



NITE

NATUROPATHIC INSTITUTE
OF THERAPIES & EDUCATION

503



SCHOOL OF
Natural Health
&
Massage Work

"Health is not a Flower that you pick; it is a Path that you must Follow . . ."

2014 Catalog



NITE

NATUROPATHIC INSTITUTE
OF THERAPIES & EDUCATION

503 East Broadway, Mount Pleasant, Michigan 48858

989-773-1714 • contact@naturopathicinstitute.info

www.naturopathicinstitute.info

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The Naturopathic Institute of Therapies and Education

(NITE) is licensed by the State of Michigan, Department of Labor & Economic Growth, and is accredited through the American Naturopathic Medical Accreditation Board.

At the Naturopathic Institute of Therapies and Education, our goal is to achieve the highest standard of excellence in the field of Natural Health. We provide qualified instructors from several areas of expertise who demonstrate proven therapies and share real life experiences. Students receive several hours of hands-on training, and courses are held on weekends to accommodate varying schedules.

No *magic bullets* will be offered. Success will be achieved by learning which of the multiple therapies taught is best blended for the individual client. Extremely high standards are held for passing final exams, ensuring that all graduates of the Institute have truly earned their diplomas. Graduates experience tremendous personal growth, learn the art of compassion, and are then able to provide hope for the great number of people who will seek them out because of their balanced approach to physical, emotional, and spiritual wellness.

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Programs

Therapeutic Bodywork Practitioner

Therapeutic Bodywork Practitioner (1-year program)500 hours in-class instruction
(100 independent study hours)

Naturopathy

Note: Each year of study consists of 240 in-class hours and 360 independent study hours.

Natural Health Educator: 1st year 600 hours of study

Natural Health Therapist: 2nd year1200 hours of study
(600 from 1st year program; 600 from 2nd year program = 1200 total hours)

Natural Health Practitioner: 3rd year1800 hours of study
(600 from 1st year program; 600 from 2nd year program; 600 from 3rd year = 1800 total hours)

Certified Naturopath: 4th year2600 hours of study
(600 from 1st year program; 600 from 2nd year program; 600 from 3rd year; 600 from 4th year ;
plus 200 hours of internship* = 2600 total hours of study, 1160 supervised hours)

Holistic Doula Program

Holistic Doula Program: 6 month Childbirth Assistant Program 400 hours of study
(120 in-class hours; 180 independent study hours; 100 hours internship* = 400 total hours)

* Internship hours – There is no additional charge for internship hours; students may not charge for their services during internship hours, and no fees will be paid to the Institute. Students will make arrangements with instructors to “shadow” or observe them during their professional practice. In this way, students can gain practical experience and have one-on-one time with their instructors to ask questions about what they have observed.



Tuition and Payment Options

Therapeutic Bodywork Program Tuition: \$6600 per one-year program, discounted to \$5995 if full amount is paid prior to the start of the program. A payment plan is available subject to approval by the Institute: \$2000 down, \$383.33 per month for 12 consecutive months.
[Smaller monthly payments are possible, with a balloon payment upon graduation.]

Natural Health Program Tuition: \$6200 per one-year program, discounted to \$5600 if full amount is paid prior to the start of the program. A payment plan is available subject to approval by the Institute: \$2000 down, \$350 per month for 12 consecutive months.

Holistic Doula Practitioner Program Tuition: \$2995 per program, discounted to \$2695 if full amount is paid prior to the start of the program. A payment plan is available subject to approval by the Institute: \$950 down, \$340.83 per month for 6 consecutive months.

- For all diploma students, tuition includes classes for the year, all books and class materials, graduation cap and gown, and participation in a graduation ceremony and dinner.
- For Therapeutic Bodywork Practitioner and 1st Year Naturopathic students, tuition also includes a professional massage table (with leg bolster, face cradle and frame, and carrying case).
- For Holistic Doula Program students, tuition includes a bag of birth-assisting supplies, such as essential oils, flower remedies, and homeopathic remedies commonly used during birth.

(Tuition is subject to change without notice)

A return check fee of \$30 will be charged for a check returned for any reason.



How to Enroll

Diploma Programs Registration

Students who wish to enroll in one of the diploma programs must present the following:

1. Copy of your high school diploma, transcript, GED, or equivalent;
2. Valid photo ID;
3. Payment of fees; and

the following forms (included with this catalog or available from the NITE office):

4. Completed NITE Enrollment Agreement form;
5. NITE emergency contact form;
6. Planned list of courses/dates you will be attending.

Two weeks written notice is required if there is a change in scheduled courses submitted. When no advanced notice is given, a \$100 re-take fee will be charged. Your seat in courses can be held without a copy of the high school diploma; however, no certificates or diplomas will be given until this document is received by the Institute.

Individual Class Registration for Non-Diploma Students

Diploma program classes can be taken on an individual basis without joining the diploma program. Students must register and pay for the class at least two days in advance of the class date. Students may enroll over the phone by calling (989) 773-1714 and using a credit card, or by completing an Individual Class Registration Form (available from the administrative office and online) and mailing it to the Institute with a payment of \$350. Many classes fill up early; waiting until the last few days is not recommended.

Orientation

Your final step is to attend an orientation. You may do so by making an appointment with the Director of Education or by attending a general orientation session prior to the program start date. Orientation dates are available from the administrative office. Orientation provides detailed information about what to expect during your program. Topics covered include attendance policy, how to get proper credit for homework, dress code, research paper guidelines, student ethics, and more. Students are welcome to have a spouse or parent attend orientation. Additionally, students will be given their books and professional equipment at orientation, provided they have registered in time to have all supplies delivered. Any books or equipment not available at orientation will be available at the Institute as soon as it arrives.

Class Information and Policies

Individual Classes

Tuition per individual class is \$350, which includes no books or supplies. A course manual will be provided, if appropriate. Payment is preferred *at least* 14 days prior to the class date. Enrollment is on a first-come basis, and a seat is guaranteed only after your payment is received. Participants will receive a Certificate of Attendance, provided they have 90% attendance, good participation in the class, and at least 75% on the test or quiz at the conclusion of the class.

Class Schedules

Regular classes start at 5:00 pm Friday and end at 9:00 pm. Saturday and Sunday hours are from 9:00 am to 6:00 pm with a 1-hour lunch and two breaks. Therapeutic Bodywork Practitioner **Labs** run from 8:00 am to 6:00 pm Saturday and Sunday; bring a lunch to eat during short breaks.

Class Availability

The Natural Health Educator (1st year) program, Therapeutic Bodywork Practitioner program and the Holistic Doula program course cycle is offered twice a year, approximately every 6 months. The NHT, NHP and CN Natural Health classes are available once a year, but can be joined at any time based on course and student eligibility.

Dual Enrollment

For those students interested in acquiring their diploma in a shorter amount of time, enrolling in multiple diploma programs is allowed. Although this requires some unique scheduling skills, the Director of Education can help you work out the details. We do recommend, however, taking your time to complete each program in its suggested order as you will be allowed to begin your practice before completion of any diploma program.

