with aggression. In the context of this course, assertiveness is presented as a technique, which creates outcomes that are acceptable to all parties in an interaction. The course defines assertive behavior and includes practical exercises, which can be employed either by a therapist or an individual interested in personal growth.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- The Assertive Personality
- Developing Assertiveness
- Overcoming Personal Assertiveness Difficulties
- Controlling Anxiety
- Assertive Skills and Relationships
- Changing Faulty Habits
- Exercising Self Control

Auriculotherapy

Acupuncture has been practiced in China for several thousand years. The use of points upon the ear—auriculotherapy—was by and large devised in Europe over the last three decades. It forms a complete system of treatment, which has the huge advantage of requiring the exposure and treatment of the ear only. This course was specially commissioned to complement the Acupressure and Yoga Therapy courses. It is also an excellent stand-alone course, which would be of value, both diagnostically and therapeutically, to all natural therapists.

STUDY TIME 50 hours - Subjects included in this 10 lesson course:

- Holographic Basis of Auriculotherapy
- Digestive and Urinary Systems
- Musculo-Skeletal System
- Allergies and Addictions
- Diagnostic Possibilities of the External Ear
- Development of Auriculotherapy
- Emotions
- Treatment of Conditions of the Head and Neck

NHI course descriptions

B

Bach Flower Remedies

Let us find the one thing in life that attracts us most and do it. Let that one thing be so part of us that it is as natural as breathing; as natural as it is for the bee to collect honey, and the tree to shed its old leaves in autumn and bring forth new ones in the spring. If we study nature we find that every creature, bird, tree and flower has its definite part to play, its own definite and peculiar work through which it aids and enriches the entire Universe.

Edward Bach

The healing properties of flower essences can be explained in terms of a philosophy of life that recognizes a human being as much more than a physical body. Illness is an inner voice warning us that change is needed in our mental state, perception or way of life. The inner voice calls for this change so that we may be restored to health and a joyful experience of life. Flower essences were developed to enable us to effect those changes in a gentle, natural, but powerful way.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- Emotional Natures & Mental States
- Nature's Pharmacy and Flowering Periods
- Preparing Flower Essences
- The Healing Remedies
- Botanical Detail
- Homeopathy
- History and Development of Flower Treatments

Basic Clinical Sciences

This course is designed to give the student a good grounding in basic clinical sciences. We believe that this course provides essential knowledge for all natural therapists and is an outstanding addition to our prospectus of courses.

In holistic medicine we need to look at the "whole" person in order to restore a vital natural balance to the miraculous human body. This means that, as natural therapists, we should have an excellent grounding in basic clinical sciences on which to build our chosen therapy or therapies. Only in this way can we truly have a holistic, or "whole" approach.

STUDY TIME 60 hours - Subjects included in this 12 lesson course:

- Human Anatomy
- Human Physiology
- Basic Immunology
- Basic Pathology
- Essentials of Examination
- Musculo-Skeletal
- First Aid
- Disorders of:
 - Cardiovascular System
 - Respiratory System
 - Gastrointestinal System
 - Nervous System
 - System Endocrine System

Basic Philosophy

We all philosophize whenever we attempt to handle abstract ideas, and it matters considerably whether we do it well or do it badly.

The object of this course is to introduce the student to the activity of philosophizing, and to dispel the myth that philosophy is a remote and obscure subject, which can only profitably be studied by the brilliant few.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- Introduction - A Philosophical Outlook
- Language and Bewitchment
- Asking the Right Questions
- Regarding Concepts
- Appearance and Reality
- Determination and Free Will

Bates Method

My own case is in no way unique. Thousands of other sufferers from defects of vision have benefited by following the simple rules of that Art of Seeing which we owe to Bates and his followers.

Aldous Huxley

An eminent New York eye specialist, Dr. William H. Bates, devised this method of simple techniques and exercises to achieve and maintain healthy eyesight. It can help anyone—no matter how good or poor their sight may be—by helping to improve the health and strength of the eyes. This course has been designed to train both the therapist interested in treating others and the individual interested in self-help.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- Balance and Integration
- Structure of the Eye and Eye Function
- The Mind Connection
- Binocularity
- Conditions of Sight
- Diseases & Conditions of the Eye
- Convergence Vision
- Dr. Bates and his Work
- Protection of the Eye
- Mechanisms of Focus
- Bates Techniques
- Consultations

Beauty Specialist

We may not be able to prevent nature's impact on our appearance but we are in a position to reduce certain of its effects on our skin. At around the age of 25, the first signs of aging begin to appear on our skin. While good diet and rest are the greatest contributors to healthy, vibrant skin, there are also techniques, which we can learn to aid what Mother Nature has given us.

In this course the student is taught how to give themselves or others a "facial." Techniques such as facials and masks have been developed to work on a multitude of skin problems from brown age spots, to superficial scarring, to rejuvenating the skin. You will be taught some skin care routines that will help you to look and feel better.

STUDY TIME 50 hours - Subjects included in this 10 lesson course:

- Bones of the Skull
- Clinic Hygiene
- Skin Disorders
- Eyebrow Shaping
- Contra-Indications
- Facial Muscles
- Skin Analysis
- Cleansing, Toning and Moisturizing
- Skin Types
- Face Masks
- Consultation
- Facial Treatments
- Sterilization
- Facial Massage
- Exfoliation
- Cosmetic Chemistry
- Nerves and Blood Supply to the Skin

Important Notice

Course may be changed, updated, or discontinued without notice. It is in your best interest to take your exams within one year of receiving your course.

Students must obtain a mark of 75% or greater in the final examination to receive a Certificate of Competence.

NHI course descriptions

Behavioral Therapy

Andrew Salter, a pioneer in modern behavioral therapy, used concepts of excitation and inhibition as the basis of treatment for the neurotic. When excitatory forces dominate, people are action-oriented and emotionally free. They meet life on their own terms. The neurotic, on the other hand, always suffers from an excess of inhibition. For psychological health there must be a proper balance of excitatory and inhibitory forces in the brain. Through this course students will learn how behavioral therapy employs mental and physical exercises to build and strengthen the excitatory processes, creating a new balance where they can dominate the brain function and overcome problematic behavior.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- Course Introduction
- Social Behavior
- Basic Drives and Motives
- Psychological Development
- Effectiveness of Therapies
- Behavior Therapies
- Normal not Neurotic
- Biological Basis of Behavior
- Abnormality and Normality

Bereavement Counseling

Working with the bereaved is a specialized and important area in counseling work requiring empathy based on knowledge of the stages and characteristics of bereavement. The sense of loss, intense grief and depression that follow bereavement can be almost unbearable, and the need for counseling is often a desperate one.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- Attitudes towards Death
- What Can be Done to Help?
- Bereavement
- Adjusting to Violent Death
- What is Grief?
- Exploring Grief and "letting go"
- Working with Children and the Male Client

Body Language

Body language comprises almost 80% of human communication. It is of great importance in all business and social situations. When conflict exist between the spoken word and the messages the body sends out, body language is stronger, and people tend to believe the message they see rather than the one they hear. This course teaches the student how to "read" and use body language more effectively to avoid creating confusion and to maximize cooperation. It demonstrates how body language indicates aggressive, assertive and submissive behavior, and promotes an understanding of the difference between congruous and incongruous body language.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- An Introduction to Body Language
- Feeling Communication
- Games We Play
- The Only You I Know Is Me
- Verbal and Non-Verbal Communication

Business Development for the Alternative Health Therapist

The aim of NHI - Natural Health Institutes is to not only encourage education in alternative therapies and lifestyles but also to inspire students to put their new learning into productive use. Starting up their own business and passing on their knowledge to others is the single best way to do this.

Gaining a recognized qualification in your chosen vocation is admirable. However, should you desire to put your newly acquired knowledge to practical use you would be well advised to first take on a course dedicated to the art of setting up and operating a successful business.

This course has been specially designed to focus on the needs of the alternative health practitioner and includes all the essentials to launch you in a successful practice.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- Preparation is the Key to Success
- Market Research, Advertising and PR
- Motivation and Avoiding Burnout
- Alternative Therapies in Practice
- Finance
- An Opportunity for Growth
- Working From Home
- Image and Integration
- Business Insurance Plans
- Practical Issues and Problem Solving

Business Motivation and Organization

Today we see extreme interdependence among departments and management teams. The advent of natural teams and task or project teams in modern companies has made the skill of good managing one of rising importance.

Management is the process of designing and maintaining an environment in which individuals, working together in groups can accomplish corporate goals.

