






























## 2026 Emphasis Class Schedule







Date	Title	Instructor	Department
<b>January 10</b>	Doula: Healthy Mother, Healthy Birth Pt 1	Helen Kociba	 Holistic Family Wellness
<b>January 11</b>	Doula – Healthy Mother, Healthy Birth Pt 2	Helen Kociba	 Holistic Family Wellness
<b>Course Description:</b> Healthy Mother, Healthy Birth: This is a transformative course designed to empower expectant parents with the knowledge, tools, and practices needed to support both maternal health and a positive birth experience. This holistic approach emphasizes the interconnectedness of a mother’s well-being and the health of her baby, focusing on physical, emotional, and mental wellness throughout pregnancy and for the birth yet to come.			
<b>January 17</b>	Spiritual Herbology	Sheila Carroll	 Herbology
<b>Course Description:</b> Explore the radiant wisdom of Saint Hildegard of Bingen—Benedictine abbess, mystic, healer, and visionary. Learn Hildegard’s unique approach to healing the whole person—body, mind, soul, <i>and</i> spirit.			
<b>January 18</b>	Chakra Therapy	Stacy Eding	 Advanced Energy Work
<b>Course Description:</b> A holistic approach to well-being that involves balancing and aligning the body’s energy centers, known as chakras, to promote physical, emotional, and spiritual health. It focuses on restoring a natural flow of energy through these centers, which are believed to correspond to specific physical and emotional functions.			
Date	Title	Instructor	Department
<b>February 7</b>	Highjacked Minerals, Heavy Metals & Modern Disease	Tarin Hyder	 Advanced Naturopathic Science
<b>Course Description:</b> In this class, piece by piece, we will be building a puzzle vs. being focused solely on current exposure. Most modern diseases are not the result of current exposure only, but the buildup of toxicity over time. Together, we will explore transgenerational heavy metal toxicity, toxicity in utero, cellular health, ionic mimicry, and current exposure. This is where healing lies.			
<b>February 21</b>	Medicinal Mushroom Extraction	Amy Korth	 Food Revolution
<b>Course Description:</b> Unlock the healing power of fungi in this full-day, hands-on workshop. Discover the therapeutic benefits of seven powerhouse fungi – Reishi, Chaga, Lion’s Mane, Turkey Tail, Cordyceps, Maitake, and Shiitake – as their potential is unlocked through extraction. A potent dual extracted tincture and hot-water extracted powder will be crafted. Also, learn how to infuse extracts into oils and make a batch of nourishing mushroom lotion. Finally, sweeten the experience by incorporating the powders into delicious, functional chocolate bars for an afternoon snack. Each participant will leave with a pint of dual mushroom extract, a jar of luxurious mushroom cream, and a handcrafted mushroom chocolate bar.			






<b>February 28</b>	<b>Sound as a Healer</b>	<b>Corey Winters</b>	 <b>Vibrational Medicine</b>
<b>Course Description:</b> Sound itself is a vibration. Understanding how to use it as a healing tool is no longer a futuristic concept. In the class, we will discuss the historical use of sound through architecture, instrumentation, and even our own voices. During the class, students will be able to experience and apply this healing modality to each other. Bells, bowls, tuning forks, voice, and special instruments both ancient and modern will be demonstrated.			
<b>Date</b>	<b>Title</b>	<b>Instructor</b>	<b>Department</b>
<b>March 7</b>	Doula: Having a Beautiful Birth and the First 24 Hours Pt 1	Helen Kociba	 Holistic Family Wellness
<b>March 8</b>	Doula: Having a Beautiful Birth and the First 24 Hours Pt 2	Helen Kociba	 Holistic Family Wellness
<b>Course Description:</b> Having a Beautiful Birth and the First 24 Hours with Your Baby: Discover the essential nutrients that support both maternal health and the baby's development throughout each trimester. Learn how to make conscious food choices that enhance energy, alleviate discomfort, and promote a harmonious pregnancy journey and birth experience.			
<b>March 21</b>	Organic Raised Bed Gardening: Start to Finish	Sheila Carroll	 Homesteading
<b>Course Description:</b> Join us for a full-day, hands-on workshop where you'll learn how to plan, build, and grow your own raised bed garden. From choosing the right spot to planting with organic methods, we'll cover everything you need to get started. Perfect for beginners or anyone wanting a fresh, natural approach to gardening.			
<b>March 28</b>	Cooking for Cancer	Cindy Walz	 Food Revolution
<b>Course Description:</b> It has been researched that cancer only survives on a glucose-based pathway. Humans can live on a glucose-based diet, and most of us do! However, humans can also live on a long-term or temporary basis on fat, protein, and greens: Keto. In this way, it is believed that without a glucose food source, cancer will starve! This class will teach how to eat a variety of keto foods that are tasty and satisfying!			
<b>Date</b>	<b>Title</b>	<b>Instructor</b>	<b>Department</b>
<b>April 11</b>	CranioSacral in the Mouth	Amy Jo Howard	 Advanced Bodywork
<b>Course Description:</b> One of greatest tools for releasing headaches, migraines, other ailments, and even pelvic problems by knowing how to release the jaw and palates of the mouth. This class will expand your bodywork toolbox and allow you to achieve more success with clients. <i>A background in bodywork is required.</i>			
<b>April 16</b>	Understanding Pharmaceutical Actions and Ingredients	Nicole Paquin	 Advanced Naturopathic Science
<b>Course Description:</b> Come take a closer look at ingredients in commonly prescribed drugs and what they are made to do in the body or prevent the body from doing. Learn important remediation actions that can be taken to assist detoxification. This class will focus not only on understanding the effects of pharmaceutical drugs but more importantly, real solutions that have powerful impacts. This class is designed for those outside the conventional medical model.			

