



Natural Health and Wellness Consultant Online Certification

Objective: To offer distance Holistic Health education opportunities for students who need a self-paced learning curriculum in naturopathy.

Instructors: Dr. K. Akua Gray

Email: akua@alifeofpeace.org - direct contact daily

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A lifestyle of spiritual strength, good health, positive emotions, and mental clarity is a birthright. However, in the scope of centuries past we have lost connection with the very essence of who we are as divine energy. My goal in providing this certification course to all communities is to do my part in restoring the principles of MAAT to a world in dire need of change through light and balance.”
- Dr. Akua

Earn certification as a Natural Health and Wellness Consultant. This certification can be used for personal, family, and community service. It can also be used in professional health services as a naturopath, nutritional consultant, and holistic health consultant.

This intensive certification course will prepare you with holistic healthcare training in The Body of Man, Assessment Skills for Identifying Disease, Solutions to Disease, Client Care, Food Health, Herbal Remedies, Family Health, and Holistic Health Business and Law.

Course Format: The format and the philosophy of the course is designed to promote self-directed learning in earning certification as a Natural Health and Wellness Consultant. The class will be conducted via previously recorded videos.

Required Textbooks: *Natural Health and Wellness: The Consultant Manual*, by K. Akua Gray, published by BJK Publishing and *Prescription for Nutritional Healing* by Phyllis Balche 4th or 5th ed. (Please note this book has 800+ pages make sure and get the correct one.)

Lab Kit Supplies: Multistix 10 SG, pH Paper Roll w/ the 5.5 – 8.5 range, Iris Magnifier (3x – 5x power), Pen Light (white light only) No LED. These should be purchased on your own when you are ready to do your assessments and to practice your lab tests.



Assignments: Homework Assignments

Essay Package

Final Exam

10 Health Assessments (We are providing Case studies during COVID.)

Final Exam: The final exam will be administered via email. Students are to request the final exam at least two days prior to the date you would like to take the exam. On the morning of the requested date, the word document format exam will be mailed to you. You will then have 8 hours to complete the exam in Word document format. It is recommended that you save your work frequently. Once you are complete, resave your exam to your NHWC folder or desktop and attached the completed exam to a reply email to akua@alifeofpeace.org

Grading Scale: 80% passing must be achieved on all assignments.

Grading Posts: Grades are posted online to each student individually. Grade posting will depend on when you complete and turn in all of your assignments.



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Essay Assignments

To articulate understanding in writing activates a subconscious portal of internal remembrance and facilitates a permanence in the learning process. The Natural Health and Wellness Consultant Certification essay assignments is intended to boost your ability to engage your mental faculties in the mastery of recall, compilations, structure and dissemination.

You will complete a total of four (4) essays during this course. *Each essay must have a minimum of 300-500 words where indicated and essay must be typed and submitted in Word Document or pdf format in size 12 font, 1 ½ spaced, New Times Roman with correct spelling and grammar.* You can go over the required words; however, any essays with less than required words will have points taken off. *Please use the following heading for each essay:*

Your Name

Date

Topic

Essay #

Essay Topics

Essay # 1

There are 38,000 types of diseases. What disease have you had experience with either personally, with family/friend or work? When you look at that experience through naturopathic eyes:

- What classification of disease was/is it?
- What category(s) of chemical medication were used in treating the disease?
- What nutrients were in risk of depletion during treatment?
- What therapeutic herbs would not have been advisable during the use of that particular type of medication?

(300 words)

Essay #2 and #3

Review the videos on preparing the methods of application for your herbal remedies.

Part 1: Write a summary essay. Include what you learned from each video. (300 words)

Part 2: Take an herb walk and gather 4 ounces of at least 3 herbs that grow in your area. Produce 3 methods of application of the herbs you gather and write a summary of your process and the quality of the end product. (300 words)

Essay #4

Watch the following videos on wellness therapies (Please be aware that some links maybe removed. I would suggest you do a current search on the subject as a substitute.):

Ion Foot Detox: www.youtube.com/watch?v=OqgoN1J_sZ4

Bio mat: www.youtube.com/watch?v=u1BeSceJPes

Chi Swing: www.youtube.com/watch?v=9ZYDfIwq-h4

Lymph Star Pro: www.youtube.com/watch?v=kbtqHhI5MF0

Reflexology: www.youtube.com/watch?v=kLLMjhGS24E

Acupuncture: www.youtube.com/watch?v=wXgVz4ZqAxo

Shiatsu: www.youtube.com/watch?v=HPOxO-1sJBo&index=5&list=PLdXEL-hvD8wN_gWfINgf3LOu9MrAP4ELe

Reiki: www.youtube.com/watch?v=7McpOMbpRFc&list=PLdXEL-hvD8wN_gWfINgf3LOu9MrAP4ELe

Crystals: www.youtube.com/watch?v=vowvHkQUaiU

Past Life: www.youtube.com/watch?v=zU9y3Te0oy4

Color Therapy: www.youtube.com/watch?v=W6nSWYNgDA8

Channeling: www.youtube.com/watch?v=JS_hGdlsFV0

Choose 7 Wellness therapies. Summarize technique, functions, benefits and training requirements. (500 words)

NHWC Final Exam Study Guide

Please study the following for the final exam.

- anatomy description
- African Perspective on Disease
- Causes of disease
- Relationship between disease and the mind
- disease identification
- who are sick people
- visual signs of disease in the face
- pH multiple choice
- urine analysis multiple choice
- nutrient depletion
- non-interactive herbs and their uses
- healing foods and supplements
- herbal categories
- part of the plants and trees used in herbal remedies

-ESSAYS

5 Alternative Modalities

Maintaining A Personal Relationship or Marriage

Holistic Health Business