A perfect way to approach to a spring cleanse is by adding a little aromatherapy to your regimen. Aromatherapy is a subtle yet powerful adjunct to any healing modality. According to Ayurveda, aromatherapy uses fragrances to promote the healing process and includes essential oils, flower essences and incense. It is effective for psychological (emotional) and psychic (spiritual) disorders. It also aids in meditation, disease prevention, health maintenance, longevity and rejuvenation. It is said to help cleanse the chakras and channels. Traditionally, aromatherapy is an important therapy in Ayurveda and is mainly used for treating the mind. Recent research conducted in Europe and the Soviet Union reveals that effects of odors on the psyche may be more important than scientists have suspected.* In Ayurveda, essentials oils can be placed on special areas on the skin, like between the eyebrows (crown chakra), the temples for headaches, root of the nose for sinus conditions or on the wrists, behind the ears and neck, where they can be easily smelled.

A great and pleasant way to approach a detoxification for Spring, using aromatherapy, is by taking an aroma bath or soak. This can be done with either relaxing or stimulating essential oils and the effects of this type of therapy can be felt almost immediately. A combination of two natural factors is responsible for the enhanced effect. First, the already high rate of penetration of an essential oil is further increased by the elevated temperatures of the bath water and by their hydrophobic nature. Although there are many different kinds of essential oils, there are primarily three different types: Flower aromas, spicy and pungent aromas and fruity sweet and sour fragrances. Their energetics are much like herbs in terms of heating, cooling or neutral. Flower fragrances like rose or jasmine are usually sweet or bitter in taste and cooling in energy. They calm the nervous system by decreasing irritability and anger. Spicy oils like clove, cinnamon or ginger are pungent in taste and heating in energy. Their action is more stimulating and circulating and tends to clear the head. Fruit fragrances like bergamot, lemon or grapefruit are neutral to cooling in energy and can uplift, relax or stimulate.

For a detoxifying effect, chamomile oil has been shown to neutralize the effect of toxins produced by bacteria. Both staphylococci and streptococci bacteria are sensitive to chamomile oil in very small doses. Lavender and chamomile are a great combination for relaxation. For something a little more stimulating and refreshing, try rosemary and peppermint together in a morning bath, which will give you an invigorating effect throughout the day. A good method to add to this lovely ritual and to eliminate toxicity is by dry skin brushing before the actual bath. This procedure will remove the layers of dead cells, stimulate the pores, tone muscles, redistribute fatty deposits, break up cellulite and stimulate circulation. Be sure your brush is made of natural bristles. Adding Epsom and mineral salts in your bath helps to draw out impurities and relax the muscles.

During this Spring season, try setting aside special times during the week to pamper and detoxify your mind, body and spirit by adopting an aromatic bath into your daily regimen. You’ll be surprised at how much of a difference it can make in your life. A great method and recipe is using 1 cup of Ayurvedic Aromatic Relaxing Bath Blend, available from the Apothecary Shoppe, per full bath. Add the essential oils to the Epsom salts beforehand and mix well using 3-4 drops of each oil, no more than 15 drops. Add directly into the water and swirl the mixture around.

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Coffee grounds have several uses in the garden, not only do they work as good fertilizer, they are a great pest control. Don’t throw out those panty hose! Cut _ “ strips from the legs and use them to tie back your plants. They work quite well on heavily staked plants, as they are stretchy. To help you visualize what a section of a perennial border will look like, take paint stir sticks and paint the end the color of the flower. Plunge the stick into the ground where the flower will grow. Stand back and see if the color will work. Transplants become less stressed when they are set out on a cloudy day. Disassemble old mini blinds and cut the slats to the desired size. Write in permanent marker pen the names of herbs, flowers and vegetable for easy identification. Save those metal frozen juice can lids, punch a hole through and hang from fruit trees or veggie stakes to deter birds. Add banana peels to your roses for fertilizer. Placing mothballs in the garden will keep rabbits and unwanted critters away. Sugar water might be more effective bait for slugs than beer. Pinch back petunia’s new growth to encourage bushiness rather than leggy plants.