<b>April 23</b>	Navigating Childhood Illness in Spite of or Without Vaccines	Nicole Paquin	 Holistic Family Wellness
<b>Course Description:</b> Nature abounds with tools to assist the body when dis-ease occurs. Exploring the importance and even function of childhood illnesses can help alleviate biases we've been conditioned to believe in and give an understanding as to why children experience illnesses. Looking at historical remedies, learning how to use homeopathic nosodes prophylactically and in acute situations, and other powerful nature-based tools are taught to empower one as they navigate childhood health needs.			
Date	Title	Instructor	Department
<b>May 2</b>	Doula: The Fourth Trimester Pt 1	Helen Kociba	 Holistic Family Wellness
<b>May 3</b>	Doula: The Fourth Trimester Pt 2	Helen Kociba	 Holistic Family Wellness
<b>Course Description:</b> The Fourth Trimester – Honoring the Postpartum Period: This is a comprehensive course that focuses on the often overlooked, yet critical, period of recovery and adjustment following childbirth. This class provides essential tools, knowledge, and emotional support for any new parents as they navigate the physical, mental, and emotional changes that occur during the first three months after birth.			
<b>May 9</b>	Companion Planting Secrets	Sheila Carroll	 Homesteading
<b>Course Description:</b> Discover how plants share energy, light, and healing frequencies beneath the soil and through the air. In this eye-opening workshop, you'll learn to garden in tune with nature's design—using the energetic signatures of plants to support growth, repel pests, and restore balance. Perfect for natural health enthusiasts who want to grow food that's not only organic, but vibrantly alive.			
<b>May 28</b>	Applying Homeopathy in the Cancer Setting	Jacquelynne Featherly	 Vibrational Medicine
<b>Course Description:</b> With a solid understanding of homeopathy, its principles and practices, one can begin to learn the deeper aspects and proper application of homeopathy for specific areas of interest. This class will focus on the detailed application of wisely choosing remedies that support the healing of people with cancer. A necessary discovering of inherited patterns from our parents and grandparents can help us understand diseases that repeat themselves through family lines. We will also study the effects of modern environmental toxic substances that accelerate people into chronic disease states.			
Date	Title	Instructor	Department
<b>June 11</b>	Fermentation for the Gut & Immune System	Barb Nurenberg	 Food Revolution
<b>Course Description:</b> One of the simplest skills we can learn to change our gut and immune health is to make use of the lost traditions of fermenting our food. This will be another hands-on opportunity to learn as you do. We will learn how to make apple cider vinegar, kimchi, sauerkraut, pickles, Water Kefir, and more. The best part will be the tasting of these items that were already prepared.			

<b>June 13</b>	Nervous System Regulation	Stacy Eding	 Advanced Energy Work
<b>Course Description:</b> This class provides the skill sets needed in finding that balance between being able to respond to stressors when needed and being able to come back to a place of calm and relaxation. Most people are in a constant state of some form of Nervous system dis-regulation, fight, flight, fawn, or freeze. Learning skills to help you recognize if you are in a state of dis-regulation and what to do about it is an important step toward healing.			
<b>June 26</b>	The Truth Series: Programming	Nicole Paquin	 Self-Healing
<b>Course Description:</b> Dive into the myriad ways we are programmed to think, act, believe, and see the world around us. This programming happens in such subtle ways as to be almost inconceivable. Most systems in place are designed for our destruction from the homes we live in, to the way food is produced, healthcare systems are designed, etc. Learn how we can shed light on this darkness, pull back the curtain, and get out of our own way - step into the light both figuratively and literally.			
<b>June 27</b>	The Truth Series: Navigating	Nicole Paquin	 Self-Healing
<b>Course Description:</b> Part of our program begins with the belief that we are to obey authority, without knowing what and who that authority claims to be. Thus, we unknowingly enter contracts with authorities that give them controlling power. It is imperative that we begin the process of understanding what contracts we are entering into and with whom, unlawful vs. legal behavior, and assumptions behind meanings of words. We will learn strategies to break the bonds we have unwittingly participated in.			
<b>June 28</b>	The Truth Series: Strategies for Living Free	Nicole Paquin	 Self-Healing
<b>Course Description:</b> Come explore new ways of interacting in the world while preserving your core integrity and sacredness. Insights will be given on the connection between beliefs and health, ways to protect oneself from environmental toxins, and how to develop meaningful friendships with others who share similar goals. Gather tools to move forward with confidence and proceed with a life of abundance, freedom, and longevity.			
<b>Date</b>	<b>Title</b>	<b>Instructor</b>	<b>Department</b>
<b>July 11</b>	Essential Oils that Every Parent Should Know	April Humphrey	 Vibrational Medicine
<b>Course Description:</b> If you are new to oils or very experienced, this class will expand your understanding and knowledge greatly. Learn a wide range of helpful information, from how they are made and the great power they hold with many medicinal benefits and historical uses. Also, learn ways to tell if an oil is high or low quality, as well as safety information every parent should know. You will gain an understanding of the various frequencies of the oils and how that helps the body. Included will be detailed descriptions of many highly beneficial oils and why we should be using them, something everyone should know to help with many ailments. You will receive a nice reference guide/class manual for you to take home so you can easily share the information with your family.			

<b>July 25</b>	<b>Herbs of the Kitchen</b>	<b>Cindy Walz</b>		<b>Food Revolution</b>
<b>Course Description:</b> We will learn to use herbs for flavor and health, create herbal seasoning blends, cooking techniques for healthy eating, herbal medicine making, how to support specific health goals, how to build an herbal pantry, and how to find your body's flavor profile.				
<b>July 31</b>	<b>Biodynamically Growing and Making Herbal Teas</b>	<b>Becky Parker</b>		<b>Herbology</b>
<b>Course Description:</b> Travel to a beautiful small homestead that specializes in biodynamic practices for growing herbal teas and selling them at local venues and markets. The class will take place with the primary steward, a homeschool mother and entrepreneur. Students will learn how to grow, harvest, and prepare herbal teas in a full day workshop.				
<b>Date</b>	<b>Title</b>	<b>Instructor</b>		<b>Department</b>
<b>August 1</b>	Dining in the Wild	Jenna Humphrey		Herbology
<b>Course Description:</b> During a walk about on a sustainable organic ranch, students will learn how to harvest wild herbs, plants, and tubers for making tasty and extremely healthy meals. The focus will be on incorporating these wild edibles into dishes that you already prepare and know. A few of the plants will serve as side dishes and condiments completely on their own. Wild seeds will be strongly considered as a staple food and essential nutrient. The awe and exploration of how abundant nature can be will leave a lifetime impression and feeling of abundance.				
<b>August 21</b>	Genetics 101 for Natural Health Professionals	Helen Kociba		Advanced Naturopathic Sciences
<b>Course Description:</b> This an introductory course designed to bridge the gap between modern genetic science and holistic health practices. This course offers a foundational understanding of human genetics and explores how genetic insights can inform personalized, natural approaches to wellness, prevention, and healing. With an emphasis on practical application, participants will learn how genetic variations influence individual health outcomes, nutritional needs, detoxification capacity, and predispositions to certain conditions. The course also covers how natural health practitioners can responsibly integrate genetic awareness into their assessments and care strategies.				
<b>August 22</b>	Understanding Methylation in Human Health	Jacquelynne Featherly		Advanced Naturopathic Sciences
<b>Course Description:</b> One of the challenges of our modern times is to understand how our environment has changed our DNA. Many people are unable to properly process their key nutrients, such as B vitamins. This affects their ability to repair, detoxify, and thrive. Learning how to identify these changes and provide the best strategies for repairing and rejuvenating the DNA will be discussed in detail. This class is meant for those with a functional understanding of physiology.				

