



AMERICAN COLLEGE  
OF HEALTHCARE SCIENCES™  
ESTABLISHED 1978



# Program Viewbook

Perfecting the art of distance education since 1978.

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## Excellence in Holistic Health Distance Education™ Since 1978

COMPREHENSIVE ONLINE PROFESSIONAL TRAINING  
IN HOLISTIC HEALTH

### WELCOME TO AMERICAN COLLEGE OF HEALTHCARE SCIENCES!

I founded ACHS with a mission to make holistic health and wellness education accessible to our global community, giving everyone the opportunity to lead healthier and happier lives.

ACHS supports a diverse community of learners, including healthcare professionals, military students, stay-at-home parents, and lifelong learners. All of us at ACHS celebrate the achievements made possible by its committed team of staff and faculty, and of course, the passion of each and every one of our students and graduates!

Highlights of our proudest moments include achieving recognition as #3 among the 2019 Top 100 Green Businesses in Oregon (#5 in 2018) and #6 among Top Oregon Workplaces in 2017, continuing our work of positive impact on the communities we serve as a Certified B Corporation®, and the work of our Soil to Oil global aromatherapy education initiatives.

Our graduates, students, program advisory councils, faculty, staff, and board of directors provide the inspiration behind our comprehensive programs and curricula as well as our dedication to excellence in student and alumni support.

We look forward to welcoming you to the ACHS family and invite you to visit us on-campus in Portland, Oregon or Kona, Hawaii. Best wishes on your journey toward graduation!

Sincerely,



*Dorene in Nepal in 2018 educating Nepalese leasehold forestry groups, many of whom are women, how to grow aromatic plants for essential oil distillation.*

***Dorene Petersen***

**Dorene Petersen, BA, Dip.NT, Dip.Acu, RH (AHG)**

*President and Founder*

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# Why ACHS?

- Who We Are
- Our Mission
- Our Vision
- Our Core Values
- Accreditation
- Access to Funding

American College of Healthcare Sciences transforms the adult learning experience and takes pride in providing exemplary educational pathways for our students' success!



## WHO WE ARE

- Pioneers in the accredited online holistic health industry
- Innovators of dynamic interactive online learning communities
- Dedicated to fostering student success
- Accredited by the Distance Education Accrediting Commission ([www.DEAC.org](http://www.DEAC.org))
- Dedicated to transforming the lives of our students through unparalleled holistic health education
- Committed to cultivating strong foundations so you can start living your passion
- Certified B Corp™ with a commitment to benefiting the communities we serve

## Our Mission

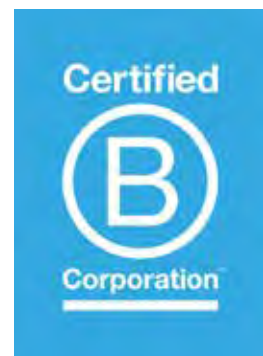
To provide leadership in holistic health education through comprehensive professional online and on-campus education and high-quality natural products with a commitment to sustainable practices and principles.

## Our Vision

Through our mission, ACHS fosters competence, professionalism, and cooperation in holistic healthcare and works to preserve and share knowledge in natural medicine. We will achieve our objectives through a set of values that respect our students, customers, employees, suppliers, and community, and to operate with integrity that is deserving of their trust.

## Our Core Values

We operate with a focus on people and the planet, not just the bottom line. ACHS is proud to be a Certified B Corp™, joining a like-minded community of corporations that are devoted to transparency, accountability, and bettering our world for others!





# Our Accreditation, Licensure, and Approvals

We believe that you deserve the very best college experience, and that's why we hold ourselves to the highest standards in education and business practices. We prove our dedication to these values by submitting to rigorous industry accreditation standards and adhering to all state authorization requirements.

## ACCREDITATION & STATE AUTHORIZATION

ACHS is accredited by the Distance Education Accrediting Commission (DEAC). The Distance Education Accrediting Commission is recognized by the U.S. Department of Education (1101 17th Street NW, Suite 808, Washington, D.C. 20036, 202.234.5100, <http://www.deac.org>).

ACHS's main campus is in Oregon: ACHS is a business unit of a corporation and is authorized by the State of Oregon to offer and confer the academic degrees and certificates described herein, following a determination that state academic standards will be satisfied under OAR 583-030. Inquiries concerning the standards or school compliance may be directed to the Office of Degree Authorization of the Higher Education Coordinating Commission (255 Capitol Street NE, Third Floor, Salem, OR 97310, 503.378.5690).

ACHS's Hawaii Campus is located in Kona, Hawaii, just outside the beautiful Kona-Kailua area in the community of Kealahou. ACHS has received authorization to operate as a post-secondary degree-granting educational institution in the State of Hawaii.

ACHS is in compliance with SB 1192 for out-of-state institutions and is a registered out-of-state institution with the California Bureau for Private Postsecondary Education (BPPE).

**Other States:** ACHS continually monitors regulations in all U.S. states and territories. Please review regulatory information and professional licensing requirements in your state of residence. Visit [achs.edu/state-authorization](http://achs.edu/state-authorization) for more information.

## TUITION & FUNDING

Your pursuit of higher education is one of the most important investments you'll make. At ACHS, we can help you access all the funding options that are available to you.

Since every student's financial situation is unique, we will assign you an Admissions Advisor to assist you in determining your funding options. Be sure to review the Financial Aid Application deadlines online at <https://achs.edu/academics/academic-calendar>.

As an accredited institution, ACHS offers many flexible funding options including:

- Federal student aid to those who qualify (Federal School Code: 04194400)
- In-house semester and monthly payment installment plans (PIPs)
- Veteran's Benefits
- Military and Employer Tuition Assistance programs
- Workforce Investment Act (WIA) funds (ACHS is on the Eligible Training Provider List [ETPL] for Oregon)
- Vocational Rehabilitation funding
- ACHS Adult Scholarship\*
- ACHS Military Scholarship for Active-Duty Servicemembers, Veterans, and Spouses of Active-Duty Servicemembers\*
- Americorp Education Award
- Trade Adjustment Assistance (TAA) Program

Schedule a time to chat with an admissions advisor about your options online at <https://achs.edu/admissions/speak-achs-admissions-advisor>.

## ACHS IS MILITARY FRIENDLY

As a military-friendly institution, ACHS makes it easy for U.S. Armed Forces servicemembers, military spouses, and veterans to maximize their education benefits and invest in their future with career training in holistic health.

In response to our commitment to servicemembers, veterans, and military spouses, ACHS has been designated as one of the top 15% of military friendly institutions in the U.S. for nine years in a row!

Learn more online at <https://achs.edu/our-military-students>.

\*Application criteria apply. Learn more online at [achs.edu/scholarship-funding](https://achs.edu/scholarship-funding).







# Get Ready

- To integrate what you learn in your life
- For a dynamic and engaging learning environment
- To learn from faculty with real-world professional experience
- For an exceptional experience



## GET READY...

From Aromatherapy training to a Master of Science in Complementary Alternative Medicine degree, you'll have amazing opportunities to apply what you learn at American College of Healthcare Sciences. At ACHS, you'll find:

- Instructors with real-world professional experience, including physicians, licensed naturopathic doctors, respected researchers, health educators, and professionals working for state health services
- Exceptional faculty and staff to enhance your learning experience
- Faculty who have extensive academic and clinical experience in the field of holistic health
- Direct access to industry professionals and membership organizations that give you a competitive edge
- A dynamic collegiate atmosphere
- Personalized individual attention from faculty and staff
- Classrooms available 24/7 - even from your mobile device
- Technically advanced yet easy-to-navigate online classrooms

ACHS's strong connections in the holistic health industry ensure that our programs are continuously updated to include new research discoveries and industry standards as they develop.

### Get ready for an exceptional experience!

ACHS is proud of its incredibly high student satisfaction ratings that exceed 95% every year! Read more online at [achs.edu/student-satisfaction](https://achs.edu/student-satisfaction). But don't take our word for it. Connect with one of our Ambassadors to learn more online at [achs.edu/meet-our-ambassadors](https://achs.edu/meet-our-ambassadors).

### Visit us when you are in Portland, Oregon or Kona, Hawaii:

#### Main Campus:

John's Landing SW Portland  
5005 SW Macadam Avenue  
Portland, OR 97239

#### Kona Campus:

Central Kona Center  
81-958 Halekii Street, Suite 5C  
Kealahou, HI 96750

### Disclaimer

Please note that ACHS course materials and any recommendations in them or made by faculty or staff are provided for educational purposes only and are not intended to replace diagnosis and treatment by a licensed medical practitioner. ACHS offers the materials in good faith, believing them to be historically accurate as of the last revision date. However, since the use of the materials by others is outside ACHS's control, ACHS does not guarantee the effectiveness of this information nor take any liability for the use or misuse of this information. ACHS certificates, diplomas, and degrees are not a license to practice medicine and do not entitle graduates to licensure. Graduates must not represent themselves as licensed medical practitioners nor claim to treat, diagnose, cure, or prescribe unless otherwise so licensed and must comply with all state regulations that may apply to their practice, including any required State Registration.

The staff at ACHS has made my success possible. I wouldn't be succeeding without the care, compassion, understanding and encouragement I have received from every single member of the faculty that I've had contact with."

Lacie Brown (2018)

Associate of Applied Science in  
Complementary Alternative Medicine  
Student  
Warren, PA

## ACHS OFFERINGS

ACHS offers a wide range of undergraduate and graduate integrative health and wellness programs. ACHS programs blend the support and learning advantage of a traditional semester schedule with the flexibility of online education.

### Academic Credit

All credits awarded are semester credits. Under the Carnegie Unit and Student Hour system, one credit is equivalent to 45 hours of student work. Thus, a three (3)-credit course incorporates approximately 135 hours of student work. Learn more about ACHS credits in the Program Catalog available to download online at [http://files.achs.edu/mediabank/achs\\_program\\_catalog.pdf](http://files.achs.edu/mediabank/achs_program_catalog.pdf).

### Undergraduate Programs

ACHS offers undergraduate certificate, diploma, and degree programs including associate and bachelor degrees.

### General Education Courses

General education courses are designed to give you foundational skills necessary to be a productive member of society and a successful professional. General education courses focus on a broad set of skills such as writing, critical thinking, problem-solving, effective communication, and working with teams, as well as a wide variety of subject areas such as history, mathematics, philosophy, ethics, and humanities. These foundational skills help students think critically about the world around them, communicate effectively, and define their evolving place in the world. General education courses are typically outside of the student's concentration or major. View general education courses online at <https://achs.edu/academics/general-education>.

### Graduate Programs

ACHS offers graduate certificate and masters degree programs.

### Professional Continuing Education (CE) Courses

ACHS offers short, on-demand CE courses approved CE hours for massage therapists, Registered Aromatherapists (RAs™), Registered Herbalists (RH), registered nurses, pharmacists, naturopaths, and veterinarians. CE courses do not award credit towards certificates, diplomas, or degrees. View CE Courses online at <https://achs.edu/academics/continuing-education-department>.

### Study Abroad Programs

ACHS's rewarding experiential study abroad programs provide an invigorating blend of lectures, workshops, and tours of the surrounding areas. Students join a group of like-minded adults in exploring historically significant areas while expanding their theoretical and practical knowledge of the subjects studied. Students also experience cultural tours with time to enjoy the idyllic setting ACHS seeks out to enhance each student's study experience. Learn more about upcoming study abroad opportunities at <https://www.achs.edu/study-abroad>.

## THE ACHS ONLINE EXPERIENCE

As an institution specializing in online education, all ACHS courses are designed with your success in mind. At ACHS, you will complete your course through a rich, interactive, dynamic online classroom providing easy-to-use, content-rich online courses, online interactive materials, Instructor's Virtual Office, online lectures, access to the latest updated course materials and research, online assessments, and much more through ACHS's Canvas Learning Management System (referred to as "Canvas"). Through Canvas, you can collaborate and share with your fellow students and professors.

### ACHS Student & Graduate Resources

ACHS provides you with virtual access to classes, grade and transcript information, and other support resources, including:

- **Your Online Student Information Portal:** Access your grades, degree audit, and personal information online at [myachs.com](http://myachs.com).
- **Canvas:** Access at <http://achs.edu/achs-student-login>. Interactive virtual classrooms are used for all ACHS online courses. Your online classroom provides easy-to-use, content-rich online courseware, online interactive materials, webinars and instructor's virtual office, online lectures, access to the latest updated course materials and research, module exams, final exams, and much more. Through your online Canvas classroom, you collaborate and share with fellow students and your professor.
- **ACHS Library:** The ACHS Library contains many materials to support your studies and can be accessed directly within your online class (called the Library Launchpad), as well as through the ACHS Student Center. ACHS provides students and graduates with access to several subscription-only holistic health databases.
- **Professional Information:** Access the ACHS Career Center, Jobs Board, and resources including resume tips at <http://achs.edu/student-services/career-center>.
- **Alumni Practitioner Database:** Visit <http://directory.achs.edu/> to view alumni practitioners and set up your complimentary graduate listing.

### Flexible Yet Structured

Cohort class schedules are a wonderful opportunity to learn with a group of like-minded peers. They are also flexible and designed to meet your needs, allowing you to largely set your own study hours throughout each week, while ensuring you maintain the module due dates within the course. You study, learn, assimilate, and apply the knowledge within a supportive, semi-structured framework, designed to reflect the latest teaching & learning research and afford ACHS students a distinct learning advantage over other programs.

