

Emotional Balance Consultant (EBC)

112 credit hours **\$997.00** = \$9.00 / credit hour

Online quiz and certificate emailed upon completion with quiz

Completion estimate - 3-9 months

Payment Plan- **3 payments- \$375.00 per payment per month= 3 months**

Foundation :

A & P (10 credit hours)

Recognize, understand and use terms associated with the organization of the body, positional and directional vocabulary, planes of the body, and related anatomy and physiology. Further recognize the interrelationship of body systems and their homeostasis requirements. The Human Biological Systems are a foundational "must know" to obtain successful results.

The second section trains on the Symptoms of Visceral dis-ease. **Visceral:** Referring to the **viscera**, the internal organs of the body, specifically those within the chest (as the heart or lungs) or abdomen (as the liver, pancreas or intestines). In a figurative sense, something "**visceral**" is felt "deep down." It is a "gut feeling."

Nutrition (40 credit hours)

This is a power packed course trained by **Ashley Uchtman an Institute of Integrative Nutrition graduate** and our Founder Angie Ates. You will discern the nutrients and HOW they fuel the body. By pulling this knowledge all together you will be able to create Bio- Individual programs for yourself and others.

Just a snapshot of what is covered in this over 7 hours of video training:

(and over 170 pages of support documents)

Amino Acids -Amino acids are the building blocks of proteins. There are 20 kinds of amino acids; these have been found to have various biological and chemical functions. •
Origins of Amino Acid Fermentation:Amino-Acid-Producing Bacteria Screening and Strain Breeding

- What is the Amino Acid Fermentation Process?

- Safety of Amino Acids

- Functions and Uses of Amino Acids

- **Over 30 eating strategies** - This information will be the cornerstone of your nutritional plans as you guide yourself and others to optimal wellness.

- **Delivery Systems of Nutrients** - What different “delivery” options pose as beneficial or not so much. These section on liposomal, sucrosomal and more delivery systems will aid you in finding the “right” supplement for yourself and others.

- **Chemist of Man- Body & Chemical Nutrients-** the fundamental understanding of the interaction of micro and macro nutrients in an isolated or companion delivery method.

- **Collagen Peptide Therapy-** Collagen peptides are highly bioavailable. They act as building blocks, renewing bodily tissues, such as skin, bones and joints. Discover the proper application and when therapeutic amounts are beneficial.

- **Water Quality-** Water quality refers to the chemical, physical, biological, and radiological characteristics of water. Learn what waters are really “wet” and which ones are “toxic” to the body.

- **Air Quality-** Discover the 6 levels of air quality and what you can do to protect yourself and others.

Pillars of Health (1 credit hour)

6 levels of Health

Your current level of health is a perfect reflection of how your body, mind and spirit is responding to the environment and lifestyle you have created for yourself. Determine how these levels can be adjusted and transformed to support the well being of everyone.

Pharmacology (3 credit hours)

Our Family Nurse Practitioner Debbie Evans brings her clinical integrative experience to train on drug categories. She shares the use of prescriptions and impact on the body systems and the

Nutrient deficiencies that may occur with their use.

Pathology (3 credit hours)

This module is about Top disease names discussed from an integrated medical model. Debbie Evans - FNP-BC teaches the disease conditions and processes alongside conventional etiology theories.

Introduction to Homotoxicology (3 credit hours)

Homotoxicology, developed by the German doctor Hans-Heinrich Reckeweg, is the scientific concept behind anti-homotoxic medicine. Understanding this concept will aid you in creating a Bio-Individual program for your client and yourself.

What you will learn:

The basic principles of Homotoxicology

The origin and history of the 6 phase table
The dynamic of a disease in the 6 phase table
The principle of disease evolution

*NOTE- ALL Symptom Solutions modules address the **Etiology, Physiology, Pathology and Psychology** of the group of Symptoms. This offers you an integrative approach to creating wellness plans for yourself or your clients.*

*Our intention for Symptoms & Solutions is to provide you **the “roadmap” and Template** to discover the “underlying” issue(s) versus a Green Medicine approach. Simply put.....train to learn **WHY** symptoms are presenting and resolve **THAT** issue versus bags of supplements to cover up the symptoms “naturally”!*

Acne (2 credit hours)

Take a journey with us in to the refrigerator and find common household items to support the topical issues of Acne. We go beyond tomato paste on your face, however, and train you on location, location, location. Plenty of usable documents (scar solution recipes, body acne maps, TCM theories and more) as we integrate the Etiology (causes) and multiple Remedies to solve this inside body systems issue.

