



2026 Emphasis Certification Course Schedule Guide



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Welcome

Emphasis Certification Program

Welcome to yearly course schedule guide toward earning an Emphasis Certification from the Naturopathic Institute of Therapies and Education in collaboration with the Embassy of Life Mastery. This course schedule will outline the course and its description for the coming year. Everyone is welcome to take classes for professional development and/or personal enrichment.

Degree-Seeking Students

Degree seeking students from the Natural Health program at the Naturopathic Institute who wish to also earn a certification, will need to follow the academic plan outlined for each department found in the academic Certification Program Guide. For each academic department they wish to earn a certification, there are specific courses that will need to be completed in the natural health core classes offered through the Institute on weekends, as well as, the one-day Emphasis classes. Your academic plan begins based on the program year completed in the Natural Health program. A meeting with your academic advisor is recommended to go through your academic plan for certification.

New Students-Emphasis Certification Only

Students new to the Institute wishing to earn an Emphasis certification only, will also need to follow the academic plan outlined for each department. A meeting with your assigned academic advisor is encouraged. Core courses are offered through the Naturopathy program at the Institute, and due to the nature of those classes there may be prerequisites to complete. The additional Emphasis one-day classes are stand-alone and can be taken at any time the class is offered.

Alumni and Guests

Alumni and guest students seeking personal development or professional CEUs and are not interested in earning a certification, are welcome to attend any classes offered through the Embassy of Life Mastery or the Naturopathic Institute. To enroll, all that is needed is an Alumni/Guest Individual Class Registration Form. Those students needing CEUs must indicate this on the Registration Form so that a Certificate of Attendance can be created. Certificate of Attendance documents will be mailed to the student within a few days of the completion of the class.

Emphasis Class Schedule

Each year a calendar of class offerings will be published that will offer classes from each Certification department. Classes are generally offered in a one- or two-day format. To enroll in a course, simply fill out the Individual Class Registration Form, choosing your student status, and send in at least 10 days before the class begins.





Date	Title	Instructor	Department
January 10	Doula #1**	Helen Kociba	Holistic Family Wellness
January 11	Doula #1 Continued	Helen Kociba	Holistic Family Wellness

Course Description: 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.

January 17 Spiritual Herbology Sheila Carroll Herbology

Course Description: 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, *and* spirit.

January 18 Chakra Therapy Stacy Eding Advanced Energy Work

Course Description: 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	
February 7	Highjacked Minerals, Heavy Metals & Modern Disease	Tarin Hyder	Advanced Naturopathic Science	

Course Description: 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. Join me in finding and connecting all of the pieces that create the puzzle of your health. This is where healing lies.

February 21	Medicinal Mushroom	Amy Korth	දුර් Food Revolution
Tebruary 21	Extraction	Alliy Kortii	2 room neveration

Course Description: 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. Regardless of your skill level, this workshop offers practical skills and fungal magic you won't forget.

February 28 Sound as a Healer Corey Winters ((**)) Vibrational Medicine

Course Description: 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.

Date	Title	Instructor	Department
March 7	Doula #2**	Helen Kociba	Holistic Family Wellness
March 8	Doula #2 Continued	Helen Kociba	Holistic Family Wellness

Course Description: 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.

March 21 Organic Raised Bed
Gardening: Start to Finish

Sheila Carroll

Homesteading

Course Description: 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.

March 28 Cooking for Cancer Cindy Walz Food Revolution

Course Description: It has been researched that cancer only survives on a glucose-based pathway. Humans can live also 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!

Date	Title	Instructor	Department
April 11	CranioSacral in the Mouth	Amy Jo Howard	Advanced Bodywork

Course Description: 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. *A background in bodywork is required.*

April 16	Understanding Pharmaceutical Actions and Ingredients	Nicole Paquin	曼	Advanced Naturopathic Science
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Course Description: Come take a closer look at ingredients in commonly prescribed drugs, 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.





April 23

Navigating Childhood Illness in Spite of or Without Vaccines

Nicole Paquin



Holistic Family Wellness

Course Description: 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
May 2	Doula #3**	Helen Kociba	Holistic Family Wellness
May 3	Doula #3 Continued	Helen Kociba	Holistic Family Wellness

Course Description: 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.

May 9	Companion Planting	Sheila Carroll	Homesteading
iviay 5	Secrets	Silella Carroll	[P]

Course Description: 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.

May 28	Applying Homeopathy in	Jacquelynne	(((♥)))	Vibrational Medicine
iviay 20	the Cancer Setting	Featherly		

Course Description: With a solid understanding of homeopathy, it's 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.

