



What's New at the College?

SUMMER SCHOOL SESSION ON THE ISLAND OF SYROS GREECE 2006 NOW OPEN FOR ENROLLMENT.

AIRFARE AS LOW AS \$900 RETURN, SO BOOK NOW TO SAVE.

SS 301 ACHS Summer Session will be held on the beautiful island of Syros, Greece, in the heart of the Cyclades, amongst wild thyme and other aromatic Mediterranean botanicals.

This ten day summer session is planned as a total wellness and cultural program. We will enjoy 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 guest lectures from leading professionals in the industry. Greece is the birthplace of the "father of medicine" Hippocrates, who believed the body should be treated as a whole and that food should be our medicine. Summer session 2006 is an opportunity to immerse yourself in this ancient land.

Summer Session will be held May 22 to May 31, 2006 and is limited to 20 students. Call now to book your next great adventure!

Call 800.487.8839 or email greece@achs.edu.



Winter Term Classes Starting Soon! Register today!

Deadline for Winter Term was December 1st but there is still some space available to register call now to register and lock in your 2005 fees for 2006 classes. Act now and fulfill your natural health education goals.

ACHS has programs for every learning level. If you simply want to learn to live a healthier lifestyle or become a Holistic Health Practitioner we will have a program that is right for you.

We are accredited by The Accrediting Commission of the Distance Education Training Council (DETC). The Accrediting Commission is recognized by the US Department of Education as a legitimate accrediting agency.

HELP WANTED

Content Writer for From Nature With Love
Qualified ACHS' students or graduates.

The position is detailed on the following page of FNWL's site:

<http://www.fromnaturewithlove.com/jobs/contentwriter.asp>

This job posting is not offered by the college so please don't contact ACHS regarding this position. Full details are on the website.



ACHS Graduate success. Congratulations Dr. Dorothy McCall!

Australasian College of Health Sciences' graduate Dr. Dorothy McCall has become the go-to lady of essential oils in her Pennsylvania town. Her success as an aromatherapist has brought her great joy and opened up doors from producing her own successful line of products to consulting a hospice dedicated to treating and helping women with breast cancer. Dr. McCall is a wonderful example of how limitless your education from ACHS can be. Dr. McCall is a pioneer in educating those around her and is a great inspiration for those wanting to start a private label or consultancy.

It has been said that the sense of smell is the most evocative, bringing back long-forgotten memories in a flash. Kingsbury Fragrances is the second business—and first love—of this clinical social worker whose grandmother led her "by the nose" through a world scented with rose, lavender, and "Windsong" eau de toilette. Kingsbury's owner, Dorothy McCall, has a Ph.D. in social work and has been a practicing clinical social worker on Washington Road

for 20 years. Her grandmother, for whom the business is named, introduced the young McCall to heady floral aromas of drawer sachets and discs, inspiring a lifelong fascination with aromatics.

"My grandmother wisely understood how uplifting aromas could transport you away from the stress of everyday life," she says. McCall obtained certification as an aromatherapist through her studies with the Australasian College of Health Sciences and also attended ACHS' Summer school a 60-hour aromatherapy certification course in Provence, France—the lavender capital of the world. "On the train from Paris to Avignon, we got hit with the aroma from acres and acres of lavender; it came in through the train windows," she recalls. Visitors to her small but richly appointed second floor space come to inhale an assortment of scented soaps, candles and fragrances with evocative names like "Rose in the Wind" and "Silver Water" made from her own blends of essential oils. Some fragrances, like "Fern" is created from "absolutes"—highly concen-

trated fragrances costing \$1,000 per ounce or more. Her products and signature fragrances—"Tres Bon" for women, a warm, woody floral, and "Kingsbury" for men, a spicy infusion of bay, cardamom, patchouli and dark musk, "like Old Spice with a lot of punch"—have gained a following through word-of-mouth. McCall also creates lushly colored soaps made of glycerin and goats' milk from more than 50 molds, and scented candles for housewarming gifts, baby showers, weddings and bat mitzvahs. "As a clinician, I find myself giving people permission over and over again for good self care," she says. "Aromatherapy can instantly lift your spirits when you're feeling low. When I go to my studio and make soap, I'm transported to a better place." McCall, a native Texan, has been in the fragrance business for about a year, and designs her own packaging with photographs from her business and life partner, Michael Friedlander, also a clinical social worker. Please visit Kingsbury's website at www.kingsburyfragrances.com.