### Technology & System Requirements

ACHS courses rely on the Internet, as well as textbooks, printed materials, and lab supplies. Most computers and laptops purchased within the last five years should be able to meet all technical specifications to use Canvas. Learn more about our technical requirements online at <https://achs.edu/student-services/technology-requirements>.





# Get Started Now

Interested in learning more about health and wellness? Thinking about making your passion your profession or advancing your current career? ACHS offers education for everyone from the health enthusiast to the experienced practitioner. **Learn more!**

## HOW DO I JOIN THE ACHS FAMILY AND START LIVING MY PASSION FOR HOLISTIC HEALTH?

1

### STEP ONE: SUBMIT YOUR APPLICATION

Submit your ACHS Application and Admissions Assessment online at <https://contact.achs.edu/apply-to-achs-today>.

2

### STEP TWO: SUBMIT YOUR APPLICATION DOCUMENTS

Submit your application documents, including:

- copy of your government-issued photo identification
- official transcripts from high school (if no degree held) and all transcripts from prior higher education
- professional letter of recommendation if applying for graduate studies. You can view the status of your application online at <https://contact.achs.edu/apply-to-achs-materials-status>.

3

### STEP THREE: ADVISOR REVIEW

When your application is complete, your Admissions Advisor will inform you if he or she can make a preliminary recommendation for your admission and if so, will present your application to the ACHS Admissions Committee for a final admissions decision. You will receive notification regarding the Committee's decision.

4

### STEP FOUR: COMPLETE YOUR ACADEMIC PLAN

If accepted, work with your Admissions Advisor to develop your ACHS Academic Plan and complete your registration, make your first payment to secure your place in your first semester courses, and complete the New Student Orientation before the first day of class.

*See page 57 for additional Admissions Policies.*

## MEET OUR ADMISSIONS TEAM



**Amy Swinehart, BA**  
Dean of Admissions

971-703-5060  
[amyswinehart@achs.edu](mailto:amyswinehart@achs.edu)



**Amanda Heller, BS, MBA**  
Associate Dean of  
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**GET STARTED  
NOW!**



**By Phone**  
**800.487.8839**



**By E-mail**  
**[admissions@achs.edu](mailto:admissions@achs.edu)**



**Online**  
**[www.achs.edu](http://www.achs.edu)**

## MEET 2019 DEAC

## Outstanding Graduate of the Year

## LAURA SUSAN JOHNS, MS

“Completing this degree program and being able to learn about so many different natural modalities has made me a more knowledgeable pharmacist. I can now better understand both allopathic and natural medicines and the consequences and rewards of blending them together.”

Laura Susan John (2013)  
MS in Complementary Alternative  
Medicine  
Lakeland, FL



Laura Susan holds a Doctor of Pharmacy degree from the University of Florida. She has always been interested in natural and herbal medicine and decided to enroll in the Master of Science in Complementary Alternative Medicine program at American College of Healthcare Sciences (ACHS) in December 2013.

Laura Susan graduated from the Master of Science in Complementary Alternative Medicine program with honors. She also completed the Graduate Certificate in Complementary Alternative Medicine program with honors and the Graduate Certificate in Herbal Medicine program with honors. She was able to customize her Master of Science in Complementary Alternative Medicine program to fit her interest in learning as many modalities as possible, resulting in acquiring a more holistic viewpoint.

Since completing her programs with ACHS, Laura Susan has been working on creating her own consulting and education business, in which she would be able to meet with patients, provide education and become a patient advocate. She is also working with a local health food store to provide educational information to the public. Lastly, she hopes to publish both her Doctoral and Masters capstone papers. She feels that this information will provide valuable education to pharmacists and other healthcare professionals. Laura Susan enjoys personal contact with her audience and would enjoy presenting her work in a seminar setting in the near future.

Learn more about the Susan and watch her nomination video online at <https://youtu.be/Qd6uTiCE81g>.



This distinction, in collaboration with the Distance Education Accrediting Commission, recognizes a graduate based on their level of academic excellence and quality of their contributions to society and to their chosen profession.





# Undergraduate Programs of Study

DEGREE PROGRAMS

CERTIFICATE AND DIPLOMA PROGRAMS

## UNDERGRADUATE DEGREES

“The reason I love ACHS is because of all the support you receive at every level. Everyone that I have encountered has been professional, nice, and helpful.”

Kimberly Carney (2017)  
AAS in CAM Student  
Rimrock, AZ

“I am very much enjoying my studies. I have a lot to learn. Dorene Petersen relates her knowledge in such a way that it is easy to understand. My hope is to one day get to participate in one of her overseas trips.”

Scarlett Scott (2017)  
AAS in CAM Student  
Porum, OK

## CURRICULUM REQUIREMENTS

Undergraduate courses range in credits and require at least three hours of study per week, per semester credit. For example, expect a three semester credit course to require at least nine hours per week of study time. Courses are offered in terms of 15 or 7.5 weeks.

### UNDERGRADUATE PROGRAMS OF STUDY

*See our website for full course descriptions.*

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Associate of Applied Science in Health and Wellness. . . . .	19
Bachelor of Science in Holistic Nutrition. . . . .	21
Bachelor of Science in Integrative Health Sciences. . . . .	22
Certificate and Diploma Programs . . . . .	24
Certificate in Aromatherapy. . . . .	25
Certificate in Herbal Studies . . . . .	26
Certificate in Holistic Nutrition Consulting. . . . .	27
Certificate in Holistic Spa Management. . . . .	28
Certificate in Homeopathy Consulting . . . . .	29
Certificate in Integrative Health & Fitness Training . . . . .	30
Certificate in Iridology Consulting . . . . .	31
Certificate in Natural Products Manufacturing. . . . .	32
Certificate in Wellness Consulting. . . . .	33
Diploma in Aromatherapy Master Aromatherapist . . . . .	34
Diploma in Herbal Studies Master Herbalist . . . . .	35
Diploma in Holistic Health Practice. . . . .	36

## INTERESTED IN TAKING A SINGLE CLASS FOR PERSONAL HEALTH AND WELLNESS?

ACHS offers the opportunity for students to take up to nine semester credits of study prior to enrolling in a program. This is a great way to learn more for personal health and wellness, professional development, or earn continuing education hours.

View upcoming courses online at <https://achs.edu/student-services/course-schedule>, and keep reading for more information about the admissions requirements for taking a single course.

# ASSOCIATE OF APPLIED SCIENCE IN COMPLEMENTARY ALTERNATIVE MEDICINE DEGREE PROGRAM

This program is a terminal professional degree and is not designed as a transfer degree.

## OVERVIEW

This program is designed to help support the evolution of healthcare by creating, educating, and actively supporting a community of professionals who embody the philosophy and practice of complementary alternative medicine (CAM).

Emphasis is placed on the science and philosophy of holistic health using a variety of techniques that are in harmony with nature and the individual. Students will integrate their learning across a wide variety of CAM disciplines through these concepts, which emerge in each subject area. The use of these concepts also provides faculty and students with a vehicle to pursue intellectual integration, similarities and differences, and engage in dialogue and debate across CAM disciplines.



Learn more about this program including professional outcomes and credentialing opportunities:

<https://achs.edu/program/associate-applied-science-complementary-alternative-medicine-online-aas>

Specifically, graduates from the Associate of Applied Science in Complementary Alternative Medicine (AAS in CAM) program will be able to:

- Discuss and describe the body's structure and function in a healthy state
- Understand and identify the mechanical and biochemical changes caused by a variety of diseases or imbalances to be able to address system imbalances and provide education that individuals can use to restore wellness
- Evaluate when to refer individuals to their licensed healthcare provider for diagnosis and treatment
- Compare and contrast allopathic and holistic protocols for a number of conditions
- Educate others about appropriate holistic health protocols that can help to rebalance the body and restore wellness, both for general good health and when particular ailments demonstrate an imbalance in the body and lifestyle
- Use and understand appropriate medical terminology to facilitate discussion with licensed healthcare providers and facilitate integration of CAM into the healthcare system
- Use appropriate terminology to describe therapeutic actions of various dietary supplements, including herbs and essential oils
- Identify key requirements for purchasing quality essential oils, herbs, and other supplements used in holistic health



## UNDERGRADUATE DEGREES

“I am so happy with this school. [The] entire ACHS family is genuinely caring about the students being successful. All of my teachers to this point have been so knowledgeable and supportive.”

Fiorella Colacci-Vega (2017)  
Certificate in Herbal Studies  
(formerly Herbal Retail  
Management) Student  
Parrish, FL

- Outline the steps to set up a business, including insurance, management, legal issues, ethics (including AHG ethics and ARC requirements), keeping records, listening and observation skills, informed consent, marketing, business planning, nutritional, lifestyle, and wellness counseling
- Locate information from state regulatory bodies to ensure compliance with local and state requirements
- Identify appropriate dietary supplements for specific instances, taking into account safety and dosage issues
- Discuss herbal medicine, its history, and status of current research, including how to locate studies in peer reviewed journals
- Identify the major active constituents, safety issues, historical uses, latest research results, including drug-herb interactions, uses, preparations, and more, for popular botanicals and educate others about these botanicals
- Educate others about herbal first aid procedures
- Understand common issues in plant identification, ethical wildcrafting, sustainable harvesting, field identification, and safety procedures and be able to educate others about these issues
- Discuss aromatherapy, its history, and status of current research, including how to locate studies in peer-reviewed journals
- Identify, discuss, and safely use the organic or wildcrafted essential oils studied
- Create lifestyle plans and aromatherapy programs to support optimal health
- Implement clinic management tools, including case taking, ethics, and informed consent
- Identify and discuss the olfactory, skin, and muscular systems, and the effect of aromatic molecules on these body systems
- Discuss how essential oils interact on physical and emotional levels
- Understand the chemistry of essential oils and the physiological effect and pathway of individual chemical components
- Compose aromatherapy blends for therapeutic and perfumery purposes, and for cosmetics and soap-making
- Describe a full range of methods of administration and educate others about safe and effective use

## CURRICULUM

Students complete 60 credits as follows:

ENGLISH COMPOSITION CREDITS	GENERAL EDUCATION CREDITS	CORE REQUIREMENTS CREDITS	ELECTIVES OR SPECIALIZATION TRACK CREDITS
6	15	30	9

## Program Specialization Track

Specializations include aromatherapy, herbal medicine, and holistic spa management.

Visit <https://achs.edu/program/associate-applied-science-complementary-alternative-medicine-online-aas> for the latest specialization options and a list of all current elective options.

## Electives

If a specialization track is not selected, students will complete nine credits of elective study to further specialize their training and may choose from all undergraduate courses; prerequisites must be met where applicable.

**TOTAL CREDITS REQUIRED: 60**

## ASSOCIATE OF APPLIED SCIENCE IN HEALTH AND WELLNESS DEGREE PROGRAM

This program is a terminal professional degree and is not designed as a transfer degree.

## OVERVIEW

The AAS Health and Wellness degree program is to broaden students' knowledge and skills with a mind-body-spirit approach to health and wellness. Students will explore various approaches to health and wellness and study the concepts, values, and applications of this exciting field of health science.

The AAS Health and Wellness program is aimed particularly at students who want to coach clients in developing healthy lifestyle habits, including: nutrition, managing daily stress, and becoming more physically active. This program is intended for anyone seeking a healthier life for themselves and their families and to help others achieve health and wellness in a non-clinical setting through education and coaching strategies.



Learn more about this program including professional outcomes and credentialing opportunities:

<https://achs.edu/program/associate-applied-science-health-and-wellness>

Specifically, graduates from the Associate of Applied Science in Health and Wellness (AASHW) program will be able to:

- Demonstrate a broad knowledge of effective holistic wellness practices
- Apply major behavior change theories when designing wellness plans
- Apply a number of holistic wellness protocols, as well as motivational behaviors, to develop wellness plans for both clients and a general community audience



I have gained a respectable reputation as a knowledgeable herbalist in my small community. I enjoy being able to teach people about the local flora and the therapeutic uses for them. I currently own a tea blending company and soon will be opening a botanical apothecary."

Reno Gunderson (2017)  
AAS in CAM, Herbal  
Specialization Graduate  
Mora, MN

## UNDERGRADUATE DEGREES

“I love the flexibility of the courses. I love being able to keep working full time to pay my bills but also have plenty of time to study and learn what I am passionate about.”

