



220 Parker St. Warsaw, IN 46580

To enroll: (800) 428-0408, option 2

Current students: (800) 428-0408, option 1

[info@trinityschool.org](mailto:info@trinityschool.org)

# Own Your Health: The Value of Natural Wellness

In a world full of advanced machines and experimental treatments, people often underestimate the power of holistic, natural health. Doctors tell us what to do—and we lose control of our own wellness regimens. But it doesn't have to be this way. Although natural health philosophies frequently go overlooked, they have much to offer. Through practices like naturopathy, aromatherapy, herbalism, and flower essences, people can achieve spiritual, emotional, and physical wellness.

## Naturopathy

Naturopathic care is a foundational piece of holistic health. It focuses on helping the entire person by targeting the root of an illness instead of just the symptoms.<sup>1</sup> For example, rather than prescribing you a pill that rids you of indigestion, a naturopathic specialist would address your diet and stress levels. Simply giving you pills to make an ailment go away disregards the importance of supporting your body from the inside out—because if you have not adopted healthy practices, your body cannot reach its full potential.

Massages, acupuncture, nutritional counseling, exercise plans, and stress management are all examples of naturopathic practices that help restore the body. Best of all, naturopathy is accessible to anyone—whether you're pursuing a career in the health field or just want to invest in your own family's wellness through better diets and exercise. You don't have to become a practitioner to learn about and use naturopathy—it simply requires a lifestyle choice.

## Aromatherapy

For more than 6,000 years, essential oils have been used for health benefits. Aromatherapy helps with body, mind, and spiritual balance. Through massages, topical applications, and inhalation, oils can be relaxing, rejuvenating, or purifying agents. In fact, studies have shown some essential oils to have effective antimicrobial properties.<sup>2</sup> However, aromatherapy is not a guessing game. To safely integrate it into your home, you should do sufficient research on the most successful ways to combine oils for your desired outcome.

Pursuing an education in aromatherapy gives you the opportunity to dive into organic chemistry. You will learn which essential oils work best and why—which is a key step toward understanding your own health needs and taking ownership of your wellness.

## Herbalism

More than 80% of the world's population still depends on herbs to maintain good health and well-being. Herbalists recognize the body's innate healing power.<sup>3</sup> Herbal supplements, such as echinacea or flaxseed, work with the body naturally instead of overpowering it with chemicals. When herbalists evaluate illnesses and make decisions, they consider what the body needs in order to supplement its healing and growth. While it might not seem like a big difference, it ensures a whole-person approach, rather than standalone treatments.

Just as with essential oils, herbs require a deep knowledge of the relationship between plants and humans. But since people have practiced herbalism for thousands of years, misconceptions sometimes stand in the way of the truth. To see positive change after implementing the appropriate herbal supplements into your lifestyle, you must know the difference between myth and reality. When you do have a solid foundation of knowledge, herbs can be a catalyst for health improvement.

## Aromatherapy

In the early 1900s, Dr. Edward Bach discovered that liquid extracts from various flowers could improve emotional well-being and mind-body health.<sup>4</sup> At the time, he used mostly wildflowers from his native England, but his work has been greatly expanded to include other plants.

As with all natural health remedies, flower essences are non-invasive—but they have been found to have significant effects on mood, acting as “catalysts for change at a deep emotional level.”<sup>5</sup> Because flower essences can so powerfully impact emotions, they indirectly have a profound impact on physical wellness because humans' emotions and well-being are inextricably tied together.

## Conclusion

All aspects of your routine should maximize your holistic well-being. Don't settle for improving your physical health at the cost of your emotional or spiritual health. Take ownership of your wellness; stay educated about the practices that matter—the practices that will make you feel whole, energized, and fit. For more information on these practices and how you can take advantage of your natural resources, contact us about enrolling in one of our programs.

### REFERENCES

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