Recipe of the month

FENNEL TZATZIKI

This recipe can be prepared in 45 minutes or less.

We created this sauce for fish, but it also makes a terrific accompaniment to any dish.

- 1 medium fennel bulb with fronds (sometimes called anise; about 3/4 pound)
- 1 teaspoon fennel seeds
- 2 garlic cloves
- 1 lemon
- 2 cups plain yogurt (16 ounces)
- 1 1/2 teaspoons salt

Trim fennel stalks flush with bulb, reserving fronds and discarding stalks, and trim any discolored outer layers. Halve bulb lengthwise and discard core. Finely chop fronds and bulb. In a dry small skillet toast fennel seeds over moderate heat, shaking skillet, until fragrant and a shade darker. In an electric coffee/spice grinder grind seeds. Mince garlic and squeeze juice from lemon.

In a large bowl stir together chopped fennel, ground fennel seeds, garlic, yogurt, salt, and lemon juice to taste.

Tzatziki may be made 3 days ahead and chilled, covered. Makes about 3 cups.

This makes a wonderful dish to bring to a pot-luck as it is unusual and delicious without too much hard work. Bon Appetite!

Please email me at kateharmon@achs.edu with your favorite recipes that relate to good health!



APOTHECARY SHOPPE 800-487-8839 GREAT WINTER PRODUCTS FOR THE HOLIDAYS

**Relax this year and give the gift of health with an ACHS Gift Certificate!
Give a \$25.00 gift certificate or choose one of our great holistic kits.**

The Apothecary Shoppe has some fantastic holiday gifts that take the hassle out of going to the mall and fighting crowds. We have selected our most popular kits for the holidays. Check online at www.apothecary-shoppe.com to see which kits are on sale for 20% off!

Fun Kit - Fizzy Bath Bomb kit with 4 5ml essential oils and all the supplies you need to create this one of a kind gift.

Creative Kit - Lip Balm Kit for the dry winter season. This is a great gift for anyone that has a creative side and likes to try new things. Comes with great stainless tins for packaging. This is a fun kit to do with your kids or girlfriends.

Romantic Kit - Pamper Blissful Bath Kit is a very special kit with rose petals, rose attar essential oil for the most romantic and relaxing bathroom experience. Show your special someone how much you love them this holiday season.

Travel Kit - Essential Oil Travel Kit. A wonderful assortment of essential oils for everyday use in a convenient and stylish jute fabric case.

Relaxing Kit - Bath Salts Kit. This is great for anyone who likes to take relaxing soaks in the tub after a stressful day.

Lavender Kit - Wonderful kit for anyone who likes to put sachets in their drawers, in the laundry dryer or in storage with seasonal clothing. This is a wonderful gift that anyone can use. Great for men and women who you just don't know what to give.

Herbal Kit - Create a wide variety of Herbal Tinctures. These kits contain everything you need to make therapeutic tinctures.

Bird Flu Pandemic

The bird flu and possible pandemic, here is ACHS Professor Dr. Arianna Staruch's opinion:

I have been concerned about this flu for the last three years! It is only now making it to the media. The problem is that the virus is a H5N1 virus, and no previous human flus are of the H5 strain - so we don't have memory cells to deal with the virus. Current flu vaccines are for the regular strains of flu, not the H5 strain - which the vaccines are still in research for. So getting a current flu vaccine will not do much against the bird flu.

The flu is always most dangerous for those whose immune system is not strong - the young, the elderly and anyone who is immuno-compromised (cancer patients, transplant recipients, those taking corticosteroids and those with active HIV infections). So the best defense against the flu outbreak is a strong and healthy immune system. Eat well, get good rest, exercise and

practice stress reduction. We have a number of good antiviral herbs, such as licorice, St. John's wort, astragalus osha as well as the essential oil of peppermint.

