



# Natural Health Fundamentals

Learn everything you need to know about living a healthy lifestyle—naturally.

Natural Health Fundamentals teaches how to achieve a state of well-being through natural means. This course is the perfect primer on the subject of natural health and emphasizes the connections between physical, nutritional, environmental, emotional, mental, and spiritual needs. Learn how to incorporate holistic healing into your everyday lifestyle to achieve a more balanced approach to health and wellness.

**“I recommend the Natural Health Fundamentals course to anyone who wants to know how to live a healthy, vibrant lifestyle—naturally. Take advantage of the wealth of knowledge available in this course, and then enjoy the experience of applying this knowledge to help others.”**

Danny Wells, Danny Wells & Associates Inc.

## Highlights:

- this course is a prerequisite for all Diploma programs
- only 5 months or less required to complete the course
- accredited, distance education
- includes notes, practice quizzes, tests, feature articles from *alive* magazine, final examination, certificate, and free shipping within North America
- assistance and support provided while you study

## Ideal for:

those interested in all aspects of natural health and its applications to everyday life, health/nutrition professions

**Lesson 1**—Natural Health Fundamentals

**Lesson 2**—The Human Body

**Lesson 3**—Nutrition Building Blocks

**Lesson 4**—A Healthy Diet: Organic Foods, Whole Foods, and Balanced Meals

**Lesson 5**—Supplementation and Functional Foods

**Lesson 6**—Phytotherapy: Herbal Medicine, Homeopathy, and Aromatherapy

**Lesson 7**—A Healthy Lifestyle: Physical Activity, Stress Reduction, and the Environment

**Lesson 8**—Physical, Mental, Emotional, and Spiritual Health

**Lesson 9**—Traditional Holistic Healing Practices

**Appendix**—Natural Health Modalities and Professional Designation Defined

## Contact our admissions officers today!

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**alive**  
**ACADEMY**  
 OF NATURAL HEALTH

Education for the healthy mind.