Weather

Classes generally remain in session regardless of weather conditions. In extreme weather, students will be contacted if the class is cancelled. If travel is unsafe for the student, last minute cancellations will be allowed.

Holidays

NITE will be closed on some official state and federal holidays.

A return check fee of \$30 will be charged for a check returned for any reason.

Therapeutic Bodywork Practitioner Classes

Classes 1 through 6, with accompanying labs, include:

(20 supervised hours per class session and 20 supervised hours per lab plus 50 hours of independent study)

- Class 1:** Beginning Bodywork & Ethics
Includes: Basic Strokes, Body Mechanics, Getting Started (equipment, hygiene, safety, terminology), Ethics & Scope of Practice
- Class 2:** Therapeutic Positioning & Anatomy
Includes: Beginning Anatomy, Sidelying, Body Cushioning, Seated Massage, Deep Pressure & SOAP Notes
- Class 3:** Anat. & Joint Mobilization/Business Basics
Includes: Joint Physics, Range Of Motion, Glute Work, Muscle Energy Technique, Business Basics, Informal Assessment & Nerve Anatomy
- Class 4:** Assessment & Adv. Techniques/Business
Includes: Muscle Anatomy, Walking & Standing Assessment, Trigger Point Therapy & Business
- Class 5:** Specialized Techniques: Includes Pregnancy & Infant Massage
Includes: Myofascial Release, Core Balancing & Alignment, Positional Release & Business Practices
- Class 6:** Integrative Massage & Lymph Technique
Includes: Herbal Rub, Sacral Release, Active & Passive Isolated Stretching

- The foundation of this program, the first six classes include, but are not limited to, the following areas:
- **Basic Swedish Style Massage** — long, connecting strokes and techniques designed to relax and reduce stress.
 - **Anatomy/Physiology** — the base from which we expand into the therapeutic application of massage. Learn the location, position, and function of the bones, major organs, muscles, and nerves in the body.
 - **Ethics and Professionalism, Equipment, Hygiene, Safety.**
 - **Muscle Isolation** — positioning the client, palpating landmarks.
 - **Neuro-Lymphatic & Neuro-Vascular** — exploring pathways that supply and affect muscles and surrounding organs and systems.
 - **Neuro-Muscular** — contracting and releasing mechanisms accessed; helps provide longer lasting results.
 - **Fascia Alignment** — relaxing and moving connective tissue, which is primary to foundational balancing of the body as a whole.
 - **Manual Lymphatic Drain** — technique that encourages and directs lymphatic flow.
 - **Pregnancy and Infant Massage** — proper positioning for pregnant client's comfort; gentler strokes for infants to small children, including premature babies.
 - **Seated Chair Massage** — to provide shorter duration massages; important for office and conference settings.
 - **In-class Practical Experience** — actual supervised assessment and practice
 - Supervised lab hours include practice of newly learned skills on classmates for the Beginning Bodywork lab and on volunteers for all other lab hours.

Classes 7 through 14 include:

(20 supervised hours per class session and 20 supervised hours per lab plus 50 hours of independent study)

- Body Systems/Anatomy/Physiology***
- Flower Remedies and Essential Oils***
- CranioSacral Bodywork**
- Reflexology**
- Advanced Oils***
- Nutrition***
- Meridian Work & Light Healing Touch**
- Holistic Bodywork**

- These classes provide instruction in more specialized techniques, blending them into a highly effective method of addressing imbalances in the body and enabling the therapist to facilitate healthy change. These techniques include:
- Continued practice in all Body Mechanics previously covered in classes 1 - 6.
 - Meridian Balancing—effective method of working with and within the energy pathways of the body, including acupressure points and major chakra centers.
 - CranioSacral Bodywork—gentle pressure along spine, cranial, and sacral areas to encourage spinal alignment and aid cerebrospinal fluid flow, helping clients with headaches, spinal injuries, and stored emotional traumas.
 - Essential Oils & Emotional Balancing—integrating essential oils into specialized massages to boost the immune system, assist with proper spinal alignment, or release deep seated emotions.
 - Reflexology—access reflex points on feet and hands to unblock, stimulate, and align the nervous system throughout the body, relieving sinus congestion, body tension, and boosting circulation and nourishment to internal organs.
 - Nutrition & Bio-Chemistry—information about food, vitamins, and minerals that affect structural and overall health.
 - Additional therapies on injury techniques, myofascia, and more will also be covered.
 - Supervised lab hours include practice of newly learned skills on volunteers.

* These classes do not have a supervised lab.

Class 15 is the Final exam: Testing includes written and oral examination, hands-on performance, demonstration of bone and muscle anatomy, and oral interviews.

Holistic Doula Program Classes

This program is designed to prepare students to assist in natural childbirth, both in the home and hospital setting. Unlike midwives who assist in delivering newborns, the Holistic Doula Program's focus is on supporting the mother through the pregnancy, birth, and early infancy phases. This program is unique to other birth assistant (doula) programs in that it includes training in multiple natural health modalities, such as nutrition, muscle testing, homeopathy, essential oils, and more.

Classes 1 through 6 include:
(20 supervised hours per class session)

- Nutrition** Learn the importance of balance in proteins, fats, and carbohydrates; proper food combining; the difference between processed and unprocessed foods; proper use of vitamins and minerals.
- Herbs and Muscle Response Testing** Understanding the nutritional benefits of herbs; their identification classes and proper use; learn to evaluate clients' needs through this unique, non-invasive technique.
- Flower Remedies and Essential Oils** Gain tools for assisting with the incredible emotional and spiritual experiences of pregnancy, birth, and childrearing; oils are used to stimulate or reduce contractions, ease the pain of childbirth, and offer welcoming aromas to the newborn baby; flower essences help to provide confidence, security, and hope throughout the many phases of this incredible experience.
- Naturopathy for the Childbearing Year** Explore the field of natural health in its many modalities with a focus on creating a healthier environment for conception; reducing infertility; supporting healthier pregnancies; reducing fears of birth defects and childhood illnesses.
- The Magic and Anatomy of Birth I** Build the foundation for understanding the many dimensions of the birthing process, including cultural, political, emotional, and hormonal, as well as other physical components; from the history of birth in the U.S. to deeply exploring pain's role and relief in labor; students will begin to understand how they might most effectively contribute to the birth journey of their clients; and also, what it means, personally and professionally, to attend to others in birth.
- The Magic and Anatomy of Birth II** Experience through vivid stories the normal birth and its many variations, along with the role of the labor companion in medical or home settings; in addition to traversing the labor process in detail, students will learn to apply their knowledge of natural health to the unique experience of birth; topics include: facilitating informed consent, communication with birthing families and medical personnel, navigating medical interventions, postpartum care, and supporting families when birth does not go smoothly; this class offers the chance for students to bring all their knowledge together and become a Holistic Doula Program.

