



trinity
school of natural health



EDUCATE YOUR BODY, MIND AND SPIRIT



**follow
our path
to natural
health**

Welcome to



trinity
school of natural health

Trinity School of Natural Health was founded by Dr. Wendell Whitman in 1991 to offer professional programs of study in the natural health field leading to non-traditional designations or degrees. Up until that time, very few educational institutions made home study courses available. Dr. Whitman saw the need for this valuable information to reach the public so he created an affordable and available way for people to learn—he founded Trinity School of Natural Health. The courses of study were specifically designed to integrate the total person in body, mind and spirit; each course building on the next to create a complete and healthy lifestyle. Today, Trinity provides a solid education for students to establish their own professional practice and bring much needed healthy alternatives to their communities.

Let me introduce myself. I am a wife, mother of three and I am passionate about natural health and health freedom. I had the honor and privilege to work alongside my father, Dr. Wendell Whitman, for over 20 years in his many business ventures and causes. To this day, I feel his fire and sense of duty as we continue the vision and adapt to the changing landscape of the health care in this country. Since my father's passing, I've become immersed in all of the businesses, including Trinity. One thing I know for sure is that people are continually looking for ways to have a happier, healthier and more meaningful life.

This is an exciting time to be a part of the Trinity School of Natural Health family. The future of Trinity is bright. We are now offering our students more choices in the style in which they learn best. Recently, Trinity School of Natural Health and Certified Natural Health Professionals have merged. Two successful natural health associations joined forces, allowing us to offer our students the greatest education focused on improving health and transforming lives. I encourage you to review our curriculum and join us.

Cordially,

A handwritten signature in black ink that reads "Julie Whitman Kline".

Julie Whitman Kline, President
Trinity School of Natural Health





WHO WE ARE

Trinity School of Natural Health is a non-profit educational institution that offers professional programs in Natural Health. Our courses focus on the integration of the body, mind and spirit within a nondenominational, Christian framework. Our educational programs offer degrees in such nontraditional designations as Doctor of Naturopathy (ND), Certified Natural Health Professional (CNHP), Master Herbalist (MH), Master Iridologist (MI), Certificate of Nutritional Counseling (CNC) and Certified Health Specialist (CHS).

Trinity School of Natural Health is accredited and recognized by the American Naturopathic Medical Accreditation Board.

OUR MISSION

Trinity School of Natural Health offers the most complete natural health education that provides people with hope, solutions and support to transform their lives and improve the world.

OUR PHILOSOPHY

Our philosophy is that when one is able to fully develop the physical, mental and spiritual aspects of the whole person, true health is achieved. We've designed our courses of study to support the integration of all three.

We believe the Bible to be a great source of teaching and the final authority on spiritual matters. For these reasons, we emphasize the knowledge found in the Scriptures to create a spiritual foundation. Because of the inherent spiritual nature within each of us, there's a need to be spiritually grounded and knowledgeable when analyzing any health issue, whether it be physical, emotional or spiritual.



HEALTH STUDIES

The word “doctor” comes from the Latin word *‘docere’* meaning ‘to teach.’ Naturopaths teach natural ways to enhance good health, optimal wellness and encourage longevity. The Naturopathic approach is holistic and focuses on maintaining wellness with an emphasis on disease prevention.

We emphasize creating a lifestyle which includes pure water, clean air, wholesome food, proper diet and nutrition, exercise, proper living, appropriate rest, right thinking, absence from toxic substances, body ecology, effective management of stress and a number of other natural practices which lead to the balanced living concept. We believe that physical health is primarily a reflection of God’s universal law of cause and effect. How we care for our bodies is both a physical and spiritual issue that impacts our health and the health of our offspring. In cases where health principles have been violated, the only true “cure” is for the body to restore its own protective mechanisms by removing those physical and spiritual roadblocks that hinder restoration and/or healing. Course studies in Naturopathy teach practices that build immunity, improve mental health and enhance overall body functions.

Trinity School of Natural Health offers training that is to be used for an individual’s own personal development. With discretion, an individual may be able to use this knowledge to educate others.

LICENSURE

Some states require a license to work in specific areas of the natural health field. Trinity School of Natural Health is not designed to provide a vocational curriculum to meet the requirement of any particular state where a license is required. If your state is one of the few that requires such a license, please find out the individual requirements of your state so you are in compliance with their laws. Programs of study are for personal enrichment and self-improvement and focus on a pure, natural and spiritual lifestyle. Trinity School of Natural Health does not maintain a job placement bureau; thus, no placement is guaranteed to those enrolled in its educational programs.

ACCREDITATION

Accredited colleges and schools throughout the United States approve most of the courses offered through Trinity School of Natural Health. Accreditation by an outside accrediting organization is always a compliment to an institution. However, we consider our greatest asset to be the quality of our graduates and the continuing contribution they make to the health and wellness of their families and community. Trinity School of Natural Health is accredited and recognized by the American Naturopathic Medical Accreditation Board (ANMAB) in Las Vegas, Nevada (www.anmab.org). We have not, nor do we plan to seek accreditation through the U.S. Department of Education.

STYLES OF LEARNING

Trinity School of Natural Health supports various learning styles including in-depth book studies, online video courses and hands-on live event training. Book studies are available for the Doctor of Naturopathy, Master Herbalist, Master Iridologist, Certificate in Nutritional Counseling and Certified Health Specialist Programs. Online video courses and hands-on live event training methods are available for the Certified Natural Health Professional Program. Other programs offered by Trinity School of Natural Health will be available in these newer styles of learning in the future.

All course work is completed on an individual basis which gives the student maximum flexibility for study time. When students have completed a course and submitted it to Trinity School of Natural Health, a new course is made available to them. We continue this practice as long as the student stays current with their financial obligations. Our courses are designed to build upon the student's accumulated knowledge.

LIVE EVENTS

Trinity School of Natural Health offers several informative, seven day learning experiences across the country each year that provide students with the knowledge needed to not only improve their health but also the health of those around them. Each live event is taught by a team of dynamic health professionals who have vast experience and knowledge in their fields. Their passion is evident and their teaching manner is engaging, upbeat, easy to understand and enjoyable. Students will be able to discover solutions to their specific questions as they interact with the instructors and fellow like-minded students.

Anyone can register to attend live events presented by Trinity School of Natural Health to simply broaden their understanding of natural health and all it encompasses. Students enrolled in the Certified Natural Health Professional Program (as well as additional programs in the future) can fulfill the program requirements by attending live events and completing the course exams. Many students prefer this intensive, hands-on approach as they often retain more and complete the program quicker (compared to the book studies).



PROGRAMS AND TUITION

Program of Study	Enrollment Fee	Cost if Prepaid in Full
Doctor of Naturopathy (ND)	\$3,795	\$3,495
Certified Natural Health Professional (CNHP) *	\$1,400	\$1,250
Master Herbalist (MH)	\$1,745	\$1,600
Master Iridologist (MI)	\$1,745	\$1,600
Certificate in Nutritional Counseling (CNC)	\$1,745	\$1,600
Certified Health Specialist (CHS)	\$895	\$795
All 4 Programs (ND, MH, CNC, CHS)	\$5,180	\$4,880
All 5 Programs (ND, MH, MI, CNC, CHS)	\$6,025	\$5,725

* - Available only through Live Events or Online Video Courses. Additional fees apply for attending Live Events.

REGISTRATION AND FEES

Credit cards, personal checks and money orders are accepted for tuition payments and must be in U.S. dollars. The application must be filled out entirely in order for Trinity School of Natural Health to process the application. The enrollment and access to course materials will be delayed should the application not be filled out completely, or if payment is not submitted with the application. Please contact Trinity School of Natural Health if you have any questions concerning the application.

All students will be charged a \$250 nonrefundable application fee which is included in the enrollment fee. An installment plan is available. Please see the application for the installment plan prices. We allow each student to choose the due date for the installment plan. We are able to offer due dates on the tenth (10th) or twentieth (20th) of each month. If a due date is not selected on your application, we will automatically use the tenth (10th) of the month as the due date. We do allow a grace period of ten (10) days. If a payment does not arrive within the grace period, a late payment fee of \$25 will be applied to your account. If a payment is not made within 11 days, the student will be put on inactive status until the payment(s) are current. Inactive status can include, but is not limited to, access to tests are denied, tests will not be graded, official documents cannot be sent to other organizations, etc. Trinity School of Natural Health reserves the right to limit restrictions in other forms other than what is mentioned here.

ENROLLMENT IN MULTIPLE PROGRAMS

A student may decide to enroll in additional programs at any time. When a student decides to enroll in an additional program, a new application will need to be submitted to Trinity School of Natural Health. We will apply a credit to the new program by waiving courses from the original program of enrollment. The payment plan will be adjusted accordingly once the application is received.

COURSE MATERIALS

Courses will be released upon completion of the application and financial arrangements. Students choosing the installment plan will receive the course work for the first two courses. For those students that are paying their tuition in full, all course work will be released at one time.

