ACHS Has a New Website! And, Take Advantage of the ACHS Back to School Tuition Offer!

Located on the home page, in the top right hand corner of the page. When you enter your unique user name and password, simply Click on Submit, and you will be taken directly to your course eCompanion. In addition, you will find that the Virtual Library has been updated. You can now access the Virtual Library by clicking on Student Services on the left side of the home page and then clicking on Virtual Library. Please note there is a new log in and password for the Virtual Library. Please contact student services at stuserv@achs.edu or call 800.487.8839 for this information, if you have not already received it.

ACHS Back to School Tuition Savings!

Enroll before September 30, 2004* and you’ll receive $100 off your tuition.

You know the difference a college career can make in your life! Don’t put it off any longer. The sooner you earn your credential, the sooner you’ll have the knowledge, skills and credibility you need to excel within your field.

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

ACHS Campus Update

Aromatherapy Summer School in Greece 2005!

ACHS is excited to announce that our summer school 2005 will be held on the beautiful island of Syros, Greece, in the heart of the Cyclades amongst wild thyme and other aromatic Mediterranean botanicals.

The Summer School Aromatherapy Travel programs are the highlight of our aromatherapy department.

In 2005, we are introducing a series of four week-long programs, with each week building on the previous. Students can join us for one week, or attend all four.

This course emphasizes experiencing the relaxing, healthy lifestyle of a Greek island amidst a wide variety of Mediterranean plants and herbs.

Instruction is by ACHS’s outstanding faculty, with bonus guest lecturers from leading professionals in the industry.

For more information, contact Admissions at admissions@achs.edu or toll free 800.487.8839. Keep an eye on our website at http://www.achs.edu for program details as well.

Distillation

For those of you that were not able to attend the 2nd Annual ACHS Lavender Distillation Demonstration and Workshop class earlier this summer, the Distillation 2004 manual is now available to purchase in the Apothecary Shoppe.

and several recipes! Go to http://www.apothecary-shoppe.com to order.

What’s New at the College?

New ACHS Website

After almost a year of surveying graduates and current students, ACHS has finally launched our fully redesigned website! The new site at http://www.achs.edu presents a fresh new look for ACHS with more interactive and user-friendly features. If you are already an ACHS students, you will now find the eCompanion login conveniently located on the home page.

In addition, you will find that the Virtual Library has been updated. You can now access the Virtual Library by clicking on Student Services on the left side of the home page and then clicking on Virtual Library. Please note there is a new log in and password for the Virtual Library. Please contact student services at stuserv@achs.edu or call 800.487.8839 for this information, if you have not already received it.

Aromatherapy Travel programs are the highlight of our aromatherapy department.

What’s New in the Apothecary Shoppe?

See Page 3

Holistic nutrition is the foundation to any natural health lifestyle plan for optimal health. Rapid advances in science have enabled a much more detailed understanding of nutrition in recent years. The Center for Disease Control has expressed concern at the increasing levels of deficiencies in the USA.

Our 12-week Nat 308 Holistic Nutrition program will help you identify the fundamentals of nutrition; explain the DRIs for vitamins and minerals and explain how to choose optimal quality supplements; recommend holistic nutrition for optimal health, including herbs, vitamins, and minerals; identify issues of concern or contraindications for commonly used supplements; and identify external signs, including skin, hair, tongue, nails, and facial signs, to assess health, along with potential problem areas.

You can apply online at http://www.achs.edu or call Admissions directly at 800.487.8839 to schedule your admissions interview. This is a great class if you need continuing education credits for your current healthcare practice or are just wanting more comprehensive nutrition information.

And, with the ACHS Back to School tuition savings of $100, there’s never been a better time to get started! Remember, if you are already an ACHS student or graduate, you will receive 10% off tuition for this and all ACHS distance education programs.

“What we eat, think, and do not eliminate today, we become tomorrow.”
-Dorene Petesen, ACHS President

ACHS Announces New Dean of Admissions

Due to health reasons, Kathy Steinbock has had to step down from her position as Director of Admissions.

Tracey has always had a passion for natural health. She graduated from the East West College of Healing Arts massage training program in 1997. She then spent several years living and working in Switzerland on an organic farm. She loves the outdoors and is on a competitive dragonboat team.

She also enjoys travel and has spent time in Thailand, Australia, and India.

Tracey has been the Office Manager for the College since April 2002 and has worked with many students and graduates at ACHS over the past two years.

Tracey enjoys working with prospective students to help them realize their potential and reach their goals of a rewarding career in natural health.

You may contact Tracey Miller directly via email to traceymiller@achs.edu and by phone at 800.487.8839.

“Everyone should have the opportunity to live a healthy lifestyle. ACHS programs help students realize a healthy lifestyle for themselves and empower them with training to help others. I am excited to be working with students to obtain a quality natural health education. If you are not yet an ACHS student, I invite you to contact me to discuss our programs and find out how you can be one of our successful graduates.”

—Tracey Miller, ACHS Dean of Admissions
What’s new in the apothecary Shoppe

Special Offer from the Apothecary Shoppe!