<b>August 27</b>	<b>Hot &amp; Cold Stone Massage Techniques</b>	<b>Priscilla Kurash</b>	 <b>Advanced Bodywork</b>
<b>Course Description:</b> In this class for hot and cold stone massage, you will learn a modality that every therapist needs to add to their portfolio. We will cover how to set up for a session with a full warmer of 30-50 stones, techniques on how to use them properly, and a cleanup procedure. What sets this class apart is learning the benefits of contrast therapy and the skills to incorporate cold stones. For the purposes of credit for this course, the prerequisite is Beginning Bodywork from either the NHE program or Class #1 from the Therapeutic Bodywork Practitioner program or being an LMT.			
<b>Date</b>	<b>Title</b>	<b>Instructor</b>	<b>Department</b>
<b>September 10</b>	Understanding and Healing Grief	Kriscinda Davis	 Self-Healing
<b>Course Description:</b> Grief can come in many forms. It can come in the form of death of loved ones, both people and animals, significant changes in status of career or relocation, roles of responsibility in other people's lives, and even seasonal changes. Join this heart-felt healing class where tools are provided to navigate your own grief and to help others who struggle to walk the path to restoration after a loss or significant change.			
<b>September 17</b>	The Lost Arts and Healing Modalities of Naturopathy	Nicole Paquin	 Advanced Naturopathic Sciences
<b>Course Description:</b> Discover numerous healing modalities that have been altered, covered up, or destroyed to keep people from knowing truth and healing in powerful ways. This class will look back at ancient techniques through "modern cures" and new discoveries to empower those seeking a greater understanding of the multitude of ways humanity could be healing.			
<b>September 26</b>	The Journey from Maiden to Mother	Helen Kociba	 Holistic Family Wellness
<b>Course Description:</b> Rooted in naturopathic principles, this course explores the biological, psychological, and energetic shifts that occur as a woman moves from the maiden phase of life into motherhood. Key topics such as hormone regulation, fertility optimization, and health conditions affecting that era will be discussed. Students will be taught practical tools for clinical application, including personalized lifestyle and nutrition strategies, supportive protocols, various hormone testing options, and mind-body approaches that honor the profound inner evolution this life stage brings.			
<b>Date</b>	<b>Title</b>	<b>Instructor</b>	<b>Department</b>
<b>October 3</b>	Reiki	Stacy Eding	 Advanced Energy Work
<b>Course Description:</b> This Japanese healing technique focuses on facilitating the body's natural healing abilities by manipulating energy flow. There is a universal life energy that flows within and around the body, and that blocked energy can contribute to physical and mental discomfort.			
<b>October 10</b>	Healing Trauma	Sheila Carroll	 Self-Healing
<b>Course Description:</b> Unresolved trauma – emotional or physical – is often the hidden root of chronic illness. This class explores the trauma-illness connection with special attention to brain injuries and their long-term effects on emotional and physical regulation. Learn to calm the hypothalamus and restore balance through seven key healing modalities: homeopathics, flower remedies, tapping, Emotional Code, expressive writing, resilience practices, and trauma-informed communication. Gain practical tools, clinical insights, and a trauma-informed framework for creating a therapeutic healing arc for yourself and your clients.			

<b>October 30</b>	<b>Advanced Polarity Therapy</b>	<b>Lori Cunningham</b>	 <b>Advanced Energy Work</b>
<p><b>Course Description:</b> This dynamic, authentic, and heartfelt workshop will equip you with advanced skills and deeper insights to aid in supporting yourself and your clients!</p> <ul style="list-style-type: none"> <li>• <u>Pillar One: Advanced Energy Exercises</u> – Discover and practice powerful self-exercises and stretching postures designed to release energetic congestion and balance your energy field.</li> <li>• <u>Pillar Two: Spiritual Dimensions of Polarity</u> – Explore the profound spiritual aspects of Polarity Therapy and learn how they integrate mind, emotions, and spirit for holistic well-being.</li> <li>• <u>Pillar Three: Energetics of Nutrition</u> – Dive into the advanced principles of the “Energetics of Food” and understand how your dietary choices nourish your body, mind, and spirit.</li> <li>• <u>Pillar Four: Advanced Bodywork Techniques</u> – Learn and apply sophisticated Polarity bodywork techniques to stimulate and harmonize energy flow.</li> </ul>			
<b>Date</b>	<b>Title</b>	<b>Instructor</b>	<b>Department</b>
<b>November 7</b>	Fasting to Activate Your Soul Energy	Corey Winters	 Self-Healing
<p><b>Course Description:</b> Experience the art of fasting and the tools of cleansing in this workshop style class. There will be breath work for specific organs and tissues, along with ways to energize the key developmental centers of the brain and glandular system for better mental clarity, hormone balance, and peace of mind. Fasting broths, teas, and juicing will be included in this healing experience.</p>			
<b>November 13</b>	Advanced Myofascial Release	Teri Straus	 Advanced Bodywork
<p><b>Course Description:</b> Myofascial release focuses on stretching and loosening fascia and other connective tissue to improve structural alignment, improve range of motion, and decrease pain. This class will focus on techniques that can benefit the whole body and be incorporated into a therapeutic massage session. For the purposes of credit for this course, the prerequisite is Advanced Bodywork from either the NHP program or Class #5 from the Therapeutic Bodywork Practitioner program or being an LMT.</p>			
<b>November 14</b>	Core Balancing and Alignment	Teri Straus	 Advanced Bodywork
<p><b>Course Description:</b> Core Balancing and Alignment is a technique that focuses on assessing and addressing pelvic imbalances. Using Formal Assessment, Muscle Energy Techniques, and Fascial Release on specific areas of the pelvic region, the therapist will be able to target problem areas and introduce active, resistive joint movements to improve pelvic alignment. This technique is best used as a stand-alone session with those clients suffering chronic pain or limited range of motion in the low back and hips. For the purpose of credit for this course, the prerequisite is Advanced Bodywork from either the NHP program or Class \$5 from the Therapeutic Bodywork Practitioner program or being an LMT.</p>			
<b>Date</b>	<b>Title</b>	<b>Instructor</b>	<b>Department</b>
<b>December 12</b>	Mineralization and Mental Health	Tarin Hyder	 Self-Healing
<p><b>Course Description:</b> In the world we live in, we are outnumbered by heavy metals. They are found in the air, water, food, deodorant, cookware, and even the medication we are given! It isn't the first exposure, nor the second, nor the third, that typically stands out as the problem, but the buildup over time. Recurring exposure results in our minerals being hijacked, leading to modern disease diagnoses. Learn how heavy metals hijack good minerals, ways to reduce your exposure, and options for cleansing and rebuilding.</p>			

