Graduate Summer Bonus Pack from the Apothecary Shoppe & Opportunities to Transfer Your Credits and Earn a New Credential!

Graduate Summer Bonus Pack
As ACHS Alumni, we appreciate all that you contribute to the natural health field and your continued support of ACHS. As a special thank-you, the Apothecary Shoppe is offering you a special Summer Bonus Gift Pack available only while supplies last.

Place your online order of $75 or more and receive an ACHS t-shirt and stainless steel travel mug for only $20. Place your online order of $150 or more and receive this great gift pack for FREE!* Show your school spirit!

Go to http://www.apothecary-shoppe.com to place your order today! Use promo code GRADSGP04 to take advantage of this offer. See pg. 4 for terms and conditions.

Earn Your Credential and Save!
If you are a graduate of the following programs, you can now transfer your credits to a higher level program and receive 50% off your tuition:
Herb 101, Herb 201, Aroma 101, Nat 201, and Nat 205. Call now to schedule your admissions interview and find out how you can start earning your credential!

Call toll free 800.487.8839 or email admissions@achs.edu to schedule your admissions interview today!

ACHS Botanical Teaching Garden News
ACHS is excited to begin offering monthly garden tours of our botanical teaching garden. The ACHS Botanical Teaching Garden features native and at-risk medicinal plants including echinacea, mullein, St. John’s wort, and black cohosh, to name just a few.

The monthly garden tours will be held the second Wednesday of every month at 3:30 pm. Garden tours are free of charge and open to the public.

We would like to invite ACHS students and graduates to join us on campus for the next garden tour to be held Wednesday, August 11th at 3:30 pm. If you are an ACHS student or graduate, we invite you to host future garden tours to fulfill the honors requirement for your program.

We also invite you to volunteer your time to work in the botanical garden to fulfill your honors requirement. Working in the garden gives you hands-on experience with hard-to-find botanicals and helps the College maintain the gardens for all to enjoy!

Call Student Services at 800.487.8839 or email stuserv@achs.edu for more information.

Upcoming Community Wellness Classes
July 28, 5:30-7:30pm
2nd Annual Lavender Distillation Demonstration

August 12 6-8pm
Introduction to Ayurveda

Space is limited for these classes, so register early by calling (503) 244-0726 (Local) or toll free 800.487.8839. See pg. 4 for links to the 2004 online class calendar!
AROMATHERAPY SUMMER SCHOOL IN PROVENCE 2004 IS A BIG SUCCESS

This year’s Aromatherapy Summer School in Provence, France was enjoyed by all who attended! This year’s program featured harvesting of echinacea and thyme, the distillation of sage essential oil, and visits to several local distilleries and herb processing facilities.

All of the facilities we visited were very well established, often with quaint buildings and beautiful gardens. Below is a picture of one of the distillation facilities we visited. On the day we visited they were distilling Melissa officinalis (Lemon Balm).

We also visited a beautiful clary sage field that was almost ripe for harvest!

ACHS students walking between clary sage and melissa fields.

It was very enjoyable to get to know everyone face-to-face. As an Aroma 201 Graduate, I found the program clarified things I still had questions about. The program was educational and enjoyable.”

–Lora Cantele, Aroma 201 Graduate

This year’s program was held in an 11th century monastery featuring a lovely botanical garden for students to tour. We enjoyed family style meals in the monastery’s courtyard savoring wonderful cuisine of the Provence region.

We all had a memorable experience and made new life-long friends. We hope to see many of you at future travel programs!

If you’d like more information about next year’s study-abroad programs, visit our website at http://www.achs.edu or contact Student Services toll free at 800.487.8839 or achs@achs.edu. Several exciting programs are in the planning stages for next year, so be sure to keep in touch with us!


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What's new in the Apothecary Shoppe!

The Apothecary Shoppe has introduced two new supplement products to aid in weight loss management, increase food absorption, and promote regularity.

**Amino Sculpt**
AminoSculpt is one of the best sources of available protein we've found. Easily absorbable protein is extremely important during weight loss, anti-aging and in body building programs as well as for older individuals, general health and joint maintenance. AminoSculpt provides a high NPU (Net Protein Utilization) factor with the high nitrogen containing amino acids, Glycine, Proline, Hydroxyproline and Arginine. This helps maintain lean body mass and build muscle tissue, which is important while losing weight and during aging.

**Sculpt n’ Cleanse**
Sculpt n’ Cleanse™ is the most effective colon cleansing supplement we’ve found. Cleansing is one of the most important steps - and usually the most overlooked - when attempting to lose weight, shape the body, balance the digestive and eliminative systems and achieve optimum health.