Any textbooks or DVDs are the responsibility of the student and are generally available in bookstores. Most courses do not require lecture DVDs and some courses do not require textbooks. For more information on the materials, please visit Reagan's Bookstore (www.reagansbookstore.com).

ACCESSING EXAMS

Course exams can be accessed through Trinity School of Natural Health's website (www.trinityschool.org). Any student that chooses to access their exams online will not incur an additional \$10 administration fee for each course.

For those students that still want their course exams shipped and are choosing the installment plan option, an extra \$30 is due with the minimum down payment at the time of application for the Doctor of Naturopathy Program or an additional \$20 for the Master Herbalist, Master Iridology, Certificate in Nutritional Counseling or Certified Health Specialist Programs. If a student is paying the entire tuition fee up front, the entire administration fee is also due at the time of application. The Certified Natural Health Professional Program does not offer an option to ship course exams.

Any student that chooses to have exams shipped to them can change to online testing. A request in writing is needed to confirm this change. All administration fees are nonrefundable. The student will be responsible for the postage necessary to return each completed course exam.

TRANSCRIPTS AND DIPLOMAS

Students will receive one free diploma for each program completed. The diploma is 11" x 14". Extra diplomas can be ordered upon request. There is a \$25 fee charged per additional diploma. Each student will receive one free transcript per program. Transcripts are sent upon request. Extra transcripts can be ordered. There is a \$10 fee per additional transcript.

NONDISCRIMINATION

Trinity School of Natural Health has a nondiscriminatory policy. We do not discriminate on the basis of gender, race, age, creed, religion or national origin. We conform to all federal laws concerning equal opportunity.



TIME LIMIT FOR THE PROGRAMS

There is no set time in which the student must complete any individual course within a program; however, the student must complete the entire program within the time limit given. The student will have five (5) years to complete the All 5 Program Option, four (4) years to complete the All 4 Program Option, three (3) years to complete the Doctor of Naturopathy Program, two (2) years to complete the Master Herbalist Program or Certificate in Nutritional Counseling Program; or one (1) year to complete the Master Iridologist, Certified Health Specialist or Certified Natural Health Professional Programs. Should an additional program be added, the student will be given two (2) months per course to complete that program (not to exceed the original time limit for that program).

Should a student wish to enroll in individual courses and not a program, that student will have a three (3) month time limit per course. Should the course not be completed within that time frame, all policies will apply and the student will not be eligible for a refund on the individual courses as monies paid would be considered fully earned.

REFUND POLICY

Students who withdraw from their program of study within the first thirty (30) days will receive a 100% refund on the tuition price of their program, minus the \$250 nonrefundable application fee and a \$200 fee per completed courses. A pro-rated refund, minus the nonrefundable application fee and \$200 fee per completed courses will be provided to those who withdraw after the initial thirty (30) days, but before six (6) months, commensurate with governing state laws and the commission on proprietary education. Tuition is considered fully earned after six (6) months and the student will not be eligible for a refund. The time frame for refund applies to the enrollment of a program. Should a student only enroll in one course, and not complete the course within the three (3) month time limit, all monies are considered fully earned for that course and are nonrefundable. All administration fees are nonrefundable. *A modified refund policy exists for the Certified Natural Health Professional Program. Please contact Trinity School of Natural Health for additional details.*

TRANSFER OF CREDITS

Transfer of approved credits from another college is allowed. Trinity School of Natural Health limits credit transfers to three courses in order to help students develop a thoroughly consistent philosophy traditionally associated with the Trinity School of Natural Health diploma. Prospective students are admitted to the program, not on the basis of past academic achievement, but with the understanding that the candidate can successfully complete the course of study.



STATEMENT OF AGREEMENT

I understand that the programs offered are by a nontraditional school. I agree that I will use any designation I receive in accordance with applicable laws in the state in which I reside. I understand that this program does not qualify me to practice medicine or any other practice reserved currently by state law for licensed professions. I understand that no employment will be offered to me as a result of taking any program from Trinity School of Natural Health.

I understand that the course exams will be made available to me at no additional charge by accessing the exams online. I understand that should I request the course exams be shipped to me, I will pay \$10 per exam. I understand that I will be required to purchase my own textbooks or other course materials. I also understand that by choosing to complete my exam by mail, I am responsible for postage to return my exam for grading. I understand that all administration are nonrefundable.

I understand that I have the option to access the exam online and that exams submitted to Trinity School of Natural Health for grading **MUST** be typed and double-spaced (unless the directions of the exam tells me differently). I understand that I must receive an 85% or higher in each course and that I agree to retake any exams in which I fail in order to secure a passing score, and that the decision of the faculty and administration is final. Any resubmitted test completed via mail will be charged a \$25 fee. I understand that all work must be my own work. I understand that I could receive a penalty of up to a 10% reduction in my grade and/or be asked to resubmit the work if it has been found that I have copied from another student.

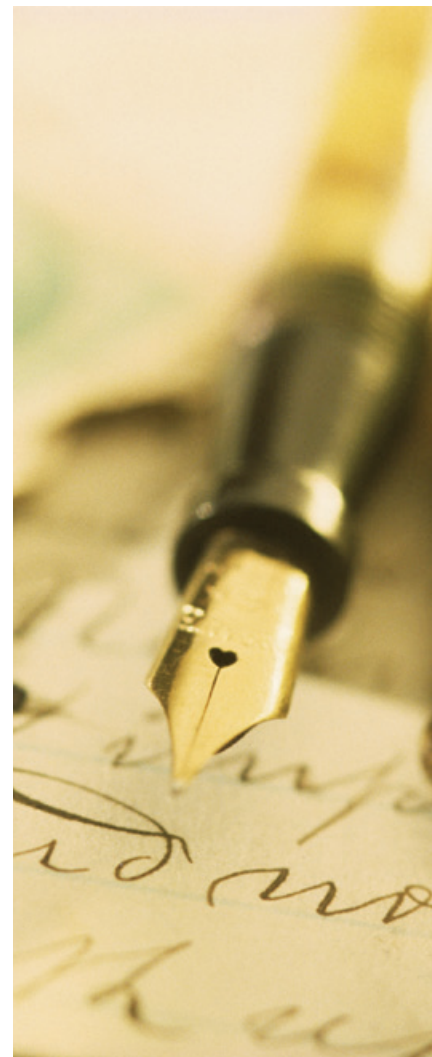
There is no set time in which I must complete any individual course; however, it is my intention to complete the entire program within the designated time limit. I understand that I have a five (5) year time limit to complete the All 5 Program Bundle; four (4) years to complete the All 4 Program Bundle; three (3) years to complete the Doctor of Naturopathy program; two (2) years to complete the Master Herbalist or Certificate in Nutritional Counseling programs; one (1) year to complete the Master Iridology or Certified Health Specialist program. I also understand that should I add on an additional program, I will be given two (2) months per course to complete that program (not to exceed the original time limit for that program). I understand that should I take just one (1) course (not a program), I have a time limit of three (3) months. I understand that should the course/program not be completed within the appropriate time limit, all monies will be lost and I cannot complete that course/program.

I understand that if I am on the installment plan, payments are due monthly. I understand there is a ten (10) day grace period for payments to be received by Trinity School of Natural Health. If a payment is not submitted within the grace period, a \$25 late fee will be applied to my account. If a payment has not been made to Trinity School of Natural Health within eleven (11) days of the due date, I will be placed on Inactive Status until payments are made current. By being placed on Inactive Status, I understand that tests will not be received or graded, nothing will be sent to me and access to tests will be denied. I also understand that Trinity School of Natural Health reserves the right to make changes to the inactive status policy and that the limits of the inactive status policy listed here include everything mentioned but is not limited to those items.

I understand the terms of the refund policy as stated in the Trinity School of Natural Health Course Catalog and acknowledge that the \$250 application fee (included in the tuition fee) is nonrefundable and that tuition is considered fully earned after six (6) months and is nonrefundable. I also understand that any fees paid for shipping and handling are nonrefundable.

I agree to abide by Trinity School of Natural Health's policies and understand that any decision made is at the discretion of the staff at Trinity School of Natural Health.

A modified Statement of Agreement exists for the Certified Natural Health Professional Program. Please contact Trinity School of Natural Health for additional details.



OVERVIEW OF PROGRAMS



Doctor of Naturopathy (ND)[†]

True health is achieved by understanding the intricate relationships of body, mind and spirit. Trinity's ND program is packed with the most relevant information, research and resources available to help us equip our graduates for success in naturopathic practice. Detailed studies include nutrition, enzymes, pH balance, herbs and supplements, homeopathy, flower essences, general lifestyle and other available natural resources. Students learn to determine the best natural health options and modalities by embracing centuries of natural health concepts and techniques. Many Trinity students begin with one, or more, of the other programs before continuing into the ND program. There is no doubt that Trinity graduates are well educated and well qualified for successful practice.