Internship (100 hours) Participate in the pregnancy, labor, birth, and infant care of three families; work in a variety of settings to gain experience in understanding how each individual birth is unique; share with other labor companions and midwives your individual journey.

Final Exam Testing includes a written exam, practical demonstration of skills, and an oral exam.

Natural Health Program Classes

* = prerequisite required

Suggested order of the Natural Health Program Classes follows class descriptions.

Class	Program	Description
Anatomy II*	Natural Health Therapist 2 nd year	Students will learn the function of each organ and its relation to surrounding organs' functions and balances. Energies of each organ will be discussed and how imbalances can affect health. Students will also learn about chemical reactions in the body, such as hormonal secretions and functions.
Anatomy III*	Natural Health Practitioner 3 rd year	Continuing the exploration of the body, students will gain perspective at a cellular level of the immune system, the nervous system, and detailed disease processes. Through this in-depth understanding of the human body, students are better equipped to help clients bridge the gap between medical procedures and natural health options.
Advanced Reflexology, Meridian Work, Root of Disease	Natural Health Practitioner 3 rd year	Taking reflexology to the next level, students will improve their technique; learn the reflexes of the hands and also energy centers on the feet. Meridian clearing will cover allergy improvement techniques as well as emotional healing through meridian points. The Beyond Bach portion of the class will introduce the 100+ remedies discovered after Dr. Bach's original work.
Anatomy, Body Systems, and Physiology	Natural Health Educator 1 st year	A study of each body system and its functions; signs of dysfunction, deficiency, and excess; how dysfunction in one system can interact with other systems. Anatomy includes the bones and muscles and their locations and actions; organ location; nerve tracts and tissue types. Physiology includes individual function of organs, the parts they play in systems and the body as a whole; relationship among muscle, organ, and nerve functions.
Biology	Natural Health Educator 1 st year	This class will include molecular structure and the periodic table; structure of foods, vitamins, minerals, and tissues; aerobic and anaerobic activity; what happens during digestion; what nutrients each system and/or organ is primarily composed of; and what elements each organ uses to function. Naturopathic Biology is fun!
Body Work I	Natural Health Educator 1 st year	Students will learn techniques for facilitating stress reduction massage and improving the lymphatic system, including the eight basic strokes of massage, proper body mechanics, draping the client for modesty, ethics, and professionalism. There is lots of hands-on practice. (Required: two flat sheets [full size], one fitted sheet [twin size] and 1 full size bath towel. Be prepared to undress down to your briefs or bring a pair of shorts.)
Body Work II*	Natural Health Therapist 2 nd year	How to assess clients; techniques include Fascia Alignment, Meridian Release, Neuro-vascular and Neuro-lymphatic treatments, Refined Palpation skills, Manual Lymphatic Drain, Neuro-muscular Facilitation, and refining of body mechanics.
Body Work III*	Natural Health Practitioner 3 rd year	A continuation of Body Work I and II, students use advanced bodywork techniques to address specific concerns, such as shoulder and neck pain, pelvis and tailbone discomfort, exhausted lymphatic and immune systems, and help the client to remain balanced in the structural muscular system—thereby, benefiting all other systems.
Conception, Childbirth, Childhood	Certified Naturopath 4 th year	An introduction to the art of midwifery, and to the herbs, oils, and homeopathics used prior to conception, for infertility, during childbirth, and for raising healthy children. This class teaches the naturopathy student how to prepare and assist clients through the childbearing and childrearing years.
Cranio Sacral Bodywork	Natural Health Therapist 2 nd year	This class will provide a base level understanding of Cranio Sacral Bodywork, which uses gentle pressure along the spine, cranial, and sacral areas to allow better flow of the cerebrospinal fluid. There are numerous emotional benefits to this unique technique, some of which can be noticed right away.
Death and Dying	Certified Naturopath 4 th year	This course has the objectives of training students to help others prepare for death and the dying process, creating awareness about the moment when the spirit leaves the body, and the journey to a peaceful departure. Most importantly, students will learn to assist family members and loved ones to become active participants in this beautiful progression. Additional topics will include sudden or traumatic death situations and how to be an aid even to strangers. So many times, death is treated as a clinical event; however, you can learn how to make a difference in one of the most important journeys a human being will ever take. This course isn't really about death and dying; it is about life and living.

Natural Health Program Classes

Class	Program	Description
Degenerative Diseases	Certified Naturopath 4 th year	Healing from a degenerative disease requires balancing the physical, spiritual, and emotional bodies. This class is designed to bring together several naturopathic modalities and to deal with known disease states on all levels, one-by-one. Special attention will be given to tumors, blood sugar, circulatory problems, and forms of dementia.
Elements of Man	Natural Health Educator 1 st year	Elements are the life sustaining nutrients that make up every plant, animal, and person. Learning the unique gifts that each of the elements has to offer is the essence of this class. This class will include an introduction to 16 macro Elements, what each element is used for, and what the signs of deficiency include. Students will be able to understand disease and establish proper mineral balance, turning a devastating condition into a healing experience.
Environmental Poisons II	Certified Naturopath 4 th year	This class will take an in-depth look at many of the environmental poisons we are exposed to on a daily basis and how to counter the effects & promote healing. We will learn how & why such things as fluoride, artificial preservatives & sweeteners, noise & cellular pollutants affect the body and how to protect, preserve and maintain health despite true environmental challenges.
Advanced Oils*	Natural Health Practitioner 3 rd year	Building on the first year Essential Oil course, students will understand the proper distillation process and where and how the plants are grown and harvested; how to make blends according to clients' special needs. Students will learn emotional and physical application techniques.
Feng Shui	Natural Health Practitioner 3 rd year	Feng Shui (pronounced "fung schway") is the 3,000-year-old Chinese art of placement of things in your environment. This class is an important part of the third-year program, as it widens the students' view to see how our surroundings directly affect our health. By becoming more aware of this connection, we are then free to discover the many ways to enhance "chi" flow for our highest good and optimal health.
Flower Remedies and Essential Oils	Natural Health Educator 1 st year	Every good therapist realizes that emotions are a part of healing. This class gives you a tool for helping your clients heal emotionally. Flower Remedies are gathered from blossoming plants and used to counteract negative emotions. Essential Oils are distilled from plants to be applied during massages or for everyday application on the body and throughout the home. Skills learned in this class are necessary for proper application of these essential remedies.
Food as Medicine	Natural Health Therapist 2 nd year	Let food be your medicine. Food is essential in the health and wellness of our body, mind and spirit. Learn about choosing the healthiest forms of foods and eating them in the proper balance. Sustaining good health lies in eating how nature intended. Learn to read food labels, how to create your own recipes, and gain insight about co-ops, Community Supported Agriculture (CSA), farm markets, health food stores, and more.
Food as Therapy	Natural Health Practitioner 3 rd year	This class will cover the preparation of food without destruction of the extremely important enzyme content and nutritional value. Students will observe and actually practice sprouting seeds, growing fresh greens, juicing, and preparing unique meals. Best of all, the food prepared will be consumed by students! Students will be introduced to eating according to their Blood Type and its benefits.
Forms of Cleansing	Natural Health Practitioner 3 rd year	This class is a detailed explanation of herbal, homeopathic, essential oil therapy, bodywork, colon hydrotherapy, fasting, and other modes of cleansing. It is designed to help you determine which type of cleansing and at what intensity will best serve to get the results you need. A close look at the Chinese model of herbs will be included.
Glandular Symphony	Natural Health Therapist 2 nd year	This unique course gives students a memorable way to learn and understand the beauty of the glandular system. Information will be based on the explanations provided by well known herbalist Steven Horne. You will learn how this system affects energy, mood swings, the reproductive system, and hormone balance. Body typing will be discussed as well as the need for essential fatty acids. With each gland discussed, natural remedies and food suggestions will be included, allowing for immediate results.