STUDY TIME 50 hours - Subjects included in this 10 lesson course:

- Principles of Formal Organization
- Management at Different Organizational Levels
- Team Building
- Efficiency and Discussion
- Planning and Control Activities
- Steps in the Planning Process
- Delegation
- Activating and Enhancing Motivation

C

Child Development

This course examines areas of communication, language, play and social learning while exploring the physical, mental and emotional development of the child. Formulated to cater to the needs and requirements of those engaged, or contemplating careers in child care, nursing or social care, it will also have great appeal to the parents who are seeking to enhance their awareness and knowledge of their own children.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- The Cycle of Development
- The Growing Child
- The Growing Mind
- Ethical Sense
- The Growth Complex

NHI course descriptions

Chiropody

Self trained chiropodists find their skills in demand by nursing homes, home care services, and free standing clinics. As a chiropodist, you will work with all age groups and with all types of people.

This course will train you in all the non-surgical therapeutic aspects of chiropody from treatment of nail and skin conditions to treatment of common foot ailments. With this course, you can study at your own pace and gain sufficient skills to open your own practice once you have obtained a practicum. This course will also provide you with a firm foundation should you choose to continue studies in one of the advanced level, multi-year programs that are available for surgical chiropody.

STUDY TIME 50 hours - Subjects included in this 10 lesson course:

- Anatomy and Physiology
- Skeletal
- Bacteriology
- Neurological
- Equipment - Instruments
- Endocrine
- Children's Feet
- Medications
- Practice Management
- Skin Conditions
- Overview
- Nail Drill
- Respiratory
- Keeping Records
- Uro-Genital
- Verruca Treatment
- Circulatory
- Diabetic Patient
- Massage - Patient Psychology
- Skin and Appendages
- Working Feet
- Aging Feet
- Septic Conditions
- Digestive
- Nail Conditions
- Business Studies
- Dressings and Paddings

Co-Dependency Counseling

For those living in a co-dependent relationship it often means a constant battle for survival against pain and frustration. Many such individuals wander from one disastrous relationship to another or resign themselves to an unsatisfying relationship. Co-dependents are capable of healthy and happy relationships if they are fortunate enough to be able to avail themselves of the services of a counselor or therapist. A counselor or Therapist need to be aware of the difficulties that co-dependents are experiencing and have the knowledge and skills to enable them to successfully address the problem.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- What is Co-Dependency?
- Dimensions of Recovery and the Family of Origin
- Elements of Recovery
- The Recovery Process
- Being Clear - Tools for Recovery

Color Therapy

Color therapy involves the application of color for healing, diagnosis and well being. A color therapist can use color to balance energy, aid creativity and learning, release blocks and alleviate physical, emotional and mental ailing. Color therapy helps people understand their needs for certain colors and shows them how to use these colors for healing, health, relaxation, inspiration and protection.

Today, few doctors doubt that color has a very definite effect on mood, behavior and general well being. An unhealthy body gives out a distorted and disturbed pattern of vibrations and the color therapist works to restore the delicate balance of the vibrational electromagnetic components of light, which we see as color.

STUDY TIME 50 hours - Subjects included in this 10 lesson course:

- Basic Principles & Philosophy of Color Therapy
- Running a Color Therapy Practice
- Color Visualization
- Visible Spectrum: The Effects & Healing Actions of Colored Rays
- Color Diet
- The History of Symbolism of Color
- Therapeutic use of Color in Dress & Decor
- Color Breathing
- Color Psychology (Color Preferences & Personal Traits)
- Using Color for Diagnosis
- Auric Colors & Chakras
- Fragrance, Music and Color

Compulsive Behaviour Disorder

People suffering from compulsive behavioral disorders are usually subjected to advice and guidance, which can be condescending and morally biased and often based on ignorance of the subject and lack of knowledge of available help.

This course is formulated for the more enlightened student who can look beyond the orthodox approach. He/she can appreciate that individuals, who are suffering from established patterns of compulsive eating, dieting, working, cleaning, gambling, spending, exercising, etc., are involved in addictive behaviors. This, as well as being progressive diseases, include among there many harmful effects the disruption and prevention of honest intimacy & contact within a family unit.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- The Problem Itself
- How the Mind can Help
- The Confusion in Diagnosis
- Teaching the Individual
- Training the Mind
- Behavioral Problem or Disease?

Confidence Enhancement

The most demoralizing inadequacy from which a person can suffer is that of an inadequate or negative self-image. Everyone forms his own belief system of who he is, what he can accomplish and who has the power to affect this fundamental system. These basic estimate goes far towards determining what a person can become or achieve in life.

"You are what you think you are" and this course guides you to "be what you want to be"!

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- Fear as a Factor
- "You Are What You Think You Are"
- Overcoming Frustration
- Self-Confidence and Achievement
- Constructive Criticism
- Positive Attitudes and Positive Behavior

NHI course descriptions

Corporate Stress Management

Many trained stress consultants are being offered the opportunity to work in the corporate stress field. Modern business is faced with the effect of stress on the workforce in many different forms. The scourge of stress affects manual workers, office staff and top management and companies are becoming increasingly aware of its impairment on the work performance of staff.

Many hours are lost due to stress-related illnesses, and in corporate health plans stress related drugs comprise over half of all prescriptions. It makes good economic sense, in this day and age, for companies to use trained therapists to reduce these costs. Employers today recognize their responsibility to care for their staffs' well-being.

This course is designed to train the stress consultant who wishes to specialize in the treatment of corporate stress.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- Stress in the Corporate World
- Stress Proofing Oneself
- Supervising Others
- Physical Effects
- Deadlines
- Nutrition and Exercise
- Harnessing the Mind
- Concentration
- Planning
- Communication
- Lifestyles
- Relaxation Techniques

Counseling Skills

There are times in our lives when we experience distressing events and feelings, which seem to have no end or solution. Sometimes we know that our feelings are due to particular circumstances such as marital stress, bereavement or illness. At other times we may have no idea what is making us feel the way we do: all we know is that our lives have become uncomfortable, difficult or even seem intolerable.

Counseling can help people clarify their thoughts and feelings so that they can arrive at their own decisions, or even make major changes in their lives.

This course expands the knowledge and gives training in the important areas of family and cultural differences, and it deals with the important issues of denial and motivation.

STUDY TIME 60 hours - Subjects included in this 12 lesson course:

- What is Counseling?
- Empathy and Trust
- Motivation Skills
- The Dynamics of Recovery
- Philosophy and Design
- Helping with Decision Making
- Grief and Bereavement
- Motivational Interviewing
- The Counseling Relationship
- Stopping Faulty Habits and Restoring self-esteem
- Roadblocks to Communication
- Listening Skills & Interview Skills
- Marital Counseling
- Working with the Family
- Dealing with Denial
- Non-Directive Counseling
- Counseling Children
- Inter-Cultural Counseling
- Stress, Anxiety and Depression

Creative Visualization

Imagination is more important than knowledge.

Albert Einstein

Mental pictures can be a powerful force for good, and visualization therapy teaches imaginative techniques to benefit health and well being, to assist other natural healing processes and to reinforce positive feelings, behaviors and self-image.

Making images is a natural mental process that occurs even in our dreams. Visualization is using the conscious mind to imagine particularly beneficial events, based on the fact that there is a close link between emotions, images and sensations.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- Focused Thought: An Old Concept and A New Understanding
- Eliminate the Negative - Accentuate the Positive
- Overcoming Fear and Inadequacies
- Listening to Yourself
- Applied Visualization
- Conscious Recovery and Creativity

Crystal Healing

This course in crystal healing has been written with the aim of ensuring that the individual develops his/her own healing potential by gaining a thorough understanding of the energies of crystals and their physical and metaphysical properties. Coupled with this, the student will learn the applications in terms of healing.

Students will need to engage in practical work in order to understand and master the course material as it progresses. This will be an important aspect of gaining true proficiency in this healing art by the end of the course.

In addition the student will learn how to recognize the different crystals and their uses.

STUDY TIME 40 hours - Subjects included in this 8 lesson course:

- Mineral Kingdom - Communicating with Nature
- Astrology and the Crystals
- Gem Colors and Working with Chakras
- Working with Subtle Energy
- Crystal Meditations
- Rock Crystals
- Combining Crystals with other Healing Methods
- Energies of Gem Stones and their Uses
- Gem Essences
- Crystal Treatments
- Choosing, Cleansing and Programming Crystals

D

Depression Management

Depression is one of the most common and most distressing of disorders. It is easily diagnosed and eminently treatable, yet many sufferers never receive adequate therapy. Many of us can expect to experience one or more bouts of mild depression in our lifetimes and all of us have friends and family who live with it.

