According to a recent article in the December issue of the Natural Foods Merchandiser, eating fish for health benefits may actually be putting us in more danger than previously thought. Fish is known as a source of lean protein and a source of omega-3 fatty acids. I usually eat it once a week, but avoid tuna and swordfish. Even this will not protect us. I was shocked to read the results of a Chicago Tribune investigation into stores in the Chicago area in early December showing all seafood tested contained mercury levels higher than that permitted by the EPA.

According to the Tribune article, "Popular seafood was so tainted that federal regulators could confiscate the fish for violating food safety rules." Except they don’t. In addition, the Tribune found that U.S. tuna manufacturers often package and sell a high-mercury tuna species as light tuna—the variety the government has recommended for consumers wishing to reduce their mercury exposure.

The people of Syros say that “once you drink the water, you will never leave”, and on a personal note, I would have to agree with them. From the moment you step off the plane or ferry, you are taken back to a different time and place where life is slower and worry-free. ACHS continues to hold the highest level of education in the most unique environments. Syros is unspoiled by tourism and rich with culture!

Contact Admissions today! 800-487-8839

As we know, mercury poisoning can lead to developmental delays for children and headaches, fatigue and numbness in adults. Tuna and swordfish were among the most contaminated fish. A site worth checking is www.oceansalive.org. At this url http://www.oceansalive.org/ecat.cfm?sub-nav-bestandworst, you will find a chart that identifies how many servings of a given fish you can safely eat a month. Click on each fish to see details. It might surprise you; it did me! For example, I should only eat 6 oz. (before cooking) of wild Atlantic salmon a month. After reading this article, I couldn’t help but think I will be telling my grandchildren, “When I was young, you could eat fish from the sea; it was safe back then.”

Dorene Petersen
ACHS President

ACHS Summer Session on Syros, Greece is filling fast. This is a wonderful chance for you to get the hands-on training so many of you ask for in the idyllic setting of a Greek Island. Syros is in the heart of the Cyclades and is steeped in history. The island is a boutique island with many sites and attractions to suit all travelers. Students attend Summer Session from all over the world, giving students the opportunity to study while making life-long friends.

What’s New at the College?

ACHS BLOG ANNOUNCEMENT

ACHS welcomes all your comments at our new blog site http://australasiancollege.blogspot.com/

Please let us know your thoughts and suggestions anytime. Blogging is a fun way to share your experiences and ideas with ACHS, your fellow students, graduates, and other natural health enthusiasts. Please feel free to email kateharmon@achs.edu with photo suggestions that you would like to see added to the blog. Also feel free to bring up topics that you feel passionate about in the natural health industry. This free natural health forum is just one of the ways that ACHS reaches out to communities.

When submitting information for the blog, please be sure to check and name your reference sources so ACHS staff can get your comments added quicker and with relevant information. Some topics to think of may be recipes, gardening stories or advice etc. We look forward to receiving your comments!
**The Importance of Accreditation**  

**by Tracey Miller, Dean of Admissions**

In choosing the best school to meet individual needs, students are challenged with the very important decision of selecting which institution to attend to gain a recognized education in natural health. After working with thousands of students, I understand that this can often be an extremely difficult decision. As a student, you may be asking yourself, what do I do first? CHECK CREDENTIALS. The most important thing you need to do first in choosing an institution to meet your needs is to ensure that the institution is legitimately accredited. Do you know what accreditation means? I talk with many students every day that don't understand the complexity and importance of accreditation. This is why I want you to take some time to read the following information about accreditation. Don't be misled, not all programs and credentials are created equal!

Accreditation is a stringent process of quality control, completed by an independent, government-recognized accrediting body. We are fully aware of the confusion that surrounds earning a recognized credential in natural health. Some institutions intentionally mislead prospective students with the credentials they can offer. That is why you must check a school's credentials very carefully. First, here is a link to the US Department of Education approved accrediting bodies. Please note that if an accrediting agency is not listed here, it is NOT a recognized accreditation: [http://www.ed.gov/admins/finaid/accred/accreditation_pg6.html#nme](http://www.ed.gov/admins/finaid/accred/accreditation_pg6.html#nme)