Natural Health Program Classes

Class	Program	Description
Herb Walk	Natural Health Therapist 2 nd year	Students will have a unique opportunity to see the herbs growing in gardens specially prepared to enhance their healing energy and therapeutic value. The entire class will take place outside where students will observe planting patterns; patterns for energy and growth; how to establish their own gardens; proper replanting; when to harvest the herbs; identification of plants; and folk history about their uses and preparation for home use.
Herbs and Muscle Response Testing	Natural Health Educator 1 st year	This class will include how to classify herbs as bitter, aromatic, astringent, mucilaginous, and nutritive. We will cover the properties and uses of single and combinations of herbs throughout the world and their benefits. Included is the technique of muscle testing, which helps determine which organs and systems are most troubled and how to assist the body with supplementation.
Herbology II*	Natural Health Therapist 2 nd year	In this class, students will learn to make herbal preparations, including hot and cold infusions, syrups, tinctures, salves, and understand how planting and harvesting according to moon phases increase benefits. An in-depth study of the heating and cooling patterns of herbs includes how these procedures apply to each person's individual needs.
Herbology III*	Natural Health Practitioner 3 rd year	In this 3rd-level class, students will bring together all aspects of herbology: identifying, growing, transplanting, harvesting, drying, preparing, and applying. Students will be able to go from the field to the remedy while understanding each aspect of the process. Twenty key herbs will be studied in detail.
Herbology IV*	Certified Naturopath 4 th year	This course will focus on the survival foods and emergency medicines of herbology. Bringing students to the field once again, we will identify edible grasses, roots, and berries that are essential for every advanced herbology student to understand. Applications of poultices will be practiced and the doctrine of signatures will be studied in detail.
History of Naturopathy	Natural Health Practitioner 3 rd year	The history of naturopathy itself encompasses many disciplines and philosophies. We will explore the roots of naturopathy & other forms of medicine to ascertain their similarities and differences. Understanding the history of naturopathy allows advanced students to feel more confident in their chosen path & gain a deeper meaning of being a Naturopath.
Holistic Approach*	Natural Health Educator 1 st year	The holistic philosophy and approach to true and abundant health are detailed in this class, bringing all the different assessment techniques together. Students will learn how to educate clients to facilitate healing and take charge of their own health; how to best blend therapies to fit the lifestyles, personalities, and abilities of the people who come to you.
Holistic Getaway*	Certified Naturopath 4 th year	A week getaway to a mystery location where you and your fellow graduates will enjoy good food and the chance to put into practice the skills that you've acquired over the past four years. Herb identification, bodywork, magnet therapy, and sound and color therapy will strengthen, balance, and center you as you conclude your training and begin your path.
Homeopathy I	Natural Health Educator 1 st year	This class will include an explanation of homeopathy; how homeopathy works on the vital force within the body; and what the different strengths or dilutions of homeopathic remedies mean. Included are single homeopathic remedies for emergency situations and common ailments. Cell salts will be introduced.
Homeopathy II*	Natural Health Therapist 2 nd year	Building upon the foundations of homeopathy, students will begin to delve into constitutional homeopathy, learning keynotes of the polycrests. The success of homeopathic treatment for influenza will also be thoroughly discussed.
Homeopathy III*	Natural Health Practitioner 3 rd year	This class will refine repertorization skills for finding the correct homeopathic remedy. Key constitutional types will be explored in detail, and learning how to use more potent remedies in treatment will further advance the naturopath's use of homeopathy.
Homeopathy IV*	Certified Naturopath 4 th year	A continuation of Homeopathy I through III, this class covers the clearing of genetically inherited miasms of the family tree. Like the peeling of an onion, students will trace back through the original diseases of mankind to today's major health concerns. In addition, students will learn to use advanced naturopathic technology to create their own isopathic remedies.
Iridology	Natural Health Educator 1 st year	This class will teach the science of iris analysis. Students will study the fibers of the eye to determine tissue weakness and the body's predisposition to weakness. Numerous iris slides will be studied and manual observation of other students' irises and your own will be part of the training.

Natural Health Program Classes

Class	Program	Description
Magnets and Polarity Therapy	Certified Naturopath 4 th year	As living beings, we are subject to the magnetic pull and polarity of the earth. If this polarity is thrown off course by emotional trauma, accident, or injury, the entire healing system of the body can be slowed or even shut down. Learn the use of magnet and polarity therapy to bring the healing system into balance.
Meridian Work and Light Healing Touch	Natural Health Therapist 2 nd year	Students will learn what meridians are and how they affect the body, both physically and emotionally, location of meridians and how to clear blockages. In Light Healing Touch, students will learn about the main energy centers located throughout the body (chakras) and how touch can promote healing physically, mentally, and spiritually. These techniques are especially helpful to those in the dying process or those who are in too much pain to be touched.
Advanced Muscle Testing and Amino Acids*	Natural Health Therapist 2 nd year	This class includes nutritional and emotional pressure points in addition to those learned in Herbs and Muscle Response Testing. Students will be taught how to use muscle testing to determine which homeopathics, essential oils, amino acids, and other modalities are appropriate for individual clients. Students will also learn analysis by using a grading scale to determine clients' improvements from one appointment to the next.
Nutrition	Natural Health Educator 1 st year	This class will include a complete discussion of vitamins and minerals; nutritional levels of foods; food sources of vital nutrients; advantages of fresh foods over processed foods; what elements we really get from foods; the RDA and how to use it; proper food combining for better digestion; remedies for digestive disorders; suggested food group ratios; and digestive times for various foods.
Parasitology	Certified Naturopath 4 th year	Oh, those nasty critters! Parasites are involved in nearly every disease state. Identifying them and facilitating their evacuation is often more challenging. This course will teach muscle-testing skills to identify type and location of parasites, bacteria, and viruses, as well as remedies and techniques for getting rid of them. Samples are welcome!
Reflexology	Natural Health Educator 1 st year	The unique technique of reflexology can be used on the hands or feet. Each foot contains 7200 nerve endings that can be traced back to every organ and tissue of the body. This class will teach you how to work on the feet by using specialized thumb and hand techniques. This skill is a must for Massage Therapists and Naturopathic Therapists alike. Includes the history of Reflexology; theory and practice; meridians and nerve tracts; what you can tell about the body systems through the feet; oils that can be used.
Sclerology*	Certified Naturopath 4 th year	Advancing the study of Iridology, this class will include observation of numerous eye slides to learn the new science of Sclerology. Students will be able to determine in the first few moments of analysis which direction the client's naturopathic program needs to go. Scleras are more easily seen and give very current information, including parasite types and location.
Sound Therapy and Color Therapy	Certified Naturopath 4 th year	Healing can be as subtle as a vibration of light or sound. This unique class will introduce you to the art of using sound and light in a therapeutic manner to return the body to a peaceful and harmonious state where healing can be easily achieved. This class includes lots of "ears- and eyes-on!"
Vaccines and Environmental Poisons	Natural Health Therapist 2 nd year	Discussion covers the important truths & deceiving myths about vaccinations, how to identify certain toxins in the environment and most importantly, how to antidote them. Remedies include homeopathics, herbs and essential oils to remove nerve contaminants (such as mercury) and how to protect the body from vaccine and environmental poisons, as well as support the body in health.

