

CLASSES/SEMINARS

NUTR-107- ACID/ALKALINE DIET- How different foods in the diet are acid forming or alkaline forming. Learn how to neutralize pH to remove stress on the body, and to encourage optimum health.

HOL-104- BIODYNAMICS OF HOLISTIC SCIENCE- Learn the basic fundamentals of how energy promotes healing. Whether it is herbs, vitamin/minerals, acupuncture, reflexology, etc., the common principle of energy is fundamental to healing.

M-102- MIND MEDICINE- Learn the basic fundamentals of how the mind is one of the most powerful tools in promoting health. Comparative modalities such as visual imagery uses the mind to re-establishing harmony in the body.

HOL-105- ENERVATION- Learn how to avoid enervating practices that deplete energy reserves from the body. And how enervating practices inhibit regeneration and healing.