# Academic Requirements by Department



## Advanced Bodywork

For the massage therapy professional who seeks to deepen their knowledge and experience in the therapeutic bodywork discipline, this department allows the massage therapist to gather a wider skill set than the basic training program, and also advances their techniques in multiple services. Natural health students who have completed year two of the core naturopathy program already have four of these skill sets. To earn a certification, eight core classes and eight emphasis classes are required.



### Diploma Students:

*Natural Health Educator Program Year Completed:*

Program Core Classes Completed	2
Additional Core Classes Needed	6
Advanced Bodywork Emphasis	8

*Natural Health Therapists Program Year Completed:*

Program Core Classes Completed	4
Additional Core Classes Needed	4
Advanced Bodywork Emphasis	8

*Natural Health Practitioner/Certified Naturopath Program Year Completed:*

Program Core Classes Completed	8
Advanced Bodywork Emphasis	8

### Emphasis Only\*

Core Program Classes Needed	8
Advanced Bodywork Emphasis	8

\*If you choose to take classes for personal growth in the Emphasis program, then you are not held to the same academic requirements. Fill out and submit the Alumni/Guest Individual Class Registration Form.



Look for this icon when searching for a class from this department

### Program Core Courses:

*These classes can be taken in any order, unless prerequisites apply:*

Natural Health	TBP	Class Name
X	X	Beginning Bodywork
X	X	Reflexology
X	X	CranioSacral Bodywork
X	X	Meridian Work / Light Healing Touch / Hands on Technique
X	X	Advanced Bodywork
X		Magnets and Polarity Therapy
X		Color Therapy and Sound Therapy
	X	Pathology 101
X	X	Advanced Oils
	X	Lymphatic Bodywork

### Advanced Bodywork Emphasis Courses:

*Not all courses are offered each year.*

*Review the class schedule guide to learn what is available in any given year:*

- Active Isolated Stretching (Lower Body)
- Active Isolated Stretching (Upper Body)
- Advanced Lymphatic Techniques
- Advanced Myofascial Release
- Core Balancing and Alignment
- CranioSacral in the Mouth
- Facial and Scalp Massage
- Hot and Cold Stone Techniques
- Introduction to Stretching
- Nutrition for Bodyworkers and Their Clients
- Oncology Massage
- Post-Operative Massage
- Pre- and Post-Natal Massage



## Advanced Energy Work

While the human bio-field is largely unseen to the naked eye, it has a massive impact on our overall health and wellbeing. We are in fact electromagnetic Beings! Bringing awareness and balance to this system is crucial now more than ever to go beyond surviving to thriving.



Our energy system is divinely designed to speak to us and to keep us healthy. It reports on anything that threatens our life force. We have a natural capacity called Intuitive Intelligence to read the energetic data. Attuning your intuitive intelligence requires knowledge and information. The focus of the Advanced Energy Work Emphasis will help you to attune your intuitive intelligence. The more you know about the energy systems of the body, the more you will recognize the energetic signals and data you receive through your intuition and gut instincts.

### Diploma Students:

#### *Natural Health Educator Program Year Completed:*

Program Core Classes Completed	2
Additional Core Classes Needed	5
Advanced Energy Work Emphasis	10

#### *Natural Health Therapist Program Year Completed:*

Program Core Classes Completed	4
Additional Core Classes Needed	3
Advanced Energy Work Emphasis	10

#### *Natural Health Practitioner/Certified Naturopath Program Year Completed:*

Program Core Classes Completed	7
Advanced Energy Work Emphasis	10

### Emphasis Only\*

Core Program Classes Needed	7
Advanced Energy Work Emphasis	10

\*If you choose to take classes for personal growth in the Emphasis program, then you are not held to the same academic requirements. Fill out and submit the Alumni/Guest Individual Class Registration Form.

#### Program Core Courses:

*These classes can be taken in any order, unless prerequisites apply:*

- NHE: Herbs and Muscle Testing
- NHE: Reflexology
- NHT: CranioSacral Therapy
- NHT: Meridian Work / Light Healing Touch
- NHP: Advanced Reflexology / Meridian Work / Hands on Techniques
- CN: Magnets and Polarity
- CN: Color and Sound Therapy

#### Advanced Energy Work Emphasis Courses:

*Not all courses are offered each year. Review the class schedule guide to learn what is available in any given year:*

- Breathwork
- Chakra Therapy
- Embodiment Therapy
- Emotion Code
- Emotional Fascia Connection
- Nervous System Regulation
- Reiki
- Somatic Release Therapy
- The Personality Patterns
- Touch for Health
- Minerals, Stones, and Crystals for Enhancing Bodywork
- Medical and Anatomical Intuitive Healing



Look for this icon when searching for a class from this department.

## Advanced Naturopathic Sciences

At the cellular level and smaller, the Institute already provides training in various disciplines of science that are considered holistic and well-researched. In order to study the body at the deepest level, degree seeking students will need to complete the core courses of Anatomy I, II, and III, Biology, Iridology, Vaccines and Environmental Poisons, Environmental Poisons II, Sclerology, and Evaluation and Assessment before taking the Emphasis classes.