Directed Study Assignments (homework)

Directed studies are designed to continue education and learning beyond the classroom. They are part of all programs, and students shall expect approximately 30 hours of assignments for each class period of 20 hours. The types of assignments vary. Some examples:

1. Book Summary (up to 15 hours of directed study): 5- to 10-page summary of a book or completion of study guide assigned by the instructor;
2. Lecture with visual aids and/or diagrams (5 hours of directed study): 1-hour lecture given by the student to ten or more people on the assigned subject. Student will provide an attendance sheet or letter of confirmation, which will be verified by NITE;
3. Practical Application Logs (1 hour of directed study for each hour logged): Students will practice and apply what they have learned in class on actual clients. Examples would include: massage, reflexology, craniosacral, iridology, muscle testing, magnets and polarity therapy, and more. Log sheets will be provided and clients will be contacted; no fees for these services will be paid to the Institute.
4. Anatomy Work Book (30 hours of directed study);
5. Create handouts, trifold, and booklets for building clientele and business understanding (up to 10 hours of directed study);
6. Seminars: In the 3rd and 4th year Natural Health programs, students will advertise, create, and teach seminars in their home area and all proceeds will go directly to the student (up to 20 hours of directed study).

Additional types of studies may be assigned by the instructor, who will provide handouts in class specifying requirements, due dates, and number of hours.

Suggested Order of Natural Health Program Classes

(Each course consists of 20 supervised hours.)

Natural Health Educator 1st Year

Class Order	Examples of Directed Studies
Anatomy, Body Systems, & Physiology	Anatomy Workbook
Biology	Book Summary, Lecture, Visual Aids
Nutrition	Case Studies, Lecture, Visual Aids
Herbs & Muscle Response Testing	Book Summary, Lectures, Practical Log Hours
Iridology	Book Summary, Lecture, Practical Log Hours
Bodywork I	Book Questions, Lecture, Practical Log Hours
Flower Remedies and Essential Oils	Case Studies, Lecture, Practical Log Hours
Elements of Man	Case Studies, Lecture, Visual Aids, Practical Log Hours
Reflexology	Book Summary, Lecture, Practical Log Hours
Homeopathy I	Book Summary, Practical Log Hours
The Holistic Approach*	Research Paper
Final Exam*	

Natural Health Therapist 2nd Year

Class Order	Examples of Directed Studies
Meridian Work	Book Summary, Body Diagrams, Lecture, Practical Log Hours
Bodywork II*	Practical Log Hours
CranioSacral Bodywork	Book Summary, Practical Log Hours
Homeopathy II*	Lecture, Case Studies
Advanced MRT and AA*	Test Point Diagrams, Lecture, Practical Log Hours
Herbology II*	Lecture, Client Assessment, Create Remedies
Vaccines & Environmental Poisons	Book Study, Lecture, Paper, Client Analysis
Anatomy II*	Book Summary, Body Diagrams, Lecture
Food as Medicine	Menu Planning, Create Recipes, Research
Glandular Symphony	Book Summary, Lectures, Client Assessment, Visual Aids
Herb Walk	Lecture, Herb Scrapbook, Research, Summary Paper
Final Exam*	

* = prerequisite required

Natural Health Practitioner 3rd Year

Class Order	Examples of Directed Studies
Advanced Oils*	Lecture, Create Blends, Book Summary
Feng Shui	Lecture, Book Summary, Paper, Practical Application
Evaluation/Assessment	Case Studies, Lecture, Practical Log Hours
Forms of Cleansing	Writing Assignment, Create Seminar
Homeopathy III*	Lecture, Case Studies,
Adv. Reflexology, Meridian Work, Root of Disease*	Lecture, Practical Log Hours
Bodywork III*	Paper, Lecture, Practical Log Hours
Herbology III*	Lecture, Bookwork, Paper, Practical Log Hours
Anatomy III*	Lecture, Practical Application, Workbook
History of Naturopathy	Research Paper, Survey, Practical Log Hours
Food as Therapy*	Lecture, Create Recipes, Practical Log Hours
Final Exam*	

Certified Naturopath 4th Year

Class Order	Examples of Directed Studies
Conception, Childbirth, Childhood	Lecture, Create Handouts And Charts, Client Analysis, Practical Log Hours
Death & Dying	Job Shadow, Journaling, Research Paper
Sclerology*	Summary Paper, Practical Log Hours
Sound & Color Therapy	Lecture, Summary Paper, Practical Log Hours
Magnets & Polarity	Lecture, Create Handouts, Practical Log Hours
Homeopathy IV*	Case Studies
Environmental Poisons II*	Research, Summaries, Create Handouts, Practical Log Hours
Degenerative Diseases	Case Studies
Parasitology	Lecture, Create Assessment Tools, Practical Log Hours
Herbology IV*	Lecture, Create Herbal Remedies
Holistic Getaway*	Bringing It All Together Is A Week-Long Getaway At A Unique Natural Location
Final Exam*	
Internship	Additional 200 Hours (To Be Arranged)



Grading and Rules of Conduct

Grading

All test scores are figured using a percentage grading system (the number of correctly answered questions divided by the number of questions on the test). 75% or higher is considered passing. Practical Testing is graded on a checklist of areas to be done or covered by the student. The student must explain and/or demonstrate, to the satisfaction of the examiner, at least 75% of the items on the checklist. The student can be provided with a copy of the checklist to study for these exams. Oral exams can consist of any of the areas covered in the programs for which the student is testing. The examiner will ask questions, and the student will answer to the best of his/her ability. The student must score at least a 75% in each of these areas in order to pass. Final transcripts will include the following overall assessment ranking:

- 5 Professionally Competent, Exceptionally Skilled
- 4 Professionally Competent, Strongly Skilled
- 3 Professionally Competent
- 2 Needs Improvement
- 1 Unsatisfactory

Notification of Grades

Students receive evaluation of their status at the end of each class weekend. Final exam scores will be available at the end of the exam series.