This course offers the student a straightforward coping strategy for helping the suffering client, family member or friend to work through and cope with depression. It includes a discussion of the most common signs of depression, and explains why so many individuals are prone to this ailment.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- Course Introduction
- Women and Depression
- What is Depression?
- Management and Coping Skills
- The Treatment of Depression
- The Causes of Depression

NHI course descriptions

E

Events Management

The Event Management course is designed to enterprise the participant towards the management of associations, clubs, special interest groups, political, government, sports, hotel convention planning, and much more.

STUDY TIME 40 hours - Subjects included in this 8 lesson course:

- Getting to know your employees
- An Overview
- Planning in Event Management
- Human Relations
- Catering and Food Services
- Marketing
- Fund Raising
- A Career in the field

F

Family Therapy

Children who are brought up in dysfunctional homes are so sure that they are to blame for everything that they try to shape their own behavior to fit in with the prevailing pretense. Within a dysfunctional family, all members (adults and children alike) need to be aware of "where they are coming from" and of their own specific role within the family unit.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- Dysfunctional Families Explained
- Recovery Dynamics
- Dependent Relationships
- The Healing Process
- Emotional Intimacy
- New Ways of Being

H

Health and Personal Development

Unlearning those negative attitudes and prejudices placed on the individual by society frees us to pursue dreams and goals without fear or inhibition. This course aims to help students regain control of their lives and health. By following the guidance contained in each lesson, students will be given the keys to achieving their goals in life and, in so doing, go on and help others to achieve theirs.

Presented as a one-to-one coach and student experience this course is designed to inspire action and awaken the teacher within us all. Lessons are immediately applicable to daily life and students are encouraged to go on seeking knowledge as part of a continuing process of personal evolution and development.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- Accepting Change
- Exploration of Hypnosis
- Psychology of Success
- Vibrant Health and Energy
- Seven Keys to Success
- Stress: The Silent Killer

Herbalism

The World Health Organization estimates that worldwide, herbalism is three to four times more commonly practiced than conventional medicine. Even conventional doctors rely heavily on plant-based medicines. Today, international scientific research has confirmed irrefutably the healing powers of the herbs used by herbalists.

All animal life depends upon the existence of plants. Plants are necessary to produce oxygen, supply food and provide shelter. When human beings first started to look for means of curing ailments, it was to the plant kingdom that they turned. Today, over three-quarters of medicine taken across the globe is derived from herbs, and the medicinal use of herbs is said to be as old as mankind itself. This course trains the student thoroughly in the use of "Nature's Pharmacy."

STUDY TIME 50 hours - Subjects included in this 10 lesson course:

- Introduction to the World of Herbs
- Herbal Tonics
- The History of Herbal Medicine
- Warming Herbs
- Healthy Cooking with Herbs
- Poultices, Pills & Tisanes
- Natural Cosmetics & Skin Care
- Cooling Herbs

HIV AIDS Holistic Counseling and Care

More and more people diagnosed with AIDS are choosing to go within, listen to their inner voice, and find their own solutions rather than give over responsibility for their healing to Western medicine. Such individuals have learned to replace medical pessimism, chemical therapies and experimental drugs with affirmation, self-love, and a determination to achieve a new balance of mind, body and spirit. As part of their care program, they may choose to consult with nutritionists and psychic healers, or combine Western and Eastern healing approaches.

Whatever their chosen path, they refuse to succumb to the climate of fear and reaction. Whether or not the outcome of this process is physical life, or death, they maintain peace of mind and peace of heart as their goal.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- The Holistic Approach
- An Enlightened Understanding
- Roots of Immunity
- Additional & Allied Approaches
- A Conscious Recovery
- Consciousness of the Immune System
- The Use of Meditations
- Listening to the Inner Voice
- The Healing Process
- Developing a Perspective - Establishing Support

Homeopathy

This course is designed to give the beginner in homeopathy a good background knowledge of the subject. Each lesson will cover a different topic as well as introduce a number of remedies. By the end of the course the student will have covered a substantial number of the most commonly encountered, and used remedies in the Homeopathic Materia Medica.

It is important to have some basic understanding before using even the simplest of remedies. For this reason, information about taking the remedies is included along with enough information to enable the student to start using the remedies.

STUDY TIME 60 hours - Subjects included in this 12 lesson course:

- Brief History of Homeopathy
- The Bach Flower Remedies
- The Direction of Cure
- Acute Prescribing
- Materia Medica
- Polycrests
- Miasms
- Homeopathy vs Allopathic Medicine
- The Potency Principle
- Homeopathic Aggravations
- The Law of Similars
- Constitutional Types
- The Second Prescription
- Homeopathic Diagnosis and Repertory Work

NHI course descriptions

Hypnology

Hypnology is the study of hypnotism. It has persisted through the ages as researchers have tried to determine the true nature of hypnotism and the state of hypnosis. In recent years, science has become attracted to hypnotism and a great body of research has been undertaken with psychologists, biologists, anthropologists, and physicists all deeply involved in this area. Since modern science took a hand in investigating hypnotism, many previously well regarded concepts and theories have faded into obscurity. What has emerged is the notion that hypnotism is a form of applied psychology. This course helps the student to discover more about this fascinating subject.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- Mind Analogy
- Techniques for Inducing Hypnosis
- Self Hypnosis
- Emotion
- Response
- Applications

I

Iridology

Of all the diagnostic techniques used in natural medicine, iridology stands supreme. By examining the patterns of the iris of the eye, one can ascertain important information about the state of the organs and tissues of the body. Whereas conventional blood tests and X-rays can only tell you when an organ is damaged, iridology can indicate when the organ is under stress before physical symptoms are evident.

At NHI - Natural Health Institutes we strive to provide courses, which will be of practical benefit to the therapist. We consider this to be one of our most important so far. With these techniques the natural therapist has the equivalent of a laboratory and X-ray unit at their disposal. Diagnosis can be made, literally, in the twinkling of an eye!

STUDY TIME 50 hours - Subjects included in this 10 lesson course:

- A Short History of Iridology
- Iris Patterns
- The Eye and Eye Disorders
- Around the Body
- Constitutional Types

J

Journal Therapy

Journal/diary writing and psychotherapy have developed independently but along parallel paths throughout the twentieth century. Freud recognized the importance of the journal as a key to the psyche and Jungians have always asked their clients to keep dream logs. Aside from its use by cognitive therapists as an aid to recovery, journal writing is considered an effective lifelong tool of self-therapy and self-guidance for those who feel that they have the necessary inner resources to act as their own counselor. This course is designed for those seeking concrete methods to address personal problems and promote self-reliance and inner liberation.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- Introduction: Therapy and the Journal
- Devices and Techniques
- Exploring Dreams and Fantasies
- A New Beginning
- From Personal Problems to Personal Joy
- Expanding Creativity

K

Kinesiology

Kinesiology is a system of natural health care which combines simple muscle testing and energy balancing with the principles of Chinese medicine to assess body function and inner energy. It uses gentle yet powerful healing techniques to improve health and increase vitality.

It is a particularly useful tool to overcome all manner of allergy problems. It is also very effective in the treatment of anxiety, backache, bowel problems, depression, dyslexia, ME, insomnia, skin problems, headaches, stress and many other conditions.

Because kinesiology does not focus on specific symptoms, but tests for and corrects imbalances throughout the whole body and mind, the list of health problems it can alleviate is endless. Kinesiology corrections encourage the body and mind to heal whatever symptoms are manifesting.

STUDY TIME 50 hours - Subjects included in this 10 lesson course:

- Muscle Testing
- Cross Crawl Techniques
- Neuro-Vascular Holding Points
- The Five Elements
- Balance and Imbalance
- The Acupuncture Connection
- Allergy Balancing
- Meridian Tracing
- Emotional Factors
- The Triad of Health
- Assessment Methods
- Nutritional Balancing
- Psychological Reversal
- Neuro-Lymphatic Points

M

Magnet Therapy

Magnet therapy is a unique science in which therapeutic magnets are used for preventing and curing illnesses of the body. It is a simple, safe and effective treatment having no harmful side effects. Magnet therapy is based upon the principle that illnesses are the result of an imbalance between various electromagnetic forces present within the body. Magnet therapy strives to eliminate such lack of coordination and restore the natural balance of forces.