### Diploma Students:

*Natural Health Educator Program Year Completed:*

Program Core Classes Completed	3
Additional Core Classes Needed	6
Advanced Naturopathic Sciences Emphasis Needed	6

*Natural Health Therapist Program Year Completed:*

Program Core Classes Completed	5
Additional Core Classes Needed	4
Advanced Naturopathic Sciences Emphasis Needed	6


*Natural Health Practitioner/Certified Naturopath Program Year Completed:*

Program Core Classes Completed	9
Advanced Naturopathic Sciences Emphasis Needed	6

### Emphasis Only\*

Core Program Classes Needed	9
Advanced Naturopathic Sciences Emphasis Needed	6

\*If you choose to take classes for personal growth in the Emphasis program, then you are not held to the same academic requirements. Fill out and submit the Alumni/Guest Individual Class Registration Form.

 Look for this icon when searching for a class from this department.

### Program Core Courses:

*These classes can be taken in any order, unless prerequisites apply:*

NHE: Body Systems/Anatomy/Physiology  
 NHE: Biology  
 NHE: Iridology  
 NHT: Anatomy II  
 NHT: Vaccines and Environmental Poisons  
 NHP: Anatomy III  
 NHP: Evaluation and Assessment  
 CN: Environmental Poisons II  
 CN: Sclerology

### Advanced Naturopathic Sciences Emphasis Courses:

*Not all courses are offered each year. Review the class schedule guide to learn what is available in any given year:*

Esoteric Anatomy of Man  
 Genetics 101 for Natural Health Practitioners  
 Introduction to Alchemy  
 Hijacked Minerals, Heavy Metals, and Modern Disease  
 Light as a Healer  
 Live Blood Analysis  
 Making Chem Busters  
 The Flower of Life  
 The Lost Arts and Health Modalities of Naturopathy  
 Understanding Blood Panels  
 Understanding Methylation in Human Health  
 Understanding Pharmaceutical Actions and Ingredients



## Food Revolution

In order to truly heal, it is imperative that we do better at teaching and serving healthier food starting from the soil up. In the seven core classes each student learns about vitamins, minerals, fats, soil, food preparation, current toxic additives, healthy water, various food disciplines, and how to personalize all of this information for each individual's needs.



### Diploma Students:

*Natural Health Educator Program Year Completed:*

Program Core Classes Completed	3
Additional Core Classes Needed	4
Food Revolution Emphasis	10

*Natural Health Therapist Program Year Completed:*

Program Core Classes Completed	6
Additional Core Classes Needed	1
Food Revolution Emphasis	10

*Natural Health Practitioner/Certified Naturopath Program Year Completed:*

Program Core Classes Completed	7
Food Revolution Emphasis	10

### Emphasis Only\*

Core Program Classes	7
Food Revolution Emphasis	10

\*If you choose to take classes for personal growth in the Emphasis program, then you are not held to the same academic requirements. Fill out and submit the Alumni/Guest Individual Class Registration Form.



Look for this icon when searching for a class from this department.

### Program Core Courses:

*These classes can be taken in any order, unless prerequisites apply:*

- NHE: Biology
- NHE: Nutrition
- NHE: Elements of Man
- NHT: Food as Medicine
- NHT: Field Herbology
- NHT: Making of Herbal Medicine
- NHP: Food as Therapy

### Food Revolution Emphasis Courses:

*Not all courses are offered each year. Review the class schedule guide to learn what is available in any given year:*

- Biodynamic and Sustainable Farming
- Building a Health Focused Kitchen
- Cleansing Recipes from the Garden
- Cooking Keto for Cancer
- Fermentation for the Gut & Immune System
- Food for Healing the Nervous System
- Foods and Recipes for Balancing Hormones
- Herbs for the Kitchen
- How to Prepare Healthy Protein
- How to Preserve Your Own Food in Healthy Ways
- Medicinal Mushroom Extraction
- Preparing the Soil for a Nutritious Garden
- Snacks for Make with Children
- Soups and Sauces



## Herbology

The foundation to the Herbal Electives starts with 20-hour foundational classes essential to understanding and using herbal remedies. During classes, you learn the chemistry, classification, and identification of plants as medicine.



### Diploma Students:

#### *Natural Health Educator Program Year Completed:*

Program Core Classes Completed	2
Additional Core Classes Needed	5
Herbology Emphasis Needed	10

#### *Natural Health Therapist Program Year Completed:*

Program Core Classes Completed	4
Additional Core Classes Needed	3
Herbology Emphasis Needed	10

#### *Naturopathic Health Practitioner/Certified Naturopath Program Year Completed:*

Program Core Classes Completed	7
Herbology Emphasis Needed	10

### Emphasis Only\*

Program Core Classes Needed	7
Herbology Emphasis Needed	10

If you choose to take classes for personal growth in the Emphasis program, then you are not held to the same academic requirements. Fill out and submit the Alumni/Guest Individual Class Registration Form.



Look for this icon when searching for a class from this department.

### Program Core Courses:

*These classes can be taken in any order, unless prerequisites apply:*

NHE: Nutrition  
 NHE: Herbology and Muscle Response Testing  
 NHT: Field Herbology  
 NHT: Making of Herbal Medicine  
 NHP: Herbal Science and Forms of Cleansing  
 NHP: Clinical Herbology  
 CN: Herbal Adventures

### Herbology Emphasis Courses:

*Not all courses are offered each year. Review the class schedule guide to learn what is available in any given year:*

Biodynamically Growing and Making Herbal Teas  
 Chemistry of Herbs and How They Work  
 Dining in the Wild  
 Growing a Culinary Herbal Garden  
 Herbal Bag for Doulas and Midwives  
 Herbs for Men  
 Herbs for the Kitchen  
 Make Your Own Tinctures and Salves  
 Plant and Planet  
 Sacred Geometry in Herbal Gardens and Preparations  
 Spiritual Herbology  
 Wilderness Medicine



## Holistic Family Medicine

This emphasis focuses on the dynamics of healthy reproduction and raising children starting before conception all the way through adolescence. This program will highlight individual female concerns throughout the many stages of maiden to wise women. In the same way, we will explore the many phases of boyhood through manhood. A unique opportunity is available to study the honored position of a doula (birth assistant).



### Diploma Students:

#### *Natural Health Educator Program Year Completed:*

Program Core Classes Completed	5
Additional Core Classes Needed	5
Holistic Family Medicine Emphasis Needed	4

#### *Natural Health Therapist Program Year Completed:*

Program Core Classes Completed	9
Additional Core Classes Needed	1
Holistic Family Medicine Emphasis Needed	4

#### *Natural Health Practitioner/Certified Naturopath Program Year Completed:*

Program Core Classes Completed	10
Holistic Family Medicine Emphasis Needed	4

### Emphasis Only\*

Core Program Classes Needed	10
Holistic Family Medicine Emphasis Needed	4

\*If you choose to take classes for personal growth in the Emphasis program, then you are not held to the same academic requirements. Fill out and submit the Alumni/Guest Individual Class Registration Form.