Claire Mulligan (2017)  
AAS in CAM Student  
Cumming, GA

- Review recent research in health and wellness coaching, and apply these findings to demonstrate evidence-based practice
- Explain why the body functions better in a healthy state
- Describe a variety of diseases that can upset the body’s mechanical and biochemical systems; apply effective educational approaches to help individuals restore balance and wellness
- Identify scenarios and cases where it is appropriate to refer individuals to their licensed healthcare provider for diagnoses and treatment
- Describe the details and logistics of setting up a private wellness coaching business; identify effective examples of record keeping, marketing, customer service, legal/ethical behavior, and management
- Understand your state’s legal and regulatory requirements, and explain how you will practice within these legal parameters
- Learn and adhere to the ethical and legal obligations of relevant industry organizations, including the International Coach Federation (ICF), the National Association for Holistic Aromatherapy (NAHA), the Alliance of International Aromatherapists (AIA), the Aromatherapy Registration Council (ARC), and the American Herbalist Guild (AHG)
- Learn and adhere to the ICF ethical guidelines and professional standards, including: establishing the coaching agreement, establishing trust and intimacy with the client, coaching presence, active listening, powerful questioning, direct communication, creating awareness, designing actions, planning and goal setting, and managing progress and accountability
- Apply major behavior change theories and motivational behaviors to develop wellness plans, nutritional, lifestyle, and wellness coaching for personal use, clients, and a general community audience
- Communicate effectively during coaching sessions, and use language that has the greatest positive impact on the client
- Conduct recorded face-to-face or telephone health coaching sessions and have them evaluated by his or her peers
- Contribute to ongoing research on coaching effectiveness
- Describe the important contributions of advocates, academic researchers, and industry leaders in the field of motivational health behavior planning
- Use behavioral change and motivational listening and observation skills for maximum benefit to the coaching relationship and the client and to create a safe, supportive environment that produces ongoing mutual respect and trust

## CURRICULUM

Students complete 60 credits as follows:

ENGLISH COMPOSITION CREDITS	GENERAL EDUCATION CREDITS	CORE REQUIREMENTS CREDITS	ELECTIVES OR SPECIALIZATION TRACK CREDITS
6	15	24	15



## Program Specialization Track

Specializations include aromatherapy, herbal medicine, and holistic spa management. Visit <https://achs.edu/program/associate-applied-science-health-and-wellness> for the latest specialization options and a list of all current elective options.

### Electives

If a specialization track is not selected, students will complete nine credits of elective study to further specialize their training and may choose from all undergraduate courses; prerequisites must be met where applicable.

**TOTAL CREDITS REQUIRED: 60**

## BACHELOR OF SCIENCE IN HOLISTIC NUTRITION DEGREE PROGRAM

### OVERVIEW

Throughout the ACHS Bachelor of Science in Holistic Nutrition (BSHN) program, students learn to integrate modern science with holistic nutrition principles. After exploring biological sciences such as anatomy, physiology, psychology, biology and chemistry, students delve into the scientific world of holistic nutrition. ACHS offers a hands-on approach to learning—many classes include practical lab kits, which students use to explore concepts related to nutrition.

Graduates will learn how to gather nutrition information, evaluate that information, and develop customized educational programs for individuals and/or communities. The holistic nutrition program emphasizes evaluation of the whole person—body, mind, and spirit—while developing diverse perspectives on wellness.



Learn more about this program including professional outcomes and credentialing opportunities:

<https://achs.edu/program/bachelor-science-holistic-nutrition>

Graduates from the Bachelor of Science in Holistic Nutrition program will be able to:

- Differentiate and evaluate the principles of conventional and holistic nutrition
- Describe the structure of the body and the functions of the organs in a healthy state
- Investigate the health status of a client, and identify the mechanical and biochemical changes caused by a variety of diseases or imbalances
- Facilitate behavioral changes by educating and coaching clients on holistic nutrition protocols that can help to rebalance the body and restore wellness
- Describe and apply the appropriate use of dietary supplements
- Investigate, evaluate and apply current scientific literature to holistic nutrition practices
- Identify opportunities for a future career in holistic nutrition



“The AAS in Health and Wellness program at ACHS absolutely changed my life. I run my own spiritual wellness business where I’ve taken everything I’ve learned while at ACHS to empower other women to live fulfilling lives. Although I completed my degree program, I have my sights set on a few more courses I can’t wait to take through ACHS.”

Miriam Popp (2017)  
AAS in HW & Certificate in  
Wellness Consulting Graduate  
Bakersfield, CA

## UNDERGRADUATE DEGREES

- Appreciate the value of lifelong learning and community involvement by discovering, exploring and bridging concepts related to the social sciences, liberal arts, humanities, and natural sciences

### CURRICULUM

Students complete 120 credits as follows:

ENGLISH COMPOSITION CREDITS	GENERAL EDUCATION CREDITS	SCIENCE CORE CREDITS	MAJOR CORE CREDITS	ELECTIVES OR SPECIALIZATION TRACK CREDITS
6	24	30	30	30

### Program Specialization Track

Specializations include aromatherapy, herbal medicine, holistic spa management, and wellness coaching. Visit <https://achs.edu/program/bachelor-science-holistic-nutrition> for the latest specialization options and a list of all current elective options.

### Electives

If a specialization track is not selected, students will complete nine credits of elective study to further specialize their training and may choose from all undergraduate courses; prerequisites must be met where applicable.

**TOTAL CREDITS REQUIRED: 120**

## BACHELOR OF SCIENCE IN INTEGRATIVE HEALTH SCIENCES DEGREE PROGRAM

### OVERVIEW

Throughout the ACHS Bachelor of Science in Integrative Health Sciences (BSIHS) program, students learn to integrate modern science with holistic health and wellness principles. After exploring biological sciences such as anatomy, physiology, psychology, biology, and chemistry, students delve into the scientific world of natural health such as aromatherapy, herbal medicine, lifestyle modifications, and holistic nutrition. ACHS offers a hands-on approach to learning—many classes include practical lab kits, which students use to explore and create natural remedies.

Graduates will be able to embrace the philosophy of holistic health, encompassing the whole person, while developing diverse perspectives on wellness to encourage creative problem solving to achieve balance and wellness.



Learn more about this program including professional outcomes and credentialing opportunities:

<https://achs.edu/program/bachelor-science-integrative-health-sciences>

Graduates from the Bachelor of Science in Integrative Health Sciences program will be able to:

- Integrate principles from modern-day medicine with natural health practices to support optimal wellness for individuals and the community
- Define and explain the principles of natural and holistic health practices such as aromatherapy, herbal medicine, lifestyle counseling, and nutrition
- Describe the structure of the body and the functions of the organs in a healthy state
- Investigate the health status of the client, and identify the mechanical and biochemical changes caused by a variety of diseases or imbalances
- Educate clients on appropriate holistic health protocols that can help to rebalance the body and restore wellness
- Formulate natural remedies such as aromatherapy and herbal medicine blends to support health and wellness
- Investigate, evaluate and apply current scientific literature to integrative health & wellness practices
- Identify opportunities for a future career in integrative health sciences

## CURRICULUM

Students complete 120 credits as follows:

### Program Specialization Track

ENGLISH COMPOSITION CREDITS	GENERAL EDUCATION CREDITS	SCIENCE CORE CREDITS	MAJOR CORE CREDITS	ELECTIVES OR SPECIALIZATION TRACK CREDITS
6	24	30	30	30

Specializations include aromatherapy, herbal medicine, holistic nutrition, and holistic spa management. Visit <https://achs.edu/program/bachelor-science-integrative-health-sciences> for the latest specialization options and a list of all current elective options.

### Electives

If a specialization track is not selected, students will complete nine credits of elective study to further specialize their training and may choose from all undergraduate courses; prerequisites must be met where applicable.

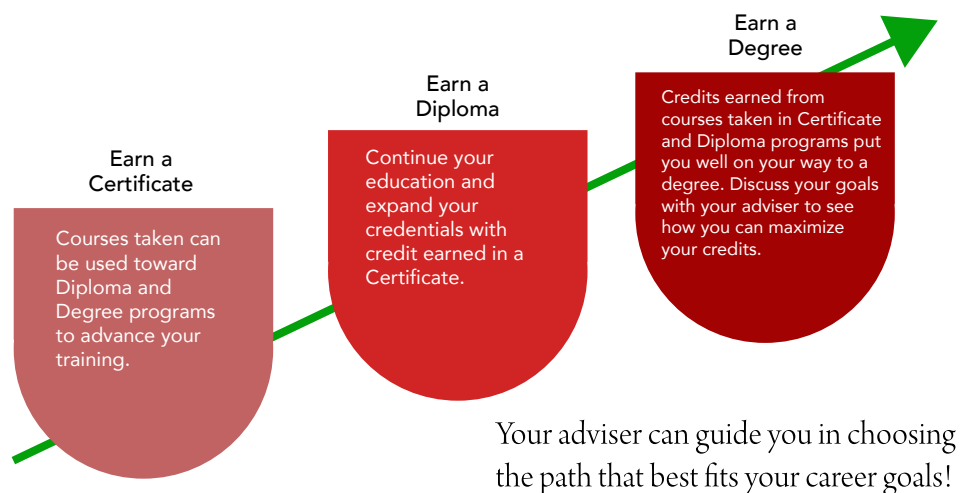
**TOTAL CREDITS REQUIRED: 120**

## CERTIFICATE AND DIPLOMA PROGRAMS

ACHS's certificate and diploma programs are intended for those getting started in the integrative health and wellness industry and those seeking specialized knowledge and skills. Certificate and diploma students take many of the same courses as ACHS undergraduate degree students, and the same policies and procedures apply. Please note that completion of a certificate or diploma program does not constitute a degree but you can transfer many credits to an ACHS degree.

Students can enroll for up to three courses (nine semester credits) without first choosing to apply to a certificate, diploma, or degree program. Students are eligible to complete a certificate or diploma and apply those credits toward completion of an ACHS undergraduate degree within the eligible completion time and in compliance with the undergraduate admissions requirements.

## STACKABLE CREDENTIALS AT ACHS



## ADMISSION

Students interested in enrolling in a certificate or diploma program must apply through ACHS's Office of Admissions and must meet all undergraduate admissions requirements.

## STANDARDS

Students are expected to perform at the same level as matriculated ACHS undergraduate degree students.

## CURRICULUM

Certificate and diploma programs consist of subsets of ACHS degree programs. Students with prior education and/or related professional experience in the field may request a course substitution with approval of the Academic Standards Committee or earn credit by successfully passing a challenge exam.



## CERTIFICATE IN AROMATHERAPY

The focus of the Certificate in Aromatherapy is holistic clinical aromatology. Holistic aromatology focuses on the support of physical, mental, emotional, and spiritual health through the application of essential oils. We use the terms “aromatherapy” and “aromatology” interchangeably throughout the program. Students study essential oil materia medica including botanical information, identification, sources, historical uses, parts used, cultivation, harvesting, production, characteristics, active constituents, therapeutic actions, medicinal uses, evidence-based uses, household uses, and perfumery. Students complete aromatherapy case studies, and are also introduced to the principles of integrative health and holistic health consulting.



Learn more about this program including professional outcomes and credentialing opportunities:

<https://achs.edu/program/certificate-aromatherapy-online-cert-aroma>

Graduates of the Certificate in Aromatherapy will be able to:

- Outline the steps to set up a business, including insurance, management, legal issues, ethics (including AHG ethics and ARC requirements), keeping records, listening and observation skills, informed consent, marketing, business planning, nutritional, lifestyle, and wellness counseling
- Locate information from state regulatory bodies to ensure compliance with local and state requirements
- Educate others about appropriate holistic health protocols using essential oils to support and rebalance the body and restore wellness for general good health
- Discuss aromatherapy, its history, use, and status of current research, including how to locate studies in peer-reviewed journals
- Blend and administer essential oils safely
- Discuss the Latin names, therapeutic uses, active constituents, methods of administration, and cautions and contraindications for each of the essential oils studied
- Indicate when to refer individuals to their licensed healthcare provider for diagnosis and treatment

## CURRICULUM

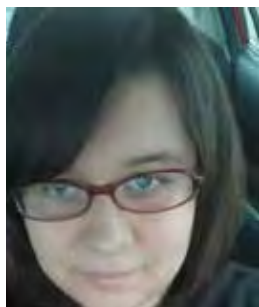
Students complete 16 credits as follows:

- CAM 100 Principles & Practices of Integrative Health
- AROMA 101 Introduction to Aromatherapy
- AROMA 203 Aromatherapy I
- AROMA 303 Aromatherapy II
- AROMA 304 Aromatherapy III
- NAT 306 Holistic Health Consulting & Business Skills

**TOTAL CREDITS REQUIRED: 16**

CERTIFICATE

DIPLOMA



“Thus far it has been an impressive experience! I am filled with gratitude for having the opportunity to study at ACHS. I have gained valuable knowledge and skills that I will use to continue my studies in the field of Complementary Alternative Medicine. It was an honor to receive the support of the amazingly helpful staff, knowledgeable instructors, and encouraging classmates at ACHS.”

Atalia Manzano Millan (2017)  
Diploma in Aromatherapy,  
Certificate in Aromatherapy,  
Certificate in Wellness Consulting  
& Certificate in Herbal Retail  
Management Graduate  
Waco, TX

## CERTIFICATE IN HERBAL STUDIES

Learn to assess the quality of botanicals and understand the primary production methods of preparations, including tinctures, decoctions, infusions, and teas while learning how to recommend herbal supplements for preventative health and how to incorporate herbs in daily life to support optimal health and wellness.