STUDY TIME 50 hours - Subjects included in this 10 lesson course:

- Brief History
- Magnetizing Water and Other Liquids
- Treatments
- Physical Properties of Magnets
- Biomagnetics
- Magnets as Preventative Devices

Management Relationship and Conflict

Conflicts are inevitable and can be regarded as a natural part of life. When conflict is not managed properly it may result in wasted time, ill feelings, and backbiting in the work environment. Energy, which could have been used for constructive purposes, is wasted. Unnecessary conflicts should be prevented and those that cannot be prevented should be resolved in a constructive manner.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- Styles of Conflict Resolution
- The Advantages and Disadvantages of Conflict
- The Collaborative Conflict Resolution Style
- Definition of Conflict
- Types of Conflict
- Power
- Control and Prevention of Conflict

NHI course descriptions

Manicure and Pedicure

Perfect nails are rare as our hands are constantly being used to perform a vast number of tasks. In this course, the student is shown all aspects of nail, hand and foot care, the correct way to care for the nails and the products required to perform a manicure and pedicure.

The manicurist carries out treatments on the hands and feet to improve their existing condition thus assisting us in our overall grooming and personal health care.

STUDY TIME 40 hours - Subjects included in this 8 lesson course:

- Bones and Muscles of the Hand and Foot
- Nerves and Blood Supply to Hand and Foot
- Nail Formation
- Client Care
- Manicure Equipment
- Massage of Hand and Arm
- Cosmetic Surgery
- Contra-Indications
- Composition and Growth
- Nail Disorders and Treatments
- Clinic Hygiene and Sterilization

Massage

Massage is probably the oldest therapy known to man. It has been practiced in the Middle and Far East since at least 3000 BC. It became increasingly popular in Europe from the 1900's onwards and since then, therapeutic massage has grown into an art of creating and maintaining the best possible health. It aims to do this by in turn relaxing, stimulating and invigorating mind and body.

Touch is of vital importance to our well-being. It gives reassurance, warmth, pleasure, comfort and renewed energy. Of all our senses, touch is the first to develop and it is primarily through tactile experience that we make sense of the world. It is a profound language and its benefits as a remedial and deeply relaxing medium have been recognized and used for thousand of years.

Physically, massage is aimed at improving the blood, muscular and nervous systems and mentally it has a calming and soothing effect. You will cover many aspects of massage over virtually every inch of the body, and will learn the safe, correct way to prepare and give good effective massage.

STUDY TIME 60 hours - Subjects included in this 12 lesson course:

- Human Anatomy
- Relaxation Massage
- Remedial Massage
- Myology
- First Aid
- General Massage
- Physiology
- Shiatsu Techniques
- Manipulation
- Psychology

Meditation

This course embodies the principles of the Max Rayner System and teaches the student to reach out beyond the senses and gain knowledge and enlightenment first hand. Reality and the true purpose of life are revealed to provide knowledge and understanding surpassing all concepts of the intellect.

When life heaps problems upon us, we sometimes feel unable to manage. We lose confidence in ourselves and are plagued by tension and anxiety. Meditation is a way of shedding cares and stresses reaching a tranquil state that refreshes and strengthens the mind and deeply relaxes the body. Meditation restores the will and strengthens the ability to manage life, achieve enlightenment and find inner peace.

STUDY TIME 60 hours - Subjects included in this 12 lesson course:

- Sensory Observation
- Focal Concentration
- Passive Concentration
- Levels of Consciousness
- Expansion of Consciousness
- Breath Control
- Relaxation
- Concluding Factors
- Sensory Suspension
- Ultimate Experience

N

Neuro Linguistic Programming

Neuro-Linguistic Programming (NLP) is the study of human excellence. Often described as "software for your brain", it allows you to automatically tap into the kinds of experiences you want to have, create your own future and gain mastery over your emotions.

Now, with this course, you too can experience that power not only in your own life but with other people who share your desire to free themselves from negative thought patterns and restricted lifestyles.

NLP will quite literally change your life.

STUDY TIME 50 hours - Subjects included in this 10 lesson course:

- What is NLP? The History and Fundamental Principles
- Designing Your Compelling Future with NLP Techniques
- Personal Development: The Process of Setting and Achieving Goals
- Rapport Building and Creating Rewarding Personal Relationships
- The Art of Successful Selling with NLP (powerful persuasion strategies)
- Developing Strong Communication Skills
- Eliminating Fears and Phobias
- Building Dynamic Self Confidence
- Advanced Self Empowerment Techniques
- Positive Attitude Training
- Discovering your Mission in Life and Motivating Yourself towards its Fulfillment

Nutrition

Natural therapists recognize that if you provide the body with the right conditions, it will heal itself. The body is a powerful self-correcting organism. It has all of the necessary systems for regeneration, rejuvenation and rebuilding. It also has an extremely efficient immune system, which is capable of fending off the most damaging invaders. In this course we are chiefly concerned with providing the body with the right fuels so that it can remain healthy or return to a state of health.

There has never been as much interest in diet and nutrition as there is today, for either health or cosmetic reasons. There is, therefore, a great demand for specialized knowledge on a variety of nutritional subjects. This course consolidates a large amount of information on all the important aspects of good nutritional health and treatments.

STUDY TIME 50 hours - Subjects included in this 10 lesson course:

- Introduction
- Digestive System
- Vitamins
- Minerals
- Stress
- Coeliac Disease
- The Natural Therapist's
- Candida Albicans
- The Healing Crisis
- Cleansing Diets
- Self-Diagnostic Procedures
- The Sugar Menace
- The Yeast Menace
- Allergies Approach to Health
- Proteins and Toxins
- Treatment Therapies
- Disease States

Nutritional Therapy

Let food be your medicine and medicine be your food.

Hippocrates

Diet has the distinction of being the only major determinant of health that is completely under your control. Such an opportunity to positively influence your health should not be overlooked. This innovative new course aims to educate the student as to the healing and life enhancing properties of natural foods and to the intelligent use of food supplements (i.e. vitamins, minerals, etc). The use of "foodaceuticals" and healing foods is also covered.

Nutritional therapy is both preventative and curative and, once its principles have been adapted and applied, a new vigor and zest for living is sure to be experienced.

STUDY TIME 40 hours - Subjects included in this 8 lesson course:

- A Study of Nutrition in Therapy
- Enhancing Immune System Function
- Tailoring a Diet According to Specific Body Types
- Naturopathic Healing using the Power of Nature
- Toxic Overload and Detoxification
- Nutritional Deficiencies
- Foods as Medicines
- Vitamins for Vitality
- Metabolic Typing
- Diets for Health - Food Combining - Vegetarianism and Macrobiotics
- Possible Cures for some Common Complaints - Colds, Stress, Food Allergies, Fatigue

P

Personal Beauty Care

Have you ever noticed how a casual glance in the mirror can affect your mood? A glimpse of tired eyes will make you feel tired but seeing your skin's healthy glow or your pretty eyes can bring an extra surge of good feeling energy. Love it or hate it, our appearance affects how others respond to us and how we feel about ourselves.

This course reminds us of all those things we used to know but either forgot or haven't had time to do or update for a while. Yes, we're talking about makeup, cleansing, shaping an eyebrow and putting our best face forward. So go ahead and indulge a little.

STUDY TIME 40 hours - Subjects included in this 8 lesson course:

- Looking after the Skin
- Cleansing, Toning and Moisturizing
- Keeping the Body Soft
- Eyebrow Shaping
- Nail care
- Masks
- Looking after your Feet
- Make-up Application

Personality Assessment

Success in many vocations depends upon skills in sizing people up. Personality assessment skills are important not only to such professionals as counselors, therapists and social workers, but also to those in business, sales and education. These skills are necessary for anyone who works closely with other people. The aim of this course is to enable the student to achieve a balanced viewpoint regarding the best approach in diagnosing and assessing a person's personality for such practical purposes as counseling, guidance and selection.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- Course Introduction - Perceptions and Misconceptions of People
- Understanding the Personality
- Objective Approaches to Personality
- Practicable Methods of Assessment
- Personal Concepts
- Integrity of the Personality

Physical Fitness

Modern lifestyles have undergone great changes over the last 50 years with a decrease in manual work, an increase in sedentary office work, and poorer eating habits. This combination means that despite all advances, we are often less healthy than our grandparents were. Physical Fitness has been designed for you to teach yourself or others how to increase health, well being and appearance and reduce the impact of busy lives and aging.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- The Purpose of Exercise
- Positive Thinking
- The Working Week
- A Projected 8 Week Exercise Time-Table
- Muscular Strength, Endurance and Toning
- Anatomy and Physiology
- Warm-up
- Stretching
- Relaxing
- Nutrition
- Aerobics
- Digestion
- Diets
- Mineral and Vitamin Supplements Program
- Time Management for Exercise

Positive Thinking

Thoughts have power. Each of us has a creative mind, which can either work for us or against us, depending on what we have programmed into it. In the super consciousness there is a lavish supply of creative thoughts, ideas and images for every demand. You can learn how to draw upon the best of your invisible supply through your imagination.

