What’s New at the College?
ACHS Introduces Our Ayurveda Corner

By Gia von Karl, ACHS Instructor

Tulsi — Holy Basil

Spring time is almost upon us, and a wonderful herb to grow in the garden is Basil, *Ocimum sanctum*, otherwise called 'Tulsi' in Ayurvedic medicine. Tulsi appears in Hindi religious texts and many stories are written about this wonderful plant. The name 'tulsi' means "the incomparable one." It is sacred to Vishnu and Krishna and is perhaps the most sacred plant in India. The quality of Holy Basil is said to be ‘sattvic’ or pure. It opens the heart and mind, bestowing the energy of love and devotion. It is said to also strengthen faith, compassion and clarity as well as give protection of the divine by clearing the aura and strengthening the immune system. Besides being grown for medicinal purposes, it is kept in the house for its purifying influence where it absorbs positive ions, energizes negative ions and liberates ozone from the sun’s rays. It is usually found in a Hindu household and has a special place either in the courtyard or used as part of an altar for meditation and worship. In the Christian tradition it is said to have grown around the place of the crucifixion and it also appears in Shiite writings.

There are other recognized types of Holy Basil including: *Ocimum canum* (Ram Tulsi or Kali Tulsi), *O. basilicum* or *O. kilmand* (bobai Tulsi), and *O. scharicum* (camphor Tulsi). The medicinal effect of all these varieties is very similar, if not the same. The energy of Holy Basil is spicy and warm, making it an effective diaphoretic and febrifuge to help alleviate fevers, colds, sinus congestion, flu, and most lung ailments. The meridian it targets is the respiratory system, particularly the lungs and also stomach and digestive system, making it a powerful carminative and helping to alleviate stomach cramps, vomiting, indigestion, intestinal catarrh, constipation, enteritis, whooping cough, headaches and menstrual pains. Holy Basil removes excess Kapha from the lungs and nasal passages, which increases Prana, the intake of air, and also clears the mind and memory by removing Vata from the colon and improving absorption. Other therapeutic actions of Holy basil are nervine, antispasmodic, antibacterial and antiseptic. It is also used for arthritis and rheumatic ailments.

The aerial portions of Holy Basil are the most commonly used, but the seeds and whole plant is useful as well. The leaves contain a bright yellow volatile oil, which is useful against insects and bacteria. A variety of active constituents have been isolated from the leaves. The principal constituents of this oil are eugenol methyl ether, estragol with linalol and carvacrol, as well as ursolic acid, apigenin and luteolin. The oil is reported to possess anti-bacterial properties and acts as an insecticide. Ayurveda recognizes Tulsi as having many medicinal properties.

Continued on Page 3...
The Power of Positivity by Erika Yigzaw, ACHS Senior Vice President

As SVP, one of my roles is to oversee ACHS’s outcomes assessment program. It’s a big job, but vitally important, since the information we obtain from the various parts of our outcomes assessment plan is fed back into every department, from faculty to shipping, to make the school stronger and our students happier. I call it our “cycle of improvement.”

One of the parts of our outcomes assessment program is our annual student satisfaction survey. One of my degrees is in Economics and Statistics, so I LOVE surveys, but this is probably one of the most important surveys we conduct each year. Aside from the fact that the results go to our accrediting agency, it is an invaluable tool for self-review.

Our results are usually good, often great, but this year they were exceptional. (We’ll be posting the full report at the website in the next few weeks so you can download it and take a look). Not only were the ratings very high, but also your responses were full of comments indicating what you liked and why.

I was really delighted that so many of you took the time to give us your positive feedback. What I found particularly helpful was the feedback from the few students who had some aspect they felt could be improved — almost without exception you had taken the time to think about a possible solution. This is such valuable feedback and allows us to implement changes much more quickly.

I presented a paper on outcomes assessment at the DETC Fall Conference in Pennsylvania in October, and I was pleasantly surprised to hear how high our response rates were compared to other industries. I think it would be vain to take all the credit — I think we get such high response rates because we’re in the holistic health industry and our students and graduates care enough to share their views and want to help make a difference. So, in a word, thanks! Thanks to all of you for completing the survey. Thanks to those who wrote such nice comments (which warmed our hearts) and for those of you who took the time to share ideas for new courses, added student services, or other improvements. But most importantly, thanks to the few of you who shared your dissatisfaction with us. This is probably the most valuable feedback of all, since it allows us to explore solutions for issues that have bothered you.

