



*Certified
Homeopathic
Online Course
Instruction Manual*

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*Certified
Homeopathic
Online Course
Rules & Conditions*

1. To be a part of this course you need to print each session. Be sure to write your name, telephone, e-mail address, and shipping address at the top of each page of **the Question and Answer page before you e-mail or fax it back to us for grading. You will receive a Question and Answer session at the end of each session. Fax it back to us at 530-878-1119 or e-mail it to us at iridology@netzero.net. There is no time limit as to when the Question and Answer session must be completed. However, we do recommend that you complete each session within the week you receive it so you do not get behind in the study.**
2. To be eligible for Certification you must complete all 16 sessions of the online course. You also need to let us know that you want to become certified. At the end of the 16 sessions you will be given a test. You must give correct answers to 80% of the questions in **the Test**. Scores are **not** averaged for an overall grade.
3. You must not loan, sell or reproduce this online course in any form. **To do so is cause for expulsion from certification from Joyful Living Services.** This provision is to protect the integrity of the certification. Such protection is further assured by periodic rotating and changing of the questions.
4. You must not edit or share the instruction sessions or test. You must e-mail or fax your Question and Answer session to us as well as the final test where they are maintained as part of your permanent file.
5. In the event of failure: If you should fail the final test, you may repeat the test after a wait of 30 days. There will be a re-examination fee of \$15.00 to cover the costs of new materials, regrading and filing. Should you fail on this second attempt, you must then wait 60 days before making a third attempt. These mandatory delays are for the purpose of continuing study and preparation on your part.
6. When you have completed all sixteen sessions and question and answers, you will receive a bound final test. You must fill out the box at the bottom of the First Page of the Test Packet and have it notarized. There is a notarization form provided.
7. There is no time limit on the completion of this Online Course. Most candidates are full-time practitioners with little time to be able to rush through this course. So please take your time and get it correct the first time.
8. You may drop the online course at any time by notifying us. No refunds will be given if the course is dropped in the middle of any given month.
9. If you have any questions at any time, please e-mail your questions to iridology@netzero.net, fax them to 530-878-1119, or call us at 530-878-1119. We will answer your questions and spend as much time as necessary to help answer your questions.
10. The time you need to study and answer the questions for each session will vary on the amount of iridology you already know and understand and the amount of information we decide to send you. Each session can take you anywhere from one-half to three hours but should not take you longer than three hours to study and answer the question and answer.

NOTE: Joyful Living Services reserves the right to change the test questions for any test repeated.

NOTE: All information regarding a candidate's grades, or the fact of any failures, is kept strictly confidential and is not released to any person.

CERTIFIED HOMEOPATHIC ONLINE COURSE - SESSION 1:

- **COURSE OVERVIEW**
- **COURSE DEFINITION**
- **INTRODUCTION TO HOMEOPATHY**

Course Overview

This course runs for 16 weeks. It contains 16 lessons on the web as an online course. You will be e-mailed notification every week that the next lesson is ready for you to download. You will receive a certificate at the end of this course. There will be weekly homework and there will be a test at the end of the course. The homework and test will be graded and returned to you. They will need to be mailed, faxed, or e-mailed to us. Each week offers a different subject. You will have one week to study the lesson and turn in your homework IF you choose to follow our timeline. This course is on your own time so you can complete the lessons at your own pace. If you are going on vacation, are ill, or don't have the time every week to read the lesson and complete the homework, you will not be penalized. Because this course is online and is on your own time, you are responsible for turning in your homework when it is complete. You will receive your certificate once all the homework has been turned in and once your final exam is graded and passed. You will then be listed on our web site to receive referrals from us if you choose.

The following is the course schedule:

- Session 1: Introduction: What are Homeopathics? Why Use Homeopathics? Self-Diagnosis
 - Session 2: Homeopathy - Like Cures Like
 - Session 3: Classical Homeopathy - Treating the Whole Person
 - Session 4: Classical Homeopathy - Finding the Simillium
 - Session 5: Using Homeopathic Medicine
 - Session 6: Guide to Self Diagnosis
 - Session 7: Treatment with Homeopathy
 - Session 8: Homeopathy at Home
 - Session 9: Homeopathy and the Scientific Evidence
 - Session 10: Is homeopathy regulated?
 - Session 11: What Sort of Problems Does Homeopathy Help With? Adults and Children
 - Session 12: Examples of Specific Problems Where Homeopathy May Help
 - Session 13: Clinical Studies, Basic Research, Research Articles,
 - Session 14: 36 Homeopathic Remedies
 - Session 15: Using homeopathy for ailments - Articles
 - Session 16: Homeopathy Training, Courses and Schools – Directory, Homeopathic Remedy Suppliers, Homeopathy Associations and Societies, Homeopathy Software
- Final Exam

Course Definition

Homeopathy, also known as homeopathic medicine, is a whole medical system that was developed in Germany more than 200 years ago and has been practiced in the United States since the early 19th century. Homeopathy is used for wellness and prevention and to treat many diseases and conditions.