Affirmations are positive statements that help focus awareness on your power and ability to create, and consequently have what you want. Beliefs about reality will change that reality and affirmations can and will work. Believe that nothing is too good to last and that nothing is too wonderful for you and this can happen! It is not what you think you are, rather what you think—you are.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- Introduction to Constructive Positive Thinking
- What You do Best is What You Love to Do
- Self Programming
- Good Relationships
- Creative Ideas
- Know What You Want and How to Achieve It
- Affirmation
- Confidence
- Attitudes
- Clear Communication
- Self Healing

Professional Hypnotherapy

This intensive course is designed for students who wish to pursue a career in hypnosis and employs widely used techniques and training.

Hypnotherapy seeks to cure at a deeper level of consciousness, bringing about physical or mental changes. Such changes include healing physical and emotional illnesses, reducing pain, inducing relaxation and gaining insight into present difficulties and past events that may have a bearing on them. Hypnosis is also used as an extremely effective method of stopping smoking, losing weight and dealing with drug and alcohol addictions.

STUDY TIME 105 hours - Subjects included in this 21 lesson course:

- History of Hypnosis
- The Hypnotic Trance
- Deep Relaxation
- The Eight Horizons
- Dominant Personalities
- Moods
- Self Hypnosis
- Traumas
- Analysis
- Sub Conscious and Rational Minds
- Hypnotic Induction Methods
- Post Hypnotics
- Psychosomatic Illnesses
- The Treatment of Various Illnesses
- Suggestibility Testing

NHI course descriptions

Professional Relaxation Therapist

This comprehensive and informative course gives clear, detailed instructions in all aspects of relaxation therapy. It is unique in its in-depth approach to the physical, mental, spiritual and recreational aspects of relaxation and combines this with a step-by-step guide to the practicalities of setting up a professional clinic. It details appropriate techniques and advises the student in selecting those most suitable for clients' needs.

This well-balanced course provides training for all those wishing to develop, or pursue, a new career in relaxation therapy. It offers an unusual opportunity to gain a professional qualification in what has been an unstructured field of expertise.

This course not only provides the knowledge necessary for a new career or supplements other skills but improves the student's self-awareness.

STUDY TIME 40 hours - Subjects included in this 8 lesson course:

- Tension and Symptoms
- Water Therapy
- Meditation and Visualization
- Counseling
- Deep Relaxation
- Mental Attitudes
- Exercise
- Recreational Activities
- Color Therapy

Professional Stress Consultant

Although stress is nothing new, it has only comparatively recently been recognized as a contributory (and sometimes central-factor) in a whole range of both physical and mental problems. It is against this background that the Professional Stress Consultant course has been designed to cover the vast spectrum of stress-related problems and their treatment. This extensive course provides an analysis of the root cause of these problems in a structured, easy to understand format. It then goes on to explain the various forms of treatment that are available, how these techniques can be learned and applied and gives the student all the knowledge necessary to enjoy a career as a professional stress consultant.

In addition there is a simple step-by-step guide to starting your own practice, which covers the fundamentals of commercial and professional operation.

STUDY TIME 40 hours - Subjects included in this 8 lesson course:

- Anatomy and Physiology
- Self Hypnosis and Meditation
- Psychotherapy / Counseling
- Relaxation and Breathing Techniques
- Psychology
- Methods and Techniques
- Symptoms of Stress
- Starting Your Own Practice
- Subconscious Mind, Anxiety and Conditioning

Project and Team Management

Good project management usually depends on the project manager's ability to think creatively, act originally and be flexible in dealing with emerging issues. This course will focus on setting goals and standards? when, why and how.

STUDY TIME 60 hours - Subjects included in this 12 lesson course:

- Project and Team Management
- Controlling the Project
- Structuring the Project Team
- Planning the Project
- Building the Project Team
- Project Profile Definition

Psychotechnics (Mind Power)

Psychotechnics is the application of psychological techniques to practical problems in a person's life. The study and application of this discipline enables the individual to overcome inhibitions and develop potential in any aspect of life allowing them to evolve further as a person.

This course goes far beyond simply exploring and developing the powers of the mind, and is formulated for the thinking person who, tired of being a psychological slave, is receptive to a formula for converting wisdom into psychic power.

Candidates for this course are people who believe themselves to be ready for an experience that will forever alter their processes of thought.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- Mind Power Explained
- The Philosophy of the Elite
- Knowledge is Power
- Wisdom is Strength
- Installing the Future
- Psychic Conditioning and Psychic Power

Psychotherapy

Psychotherapy is essentially the listening to, and talking with, those whose problems and anxieties have become too great a burden for them to cope alone. Its aim is to help the troubled individual to understand and to resolve their predicament. Psychotherapy leads the individual to deeper understanding, resolution, recovery and self-worth.

Most therapy is brief, which can mean anything from one to twenty-five sessions. Yet a lot of training will not prepare therapists to work briefly. This course is formulated specifically to train the student to work briefly by design rather than by default.

STUDY TIME 50 hours - Subjects included in this 10 lesson course:

- Motivating Clients to Listen to Themselves
- Courage, Compassion and Confrontation
- Positive Attitudes and the Recovery Process
- The Client, the Therapist and the Spiritual Aspect
- Relationships - Healing Together
- Relaxation and Visualization as Therapeutic Tools
- Course Philosophy and Design
- Listening to the Client
- Emotional Awareness
- Self-defeating Lifestyles
- Initiating the Process of Change
- Turning Negative to Positive
- Clients' Needs in Therapy

R

Rational Emotive Therapy

RET teaches a positive approach for dealing with feelings by changing the way we talk to ourselves. This course offers the student an insight into how the application of RET principles, developed by Dr. Albert Ellis, can help a person to cope with upsetting feelings without succumbing to self-defeating behavior and/or using alcohol or other drugs.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- The Theoretical Background
- Balance and Normality
- Psychological Organization
- Emotional Reality
- Motivation and Emotion
- Change the Thought - Change the Emotion

NHI course descriptions

Reflexology

Reflexology is an extremely effective form of foot massage based on the principle that reflex points on the feet correspond to each organ and structure in the body and are linked to those organs by energy channels, zones or meridians. When illness or imbalance occurs in the body, the corresponding energy channels become blocked. Reflexology massage destroys these blocks, allowing the energy to flow freely again thereby restoring the body's natural balance and good health.

Touch is our natural instinct, and reflexology enables us to put this natural skill into practice in a structured and highly effective form. Reflexology is an ideal mix of both old and new skills to activate the healing powers of the body. It is both a science and an art, and reflexology is as pleasant to give as it is to receive.

STUDY TIME 40 hours - Subjects included in this 8 lesson course:

- History of Reflexology
- Anatomy and Physiology
- Meridians
- Techniques
- Feet Reflex Points
- Zone Therapy
- Starting Your Own Practice
- First Aid

Reflexology, Advanced

This course is designed to fill the needs of both therapists wishing to widen their knowledge and study more comprehensively, and the newcomer wishing to study the subject in depth from the outset.

Reflexology is a perfect blend of ancient healing skills with modern refinements and developments based on scientific research. The beginnings of reflexology are to be found in the ancient Chinese and Japanese healing arts of acupressure and massage.

The ancient skills were researched and developed by an American ear, nose and throat specialist, Dr. William Fitzgerald, who used zone therapy, as he called it, on his patients at the beginning of this century and produced astonishing results. One of his students, Eunice Ingham, continued research and experimentation and developed zone therapy into reflexology as we know it today. In 1990, studies at a hospital in Manchester, England confirmed the powerful effectiveness of reflexology on patients.

Reflexology is a fascinating skill with a precise approach to promote each individual's self-healing abilities and to stimulate the body's massive regenerative capacity.

