

ENROLMENT FORM

Please complete the form on the reverse side and send with your course fee to:
Herbal Education Resources Centre NZ
PO Box 6041
Tauranga 3146
New Zealand

For enquiries:
Phone: + 64 7 578 8661
Email: janice@healthyoptions.co.nz
Web: www.herbaleducation.co.nz

ABOUT THE DIRECTOR

This basic Natural Healthcare Course has been designed and written by Dr Janice-Ann Priest, Director of Herbal Education Resources Centre NZ, educational division of Herbal Ltd.

Dr Janice-Ann Priest

www.janicepriest.com

DSc., Kn., N.C., Dip. Herb, Cert. Reflex.
Chartered Natural Medicine Practitioner

- Director of:
Healthy Options, *RainbowNews* and *HealthNews* Magazines
- Director of:
Herbal Ltd
Herbal Education Resources Centre NZ
- Member of:
New Zealand Charter of Natural Health Practitioners Inc.
Society of Natural Therapists and Researchers Inc.
New Zealand Register of Drugless Therapists
- Natural Health Consultant
- Author of:
Can You Remember What to Take?
Our Health At Risk
Health Information Series incorporating videos, courses and lectures.

Dr Priest is well versed in all areas of nutritional and natural healthcare, lecturing in modalities such as nutrition, medical herbalism (including Maori herbalism), homeobotanicals, reflexology, iridology and homeopathy, as well as holistic subjects. Well known as an author, publisher and lecturer, Dr Priest has written *Can You Remember What to Take?*, a popular natural healthcare reference book; *Our Health At Risk*, a history of the New Zealand health system; filmed a video on stress management; and produced many other health resource booklets and health and lifestyle magazines through her company Healthy Options Ltd, www.healthyoptions.co.nz.

YOU ARE WHAT YOU EAT . . . AND
. . . YOU ACT HOW YOU THINK!

Natural HEALTHCARE

www.herbaleducation.co.nz

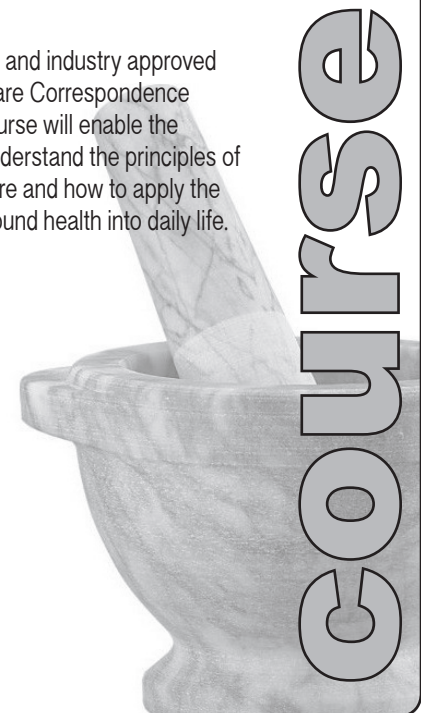
Natural Healthcare Course by Correspondence

Herbal Education Resources Centre NZ
Educational Division of Herbal Ltd

Registered Member of:

Society of Natural Therapists and Researchers Inc.
New Zealand Register of Drugless Therapists Inc.
PO Box 6041
Tauranga 3146
New Zealand
Phone + 64 7 578 8661

A basic certified and industry approved Natural Healthcare Correspondence Course. This course will enable the participant to understand the principles of natural healthcare and how to apply the knowledge of sound health into daily life.



COURSE CONTENT

Section 1

- Basic Steps For Wellness

Section 2

- Basic Causes Of Health Problems
 - ~ Nutrition
 - ~ Hygiene
 - ~ Parasites
 - ~ Mental Stress
 - ~ Pollutants
 - ~ Hereditary Factors

Section 3

- Herbal Health
 - ~ Use Of Herbs
 - ~ Classifications Of Herbs
 - ~ Preparation Of Herbs

Section 4

- Medicinal Herbs
 - ~ Medicinal Herbs For Dealing With Various Health Complaints
 - ~ The Parts Used
 - ~ Nutritional Content
 - ~ Recommended Dosage
 - ~ Herbal Combinations

Section 5

- Vitamins And Minerals
 - ~ Introduction
 - ~ Sources
 - ~ Signs Of Deficiencies
 - ~ Food Supplements
 - ~ Vitamins And Minerals In Herbs

Section 6

- The Natural Medicine Chest
 - ~ Suggested Remedies To Have On Hand
 - ~ Kitchen Remedies
 - ~ Ointments And Creams
 - ~ Tinctures
 - ~ Homeopathics
 - ~ Biochemic Cell Salts
 - ~ Powders, Tonics And Applications
 - ~ Incidental Requirements

Section 7

- Dealing With Common Ailments
 - ~ Problems That Delay Healing
 - ~ Lists Of Common Complaints And Corresponding Effective Treatments And Remedies

Section 8

- The Process Of Staying Well
 - ~ Holistic Overview Of Health

COURSE INFORMATION

- This is a correspondence course.
- You can enrol and complete the course at any time.
- No previous qualification necessary.
- Ideal for those interested in natural healthcare.
- Presents a background knowledge for health industry retailers and their staff.
- Can be completed at one's own pace.
- Natural Healthcare Certificate issued upon completion which complies with the 1981 Medicines Act.

This fully certificated course is ideal for those interested in natural healthcare, health industry sales personnel, and the beginner, while still providing information for the more experienced.

The Natural Healthcare Course is easy to follow and is available as a complete correspondence course accompanied by questions, so that it can be studied and completed at your own pace. The certificate will be issued within three weeks of completion.

ENROLMENT FORM

Cost: NZ\$175.00 inc. GST plus postage \$12.00
(Overseas: Plus Extra Postage)

Please enrol me for the Natural Healthcare Course.

Name: _____

Company Name (if applicable): _____

Address: _____

Postcode: _____

Telephone: _____

Email: _____

Bank direct payment: BNZ 020466 0279592 00

Or order on the website:
www.herbaleducation.co.nz/courses

Please clip and send to:
Herbal Education Resources Centre NZ
PO Box 6041
Tauranga 3146
New Zealand
or email: janice@healthyoptions.co.nz

www.herbaleducation.co.nz