Learn more about this program including professional outcomes and credentialing opportunities:

<https://achs.edu/program/certificate-herbal-studies-online-cert-herb>

Graduates of the Certificate in Herbal Studies will be able to:

- Outline the steps to set up a business, including insurance, management, legal issues, ethics (including AHG ethics and ARC requirements), keeping records, listening and observation skills, informed consent, marketing, business planning, nutritional, lifestyle, and wellness counseling
- Locate information from state regulatory bodies to ensure compliance with local and state requirements
- Discuss herbal medicine, its history, and status of current research, including how to locate studies in peer-reviewed journals
- Discuss the current state of regulations of the natural products industry, including FDA regulations, FCC regulations, GMP requirements in the U.S. and contrast with regulations in Canada and Europe
- Discuss the FDA regulations concerning structure/function claims with respect to the retail environment
- Discuss the medicinal plants studied with confidence, including the Latin name, major active constituents, safety issues, historical uses, and latest research
- Understand common issues in plant identification, ethical wildcrafting, sustainable harvesting, field identification and safety procedures and be able to educate others about these issues
- Use and understand the language of herbal therapeutic actions from alternatives to vulnerary herbs

## CURRICULUM

Students complete 16 credits as follows:

- CAM 100 Principles & Practices of Integrative Health
- HERB 302 Herbal Materia Medica I
- HERB 101 Basics of Herbalism
- HERB 201 Herbal Studies
- NAT 305 Wellness Coaching & Communication Skills
- NAT 306 Holistic Health Consulting & Business Skills

**TOTAL CREDITS REQUIRED: 16**

## CERTIFICATE IN HOLISTIC NUTRITION CONSULTING

This program provides training in how to educate others about appropriate holistic health protocols to support and rebalance the body and restore wellness for general good health through holistic nutrition protocols. This program includes training in how to establish a practice, locate information from state regulatory bodies to ensure compliance with local and state requirements, and discuss current topics in holistic nutrition to provide current evidence-based support.

Graduates of the Certificate in Holistic Nutrition Consulting will be able to implement tools for increased health and well-being and a more natural, balanced way of life.



Learn more about this program including professional outcomes and credentialing opportunities:

<https://achs.edu/program/certificate-holistic-nutrition-consulting-online-chnc>

Graduates of the Certificate in Holistic Nutrition Consulting will be able to:

- Outline the steps to set up a business, including insurance, management, legal issues, ethics (including AHG ethics and ARC requirements), keeping records, listening and observation skills, informed consent, marketing, business planning, nutritional, lifestyle, and wellness counseling
- Locate information from state regulatory bodies to ensure compliance with local and state requirements
- Educate others about appropriate holistic health protocols to support and rebalance the body and restore wellness for general good health
- Discuss nutrition and the status of current research, including how to locate studies in peer-reviewed journals
- Indicate when to refer individuals to their licensed healthcare provider for diagnosis and treatment
- Educate others about the basics of nutrition and the importance of a healthy diet and lifestyle in the support of long-term health
- Discuss and describe the body's structure and function in a healthy state
- Understand and identify the mechanical and biochemical changes caused by a variety of diseases or imbalances to be able to address system imbalances and provide education that individuals can use to restore wellness
- Discuss current topics in holistic nutrition and be able to provide current evidenced based support
- Implement tools for increased health and well-being and a more natural, balanced way of life
- Apply principles of nutrition, nutritional biochemistry, acid alkaline balance, fasting, food combining, transitional daily diet, wheatgrass therapy, and sprouting to daily life

CERTIFICATE

DIPLOMA



“I loved everything about ACHS: their personal approach to their students, great teachers, their flexible online aspect of the course, giving the necessary tools and confidence to learn the foundation in health, but also marketing and general business.”

Susan Sonderegger (2017)  
Certificate in Wellness Consulting  
Graduate  
Tampa, FL

## CURRICULUM

Students complete 16 credits as follows:

- CAM 100 Principles & Practices of Integrative Health
- NUT 101 Introduction to Nutrition (or NAT 101 Nutrition, Bodycare & Herbalism)
- NUT 308 Holistic Nutrition
- NAT 305 Wellness Coaching & Communication Skills
- NUT 309 Topics in Holistic Nutrition
- NAT 306 Holistic Health Consulting & Business Skills

**TOTAL CREDITS REQUIRED: 16**

## CERTIFICATE IN HOLISTIC SPA MANAGEMENT

The Certificate in Holistic Spa Management program offers foundational training in effective spa management, including an overview of business management protocols for spa management, customer service, ethical business practices, and a foundation in aromatherapy to provide basic knowledge in the use and administration of essential oils, a modality often used in spa therapies.



Learn more about this program including professional outcomes and credentialing opportunities:

<https://achs.edu/program/certificate-holistic-spa-management>

Graduates of the Certificate in Holistic Spa Management will be able to:

- Outline the steps to set up a spa and manage day-to-day operations
- Conduct market research and design an effective business model and marketing plan
- Develop and integrate service culture that supports profitability, employee retention, and high customer loyalty
- Integrate holistic protocols, such as aromatherapy, into spa operations
- Locate and describe relevant professional codes of ethics and state regulatory requirements as applied towards the specific holistic protocols and general spa operations
- Understand the health and safety regulatory issues as applied towards the specific holistic protocols and general spa operations

## CURRICULUM

Students complete 9 credits as follows:

- AROMA 103 Introduction to Aromatherapy for Spa Managers OR AROMA 103B Introduction to Aromatherapy for Spa Managers Bridge Course
- SPA 120 A Comprehensive Introduction to Spa Management
- SPA 220 Retail Management for Spas
- SPA 250 Supervision in the Hospitality Industry
- SPA 367 Financial Management for Spas

**TOTAL CREDITS REQUIRED: 9**



## CERTIFICATE IN HOMEOPATHY CONSULTING

Graduates of the Certificate in Homeopathy Consulting will be able to implement tools for increased health and well-being and a more natural, balanced way of life using homeopathic remedies. Graduates also have a comprehensive understanding of anatomy and physiology and holistic clinical correlates.



Learn more about this program including professional outcomes and credentialing opportunities:

<https://achs.edu/program/certificate-homeopathy-consulting-online-chc>

Graduates of the Certificate in Homeopathy Consulting will be able to:

- Outline the steps to set up a business, including insurance, management, legal issues, ethics (including AHG ethics and ARC requirements), keeping records, listening and observation skills, informed consent, marketing, business planning, nutritional, lifestyle, and wellness counseling
- Locate information from state regulatory bodies to ensure compliance with local and state requirements
- Educate others about appropriate holistic health protocols using homeopathy to support and rebalance the body and restore wellness for general good health
- Discuss homeopathy, its history, and status of current research, including how to locate studies in peer-reviewed journals
- Discuss and describe the body's structure and function in a healthy state
- Indicate when to refer individuals to their licensed healthcare provider for diagnosis and treatment

## CURRICULUM

Students complete 16 credits as follows:

- CAM 100 Principles & Practices of Integrative Health
- NAT 204 Energetic Modalities II: Homeopathy
- NAT 210 Anatomy & Physiology I
- NAT 211 Anatomy & Physiology II
- NAT 212 Anatomy & Physiology III
- NAT 306 Holistic Health Consulting & Business Skills

**TOTAL CREDITS REQUIRED: 16**

## CERTIFICATE IN INTEGRATIVE HEALTH AND FITNESS TRAINING

The Integrative Health and Fitness Training program offers training and preparation for those who are looking to work in the fitness industry. Learn to evaluate each client's level of fitness and create an appropriate fitness and nutrition plan to meet the client's individual fitness goals. Students will gain skills and knowledge necessary to promote their services, establish trainer-client relationships, help clients to achieve individual fitness goals, and act in accordance with relevant professional codes of ethics.



Learn more about this program including professional outcomes and credentialing opportunities:

<https://achs.edu/program/certificate-integrative-health-fitness-training>

Graduates of the Certificate in Integrative Health and Fitness Training will be able to:

- Educate clients on nutrition for specific sports or fitness levels
- Examine the influence of nutrition on the anatomy and physiology of exercise
- Perform, integrate, and report subjective, objective, movement, and postural assessment.
- Provide exercise technique and training instructions
- Convey basic nutritional concepts, weight management concepts, and nutritional guidelines for enhancing athletic performance
- Facilitate client goal setting strategies and procedures
- Demonstrate effective communication techniques using active listening, powerful questioning and direct communication, and motivational interviewing techniques
- Develop and maintain an effective coaching plan with a mock client, applying principles of wellness through therapeutic lifestyle changes
- Facilitate learning and results by creating awareness, designing actions, planning, and goal setting

## CURRICULUM

Students complete 16 credits as follows:

- CAM 100 Principles & Practices of Integrative Health
- NUT 101 Introduction to Nutrition OR NUT 308 Holistic Nutrition
- PFT 101 Personal Fitness Training
- HLTH 101 Personal & Community Health
- NUT 304 Sports Nutrition
- NAT 305 Wellness Coaching & Communication Skills Online

**TOTAL CREDITS REQUIRED: 16**

## CERTIFICATE IN IRIDOLOGY CONSULTING

Graduates of the Certificate in Iridology Consulting will be able to implement tools for increased health and well-being and a more natural, balanced way of life. Graduates learn the techniques and theory of iridology, analyzing the iris of the eye in relation to the body's health.

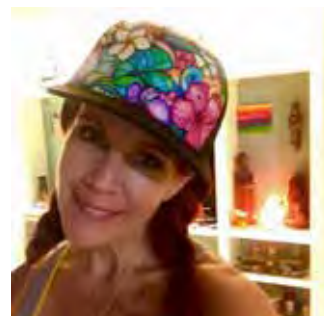


Learn more about this program including professional outcomes and credentialing opportunities:

<https://achs.edu/program/certificate-iridology-consulting-cic>

Graduates of the Certificate in Iridology will be able to:

- Outline the steps to set up a business, including insurance, management, legal issues, ethics (including AHG ethics and ARC requirements), keeping records, listening and observation skills, informed consent, marketing, business planning, nutritional, lifestyle, and wellness counseling
- Locate information from state regulatory bodies to ensure compliance with local and state requirements
- Discuss iridology, its history, and status of current research, including how to locate studies in peer-reviewed journals
- Educate others about appropriate holistic health to support wellness for general good health
- Discuss and describe the body's structure and function in a healthy state
- Indicate when to refer individuals to their licensed healthcare provider for diagnosis and treatment



"I have thoroughly enjoyed my studies at ACHS earning my diploma in Holistic Health Practice. I am finding my coursework to be beneficial in my current job working for a non-profit healthcare assistance organization and also for my future side practice supporting others in their pursuit of a healthy, natural lifestyle."

Janel Greenland (2017)  
Dip HHP Graduate  
Ben Lomond, CA

## CURRICULUM

Students complete 16 credits as follows:

- CAM 100 Principles & Practices of Integrative Health
- NAT 203 Historical Modalities I: Iridology
- NAT 210 Anatomy & Physiology I
- NAT 211 Anatomy & Physiology II
- NAT 212 Anatomy & Physiology III
- NAT 306 Holistic Health Consulting & Business Skills

**TOTAL CREDITS REQUIRED: 16**

## CERTIFICATE IN NATURAL PRODUCTS MANUFACTURING

Graduates of the Certificate in Natural Products Manufacturing will be able to use herbs and essential oils to manufacture natural products, including lotions, creams, salves, bath and bodycare products, and formulate natural perfume blends.



Learn more about this program including professional outcomes and credentialing opportunities:

<https://achs.edu/program/certificate-natural-products-manufacturing-online-cnpm>

Graduates of the Certificate in Natural Products Manufacturing will be able to:

- Outline the steps to set up a business, including insurance, management, legal issues, ethics (including AHG ethics and ARC requirements), keeping records, listening and observation skills, informed consent, marketing, business planning, nutritional, lifestyle, and wellness counseling
- Locate information from state regulatory bodies to ensure compliance with local and state requirements
- Discuss herbal medicine and aromatherapy, their history, and status of current research, including how to locate studies in peer-reviewed journals
- Be able to incorporate herbs and essential oils into quality bath, household and bodycare products
- Discuss the current state of regulations of the natural products industry, including FDA regulations, FCC regulations, GMP requirements in the U.S. and contrast with regulations in Canada and Europe

## CURRICULUM

Students complete 16 credits as follows:

- CAM 100 Principles & Practices of Integrative Health
- NAT 101 Nutrition, Bodycare & Herbalism
- AROMA 101 Introduction to Aromatherapy
- HERB 101 Basics of Herbalism
- HLTH 101 Personal & Community Health
- NAT 306 Holistic Health Consulting & Business Skills

**TOTAL CREDITS REQUIRED: 16**

“The staff and support from ACHS has been more than I could of asked for. The student advisors want us to succeed and are willing to help support us in our own individual ways.”

Melissa Abbott (2017)  
MS in CAM Student  
Strafford, NH



## CERTIFICATE IN WELLNESS CONSULTING

Holistic medicine comprises a wide range of modalities. The Certificate in Wellness Consulting covers a diverse selection of holistic modalities enabling graduates to select the modalities that will best assist clients in achieving optimal health. Students study a set of core classes then select two specialization classes. Students in this program also focus on pathophysiology and holistic support protocols for clients experiencing acute and chronic problems. Graduates of this program are able to explain the basic principles of pathophysiology, as well as the mechanical and biochemical changes caused by a variety of diseases or imbalances.