STUDY TIME 60 hours - Subjects included in this 12 lesson course:

- History and Development
- Step by Step Summary
- Use of Color with Reflexology
- Techniques
- Treatment
- Functions & Systems of the Body
- Medical Conditions & Reflexes
- Subtle Anatomy
- Human Touch
- Centering & Grounding
- Subtle Energy Balancing
- Advanced Reflexology

Reiki - Level 1

Reiki, pronounced Ray-kee is the Japanese word for the Universal Life Energy that permeates and sustains our entire world. Reiki is an ancient Tibetan natural healing system rediscovered in Japan during the 19th century. It can be administered through the laying on of hands or through indirect methods. This system is not a religion and can be used alone or with standard medical procedures to revitalize and accelerate the healing process of the body, mind and spirit. Reiki healing sessions encourage holistic health and well being, balance, purpose and spiritual harmony in yourself and others.

The knowledge gained will add considerably to any health therapy enabling the therapist to better understand the workings of the body as well as its treatment. We strongly recommend this course to all who intend to practice in natural health.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- Reiki fundamental healing principles
- History of Reiki
- Hand Positions and treatments
- Ethics
- Meditations Attunement Level 1 - No prerequisite needed
- First attunement to open energy pathways and enable the individual to channel Reiki energy on a physical level

Reiki - Level 2

In Level 2 Reiki comes an increase in the abilities to work with energy, increased intuition and stronger focus. Learn to use your intuition and listen to it. See how Reiki can be useful for healing or assisting in any emotional or mental distress. Embrace techniques and processes of meditation, creative visualization and open your imagination. Unblock energy and find a whole new level of peace.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- Living the Reiki Principles
- Programming with Reiki
- Intro to Crystal Healing
- Methods of distant healing
- Chakra healing and diagnosing techniques
- Auric layers
- Reiki Symbols
- Introduction to Level 2 symbols and additional symbols Attunement Level 2 - Prerequisite - Level 1 Reiki attunement and certification

Reiki - Level 3

Spirit is perfection, balance, life, oneness, wholeness. When we have more spirit/life force within us we can share with others. See how Reiki can become accessible, storable and transferable. Learn how to examine your thoughts and beliefs. Practice Reiki to keep peace, harmony and kindness in your heart.

This degree of Reiki is recommended for the serious healer who will make Reiki a major part of their life. It is a true spiritual experience.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- Learning and using the Master symbol
- Shadowwork
- Additional Usui/Tibetan methods
- Attunement Methods
- Advanced Reiki techniques
- Attunement Master Level - Prerequisite - Level 1 and 2 Reiki attunement and certification

NHI course descriptions

Runes

Like the Tarot, the use of the runes comes to us through the mists of time. A Mantic Art from the Northern tradition of esoteric thought, runes can provide a skilled reader with powerful insights into psychology and enable access to the sweeping pattern of things that are and those, which are yet to be.

This course has been designed to complement the tarot course. In addition to teaching the use of runes, this course includes some teaching on the use of the Celtic Ogham system (as far as we are aware, the only such course to do so!)

STUDY TIME 50 hours - Subjects included in this 10 lesson course:

- Historical Background to the Runes
- Preparing Oneself to become a Rune Caster
- Ogham Casting and Interpretation
- Preparing the Runes The Elder Futhark
- The Three Aettir
- Rune Casting
- Rune Magic
- The Northern Tradition and the Relevant Legends

S

Selection Interview Techniques - Business

The selection of employees, with the costs and risks associated with every decision, is one of the most critical steps in the entire process of managing. The importance of the selection decision is further emphasized through the cost associated with unsuccessful hiring decisions.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- Characteristics of the Person
- The Structured Interview Process
- Preparation for the Interview
- Using Questions
- Study of the Application Form/Resume
- The Psychological Process
- Evaluation & Selection Decision Making
- Characteristics of the Job
- Selection Interview Follow-up

Self Awareness

Closely related to the treatment and understanding of stress is our own self-awareness—the understanding and developing of our inner self. Through a process of self inquiry this course encourages students to assess how their experiences of life in the broadest context has affected them. Students will learn to make a realistic assessment of personal qualities and attributes as a firm foundation for future development. Once this has been accomplished the course moves on to ways in which the individual can move forward. The student learns how to develop self discipline and self belief and discovers how this can be channeled to maximize the potential that is present inside each and every one of us.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- Self Inquiry
- Belief Systems
- Power of Conditioning
- Self Acceptance - theory and practice
- Self Potential
- Mental Gymnastics
- Life Experience
- Affirmation
- Self Discipline

Self Determination

A sense of inferiority and inadequacy serves little purpose other than to interfere with the attainment of a person's hopes. Self-confidence, on the other hand, can only lead to self-realization and successful achievement.

It is a sad fact that a great numbers of people simply exist in lives, which are restricted by what is commonly, termed an "inferiority complex". Fortunately, when proper steps are taken this complex can be overcome.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- The "Poor Me" Syndrome
- The Time to Start is Now
- I am Responsible
- Gaining Confidence - Overcoming Fears
- Valuing Yourself
- Walk It - Don't Talk It

Self Esteem

René Descartes, the famous 17th century philosopher, said, "The way you think is the way you are." This course enables students to assess their own level of self-esteem and to develop the essential qualities necessary to overcome personal weaknesses and gain a healthier level of self-respect and self regard.

This course was specially commissioned to complement our Self-Awareness course. It covers a wide variety of subjects and is a vital subject for students and therapists interested in developing stronger personal identity.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- What is Self-Esteem?
- Self Respect
- Importance of Correct Eating
- Physical and Emotional Exercise
- Physical Health and Well-being
- Understanding the Power of the Mind
- Positive Thinking and Affirmation
- What is Failure? Success?
- Conditioning from Childhood
- The Feel Good Factor
- Charisma
- Self Confidence
- Magnetic Energy
- Goal Setting
- Visualization
- Developing the Feelings of Worthiness

Self Improvement

Discovering our own path through life and treading it in a comfortable, self-determined manner is often an extremely difficult task, and accepting the need for change is a painful experience.

Leave behind negative attitudes and destructive thought processes: learn how to have a fresh and positive new beginning and enjoy the rest of life's journey. This course encourages and guides you to find a new perspective on your life and a fresh vision of what can be accomplished.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- Achieving a Balanced Lifestyle
- Being Clear
- Exploring Dimensions of Intimacy
- Dealing with Feelings
- Nurturing yourself through the Inner Journey
- A New Beginning

Shiatsu

It is a fact that more and more people are looking for simple, non-toxic means of restoring and maintaining health. Shiatsu, a form of Oriental massage, is fast becoming one of the most sought after therapies. The name comes from the Japanese word *shi*, meaning finger, and *atsu*, meaning pressure. The techniques are easily learned and are wonderfully effective when performed well.

This course was commissioned to fit into our Complementary Health series and has been designed to complement Yoga Therapy, Acupressure and Massage courses. It also makes an excellent stand-alone course for anyone interested in therapeutic self-help.

STUDY TIME 50 hours - Subjects included in this 10 lesson course:

- The Meridians and Tsubo
- The Oriental View of Health and Illness
- The Techniques of Shiatsu
- Limb Shiatsu
- Ampuku
- Body Shiatsu
- Head and Neck Shiatsu

NHI course descriptions

Speech Therapy

The cause or causes of stammering are not yet known. It affects people from all walks of life and appears to run in some families. More than the physical impediment, stammering is a state of mind which can dominate people's view of themselves and their social and work relationships.

Professional speech therapy can help the individual gain the desired level of fluency and confidence. This course emphasizes the practice of speech control techniques, the modification of attitudes towards speaking and the need for sheer determination.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- What is Stammering?
- Taking One Step at a Time
- So Now We Know - Forget It
- Action is Power
- Risking and Trusting
- Quietening the Mind

Sports Electro-therapy

Sports treatments are greatly enhanced by the use of electrical equipment. This course looks at the safe use by sports therapists of equipment commonly used in most sports clinics.

Students will learn how to use the equipment and which types of injury respond to treatment.

STUDY TIME 50 hours - Subjects included in this 10 lesson course:

- Understanding Electricity
- Cryo-Therapy
- Ultra-Sound Treatment
- Mechanical Massage
- Contra-Indications to Treatment
- Vacuum Suction Treatments
- Laser Equipment
- Medical Electricity
- Infra Red and Wax Baths
- Farradic Stimulators
- Electro-Acupuncture
- Tens Treatments
- Magnetic Field Therapy
- Intra-Sound Treatment

Sports Injuries

The sports industry is now so vast that it has spawned disciplines that were unheard of a few years ago. Athletes need trainers with experience in sports injuries, whether professional, amateur or simply recreational. The types of injuries are now so complex, and the athletics so competitive, that quick return to competition can be essential.