Look for this icon when searching for a class from this department.

### Program Core Courses:

*These classes can be taken in any order, unless prerequisites apply:*

NHE: Body Systems/Anatomy/Physiology

NHE: Beginning Essential Oils

NHE: Homeopathy I

NHE: Nutrition

NHE: Herbology and Muscle Response Testing

NHT: Homeopathy II

NHT: Glandular Symphony

NHT: Field Herbology

NHT: Food as Medicine

CN: Conception/Childbirth/Childhood

### Holistic Family Medicine Emphasis Courses:

*Not all courses are offered each year. Review the class schedule guide to learn what is available in any given year:*

Aging Gracefully

Doula: Healthy Mother, Healthy Birth

Doula: Having Beautiful Birth and the First 24 Hours

Doula: The Fourth Trimester – Honoring the Postpartum Period

Men’s Health Care

Menopause

Natural Solutions to Infertility

Navigating Childhood Illness in Spite of or Without Vaccines

Raising Healthy Children

The Journey from Maiden to Mother



## Homesteading

The study of homesteading is here to stay! Returning to our roots, students will have the foundational classes offered through the Core classes, and then the Emphasis classes will allow the student to be ready to implement and empower themselves, their neighborhoods, and their communities. Classes offered in this Emphasis group are focused on soil preparation, gardening, food saving, animal husbandry, crops, and foraging.



### Diploma Students:

*Natural Health Educator Program Year Completed:*

Program Core Classes Completed	3
Additional Core Classes Needed	5
Homesteading Emphasis Needed	8

*Natural Health Therapist Program Year Completed:*

Program Core Classes Completed	6
Additional Core Classes Needed	2
Homesteading Emphasis Needed	8


*Natural Health Practitioner/Certified Naturopath Program Year Completed:*

Program Core Classes Completed	8
Homesteading Emphasis Needed	8

### Emphasis Only\*

Core Program Classes Needed	8
Homesteading Emphasis Needed	8

\*If you choose to take classes for personal growth in the Emphasis program, then you are not held to the same academic requirements. Fill out and submit the Alumni/Guest Individual Class Registration Form.

 Look for this icon when searching for a class from this department.

### Program Core Courses:

*These classes can be taken in any order, unless prerequisites apply:*

NHE: Biology  
 NHE: Nutrition  
 NHE: Elements of Man  
 NHT: Food as Medicine  
 NHT: Field Herbology  
 NHT: Making of Herbal Medicine  
 NHP: Food as Therapy  
 CN: Herbal Adventures

### Homesteading Emphasis Courses:

*Not all courses are offered each year. Review the class schedule guide to learn what is available in any given year:*

Animal Husbandry  
 Biodynamic Gardening  
 Companion Planting  
 Cordwood Buildings  
 Creating a Homestead Kitchen  
 Food Preservation 101, 201  
 Living Off the Grid  
 Meat  
 Mushroom Cultivation and Harvesting  
 Organic Raised Bed Gardening  
 Permaculture

## Self-Healing

One of the most important forms of healing is the healing of self! The emphasis for this discipline is designed for all on the path of self-healing and is especially encouraged for practitioners in the health field. For those that have healed themselves, they are better able to assist others, and not merge into their clients' patterns and concerns.



### Diploma Students:

*Natural Health Educator Program Year Completed:*

Program Core Classes Completed	2
Additional Core Classes Needed	5
Self-Healing Emphasis Needed	10

*Natural Health Therapist Program Year Completed:*

Program Core Classes Completed	5
Additional Core Classes Needed	2
Self-Healing Emphasis Needed	10


*Natural Health Practitioner/Certified Naturopath Program Year Completed:*

Program Core Classes Completed	7
Self-Healing Emphasis Needed	10

### Emphasis Only\*

Core Program Classes Needed	7
Self-Healing Emphasis Needed	10

\*If you choose to take classes for personal growth in the Emphasis program, then you are not held to the same academic requirements. Fill out and submit the Alumni/Guest Individual Class Registration Form.

 Look for this icon when searching for a class from this department.

### Program Core Courses:

*These classes can be taken in any order, unless prerequisites apply:*

NHE: Nutrition  
 NHE: Beginning Essential Oils  
 NHT: Meridian Work / Light Healing Touch  
 NHT: Flower Remedies and Emotional Roots of Disease  
 NHT: Food as Therapy  
 CN: Feng Shui  
 CN: Color Therapy and Sound Therapy

### Self-Healing Emphasis Courses:

*Not all courses are offered each year. Review the class schedule guide to learn what is available in any given year:*

Breathwork  
 Drum Making  
 Fasting to Activate Your Soul Energy  
 Healing Trauma  
 How to Heal from Trauma and Manipulation  
 Introduction to Astrology  
 Mineralization and Mental Health  
 Pilgrimage of the Heart Retreat  
 Sacred Smoke  
 The Truth Series (Part 1, 2, and 3)  
 Understanding and Healing Grief  
 Understanding the Enneagram

## Vibrational Medicine

Students will be well on the way to understanding the aspects of vibrational healing with a group of classes from both the naturopathy program and the emphasis classes. Students will be able to apply the principles of energy and vibration as a subtle and significant healing tool.



### Diploma Students:

*Natural Health Educator Program Year Completed:*

Program Core Classes Completed	2
Additional Core Classes Needed	5
Vibrational Medicine Emphasis Needed	10

*Natural Health Therapist Program Year Completed:*

Program Core Classes Completed	4
Additional Core Classes Needed	3
Vibrational Medicine Emphasis Needed	10


*Natural Health Practitioner/Certified Naturopath Program Year Completed:*

Program Core Classes Completed	7
Vibrational Medicine Emphasis Needed	10

### Emphasis Only\*

Core Program Classes Needed	7
Vibrational Medicine Emphasis Needed	10

\*If you choose to take classes for personal growth in the Emphasis program, then you are not held to the same academic requirements. Fill out and submit the Alumni/Guest Individual Class Registration Form.