Enrollment Fee	\$3795	Downpayment	\$300	Time Limit to Complete	3 years
Discount if Prepaid in Full	-\$300	Monthly Installment Price	\$159	<i>*Applies to both Full and Installment Price; \$30 added to downpayment and \$10 per monthly installment</i>	
Number of Installments	22	Shipped Modules (optional).....	\$250*		

Course Requirements

ALTERNATIVE MEDICAL STUDIES

- SNH 211 Choices in Therapy
- SNH 334 Dried Blood Cell Analysis
- SNH 430 Analyzing pH

ANALYTICAL / ANTHROPOLOGICAL STUDIES

- SNH 121 Reflexology
- SNH 223 Practical Iridology
- SNH 325 Kinesiology

ANATOMY & PHYSIOLOGICAL STUDIES

- SNH 332 Anatomy & Physiology – Advanced

BIOMECHANICAL STUDIES

- SNH 342 Acupressure

BOTANICAL STUDIES

- SNH 251 Herbal Materia Medica

CHEMISTRY OF NUTRITION

- SNH 360 Enzyme Health
- SNH 361 Chemistry of Man

FAMILY HEALTH

- SNH 275 Men's Health
- SNH 280 Children's Health
- SNH 285 Women's Health
- SNH 290 Pregnancy Health
- SNH 295 Senior Health

HISTORICAL SURVEY

- SNH 100 The History & Overview of Naturopathy

HOMEOPATHIC STUDIES

- SNH 270 Homeopathy I
- SNH 376 Bach Flower Remedies

MEDICAL & LEGAL STUDIES

- SNH 103 Medical Jurisprudence

MENTAL HEALTH STUDIES

- SNH 394 Body Mind Connection

NUTRITIONAL STUDIES

- SNH 106 Orthomolecular Nutrition
- SNH 206 Nutrition & Health
- SNH 406 Diet & Nutrition

DISSERTATION

- SNH 501 Dissertation
- SNH 510 Case Study A
- SNH 520 Case Study B

+ A Doctor of Naturopathic Ministry (DNM) designation may be awarded upon submission and approval of pastoral documentation or a letter provided by your pastor, in addition to the completion of the above mentioned course work.

Certified Natural Health Professional (CNHP)

This fascinating foundational course of study introduces students to core competencies of natural health practice, while encouraging them to continue to more advanced and specialized levels of education. The CNHP program covers the basics of the various body systems (digestion, nervous, respiratory, et al...), nutrition, flower essences, pH balance, enzymes and Biblical perspective of natural health. Additionally, we offer focused discussions of hot topics such as sleep issues, adrenal fatigue, sugar problems, natural cleaning/household products, energy and exhaustion, and many more. Graduates of this intensive have established practices all over the world, and many work with other health practitioners to bring this additional dimension to clients and patients.

Enrollment Fee	\$1400	Downpayment	\$300
Discount if Prepaid in Full	-\$150	Monthly Installment Price	\$100
Number of Installments	11	Time Limit to Complete	1 year

Course Requirements

C105	Legalities
C110	Water
C115	General Health
C120	pH Balancing
C125	Emotions
C130	Food
C135	Sleep
C140	Exercise
C145	Digestion
C150	Elimination
C155	Nutrition
C160	Glandular System
C165	Respiratory System
C170	Immune System
C175	Herbal Introduction
C180	Circulation
C185	Cholesterol
C190	Cooking and Shopping
C195	Structural System
C200	Skin
C205	Nervous System
C210	Biblical Perspective
C215	Cleaning Supplies Naturally
C220	Emergency Preparedness
C225	Finding the Cause
C230	Headaches
C235	Energy Exhaustion
C240	Weight Control

Trinity's Newest Program

We are excited to introduce our Certified Natural Health Professional Program. The CNHP is unique compared to our other programs in that it is only offered through live events or online video courses.

Students have requested these additional styles of learning and it is important to us that we evolve our programs to meet the needs of our students. Live events offer a classroom style experience where students can learn directly from professional, skilled instructors. Online video courses provide the benefit of an instructor-led learning format delivered in a video library that gives you the freedom to watch when it is convenient for you.

For more information about the CNHP program, live events or online video courses, please call Trinity School of Natural Health at 1-800-428-0408.

Master Herbalist (MH)

Recently, the World Health Organization estimated that 80% of people worldwide rely on herbal medicines for some part of their primary health care. The role of the Master Herbalist has become almost indispensable in the face of ever-increasing awareness of herbal effectiveness. Trinity's MH curriculum takes an in-depth look at the characteristics and applications of plants from all over the world. Every aspect of herbs is examined including physical attributes, nutritional qualities, growth, preparation and historical uses. Graduates will demonstrate a clear understanding of total health through mastery of herbal resources directly available to us. The MH makes a perfect complement to the CNHP or the CHS.

Enrollment Fee	\$1745	Downpayment	\$300	Time Limit to Complete	2 years
Discount if Prepaid in Full	-\$145	Monthly Installment Price	\$131.50	<i>*Applies to both Full and Installment Price; \$20 added to downpayment and \$10 per monthly installment</i>	
Number of Installments	11	Shipped Modules (optional).....	\$130		

Course Requirements

ANALYTICAL / ANTHROPOLOGICAL STUDIES SNH 325 Kinesiology	CHEMISTRY OF NUTRITION STUDIES SNH 160 Chemistry of Health
ANATOMY & PHYSIOLOGICAL STUDIES SNH 233 Anatomy & Physiology – Intermediate	MEDICAL & LEGAL STUDIES SNH 103 Medical Jurisprudence
BOTANICAL STUDIES SNH 170 Practical Herbalism SNH 251 Herbal Materia Medica SNH 253 Herbs of the Bible SNH 355 Herbal Preparations SNH 453 Chinese Herbology SNH 455 Aromatherapy	MENTAL HEALTH STUDIES SNH 394 Body Mind Connection NUTRITIONAL STUDIES SNH 206 Nutrition & Health SNH 406 Diet & Nutrition

Master Iridologist (MI)

Iridology, the study of the iris of the eye, has been traced as far back as 400 BC, and practiced by none other than Hippocrates, himself. Trinity's MI program offers comprehensive research and supporting theory about the link between the iris and the overall health of the body. Our program demonstrates the physical attributes of organs and systems, as well as emotional disturbances, reflected directly in the iris. This comprehensive course of study comes complete with visual aids and detailed charts to improve recognition of the multitude of eye patterns. Graduates may specialize in Iridology, or enhance their herbal or natural health practice using their Iridology education as a valuable tool.

Enrollment Fee	\$1745	Downpayment	\$300	Time Limit to Complete	1 year
Discount if Prepaid in Full	-\$145	Monthly Installment Price	\$289	<i>*Applies to both Full and Installment Price; \$20 added to downpayment and \$10 per monthly installment</i>	
Number of Installments	5	Shipped Modules (optional).....	\$70		

Course Requirements

ADVANCED IRIDOLOGY STUDIES SNH 180 International Comprehension SNH 310 Intermediate Iridology SNH 440 Advanced Iridology	ANATOMY & PHYSIOLOGICAL STUDIES SNH 233 Anatomy & Physiology – Intermediate
ANALYTICAL / ANTHROPOLOGICAL STUDIES SNH 222 Eye Analysis	MEDICAL & LEGAL STUDIES SNH 103 Medical Jurisprudence NUTRITIONAL STUDIES SNH 206 Nutrition & Health

Certificate in Nutritional Counseling (CNC)

Beyond knowledge of basic nutrition, the CNC demonstrates an expert level of understanding the truth and logic behind, "Let thy food be thy medicine." Trinity's CNC program includes the study of various theories about nutrition, herbals, children's needs, kinesiology, enzymes, anatomy and physiology. Our position on true total health is that it cannot be achieved without comprehension of the whole person and the needs of each individual. Our CNC students complete their programs with the skills necessary to tailor wellness plans based on a clear understanding of individual need. Many nutritional counselors choose to complement this designation by studying further to expand their areas of expertise in Herbology or Iridology.

Enrollment Fee	\$1745	Downpayment	\$300	Time Limit to Complete	2 years
Discount if Prepaid in Full	-\$145	Monthly Installment Price	\$131.50	<i>*Applies to both Full and Installment Price; \$20 added to downpayment and \$10 per monthly installment</i>	
Number of Installments	11	Shipped Modules (optional).....	\$130		

Course Requirements

ANALYTICAL / ANTHROPOLOGICAL STUDIES SNH 325 Kinesiology	MEDICAL & LEGAL STUDIES SNH 103 Medical Jurisprudence
ANATOMY & PHYSIOLOGICAL STUDIES SNH 233 Anatomy & Physiology – Intermediate	NUTRITIONAL STUDIES SNH 106 Orthomolecular Nutrition SNH 108 Children's Nutrition SNH 206 Nutrition & Health SNH 306 Nutritional Philosophy SNH 308 Nutritional Wellness SNH 406 Diet & Nutrition
BOTANICAL STUDIES SNH 251 Herbal Materia Medica	
CHEMISTRY OF NUTRITION STUDIES SNH 160 Chemistry of Health SNH 360 Enzyme Health SNH 461 Medical Chemistry	

Certified Health Specialist (CHS)

This program grounds the student in the absolute basics of health, using a traditional naturopathic approach. The CHS understands that every health challenge is directly affected by the proper balance of nutrients throughout the body, while also having good, working knowledge of human anatomy and physiology. The graduates of this Trinity program demonstrate their commitment to formal education and a commitment to themselves, their friends and their clients. We consider the CHS to be a valuable entry-level certification, and find that most students successfully enhance their resumes with more advanced studies.