Try to prevent infection by washing your hands frequently, and avoiding contact with those that are ill, if possible. Take your usual immune supporters at the first sign of illness, and such products as Airborne or Estra-C. Check in the Apothecary Shoppe for products like Airborne the New Chapter line of Supercritical Immune Builder supplements.

This epidemic will happen at some point, but maybe not this year. It will be most devastating to third world countries and especially to Africa, where so many are infected with the AIDs virus. Hopefully we will have the H5 vaccine by then and enough doses to protect as many people as possible.

- **Dr. Arianna Staruch**
ACHS Professor

Community Classes

2006 On-Campus Nutrition series:

Weight Loss At The Drop of a Hat
Wednesday, February 8th, 6-8 pm
Instructor: Almine Barton, L.Ac., M.Ac.O.M.
Cost: \$ 35.00

Fats That Heal, Fats That Harm
Wednesday, March 8th, 6-8 pm
Instructor: Almine Barton, L.Ac., M.Ac.O.M.
Cost: \$ 35.00

Ancestral Diets
Wednesday, April 12th, 6-8 pm
Instructor: Almine Barton, L.Ac., M.Ac.O.M.
Cost: \$ 35.00

Dairy: Myths & Truths
Wednesday, May 10th, 6-8 pm
Instructor: Almine Barton, L.Ac., M.Ac.O.M.
Cost: \$ 35.00

Fermented/Cultured Foods & Their Medicinal Benefits
Wednesday, June 21st, 6-8 pm
Instructor: Almine Barton, L.Ac., M.Ac.O.M.
Cost: \$ 35.00

Space is limited, so register early!

Winter update: From the professor's desk.....

Hello all! Well, classes are moving along nicely. Everyone is getting excited about the ACHS cohort classes. The discussion boards allow students to share their thoughts about specific topics. Students also have a chance to connect in real time with the optional live chats. The American Herbalists Guild conference was here in Portland last month, and I was able to meet some students face to face, which was wonderful! There have been some excellent theses submitted this year, including one on the "Use of Essential Oils to Overcome Stress Eating" by Aromatherapy student Patty Bover and another on Plants of the Pacific NW used by Native Peoples to Address Lung Complaints", by Herb 401 student Colleen Gondolfi. We are looking forward to next year and the new continuing education classes: CE 511 Advanced Herbal Materia Medica and CE 512 Botanical Pharmacognosy and Photochemistry. Be sure to look at these classes online at www.achs.edu.

- Dr. Arianna Staruch, ND
ACHS Professor

Dr. Arianna Staruch is an Oregon-licensed Naturopath and Professor at ACHS. She is very passionate about the field of natural health, particularly in the herbal studies and anatomy & physiology classes she teaches. Learn more about Arianna online at www.achs.edu, click on About ACHS.

ACHS STAFF ANNOUNCEMENTS

Welcome, Erin Hickman to the ACHS Team! Erin is a graduate of the ACHS



Aroma 201 program. She strives to live a healthy lifestyle and looks forward to representing the College, and expanding her knowledge by taking more courses. Some of Erin's interests include: writing, drawing, studying herbs and flowers, exercise, and a great love for travel. She has been to Fiji Islands, Indonesia, India, and Egypt. She loves meeting different ethnicities and studying their cultural differences.

ACHS Congratulates its Graduates

Please visit www.achs.edu and click on *Alumni* to view the latest ACHS Graduates!



Upcoming Events

December 10-14: American Public Health Association 133rd Annual Meeting & Exposition. Philadelphia, Pennsylvania. Special content dealing with the effects and the aftermath of Hurricane Katrina, the lessons learned and the challenges that lie ahead. Web site: http://www.apha.org/meetings/new_orleans_update.htm.



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.

The ACHS Reporter is published by
The Australasian College of Health Sciences

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



Accredited Member,
Distance Education and
Training Council