ACHS Welcomes Eva Sapi to the Faculty Department

Eva received her Ph.D. degree in Genetics in 1995 from the University of Eotvos Lorand (Budapest, Hungary). She had her postdoctoral training at Yale University where she studied the effects of different hormonal factors on the development of cancer. She currently has a dual Assistant Professorship at the University of New Haven and Yale University School of Medicine, where she teaches graduate biology courses and carries out medical research. Eva studies innovative botanical and nutrition therapy for diseases like cancer and also investigates the different bacteria/viral infection in Lyme disease. Eva’s holistic education started when she received her Usui Reiki Master training. Her formal training in energy medicine includes a Certificate in Flower Essences from the Australasian College of Health Sciences. Eva also has training in Rife frequency therapy, Kinesiology and Reflexology. She worked in the office of the Guilford Holistic Health Practitioners for several years as a Frequency Therapy and Reiki Practitioner. This year she started her private practice where she consults clients on Bach Flower Essences, and offers Reiki classes and treatments. Her specialty is the emotional body healing; she strongly believes in Dr. Bach’s theory that every disease starts in a disturbed emotional body.
**Aroma for Spring**

**START YOUR SUMMER SALAD GARDEN NOW!**

Now is the time to plant your summer salad so you have a nice crop of organic vegetables for healthy summer eating. Think of the huge financial benefits of growing your own organic vegetables!

If you don’t have the space, try planting in pots. This is extremely attractive, and they are portable. Even if you have the room, it is a great way to try organic gardening on a smaller scale.

Try planting in meals and side dishes like a salsa pot with tomatoes and cilantro in one pot or a Caprese salad pot with tomatoes and basil (sorry we don’t stock mozzarella cheese seeds).

Take a trip to your local hardware store and pick out some great planting pots and some organic soil. When your Apothecary Shoppe order arrives and you unpack your great stock of new organic seeds, you will be ready to plant. To help get you started, the Apothecary Shoppe is offering you free shipping for your order when you order of 6 or more seed packs. Also, check out the Specials page for great savings on select garden books.

ACHS is a supporter of Plant-a-Row (PAR) and encourages you to plant an extra row or pot for the hungry. Log on to http://www.gardenwriters.org/Par/. Read up on Plant-a-Row and its benefits. Want to know more about gardening? Click onto HGTV.com, a sponsor of PAR.

**PLAN A SHOPPE ORGANICS AND WIN!** 10 Prizes to win so start planting!!  Send us a photo of your Organic garden! You could win a set of seeds for your Fall garden and a free Wonderful Weeds VHS to discover which weeds are your friends. Visit http://www.achs.edu, click on News & Events for details and entry form.

This is our way of supporting your healthy living efforts. Log on to www.apothecary-shoppe.com. When you order your seeds online, we’ll automatically include the entry form for our Garden Photo Contest with your order. Good Luck!

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**PROGRAM ANNOUNCEMENTS**

New for 2006, the fully updated and modularized Herb 402 program is an advanced professional career program and trains graduates to practice as clinical herbalists. This program series was developed with student success in mind. ACHS knows the dedication it takes to be a working adult learner. As a student in Herb 402 you will study a series of modularized courses integrating herbal medicine, anatomy and physiology, holistic pathology and consulting skills to achieve the credits needed for your Diploma in Herbal Medicine — Master Herbalist credential.

ACHS uses a rich, interactive teaching methodology and technology to ensure students graduate successfully. All students start their program together with a small class and work through the program with the instructor and teaching assistant actively involved. ACHS limits all classroom sizes to ensure students receive the attention they deserve.

All ACHS programs are designed with student success as its main objective. Our graduates are leaders in the natural health industry, and we congratulate each and every one for their continued commitment to excellence in this field.

ACHS annually reviews and revises all courses as needed to ensure that our students are getting the latest research based education.