Enrollment Fee	\$895	Downpayment	\$300	Time Limit to Complete	1 year
Discount if Prepaid in Full	-\$100	Monthly Installment Price	\$149	<i>*Applies to both Full and Installment Price; \$20 added to downpayment and \$10 per monthly installment</i>	
Number of Installments	4	Shipped Modules (optional).....	\$60		

Course Requirements

ANATOMY & PHYSIOLOGICAL STUDIES SNH 233 Anatomy & Physiology – Intermediate	MEDICAL & LEGAL STUDIES SNH 103 Medical Jurisprudence
BOTANICAL STUDIES SNH 251 Herbal Materia Medica	NUTRITIONAL STUDIES SNH 206 Nutrition & Health SNH 260 Practical Applications
CHEMISTRY OF NUTRITION STUDIES SNH 160 Chemistry of Health	



ALL 4 PROGRAMS (ND, MH, CNC, CHS) — SAVE \$1000!

Enrollment Fee	\$5180	Downpayment	\$300	Time Limit to Complete	4 years
Discount if Prepaid in Full	-\$300	Monthly Installment Price	\$148	<i>*Applies to both Full and Installment Price; \$30 added to downpayment and \$10 per monthly installment</i>	
Number of Installments	33	Shipped Modules (optional).....	\$360*		

Course Requirements

ALTERNATIVE MEDICAL STUDIES

- SNH 211 Choices in Therapy
- SNH 334 Dried Blood Cell Analysis
- SNH 430 Analyzing pH

ANALYTICAL / ANTHROPOLOGICAL STUDIES

- SNH 121 Reflexology
- SNH 223 Practical Iridology
- SNH 325 Kinesiology

ANATOMY & PHYSIOLOGICAL STUDIES

- SNH 332 Anatomy & Physiology – Advanced

BIOMECHANICAL STUDIES

- SNH 342 Acupressure

BOTANICAL STUDIES

- SNH 170 Practical Herbalism
- SNH 251 Herbal Materia Medica
- SNH 253 Herbs of the Bible
- SNH 355 Herbal Preparations
- SNH 453 Chinese Herbology
- SNH 455 Aromatherapy

CHEMISTRY OF NUTRITION

- SNH 160 Chemistry of Health
- SNH 360 Enzyme Health
- SNH 361 Chemistry of Man
- SNH 461 Medical Chemistry

FAMILY HEALTH

- SNH 275 Men's Health
- SNH 280 Children's Health
- SNH 285 Women's Health
- SNH 290 Pregnancy Health
- SNH 295 Senior Health

HISTORICAL SURVEY

- SNH 100 The History & Overview of Naturopathy

HOMEOPATHIC STUDIES

- SNH 270 Homeopathy I
- SNH 376 Bach Flower Remedies

MEDICAL & LEGAL STUDIES

- SNH 103 Medical Jurisprudence

MENTAL HEALTH STUDIES

- SNH 394 Body Mind Connection

NUTRITIONAL STUDIES

- SNH 106 Orthomolecular Nutrition
- SNH 108 Children's Nutrition
- SNH 206 Nutrition & Health
- SNH 260 Practical Applications
- SNH 306 Nutritional Philosophy
- SNH 308 Nutritional Wellness
- SNH 406 Diet & Nutrition

DISSERTATION

- SNH 501 Dissertation
- SNH 510 Case Study A
- SNH 520 Case Study B

ALL 5 PROGRAMS (ND, MH, MI, CNC, CHS) — SAVE \$1500!

Enrollment Fee	\$6025	Downpayment	\$300	Time Limit to Complete	5 years
Discount if Prepaid in Full	-\$300	Monthly Installment Price	\$155	<i>*Applies to both Full and Installment Price; \$30 added to downpayment and \$10 per monthly installment</i>	
Number of Installments	37	Shipped Modules (optional)	\$400*		

Course Requirements

ADVANCED IRIDOLOGY STUDIES

- SNH 180 International Comprehension
- SNH 310 Intermediate Iridology
- SNH 440 Advanced Iridology

ALTERNATIVE MEDICAL STUDIES

- SNH 211 Choices in Therapy
- SNH 334 Dried Blood Cell Analysis
- SNH 430 Analyzing pH

ANALYTICAL / ANTHROPOLOGICAL STUDIES

- SNH 121 Reflexology
- SNH 222 Eye Analysis
- SNH 223 Practical Iridology
- SNH 325 Kinesiology

ANATOMY & PHYSIOLOGICAL STUDIES

- SNH 332 Anatomy & Physiology – Advanced

BIOMECHANICAL STUDIES

- SNH 342 Acupressure

BOTANICAL STUDIES

- SNH 170 Practical Herbalism
- SNH 251 Herbal Materia Medica
- SNH 253 Herbs of the Bible
- SNH 355 Herbal Preparations
- SNH 453 Chinese Herbology
- SNH 455 Aromatherapy

CHEMISTRY OF NUTRITION

- SNH 160 Chemistry of Health
- SNH 360 Enzyme Health
- SNH 361 Chemistry of Man
- SNH 461 Medical Chemistry

FAMILY HEALTH

- SNH 275 Men's Health
- SNH 280 Children's Health
- SNH 285 Women's Health
- SNH 290 Pregnancy Health
- SNH 295 Senior Health

HISTORICAL SURVEY

- SNH 100 The History & Overview of Naturopathy

HOMEOPATHIC STUDIES

- SNH 270 Homeopathy I
- SNH 376 Bach Flower Remedies

MEDICAL & LEGAL STUDIES

- SNH 103 Medical Jurisprudence

MENTAL HEALTH STUDIES

- SNH 394 Body Mind Connection

NUTRITIONAL STUDIES

- SNH 106 Orthomolecular Nutrition
- SNH 108 Children's Nutrition
- SNH 206 Nutrition & Health
- SNH 260 Practical Applications
- SNH 306 Nutritional Philosophy
- SNH 308 Nutritional Wellness
- SNH 406 Diet & Nutrition

DISSERTATION

- SNH 501 Dissertation
- SNH 510 Case Study A
- SNH 520 Case Study B

COURSE DESCRIPTIONS FOR ND, MH, MI, CNC & CHS

SNH 100 The History & Overview of Naturopathy (Historical Survey Studies)

This course will be of interest to all who wish to learn about the historical roots of naturopathy, the writings of its founders on a variety of natural therapies and modalities, as well as, the modern applications and validations of naturopathic techniques. It includes works by J. H. Kellogg, M. V. Kulkarni, Royal Lee, G. J. Drews, J. H. Tilden and other early naturopathic pioneers.

SNH 103 Medical Jurisprudence (Medical & Legal Studies)

This course outlines the legal responsibilities and restrictions the student must be aware of to protect himself/herself and act legally in the natural health field. The student will learn how to use proper terminology in communicating, interacting and educating others in the natural health field.

SNH 106 Orthomolecular Nutrition (Nutritional Studies)

The orthomolecular concept of nutrition is based on diets and food supplements of essential vitamins and minerals specifically selected to solve individual problems and needs. The overall goal of this course is to promote optimal health and longevity for the individual. Course topics include the dangers of conventional diets and treatments, optimal diets and anti-stress supplementation.

SNH 108 Children's Health (Nutritional Studies)

Evidence indicating that nutrition can alter behavior continues to accumulate. Eating correctly can help maximize intellectual potential. This course will study the nutritional requirements necessary for children to reach and maintain optimal physical and mental health. With an emphasis on the 12 "learning nutrients," you will learn how to use nutrition to improve a child's ability to think, remember and problem solve.

SNH 121 Reflexology (Analytical / Anthropological Medical Studies)

This course examines the practice of working the reflexes in the hands and feet that are believed to correspond to other parts of the body. The student will learn specific hand and finger techniques which, used in conjunction with the proper reflex points on the hands and feet, will assist the body's return to a state of equilibrium.

