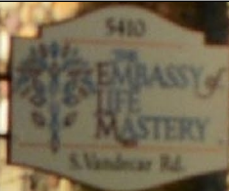
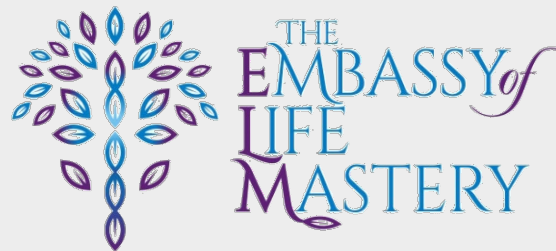


THE EMBASSY OF LIFE MASTERY IN COLLABORATION WITH THE
NATUROPATHIC INSTITUTE OF THERAPIES AND EDUCATION

Emphasis
**Certification
Program**

*Your Academic Planning
Guide to Success!*



Emphasis Certification Program

Welcome to your academic program guide toward earning an Emphasis Certification from the Naturopathic Institute of Therapies and Education in collaboration with the Embassy of Life Mastery. This guide will outline the certification departments with their correlating certification requirements. Students and non-students are welcome to take classes for professional and personal enrichment. Depending on your student status, academic requirements will vary.

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. 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 specifically 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.

Non-Degree Students

Non-Degree seeking students enrolled at the Institute can take Emphasis classes as personal enrichment or they can change their student status and earn a certification. Your academic plan is based on the program year completed in the natural health program. A meeting with your academic advisor is recommended to create your academic plan for certification.



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 Years	1
Additional Core Program Classes	6
Advanced Bodywork Emphasis	8

Natural Health Therapists Program Year Completed:

Program Core Years	2
Additional Core Program Classes	4
Advanced Bodywork Emphasis	8

Natural Health Practitioner/Certified Naturopath Program Year Completed:

Program Core Years	4
Advanced Bodywork Emphasis	8

Emphasis Only*

Core Program Classes	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 need to be taken in order by year:

NHE/TBP: Beginning Bodywork
NHE/TBP: Reflexology
NHT/TBP: CranioSacral Bodywork
NHT/TBP: Meridian Work / Light Healing Touch
NHP: Advanced Reflexology / Meridian Work / Hands on Techniques
NHP/TBP: Advanced Bodywork
CN: Magnets and Polarity Therapy
CN: Color Therapy and Sound Therapy

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 Years	1
Additional Core Program Classes	5
Advanced Energy Work Emphasis	10

Natural Health Therapist Program Year Completed:

Program Core Years	2
Additional Core Program Classes	3
Advanced Energy Work Emphasis	10

Natural Health Practitioner/Certified Naturopath Program Year Completed:

Program Core Years	4
Advanced Energy Work Emphasis	10

Emphasis Only*

Core Program Classes	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 need to be taken in order by year:

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 Facia Connection
Nervous System Regulation
Reiki
Somatic Release Therapy
The Personality Patterns
Touch for Health

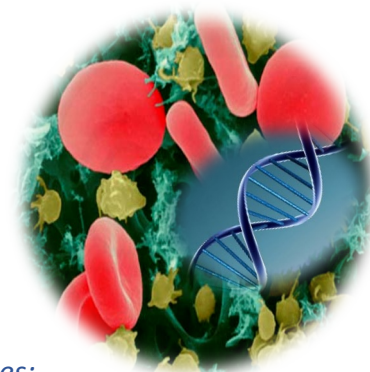


Look for this icon when searching for a class from this department.



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 deepens level, the core courses of Anatomy I, II, and III, Biology, Iridology, Vaccines and Environmental Poisons, Environmental Poisons II, Sclerology, and Evaluation and Assessment are required before taking the Emphasis classes.



Diploma Students:

Natural Health Educator Program Year Completed:

Program Core Years	1
Additional Core Program Classes	6
Advanced Naturopathic Sciences Emphasis	6

Natural Health Therapist Program Year Completed:

Program Core Years	2
Additional Core Program Classes	4
Advanced Naturopathic Sciences Emphasis	6

Natural Health Practitioner/Certified Naturopath Program Year Completed:

Program Core Years	4
Advanced Naturopathic Sciences Emphasis	6

Emphasis Only*

Core Program Classes	9
Advanced Naturopathic Sciences Emphasis	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 need to be taken in order by year:

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
Heavy Metals in Modern Disease
Light as a Healer
Making Chem Busters
The Flower of Life
The Lost Arts and Health Modalities of Naturopathy
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 Years	1
Additional Core Program Classes	4
Food Revolution Emphasis	10

Natural Health Therapist Program Year Completed:

Program Core Years	2
Additional Core Program Classes	1
Food Revolution Emphasis	10

Natural Health Practitioner/Certified Naturopath Program Year Completed:

Program Core Years	4
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 need to be taken in order by year:

NHE: Biology
NHE: Nutrition
NHE: Elements of Man
NHT: Food as Medicine
NHT: Field Herbolgy
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
Cleansing Recipes from the Garden
Cooking 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:

NHE Program Year Completed:

Program Core Years	1
Additional Core Program Classes	5
Herbology Emphasis	10

NHT Program Year Completed:

Program Core Years	2
Additional Core Program Classes	3
Herbology Emphasis	10

NHP/CN Program Year Completed:

Program Core Years	4
Herbology Emphasis	10

Emphasis Only*

Core Program Classes	7
Herbology 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 need to be taken in order by year:

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

Herbs of the Kitchen

Make Your Own Tinctures and Salves

Plant and Planet

Sacred Geometry in Herbal Gardens and Preparations

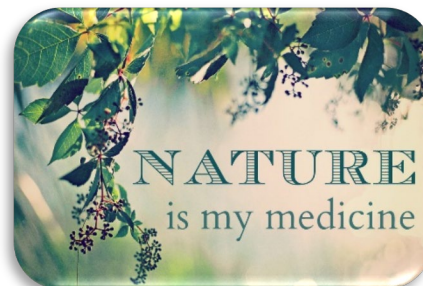
Spiritual Herbology

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:

NHE Program Year Completed:

Additional Core Program Classes	5
Holistic Family Medicine Emphasis	4

NHT Program Year Completed:

Additional Core Program Classes	1
Holistic Family Medicine Emphasis	4

NHP/CN Program Year Completed:

Additional Core Program Classes	0
Holistic Family Medicine Emphasis	4

Emphasis Only*

Core Program Classes	10
Holistic Family Medicine Emphasis	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 need to be taken in order by year:

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 I

Doula II

Doula III

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:

NHE Program Year Completed:

Additional Core Program Classes	5
Homesteading Emphasis	8

NHT Program Year Completed:

Additional Core Program Classes	2
Homesteading Emphasis	8

NHP/CN Program Year Completed:

Additional Core Program Classes	0
Homesteading Emphasis	8

Emphasis Only*

Core Program Classes	8
Homesteading 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 need to be taken in order by year:

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:

NHE Program Year Completed:

Additional Core Program Classes	5
Self-Healing Emphasis	10

NHT Program Year Completed:

Additional Core Program Classes	2
Self-Healing Emphasis	10

NHP/CN Program Year Completed:

Additional Core Program Classes	0
Self-Healing Emphasis	10

Emphasis Only*

Core Program Classes	7
Self-Healing 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 need to be taken in order by year:

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

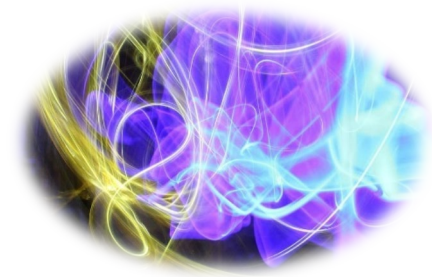
The Truth Series (Part 1, 2, and 3)

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:

NHE Program Year Completed:

Additional Core Program Classes	5
Vibrational Medicine Emphasis	10

NHT Program Year Completed:

Additional Core Program Classes	3
Vibrational Medicine Emphasis	10

NHP/CN Program Year Completed:

Additional Core Program Classes	0
Vibrational Medicine Emphasis	10

Emphasis Only*

Core Program Classes	7
Vibrational Medicine 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 need to be taken in order by year:

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:

Advanced Vibrational Raindrop Therapy
An Introduction to Spagyrics
Applying Homeopathy in the Cancer Setting
Astrological Flower Essences
Essential Oils Every Parent Should Know
Homeopathy for Mental Health
Homeopathy for Women
Plant Stem Cells
Sacred Geometry for the Home
Sound as a Healer

Your Path to Success

Start checking the boxes!

Degree-Seeking Students

Alumni/Guest Students



- ☐ Determine your individual class
 - NITE Weekend Class
 - ELM One-Day Seminar
- ☐ Complete the Individual Certification Class Registration Form
 - Submit to the Administration Office with payment at least 10 days before the class start date to the Academic Clerk's Officer.

Current Non-Degree Seeking Students

- ☐ Determine your Certification Department
- ☐ Make an appointment with your Academic Advisor
- ☐ Apply to the Emphasis Certification Program
- ☐ Complete the Class Registration Forms
 - Submit the Emphasis Certification Enrollment Agreement.
 - Submit the Individual Certification Class Registration Form with payment at least 10 days before the class start date to the Academic Clerk's Office.

Current Degree Seeking Students

- ☐ Determine your Certification Department
- ☐ Make an appointment with your Academic Advisor
- ☐ Apply to the Emphasis Certification Program
- ☐ Complete the Class Registration Forms
 - Submit the Emphasis Certification Enrollment Agreement.
 - Submit the Individual Certification Class Registration Form with payment at least 10 days before the class start date to the Academic Clerk's Office.

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

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

Jacquelynn 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, 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.



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 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

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 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

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 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 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.