ACHS takes our position as an accredited educator seriously. In an era where education and ethics are questioned regularly by concerned students and officials, ACHS graduates can breathe a sigh of relief knowing that their credentials are legitimate and that they can be proud of their alma mater. ACHS is the only natural health college recognized by the Accrediting Commission of the Distance Education and Training Council (DETO).

**Herb 402 will start May 22nd. Register before April 30, 2006, and ACHS will waive your registration fee.**

*Some restrictions may apply.*

**Call 800-487-8839 to get started today!**

**Aroma for Spring**

**Continued from Page 1**

Essential oils should never burn or irritate the skin. However, oils which have a menthol content, like peppermint, will cause a slight tingling sensation that usually disappears quickly. Also, citrus oils can intensify their action when mixed with the heat of the bath water so be sure not to use more than the stated amount. For baths with Epsom salt, soak only for 10 minutes otherwise you will reabsorb toxins you eliminate. For baths without Epsom salt, always add your essential oils (you only need 3 - 5 drops) at the last moment, after the bath has filled, as oils quickly evaporate in the air and heat. Mix the oils into the water and melt in into paradise! When you order your Ayurvedic Aromatic Relaxing Bath Kit, mention promo code ACHSApril06 in the Comments section of your online order for an extra $5 off. Go to www.apothecary-shoppe.com and click on "How-to-Kits".

Apothecary-shoppe.com

800-487-8839
Spring is here and ACHS is blooming! As we look ahead to May, we are excited about the professional programs starting soon as well as a new class that will be offered for the first time!

**ACHS professional programs will start May 22nd.** and there is a lot to choose from! Earn your Certified Aromatherapist credential or become a Master Herbalist. You might choose to begin study with the popular Nat 201 Certificate in Nutrition, Bodycare & Herbalism and get your feet wet in holistic nutrition and tools for wellness. For ACHS Diploma students and current healthcare professionals, ACHS is proud to launch the new Nat 303 Holistic Pathology & Protocols class. View the course description online under *Natural Health Courses* for more information.

Starting April 17th are both the Herb 101 Basics of Herbalism and Herb 201 Certificate in Herbal Studies. These popular, foundation training programs are a staple of the ACHS Department of Herbal Medicine and provide students with a foundation for advanced training such as the new Herb 402 Diploma in Herbal Studies Master Herbalist program! The Certificate in Homeopathy course is also starting April 17th and is a great adjunct to every healthcare training and practice.

Our classes that started in February are a big success! The students are enthusiastic and doing well. Deryl Gulliford is doing an excellent job with Holistic Structure and Function of the Body, as is Ketty Philips in Aromatherapy Chemistry. Eva Sapi has joined the ACHS faculty and is teaching the Certificate in Flower Essences class. Read more about Eva on page 2.

We had four exciting classes start in March: Holistic Nutrition taught by Almine Barton, L.Ac.; Certificate in Iridology taught by Deryl Gulliford; and two advanced botanical classes, Advanced Herbal Materia Medica and Pharmacognosy & Phytochemistry.

In other faculty news, Scott Stuart was in a serious car accident at the end of February. We are happy to report that he is on the mend and back to teaching class. He reports that he is using a combination of chiropractic, therapeutic massage, acupuncture, and herbs to support his healing. He is using his experiences in his teaching and healing work to help him on the road to a full recovery.

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**ACHS Announcements & Savings**

**Reminder:** ACHS 2nd Annual Spring Open House
Wednesday, April 19th 12-4 pm, info online at http://www.achs.edu, click on Community Wellness.

May classes start May 22nd - career training programs. **Registration fee waived** for all May classes through April 30th!

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**ACHS Congratulates Its Graduates**

Please visit www.achs.edu, click on Alumni to see a list of our current graduates. Congratulations to you ALL!!

ACHS is an Accredited, State Licensed Private Career School with an outstanding reputation. Founded in 1978, the College is recognized as an industry leader in natural health education world-wide.