

## **NATURAL MEDICINE PRACTITIONER CERTIFICATION PROGRAM**

This program is designed and meant for those who wish to deeply understand and experience holistic healing methods and mechanisms. We follow a MODEL to guide and simplify – the EIGHT PILLARS OF NATUROPATHY – Herbal Medicine, Healing Diets, Bodywork, Energy Medicine, Education & Counsel, Sleep & Rest Dynamics, Movement, Hydrotherapy. Each of these areas offers methods, techniques, and philosophies that we will experience and integrate during the year-long series.

Tangential lessons are integrated into the overall program, including

- Assessment Methods
- Interpreting and charting Vital Signs
- Evaluation and Treatment Plans- simple to more complex
- Credible Resources and Guidance into Data Searches
- Comparisons of western naturopathy with Ayurveda, Chinese, and other International medicine systems.

### **Description of Areas of Study**

#### **HEALING DIETS**

Without dogma, Class experiences and discussions bringing awareness and practical skills to the process of healing and rejuvenating self and others through food, ingredient, preparation, and food source choice. Healing Diets may be short term programs for specific issues, and are also a concept of overall lifestyle when planning meals.

Informational Resources, Superfoods, Kitchen or Studio organization.

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## **HYDROTHERAPY & THERMOTHERAPY**

Text- CREATURES OF WATER or NATUROPATHIC HYDROTHERAPY

This is a set of methods and applications, based on the laws of physics and thermodynamics, with ancient historical efficacy throughout the world. In our program , we will experience specific sessions with practicum time as to how to apply them; follow the textbook principles behind them, and discuss outcomes, dosage, modifications, cautions, and interventions. Sessions include - Cold Mitten Friction table session, soaks, alternate hot and cold showers, Derivation using hot and cold applications.

- Students will be instructed to bring table linens, cloths, cocoa butter sticks, castor oil ,and towels for specific massage table instructional sessions. The massage tables , bolsters and pillows are provided and on the studio site.

## **BOTANICAL APPLICATIONS AND THERAPEUTICS**

**Resource Accompaniment:** Rosemary Gladstars Family Herbal

In this program we integrate discussion and direct experience of herbal medicine. My HERBAL MEDICINE CERTIFICATION series- A One Year or 6 mo option- does focus on that area in more detail, for students who wish to add additional training, experience and certificates to their experience.

## **MOVEMENT**

A “pillar” of natural medicine, we must add therapeutic movement to our own and family/client lives. This is not a fitness class , but rather an inclusion of discussion of types of movement, their benefits, and manner in which to make referrals.

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### **BODYWORK & MASSAGE - aka Naturopathic Physical Medicine**

Basic Home massage techniques are demonstrated and practiced, as well as teachings as to the benefits of massage and bodywork therapies.

This is not a “massage therapy program”, which is generally an approximately 700 hour (national standards) professional program , the practice of which requires a License in most all states.

That said- all good healing modalities and practices , including ayurveda, acupuncture, doula work, and yes- Naturopathy- require, in my opinion, some training in cautions, contraindications, techniques, and benefits of touch therapies, and use touch therapies within their models.

### **ENERGY MEDICINE - aka nervous system balancing**

This term encompasses a number of techniques, including cranial sacral balancing, basic energy balancing, polarity therapy, flower essences therapy, Therapeutic Touch, and more. Participants will be exposed to an overview of the theories and some history behind methods, as well as directly experience sessions .

### **EDUCATION AND COUNSEL integrated with ETHICS**

Text: The Educated Heart by Nina McIntosh

Evaluation, Explaining treatment plans, giving guidance for home care, detailing cautions, dosages; inspiring clients and patients- all require the ability to “counsel and educate” regarding natural medicine approaches. This includes interpreting health intake data and forms .

**ASSESSMENT MT METHODS** - including iris analysis, reflex work, intake interpretation, vital signs,.

Note- an additional simple anatomy/physiology text will be required.

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## BIOGRAPHICAL INFORMATION

**MARY LIGHT ND MH LMT** is a traditional naturopath, master medicinal herbalist, and licensed massage therapist. BRIEF BACKGROUND:

- Founded a state licensed massage and natural medicine school in 2009; designed curriculum trained students and teachers, conducted years of Clinic Services
- Diploma in NATURAL MEDICINE from School of Natural Medicine, Boulder Co 1999
- International Travel including Ethnobotanical study in Belize, Yoga in Costa Rica, Community Living at Findhorn, Scotland, Herbal Studies in California, Colorado, West Virginia, New England, Michigan, and Florida
- College background in Food Science & Nutrition
- Massage and Hydrotherapy Diploma , Gainesville Florida
- 1200 hours Polarity Therapy Training
- Energy Medicine Training with Carolyn Myss
- Independent Scholarship in herbal medicine since 1990
- Founded GAIA CENTER FOR HERBAL STUDIES in 2006
- Founded a massage therapy and hydrotherapy clinic
- Ongoing Consultations and health services in herbal medicine , natural medicine and bodywork therapies. – 734-769-7794

CALL TO BE SENT AN APPLICATION TO THIS PROGRAM, AND WELCOMEING ANY QUESTIONS.

Additional trained interns may assist in teaching some aspects of these program segments.