This course will teach therapists injury assessment, remedial exercises, diagnoses and treatment of injuries. This course will be a valuable asset for anyone who deals with athletes as a coach, trainer, parent or amateur volunteer.

STUDY TIME 50 hours - Subjects included in this 10 lesson course:

- Sports First Aid
- Contra-Indications to Treatment
- Injury Assessment
- Bandaging Techniques
- Remedial Exercise
- Hot & Cold Therapy
- Medical Referral
- Treatment on the Field
- Injury Prognosis
- Keeping Records
- Treatment of:
 - Injuries to the Back
 - Injuries to the Foot
 - Injuries to the Knee and Leg
 - Injuries to the Hand and Arm
 - Injuries to the Shoulder
 - Injuries to the Head and Neck

Sports Massage

Sporting activities have increased many times in the last few years with the availability of extra leisure time and an accompanying increase in health awareness. This is the fastest growing area of health treatments, witnessed by the increase in training facilities for sports massage therapists.

This course is suitable for anyone wishing to gain knowledge of basic and advanced massage for athletes, including basic exercise regimes and joint mobilization techniques.

STUDY TIME 50 hours - Subjects included in this 10 lesson course:

- Sports Massage Techniques
- Muscle Release Techniques
- Using your Fingers for Diagnosis
- Referring Patients to a Medical Practitioner
- Remedial Exercises
- Soft Tissue Injury Recognition
- Working with Professional Sports Clubs
- Hot & Cold Treatments

Sports Nutrition

Today's high performance athletes have come to recognize and rely on the science of sports nutrition. Sports nutrition differs from standard nutrition in that it recognizes the additional demands made on the body by exercise and sports performance. Athletes—whether recreational or professional—are finally embracing the value of nutrition in the pursuit of excellence. Ultimate nutrition equals ultimate achievement. The contents of this course will unleash the athlete from the confines of conventional nutrition and free him/her to pursue the ultimate in peak performance. In addition, the health benefits to all students will free them to excel in every part of their lives!

STUDY TIME 40 hours - Subjects included in this 8 lesson course:

- Performance Fuel - the three core energy sources
- Complete Guide to Ergogenics (performance enhancing supplements)
- Post Contest Fuel - Glycogen Replacement
- Sports Nutrition Myths Exposed
- Pre-Contest Fuel
- During Contest Fuel
- Metabolism - Krebs Cycle, Lactic Acid, Ketosis
- Vitamin and Mineral Index
- Exercise and Energy Expenditure
- Diet "Tricks" for Peak Performance
- The "F" Factor - Fluids
- How Muscles Use Fat and Enzymes; Fat and Sugar Storage

Sports Psychology

Most people do not have full control of their own minds. When they cannot get their minds to do what they intend they are unable to fully control their bodies. Discipline of the mind increases the ability to control the outcome. When the mind can envision the outcome then it will find the means of realizing that outcome.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- Introduction - Mind Power and Sport
- Developing the "Always a Winner" Attitude
- Self Motivation
- The Undeniable Truth
- Positive Belief Strategies
- The Mind and the Heart

NHI course descriptions

Stress Consultant, Advanced

As the pace of modern life accelerates so stress grows into an even bigger factor in more and more people's lives. Just as mankind expands the frontiers of technology and moves into new, previously unexplored areas so also does stress develop. It mutates and expands, and its causes, symptoms and effects take on new forms.

It is against this background that the Advanced Stress Consultant course has been developed. The information it contains does not overlap other courses, but is an extension designed to widen horizons, and to further explore the vast and fascinating subject of stress.

STUDY TIME 90 hours - Subjects included in this 18 lesson course:

- Advanced Anatomy and Physiology
- Drugs and the Immune System
- Positive and Negative Management
- Psychotherapy
- Thought Patterns
- Bereavement
- Phobias
- Hypertension
- Pharmacology
- Definition of Stress
- Moods and Horizons
- Anxiety and Depression Analysis
- Communication
- Psychology
- Exercise and Nutrition
- Medical and Non-Medical Approach
- Cardiovascular System and Stress
- Physical and Mental Effects
- Dominant Personalities
- Immunology
- Therapy Structures
- Psychosomatic Illnesses
- Consultation Process

Stress Counseling in the Workplace

Research has shown that high stress levels experienced from boardroom to shop floor frequently result in a decline in work performance and productivity, and also contribute to individual and family crises. Mood altering substances are in daily use as employers and employees alike, endeavor to escape their stressful environments. Companies can only benefit from retaining the services of a trained counselor who is competent in establishing employee assistance programs and a range of brief interventions to assist these individuals.

This course is designed to equip the student with the knowledge and skills necessary to undertake such a task.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- Benefits to Employer & Employee
- Counselor, Company, Client Relations
- Facilitating Programs Training
- EAP's - An Introduction
- Establishing a Program
- Exploring the Need
- Substance Abuse in the Work Place

T

Time and Priority Management

Effective and efficient people are those who have mastered better ways of spending their time.

This self-discipline makes time a personal asset or resource rather than a demand in itself. If we pursue this line of thought, then time management becomes self-management, and self-management becomes life management.

STUDY TIME 50 hours - Subjects included in this 10 lesson course:

- Functional Management and Time
- Performance Skill and Time Utilization
- Tackling Indecision and Procrastination
- Categories of Work Time
- Deciding on Priorities
- Priority Management
- Control and Responsibility
- Resistance to Change
- Priority Management
- Time Wasting and Interruptions Analysis

Transpersonal Therapy

Participating in this course will give the student awareness and understanding of how, within the concept of this theory, the individual is encouraged to find a dimension beyond "self". A person suffering from neurosis or addictive disorders or whose behavior is seen to be problematic, has lost himself to the demands of something, which is beyond his control. It controls him, rather than the reverse. To overcome the problem and fully recover, the individual must transcend both himself and the problem by developing and maintaining a belief beyond and greater than both.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- Spirituality Defined
- Persistence and Awareness
- Identifying the Path
- A New Concept - A New Life
- Laying the Foundations
- A Maintenance Program

U

Understanding Drugs

Illicit drug use is a concern for every parent and for anyone who encounters drug-related problems in schools, universities, youth and adult groups. This course covers a range of drug groups which include alcohol, amphetamines, ecstasy, crack-cocaine, cannabis, heroin, LSD, over-the-counter and prescribed medicines and provides comprehensive information addressing what the drugs are, the physical and psychological effects of their use, overdose, dependence, legal status and alternative or "street" names.

STUDY TIME 30 hours - Subjects included in this 6 lesson course:

- Not My Child
- The Drug, The User and The Parent
- Drug Education, Peer Pressure and Society
- Drugs Explained
- Letting Go and Being There
- The Drugs and The Effects

W

Weight Control

It is a sad reality that a majority of North Americans are actively seeking to lose weight either for health or aesthetic reasons. While some are successful in making the necessary life changes on their own, most are not. This has led to a huge and growing need for the services of weight consultants.

This outstanding course offers training for the individual who wishes to obtain the skills necessary to train and support themselves or others in taking control of their weight and overall health in a positive, maintainable and natural process.

STUDY TIME 60 hours - Subjects included in this 10 lesson course:

- Basic Physiology
- Motivation
- Elements of Nutrition
- Different Forms of Exercise Routines
- Dietary Misconceptions
- Different Diets and Methods
- Why People Want to Control Their Weight
- Hazards of Being Overweight
- Dieting Dangers and Recognition of Problems

Y

Yoga Teacher

It is a well-known fact that if you know something very well, you will have no difficulty explaining or describing it. If you want to teach, you must gain substantial expertise in your subject and when teaching yoga, this means developing a solid grounding in physiology and psychology as well as the history and philosophy of the discipline.

Throughout this century yoga has grown, and continues to grow rapidly in popularity. Its valuable use as a therapy for stress-related ailments has been added to its more traditional role of promoting inner peace and harmony in body and mind. With the ever-growing popularity of yoga there is a greater and greater demand for the well-trained teacher.

STUDY TIME 50 hours - Subjects included in this 10 lesson course:

- Human Anatomy
- Nutrition
- Physiology
- Relaxation
- Asanas and Mudras
- Class Management
- Morality, Philosophy and Origin
- Psychology
- Demonstration Techniques
- Breathing Techniques
- Yoga Application and Branches of Yoga
- The Sub-Conscious Mind and Conditioning

Yoga Therapy

What is yoga therapy? The aim of yoga therapy is to restore health and well being for healing, maximizing the body's own amazing capacity where previously there has been stress or disease. It offers wide-ranging training in a number of holistic therapies, which can then be used to help heal when disorder, energy blockage and malfunction give rise to unhealthy symptoms.