In Cases of Non-Passing Grades

If a student does not pass any test, both class testing and final exams, they can apply for a retest. If the non-passing score is for a class that is part of a diploma program, the retest must be completed and passed before the student will be allowed to continue with the next class in the program. If the non-passing score is for a Certificate of Attendance, then the retest must be within 30 days. Only one retest is allowed. If the student does not pass the retest, they must take the class again with a \$100 retake fee.

Student Conduct

Students are expected to practice common courtesy and to respect fellow students' boundaries. Students must practice proper hygiene. No disruption of the class is acceptable. Soliciting of fellow students for products or services is not allowed. All cell phones must be turned off during class time. If the need arises, a student will be notified and given a verbal warning of the offensive behavior. If the situation is not resolved, the student will receive a written warning including the offense, the correction needed, and the results if not corrected. If the situation is not corrected, the student may be withdrawn from the class or program without refund. Students should refrain from drinking alcohol over the weekend of class and/or lab; any student whose clothing or breath has remnants of alcohol or drug usage will be asked to leave. Repeated offenses may be grounds for dismissal.

Re-entrance Policy

Any student dismissed for conduct, attendance, or non-passing grades will have the option of re-entry providing the following requirements are met.

- Conduct - A six-month suspension, re-entry interview with the Director of Education to ensure student is ready to re-enter without reoccurrence of poor conduct.
- Grades or Attendance - No suspension; a student may retake any class at a \$100 retake fee two additional times. After this, there will be no re-entry without re-enrolling and paying for the entire program again.

Attire

Attire should be modest. Casual/comfortable is suggested. Shoes are required at all times. Massage Students should be in NITE short-sleeved, collared shirts; comfortable pants (no jeans or sweats), or knee-length shorts. Socks and shoes must be worn at all times.

Refunds, Attendance, and More . . .

Refunds

Diploma Programs: All tuition and fees paid by the applicant shall be refunded if requested within three business days after signing a contract with the school or if the applicant is rejected by the school before enrollment. All refunds shall be returned within 30 days. **After the three day period has expired, all tuition fees are non refundable.** Tuition will be held, however, for three years from the date of registration and is subject to tuition increases (once you register for a program, you have up to three years to complete the program before the original tuition payment expires).

If a student cannot attend a scheduled diploma class, a written notice must be given 14 days prior to the class date. At that time, the tuition will be moved forward to the next time the class is offered. If the notice is not received 14 days prior, then an additional \$100 retake fee is required to attend the class the next time it is available.

Individual Classes (non diploma students): If unable to attend a class already paid for, students receive no refund. However, with written notice two weeks prior to the class, fees will be moved to the next time that exact class is available. If less than a two-week notice is given, the class fee is forfeited. [In the case of veterans with financial support only, the amount charged will be an approximate pro-rata portion of the total.]

All tuition paid by the applicant shall be refunded if the applicant is rejected by the school before enrollment. All tuition and fees paid by the applicant shall be refunded if requested within 3 business days after signing a contract with the school. All refunds shall be returned within 30 days.

Attendance

Attendance Sheets

Students are responsible for signing in at the beginning of each class, out and in for lunch, and out at the end of the class. If you fail to sign, **for any section**, you are considered absent and lose the scheduled hours. If you have an emergency, you must call and notify the administration office. Excused absences will be considered on an individual basis. Students must maintain a 90% attendance record. If attendance

falls below 90%, the student must make arrangements for make up, if the instructor or the Director of Education approves.

Being Late

Classes begin as scheduled. The information that is covered in this highly-condensed weekend course format requires you to be on time. Missing class time is detrimental to your success in the class. You are required to be in attendance for 90 percent of the class. That means that you cannot miss more than 2 hours of class per weekend. However, be aware that in order to be considered for graduation for the year, you cannot have more than four unexcused hours total.

Excused Absences or Lateness

Requests must be in writing and sent to the administration office and will be considered on an individual basis. Consideration will be on what control the student had over the event.

Leave of Absence

A request for a leave of absence must be in writing. Each circumstance will be considered on an individual basis. We will do our best to accommodate each student with their needs. The first option is to apply their fees to the next time a course is offered. Keep in mind each diploma program is allowed 36 months to complete.

Extra Credit Hours

If a student needs to make up hours, then the instructor or administration can offer them during other classes or supervised opportunities at the Institute. These will all have a time limit and must be completed within that time in order for grades to be recorded.

Directed Study (homework) Due Date

Each class credited toward a diploma will have a Directed Study assignment. The assignment is due 30 days after the completion of the class in the Massage program and 60 days in the Naturopathic programs. Any Directed Study not completed on time will require the student to apply for an extension. Extensions are \$50 and are due at the time the Directed Study was due. Each class can have two extensions. After that, the class must be retaken for \$100.

Graduation Requirements for Diploma Programs

Graduation requirements for a diploma program include:

- 90% attendance with satisfactory participation in each of the classes, plus testing, required for each specific program;
- 75% or better on every class test;
- 75% or better on each part of the final exam: written, oral, practical; successful completion *and submission by the due date* of directed study assignments (see pages 8 and 9);
- Research paper topic (Natural Health Programs) chosen and approved by 3rd class; 20 to 50 pages, typed, double-spaced and turned in at least 60 days prior to final exam weekend; completion of the program within 36 months of starting date; for Certified Naturopath Diploma candidates, an additional 200 hours of internship* must occur before graduation.

* Internship hours – There is no additional charge for internship hours; students may not charge for their services during internship hours, and no fees will be paid to the Institute. Students will make arrangements with instructors to “shadow” or observe them during their professional practice. In this way, students can gain practical experience and have one-on-one time with their instructors to ask questions about what they have observed.

Certificates of Attendance

Both diploma program students and individual class participants are awarded Certificates of Attendance for classes that are successfully completed.

Note: Therapeutic Bodywork Practitioner students receive all certificates of attendance and diploma at the end of the program and after all tuition fees have been paid.