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Research News

Cinnamon Beneficial for Diabetes

Due to imbalanced diets and increasing sugar intakes, more and more people are being diagnosed with Diabetes.

A study conducted in 2003 tested 60 people with Type II Diabetes and found that 1 gram of cinnamon daily (about a quarter of a teaspoon) lowered blood sugar levels, triglycerides, and total cholesterol. Cinnamon helps insulin work more efficiently and contains only 3 calories per gram. This study concluded that including cinnamon in the diet for people with Type II Diabetes will reduce risk factors associated with diabetes and cardiovascular diseases. *(Diabetes Care 26:3215-3218, December 2003)*

Blend of Essential Oils Can Help with Hair Loss

A randomized, double-blind controlled study investigating the efficacy of aromatherapy in the treatment of patients with alopecia areata (immune reaction leading to hair loss), found that a particular blend of essential oils resulted in significantly better regrowth of hair than that of the placebo. This study used 2 drops thyme oil, 3 drops lavender oil, 3 drops rosemary oil, and 2 drops cedar oil in a base of 20 ml grapeseed oil and 3 ml jojoba oil.


All of these ingredients are available in the Apothecary Shoppe at http://www.apothecary-shoppe.com.

Try our natural wood comb with this essential oil blend for best results. This wooden comb makes a delightful gift to accompany a selection of essential oils for the hair and comes packaged with a recipe for a hair tonic blend on a laminated card for easy and long lasting reference.

Cinnamon sticks.
Congratulations to Our new Graduates

Aroma 201 Certificate in Aromatherapy
Donna Snyder, TN; Bernadette Bennett, MA; Noha Hashem, Egypt; Risha Vaughn, MO.

Aroma 305 Aromatherapy Chemistry
Donna Evans, Canada; Nina Dolese, OK; Casandra Slone, KY; Anita DeClue, MT.

Aroma 401 Diploma in Aromatherapy
Melissa Clanton, GA; Cristl Arndt, NC; Bette Coates, CA

Nat 201 Certificate in Nutrition, Bodycare & Herbalism
Sharon Conard, OR.

Nat 204 Certificate in Homeopathy
Linda Depper, OR

Nat 205 Certificate in Holistic Structure and Function of the Human Body
Kasey Conrad, NM

Nat 301 Certificate in Natural Therapies
Peggy Kubbo, NC; Robin Skov, CA.

Nat 308 Holistic Nutrition
Jerri Schultz, OR; Vicki Rahal, NM; Christina Davis, NC; Cindy Birt, WA; Claudia Zambonini, PA; Julie James, CA; David Clifford, TN; Pamela McNeil-Neves, NY; Camille James, WA; Brigett Camarena, AZ.

Herb 101 The Basics of Herbalism
Sarah McNulty, CA; Susan Stephens, FL; Heather Hallock, OR.

Herb 201 Certificate in Herbal Studies
Helen Lozynsky, CO; Cynthia Luques, NJ.

Herb 401 Diploma in Herbal Studies
Patrice Alane, NY; Kathleen Sands, NH; Rick Cairnes, CA; Donald Eitner, Slovenia; Nikki Nordstrom, KS; Denise Giardina, CA; Karen Whitehead, ND.

Aroma 307 Aromatherapy Summer School in Provence, France
Sara Nameth, MI; Ella Kothari, CA; Amy Phillips, OR; Carol Duncan, OR; Christopher Bjerke, CA; Jamie Boggus, TX; Amanda Mantino, OR; Nina Dolese, OK; Lora Cantele, IL; Linda Byington, OR; Katherine Pilgrim-Langer, Austria; Elizabeth Bloomquist, MN; Darlene Forde, NY; Brenda Nielsen, Denmark.

Upcoming Classes

ACHS Community Wellness Classes
July 28 5:30-7:30pm Lavender Distillation Demonstration
Come for the evening and watch a demonstration of Lavender essential oil distillation using lavender harvested from our botanical teaching garden. We will discuss ways to use Lavender in our everyday lives including uses to soothe the body and mind, aid restlessness, and even lessen the effects of dementia by increasing psychological well-being. We’ll share lavender recipes and discuss methods of administration. Call 503.244.0726 or email achs@achs.edu to reserve your place today!
Check the online calendar at http://www.achs.edu for a full listing of upcoming classes.

ACHS is a State Licensed Private Career School with the Oregon Department of Education and Nationally Accredited with the Distance Education and Training Council. Founded in 1978, the College is recognized as the oldest and most experienced Natural Health College worldwide.

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