Learn more about this program including professional outcomes and credentialing opportunities:

<https://achs.edu/program/certificate-wellness-consulting-online-cwc>

Graduates of the Certificate in Wellness Consulting will be able to:

- Outline the steps to set up a business, including insurance, management, legal issues, ethics (including AHG ethics and ARC requirements), keeping records, listening and observation skills, informed consent, marketing, business planning, nutritional, lifestyle, and wellness counseling
- Locate information from state regulatory bodies to ensure compliance with local and state requirements
- Educate others about appropriate holistic health protocols to support and rebalance the body and restore wellness for general good health
- Discuss nutrition as the foundation for any natural health lifestyle plan and the status of current research, including demonstrating how to locate studies in peer-reviewed journals
- Indicate when to refer individuals to their licensed healthcare provider for diagnosis and treatment
- Educate others about the importance of a healthy diet and lifestyle in the support of long-term health
- Discuss and describe the body's structure and function in a healthy state
- Identify the mechanical and biochemical changes caused by a variety of diseases or imbalances to be able to address system imbalances and provide education that individuals can use to restore wellness

## CURRICULUM

Students complete 16 credits as follows:

- CAM 100 Principles & Practices of Integrative Health
- 6 credits of upper division elective credit (300-400 level undergraduate course)
- NAT 302 Holistic Pathophysiology
- NAT 305 Wellness Coaching & Communication Skills
- NAT 306 Holistic Health Consulting & Business Skills

**TOTAL CREDITS REQUIRED: 16**



“ACHS has not only given me a matchless education in holistic health, but I have gained confidence in my classes. The attitude all across campus is one of encouragement and success and this has helped me push through especially when I felt as though I couldn’t continue.”

Leslie Garcia-Rangel (2017)  
Diploma in Aromatherapy Grad  
El Paso, TX

## DIPLOMA IN AROMATHERAPY - MASTER AROMATHERAPIST

This advanced Diploma program is an in-depth exploration of the science and art of aromatherapy, with a focus on holistic clinical aromatology. Holistic aromatology focuses on the support of physical, mental, emotional, and spiritual health through the application of essential oils. We use the terms “aromatherapy” and “aromatology” interchangeably throughout the program. Students study essential oil materia medica including botanical information, identification, sources, historical uses, parts used, cultivation, harvesting, production, characteristics, active constituents, therapeutic actions, medicinal uses, evidence-based uses, household uses, and perfumery. Students study anatomy and physiology including holistic clinical correlates covering a wide range of integrative health modalities from aromatherapy and herbal studies to nutrition and wellness protocols. Students complete aromatherapy case studies, and study aromatherapy chemistry and the steps to set up a business.



Learn more about this program including professional outcomes and credentialing opportunities:

<https://achs.edu/program/diploma-aromatherapy-master-aromatherapist-online-dip-aroma>

Graduates of the Diploma in Aromatherapy will be able to:

- Outline the steps to set up a business, including insurance, management, legal issues, ethics (including AHG ethics and ARC requirements), keeping records, listening and observation skills, informed consent, marketing, business planning, nutritional, lifestyle, and wellness counseling
- Locate information from state regulatory bodies to ensure compliance with local and state requirements
- Educate others about appropriate holistic health protocols using essential oils to support and rebalance the body and restore wellness for general good health
- Discuss aromatherapy, its history, use, and status of current research, including how to locate studies in peer-reviewed journals
- Blend and administer essential oils safely
- Discuss the Latin names, therapeutic uses, active constituents, methods of administration, and cautions and contraindications for each of the essential oils studied
- Discuss the chemistry and pharmacology of the functional groups of essential oil constituents, their therapeutic actions and contraindications and precautions
- Indicate when to refer individuals to their licensed healthcare provider for diagnosis and treatment
- Discuss and describe the body's structure and function in a healthy state
- Understand and identify the mechanical and biochemical changes caused by a variety of diseases or imbalances to be able to address system imbalances and provide education that individuals can use to restore wellness

## CURRICULUM

Students complete 27 credits as follows:

- AROMA 101 Introduction to Aromatherapy
- AROMA 203 Aromatherapy I
- NAT 210 Anatomy & Physiology I
- AROMA 303 Aromatherapy II
- NAT 211 Anatomy & Physiology II
- AROMA 304 Aromatherapy III
- NAT 212 Anatomy & Physiology III
- AROMA 305 Aromatherapy Chemistry
- NAT 306 Holistic Health Consulting & Business Skills

**TOTAL CREDITS REQUIRED: 27**

## DIPLOMA IN HERBAL STUDIES - MASTER HERBALIST

This diploma program is a rigorous and extensive program designed for the serious student seeking a professional working knowledge of herbalism.



Learn more about this program including professional outcomes and credentialing opportunities:

<https://achs.edu/program/diploma-herbal-studies-master-herbalist-online-mh>

Graduates of the Diploma in Herbal Studies Master Herbalist will be able to:

- Outline the steps to set up a business, including insurance, management, legal issues, ethics (including AHG ethics and ARC requirements), keeping records, listening and observation skills, informed consent, marketing, business planning, nutritional, lifestyle, and wellness counseling
- Locate information from state regulatory bodies to ensure compliance with local and state requirements
- Educate others about appropriate holistic health protocols using herbs and natural products to support and rebalance the body and restore wellness for general good health
- Discuss herbal medicine, its history, and status of current research, including how to locate studies in peer-reviewed journals
- Indicate when to refer individuals to their licensed healthcare provider for diagnosis and treatment
- Discuss and describe the body's structure and function in a healthy state
- Understand and identify the mechanical and biochemical changes caused by a variety of diseases or imbalances to be able to address system imbalances and provide education that individuals can use to restore wellness
- Identify the major active constituents, safety issues, historical uses, latest research results, including drug-herb interactions, uses, preparations, and more, for popular botanicals and educate others about the botanicals studied

- Understand common issues in plant identification, ethical wildcrafting, sustainable harvesting, field identification and safety procedures and be able to educate others about these issues
- Use and understand appropriate medical terminology to facilitate discussion with licensed healthcare providers and facilitate integration of CAM into the healthcare system, yet understand the appropriate terminology for use with consumers
- Use and understand the language of herbal therapeutic actions from alternatives to vulnerary herbs

## CURRICULUM

Students complete 39 credits as follows:

- HERB 101 Basics of Herbalism
- PHL 201 Think Smarter! Strengthening Reasoning and Writing Skills
- HERB 201 Herbal Studies
- NAT 210 Anatomy & Physiology I
- HERB 302 Herbal Materia Medica I
- NAT 211 Anatomy & Physiology II
- HERB 303 Herbal Materia Medica II
- NAT 212 Anatomy & Physiology III
- HERB 304 Herbal Materia Medica III
- NAT 302 Holistic Pathophysiology
- NAT 303 Holistic Pathology & Protocols
- NAT 307 Healthcare Terminology
- NAT 306 Holistic Health Consulting & Business Skills

## TOTAL CREDITS REQUIRED: 39

## DIPLOMA IN HOLISTIC HEALTH PRACTICE

The Diploma in Holistic Health Practice is a professional training program for people seeking to earn a comprehensive and recognized credential to establish a holistic health practice or to add to an existing healthcare practice.



Learn more about this program including professional outcomes and credentialing opportunities:

<https://achs.edu/program/diploma-holistic-health-practice-online-hhp>

Graduates of the Diploma in Holistic Health Practice will be able to:

- Outline the steps to set up a business, including insurance, management, legal issues, ethics (including AHG ethics and ARC requirements), keeping records, listening and observation skills, informed consent, marketing, business planning, nutritional, lifestyle, and wellness counseling
- Locate information from state regulatory bodies to ensure compliance with local and state requirements



- Discuss herbal medicine, aromatherapy, or basic nutrition, their history, and status of current research, including how to locate studies in peer-reviewed journals
- Indicate when to refer individuals to their licensed healthcare provider for diagnosis and treatment
- Discuss and describe the body's structure and function in a healthy state
- Understand and identify the mechanical and biochemical changes caused by a variety of diseases or imbalances to be able to address system imbalances and provide education that individuals can use to restore wellness
- Educate others about the basics of nutrition and the importance of a healthy diet and lifestyle in the support of long-term health, including how to locate studies in peer-reviewed journals
- Use and understand appropriate medical terminology to facilitate discussion with licensed healthcare providers and facilitate integration of CAM into the healthcare system, yet understand the appropriate terminology for use with consumers
- Educate others about appropriate holistic health protocols that can help to rebalance the body and restore wellness, both for general good health and when particular ailments demonstrate an imbalance in the body and lifestyle
- Discuss the safe use of aromatherapy, flower essences, herbal medicine, homeopathy, or iridology to support long-term health (based on elective choices)

## CURRICULUM

Students complete 36 credits as follows:

- HLTH 101 Personal & Community Health / NAT 101 Nutrition, Bodycare & Herbalism / NUT 101 Introduction to Nutrition (select one)
- NAT 210 Anatomy & Physiology I
- NAT 211 Anatomy & Physiology II
- NAT 212 Anatomy & Physiology III
- NAT 302 Holistic Pathophysiology
- NAT 303 Holistic Pathology & Protocols
- NAT 306 Holistic Health Consulting & Business Skills
- NAT 307 Healthcare Terminology
- NAT 308 Holistic Nutrition
- 9 credits of study. Select a specialization track or choose from elective courses

## Program Specialization Track

Specializations include aromatherapy, herbal medicine, holistic nutrition, and holistic spa management. Visit <https://achs.edu/program/diploma-holistic-health-practice-online-hhp> for the latest specialization options and a list of all current elective options.

## Electives

If a specialization track is not selected, students will complete nine credits of elective study to further specialize their training and may choose from all undergraduate courses; prerequisites must be met where applicable.

## TOTAL CREDITS REQUIRED: 36

## ACHS 2019 FAMOUS ALUMNI

# Miriam Popp, AAS



Miriam Popp was on the hunt for a school that would provide a well-rounded approach to holistic living. She discovered American College of Healthcare Sciences (ACHS) and decided to enroll in the Associate of Science in Health and Wellness program in 2015.

Miriam graduated from the Associate of Applied Science in Health and Wellness program. She also completed the Certificate in Wellness Consulting program with honors. Her dream of empowering overworked, overstressed women with mind, body, and soul tools to manage their stress would soon become a reality with the education she earned at ACHS.

During her last year of studies with ACHS, Miriam built her online based coaching business, Vibrant Lifestyle Coaching, which encompasses everything she learned in her Associate of Applied Science in Health and Wellness program. She utilizes social media to promote and increase exposure for her business and mission. She has created online workshops, a weekly live show on Facebook, digital courses, and one on one coaching programs focused on living full, vibrant lives holistically. Miriam has also joined Young Women Reaching Accomplishable Places (YWRAP) located in Bakersfield, California and spoken to young girls about living a balanced life using holistic tools.

“Truth be told, armed with what I have learned at ACHS I have been able to create a ripple effect of change in the world.”

Learn more about Miriam and watch her nomination video online at <https://youtu.be/Z93pEBAVGhI>.

### About the DEAC Famous Alumni Program

This distinction, in collaboration with the Distance Education Accrediting Commission, recognizes the achievements of distance education students who have demonstrated academic excellence and consistent commitment to society and their chosen profession(s).



# Graduate Programs of Study

DEGREE PROGRAMS

GRADUATE CERTIFICATE PROGRAMS

## GRADUATE DEGREES



“I just want to thank everyone at ACHS for a wonderful experience. I have learned so much in these last three years, and I am more excited than ever of being one step closer to my dream of becoming a holistic nutritionist.”

Valentina Olivadese (2017)  
MS in Holistic Nutrition Graduate  
Stamford, CT

## CURRICULUM REQUIREMENTS

Graduate courses range in credits and require at least three hours of study per week, per semester credit. For example, expect a three semester credit course to require at least nine hours per week of study time. Courses are offered in standard terms of 15 or 7.5 weeks.

### GRADUATE PROGRAMS OF STUDY

See visit [www.achs.edu](http://www.achs.edu) for full course descriptions.

Master of Science in Aromatherapy . . . . .	40
Master of Science in Complementary Alternative Medicine . . . . .	42
Master of Science in Health and Wellness . . . . .	43
Master of Science in Herbal Medicine . . . . .	45
Master of Science in Holistic Nutrition . . . . .	47
Graduate Certificate in Anatomy and Physiology . . . . .	50
Graduate Certificate in Aromatherapy . . . . .	51
Graduate Certificate in Botanical Safety . . . . .	52
Graduate Certificate in Complementary Alternative Medicine . . . . .	53
Graduate Certificate in Herbal Medicine . . . . .	54
Graduate Certificate in Holistic Nutrition . . . . .	55
Graduate Certificate in Wellness Coaching . . . . .	56

## MASTER OF SCIENCE IN AROMATHERAPY

The mission of the Master of Science in Aromatherapy degree program is to develop a practical and theoretical understanding of clinical aromatherapy and professionally apply this knowledge to educate clients and consumers about a mind-body-spirit approach to health and wellness.