SNH 160 Chemistry of Health (Chemistry of Nutrition Studies)

This course provides a study of the chemical reactions and the processes introduced in the body as a result of dietary habits. It will provide insight into the reasons for the steady decline in health based on diet, as well as the study of the chemistry of fats, carbohydrates, proteins, vitamins and minerals which contribute to health and wellness. Metabolic pathways for the utilization of nutritional substances are presented along with a study of the pH balance required to maintain good health. The focus of the course emphasizes the clinical application of the principles of proper nutritional chemistry in the human body.

SNH 170 Practical Herbalism (Botanical Studies)

This course will take you on a journey from "ancient roots" to modern science beginning with evolution of Herbal Medicine in the West. Learn simplified processes for gathering, preserving and making good "medicine" from everyday plants. Forty-six very common "ordinary plants with extraordinary powers" will be discussed in-depth.

SNH 180 International Comprehension (Advanced Iridology Studies)

Iridology has been studied for hundreds of years all over the world. This course compares several theories throughout history to demonstrate the similarities and differences in this science. Students will also gain an understanding of international terminology for better communication with others in this area of study.

SNH 206 Nutrition & Health (Nutritional Studies)

A comprehensive study which will educate the student in achieving and maintaining the greatest level of health through careful dietary planning and nutritional supplementation. The student will learn to identify vitamin and mineral deficiencies as they correlate to specific health problems, and be able to suggest the proper supplementation. An emphasis on building and keeping a strong immune system is key to proper nutrition.



SNH 211 Choices in Therapy (Alternative Medical Studies)

This course is designed to explore anecdotal evidences concerning the use of various therapies which are not used by the orthodox medical community and yet demonstrate promise in the treatment of various, anatomical and metabolic disorders.

SNH 222 Eye Analysis (Analytical / Anthropological Medical Studies)

This course is an in-depth study of the iris as a means to locate and identify areas of weakness, discomfort and disease within the body, and show how the stages of degeneration are seen in the eye by means of color. Using the principles of iridology, the student will learn to integrate his/her knowledge of anatomy and herbology into a holistic understanding of treatment and cure.

SNH 223 Practical Iridology (Analytical and Anthropological Studies)

In this course, the student will learn about constitution and how to avoid potential health problems. The student will also learn about the different colors and markings and what those reveal. Iridology allows individuals to assess our well-being and provide options to follow to ensure we remain physically and emotionally healthy. Students will also learn about remedies for the conditions mentioned throughout this course.

SNH 233 Anatomy & Physiology – Intermediate (Anatomy & Physiological Studies)

This course will provide the student with the general ability to identify the major organ systems as well as the parts and functions of the human body, stressing the function and interrelationships between organs, tissues and glands. This will prepare the student with a foundational knowledge to better understand both the structure and function of the body.

SNH 251 Herbal Materia Medica (Botanical Studies)

This course gives a systematic approach to herbalism with a focus on the difference between drug and herbal therapy, the use of nutrients in the treatment of disease and the biochemical effects of herbs in the body. It includes a comprehensive description of an exhaustive number of herbs, their application and remedial effects.

SNH 253 Herbs of the Bible (Botanical Studies)

A comprehensive and detailed list of the important herbs used in the Bible is presented. Students examine thought-provoking information of how herbs have been used historically. Current scientific research, along with the medicinal history of the herbs, is used to explain how ancient biblical remedies have been reborn today as alternative medicines.

SNH 260 Practical Applications (Nutritional Studies)

This course helps the student understand how the many different modalities and natural health options work together. It expands the practitioner's understanding and ability to communicate with others about natural health effectively and legally. Knowledge becomes the most beneficial when it can be properly applied to life. Practical examples, analogies and visuals are emphasized to enable the student to make the best health choices with all available information.

SNH 270 Homeopathy I (Homeopathic Studies)

Homeopathy is a system of medicine which seeks to cure in accordance with the natural laws of healing and uses medicines made from natural substances. The student will learn the history of homeopathic medicine, the reasons for its development and the means by which to implement these medicines according to a specific diagnosis of health problems.

SNH 275 Men's Health (Family Health Studies)

In this course, students will learn about creating or maintaining a natural health program for boys and men that will affect the physical and/or emotional well-being of that individual. Information about common plants, herbal alternatives, medicinal uses of herbs and several recipes for teas, tinctures, salves and tonics will be discussed throughout this course.



SNH 280 Children's Health (Family Health Studies)

Not only will students learn about nutritional and herbal remedies for babies and children, but also common ailments such as colic, cradle cap and diaper rash will be discussed. Learn the safe and effective holistic treatments for colds, allergies, asthma and other ailments babies and toddlers may face throughout childhood.

SNH 285 Women's Health (Family Health Studies)

In this course of study, students will learn the conditions of female organs, common female disorders, plus other health conditions. Students will learn about the body's natural rhythms, pregnancy and birth, balancing hormones and recommended dietary guidelines for women, among other valuable information. This course of study will also discuss diet, nutritional supplements and herbal remedies, along with detoxifying and cleansing.

SNH 290 Pregnancy Health (Family Health Studies)

In this course students will learn about the recommendations for a happy, healthy pregnancy along with what you need to know during and following the birth of the baby. Knowledge in herbology, diet and exercise are just some of the things that are discussed in this course.

SNH 295 Senior Health (Family Health Studies)

Students will learn about each system's natural functioning and how to maintain those systems with a natural approach. Specific health concerns brought on by aging will also be discussed. The herbal treatments in this course focus on prevention and promoting longevity. Students will also learn about herbal remedies for specific ailments such as hypertension, insomnia and arthritis.

SNH 306 Nutritional Philosophy (Nutritional Studies)

This course explores the theory that the basic cause of all disease is essentially linked to poor nutrition. Proper nutrition in conjunction with the specific needs of the individual is studied as a means to restore and maintain true healthfulness.

SNH 308 Nutritional Wellness (Nutritional Studies)

By combining ancient and modern biological modalities, this course explores the practical and proven methods for the effective, drugless treatment of many common ailments through the therapeutic use of foods, vitamins and food supplementations including juices and herbs.

SNH 310 Intermediate Iridology (Advanced Iridology Studies)

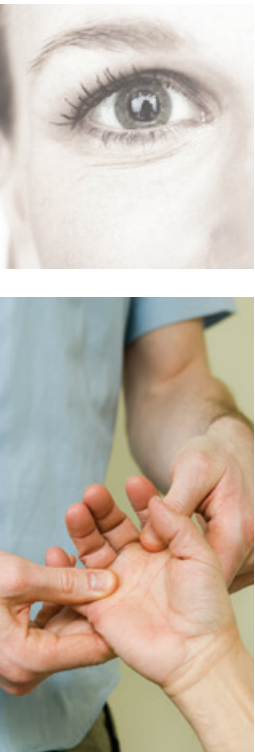
Building on the fundamental aspects of Iridology, this course brings to life the markings that can be seen in the eye. This course is filled with case studies, thorough graphical analysis as well as enhanced details of every aspect of the iris. An increased awareness of available information allows the student to see a more complete picture of the state of the body.

SNH 325 Kinesiology (Analytical / Anthropological Medical Studies)

This course studies the use of kinesiology to analyze human metabolic problems and allergies. Kinesiological studies may be used to produce a nutritional regimen through which the application of diet, homeopathic remedies, herbs, vitamins and minerals may be helpful. The student will learn the application and location of test points on the body and the proper testing techniques for each point.

SNH 332 Anatomy & Physiology – Advanced (Anatomy & Physiological Studies)

A systematic approach to the study of human structure and function is presented. Attention is given to the nervous system, skeletal, muscular, circulatory and respiratory systems; in addition, basic chemistry, cell biology and metabolism are reviewed.



SNH 334 Dried Blood Cell Analysis (Alternative Medical Studies)

This course involves the study of human blood and the various drying patterns which may be evidence of nutritional or organ weakness. One drop of blood can supply information useful to a health practitioner in confirming suspected health risks and enable a proper referral. Otherwise, the blood analysis, although not supplying information obtained in a hospital blood test, can reveal bodily conditions which can be corrected with nutrition.

SNH 342 Acupressure Techniques (BioMechanical Studies)

A study of the use of deep finger pressure over acupuncture points on the body for the treatment and relief of chronic painful conditions. The student will learn the location of points, direction and amount of finger pressure, and how the stimulation of each point effects the function of a particular organ through the ancient Chinese "meridian energy" connection theory.

SNH 355 Herbal Preparations (Botanical Studies)

This course involves both the historical and medicinal uses of various herbal preparations. It will also focus on the identification of each herb, along with when and how best to collect the herb. Emphasis will be given to teas, effusions, extractions, tinctures, decoctions and poultices.

SNH 360 Enzyme Health (Chemistry of Nutrition Studies)

This course reveals the role of enzymes in the body's attempt to process food into assimilable material—usable for the maintenance and upkeep of life. Nothing would happen in the body if it were not for the role of the little known enzymes. Enzymes provide for digestion, assimilation and act as scavengers, cleansing dead cells from the body. Enzymes are the basis for health.