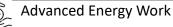
Date	Title	Instructor	Department
June 11	Fermentation for the Gut &	Barb Nurenberg	Food Revolution
	Immune System		

Course Description: 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 Keifer, and more. The best part will be the tasting of these items that were already prepared.

June 13 Ner

Nervous System Regulation

Stacy Eding



Course Description: 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.

June 26

The Truth Series: Programming

Nicole Paquin



Self-Healing

Course Description: 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.

June 27

The Truth Series: Navigating

Nicole Paquin



Self-Healing

Course Description: 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.

June 28

The Truth Series: Strategies for Living Free

Nicole Paquin



Self-Healing

Course Description: 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.

Date	Title	Instructor	Department
July 11	Essential Oils that Every Parent Should Know	April Humphrey	((v)) Vibrational Medicine

Course Description: 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.

July 25

Herbs of the Kitchen

Cindy Walz



Food Revolution

Course Description: We will learn 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 bodies flavor profile.





July 31	Biodynamically Growing and Making Herbal Teas	Becky Parker	Herbology
Course Description. Translate a beautiful and I be made and that are distinct in high many in practices for any using the in			

Course Description: Travel to a beautiful small homestead that specializes in biodynamic practices for growing their own 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.

Date	Title	Instructor	Department
August 1	Dining in the Wild	Jenna Humphrey	Herbology

Course Description: During a walk about on a sustainable organic ranch student 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. While 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.

August 21	Genetics 101 for Natural	Helen Kociba	×	Advanced Naturopathic Sciences
August 21	Health Professionals	петен костра	×	, .aaaaaaaaaa

Course Description: 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.

August 22	Understanding Methylation in Human Health	Jacquelynne Featherly	¥	Advanced Naturopathic Sciences
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Course Description: 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.

August 27	Hot & Cold Stone Massage Techniques	Priscilla Kurash	Advanced Bodywork
	iviassage reciningaes		

Course Description: 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 clean up procedure. What sets this class apart is learning the benefits of contrast therapy and the skills to incorporate colds 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 an LMT.

Date	Title	Instructor	Department
September 10	Understanding and Healing Grief	Kriscinda Davis	Self-Healing

Course Description: Grief can come in many forms. It can come in the form of death of loved ones, both epople and animals, significant changes in status of career or relocation, roles of responsibilty in other people's lives, and even seasonal changes. Join this heart-elt healing class whee tools are provided to navigate your own grief and to help others who struggle to walk the path to resotration after a loss or significant change.

September 17 The Lost Arts and Healing Modalities of Naturopathy Nicole Paquin Sciences Advanced Naturopathic Sciences

Course Description: 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.

September 26 The Journey from Maiden to Mother Helen Kociba Helen Kociba

Course Description: 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 hirmone regulatino, fertility optimizatin, and health condisions affecting that era will be discussed. Students will taini practical tools for clinical application, including personalized lifestyle and nutrition strategies, supportive protocols, arious hormone testing options, and mind-body approaches that honor the profound inner evolution this life stage brings.

Date	Title	Instructor	Department
October 3	Reiki	Stacy Eding	Advanced Energy Work

Course Description: 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.

October 10 Healing Trauma Sheila Carroll Self-Healing

Course Description: 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 practicies, 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.

October 30 Advanced Polarity Therapy Lori Cunningham Advanced Energy Work

Course Description: This dynamic, authentic, and heartfelt workshop will equip you with advanced skills and deeper insights to aid in supporting yourself and your clients!

- <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.
- <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.
- <u>Pillar Three: Energetics of Nutrition</u> Dive into the advanced priciples of the "Energetics of Food" and understand how your dietary choices nourish your body, mind, and spirit.
- <u>Pillar Four: Advanced Bodywork Techniques</u> Learn and apply sophisticated Polarity bodywork techniques to stimulate and harmonize energy flow.





Date	Title	Instructor	Department
November 7	Fasting to Activate Your Soul Energy	Corey Winters	Self-Healing

Course Description: 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 sy stem for better mental clarity, hormone balance, and peace of mind. Fastuing broths, teas, and juicing will be included in this healing exoerience.

November 13	Advanced Myofascial	Teri Straus	À
November 13	Release	Terr Straus	Advanced Bodywork

Course Description: 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 pirposes 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 an LMT.

November 14	Core Balancing and Alignment	Teri Straus	Advanced Bodywork
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Course Description: Core balancing and Alignment is a techinque that focuses on assessing and addressing pelvic imbalances. Using Formal Assessment, Muscle Energy Techiniques, and Fascial Release on specific areas of the pelvic region, the therapist will be able to target problem areas and introduce active, resistive joing movements to improve pelvic alignment. This technique is best used as a stand-along session with those clients suffereing 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 an LMT.