Learn more about this program including professional outcomes and credentialing opportunities:

<https://achs.edu/program/master-science-aromatherapy>

Graduates of the Master of Science in Aromatherapy program will:

- Exceed the Alliance of International Aromatherapist (AIA) Advanced Practitioner level aromatherapy training requirements to profile and appropriately use (including identification of cautionary oils) 50 essential oils within a holistic and clinical framework
- Review and critique the evidence relating to current aromatherapy research to provide evidence-based practical and protocol models for aromatherapy both in healthcare settings and in industry
- Apply critical analysis and reasoning skills to positively affect others' commitment to wellness with the safe and effective implementation of aromatherapy protocols
- Integrate values, goals, strategies, initiative, and relationships that positively develop, and that emphasize sustainability of all aromatherapy and essential oil resources, including environmental and social stewardship

- Administer and perform protocols and duties consistent with an Aromatherapy Registration Council (ARC) Registered Aromatherapist's (RAs) education, training, and experience within an established healthcare setting (such duties shall not constitute the practice of medicine)
- Discuss aromatherapy, its history, and status of current research, including how to locate studies in peer-reviewed journals
- Demonstrate an in-depth, advanced clinical aromatherapy knowledge base that maximizes the innovative use of information that reflects the current theories, best practices, and research in preparation for application or further research in the aromatherapy industry
- Discuss and describe the body's structure and function in a healthy state
- Understand and identify the mechanical and biochemical changes caused by a variety of diseases or imbalances to be able to address system imbalances and provide education that individuals can use to restore wellness
- Evaluate when to refer individuals to their licensed healthcare provider for diagnosis and treatment
- Develop a solid knowledge base of clinical aromatherapy protocols and be able to apply that knowledge by informing and assisting practitioners and consumers of aromatherapy products and protocols
- Evaluate and generate best practices for clinical aromatherapy using evidence-based methods of administration
- Evaluate and provide guidance on the potential for essential oil, supplement, and drug interactions
- Identify key requirements for purchasing high-quality, therapeutic-grade essential oils used in clinical aromatherapy or health industry settings
- Locate, analyze, evaluate, and make effective use of clinical aromatherapy research from the scientific literature and provide guidance for practitioners, policy makers, academic researchers, industry leaders, and manufacturers
- Assist with designing and planning appropriate clinical studies elucidating the underlying mechanisms of action of clinical aromatherapy, facilitating their integration into conventional medical care, and stimulating professionalism, integrity, and social responsibility in the prevention and wellness industry
- Educate others about appropriate aromatherapy protocols that can help to rebalance the body and restore wellness, both for general good health and when particular ailments demonstrate an imbalance in the body and lifestyle
- Outline the steps to set up a business, including insurance, management, legal issues, ethics, keeping records, listening and observation skills, informed consent, marketing, business planning, and wellness counseling
- Locate information from state regulatory bodies to ensure compliance with local and state requirements
- Prepare for and pass the Registered Aromatherapist (RA) examination administered by the Aromatherapy Registration Council (ARC)
- Learn and abide by the professional scope of practice for aromatherapy safety as set forth by the National Association for Holistic Aromatherapy (NAHA) and the Alliance of International Aromatherapists (AIA)
- Learn and abide by the standards of practice and code of ethics as set forth by the National Association for Holistic Aromatherapy (NAHA) and the Alliance of International Aromatherapists (AIA)



## GRADUATE DEGREES

“I have great respect for this school because they have great respect for me and my time, issues, concerns and they work with you to succeed. The courses are great, challenging and open the door to exploring with excellent texts and materials!”

Yvonne Sylla (2017)  
MS in CAM Student  
Conyers, GA

## CURRICULUM

Students complete 36 credits as follows:

- RES 501 Assessment and Integration of Research
- AROMA 501 Aromatherapy Science
- NAT 501 Anatomy & Physiology I
- AROMA 503 Aromatherapy I
- NAT 502 Anatomy & Physiology II
- AROMA 504 Aromatherapy II
- NAT 503 Integrative Pathophysiology
- AROMA 505 Aromatherapy III
- HED 503 Stress Management and Emotional Health
- AROMA 507 Aromatherapy Chemistry
- NAT 515 Wellness Coaching & Communication Skills
- CAP 501 Masters Capstone Project

**TOTAL CREDITS REQUIRED: 36**

## MASTER OF SCIENCE IN COMPLEMENTARY ALTERNATIVE MEDICINE DEGREE PROGRAM

Consumer use of complementary and alternative medicine (CAM) continues to increase, fueled by a number of factors, including increasing research of efficacy, dissatisfaction with allopathic models (particularly for chronic health problems), and an aging population.

ACHS has developed a unique and innovative approach to the degree of Master of Science in CAM, with a clear mission to educate outstanding men and women to provide leadership in the industry.



Learn more about this program including professional outcomes and credentialing opportunities:

<https://achs.edu/program/master-science-complementary-alternative-medicine>

Specifically, graduates of the Master of Science in Complementary Alternative Medicine program will:

- Demonstrate an in-depth, advanced knowledge base that maximizes the innovative use of information that reflects the current theories, best practices, and research in preparation for application or further research in the prevention and wellness industry
- Develop a solid knowledge base of CAM modalities and be able to apply that knowledge by informing and assisting practitioners and consumers of CAM products and protocols
- Evaluate and generate best practices for CAM evidence-based healing methods
- Evaluate and provide guidance on the potential for herb-herb and herb-drug interactions

- Locate, analyze and evaluate, and make effective use of CAM research from the scientific literature and provide guidance for practitioners, policy makers, academic researchers, and industry leaders and manufacturer
- Assist with designing and planning appropriate clinical studies elucidating the underlying mechanisms of action of CAM therapies, facilitating their integration into conventional medical care, and stimulating professionalism, integrity, and social responsibilities in the prevention and wellness industry
- Note that the MS in CAM is not a clinically oriented program. Graduates of this program who are licensed providers of CAM services should refer to their medical boards and specialty societies (such as American Holistic Health Association) for credentialing and board certification if so required by their state of residency.



“Embarking upon my studies brought me into areas I didn’t even know existed. It also exposed me to CAM protocols and ways of thinking that are new and exciting.”

Celeste Urban (2017)  
MS in HN Student  
Wilkes Barre, PA

## CURRICULUM

Students complete 36 credits as follows:

- **Core Requirements:** Six credits of core requirements including graduate-level research and a capstone project.
- **Electives or Specialization Track:** Select specialization tracks or 30 credits of elective study.

### Program Specialization Track

Specializations include aromatherapy, herbal medicine, holistic nutrition, and wellness coaching. Visit <https://achs.edu/program/master-science-complementary-alternative-medicine> for the latest specialization options and a list of all current elective options.

### Electives

If a specialization track is not selected, students will complete nine credits of elective study to further specialize their training and may choose from all undergraduate courses; prerequisites must be met where applicable.

## TOTAL CREDITS REQUIRED: 36

## MASTER OF SCIENCE IN HEALTH AND WELLNESS DEGREE PROGRAM

The mission of the Master of Science in Health and Wellness degree program is to help others achieve health and wellness in a non-clinical setting through education and coaching strategies and to provide a healthier lifestyle for individuals and their families.

Educated professionals with knowledge and training in health and wellness provide wellness and physical health recommendations from which community programming and client education can be based. This in turn helps people to live healthier lives, prevent illness or injury, and helps reduce the risk of chronic disease while promoting wellness.



Learn more about this program including professional outcomes and credentialing opportunities:

<https://achs.edu/program/master-science-health-and-wellness>



“I completed my Masters in Health & Wellness in January 2017! I loved my classes and ACHS so much, I continued to a Masters in Herbal Medicine, which will be completed January 2018! ACHS is a fabulous, veteran-friendly school! I am an ACHS-er for life!!”

Kelly Baker (2017)  
MS in Health and Wellness, MS in Herbal Medicine, Graduate Certificate in Herbal Medicine, Graduate Certificate in Complementary and Alternative Medicine, Graduate Certificate in Botanical Safety, Graduate Certificate in Anatomy & Physiology and Graduate Certificate in Wellness Coaching Graduate Harlem, GA

Specifically, graduates of the Master of Science in Health and Wellness program will:

- Demonstrate an in-depth, advanced knowledge of health and wellness strategies to achieve each of the seven priorities identified by the National Prevention Strategy (NPS): Tobacco-free living, preventing drug abuse and excessive alcohol use, healthy eating, active living, injury and violence-free living, reproductive and sexual health, and mental and emotional well-being
- Act as Partners in Prevention as communicators and educators as identified in the National Prevention Strategy (NPS)
- Implement strategies to increase the number of Americans who are healthy at every stage of life
- Implement strategies to provide people with information to make healthy choices and to reinforce and support health and wellness by making healthy choices easy and affordable
- Create and support comprehensive wellness programs for corporations, educational facilities, districts, and more
- Engage partners across disciplines, sectors, and institutions to change the way communities conceptualize and solve problems, enhance implementation of innovative strategies, and improve individual and community well-being
- Support healthy and safe community environments by detecting and responding to both acute (emergency) and chronic (ongoing) threats to health
- Integrate health criteria into decision making, where appropriate, across multiple sectors
- Enhance cross-sector collaboration in community planning and design, which promotes health and safety
- Identify and implement proven strategies and conduct research where evidence is lacking
- Evaluate, generate, and implement best practices for evidence-based holistic nutrition protocols with clients, consumers, and the public
- Locate, analyze, evaluate, and make effective use of health and wellness research from scientific literature
- Discuss and describe the body's structure and function in a healthy state
- Understand and identify the mechanical and biochemical changes caused by a variety of diseases or imbalances to be able to address system imbalances and provide education that individuals can use to restore wellness
- Determine when to refer individuals to their licensed healthcare provider for diagnosis and treatment
- Develop a solid knowledge base of holistic health and wellness protocols and be able to apply that knowledge by informing and assisting practitioners and consumers
- Educate others about appropriate holistic health protocols that can help to rebalance the body and restore wellness, both for general good health and when particular ailments demonstrate an imbalance in the body and lifestyle
- Outline the steps to set up a business, including insurance, management, legal issues, ethics, keeping records, listening and observation skills, informed consent, marketing, business planning, and wellness counseling

- Locate information from state regulatory bodies to ensure compliance with local and state requirements
- Learn and adhere to the ethical and legal obligations of relevant industry organizations, including the International Coach Federation (ICF), the National Association for Holistic Aromatherapy (NAHA), the Alliance of International Aromatherapists (AIA), the Aromatherapy Registration Council (ARC), and the American Herbalist Guild (AHG)
- Learn and adhere to the International Coach Federation (ICF) ethical guidelines and professional standards, including: Establishing the coaching agreement, establishing trust and intimacy with the client, coaching presence, active listening, powerful questioning, direct communication, creating awareness, designing actions, planning and goal setting, and managing progress and accountability

## CURRICULUM

Students complete 36 credits as follows:

- **Core Requirements:** 24 credits of core requirements including graduate-level research, anatomy and physiology, pathology, pathophysiology, stress management, wellness coaching, and a capstone project.
- **Electives or Specialization Track:** Select a specialization track or 12 credits of elective study.

### Program Specialization Track

Specializations include aromatherapy, herbal medicine, holistic nutrition, and wellness coaching. Visit <https://achs.edu/program/master-science-health-and-wellness> for the latest specialization options and a list of all current elective options.

### Electives

If a specialization track is not selected, students will complete nine credits of elective study to further specialize their training and may choose from all undergraduate courses; prerequisites must be met where applicable.

## TOTAL CREDITS REQUIRED: 36

## MASTER OF SCIENCE IN HERBAL MEDICINE DEGREE PROGRAM

The mission of the Master of Science in Herbal Medicine degree program is to develop a practical and theoretical understanding of clinical herbalism and professionally apply this knowledge to educate clients and consumers about a mind-body-spirit approach to health and wellness.



Learn more about this program including professional outcomes and credentialing opportunities:

<https://achs.edu/program/master-science-herbal-medicine>

“I love the faculty at ACHS and the courses and am so happy I made the decision to attend this school for the program I am in.”

Cassandra Falco (2017)  
Graduate Certificate in Holistic  
Nutrition Grad, MS Holistic  
Nutrition Student  
Naples, FL

Specifically, graduates of the Master of Science in Herbal Medicine degree program will:

- Evaluate current herbal research to provide evidence-based practical and protocol models for herbal medicine both in healthcare settings and in industry
- Apply critical analysis and reasoning skills to positively affect others' commitment to wellness with the safe and effective implementation of herbal medicine protocols
- Demonstrate written and oral communication skills, including expressing quantitative and qualitative ideas to communicate the current theories, best practices, and research in preparation for application or further research in the field of herbal medicine
- Integrate values, goals, strategies, initiatives, and relationships that positively develop and emphasize sustainability of all phytotherapy and botanical resources, including environmental and social stewardship
- Administer and perform protocols and duties consistent with a Registered Herbalist's (RH) education, training, and experience within an established healthcare setting; such duties shall not constitute the practice of medicine
- Discuss herbal medicine, its history, and status of current research, including how to locate studies in peer-reviewed journals
- Demonstrate an in-depth, advanced clinical herbal medicine knowledge base that maximizes the innovative use of information that reflects the current theories, best practices, and research in preparation for application or further research in the herbal medicine industry
- Discuss and describe the body's structure and function in a healthy state
- Understand and identify the mechanical and biochemical changes caused by a variety of diseases or imbalances, to be able to address system imbalances and provide education that individuals can use to restore wellness
- Evaluate when to refer individuals to their licensed healthcare provider for diagnosis and treatment
- Develop a solid knowledge base of clinical herbalism protocols and be able to apply that knowledge by informing and assisting practitioners and consumers of herbal products and protocols
- Evaluate and generate best practices for clinical herbalism using evidence-based methods of administration
- Evaluate and provide guidance on the potential for herb, supplement, and drug interactions
- Identify key requirements for purchasing high-quality, therapeutic-grade botanicals used in clinical herbalism
- Locate, analyze, evaluate, and make effective use of clinical herbalism research from the scientific literature, and provide guidance for practitioners, policy makers, academic researchers, and industry leaders and manufacturers
- Assist with designing and planning appropriate clinical studies that elucidate the underlying mechanisms of action of clinical herbalism, facilitating their integration into conventional medical care, and stimulating professionalism, integrity, and social responsibilities in the prevention and wellness industry
- Educate others about appropriate herbalism protocols that can help to rebalance the body and restore wellness, both for general good health and when particular ailments demonstrate an imbalance in the body and lifestyle
- Provide clients and potential clients with truthful and non-misleading information about their experience, training, services, pricing structure, and practices, as well as disclosure of financial interests if they can present a conflict in practice; inform clients that redress of grievances is available through the American Herbalists Guild (AHG) or through the appropriate agency where an AHG member is operating under a state license