In writing this note, I was reminded of a recent experience I had. I recently heard someone at a conference joke about sending staff online to make negative comments in newsgroups about their competitors. It’s not the first time I’ve heard such a suggestion and my colleague (who also overheard the comment) and I were lamenting how sad it is that any business person would think that this is a good use for the internet!

So, I’m standing on my small soapbox with a request that each of us take a few minutes to spread some positivity. Let’s each take it upon ourselves to turn the tide and spread a little cheer.

I’m not just talking about saying nice things about ACHS (although that would be great!) but about anyone or everyone who does you a good turn — don’t just tip that super nice waitress who helps you with your grumpy two year old — tell the manager on your way out how great she was. If you love a product, post a review and tell others about it. I personally rely a lot on reviews when choosing products, particularly toys for my two year old! If you see your neighbors trash can blowing down the road, pick it up for them. If you have extra produce in your garden, don’t let it go to waste — give it to a neighbor, friend, or food bank. All sorts of opportunities for positivity cross our path every day. I think most of us want to feel like we’re helping to make the world a better place, but sometimes, we’re not sure where to start. Remember that even small steps can brighten someone’s day.

Yes, the health and wellness industry is booming and that can mean change, but we have the power to work together to ensure that the industry remains a shining example of the power of positivity.

Thanks and best wishes
Erika Yigzaw

Summary of Results
Average 5 response to the three questions (required by DETO):
1. Did you achieve, or will you have achieved upon completing your studies, the goals you had when you started the course or program?
2006: 94.7% YES 2005: 90.2% YES
2. Would you recommend these studies to a friend?
2006: 96% YES 2005: 93.9% YES
3. All things considered, are you satisfied with your studies with us?
2006: 96.9% YES 2005: 90.8% YES

A small sampling of comments (from Nat 201 students and graduates in 2005):
“I really learned a lot from this class and loved the interaction between both the students and the instructors. I am really glad that I made the choice to attend this school.”
“I’m very pleased with the experience to date. ACHS offers a nice variety of assignments that help to reinforce what we read. Also the interaction with other students has been tremendous and contributes to the learning process.”
“This course and my classmates are so interesting. I’ve learned lots from them and many new things from just taking the course. The recipes are great too! Thanks for including them in our course...so good to pass on! I enjoy ‘talking’ to Deborah H. during our online class discussions too. Thanks!”
“The staff made this a wonderful experience. They were always happy to help out in any way they could. Dorene was always there to help, which was I was very impressed with. Thanks for everyone everyone! What a great team.”
“I did enjoy this class. The teacher was friendly and available. I especially liked the convenience of the online setting, and the fact that I could study when I had time to.”
“I’ve really enjoyed the course and our instructor has been wonderful!”
“I have gained and understanding far greater than I initially expected. The instructor is very approachable and responds to questions quickly. I enjoy applying new lessons learned to my daily life.”
Apothecary Shoppe Specials for March
Order all of these and more online at http://www.apothecary-shoppe.com

The Apothecary Shoppe now offers a wide variety of organic seeds just in time for spring planting. Prices vary per pack, starting at $2.49/each.

Lobelia Organic Seeds - Great Blue
Marjoram Organic Seeds - Sweet
Marshmallow Organic Seeds
Growing from Seeds. A How to.....
Fill a container with seed mix and moisten (it should feel like a wrung-out dishcloth). Plastic pots and seed trays can benefit from a single layer of newspaper to prevent soil leaking, then fill your seed containers to the top of the lip and tamp the soil gently with the bottom of an identical pot. Toy blocks are often a perfect match for cell packs.

Sow seeds evenly in seed trays to encourage good growth. Crowded seeds will be leggy and compete for nutrients. Small seeds (lettuce and petunias) need to be planted less than a centimeter apart. leggy and compete for nutrients. Small seeds (lettuce and petunias) need to be planted less than a centimeter apart, medium seeds (tomatoes and marigolds) a centimeter apart and large seeds (peas) at least 2.5 centimeters apart.

In individual pots plant seeds towards the center of each pot or cell. Plant two seeds per pot. This method is ideal for zucchini, marrow and plants with large seeds that need real warmth to germinate.

Cover the seeds according to the instructions - some seeds germinate better without light, others prefer it. The rough rule is to cover seeds to three times their diameter. Label the container, as it is very easy to muddle seedlings when juggling multiple sowings! See next months newsletter for more gardening tips and tricks.

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Congratulations Linh Huynh on your promotion to Dean of Admissions. Linh brings strong admissions experience to the Australasian College from her position as an admissions counselor for the University of Minnesota-Twin Cities. She is excited to utilize her experiences and background to help prospective students reach their goals in natural health education.

