Welcome to the ACHS Reporter, your resource for holistic health and college news. Our goal is to provide our students with an interactive and engaging “launchpad” for their own complementary alternative medicine studies and practice. Inside these pages, you will find ACHS college news, industry updates, holistic health tips and recipes, career-building information, continuing education opportunities, and much more.
Could a New Career in Aromatherapy Be a Natural Choice for You?

ACHS was recently featured in the online publication Improve Your Home and Garden! Check out the article "Could a New Career in Aromatherapy Be a Natural Choice for You?" by Dee Baugher excerpted below for some great ideas about how to build a career in holistic health:

In these times of layoffs and downsizing, many people are considering changing careers.

The American College of Healthcare Sciences (ACHS) in Portland, OR, gave us insight into the myriad of choices available to people interested in careers in these expanding fields.

What Types of Alternative Health Careers Are Available?

The number of choices is pretty impressive. ACHS is one of the first accredited, fully online colleges offering distance education programs in complementary and alternative modalities that include:

- Aromatherapy
- Iridology
- Flower Essences

You can study herbal medicine, holistic health, nutrition, wellness consulting and other fascinating subjects.

For several years, I’ve had an interest in aromatherapy. What is aromatherapy and what could I do career-wise if I had more of an education in that modality? […]

Careers in Aromatherapy

Aromatherapy can be a career in itself or it works complementary with other careers, such as massage therapy.

Aromatherapists must have knowledge about each oil and its affect. They are the people who develop specific mixes of oils in proper ratios to create the desired results. These compounds are often custom created for individual clients.

Another career option for someone with an education in aromatherapy is an aromatherapy retailer or, more specifically, the person who sells the oils to individual customers and practicing therapists. They need to be able to educate their clientele about the affects of each oil. Many of these specialists own their own business or work at a specialty counter in a natural health store or other business.

Aromatherapy is also a natural extension to the skills of a massage therapist. Being able to enhance a client’s experience by reducing stress levels or creating deeper relaxation can only benefit a massage therapist and her customers.

Aromatherapy is just one of the natural and holistic healing fields that are going to make a difference in the future of health care. Prevention of health problems, along with remedies that are sustainable and natural, are going to play an ever increasing role in taking care of both our physical and emotional needs. Along with learning a new career, following this path will also enable you to help others and enhance the quality of life for all the people who come in contact with you, including your own family.

It seems to me that if you are looking to make a career change, something in the naturalistic or holistic field would just be…well…natural.

To read the full-length article, go to http://www.improveyourhomeandgarden.com/aromatherapy
Essential Oils Great Alternative to Synthetic, Chemical Insect Repellents

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Summer is here! That means, it's time to get outdoors and enjoy some relaxation and sun time with friends and family. For many of us, though, summer fun can come at a price (so to speak!). Bug bites! Ouch. Ick. Yuck!

If you're swarmed by cookout invites and gardening have-tos, don't fear your time outdoors ... with a little pre-planning, you can protect your skin and fun-time from potential discomfort caused by bug bites.

This summer, make aromatherapy part of your outdoor fun. These four essential oils are attributed with natural insect repellent properties and create great atmosphere when diffused into the air. You also can turn skin protection into a fun activity and get your friends and family involved by creating essential oil blends with base oils*. Plus, essential oils are a natural alternative to synthetic chemicals, which further helps protect environmental and personal health.

*Note, it is always best to consult with a Registered Aromatherapist about which essential oils are best suited for your purposes. It is also recommended to perform a skin patch test before applying essential oils to test for possible sensitivities. This article is for informational purposes only; it is not intended to treat, diagnose, prescribe, or cure.

Citronella Cymbopogon nardus

Citronella essential oil is well known for its mosquito repellent properties and is used in many products, as well as in soap making and natural cleaning products. Citronella is generally considered a top note and has a medium-strong fragrance.

Peppermint Mentha piperita var. vulgaris

Peppermint essential oil releases a very fresh, invigorating aroma when diffused into the air and can be very refreshing at outdoor events. Like citronella, peppermint is effective for keeping insects at bay and it blends well with other essential oils, such as eucalyptus, lavender, and rosemary1.

Eucalyptus Eucalyptus globulus

Eucalyptus essential oil is considered a top note and has a high aroma intensity described as fresh, penetrating, and woody. Like peppermint, it blends well with eucalyptus, lavender, and rosemary. Note, it is not recommended to use eucalyptus on the skin undiluted as it can cause stinging. To use on the skin, blend with a base oil like olive.

Lemongrass Cymbopogon citratus

Lemongrass essential oil has a very refreshing aroma known for its uplifting, energizing properties ... perfect for outdoor events! It also is thought to support "clear thinking" and good concentration2.