 Look for this icon when searching for a class from this department

### Program Core Courses:

*These classes can be taken in any order, unless prerequisites apply:*

NHE: Beginning Essential Oils

NHE: Homeopathy I

NHT: Homeopathy II

NHT: Flower Remedies and Emotional Roots of Disease

NHP: Advanced Essential Oils

NHP: Homeopathy III

CN: Homeopathy IV

### Vibrational Medicine Emphasis Courses:

*Not all courses are offered each year. Review the class schedule guide to learn what is available in any given year:*

## Enrollment Process

To enroll in a class, an Individual Class Registration form will need to be completed either in person with payment or online. Depending on the student classification you choose, an Emphasis Certification Enrollment Agreement may or may not be required. Regardless of your student status, all forms must be turned in at least 10 days before the class date with payment. Class time is 9 a.m. – 5 p.m.

### Guest Student – Professional Development/Personal Enrichment

Cost of core classes: \$425

Cost of Emphasis classes: \$145

Form Required: Individual Class Registration Form

### Alumni Student – All Program Diplomas Earned

#### 1. Personal Enrichment / Professional Development (CEUs)

Cost of repeating a core class: \$100

Cost of Emphasis classes: \$145

Form Required: Individual Class Registration Form

#### 2. Earning an Emphasis Certification (Directed Studies/Class Test/Finals)

Cost for taking a new core class: \$633

Cost of Emphasis class: \$175

Forms Needed: Emphasis Certification Enrollment Agreement and Individual Class Registration Form

### Certificate Only Candidate

Cost of core classes: \$633

Cost of Emphasis classes: \$175

Forms Needed: Emphasis Certification Enrollment Agreement and Individual Class Registration Form

### Degree Seeking Student – Adding Emphasis Certificate

Cost of core courses: \$633

Cost of Emphasis classes: \$175

Forms Needed: Emphasis Certification Enrollment Agreement and Individual Class Registration Form

### Non-Degree Student – Currently Enrolled at the Naturopathic Institute Seeking Emphasis Certification

This student has not earned any academic credit in the core classes, however has paid tuition that includes books:

#### 1. Personal Enrichment / Professional Development (CEUs)

Cost of core classes: \$560

Cost of Emphasis classes: \$145

Form Needed: Individual Class Registration Form

#### 2. Certificate Only Candidate

If a student has taken core classes that are required in the Certification program, then student will need to retake the class to complete the directed studies and weekend tests. Cost: \$150

Cost for Emphasis classes: \$175 (Directed studies, class tests, finals)

Forms Needed: Emphasis Certification Enrollment Agreement and Individual Class Registration Form

## 2026 Emphasis Certification Instructors



Sheila Carroll

**Sheila Carroll** is a writer, educator, and natural health advocate whose work bridges several disciplines. She is the founder of *Living Books Press*, which publishes resources in sustainable living, personal growth, and home education. Sheila is the author of *Organic Raised Bed Gardening*, with upcoming titles on companion planting and traditional healing. Her teaching combines hands-on wisdom with spiritual insight, drawing from the lives of saints and writers who explore the connection between the natural world, wellness, and the sacred.



Dr. Lori Cunningham, CN, ND,  
PTP

**Lori Cunningham**, a Board Certified Traditional Naturopathic Doctor and Certified Polarity Therapy Professional, is a founding board member of The Embassy of Life Mastery. Devoted to the spiritual sciences, she channels her life's purpose into serving others. At her holistic health practice, Light of Nature, in Ohio, Lori guides clients toward natural wellness. A passionate educator, she teaches at both The Embassy of Life Mastery and the Naturopathic Institute. Lori's expertise and teachings encompass Naturopathy, Feng Shui, Polarity Therapy, Hermeticism, Sacred Geometry, Syncretism, and Plant Spirit Gardening.



**Kriscinda Davis – Hope Advocate** is a lifelong learner and devoted advocate for hope, healing, and heart restoration. With over two decades of experience navigating the profound terrain of grief, trauma, and loss—as a wife, mother, caregiver, and advisor—she brings both lived experience and compassionate insight to her work. In the depths of her own sorrow, Kriscinda discovered a wellspring of grace that became the foundation for a life rooted in love, healing, and transformation. As both a student and steward of the human heart, she creates space for others to move through pain, rediscover purpose, and reclaim hope. Her approach is rooted in empathy, authenticity, and the belief that healing is not only possible, it is a sacred calling.



*Stacy Eding, CN, ND*

**Stacy Eding** is a Board-Certified Naturopathic Doctor. Her work as a nurse prior to becoming a naturopath and her own health journey ignited a passion for helping others find their path to health and wellness. In her practice, she helps people regulate their nervous system through modalities such as Craniosacral Therapy, Light Healing Touch, Reiki, Breath Work, and Somatic Release Techniques. Her passion and enthusiasm for helping others is one of the many attributes that Stacy’s students love and look forward to in any class she teaches.



*Jacqueline Featherly, CN, ND*

**Jacquelynne Featherly** took many health science classes at universities before becoming a Board-Certified Naturopathic Doctor at the Naturopathic Institute of Therapies and Education in 2001. She went on to study with Dr. Peter D’Adamo and Dr. Ben Lynch. After receiving certifications in understanding how genetics affect health, Featherly began to use this form of nutrition among other therapies in her very busy office since 2010. She brings you the cutting-edge information and more importantly, how to begin to put together this complicated science to help your clients understand the root cause of their problems.



*Dr Amy Jo Howard. CH, CN, ND*

**Amy Jo Howard** is the Director of Education for the Naturopathic Institute, as well as a Certified Homeopath and Board-Certified Naturopathic Doctor. She is a well-respected writer and editor for natural health publications. With over 25 years of experience in natural health, Amy specializes in teaching Reflexology, CranioSacral Therapy, Homeopathy, Iridology, Muscle Response Testing, Expressive Writing, and Creative Movement. A good listener and knowledgeable instructor, Amy teaches students how to blend such qualities to enhance their own skills. She is very popular as an instructor and keeps class fun and inspiring!

## 2026 Emphasis Certification Instructors



*April Humphrey CN, ND*

**April Humphrey** is a homeschooling and homesteading mother of three, a Board-Certified Naturopathic Doctor, and Holistic Doula. She is an experienced 4-H leader who loves learning and teaching. She has helped new gardeners and several homesteading families launch their sustainability dreams. She has researched and practiced the best and most humane ways to properly butcher farm animals. Free-range ducks and laying chickens forage in her yard. Preserving food to last all year and making meals all grown on the farm is one of her greatest achievements. April is a passionate hands-on teacher who inspires a “can do” feeling in every student.