Like all other forms of therapy, yoga therapy is directed towards the recovery of normality in the human apparatus when disorder and malfunction give rise to unhealthy symptoms. Yoga therapy is today a very successful system employing the profound wisdom and principles of traditional yoga.

The demand for yoga therapists by those seeking proven techniques of natural healing and complementary therapies provides unparalleled opportunity for all those seeking a worthwhile career and life fulfillment.

STUDY TIME 90 hours - Subjects included in this 18 lesson course:

- Human Anatomy
- Massage
- Biostrata
- Relaxation Massage
- Physiology
- Relaxation Therapy
- Yogic Osteopathy
- Breath Therapy
- First Aid
- Psychology
- Manipulation
- Anatomy
- Remedial Massage
- Hygiene
- Cellular Dynamics
- Treatments
- Nutrition
- Hypnology

Important Notice

Course may be changed, updated, or discontinued without notice. It is in your best interest to take your exams within one year of receiving your course.

Students must obtain a mark of 75% or greater in the final examination to receive a Certificate of Competence.



NHI diploma programs

NHI - Natural Health Institutes is pleased to offer Diploma Packages in addition to our Certificate courses. This allows us to offer significant discounts to the regular certificate price. Each Diploma package is offered at \$1000.00, or \$900.00 if you take the package through E-mail - PDF Web based version.

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NHI diploma programs

Holistic Beauty Therapist

Designation: **NHI H.T.Beauty.**
Set courses: • Beauty Specialist
• Manicure and Pedicure
Elective courses: • 2 – any related courses

Holistic Body Work Therapist

Designation: **NHI H.T.BW.**
Set courses: • Kinesiology
• Alexander Technique
Elective courses: • 2 – any related courses

Holistic Counseling Therapist

Designation: **NHI H.T.Coun.**
Set courses: • Psychotherapy
• Counseling Skills
Elective courses: • 2 – Counseling
• 1 – any related course

Holistic Energy Healing Therapist

Designation: **NHI H.T.EH.**
Set courses: • Crystal Healing
• Color Therapy
Elective courses: • 2 – any related courses

Holistic Herbal Therapist

Designation: **NHI H.T.Herbal.**
Set courses: • Herbalism
• Nutritional Therapy
Elective courses: • 2 – any related courses

Holistic Massage Therapist

Designation: **NHI H.T.Mas.**
Set courses: • Massage
• Shiatsu
Elective courses: • 2 – any related courses

Holistic Nutritional Therapist

Designation: **NHI H.T.Nut.**
Set courses: • Nutrition
• Nutritional Therapy
Elective courses: • 2 – any related courses

Holistic Reiki Therapist

Designation: **NHI H.T.Reiki.**
Set courses: • Reiki Level 1
• Reiki Level 2
• Reiki Level 3
Elective courses: • 1 – any related course

Holistic Relaxation Therapist

Designation: **NHI H.T.Relax.**
Set courses: • Advanced Stress Consultant
• Professional Relaxation Therapist
Elective courses: • 2 – any related courses

Holistic Sports & Fitness Therapist

Designation: **NHI H.T.SF.**
Set courses: • Sports Injuries
• Sports Nutrition
Elective courses: • 2 – any related courses

Management

Designation: **NHI MGMT**
Set courses: • Business Motivation & Organization
• Time & Priority Management
Elective courses: • 2 Management Studies
• 1 – any related course

Self Improvement

Designation: **NHI SI**
Set courses: • Self Awareness
• Confidence Enhancement
Elective courses: • 2 Self Improvement
• 1 – any related courses



NHI course price list

Course Name	Print	E-mail	Course Name	Print	E-mail
Active Listening Skills	\$300.00	\$280.00	Corporate Stress Management	\$300.00	\$280.00
Acupuncture Acupressure Techniques	\$500.00	\$450.00	Counseling Skills	\$500.00	\$450.00
Alcohol and Drug Counseling	\$430.00	\$400.00	Creative Visualization	\$300.00	\$280.00
Alexander Technique	\$300.00	\$280.00	Crystal Healing	\$375.00	\$340.00
Anatomy & Physiology	\$500.00	\$450.00	Depression Management	\$300.00	\$280.00
Anger & Aggression Management	\$300.00	\$280.00	Events Management	\$375.00	\$340.00
Aromatherapy	\$430.00	\$400.00	Family Therapy	\$300.00	\$280.00
Aromatherapy, Advanced	\$550.00	\$520.00	Health and Personal Development	\$300.00	\$280.00
Assertiveness Skills	\$300.00	\$280.00	Herbalism	\$430.00	\$400.00
Auriculotherapy	\$430.00	\$400.00	HIV AIDS Holistic Counseling and Care	\$300.00	\$280.00
Bach Flower Remedies	\$300.00	\$280.00	Homeopathy	\$500.00	\$450.00
Basic Clinical Sciences	\$500.00	\$450.00	Hypnology	\$300.00	\$280.00
Basic Philosophy	\$300.00	\$280.00	Iridology	\$430.00	\$400.00
Bates Method	\$300.00	\$280.00	Journal Therapy	\$300.00	\$280.00
Beauty Specialist	\$430.00	\$400.00	Kinesiology	\$430.00	\$400.00
Behavioral Therapy	\$300.00	\$280.00	Magnet Therapy	\$430.00	\$400.00
Bereavement Counseling	\$300.00	\$280.00	Management Relationship & Conflict	\$300.00	\$280.00
Body Language	\$300.00	\$280.00	Manicure and Pedicure	\$375.00	\$340.00
Business Development for the Alternative Health Therapist	\$300.00	\$280.00	Massage	\$500.00	\$450.00
Business Motivation and Organization	\$430.00	\$400.00	Meditation	\$500.00	\$450.00
Child Development	\$300.00	\$280.00	Neuro Linguistic Programming	\$430.00	\$400.00
Chiropody	\$430.00	\$400.00	Nutrition	\$430.00	\$400.00
Co-Dependency Counseling	\$300.00	\$280.00	Nutritional Therapy	\$375.00	\$340.00
Color Therapy	\$430.00	\$400.00	Personal Beauty Care	\$375.00	\$340.00
Compulsive Behaviour Disorder	\$300.00	\$280.00	Personality Assessment	\$300.00	\$280.00
Confidence Enhancement	\$300.00	\$280.00	Physical Fitness	\$300.00	\$280.00
			Positive Thinking	\$300.00	\$280.00

NHI course price list

Course Name	Print	E-mail	Course Name	Print	E-mail
Professional Hypnotherapy	\$550.00	\$500.00	Self Esteem	\$300.00	\$280.00
Professional Relaxation Therapist	\$375.00	\$340.00	Self Improvement	\$300.00	\$280.00
Professional Stress Consultant	\$375.00	\$340.00	Shiatsu	\$430.00	\$400.00
Project and Team Management	\$500.00	\$450.00	Speech Therapy	\$300.00	\$280.00
Psychotechnics (Mind Power)	\$300.00	\$280.00	Sports Electro-therapy	\$430.00	\$400.00
Psychotherapy	\$430.00	\$400.00	Sports Injuries	\$430.00	\$400.00
Rational Emotive Therapy	\$300.00	\$280.00	Sports Massage	\$430.00	\$400.00
Reflexology	\$375.00	\$340.00	Sports Nutrition	\$375.00	\$340.00
Reflexology, Advanced	\$500.00	\$450.00	Sports Psychology	\$300.00	\$280.00
Reiki - Level 1	\$300.00	\$280.00	Stress Consultant, Advanced	\$550.00	\$500.00
Reiki - Level 2	\$300.00	\$280.00	Stress Counseling in the Workplace	\$300.00	\$280.00
Reiki - Level 3	\$300.00	\$280.00	Time and Priority Management	\$430.00	\$400.00
Runes	\$430.00	\$400.00	Transpersonal Therapy	\$300.00	\$280.00
Selection Interview Techniques - Business	\$300.00	\$280.00	Understanding Drugs	\$300.00	\$280.00
Self Awareness	\$300.00	\$280.00	Weight Control	\$375.00	\$340.00
Self Determination	\$300.00	\$280.00	Yoga Teacher	\$430.00	\$400.00
			Yoga Therapy	\$550.00	\$500.00

Fees

All fees are in Canadian funds for courses. NHI accepts Visa, MasterCard, personalized cheques, and money orders.

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