This link also allows students to search for accredited institutions by name only, simply enter the College’s name at the top of the page and search: [http://ope.ed.gov/accreditation/Search.asp](http://ope.ed.gov/accreditation/Search.asp) Here is also a link to the Oregon Department of Education website (where ACHS is state licensed) which provides information on national diploma mills and schools offering unauthorized degrees. Scroll to the bottom of the page for an alphabetical listing of these schools: [http://www.osac.state.or.us/oda/unaccredited.html](http://www.osac.state.or.us/oda/unaccredited.html)

Natural Health education is no different than any other traditional course of study. You can not become an MD online; the same is true with becoming an ND. Protect your educational investment and be diligent in finding a school that is accredited by a commission approved by the US Department of Education to accredit schools not just and organization. Some of these so-called accrediting organizations simply require the school to pay a fee. For information about accreditation, contact ACHS Admissions toll free 800.487.8839 or email admissions@achs.edu.

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**ACHS NOMINATES LEANNE O’GARA AS ACHS OUTSTANDING GRADUATE OF THE YEAR 2006**

Ms. Leanne O’Gara dreamt of having her own business as a healing touch therapist in pursuit of providing people with tools for health- physically, emotionally, and spiritually. Leanne found in ACHS a program that would provide her with the holistic training and flexible distance education programs that would help her make this dream a reality. Leanne enrolled in the ACHS’ Nat 401 Diploma in Holistic Health Practice program in June 2004. Leanne is a healing touch therapist and nanny in Portland, Oregon.

"Now, thanks to the support of my husband, family and friends, and the staff at ACHS, I feel I’m attaining my goal to learn as much as I can in order to offer the best care to clients in all facets of their lives and better their overall health and well-being”

From all of us here at ACHS, congratulations Leanne! Keep up the good work.

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**Recipe of the month**  

**ORGANIC COLESLAW - ENERGIZE YOUR SALADS - ENERGIZE YOUR BODY**

Here’s an incredibly simple recipe for jazzed-up coleslaw. Great for potlucks or picnics too.

TRY TO USE ALL ORGANIC SPICES AND VEGETABLES.

- 6 cups medium-size red cabbage (organic), coarsely sliced
- 3 tablespoons white vinegar
- 1 teaspoon Dijon mustard, 1 teaspoon celery seeds. 1 tablespoon Jane’s Krazy Mixed-Up Salt
- 3 tablespoons wine vinegar
- 1 teaspoon Dijon mustard, 1 teaspoon celery seeds. 1 tablespoon Jane’s Krazy Mixed-Up Salt
- 3 tablespoons wine vinegar
- 2 tablespoons shaved carrot (Organic)
- 4 tablespoons organic nonfat yogurt
- 3 tablespoons Hellmann’s mayonnaise (can be left out - ad additional youghurt)
- 2 tablespoons dill weed (organic), roughly chopped
- 2 tablespoons fennel bulb (organic)

Toss cabbage with 3 tablespoons white vinegar and a few generous pinches of kosher salt. Let stand a few minutes to allow the cabbage to begin to change chemically as it absorbs the ingredients. Add the special seasonings in the list. Toss again with yogurt (don’t over add, use as much as needed to coat the cabbage lightly). When the cabbage is fully coated, toss with 3 tablespoons mayonnaise (if desired). Stir in 2 tablespoons dill weed and fennel bulb and serve chilled.
ACHS is proud to offer a wide range of natural supplements to help you live feeling good and in optimal health. Our bodies are like machines, and most of us forget to jump-start our systems regularly. If doing a fast seems like a stressful undertaking, try to add a good daily multi-vitamin to your morning ritual. You will see results within a few weeks and feel more alert. Drinking water is another great way to combat fatigue and rejuvenate cells. Remember to pick the greenest leaf lettuce for salads and take the stairs rather than the elevator. Sometimes the smallest of things has the greatest impact. Get off to a healthy start this year and make habits that last a lifetime!