SNH 361 Chemistry of Man (Chemistry of Nutrition Studies)

This course studies the life work of Dr. Bernard Jensen and Dr. V.G. Rocine and their pioneering research on the chemistry of food. The intimate association between food and health will be explored with a specific emphasis on how the chemical elements of food affect the shaping of human temperament.

SNH 376 Bach Flower Remedies (Homeopathic Studies)

The student will study the work of Edward Bach, M.D., and his study of flower remedies. Bach believed that there was an emotional component to most disease processes. His noninvasive approach, discovered in the 20th century, has won acclaim from the masses and is used around the world. He believed that the body would respond with healing by correcting the emotional component of disease.

SNH 394 Body Mind Connection (Mental Health Studies)

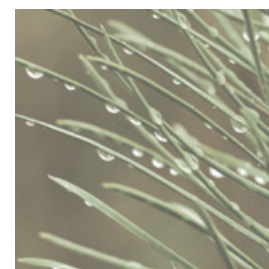
The student will study the theory of psycho-immunology which explores the mystery of the mind and its impact on healing the body. This course will challenge the student to consider the spiritual element of proper health and show how what we think and believe can influence our physical well being.

SNH 406 Diet & Nutrition (Nutritional Studies)

This course studies a possible parallel between dietary derangement and disease. The student will study the nutritional components of major disease states, both physical and psychological, and then examine the optimal diet for good health. Special emphasis will be given to the scientific data which correlates to disease and nutritional deficiencies.

SNH 430 Analyzing pH (Alternative Medical Studies)

Dr. Carey Reams discovered this amazing system of bringing the body into balance. The importance of pH balancing has become very popular, and Dr. Reams takes it even further by incorporating information from the urine and saliva for pH, carbohydrates, salts, cell debris and proteins. Until these numbers are brought into balance, the body cannot truly achieve maximum health naturally. Studying mineral interaction, digestion and the cause and effect of lifestyle changes, students will understand why Dr. Reams said, "Why guess when you can be sure!" The Reams method takes away all of the guesswork.





SNH 440 Advanced Iridology (Advanced Iridology Studies)

Represented in a video presentation by Ellen Tart-Jensen Ph.D, this course allows the student to “see” what is being taught instead of just reading textbooks. Visual examples increase comprehension of every aspect of Iridology. This course is structured to be the most beneficial way to educate the student about Iridology from beginning to end.

SNH 453 Chinese Herbology (Botanical Studies)

This course involves a comparison and contrast between Western medical science and traditional Chinese and Ayurvedic herbal medicine. A study of holistic health through the promotion of herbal medicine gives this course a unique perspective. The student will gain an enhanced understanding of the classification of herbal properties with a focus on Chinese herbs and their action on the vital organs of the body.

SNH 455 Aromatherapy (Botanical Studies)

This course studies the history and effectiveness of aromatherapy (essential oils). Special attention is given to oils used in ministering to emotional and physical conditions. Aromatherapy is noninvasive and assists in stimulating natural healing, thus lending itself to a natural healing approach.

SNH 461 Medical Chemistry (Chemistry of Nutrition Studies)

This course of study provides a general understanding of chemistry—the study of substances, their properties, structures and the reactions by which they can be changed into other substances. The student will explore the history of chemistry from its inception as a “science,” and will gain a foundational knowledge of the laws and principles of those chemical reactions which regularly take place within the body.

SNH 501 Dissertation

Before completing the Doctor of Naturopathy program, each student is required to submit two case studies and a dissertation demonstrating his comprehension of the curriculum, research ability and understanding of a specific topic related to natural health. It is especially important for each student to integrate (where possible) the wholeness of man. Proper documentation is required with all key facts of studies footnoted and a complete bibliography maintained in proper format. Case studies will be provided by Trinity School of Natural Health. The dissertation must be no less than 25 typed pages (the bibliography, graphs, pictures, etc do not count towards this requirement) and no more than 50 typed pages.

SNH 510/520 Case Study A & Case Study B

With all of the knowledge gained from the Doctor of Naturopathy program, students should be able to accurately provide recommendations for clients. These courses test the students ability to determine root causes and explain the best solutions for several predetermined case study scenarios.

COURSE DESCRIPTIONS FOR CNHP

C105 Legalities

This course outlines the legal responsibilities and restrictions the student must exercise in order to be protected and act lawfully in the natural health field. Students will learn how to use proper terminology in communicating, interacting and educating others in the natural health field.

C110 Water

This course will show the relationship of water to almost all functions in the human body. It will compare and contrast different choices of water, dispel myths about the “best” water and examine the impact of proper and improper hydration levels. There isn’t a single organ, gland or fluid in the body that doesn’t require ample hydration. Those same body parts are unforgiving if the liquid is not actual water (free of additives). Learn the optimal levels and the compelling reasons why.

C115 General Health

This is designed to demonstrate the fundamental aspects of great health. While there are endless amounts of material on specific health issues and naturopathic modalities, there is a very specific foundation on which lasting health must be laid. Without this foundation, we are just playing “doctor” with herbs and will experience only temporary relief without correcting the cause. With the correct foundational elements in place, the body can do absolutely amazing things! Nothing heals the body better than the body.

C120 pH Balancing

Grossly overlooked, pH is our chemistry and can make or break our overall health, appearance, elimination, weight, digestion and aging process. It can even impact our moods and emotional well-being. This course will show a systematic approach to balancing pH, as well as understanding the implications of out-of-range pH numbers. This little recognized, and often misunderstood, aspect of health can be the one key that so many are missing in their journey to optimum health.

C125 Emotions

Emotions can sabotage all of our efforts to heal or be well because they make the equation impossible to solve: body (physical) + mind (emotional) + spirit (spiritual) = whole healthy person. It is necessary to learn of the direct and indirect relationships emotions have with physical organs and overall health. A summary of the benefits of Bach Flowers will be presented, along with other practical ways to ensure the best emotional health naturally.

C130 Food

This course is designed to show the importance of high quality (or as we like to call it “real”) food. Most people know what fruits and vegetables are but they may think that all apples are the same, or that canned spinach offers the same benefits as fresh. Because food is absolutely vital for the body to generate (and re-generate) great health, it is important to understand how to supply the body with the best resources possible, in the right quantity, at the right time to get the best results. Contrary to what advertisers tell us or what the mass market is pushing as “nutritious,” processed food-like substances can never (and should never) replace real food.

C135 Sleep

Approximately 1 in 8 (11.76% = 32 million people) in the United States suffers from insomnia. That makes the U.S. the most sleepless country in the world. Because sleep can (and should) make up about one third of a human life, yet we deny its importance and gauge our worth by how little sleep we get vs. how much we work, it is vital to learn the details for getting the most benefit from this simple but absolutely necessary part of life. Topics include different kinds of sleep patterns as well as natural approaches to better sleep. Remember... if you aren’t sleeping, you aren’t healing.

C140 Exercise

We prefer “Fun, Sweaty Activities”. While exercise is typically the most challenging and least popular aspect of natural health, it has amazing benefits when done properly and regularly. This course will provide insights as to the benefits and necessity of fun, sweaty activities. Practical guides for simple, effective routines that can be done just about anywhere will be provided and discussed. Oh, and we will help you eliminate those pesky excuses while you’re here!



C145 Digestion

Arguably the most comprehensive system of the body, this course covers the most important anatomical and functional characteristics. Illustrations will be provided to aid in the understanding of all connectivity and flow of this essential process. "...nothing comes by mistake and with good digestion all can be turned to health."

C150 Elimination

This course will examine the eliminative organs and how minor imbalances can drastically affect all other processes in the body. Practical solutions will be offered to keep the body internally as 'clean' as possible. Holding toxins in the body is not normal... no matter how long it has been going on. Improve every aspect of your appearance and your health simply by enabling elimination in all its avenues.

C155 Nutrition

This course is designed to elaborate on the previous discussion about real food and to promote a solid understanding of the specific nutrients our body needs and uses. The most essential vitamins, minerals and enzymes will be discussed, along with their impact on organs, glands and the body's systems. As essential as some vitamins and minerals might be, there are others that are less helpful and, indeed, damaging. There are good supplements and bad supplements. This is where we learn which is which!

C160 Glandular System

The minute we hear about or suspect a "hormonal imbalance," we jump to the immediate conclusion that we need to take or supplement estrogen, progesterone or testosterone... because that is what the commercials and the books tell us. The reality is that the glandular system has many roles and responsibilities, not the least of which are sleep and sugar metabolism, and that there are far more influential hormonal balances about which we should be educated. Understanding the intricate details to support and maintain a natural balance in this powerful systems will allow proper harmony reaching every other aspect of human potential.

C165 Respiratory System

Breathing is important. It is, in fact, mandatory because the alternative is... well... the alternative! Professional athletes and musicians invest heavily in proper breathing for optimal performance. When the respiratory system is challenged, it can affect all other systems regardless of the demands placed on it. Understanding the natural support of anatomical and functional aspects of the respiratory system will be a breath of fresh air.