Date	Title	Instructor	Department
December 12	Mineralization and Mental Health	Tarin Hyder	Self-Healing

Course Description: In the world we live in, we are outnumbered by heavy metals. They are found in the airm, water, food, deodorant, cookware, and even the mediciation we are given! It isn't the first exposure, north 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.

Academic Departments

The Emphasis Certification Program was created as a result of collaboration between the Naturopathic Institute and the Embassy of Life Mastery. The opportunities for students to earn a certification, or just to gain personal learning or professional development, these classes are meant for you. The Certification program is divided into nine departments:

ADVANCED BODYWORK: For the massage therapy professional who seeks to deepen their knowledge and experience in the therapeutic bodywork disciplines. This allows massage therapists to gather a wider skill set than their original training program and also advances their techniques in multiple services.

ADVANCED ENERGY WORK: Many students of life are drawn to the disciplines of the electromagnetic aspects of the human body. In this field of study, they find self-healing and the desire to share this incredible knowledge with others. This Emphasis provides opportunities far beyond the lengthy and expensive modern forms of emotional and physical healing. Working directly in, on, and around the electric field of the human body, one is able to discover and correct imbalances in subtle energy layers that will change the mental, physical, and emotional abilities of the person to heal themselves.

ADVANCED NATUROPATHIC SCIENCES: For those that seek understanding at the cellular level and smaller, we are delighted to provide training in various disciplines of science that are considered holistic and well researched.

FOOD REVOLUTION: In order for people to truly heal, we must begin teaching and serving healthier food starting from the soil up. Students will learn about vitamins, minerals, fats, food preparations, current toxic additives, dirt, healthy water, various food disciplines, and how to personalize all of this information for each person's needs.

HERBOLOGY: The beautiful art and science of herbology offers an incredible study of a large variety of plants that can be used for medicine, culinary purposes, and emotional healing. In this Emphasis you will be able to learn them all! Classes will be taught both indoors and outdoors as we explore plant identification, proper harvesting, propagation, and preparation. You will learn nutritional content, current use in world medicine, mental and emotional applications and, most importantly, when and how to use each of them.

starting before conception all the way through adolescence. Individual female concerns throughout the journey of maiden to motherhood will be addressed. In the same way, the many phases of boyhood through manhood will be highlighted. A unique opportunity is available to study the honored position of a doula (birth assistant).

of homesteading is here to stay! There is an incredible desire to return to our roots and in this Emphasis program that is exactly what we will be focused on. Once this knowledge is applied, the student will be ready and feel impowered to implement their training in a small home, neighborhood, like minded community, family farm, or even larger undertakings.

SELF-HEALING: One of the most important forms of healing is the healing of self. This Emphasis is designed for all on the path of self-healing and is especially encouraged for practitioners in the health field. When we have healed ourselves, we are better able to assist others and we are able to not merge into our clients' patterns and concerns. You might say this is one of the most important emphasis certifications available for taking responsibility of your own healing journey.

on the study of homeopathic remedies, essential oils, flower remedies, and Gemmotherapy. When it comes to vibrational therapy there are numerous tools. Classes will focus on specific remedies for women, children, men, pets, sexual dysfunction, anxiety/depression and more. The oil course will dive deeper into application techniques, how to make your own base oil blends, and even the making of perfumes and seduction blends. Flower Remedies will be available for considering one's astrological primary remedy, physical application during massage and bodywork, as well as using flowers for healing the family. Gemmotherapy will explore the use of plant stem cells to reach deeper levels of healing than herbs alone. Gemmotherapy will allow for the introduction of special mineralized rocks used historically as homeopathic preparations, biblically as protection stones, and incorporating them into sound/color therapy, meridian balancing and beyond.

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.

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 – Current Student Enrolled in Naturopathic Institute

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 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, daily test, 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

Dr. 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

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.



Dr. Stacy Eding, CN, ND

Dr. 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.



Dr. Jacqueline Featherly, CN, ND

Dr. 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

Dr. 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



Dr. April Humphrey CN, ND

Dr. April Humphrey is a homeschooling and homesteading mother of three, and is 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.



Dr. Jenna Humphrey CN, ND

Dr. 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

Dr. 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 are 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

Dr. 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



Dr. Barbara Nurenberg, CN, ND

Dr. 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 so very passionate about sharing with others in 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

Dr. 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 incorporates 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 lifegiving 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 is honored to guide others back to the sacred art of cooking.



Dr. Corey Winters, CN, ND

Dr. 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.













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