Frequently Asked Questions

- **What happens if I can't take some scheduled classes?** All you have to do is wait until the class you missed comes around again! You have up to three years to complete a program from the date you started.
- **Can I take classes out of order or maybe, combine two years into one?** Yes, but this depends on the program. The first six Therapeutic Bodywork classes and their labs are taken in order, and there are prerequisites for some other classes in all programs. Also, all classes aren't offered at all times, so working carefully with the schedule is necessary to try to accommodate possible combinations. Often, students are able to join the natural health program in the middle of the year or even take classes in two programs at the same time (if scheduling permits).
- **Does NITE offer any scholarships or financial assistance?** We are happy to offer a payment plan, and we accept credit cards which has helped many students. Additionally, we assist many students through Michigan Works, Michigan Rehabilitation and other similar organizations. Applications and information are available at the Administrative office.
- **Is there an opportunity to generate an income while I'm in the Program?** Yes. The public is invited to participate in the labs that are required in the Therapeutic Bodywork Program and tipping directly to the student for excellence is allowed. Natural Health students are also able to start collecting service fees after they have earned their first credential – Natural Health Educator.
- **If I already have a Therapeutic Bodywork Practitioner diploma, do I have to take all of the NITE beginning classes?** This will be considered on an individual basis by the Director of Education, although it is often strongly recommended that students complete our entire program from the beginning. Financial credit can be given for massage classes, and students would be invited to attend NITE refresher massage classes for free.
- **Is housing available?** If you need housing accommodations for class and/or lab weekends, space is available at the Naturopathic Community Center. Call the Naturopathic Institute at (989) 773-1714.
- **What do I have to supply?** You will be required to bring note-taking materials, and in the case of the Therapeutic Bodywork Practitioner program, five twin-size sheet sets, two towels (one bath and one hand)—details will be explained before classes begin. Approximate cost of extra materials is \$90 for massage students and \$15 for naturopaths.
- **When do I have to pay?** Initial payment of tuition should be at least two weeks before classes begin, whether that is the entire amount or the down payment. If you are on the payment plan, the monthly amount is due on the 1st of the month; there is a 10% fee for late payment. The earlier that you register, the sooner we can guarantee your seat.
- **Will NITE help me find a job?** We notify qualified students and graduates whenever we are contacted about employment possibilities.
- **What can I do with a NITE diploma..... ?**

*...The possibilities are endless!
Come talk to us!*

The NITE Instructors



BES SHEEN BAKER, N.D., the Director of Education and Founder of NITE, has a Bachelor of Science degree from Eastern Michigan University and a Doctor of Naturopathy. Her areas of interest include Iridology, Sclerology, Kinesiology, Nutrition, Herbology, Homeopathy, Essential Oils, and Meridian Body Work. Drawing on her more than 30 years of experience in the field, Bessheen is in high demand as a Motivational Speaker and has spoken throughout the country on natural health. She brings a lot of energy and humor into the classroom and always finds a way to fit more into your brain than you thought possible!



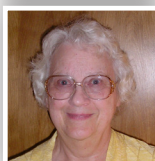
NIA-AVELINA AGUIRRE, C.N., N.D., is a graduate of the Naturopathic Institute of Therapies and Education as a Certified Naturopath and is a nationally board certified Naturopathic Doctor. She also has a Bachelor of Science from Eastern Michigan University, double majoring in Exercise Science and Sports Medicine. She has been teaching in the health and fitness profession since 1983. Nia brings a hands-on approach to her classes by turning the classroom into an herbal apothecary and encouraging students to make healing herbal oils, salves, tinctures, essences and teas from common green friends.



BETH BAILEY BARBEAU, T.M., M.C.E., is a Direct-Entry Midwife, Master Childbirth Educator, and Resonance Repatterning Practitioner with a Bachelor of Science degree from Antioch College. Beth's passion for birth spans nearly thirty years, attending homebirths as a midwife and hospital births in the role of doula, as well as teaching at all levels, from expectant parents to medical professionals, on related topics including infant care and breastfeeding. Beth brings her wonderfully engaging and lively teaching style to the Magic and Anatomy of Birth I and II.



MICHELLE BARBER, M.T., C.N., N.D., is a graduate of the Naturopathic Institute of Therapies and Education as a Therapeutic Bodywork Practitioner and Certified Naturopath. Michelle has had a lifelong love for education; after five years of university studies, she found her true calling at NITE. The field of Naturopathy combines all of Michelle's passions including health, nutrition, fitness, and a love of learning. As an instructor at NITE in the Therapeutic Bodywork Practitioner program, she is excited about helping others learn to live their best life.



DARA CLARK graduated from Spring Arbor College in 1967 with degree in Secondary Education. After raising 6 children and several foster kids, she attended NITE to become a Naturopathic Doctor in 2001. Further training from Upledger Institute gave her certification in CranioSacral I and II, SER I, and Peds I. She has corrected NITE homework for 12 years and will begin teaching Sclerology in 2015. She also loves to sew, give piano lessons, and enjoys spending time with her 30+ grandchildren and husband of 47 years.



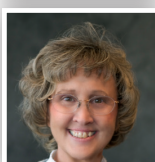
HEATHER DEXTER, C.N., N.D., DOULA, is a graduate of the Naturopathic Institute of Therapies and Education. She is a Certified Bradley Method Instructor for Natural Childbirth Education, a Certified Reiki Master/Practitioner, and Placental Encapsulator. Heather also has a Master of Science in Agriscience and Natural Resources Education and Extension from Michigan State University. Heather enjoys educating couples on deciding what is best for them in their pregnancy, birth, and parenting experience by making well-researched decisions. She also enjoys working with those training to become Doulas to be better prepared to assist their clients.



JAN DOERR, N.D., M.A., C.T.R.S., A.C.C., received her Doctor of Naturopathy from Clayton College of Natural Health and completed the Natural Health Educator and Natural Health Therapist programs with NITE. Jan specializes in Therapeutic Essential Oils and their importance in healing the body. She has studied with Dr. Gary Young and also with Dr. David Stewart from the Center for Aromatherapy and Research Education (CARE) to perfect the technique of Raindrop Therapy. She has a Bachelor of Science and a Masters of Arts from Central Michigan University. Jan is sought after for state and national speaking engagements.



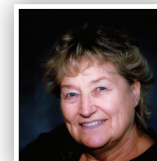
KATHRYN DORAN-FISHER, C.N., N.D., graduated from the Naturopathic Institute of Therapies and Education as a Certified Naturopath. Her extensive knowledge of nutrition and healthy eating combined with enthusiastic research skills will help you see the extent of how modern lifestyles are affecting our children and grandchildren. Kathryn is the owner of, and primary practitioner, at Elder & Sage, a retail store with many products and services in Grand Rapids, Michigan.



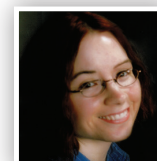
JACKIE FEATHERLY, DIHOM, C.N., N.D., graduated from the prestigious British Institute of Homeopathy in Canada, in 1998, as a Fellow of the British Institute of Homeopathy. Jackie received her certificate in homeopathy from the National Center for Homeopathy at Johns Hopkins University in 1996. She is also a graduate of NITE as a Certified Naturopath and is a nationally certified Naturopathic Doctor. Jackie has taught study groups for the National Center for Homeopathy since 1988. She has used homeopathy and studied with world-famous homeopaths for 26 years. She delivers a wealth of information in a systematic way to help students use homeopathy to combat acute and chronic problems—intensive, but fun!

The NITE Instructors

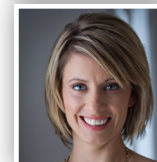
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NANCY FODOR, C.N., N.D., graduated from NITE with a diploma as a Certified Naturopath and is a nationally certified Naturopathic Doctor who has over 30 years experience in natural health. Nancy, who is also a Certified Colon Hydrotherapist, studied Iridology under Dr. Bernard Jensen and has spent time at the Optimum Health Institute learning maximum health benefits. Nancy teaches our "Food as Therapy" class. Being a "farm gal" and raising 4 children, she has the ability to have several things going at the same time (which is very helpful when doing Healthy Food presentations). Down-to-earth, friendly, and helpful are only a few ways people describe Nancy.