- Explain the AHG Code of Ethics, which includes: Confidentiality, professional courtesy, professional networking, practitioner as an educator, peer review, referrals, avoiding needless therapy, environmental commitment, humanitarian service, quality botanicals, and sexual harassment
- Learn and adhere to the International Coach Federation (ICF) ethical guidelines and professional standards, including: Establishing the coaching agreement, establishing trust and intimacy with the client, coaching presence, active listening, powerful questioning, direct communication, creating awareness, designing actions, planning and goal setting, and managing progress and accountability
- Outline the steps to set up a business, including insurance, management, legal issues, ethics, keeping records, listening and observation skills, informed consent, marketing, business planning, and wellness counseling
- Locate information from state regulatory bodies to ensure compliance with local and state requirements
- Strive toward establishing AHG professional membership as a recognizable standard of competency in botanical medicine

## CURRICULUM

Students complete 36 credits as follows:

- RES 501 Assessment and Integration of Research
- HERB 502 Advanced Herbal Materia Medica I
- NAT 501 Anatomy & Physiology I
- HERB 503 Advanced Herbal Materia Medica II
- NAT 502 Anatomy & Physiology II
- HERB 504 Advanced Herbal Materia Medica III
- NAT 503 Integrative Pathophysiology
- HERB 531 Botany and Plant Identification for the Holistic Practitioner
- HERB 521 Principles of Pharmacognosy and Phytochemistry
- HERB 541 Toxicology and Safety in Botanical Medicine & Herbal Supplements
- NAT 515 Wellness Coaching & Communication Skills
- CAP 501 Masters Capstone Project

**TOTAL CREDITS REQUIRED: 36**

## MASTER OF SCIENCE IN HOLISTIC NUTRITION DEGREE PROGRAM

The mission of the Master of Science in Holistic Nutrition degree program is to provide professional holistic nutrition and physical health recommendations from which community programming and client education can be based. This in turn will help people to live healthier lives, prevent illness or injury, and reduce the risk of chronic disease while promoting wellness.

The Master of Science in Holistic Nutrition program offers students a focused training in advanced applied holistic nutrition. There is an emphasis on integrating holistic nutrition research and coaching skills to prepare graduates for direct application of



“Graduating from ACHS with my MS in Holistic Nutrition has been a lifelong dream come true. After years of pursuing nutrition education on my own and helping those around me looking for answers, I am so grateful to be able to continue this path in a professional capacity. ACHS surpassed my expectations, broadened my horizons, and equipped me for an exciting and satisfying future. I look forward to more opportunities to be a part of such a great community.”

Landon Gilfillan (2017)  
MS in Holistic Nutrition Graduate  
Moore, OK

holistic nutrition theory, science, and concepts in holistic health lifestyle planning for optimal health.

If you are interested in pursuing a career in nutrition or dietetics, you should consult with the appropriate state board to assure that your credentials will allow you to achieve your professional goals. Many states have enacted laws that regulate the practice of dietetics and nutrition services. You can also view more information online here. Please note this degree does not satisfy the requirements to become a CHES Health Educator or a Board Certified Nutrition Specialist® at this time.



Learn more about this program including professional outcomes and credentialing opportunities:

<https://achs.edu/program/master-science-holistic-nutrition>

Specifically, graduates of the Master of Science in Holistic Nutrition program will:

- Discuss and describe the body's structure and function in a healthy state
- Describe the current theories and best practices in holistic nutrition
- Locate, analyze, and explain current scientific literature in holistic nutrition, prevention, and wellness industries
- Explain appropriate holistic nutrition protocols to clients, consumers, and the public
- Evaluate, generate, and implement best practices for evidence-based holistic nutrition protocols with clients, fellow practitioners, consumers, and the public
- Assist with designing and planning appropriate clinical studies elucidating the underlying mechanisms of action of holistic nutrition protocols, facilitating their integration into conventional medical care, and stimulating professionalism, integrity, and social responsibility in the prevention and wellness industry
- Identify and explain the mechanical and biochemical changes caused by a variety of diseases or imbalances
- Differentiate system imbalances, identify particular ailments, and develop individualized holistic nutrition recommendations clients and consumers can use to restore wellness
- Evaluate when to refer individuals to their licensed healthcare provider for diagnosis and treatment
- Outline the steps to set up a business, including insurance, management, legal issues, ethics, keeping records, listening and observation skills, informed consent, marketing, business planning, and wellness counseling
- Locate information from state regulatory bodies to ensure compliance with local and state requirements
- Prepare for and pass the national board certification examination of National Association of Nutrition Professionals (NANP), administered by the Holistic Nutrition Credentialing Board
- Learn and abide by the code of ethics and scope of practice as set for by the National Association of Nutrition Professionals
- Identify and explain advocacy roles in the holistic nutrition industry, including policy making, academic research, manufacturing, and leadership

## CURRICULUM

Students complete 36 credits as follows:

- RES 501 Assessment and Integration of Research
- NUT 509 Graduate Topics in Holistic Nutrition
- NAT 501 Anatomy & Physiology I
- HED 503 Stress Management and Emotional Health
- NAT 502 Anatomy & Physiology II
- NUT 501 Advanced Applied Holistic Nutrition
- NAT 503 Integrative Pathophysiology
- CHEM 501 General, Organic and Biochemistry
- NAT 504 Complementary and Alternative (CAM) Pathology & Protocols
- NUT 510 Nutrition and Dietary Supplements
- NAT 515 Wellness Coaching & Communication Skills
- CAP 501 Masters Capstone Project

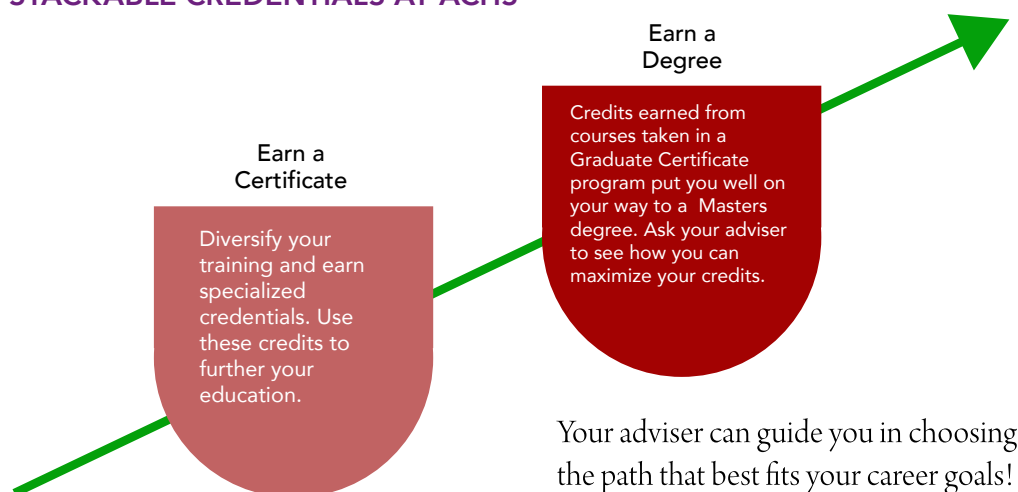
**TOTAL CREDITS REQUIRED: 36**

## GRADUATE CERTIFICATE PROGRAMS

*Please note: ACHS Certificate and Diploma programs do not constitute a degree. Credits earned in a Certificate or Diploma program may be used toward an ACHS degree at the corresponding level when applicable.*

Career changes, evolving industries, and job and regulatory requirements challenge us all to increase our skills and capacities throughout our lives. Personal or family health challenges or a new role as a family caregiver can also lead us to seek additional training in the healthcare field. ACHS's graduate certificates are intended for students who possess a bachelor's degree and are seeking advanced knowledge and skills in new fields, but who may not wish to continue to a full master's degree. Graduate certificate students take many of the same courses that are available to ACHS Masters degree students and the same policies and procedures apply.

## STACKABLE CREDENTIALS AT ACHS



“Love this school and its professors! Absolutely wonderful and engaging programs and am constantly learning something new from their Facebook page and live webinars.”

Amanda Ptak (2017)  
MS in CAM Graduate  
Oak Ridge, NJ

## ADMISSION

Students interested in enrolling in a graduate certificate program must apply through ACHS's Office of Admissions and must meet all graduate admissions requirements.

## STANDARDS

Students are expected to perform at the same level as matriculated ACHS graduate students.

## CURRICULUM

Graduate certificate programs consist of subsets of ACHS degree programs. Students with prior education and/or related professional experience in the field may request a course substitution with approval of the Academic Standards Committee (ASC) or earn credit by successfully passing a challenge exam.

## GRADUATE CERTIFICATE IN ANATOMY & PHYSIOLOGY

The Graduate Certificate in Anatomy & Physiology provides specialized training for graduate students in the structure and function of the human body and how it behaves as a dynamic community of interdependent parts. Professionals working in the CAM field will be able to deepen their knowledge and understanding of the structure and function of the human organ systems.



Learn more about this program including professional outcomes and credentialing opportunities:

<https://achs.edu/program/graduate-certificate-anatomy-physiology-online>

Graduates of the Graduate Certificate in Anatomy & Physiology will be able to:

- Demonstrate a strong theoretical understanding of anatomy and its relationship to physiology and how structure relates to function
- Be able to compare and contrast specific pathological conditions and show clinical connections to each body systems and system interrelationships
- Review and critically evaluate primary research on CAM protocols and construct case studies using validated protocols
- Define the etiology, pathogenesis, clinical manifestations of disease and the impact of behavioral factors, life-style choices, and environmental factors on the cause and progression of disease
- Identify the use of CAM modalities to provide natural support options in these disease conditions and when a client should be referred to their licensed healthcare provider
- Summarize the CAM modalities such as aromatherapy, homeopathy, herbal medicine, nutrition, and lifestyle changes and how these may be beneficial in supporting health

## CURRICULUM

Students complete 15 credits as follows:

- RES 501 Assessment and Integration of Research
- NAT 501 Anatomy & Physiology I
- NAT 502 Anatomy & Physiology II
- NAT 503 Integrative Pathophysiology
- NAT 504 Complementary Alternative Medicine (CAM) Pathology & Protocols

**TOTAL CREDITS REQUIRED: 15**

## GRADUATE CERTIFICATE IN AROMATHERAPY

The Graduate Certificate in Aromatherapy provides specialized training for graduate students in the comprehension and application of essential oils for medicinal use. Professionals working in the CAM field will be able to deepen their knowledge and understanding of aromatherapy.



Learn more about this program including professional outcomes and credentialing opportunities:

<https://achs.edu/program/graduate-certificate-aromatherapy>

Graduates of the Graduate Certificate in Aromatherapy will be able to:

- Assemble a solid theoretical understanding of how to review, utilize, and design scientific and clinical research
- Construct a strong theoretical knowledge of the principles of pharmacognosy and phytochemistry as they apply to botanical studies
- Critically evaluate the molecular structure of active constituents and how they contribute to a botanical's observable actions
- Identify and evaluate the methods of quality control, extraction, potency, and variability of herbs and how it relates to the botanical industry
- Synthesize an advanced knowledge of the principles of toxicology and the mechanisms and effect of herb-herb and herb-drug interactions
- Demonstrate an understanding of the toxicology of plant and essential oil constituents, the possible allergic and adverse reactions to herbal products and the influence of herbal quality on potential toxicity
- Analyze the relative risks and benefits of commonly used botanical substances
- Compare and contrast knowledge from empirical use with data from current phytochemical, toxicological and epidemiological studies and databases
- Construct an in-depth understanding of the principles of aromatherapy, aromatology, and aromacology
- Categorize and apply an understanding of the bioactivity, psychological effects, and safety issues of essential oils and their components
- Evaluate and judge the clinical effect of essential oils through exploring research literature as well as historical perspectives



## CURRICULUM

Students complete 15 credits as follows:

- RES 501 Assessment and Integration of Research
- AROMA 501 Aromatherapy Science
- AROMA 503 Aromatherapy I
- AROMA 504 Aromatherapy II
- AROMA 505 Aromatherapy III

## TOTAL CREDITS REQUIRED: 15

## GRADUATE CERTIFICATE IN BOTANICAL SAFETY

The ACHS Graduate Certificate in Botanical Safety provides specialized training for graduate students in the efficacy and safety of the use of herbal medicinal products. Professionals working in the CAM field will be able to deepen their knowledge and understanding of the safe application of botanical medicine.