Congratulations Tracey Miller on your promotion to VP of Operations. Tracey has a wide variety of interests and is dedicated to the ACHS mission. Tracey is a current student in the Aroma 201 and Nat 202 courses and loves her interactions with ACHS students and instructors. Tracey also enjoys travel and currently travels the West Coast and Canada with her competitive dragon boat team and serves on the Board for her paddling club, Wasabi Paddling Club.

A Warm Welcome to
Dr. Donna Larson. Donna is the newest member of the ACHS team and joins us as our new Associate Education Director. Her background is in Clinical Laboratory Science where she worked on the bench and as a section supervisor for 14 years. After earning her Doctorate in Education from Texas Tech University, she worked as a college professor and Department chairperson at Winston-Salem State University in North Carolina. At WSSU, she started one of the first online clinical laboratory technician to clinical laboratory scientist articulation programs in the US. For variety, she also served 11 years in the US Air Force Reserves as a Medical Clinic Administrator. She co-authored a book published by Prentice Hall, authored several journal articles, and made presentations all over the US and Russia. Her interest in complementary/alternative/naturapathic medicine was sparked by reading Andrew Weil’s books and an eye-opening visit to a complementary medicine practitioner. In her free time, Donna likes to spend time with her new husband, stepson, and two dogs and enjoy the tourist sites and outdoor activities of the Pacific Northwest.

Continued from Page 1

Ayurvedic Corner
Recent pharmacological studies have established the anabolic, hypoglycemic, smooth muscle relaxant, cardiac depressant, antifertility, adaptogenic and immunomodulator properties of this plant. Holy Basil is used internally and can be taken as a tincture, extract and medicated ghee. Additionally, it can be cooked in food and sprinkled over a spring time salad fresh from the garden.
From the Professor's Desk

by Dr. Arianna Staruch

We are so excited about the classes that started this month! We have some wonderful instructors teaching the following intakes of established courses and are pleased to announce the first intake of two brand new classes!

In celebration of National Nutrition Month we are offering, **Nat 308 Holistic Nutrition**, taught by Almine Barton. Almine completed her bachelor’s degree from Marylhurst University in Anthropology and Women’s Studies, Portland, OR. She then went on to complete a four-year master’s degree program in Acupuncture and Oriental Medicine from the Oregon College of Oriental Medicine. She currently has a private practice, specializing in several modalities and also enjoys speaking internationally on Natural Health topics. We are looking forward to the knowledge she will share with her students in this class throughout the year!

Our featured class for this month, **Nat 203 Certificate in Iridology**, will be taught by ACHS Dorene Petersen and Deryl Gulliford. For further information on this class and the special offers it includes please turn back to page 1 for details.

The first of our new programs for this year is, **CE 511 Advanced Herbal Materia Medica Online**, which will also be taught by Dorene Petersen. This course will teach you the clinical application of ten leading medicinal botanicals: Arnica, Astragalus, Bilberry, Bupleurum, Chaste Tree, Devil’s Claw, Hawthorn, Reishi, Saw Palmetto, and Shiitake. Stay ahead of trends in the dietary supplement industry to enhance your career.

Also announcing the new program, **CE 512 Phytochemistry & Pharmacognosy Online**. This course takes you on an in-depth tour of pharmacognosy and phytochemistry as they apply to the clinical practice of botanical medicine. Invaluable for new and experienced practitioners alike, this course is designed to translate chemical information for practical use.

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**ACHS Classifieds**

Denise Rubens, B.S., M.H.

Master Herbalist, Biochemist; Herbal Consulting - American, European, Russian, Chinese, Japanese, Ayurvedic, Native American and Central American (Rainforest) Herbs; Custom Herbal Formulations Personalized for You; Essential Oils, Flower and Gem Essences; Medical Intuitive; Energy Wellness Techniques - Quantum-Touch®, Consegrity, Reiki Master, Color Therapy (Colorworks™, Spectro-Chrome); Acupressure - TAT (Tapas Acupressure Technique), Sujok, BodyTalk™, EFT (Emotional Freedom Technique); Nutritional Consulting, Metabolic Typing

Contact Denise:
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**Australasian College and Apothecary Shoppe - Open House**

Join us Wednesday, April 12th from 12:00pm - 4:00pm
Come enjoy fun activities while meeting ACHS staff and faculty!
We look forward to seeing you then!
Call 503.244.0726 or email achs@achs.edu to RSVP today!