Back to School Stress Survival Kit

Fight back against stress this year with your Back to School Survival Kit
Retail value is $62.44

NOW ONLY $49.95 + S/H Bonus FREE GIFT with Purchase.
(Please view bonus offer on specials page)

Each kit contains 20-ml Bach Rescue Remedy Spray, Stress Relief Naturopatch, ACHS Ginkgo t-shirt (Please specify size in comment section), & stainless ACHS travel mug.

New Free Gift Bonus for Apothecary Shoppe Orders
When you place an online order totaling over $25, $50, or $75, you’ll receive a unique free gift with your purchase. Be sure to select your free gift item from the Specials page when placing your next order! Available only while supplies last.

*Please note that the Amino Sculpt and Sculpt n’ Cleanse products profiled in the July/August newsletter are no longer available on the Apothecary Shoppe website; however, you may still call and order these products directly from the Apothecary Shoppe at 800.487.8839.

A new study in the journal Circulation, has found that fish is helpful in reducing the most common irregular heartbeat, atrial fibrillation (AF). AF may cause sudden death, other medical problems and up to 20% of all strokes.

The study concludes that “among elderly adults, consumption of tuna or other broiled or baked fish, but not fried fish or fish sandwiches, is associated with lower incidence of AF. Fish intake may influence risk of this common cardiac arrhythmia.” It was interesting that the study specifically mentioned that fried fish and fish sandwiches did not provide the same benefit, most likely due to the added fat and the destruction of the beneficial omega 3 fatty acids that can occur with deep frying.

However, fish may also be a source of mercury to be careful of. The Environmental Protection Agency recently released a report which added more lakes and river miles to its list of places where fish may be contaminated with toxins such as mercury. The report noted that it is not that our waters are getting more polluted, but rather that we are doing a better job of monitoring for pollution.

Larger fish, higher on the food chain, are more likely to have higher levels of mercury, such as bass, shark, tilefish and king mackerel. Women and children can eat up to two meals a week of fish low in mercury such as shrimp, canned light tuna, salmon, pollock, and catfish.


Research News
Congratulations to Our new Graduates

Aroma 201 Certificate in Aromatherapy
Patricia Kaesser-Sweeney, IA; Tricia Godin, MA; Lauren Roberts, MT; Amy Mertens, WA; Elizabeth Anderson, MA; Michelle Adkins, CA; Sally Stillman, CA; Marsha Hemstock, WA; Rose Chard, MD.

Nat 201 Certificate in Nutrition, Bodycare & Herbalism
Riva Stevens, MA; Shara Pryor, CA; Nanci Adeszko-Rapp, AK; Dionne Artis, CO.

Nat 202 Certificate in Flower Essences
Maerin Renee, MN; Timothy Brown, CA.

Nat 203 Certificate in Iridology
Peggy Kubbo, NC

Nat 204 Certificate in Homeopathy
Julia Rein, WA; Jizella Shelly, Australia.

Nat 205 Certificate in Holistic Structure and Function of the Human Body
Linda Byington, OR.

Nat 306 Natural Health Consulting
Michael Dell’Orfano, OR; Anita DeClue, MT; Claudia Zambonini, PA; Camille James, WA; Deanna Streeter, SD; Francesca Fodera, CT; Susannah Otocoki-Peirce, MA; Beatrice Marchand, MA.

Herb 101 The Basics of Herbalism
Mary Pulak, Turkey; Brett Moran, TN; Irene Gervasi, KY; Torie Olsen, CA; Sandra Myers, IL; Nancy Scherschel, IN; George Wilson, TX; Rebecca Lord, Singapore.

Herb 201 Certificate in Herbal Studies
John Eaton, ID; Roberta Lee, WA; Karma Maclachlan, WA; Nina Dolese, OK; Maria Guarnieri, LA; Andrea O’Mealy, PA.

Herb 401 Diploma in Herbal Studies
Diana Remington, UT; Bahrin Samah, Malaysia; Debi Guindon, NY; Stacy Carlson, MN; Tina Berry, MA; Jessica Coltrin, AZ; Mary Haeberle, CA; Gabrielle Smith, WA; Shawna Timmerman, CA; Valeria Yashina, IL; Anita Bennett, UT; Dawn Ackerman, LA.

Homb 401 Diploma in Homeobotanical Therapy
Florence Do Couto, WY; Chelah Ryan, IA.

*Please note graduates in this section are from the previous two months. If you have graduated in the last two weeks, you will be listed in the next issue of the ACHS Reporter.

ACHS is a State Licensed Private Career College 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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5940 SW Hood Avenue
Portland, OR 97239-3719
503.244.0726 • 1.800.487.8839
Fax: 503.244.0727
achs@achs.edu
www.achs.edu

ACHS is an Accredited Member of the
Distance Education and Training Council

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Student Testimonial
We love to hear from students that are enjoying their program!

"I found this program completely comprehensive and challenging though I studied nursing and massage therapy. I feel this type of high quality education is one of the things that will certainly help to establish all types of natural medicine in our country. Thank you so much!"

-Catherine Warner, Herb 401 Student

If you'd like to share your experience with other students, email your comments to achs@achs.edu, and we'll post them here!

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