Learn more about this program including professional outcomes and credentialing opportunities:

<https://achs.edu/program/graduate-certificate-botanical-safety>

Graduates of the Graduate Certificate in Botanical Safety will be able to:

- Assemble a solid theoretical understanding of how to review, utilize and design scientific and clinical research
- Construct a strong theoretical knowledge of the principles of pharmacognosy and phytochemistry as they apply to botanical studies
- Critically evaluate the molecular structure of active constituents and how they contribute to a botanical's observable actions
- Identify and evaluate the methods of quality control, extraction, potency, and variability of herbs and how it relates to the botanical industry
- Synthesize an advanced knowledge of the principles of toxicology and the mechanisms and effect of herb-herb and herb-drug interactions
- Demonstrate an understanding of the toxicology of plant and essential oil constituents, the possible allergic and adverse reactions to herbal products, and the influence of herbal quality on potential toxicity
- Analyze the relative risks and benefits of commonly used botanical substances
- Compare and contrast knowledge from empirical use with data from current phytochemical, toxicological, and epidemiological studies and databases
- Assemble an advanced knowledge base of the herbal materia medica with a strong theoretical understanding of efficacy based on current research
- Construct a working knowledge of the therapeutic action, active constituents, and methods of administration and regulatory status of each botanical

## CURRICULUM

Students complete 12 credits as follows:

- RES 501 Assessment and Integration of Research
- HERB 521 Principles of Pharmacognosy and Phytochemistry
- HERB 541 Toxicology and Safety in Botanical Medicine & Herbal Supplements
- HERB 531 Botany and Plant Identification for the Holistic Practitioner

**TOTAL CREDITS REQUIRED: 12**

## GRADUATE CERTIFICATE IN COMPLEMENTARY ALTERNATIVE MEDICINE (CAM)

The Graduate Certificate in CAM provides specialized training for graduate students in a variety of CAM modalities. Professionals working in the CAM field will be able to deepen their knowledge and understanding.



Learn more about this program including professional outcomes and credentialing opportunities:

<https://achs.edu/program/graduate-certificate-complementary-alternative-medicine-online>

Graduates of the Graduate Certificate in Complementary Alternative Medicine will be able to:

- Define the etiology, pathogenesis, clinical manifestations of disease and the impact of behavioral factors, lifestyle choices, and environmental factors on the cause and progression of disease
- Identify the use of CAM modalities to provide natural support options in these disease conditions and when a client should be referred to their licensed healthcare provider
- Summarize the CAM modalities, such as aromatherapy, homeopathy, herbal medicine, nutrition, and lifestyle changes, and how these may be beneficial in supporting health
- Analyze and construct a working knowledge of two of the modalities and how they can be applied to benefit clients and support optimal health, including appropriate use, contraindications, and expected outcomes

## CURRICULUM

Students complete 15 credits as follows:

- **Core Requirements:** Students complete nine credits of core requirements including graduate-level research, pathology, and pathophysiology.
- **Electives:** To complete this program, students complete six credits of elective study.

## ELECTIVES

Students will complete six credits of elective study to further specialize their training and may choose from all graduate courses; prerequisites must be met where applicable. See <https://achs.edu/program/graduate-certificate-complementary-alternative-medicine-online> for a list of all current elective options.

**TOTAL CREDITS REQUIRED: 15**

## GRADUATE CERTIFICATE IN HERBAL MEDICINE

The ACHS Graduate Certificate in Herbal Medicine provides specialized training for graduate students in the comprehension and application of herbal medicine. Professionals working in the complementary alternative medicine (CAM) field will be able to deepen their knowledge and understanding of botanical medicine.



Learn more about this program including professional outcomes and credentialing opportunities:

<https://achs.edu/program/graduate-certificate-herbal-medicine-online>

Graduates of the Graduate Certificate in Herbal Medicine will be able to:

- Synthesize an advanced knowledge of the principles of toxicology and the mechanisms and effect of herb-herb and herb-drug interactions
- Demonstrate an understanding of the toxicology of plant and essential oil constituents, the possible allergic and adverse reactions to herbal products, and the influence of herbal quality on potential toxicity
- Analyze the relative risks and benefits of commonly used botanical substances
- Compare and contrast knowledge from empirical use with data from current phytochemical, toxicological, and epidemiological studies and databases
- Assemble an advanced knowledge base of the herbal materia medica with a strong theoretical understanding of efficacy based on current research
- Construct a working knowledge of the therapeutic action, active constituents, and methods of administration and regulatory status of each botanical
- Develop a strong understanding of botany and plant identification with particular emphasis on the practical use of medicinal plants
- Integrate botanical theory with contemporary methods of reliable plant identification for successful wildcrafting of herbs

## CURRICULUM

Students complete 15 credits as follows:

- RES 501 Assessment and Integration of Research
- HERB 502 Advanced Herbal Materia Medica I
- HERB 503 Advanced Herbal Materia Medica II
- HERB 504 Advanced Herbal Materia Medica III
- HERB 541 Toxicology and Safety in Botanical Medicine & Herbal Supplements

**TOTAL CREDITS REQUIRED: 15**

## GRADUATE CERTIFICATE IN HOLISTIC NUTRITION

The Graduate Certificate in Holistic Nutrition provides specialized training for graduate students in advanced applied holistic nutrition. Professionals working in the CAM field will be able to deepen their knowledge and understanding of how nutrition can be integrated into every wellness plan.



Learn more about this program including professional outcomes and credentialing opportunities:

<https://achs.edu/program/graduate-certificate-holistic-nutrition-online>

Graduates of the Graduate Certificate in Holistic Nutrition will be able to:

- Assemble a solid theoretical understanding of how to review, utilize and design scientific and clinical research
- Demonstrate a strong theoretical understanding of anatomy and its relationship to physiology and how structure relates to function
- Be able to compare and contrast specific pathological conditions and show clinical connections to each body systems and system interrelationships
- Assess how factors like digestion, absorption, and metabolism influence the effective use of macronutrients and micronutrients
- Evaluate nutrition for life stages and for clients with various illnesses
- Recognize food/dietary supplement/drug interactions

## CURRICULUM

Students complete 12 credits as follows:

- **Core Requirements:** Students complete nine credits of core requirements including graduate-level research, pathology, and pathophysiology.
- **Elective:** To complete this program, students will select an additional graduate-level nutrition course.

## ELECTIVES

Students will complete three credits of elective study to further specialize their training and may choose from all graduate nutrition courses; prerequisites must be met where applicable. See <https://achs.edu/program/graduate-certificate-holistic-nutrition-online> for a list of all current elective options.

## TOTAL CREDITS REQUIRED: 12

## GRADUATE CERTIFICATE IN WELLNESS COACHING

The mission of the Graduate Certificate in Wellness Coaching program is to prepare graduates with the skills, expertise, and understanding of coaching ethics and standards, and the ability to apply them appropriately in coaching situations to empower people to take charge of their own health and create sustainable change. Graduates will have the knowledge and skills to provide clients, consumers, and the public with wellness lifestyle plans. These plans will assist clients, consumers, and the public to take an active role in their health and wellness and to integrate health and wellness protocols into their daily life to achieve optimal health and a better quality of life.



Learn more about this program including professional outcomes and credentialing opportunities:

<https://achs.edu/program/graduate-certificate-wellness-coaching>

Graduates of the Graduate Certificate in Wellness Coaching will be able to:

- Demonstrate an in-depth, advanced knowledge of holistic wellness practices
- Understand and maximize the science of behavior change to gain proficiency in designing personal wellness plans
- Develop a solid knowledge of holistic wellness protocols and motivational behaviors and be able to apply that knowledge to assist clients, consumers, and the public to follow and maintain personalized wellness plans
- Locate, analyze, evaluate, and make effective use of health and wellness and coaching research from scientific literature
- Serve in the role of advocate to provide guidance to policy makers, academic researchers, industry leaders, and manufacturers in the field of motivational holistic health behavioral plans
- Discuss and describe the body's structure and function in a healthy state
- Understand and identify the mechanical and biochemical changes caused by a variety of diseases or imbalances to be able to address system imbalances and provide education that individuals can use to restore wellness
- Evaluate when to refer individuals to their licensed healthcare provider for diagnosis and treatment
- Outline the steps to set up a business, including insurance, management, legal issues, ethics, keeping records, listening and observation skills, informed consent, marketing, business planning, and wellness coaching
- Locate information from state regulatory bodies to ensure compliance with local and state requirements
- Adhere to professional bodies' code of ethics, including: American Herbalist's Guild (AHG), Aromatherapy Registration Council (ARC), Associated Bodywork & Massage Professionals (ABMP), International Coach Federation (ICF), and National Association for Holistic Aromatherapy (NAHA)
- Adhere to the International Coach Federation (ICF) ethical guidelines and professional standards, including: Establishing the coaching agreement, establishing trust and intimacy with the client, coaching presence, active listening, powerful questioning, direct communication, creating awareness, designing actions, planning and goal setting, and managing progress and accountability

## CURRICULUM

Students complete 15 credits as follows:

- RES 501 Assessment and Integration of Research
- NUT 501 Advanced Applied Holistic Nutrition
- NAT 503 Integrative Pathophysiology
- NAT 504 Complementary and Alternative (CAM) Pathology & Protocols
- NAT 515 Wellness Coaching & Communication Skills

**TOTAL CREDITS REQUIRED: 15**



## POLICIES

### Admission Requirements

- Able to commit to study time of at least nine hours per week, per three-credit course
- Completion of the ACHS Application and Personal Essay
- Acceptance decision from the ACHS Admissions Committee
- **Undergraduate study:** Official transcript demonstrating a state approved GED or high school diploma.\*
- **Graduate study:** Official transcripts demonstrating conferral of a Bachelors degree from a U.S. Department of Education approved accredited institution.\*
- One letter of recommendation from a suitable professional reference for graduate study

\*Note: Applicants with prior College experience are required to submit official transcripts from all prior

ACHS has students and graduates in over 70 countries worldwide! You can view international student admissions information online at <https://achs.edu/international-admissions-achs>.

ACHS blends the support and learning advantage of a traditional semester schedule with the flexibility of online education. Undergraduate and Graduate Cohorts start three times per year—Fall, Spring, and Summer—and select accelerated, 7.5-week courses are also offered throughout the year.

Class sizes are limited and most fill months in advance of the start date. Your first payment must be paid at the time your registration is confirmed to secure your place in class. All applicants are evaluated on the basis of eligibility documents submitted as part of the application process, as well as motivation and academic ability to benefit. Our 2018 acceptance rate was 88%.

### Shipping

We ship educational materials UPS or U.S. Postal Service within the United States and by insured U.S. Postal Service Air Mail to international destinations. The total course price, provided by your Admissions Advisor and estimated on the ACHS Fee Schedule, includes shipping costs for the continental United States. Ask your Admissions Advisor for an international shipping estimate.

### Non-Discrimination

ACHS is committed to equal opportunity and equal treatment for all qualified individuals. ACHS does not discriminate nor will it tolerate discrimination against any person because of age, gender, gender-identity, color, race, national origin, religion, sex, sexual orientation, marital status, disability, veteran status, or any other class protected by law.

### Title IX

ACHS complies with Title IX of the Education Amendments of 1972, a federal law that prohibits sex discrimination in education, including but not limited to all forms of sexual harassment and sexual violence. Any person who files a complaint or participates in an investigation is protected from retaliation to the full extent of the law.

For questions regarding Title IX, please contact Tracey Abell, ACHS Title IX Coordinator; office located at 5005 SW Macadam Avenue, Portland, Oregon 97239; 503.24-0726. For further information, you may also contact the U.S. Department of Education's Office for Civil Rights, through its website <http://wdcrobcolp01.ed.gov/CFAPPS/OCR/contactus.cfm>, or by calling 1.800.421.3481.

View ACHS's Sexual Misconduct Policy online at <https://achs.edu/sexual-misconduct-policy>.

# Professional Graduate Profile

## SHANNON MESNEAK, AAS

“I love how people in the health field are so supportive and inclusive. I think it’s important to have mentors, the knowledge being passed is one of the best things about herbal medicine, everyone that I have met through my learning is super excited to share.”

Shannon Mesneak (2017)

Associate of Applied Science in  
Complementary Alternative Medicine  
Longview, WA

Visit Shannon at her store located  
at The Merk, 1339 Commerce, Suite  
110, in Longview, WA

[www.letsbehholistic.com](http://www.letsbehholistic.com)



Shannon Mesneak opened her shop, Let's Be Holistic, in December 2018 in Longview, WA. The shop is the only one of its kind in the Longview area between Portland and Seattle and she is delighted to be able to share the experience of taste and smell with those who enter her

lovely shop. She especially loves developing special yummy teas from her organic and sustainably grown tea varieties that include a bit of something medicinal. “It’s sort of the spoonful of sugar makes the medicine go down approach,” says Shannon.

The shop has an office space where Shannon can meet with customers and a teaching space for classes. Shannon says many people in her community are excited to find ways to manage pain without using and/or reducing pain medications. A unique feature of the shop is the “Herb Wall” with more than 70 loose herbs and teas that can be mixed and matched, infused and used for decoctions.

## THE ACHS PRACTITIONER DIRECTORY

The ACHS Alumni Practitioner Directory is exclusively for ACHS’s successful graduates. You are welcome to contact graduates for information about their experience studying with ACHS and their success in the holistic health field. If you are an ACHS graduate and would like to join the directory, please register at the link below to set up your complimentary profile. Need help? Contact us at [alumni@achs.edu](mailto:alumni@achs.edu).

Visit <https://directory.achs.edu/>.

## STAY CONNECTED TO THE ACHS COMMUNITY

Use the QR codes below to visit the **ACHS Blog** for Health & Wellness tips, and to follow us on **Facebook, YouTube, Twitter, and Pinterest**.



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