C170 Immune System

Though a much smaller percentage of actual bodily function, the immune system encompasses some of the major systems, such as digestion and glandular, and relies on their health and balance. A healthy immune system provides both defense and offense at critical times when the body is threatened. Natural solutions for supporting immune system function will be discussed and demonstrated.

C175 Herbal Introduction

Herb: (noun) any green plant; herbage; comprehending vegetables and all green herbage. This course is designed to give an overview of the wonderful wealth of herbs available, while debunking a lot of the propaganda and fear-mongering surrounding the use of supplemental herbs. Topics include the various delivery methods such as tinctures, salves and extracts, as well as great resource material on many of the most commonly used herbs today.

C180 Circulation

As Dracula once said, "The blood is the life." He was probably making a different point but this course will discuss optimal function and anatomy of the circulatory system. Clean blood, flowing freely throughout the entire body, has a tremendous value in the big picture of great health. Learn how to achieve it!



C185 Cholesterol

An estimated 15 to 30 million Americans take statin drugs to lower cholesterol levels. This course will offer general information regarding cholesterol, its purpose (yes, it has a very important one), and issues which have become major obstacles to our general good health. While the course is not designed to diagnose or prescribe, it will present information regarding the importance of a healthy lifestyle and its impact on cholesterol balance.

C190 Cooking and Shopping

The content of the “food” and the cooking container are extremely important. Artificial colors, flavors, preservatives, cooking styles, and cooking surfaces all end up in the body. Learn the simple things to avoid in the entire process from shopping to preparing to cooking, so that the body has fewer problems to process.

C195 Structural System

The structural system handles a tremendous physical load. Balance is the key and so many of us emphasize muscles or bones but miss that all-important balance between the two. Having the best nutritional support to maintain strong muscles and healthy joints allows for more enjoyment in this life. The anatomy, results of imbalance and supporting nutrients will be discussed in detail.

C200 Skin

As the largest organ of the body, it is imperative to understand the care and feeding of the skin. We spend billions of dollars every year, slathering it in pore-clogging cosmetics and toxic chemicals, in an effort to improve its appearance and reduce the signs of aging. Perhaps if we acknowledged it as more than just a covering, and learned what it required for optimal health and functionality, we would be kinder to it. Learn natural approaches that will allow this amazing feature of the human body to operate at peak potential.

C205 Nervous System

This course will examine the anatomy and function of the body’s electrical communication network. When communication is poor... there are misunderstandings, and when the electricity goes out... so do the lights and the heat. Understanding and implementing the best natural methods for maintenance and support of the nerves and brain, will yield the healthiest possible communication system, resistant to the ravages of aging and disease.

C210 Biblical Perspective

This course is designed to show that the foundational elements of great health have been around for thousands of years. They have been written, witnessed, and confirmed by the Creator Himself. There are many topics that lend themselves to more detailed doctrinal discussion, but we are focused on showing the most important topics that the Bible specifically mentions as means to the best health.

C215 Cleaning Supplies Naturally

Why would you want to “clean” your house, your laundry or yourself with alcohol ethoxylate, laureth-9, linear alkylbenzene sulfonate, diquatonium ethoxy sulfate, polyethyleneimine ethoxylate, propylene glycol, diethylene glycol, ethanolamine and sodium cumene sulfonate? This course will show realistic and affordable ways to use (and make) natural cleaning supplies, freshen your air and clean your person, while avoiding chemical substances that can have a negative impact on health. Toxicity abounds in our world. There is no reason to perpetuate it when we can save money and save our health.

C220 Emergency Preparedness

No one expects emergencies to happen. That’s why they’re called “emergencies.” Being prepared can eliminate fears of the unknown as well as provide lifesaving resources, should the unexpected occur. This course will provide realistic, affordable and practical tools and resources to keep the anxiety levels down and the survival odds up!



C225 Finding the Cause

This course will offer a systematic approach to determining imbalances in the body using observation and assessment of symptoms and overall wellness, asking questions to clarify complaints and concerns, and considering general lifestyle habits. It will also provide general recommendations that should be beneficial in any state of health.

C230 Headaches

Headaches, of many varieties, are nearly epidemic in the United States. This course discusses several possible causes and offers natural recommendations to alleviate headaches. It is not designed to diagnose or prescribe but will offer information on lifestyle changes that can contribute to imbalances in the body. Recommended to support this material are the courses, General Health and Finding the Cause.

C235 Energy Exhaustion

Immediately following, "What can I take to lose weight?" comes the question, "What can I take to increase my energy?" These words echo in the walls of health food stores, herb shops and doctors' offices all over the country. This course covers information regarding low energy, brain fog and general exhaustion. Possible causes will be discussed, and healthy lifestyle solutions to regain and reclaim your proper energy levels will be offered. Sometimes, it's more about what you do and less about what you take.

C240 Weight Control

When we lose something, there is an emotional component that compels us to get it back... that's not the goal here. This course discusses the naturopathic perspective of the growing issue of weight gain and obesity. It is not intended to diagnose or prescribe. Possible factors and healthy lifestyle solutions will be demonstrated while dispelling some of the most common myths.





trinity
school of natural health

Application for Enrollment

Please complete the following application and either mail it to us
(Trinity School of Natural Health / 220 Parker Street / Warsaw, IN 46580) or FAX it to
Trinity (574-267-0960). Applications can be submitted online at www.trinityschool.org.

PRINT CLEARLY

Name (First/Middle/Last) _____

Address _____

City _____ State _____ Zip Code _____

Day Phone _____ Evening Phone _____

Cell Phone _____ Email _____

Fax _____ Date of Birth (M/D/Y) _____

High School _____

How do you expect to use your education from Trinity School of Natural Health?

How did you learn about Trinity School of Natural Health? Were you referred by someone? Who?

Print your name as you wish it to appear on your diploma (please note we cannot add titles to your name).

Interested in the Certified Natural Health Professional (CNHP) Program?

☐ Please contact me regarding enrollment in the CNHP Program.

To get started with the CNHP program, either call Trinity School of Natural Health at 1-800-428-0408 or check the box above and submit this form. A Student Services representative will call you to answer your questions and assist with the enrollment process.

Program & Payment *Please select program with the payment option below.*

By selecting your program, you are authorizing us to process your credit card according to the payment schedule below, **including administration fees as necessary (\$10 per exam booklet)**. If paying by check or money order, please include the correct payment for the option you are choosing. The down payment is a minimum that is needed to enroll in a program. You may pay more than the minimum down payment and the monthly payment amount will be adjusted accordingly.

Installment Plan

- | | |
|--|--|
| <input type="checkbox"/> Doctor of Naturopathy | \$3795 (\$300 down, 22 monthly payments \$159.00) |
| <input type="checkbox"/> Master Herbalist | \$1745 (\$300 down, 11 monthly payments of \$131.50) |
| <input type="checkbox"/> Master Iridologist | \$1745 (\$300 down, 5 monthly payments of \$289.00) |
| <input type="checkbox"/> Certificate in Nutritional Counseling | \$1745 (\$300 down, 11 monthly payments of \$131.50) |
| <input type="checkbox"/> Certified Health Specialist | \$895 (\$300 down, 4 monthly payments \$149.00) |

Pay in Full

- | | |
|--|--------|
| <input type="checkbox"/> Doctor of Naturopathy | \$3495 |
| <input type="checkbox"/> Master Herbalist | \$1600 |
| <input type="checkbox"/> Master Iridologist | \$1600 |
| <input type="checkbox"/> Certificate in Nutritional Counseling | \$1600 |
| <input type="checkbox"/> Certified Health Specialist | \$795 |
| <input type="checkbox"/> Individual Class (no program) | \$250 |

Course Number: _____

Enroll in all 4 programs (ND, MH, CNC and CHS) right now and save \$1000!

Please note: This option is ONLY available at the time of enrollment—the option cannot be applied after enrollment. Trinity School of Natural Health will contact you upon processing your application to determine the order you desire to complete the four programs.

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| <input type="checkbox"/> Installment Plan | \$5180 (\$300 down, 33 monthly payments \$148.00) |
| <input type="checkbox"/> Pay in Full | \$4880 |

Enroll in all 5 programs (ND, MH, MI, CNC and CHS) right now and save \$1500!

Please note: This option is ONLY available at the time of enrollment—the option cannot be applied after enrollment. Trinity School of Natural Health will contact you upon processing your application to determine the order you desire to complete the five programs.

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| <input type="checkbox"/> Installment Plan | \$6025 (\$300 down, 37 monthly payments \$155.00) |
| <input type="checkbox"/> Pay in Full | \$5725 |

Payment Due Date (Installment Plan Only)

Please select the date for your monthly payment. If a due date is not selected, your payment will be due on the 10th of the month. Due dates cannot be changed after enrollment. Late payments will incur a \$25 late payment fee after a 10-day grace period.