AutoImmune (4 credit hours)

There are over 100 types of AutoImmune Disorders and we train you on the TOP Theories of Autoimmune challenges. We discuss the “classifications” of Antibodies and just how they respond in the body to the outside world creating the Inside world issue.

Take a seat on the big comfy couch as we share with you the B cells, Lymphocytes and other actions of the Immune System so you may truly understand HOW TO look for the “underlying” stimuli for ALL AutoImmune disorders. This is definitely a course that covers Etiology, Physiology, Pathology and Psychology of these symptoms we classify as AutoImmune disorders.

Cravings Don't Lie (1 credit hours)

- What will you learn:
- The Emotional components of Cravings and how to help yourself and clients with this issue.
- The Nutrient deficiencies that contribute to cravings in a handy pdf printout as a reference material.
- Chocoholic assessment and WHY does that matter.
- What organ systems are involved in carbs and salts cravings?? And HOW to remedy the issues.

Energy/Fatigue Issues (3 credit hours)

What will you learn:

- How digestion and enzymes create nutritional deficiencies which further impact our energy resources.
- Discover the cellular functions, the mitochondria and intercellular damage and the solutions to support the body in repair.
- Endocrine organs and how they contribute to overall energy. This is beyond thyroid accusations.
- Recognize the emotional attributes and the brain chemicals involvement and the remedies for repair.
- Exhaustive list of tools, techniques and supplements to feed and nourish organs systems and remove underlying causes.

External Influences (3 credit hours)

We are mostly aware of the “external influences” of our life. In this course you take a journey....literally via a “on the go” video to see just what is around us everyday impacting our lives. We discuss the most common household chemicals, environmental pollutants, beauty products, body care.

We wrap up with PEOPLE- yep people. Ultimately, we provide you with the tools to support “change” in your clients via coaching models of removing “people” from their external influence...

PEMF therapy-In this section, we introduce you to PEMF therapy and how it will benefit your client with moving towards positive change. Here are just some benefits of PEMF therapy:

- get deep, rejuvenating sleep
- increase your energy and vitality
- keep your bones strong and healthy
- help your body with healing and regeneration • improve circulation and heart health
- plus many more benefits

Memory/Clarity (3 credit hours)

What will you learn:

- How eating strategies negativity or positively impacts this issue.
- From essential oils, good fats, botanical medicine and more remedies and therapy to support the acute care, chronic care and underlying contributions.
- Questions to determine what part of the brain is being affected during the assessment will help identify areas of concern as well as the developmental stages of life and disease.
- Scientifically brain mapped for coordinated movements as well as understanding detoxification when talking about memory issues
- Chronic elevated stress as well as Infections / Co- Infections and how they physically impact the brain/ memory and clarity

Sleep Issues (3 credit hours)

Join us as we hang out in bed and share with you WHAT to look for in creating protocols for sleep issues.

We train you on How the Circadian Rhythm impacts our sleeping as well as lifestyle contributions. We further discuss the Emotional and Organ aspect of waking up at certain times of the night, not being able to fall asleep AND the solutions to bring balance and harmony to these issues.

We share with you theories and concepts of the Neurotransmitter Serotonin, Sleep “aid” Melatonin, Thyroid issues and Hormonal imbalances and their sleeping impact.

This module is filled full of remedies, protocols and roadmaps to aid you in enjoying a good nights sleep.

Stress/Anxiety/Depression (3 credit hours)

What will you learn:

- Social Styles Assessment and how to use this for creating results driven protocols
- Emotional connection of the interpretation of our environment and tools to “reframe” these interpretations.
- Organs affected alongside the Neurological response and the solutions beyond take another “pill” idea.

Our Tools and Techniques are divided into 2 categories - either a “finding the cause tool” or a Therapy technique. These serve as an introduction into clinical practice as we provide the C.A.R.E road map to integrating the knowledge for practical use now.

