



Knowledge is Power!

By Janet L. Hall, ND, CMI, CKP, AHG, CBT

How many times have you had a cold, allergies, or a stomach ache or your child been ill or fallen down injuring themselves and you weren't sure what to do? It can leave you feeling helpless at a very crucial time. **Knowledge is power!** Now you have the opportunity to learn the most natural and helpful things to do in those circumstances and so much more!

Health and Herbal Certification Course

Learn from one of the world's foremost leading herbalists, K. P. Khalsa, writer and director of our courses and teacher of many of the classes. President of the American Herbalists Guild, he and has written over 22 publications, including *Herbal Defense* and *Body Balance*.

We are currently registering for this amazing course that will begin August 20, 2011. (*Register now and receive an early bird discount of \$100.00.*) The course is designed for both individuals and those requiring certification to use herbalism in their professional careers. Classes will be held on Saturdays and Sundays, one weekend per month for nine months and provides CEU's.

- ✓ Gain valuable health information – understand your body better
- ✓ Know what foods are and aren't good for you and their nutritional content
- ✓ Learn to make your own herbs, tinctures, salves and other remedies – with hands on learning

- ✓ Enjoy being “grandfathered” in when herbalists become licensed, with this certification
- ✓ Be informed as to how to use foods, herbs, essential oils, homeopathic remedies, etc., for symptoms and illness
- ✓ Differentiate between treating infants, children, adults and the elderly
- ✓ Find out how to grow and wild craft your own herbs and spices

Health and Kinesiology Certification Course

Our Herbal Certification course is also taught alongside our Kinesiology Course which will begin November 18, 2011. Applied Kinesiology (muscle testing) can teach you a unique method to take care of your own health, the health of your loved ones, and qualify you as a Certified Practitioner of Kinesiology!

Kinesiology is considered the “**master technique**” that determines everything you need – from your diet to supplementation and even your emotional and spiritual needs. It is a fast, very accurate technique to help you put together a program for optimal health. This course has an early bird discount as well.

You will learn how to determine if you are getting the proper nutrition for your body, physiology, allergy testing, reflexology, acupressure, deep muscle therapy, color and sound therapy, body realignment, polarity, and even face reading and mental/emotional therapies.

- ✓ Learn this very accurate, unique system of body testing – Kinesiology
- ✓ Know your anatomy and physiology – your body systems and how they work
- ✓ Understand the causes and symptoms of disease and how to prevent them
- ✓ Do hands on testing to sharpen your kinesiology skills
- ✓ Be informed of the fastest, most effective ways to heal
- ✓ Try all the various healing techniques in this course and determine the most helpful to you and others
- ✓ Accurately test to see what is the most beneficial product for you, how much to take of it and how long to take it.

Stop in today to see our syllabus and check out all the different services we have to offer, or visit our website.

ENJOY GREAT HEALTH AND SUCCESS!

Rise Above!
Regain Vitality!
Physical, Mental & Emotional

- Kinesiology
- Biofeedback Treatments
- Massage and Colonics
- Homeopathic Laser Treatments
- Nutritional Counseling/Weight Loss/Fitness

HOMEBOUND & LONG DISTANCE TREATMENT AVAILABLE BY PHONE - CALL FOR DETAILS!

ALTERNATIVE WELLNESS CENTER
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Monday-Friday 9-5, Saturdays by appointment

Janet L. Hall has a Bachelor's degree in Natural Health and a Doctorate in Naturopathy. Janet is a Certified Kinesiologist, Certified Medical Intuitive, Herbalist, Biofeedback Technician, and Nutritional Consultant, as well as Owner of Alternative Wellness Center. Janet's Wellness Center is dedicated to healing, preventative health, life change and empowerment...helping people to “rise above!” www.alternativewellnesscenter.org.