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Register by July 15 for Fall Classes: Secure your place in class.

Apply by July 15th to begin your journey toward personal wellness and an exciting new career. Fall classes start August 16th and September 20th.

What Are ACHS Students and Graduates Saying?

"I love this school and all that it offers. I look forward to referring people to sign up for courses to better their understanding of their body and how they can take control of their own health through educating themselves of natural therapies. These courses provide the perfect kind of information for the every day person to begin making educated decisions about their lifestyle.” —Meghan Kaul, Seattle, Washington

What Can You Achieve with Your Training?

Take your life and future to new heights with our extensive programs! Get the practical skills and training you need for a career in holistic medicine and healthcare, including: Certified Wellness Coach, Certified Holistic Nutrition Consultant, Holistic Health Practitioner, Aromatherapist, Master Herbalist, and Natural Health Sales Associate. You can also earn your Associates or Masters degree in Complementary Alternative Medicine fully online!

Apply today and learn how you can increase your future career opportunities, your lifetime earning potential and your own well-being—all while working in a field that makes a difference!

Remember, apply by July 15 to secure your place in class. Fall sessions fill quickly! For more information and to enroll, call your ACHS Admissions Advisor today at (800) 487-8839 or email admissions@achs.edu.

ACHS IN THE COMMUNITY!

We really enjoy hosting community wellness workshops on campus. They're a great way to build community, exchange ideas, and have fun too! But, we know it's disappointing for those who can't attend in person, so we're launching a new teleconference series, which will allow us to connect with more of you more often.

We plan to host at least one teleconference per month on a variety of holistic health and wellness topics. Our first teleconference July 20, Essential Oil Blending for Perfumery or Therapeutics with Mindy Greene, filled quickly! But—we still have space for our second conference, EOS™ Aromatherapy for Pre & Post-Operative Care with Michelle Bravo. If you'd like to attend, reserve your space by emailing communications@achs.edu. It is free for students and ACHS graduates, but space is limited! Interested members of the public can download a recording of the event via a link that will be made public. Email communications@achs.edu for more information.

Check back with us for a complete schedule. It will be posted to our Community Wellness Classes page soon. Here is the link: http://www.achs.edu/course.aspx?id=6
ACHS Launches New Course Topics in Holistic Nutrition (NUT 309), a Critical Review of Non-traditional Nutrition Topics

We’re proud to announce the launch of Topics in Holistic Nutrition (NUT 309) September, 20, 2010. The newest addition to ACHS’s innovative holistic nutrition curriculum, Topics in Holistic Nutrition is a critical review of popular media topics and current research into nutrition, food, and health.

Topics in Holistic Nutrition is a core course for ACHS’s Certificate in Holistic Nutrition Consulting program and an elective option for several of the College’s complementary alternative medicine (CAM) programs, including the Holistic Health Practitioner and the Associate of Applied Science in Complementary Alternative Medicine programs.

“This course is truly exceptional,” says ACHS Senior Vice President Erika Yigzaw, “because it engages students with the most current issues and discussions about nutrition. Through the popular texts of contemporary writers Michael Pollan, Elson Haas, Christopher Vasey, and Kimberly Lord Stewart students will examine the affect of our supermarket-food system, food labeling, and CAM protocols on personal and social health not to just ‘learn the rules’ of good nutrition, but to really engage with the larger discussion about where our ideas of ‘good nutrition’ come from and what they mean. Michael Pollan says ‘Eat food. Not too much. Mostly plants’ in his article “Unhappy Meals.” But what does ‘food’ mean? Students will explore this question, among many others, to better understand how nutrition is affected by our attitudes about food, health, and science.”

“Michael Pollan has become an icon of the anti-industrial food movement,” adds Dr. Arianna Staruch, ACHS Academic Dean. “In brief, this course is a critical review of topics not usually found in traditional nutrition courses.”

For more information about Topics in Holistic Nutrition and ACHS courses, visit www.achs.edu for detailed descriptions. You also can contact the ACHS Admissions team by phone at (800) 487-8839 during the hours of 8:30 am-5:30 pm, PST, or email admissions@achs.edu.
Skin Food: Would you eat your skin cream?

By Jayne Panting, ACHS Graduate Diploma in Herbal Studies - Master Herbalist

Why would you want to eat your skin cream? The answer is simple: It’s what your body is doing with it whether you want to or not. Research has proven that what we put on our bodies and what we breathe in gets into our blood.

