



Long Distance Learning

Higher Certificate in Natural Health Management  
Professional Health Consultant (PHC)



*"If you are inspired to create your own legacy, we have accomplished our mission."*

# PROSPECTUS



[www.naturalhealthacademy.co.za](http://www.naturalhealthacademy.co.za)



## About the Academy

Natural Health Academy is committed to training and uplifting the level of education in Natural well-being. It was founded in 1995 and is dedicated to empowering learners to succeed in their endeavors. Our view is that herbalism is a holistic discipline that affects all our lives at some stage. Our founders are strong advocates for holistic and contemplative methods and Natural Health Academy aims at all times to provide a balance of science and practicality in its teaching. They seek to further the knowledge of herbal medicine for its personal and planetary benefits, and this philosophy is evident in all that they do.



## Who Should Do This Course

Students wanting a career in the Health and Wellness Industry, Pharmacy Front Shop Assistants, Entrepreneurs, Retail Sales Force, Health Shop Owners or Assistants, Manufacturers of Health Products, Caregivers and Complementary Practitioners may all benefit by studying the PHC Course.



## Why Study through the Academy?

The course we offer is in a modular fashion to allow you to study whilst working or at your own pace.

We have a 'hands-on' approach to educating and are available to advise and assist you. We ensure that our extensive knowledge helps you to develop and achieve the skills you require to ensure your success within the Health & Wellness Industry.

The PHC Certificate equips you to confidently give advice on health issues and the knowledge to start up and or grow your own business within the Natural Health Industry.

## The PHC Course

### This course is made up of 6 Modules:

- Module 1: Therapeutic Herbalism
- Module 2: Understanding Your Body + Text Book (included)
- Module 3: Knowing Your Health Supplements
- Module 4: Understanding Ailments
- Module 5: A Balanced Lifestyle
- Module 6: Being Successful In the Health Industry

The PHC course is studied via correspondence in the comfort of your own home. You should be able to complete this course comfortably within a six month period or if you prefer pace it out according to your needs. Your course package contains 6 modules, a colour herb reference chart and a text book. There are multiple choice questionnaires after each module and all answers can be found within each module. There are no essays or assignments. You have the option of studying online or buy using the manual course material that you will receive. On successful completion of your questionnaires you will be awarded your PHC Certificate.





## The Founders

Vincent and Cheryl Tones accumulatively have over 30 years practical experience in formulations, manufacture and marketing in the Natural Medicine, Phyto-therapy and Nutraceutical Industry. Together they have achieved many accolades of success through their passion and dedication for making this industry accessible to all.



### **Their experience and knowledge extends to:**

Health Product Development, Branding, Packaging and Marketing, Training, A-Z Product Guidance, Product Knowledge Training Manuals.

**Regulatory Compliance:** WHO, GMP, FDA, TGA, SAHPRA (Former MCC), ASA (Legal Standards for Advertising Material).

**Manufacturing Methodology:** Stability, absorption catalysts, dissolvability, pack and delivery means, tablet binders and fillers, gliders, coaters, density tests, capsules, powders, creams, soaps, lotions, sunscreens, bars, effervescent and chewable tablets, group taste testing, etc. Sales team Training and Presentations.

Customer Helpline and Complaint Resolution.

**Projects:** Projections, target setting and timelines.

**Formulation of liquids:** Tinctures, teas, beverages, tonics, syrups, ultra-sonics (water medium), colloids, extractions, blending, combining actives and non actives, filtering and stabilizing. Nutritional and herbal raw materials. Balancing commercial opportunity with scientific expertise. Strong background in vitamins, minerals (including trace minerals) herbal products, botanicals, enzymes, pre and probiotics and cosmetology.

**Natural Health Academy** has extensive experience and knowledge of the Health Industry both locally and internationally and covers Retail, Wholesale, Distribution, Education, Dietetics, Sports Nutrition, Medical Herbalism (Culinary, Beauty & Perfumery and Medicinal & Therapeutic), SAHPRA Regulatory and Advertising Compliance, Counseling, Formulating and Manufacturing.

## TESTIMONIALS:

### **Stephanie Cannon**

*"I have worked in the corporate world in London and in South Africa, but my passion and calling was always health and wellness. I have done numerous complimentary courses.*



*This course has prompted me to own and run my very own health shops with confidence."*

### **Pat Dlamini**

*"I have been in the SA Police for about 25 years. I studied the PHC course via correspondence over a 4 month period and my life has transformed. Value for money is an understatement; I have been able to get every contact number and information from the Academy right down to bottles, boxes, expiry / batch marking gun, herb suppliers, preservatives etc. My retirement to being a Health Advisor is now a reality. I have been blessed with doing such a wonderful enriching course.*



*I have now started my own Health Centre and a range of Health products called SKULPAT which is my nickname."*





**Enquiries/ Enrolments:**

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