☐ 10th ☐ 20th

Automatic Monthly Credit Card Payments (Installment Plan Only)

Please select an option below. If an option is not selected, a coupon booklet will be sent to you. Payments will be adjusted accordingly for any shipping/handling fees that may be required as stated below in the Testing Options section.

- ☐ Please process my payments automatically each month using the credit card on this application (including the administration fee as necessary)
- ☐ Please send me a coupon booklet for payments (including the administration fee as necessary)

Method of Payment

Please enclose a personal check, money order, cashier's check or fill out the credit card information below. We must have a payment to process your application completely. If a payment is not included, we cannot process your application. Unprocessed applications will be held for up to 30 days without payment or other missing information.

Additional Fees: If you are on the installment plan and choose to have your exams shipped to you, please include \$30 with your down payment (for ND, "All 4" or "All 5" programs) or \$20 with your down payment (for MH, CNC, MI or CHS programs). If you are paying in full, all administration fees are due at the time of application. Refer to the program outline in the catalog for complete administration fees.

Cardholder Name _____ Credit Card Number _____

Expiration Date _____ CVC (3 or 4 digit code on back of card) _____

Specific Down Payment Amount (if different from payment schedule) _____

Testing Options

Students have the option of accessing exams online or having exams mailed to them. If exams are mailed to the student, there will be a \$10 nonrefundable administration fee charged per exam booklet. You can change options at any time in writing. Please keep in mind that no refunds are available on the administration fee for any of the exams that may have been mailed. Administration fees must be paid prior to shipment. If an option is not selected, we will automatically select online testing.

- ☐ Mail exams to me. I understand a \$10 administration fee will be added to each monthly payment. I also understand this fee is nonrefundable once the exam booklet is sent. If I pay my tuition in full, I understand all tests will be mailed to me upon payment of the administration fee and this fee is nonrefundable.
- ☐ I will take the exam online. Should I decide to have a exam mailed to me, I understand that I will be responsible for the \$10 nonrefundable administration fee prior to shipment.

Statement of Agreement

I understand that the programs offered are by a nontraditional school. I agree that I will use any designation I receive in accordance with applicable laws in the state in which I reside. I understand that this program does not qualify me to practice medicine or any other practice reserved currently by state law for licensed professions. I understand that no employment will be offered to me as a result of taking any program from Trinity School of Natural Health.

I understand that the course exams will be made available to me at no additional charge by accessing the exams online. I understand that should I request the course exams be shipped to me, I will pay \$10 per exam. I understand that I will be required to purchase my own textbooks or other course materials. I also understand that by choosing to complete my exam by mail, I am responsible for postage to return my exam for grading. I understand that all shipping fees are nonrefundable.

I understand that I have the option to access the exam online and that exams submitted to Trinity School of Natural Health for grading MUST be typed and double-spaced (unless the directions of the exam tells me differently). I understand that I must receive an 85% or higher in each course and that I agree to retake any exams in which I fail in order to secure a passing score, and that the decision of the faculty and administration is final. Any resubmitted test completed via mail will be charged a \$25 fee. I understand that all work must be my own work. I understand that I could receive a penalty of up to a 10% reduction in my grade and/or be asked to resubmit the work if it has been found that I have copied from another student.

There is no set time in which I must complete any individual course; however, it is my intention to complete the entire program within the designated time limit. I understand that I have a five (5) year time limit to complete the All 5 Program Bundle; four (4) years to complete the All 4 Program Bundle; three (3) years to complete the Doctor of Naturopathy program; two (2) years to complete the Master Herbalist or Certificate in Nutritional Counseling programs; one (1) year to complete the Master Iridology or Certified Health Specialist program. I also understand that should I add on an additional program, I will be given two (2) months per course to complete that program (not to exceed the original time limit for that program). I understand that should I take just one (1) course (not a program), I have a time limit of three (3) months. I understand that should the course/program not be completed within the appropriate time limit, all monies will be lost and I cannot complete that course/program.

I understand that if I am on the installment plan, payments are due monthly. I understand there is a ten (10) day grace period for payments to be received by Trinity School of Natural Health. If a payment is not submitted within the grace period, a \$25 late fee will be applied to my account. If a payment has not been made to Trinity School of Natural Health within eleven (11) days of the due date, I will be placed on Inactive Status until payments are made current. By being placed on inactive status, I understand that tests will not be received or graded, nothing will be sent to me and access to tests will be denied. I also understand that Trinity School of Natural Health reserves the right to make changes to the inactive status policy and that the limits of the inactive status policy listed here include everything mentioned but is not limited to those items.

I understand the terms of the refund policy as stated in the Trinity School of Natural Health Course Catalog and acknowledge that the \$250 application fee (included in the tuition fee) is nonrefundable and that tuition is considered fully earned after six (6) months and is nonrefundable. I also understand that any fees paid for shipping and handling are nonrefundable.

I agree to abide by Trinity School of Natural Health's policies and understand that any decision made is at the discretion of the staff at Trinity School of Natural Health.

Signature

By signing this application, you are stating that you have read and agree to the terms discussed in the **Statement of Agreement**.

Your Signature _____ Date _____

FREQUENTLY ASKED QUESTIONS

What is the value of a certificate?

A certificate demonstrates to the public that you have been trained in the science and practice of natural health. It also signifies that you have passed the appropriate exams required for the certificate. You'll obtain knowledge of alternative natural health, which hopefully will serve you well as you seek to help others in achieving and maintaining good health. However, as in any program or endeavor, you will get out of the program what you put in.

When can I enroll?

We have open enrollment. You can enroll whenever you are ready to begin the program.

What will I be able to do with this type of education? Can I prescribe, diagnose or perform surgeries?

Prescribing, diagnosing and performing surgeries is generally a part of the 'practice of medicine' and it would be a violation of state medical practice laws for anyone to prescribe, diagnose or perform surgeries without holding the appropriate state license. A federal drug license is also needed to prescribe drugs legally. Naturopaths do not prescribe or advocate the use of drugs. Typically, Naturopaths are referred to as "drugless doctors." A traditional naturopathic education does not include training in surgery.

Does your school have a license or accreditation?

Trinity School is accredited and recognized by the American Naturopathic Medical Accreditation Board (ANMAB) in Las Vegas, Nevada (www.anmab.org). We have not, nor do we plan to seek accreditation through the U.S. Department of Education.

I am interested in your school, but I am wondering how your school compares with others.

We believe that we have the best direct education program available in Naturopathy. We have six comprehensive programs composed of a variety of well-designed Naturopathic courses. Our students constantly call us to tell us how excited they are over the course materials. We use the best texts available. We have student service representatives available to assist you with any problem you may encounter. You'll be pleased to know that we are generally \$1000 less than any other self-study, direct education program offered in this field.

How does Trinity compare with on-campus programs?

Our self-study approach means that you can study at your own pace, without leaving your home and moving to a campus site. Price is another consideration. Campus programs require tuition large enough to pay for buildings, dormitories, dining facilities, gyms and other facilities that have nothing to do with Naturopathy. On campus programs cost \$50,000 to \$60,000 more than Trinity School of Natural Health.

What are the requirements to enroll? Do I need a Bachelor's or a Master's degree?

You do not need a Bachelor's or a Master's degree to enroll. We require the minimum of a high school diploma or GED to enroll in any program we offer.

Do you offer any of your programs in a classroom setting?

Our Certified Natural Health Professional program is presented in a classroom setting where students have the ability to learn from several professional, skilled instructors and interact with like-minded students. Many students appreciate the hands-on learning experience as well as the opportunity to build their natural health community with fellow students. Additional Trinity programs will be offered in classroom settings in the future.

I have taken courses from other schools. Can I have courses waived in this program?

You can submit copies of transcripts for review. Any study you have already completed will be of help to you in your course of study. Since Trinity School of Natural Health is committed to graduating the finest trained Naturopaths, we do not give credit for studies completed unless accompanied by a transcript and a course description. Trinity School of Natural Health is very selective in the credit that we issue. We can waive a maximum of three courses (depending on the program you choose). If courses are waived, monetary credit could be given towards tuition.

If I complete your programs, are the courses I've taken transferable to another school or organization?

Each school sets its own policy on accepting credits from other institutions. We cannot guarantee that other schools will offer comparable courses and give credit for work completed at Trinity School of Natural Health. However, we will furnish you with an official transcript and course description for you to use.

When my course work is done, is there a final exam? What about an internship?

There is no final exam through Trinity School of Natural Health. You would, however, be prepared through our course of study to pass the ANMA national naturopathic exam. This exam is offered to graduating students of schools accredited by the Council on Naturopathic Registration and Accreditation. Trinity School of Natural Health is such a school. For more information on the test, please visit either www.anmcb.org or www.ancb.net. This test is completely optional and an additional fee. This does not give you licensing. It will give you an extra certificate to validate your knowledge. There is no internship available.



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VISIT US ONLINE