If you buy your lotions and creams at a department store or grocery store, there is a good chance you wouldn’t want to eat them. They are full of chemicals that make our skin feel slippery (not soft), make lotions appear to be sinking in (they are evaporating), and give them a shelf life far longer than is natural.

Because of recent media attention we are becoming more educated about some of the chemicals found in cosmetics. Sodium hydrochloride, methylparaben, and propylene glycol are three that have become recognizable. But what are they really?

Sodium hydrochloride is bleach. Bleach damages the structure of skin and hair. It makes it more fragile, which makes our skin and hair softer (not better moisturized, just softer).

Propylene glycol is antifreeze. If there is water in the product you are using there is almost certainly antifreeze in it so the product will survive shipping. Researchers are having a hard time proving that propylene glycol is harmful at the small doses found in cosmetics. Fact is we consume a lot of propylene glycol. It is in most cosmetics, detergents, prescription drugs (yeah herbs!), and food. Looking for products without it will take longer than finding products with it.

Lastly there is methylparaben. It is listed in the Hazardous Substances Databank as a food preservative. It is antifungal, so it inhibits the ability of mold to grow in products that have any water content. This is one that is more difficult to avoid. It is in soaps, shampoos, most food, conditioners, moisturizers, and toners. It has been suspected in cases of eye damage, male infertility, breast cancer, and skin damage.

Your skin cream winds up in your blood, and your liver and your arteries and kidneys. Go and look at the label on your face cream and ask yourself, do I want that stuff in my body? …and what is that stuff anyways?

About the Author

Jayne is a graduate of the ACHS Diploma in Herbal Studies - Master Herbalist program and is currently developing a line of natural skincare products called Skin Food, preservative-free facial and body moisturizers made from food-grade oils, butters, herbs, and essential oils.

"All of my products have a scent reminiscent of chocolate because cocoa butter is a main ingredient in my products," Jayne says. "All of my products can be used by people with sensitive, reactive skin. They are also so gentle that they can double as an eye crème! There is nothing poisonous in my products. You could spread them on toast and eat them…I wouldn’t recommend it, but you could!"

For more information about Jayne and her natural products business Skin Food, email jaynepanting@gmail.com.
Summer is a good time to connect with your personal representatives and legislators when they aren’t so busy at the Capitol. Building a personal relationship with them is important, so they will know who you are when you contact them regarding bills in the future. Many legislators have their own webpages or on Facebook, which is another way to connect. You can check to see if they hold “Town Hall Meetings” in your area that you could attend.

To receive important alerts as they are released, sign up for the health freedom Yahoo group; just send a blank email to: FYHF-subscribe@yahoogroups.com. Please remember that each state has different laws and regulations regarding what you can and cannot do when it comes to complementary and alternative healthcare.

There are now seven states that have health freedom laws and 15 states and the District of Columbia that license or regulate naturopathic physicians. You need to know what that law says in regards to what you can and cannot do. For questions about health freedom, email me at kimberlysharples@msn.com or call (719) 390-1979.

Recent Health Freedom Alerts

**Michigan**

**Wisconsin**
WIHFC was successful in opposing and stopping the Dietitian Bill. They are planning on introducing a Safe Harbor Health Freedom bill next year. Farmers are currently being raided for selling Raw Milk. For more information, please go to their website: http://wihfc.com/index.htm

Resources

**Alliance for Natural Health**
Alliance for Natural Health website: http://www.ahn-usa.org/

**State Legislative Information**
http://wellnessforumpublicpolicy.weebly.com/state-policy--legislation.html

Upcoming Events: July 2010

**July 9-13:** 2010 International Herb Association Conference, Collinsville, Illinois. For a detailed conference schedule and to register, please visit the IHA website here: http://www.iherb.org/conferences/2010.htm

**July 10:** Workshop: GMP Testing Requirements: 1-day course on analytical method development and validation for dietary supplements. For more information, please visit: http://www.asp2010.com/pdfs/SLV_2010.pdf

**July 20:** ACHS Teleconference: Essential Oil Blending with Mindy Green: FULL. For more information about upcoming ACHS teleconferences, visit: http://www.achs.edu/course-desc.aspx?pid=202&id=6 To register, email communications@achs.edu or call (800) 487-8839.

**July 24-25:** NW Herb Fest 2010, Pleasant Hill, Oregon. Led by twelve renowned herbalists and physicians, beginning and advanced classes will take place simultaneously. For the speaker list, a complete schedule, and pricing information, go to: http://www.herbaltransitions.com/NWherbfest.html
The ACHS Reporter is a monthly eNewsletter published by the American College of Healthcare Sciences. Its purpose is to provide holistic health education, career information, and resources for holistic health students, ACHS graduates, and professionals.

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