*Each module offers a **Directed research practicum** providing clinical hands on experience. The quantitative reasoning approach from **over 20 different experienced Practitioners** will provide you with the varied data analysis you need for success.*

Body Balancing/Sequencing tools (8 credit hours)

This module is a jam-packed Potpourri of Body balancing techniques and modalities. You will definitely find one that aligns with your belief systems and step away with the knowledge to put it in to action immediately.

Join **Kari Solomon CAHP-BC** as she walks you thru HOW TO multiple methods of balancing and supporting the body. Here is just a snap shot of the wealth of information you will gain:

- Blocked energy can be a major cause of many different imbalances in the body. Simple hands on techniques are an effective and inexpensive way to bring balance.
- Body sequencing with “cables”- Ki method
- Mind body protocol-Mind-body healing techniques are believed to help direct the flow of energy in the body in a way that promotes well-being.
- Trapped emotions- emotional release
- Energy medicine
- Scripts and reframing
- Incoherence or Coherence
- Grounding and centering-How to use coffee beans to ground
- Asthma, heart attack and panic attack support techniques

- Crystals, stones, gems and their balancing impact
- And an Unedited video of “**Laying on of hands**” with our founder **Angie Ates**

Meditation/ Breathing (4 credit hours)

Breathing is controlling the body. Meditation is controlling the mind.

We not only train you on breath work techniques we also provide you tools used in successful mediation practices. This will ultimately help your clients come to a healthier nervous system - mind-body integration. Why does this matter?? When you support this integration the client achieves their goals!!

Crystal/Gem Therapy (6 credit hours)

We walk you thru as you get to see and “feel” throughout this module 12 stones and their functions and the symptoms they balance.

What you will learn:

- How to prepare and use your Crystals/Gemstones
- How to Choose a Crystal/Gemstone and ways to clean them
- The effects that Crystals & Gem Therapy has on the organs and body systems
- The 7 steps in balancing a clients’ energy exchange points
- Stones that are known for their grounding ability

Emotional Release (11 credit hours)

What you will learn:

- Master the significance of organ systems and associated emotions
- Reframing, V.A.K.S. and Tapping techniques
- Steps to coach your client to break throughs
- Many techniques with printable HOW TO sheets to add to your tool box

Feng Shui (2 credit hours)

What you will learn:

- How to create a Vision Board and the benefits of such
- What is Feng Shui and Bagua and how is using the theories beneficial for our home or office.
- What the different directions in Feng Shui signify and how they work
- What colors have to do with the energy flow

Flower remedies (8 credit hours)

Where is **Cheryl Brown**? You will find her amongst the plants and the snow. You will be amused butte find great value as she shows you how to create your own Flower Remedy.

Additionally, she trains you on how to utilize different flowers remedies for self care as well as to be included in your wellness plans for others.

What will you learn:

- How to classify the 7 emotional groups alongside their support remedy when creating a wellness plan.
- Clinical use questionnaire to involve the client in their first step of emotional healing
- At a glance body mapping with flower remedies
- Symptoms and their remedy solutions...teeth grinding...lower back pain and more

Reflexology (8 credit hours)

Take off your shoes and sit back as **Emmanuelle Ruen-Hayes certified reflexologist from France** empowers you with a technique that can be utilized on a daily basis. She goes beyond..massaging the feet but rather with purpose and “sequencing” she trains you on the effective way to use Reflexology.

Reflexology is locating “points” on the foot, ear, hand and when tied with Accupressure other locations on the body, and then applying pressure on these points. By doing this the pressure dissolves the toxin “deposits” and creates an electric impulse that reaches the brain. The brain responds by physiological reactions throughout the body and that restores balance.

What will you learn:

- 6 different hand techniques, sequence and patterns
- What points need stimulation to fix functional disorders. Functional disorders of the body are reflected on the foot/hand’s reflex zone.
- Hand map, ear map, foot map and PTSD technique
- 10 zones map of the body, feet and hands
- How to set up for a reflexology session.
- Using flower remedies and essential oils for therapy

Sound Therapy (2 credit hours)

The history of SOUND therapy is 1000’s of years old and you will find its uses in religious ceremonies around the globe, among other applications.

World Renowned David Kennet trains you on the processes and how sounds impact our very organ systems. He further offers you, your very own “sound therapy” session via online video. Turn up the volume and embrace how this therapy will assist your clients in releasing emotional patterns.

BONUS

- Organ Meanings