Try these great health products available in the Apothecary Shoppe:

**Digestive Aid:** A huge part of weight loss is digestion. If your digestive tract is sluggish, your metabolism slows down. Aid in your digestion with every meal by taking Digestive Aid, a 100% natural Ayurvedic formula for complete and balanced digestion. $16.95

**Detox** is a general organ cleanser and tonic, specifically for the kidneys, liver, pancreas and gallbladders. Detoxing one’s system is imperative for healthy living and energy levels. $16.75

**Liv Aid** is extremely effective in aiding the liver and combating various liver ailments as well as assisting in optimum liver function. $16.75

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**Herb of the Month Club**
$19.95 per month (excluding shipping)
Members receive a beautifully designed 3-ring binder along with an 8 oz. sample of the herb of the month. You’ll also receive an insert for your personal binder describing your herb in great detail, including recipes and other fun ideas to incorporate into your natural healing lifestyle. This month’s herb is **Calendula**.

**Oil of the Month Club**
$19.95 per month (excluding shipping)
Members receive a beautifully designed 3-ring binder along with 5 ml of the essential oil of the month and an insert for your personal binder describing the oil in great detail, including recipes and other fun ideas to incorporate into your natural healing lifestyle. This month’s oil is **Anise**.

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**Essential Oil, Food Additive Combined to Fight Parasite Affecting Millions**

Baltimore, Nov. 14 (AScribe Newswire) -- Researchers from the Johns Hopkins Bloomberg School of Public Health developed an environmentally friendly and potentially affordable way to fight schistosomiasis, a disease caused by parasitic worms in water. The scientists found that spraying parasite-infested water surfaces with a combination of a red cedarwood oil distillate (from Juniperus virginiana trees) and the food additive, Tween 80, rapidly inactivates and kills infective Schistosoma mansoni larvae. Previous research had shown that frequent application of topical creams was one way to control exposure to the parasite that causes schistosome disease, but the procedure was difficult to sustain. Although not found in the United States, schistosomiasis impacts 200 million people worldwide. It is the number-one cause of bladder cancer in the developing world and a leading worldwide cause of liver failure due to cirrhosis (scarring of the liver). The authors' findings are published in the November 2005 issue of the American Journal of Tropical Medicine and Hygiene.

The study, which was authored by Jean Marie Naples, MD, PhD, and Clive J. Shiff, PhD, with the Bloomberg School of Public Health’s Department of Molecular Microbiology and Immunology, and Rolf U. Halden, PhD, PE, with the School’s Department of Environmental Health Sciences and Center for Water and Health, is a new approach to decreasing the spread of schistosomiasis and may help in the control of this insidious parasitic disease. Besides red cedarwood, there are many similar natural oils that can be extracted from Juniperus trees in all parts of the world that may also be effective, according to the Hopkins researchers.

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Juniperus virginiana
ACHS Teaching Staff is growing and changing!  

The New Year brings growth and change to the teaching staff here at ACHS.  ACHS is very excited to welcome three highly qualified instructors to our adjunct instructor community:  Dr. Rita Daniel, Dr. Deryl Gulliford and Jennifer Glickstein. Dr. Daniel will be instructing Nat 205, Dr. Gulliford will be instructing Nat 205 and also Nat 203 Certificate in Iridology. Jennifer Glickstein, a graduate of the ACHS Nat 202 Certificate in Flower Essences program, has many years of experience in administering and teaching flower essences and will be instructing Nat 202 starting February 20, 2006. We look forward to adding their expertise to our staff!

We are completing work on a number of new and exciting courses and plan to have them available for enrollment in the near future.  We also have updated and improved our popular Herb 401 Diploma in Herbal Medicine. The 2006 Diploma in Herbal Studies format is now called Herb 402. Contact Admissions for more information about this comprehensive Diploma in Herbal Studies program.

As our staff grows, we as instructors are learning new ways to share information, improve our on-line teaching skills, and keep up with developing technologies that support the on-line learning environment. In all, I say that 2006 will be a very exciting and interesting year. We look forward to continuing to work with and motivate each of our students to achieve a greater understanding of holistic health!

Happy New Year Everyone and all the best in 2006!

ACHS is Proud to Welcome our New Faculty

Deryl Gulliford  
Dr. Rita Daniel  
Jennifer Glickstein - ACHS Graduate  
Dr. Meaghan Woodruff, ND  
Donna Duncan - ACHS Graduate  
Scott Stuart, LAc.  
Almine Barton, LAc.  
Dr. Nicole Pierce, ND  
Deborah Halvorson, ACHS Graduate

ACHS Congratulates Its Graduates

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