Introduction to Homeopathy - What are Homeopathics?

Homeopathic remedies (also called homeopathics) are a system of medicine based on three principles:

- **Like cures like**
For example, if the symptoms of your cold are similar to poisoning by mercury, then mercury would be your homeopathic remedy.
- **Minimal Dose**
The remedy is taken in an extremely dilute form; normally one part of the remedy to around 1,000,000,000,000 parts of water.
- **The Single Remedy**
No matter how many symptoms are experienced, only one remedy is taken, and that remedy will be aimed at all those symptoms.

Similar principals form the basis of conventional allergy treatment, where the allergic substance is given in a small dose, and in vaccines where an impotent form of the virus is given to bolster the immune system against that particular virus.

Why use Homeopathics?

Homeopathy is the second most widely used system of medicine in the world. Its growth in popularity in the United States has been around 25 to 50 percent a year throughout the last decade.

This success is fueled by several factors:

- Homeopathy is extremely effective. When the correct remedy is taken, results can be rapid, complete and permanent.
- Homeopathy is completely safe. Even babies and pregnant women can use Homeopathy without the danger of side effects. Homeopathic remedies can also be taken alongside other medication without producing unwanted side effects.
- Homeopathy is natural. Homeopathic remedies are normally based on natural ingredients.
- Homeopathy works in harmony with your immune system, unlike some conventional medicines which suppress the immune system. (For example, cough medicines suppress the cough reflex, which is your body's attempt to clear the lungs)
- Homeopathic remedies are not addictive - once relief is felt, you should stop taking them. If no relief is felt, you are probably taking the wrong homeopathic remedy.
- Homeopathy is holistic. It treats all the symptoms as one, which in practical terms means that it addresses the cause, not the symptoms. This often means that symptoms tackled with Homeopathy do not recur.

Barriers to Using Homeopathy

Every silver lining has a cloud, and there are two main barriers to the effective use of homeopathy:

- Prescribing the right homeopathic remedy takes a little more time and patience than conventional medicine. Exactly the right remedy needs to be taken for your symptoms. There is no such thing as a standard homeopathic headache remedy (though, sadly that doesn't mean no such product is sold...). The remedy you take has to be matched to your particular headache - where it occurs, what brings it on, what type of pain it is, what aggravates it, what makes it feel worse, your state of mind and what other symptoms you experience.
- The sheer range of remedies in use can cause practical problems for an average sized pharmacy. If the right remedy is not one of 30 or so commonly used remedies, they can be difficult to obtain.

Guide to Self Diagnosis and Treatment with Homeopathy

The basic aim of homeopathic prescribing is to find the one remedy which best matches all your symptoms. It is best not to take more than one remedy at a time.

Self diagnosis is not a substitute for visiting a professional homeopath or physician. Nothing in this course is a recommendation as to how to treat any disease or health related condition.

What Symptoms Matter?

As homeopathy relies on prescribing one remedy to your precise combination of symptoms, all your symptoms should be included in the process.

Most of us have a few issues that have been with us so long we don't even notice them anymore. (i.e., cold feet) These all need your full attention. You should also include things which you might not even class as symptoms, such as a persistent itch behind your ear. Aside from the obvious nature of your complaint (i.e. headache). things to notice include:

- State of mind (including fears, anxieties, attitudes etc.)
- Color and consistency and regularity of your stool
- What makes a particular symptom feel worse or better?
- Where exactly is each problem located?
- When did symptoms first occur, and what brought them on?
- Your sleep pattern
- What are you sensitive to (i.e. light, cold, heat, drafts, touch, criticism, etc.)
- For women, where you are on your monthly cycle.

A Word of Warning

The most important thing when attempting to diagnose and treat illnesses at home is to know when to stop. If symptoms persist, go and see your doctor; even if you feel your symptoms seem unworthy of professional help, minor symptoms can often be a sign of something more serious.

Your national homeopathy association can supply a list of qualified medical doctors who are also qualified as homeopaths.

CERTIFIED HOMEOPATHY ONLINE COURSE - SESSION 1 – QUESTION & ANSWERS

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP, PC: _____

PHONE: _____

FAX: _____

E-MAIL: _____

Please be sure to fill out the information above, complete the test and e-mail or fax it back to us at iridology@netzero.net or 530-878-1119. We will grade your question & answer session and will let you know if we have any questions or concerns.

1. Any homeopathic remedy that says “headache remedy” would be good for a client with a headache.
T/F

2. If a client brought in their daughter who was allergic to cats, what would you tell her to do with her when she’s around cats? Would you have her avoid cats or would you have her go around cats a little bit at a time? Please explain your answer and why you answered the way you did.

3. Babies and Pregnant Women cannot use homeopathy. T/F

4. How many parts water or normally in a remedy?

5. What is the most important thing to know when diagnosing at home?