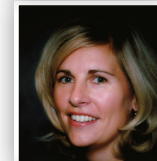
AMY JO HOWARD, C.N., C.H., N.D., is a graduate of the Naturopathic Institute of Therapies and Education as a Certified Naturopath and Certified Homeopath. She also has a Bachelor of Science from Central Michigan University in English. Her love for communication, people, and natural healing led her to study formally the field of natural health. Amy enjoys specializing in Reflexology, Cranio Sacral Therapy, Homeopathy, and Colon Hydrotherapy. A good listener and knowledgeable instructor, Amy teaches students how to blend such qualities to enhance skills in this field.



SARAH MOKMA, C.N., has earned her Certified Naturopath certification from the Naturopathic Institute of Therapies and Education. She has also been trained in the Arvigo Techniques of Maya Abdominal Therapy which is an ancient healing technique from Belize that enhances fertility, digestion and reproductive health. Also trained as a Reiki Practitioner, Sarah loves teaching about the body's energy system and the many ways to support it. Her general love for communication, learning, and people inspire her teaching both at NITE and in her daily work with clients and the community. Sarah hopes to inspire and empower each student and client on their journey as NITE has inspired and empowered her.



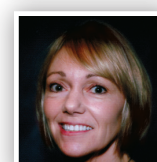
BARBARA NURENBURG, C.N., N.D., received her certification as a Naturopathic Doctor from the Naturopathic Institute of Therapies and Education. She attended Blue Heron Academy, where she received her National Certification as a Medical Massage Therapist as well as completing and receiving her certification as a Holistic Health Practitioner. Barbara's passion lies in educating herself and empowering others to learn how to allow the body to heal itself using natural means through the holistic approach. She applies her years of education and training and believes in educating each person as an individual, designing a specific plan unique to them.



NICOLE PAQUIN, N.D., is a graduate of the Naturopathic Institute of Therapies and Education. She also has a degree in social psychology and psychology from Western Michigan University. Her interests include teaching Vaccines and Mercury Poisons and the History of Naturopathy. Nicole teaches all of the tough love topics that build naturopaths at the core. She helps you find your strength and courage to stand up for the ethics and morals of naturopathy.



CHRISTINA ROY, M.T., N.H.T., has been practicing massage therapy and studying natural health for over 15 years. She began teaching classes on natural health including essential oils and herbal products at the age of 17 and has continued her passion for teaching by joining the Naturopathic Institute in 2014 as the Bodywork Instructor for the Naturopathic Program. For the past 14 years, Christina has owned and operated Hands on Health ~ Massage & Wellness in Farmington Hills, MI. Her energy is contagious and her passion for teaching massage and bodywork is second to none. You will feel her joy and love for this field in each class you have with her.



DIANE SACK, N.D., graduated from NITE as a Naturopathic Therapist and Educator and is a Doctor of Naturopathy. Diane has a love for healing and also for decorating. She was led to a very special mentor/teacher, Minnie Kansman, who received her Feng Shui training directly from Professor Lin Yun, world renowned author and Feng Shui Master from China. The principle focus of this training is that intention is the most powerful tool a person can use to redirect chi (energy) in their environment and life. Diane will show you how much fun and how easy it is to bring this ancient 6,000-year-old art of harmony, healing, and prosperity into your life, and, more importantly, to understand how it affects health.



SUZY SIKORA, N.D., M.H., C.C.H., C.C.I., is a certified traditional Naturopathic Doctor, Consulting Hypnotist, eclectic herbalist, and owner of Sustainably Well, LLC. She is a graduate of the University of Michigan-Flint, in addition to Naturopathic Institute of Therapies and Education. She teaches both private and free public classes on a variety of health and healing topics throughout the year at the Flint Farmer's Market, and conducts a four-month introduction to herbal medicine program each year. She provides private consultation at the Acupuncture & Herbal Clinic in Fenton, MI.



Something for Everyone

The Naturopathic Community Center

503 East Broadway Street, Downtown Mount Pleasant

The Naturopathic Community Center (NCC) is a non-profit organization dedicated to serving the community in Natural Health. The Center is located within the Naturopathic Institute.

At the NCC, we offer several events throughout the year that appeal to everyone.

Tuesday Teachings class carries the theme of empowering yourself through the knowledge and wisdom of natural health. Classes generally start at 6:30 p.m. and last an hour. These classes are free and range in topics.

Wednesday cooking classes are scheduled from 6:30 p.m. – 7:30 p.m., with a menu lineup that takes you through what to have in the pantry to setting a healthy meal on your table to enjoy in minutes. Don't be a slave to the drive up window any longer. These classes are free and range in topics regarding healthy eating.

Saturday Seminars are open to all to gain an in-depth understanding of natural health. The cost is \$89 for the day. Reservations are required for these seminars and can be done by calling (989) 773-3636.

Symbiosis Ranch classes are held off-site. Most classes will be held at the Ranch or near-by gardens and forest areas. These classes cost \$59, and reservations are required. Call (989) 773-3636 to make your reservation.

Want to become an NCC member? Contact **herbs etc** at (989) 773-3636. The cost is \$5 per person. Your membership fee provides you with a quarterly newsletter, special offers at **herbs etc**, and, if needed, a special room rate if you need room accommodations during the week.



Contact and Location Information



Mailing Address for NITE:

503 East Broadway, Mount Pleasant, MI 48858

NITE Phone: (989) 773-1714 • Fax: (989) 775-7319

herbs etc Phone: (989) 773-3636

Website: www.naturopathicinstitute.info

Email address: contact@naturopathicinstitute.info

Director of Administration: Julie Wagester

Director of Education: Bessheen Baker, ND

The administrative offices and main classroom space for the Naturopathic Institute of Therapies and Education is located in downtown Mount Pleasant, near the campus of Central Michigan University, at 503 E. Broadway Street, on the corner of Fancher and Broadway. Mount Pleasant is approximately one hour north of Lansing on US-127.

The 14,000 sq. ft. Mount Pleasant facility, which is air-conditioned and smoke free, also houses **herbs etc** (our supply and bookstore) through which our Natural Health Consultants provide services and therapies to the public—nutrition counseling and live blood cell analysis, iridology, homeopathy, various massage therapies and reflexology, colon hydro-therapy, and emotional release/essential oil sessions.

Available in the store are high-quality herbs and supplements, books, oils, homeopathics, natural health and massage supplies, and snacks. *There is no obligation for students to buy items or to use the services and therapies; however, they are entitled to a 10% student discount on all store items while they are enrolled at NITE.*

If you need housing accommodations for class and/or lab weekends, space is available at the Naturopathic Community Center. If the facility accommodations are filled for the weekend, you will be housed at a nearby hotel at the same rate. For more information, please call the Naturopathic Institute at (989) 773-1714.