*Jenna Humphrey CN, ND*

**Jenna Humphrey** is a Board-Certified Naturopathic Doctor and Homesteader. Having grown up on a sustainable and independent organic farm, Jenna raised animals, used her herbal skills for animal care, and learned how to forage for food. She loves to share her skills in wild edible identification, proper harvest, and use. Her famous dishes include wild seed brownies, wild stir fries, and nutritionally dense soups. Dr. Humphrey has a passion for herbology that truly shows the depth and breadth of plant medicine.



*Dr Tarin Hyder, CN, ND*

**Tarin Hyder** is a Board-Certified Naturopathic Doctor, Certified Gut and Psychology Syndrome Practitioner, PSYCH-K Facilitator, Emotion Code Practitioner, Shaman, Upledger trained Cranial Sacral Therapist, forever student, and published author. Throughout her personal journey and in her professional practice, Tarin has found success by looking inward to the emotional healing journey and providing insight, support, and direction to those who desire a truly holistic approach. Her passion for teaching is well received by students from every walk of life, because she can make the complicated simple.



*Dr Helen Kociba, CN, ND*

**Helen Kociba** is a Board-Certified Naturopathic Doctor with a specialization in nutrigenomics, the study of how nutrition influences gene expression and overall health. By interpreting genetic markers related to detoxification, inflammation, nutrient metabolism, and hormone regulation, Dr. Kociba helps clients understand how their DNA can inform more effective, targeted choices in diet, supplementation, and lifestyle. Her approach bridges the gap between traditional naturopathic principles and modern molecular science, allowing her to uncover the root causes of chronic conditions such as fatigue, hormone imbalance, digestive disorders, and metabolic dysfunction.



*Amy Korth*

**Amy Korth** is a Mushroom Extraction Specialist and Wellness Educator with over three decades of experience in personal fitness training. She has deeply immersed herself in the world of health and wellness. She established God's Green Earth Products, where she initially focused on cannabis extraction to create pain balms and tinctures. As her journey in plant medicine evolved, she discovered the profound healing potential of medicinal mushrooms and expanded her expertise into their extraction. She brings advanced extraction methods and scales production to meet increasing demand.



*Priscilla Kurash, LMT*

**Priscilla Kurash, LMT**, is a Therapeutic Bodywork Practitioner. She has honed her skills and knowledge by having her own practice, teaching at a well-respected massage institute, and attending a significant amount of continuing education classes. Priscilla has experience in a professional spa setting and travels extensively, always receiving massages on her travels just to experience and learn new ideas and information. Some of her additional education is focused on Lymphatic Work, Active Isolated Stretching, Myofascial Release, Pelvic Alignment, Facial Massage, Rebounding, and more!

## 2026 Emphasis Certification Instructors



*Barbara Nurenberg, CN, ND*

**Barbara Nurenberg** is a 2012 graduate of the Naturopathic Institute of Therapies & Education and earned her Board-Certified Naturopathic Doctor title. Barbara teaches at the Institute classes like “Food as Medicine” as well as “Food as Therapy.” Barbara grew up on a farm in lower Mid-Michigan. Those humble beginnings have become a lifelong passion of exploring and teaching food. Barbara enjoys gardening, all things to do with food in all aspects from growing, preserving, sprouting, juicing, fermenting, and of course, eating! This is a way of life, and she is so very passionate about sharing with others in the community.



*Rebecca Parker*

**Rebecca Parker** is an educator and advocate for holistic natural health. Her interest and passion for herbs and their uses medicinally and for culinary purposes stems from helping in her mother’s herb garden as a young child. Today, Rebecca is living her dream as she and her family own and operate Parker United Farms: a micro farm where they use biodynamic and “better than organic” practices to raise herbs, heirloom vegetables, and livestock. Rebecca hopes to pass on her love and enthusiasm for the expansive world of herbs and herbal teas, as well as acquainting and informing students with how they can experience these beautiful plants created for the benefit of all.



*Dr Nicole Paquin, CN, ND*

**Nicole Paquin** is a proud graduate of the Naturopathic Institute and Board-Certified traditional naturopath with over two decades of expertise in the study of environmental toxins and natural health solutions. Known for her optimistic spirit often captured in one of her favorite phrases - “Life is good!” - Nicole is passionate about uncovering truth and offering hope through education and empowerment. What began as a quest for understanding has evolved into a mission to illuminate hidden truths and provide practical, healing solutions. Her goal - to inspire those lightbulb moments - where confusion turns to clarity, and overwhelm shifts into empowered action.



*Teri Straus, LMT, BCTMB*

**Teri Straus, LMT**, is the lead instructor for the Therapeutic Bodywork Practitioner program at the Naturopathic Institute of Therapies and Education. She specializes in therapeutic massage, emphasizing in deep tissue, myofascial release, lymphatic drain, and reflexology. Teri served 20 years in the US Army as an Engineer Officer, earned a BS degree in Civil Engineering, and an MS in Construction Management. After retiring from the US Army, Teri became a Licensed Massage Therapist, as well as earned the highest credential within the massage profession through the National Certification Board of Therapeutic Massage and Bodywork. Her incredible knowledge and passion for the field of bodywork leads her to take multiple continuing education courses and incorporate these advanced learning techniques into her work as an instructor.



*Cindy Walz*

**Cindy Walz** has over 35 years of experience in the kitchen, bringing a deep love and reverence for food as both nourishment and medicine. Rooted in the philosophy that "we are what we eat," her current focus is on cooking with the purest ingredients nature offers. Her mission is to inspire others to join a slower, more respectful food movement by supporting local farms and farmers' markets and by honoring the life-giving force real food brings to our bodies and souls. Students not only learn how to cook the most delicious food but also, how to infuse their meals with intention, care, and life-force energy. Teaching is her joy, and she is honored to guide others back to the sacred art of cooking.



*Corey Winters, CN, ND*

**Corey Winters** is a Board-Certified Naturopathic Doctor. She specializes in sound and light healing. Corey started her professional career at Clayton College, in Holistic Nutrition. She then went on to study Naturopathy at the Naturopathic Institute, earning her the title of Certified Naturopath and Board-Certified Naturopathic Doctor. She instructs at the Naturopathic Institute and is a board member of The Embassy of Life Mastery. Corey is also the In-House Naturopathic Expert for The Better Health Stores across Michigan. She is frequently seen on TV with Fox and ABC Detroit representing Better Health on a wide range of health subjects.